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Suicide and Trauma
Sound Alarm for
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At Cardinal
Forest: Student
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Saturdays at
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Suicide and Trauma Sound Alarm for First Responders

Fairfax County Chief of Police takes action to relieve stress and encourage officers to ask for help when needed.

BY MERCIA HOBSON
THE CONNECTION

Fairfax County Chief of Police Colonel Edwin C. Roessler Jr. is out to end the silence and stigma that surrounds the issue of mental health in first responders.

"Across this nation, death due to suicide in first responder profession is outpacing line of duty death... And that is not ok," said Chief Roessler Jr. during a Meet & Greet presented by the Police Department Aug. 13, and held at the Public Safety Headquarters in Fairfax.

During the event, Roessler and Jay Carson, Director of Incident Support Services Fairfax County Police Department (FCPD), launched the department's new program to combat suicide and reduce stress after exposure to trauma during critical incidents. Trauma and stress can lead to PTSD and depression.

Roessler and Carson introduced the department's new Service Dog Program and the initial five First Responder Canine (FRK9) puppies assigned to the Incident Support Service Section. The dogs will be deployed to reduce the effects of a traumatic event, including fear and anxiety, for first responders and community members and participate in other areas.

"It is my goal, as your Chief of Police to lead an effort here in Fairfax County, across the nation, and around the globe to get rid of the stigma of mental health. One of our themes is, it's ok, not to be ok. It's ok to seek help," said Roessler. Roessler explained that the department had formed a partnership with FRK9, a nonprofit organization that provided the department with five purpose-bred puppies and their associated costs, including veterinary care at no charge. According to FRK9's founder, Roger Giese, FRK9 had fielded a total of 14 Golden Retriever and Labrador retriever pup-



From left, during a special Meet & Greet, Fairfax County Police Department introduces five of its newest and furriest recruits Service Dogs in Training, from left: Sully, Holmes, Indy, Lennie and Jack donated at no cost to the department by 1st Responder K9, a 501(c) 3 organization.



Children say hello to First Responder K9 Service Dog in Training Indy and her handler Fairfax County Chief of Police Colonel Edwin C. Roessler Jr. during the department's Meet & Greet the Service Dogs.

pies, specially bred to become service dogs.

FCPD has five puppies from 4-8 months of age, currently being trained by their FCPD handlers. Named after fallen officers to

honor those who have served and protected the community, the Service Dogs in Training (SDiT) introduced to the public were Holmes, Jack, Indy, Sully and Lennie. "I'm proud to be here with

More from FCPD

Second Lieutenant Christopher Sharp, Media Relations Bureau: "From the moment Jack and I started this journey; it was evident how happy people were to be around him, even if it was just for five minutes. ... That brief encounter, the moment when everything else is set aside, and it's just them and Jack, provides a glimpse of the immeasurable impact he has."

Jill Molley, Clinical Psychologist FCPD: "When Holmes is with me, detectives pause what they are doing and spend a few minutes with him. They instantly smile and gather around him. ... Holmes 'changes the subject' when he shows up, which is a nice break from their stressful work."

Colonel Edwin C. Roessler Jr. Chief of Police: "As a chief of police I value innovative methodologies to provide all first responders with the knowledge, skills, and abilities to end the mental health epidemic in our professions. ... As I watched officers respond happily to the puppies deployed in our agency over the first seven months in their positive wellness habits, it became an easy decision to become part of the program to assist me in my day-to-day struggles so I partnered with Indy... Indy is teaching me more than I am training her on all aspects of wellness as we continue forward for her to one day serve another first responder."

my K9 partner, Indy," said Roessler.

ROESSLER said the department's K9s could help support officers and the community at the onset of critical incidents in the field, as

"Across this nation, death due to suicide in first responder profession is outpacing line of duty death... And that is not ok."

— FCPD Chief
Edwin C. Roessler Jr.

a preemptive stress release, and also provide 24/7 emotional support for first responders: police officers, firefighters, dispatchers, sheriffs and deputies in their time of need, when they suffer a disability and have to retire. Roessler added: "We will have a core of K9s that will provide them the support for their Post Traumatic Stress... It is our goal to provide mental health services so we can eradicate suicide and make everybody better to get back into service in a community." Matt Giese, Director of Operations for FRK9, thanked the FCPD Incident Support unit and all the members within the department for the partnership. Giese explained that two of the FCPD Service Dogs would stay on in the department to deploy during Potentially Traumatic Events (PTEs), "to help further assist those in the community who are suffering from things that occur catastrophically, unfortunately on a daily basis," said Giese. The dogs would help de-escalate the often-strong emotions and stress that come with these events.

ACCORDING TO FCPD, in addition, the dogs would play a role in fostering community relationships with trips to neighborhoods, schools, local events, etc. All the dogs will go through a two-year training program to meet the Americans With Disabilities Act requirements for service dogs. The other three dogs would go to disabled first responders.

"One of the things we plan to do over the course of the next two to three years is to dispatch thirty of these highly-skilled, highly trained, loving animals to first responders in need, said Geise. He added that FRK9 would need continued and ongoing support because everything to date they funded themselves. "If you are willing or interested in helping with what we are doing here in Fairfax and beyond, please go to frk9.org and reach out," said Geise.

League of Women Voters to Hold Candidate Forums

Board of Supervisors, School Board candidates to participate in forums throughout the county.

The League of Women Voters of the Fairfax Area (LWVFA) will hold candidate forums in each of Fairfax County's nine magisterial districts for Board of Supervisors and School Board candidates in September and October in the run up to the Nov. 5, 2019 General Election. All certified candidates competing for seats on the two Boards to represent their respective districts have been invited. Several of the forums will also include Virginia State Senate and House of Delegates candidates.

In addition, the League will hold countywide

a candidate forum for the three at large School Board seats and Chair of the Board of Supervisors.

The League organizes candidate forums prior to elections to give voters opportunities to learn more about the candidates and to dive into complex issues like redistricting and voting rights for fact-based discussions and be better informed citizens in our democracy. The Candidate Forums are non-partisan, and the League never supports nor opposes any candidate. A moderator will ask the candidates questions generated by the audience. Following the

formal session, an informal meet and greet session will allow direct audience interaction with the candidates. The forums are free and open to the public.

Additional information about the candidate forums, the 2019 General Election, League publications and other events can be found at: www.lwv-fairfax.org

Questions for the candidates can be submitted by accessing: www.surveymonkey.com/r/LWVFA2019

Go to www.vote411.org for an online voters guide to compare candidates' positions side-by-side.

The League of Women Voters of the Fairfax Area is a non-partisan political organization that encourages informed and active participation in government, works to increase understanding of major public policy issues.

Fairfax County 2019 Candidate Forums

Wed, Sept. 4 — 7 p.m.
Mt. Vernon District Sherwood Regional Library 2501 Sherwood Hall Ln, Alexandria
Mon, Sept. 23 — 7 p.m.
Countywide—At Large School Board & Chair of the Board of Supervisors Fairfax County Government Center 12000 Government Center Pkwy, Fairfax
Wed, Sept. 25 — 7 p.m.
Sully District—Supervisor & School

Board Sully District Govt. Center 4900 Stonecroft Blvd, Chantilly
Thurs, Oct. 3 — 7 p.m.
Springfield District Pohick Regional Library 6450 Sydenstricker Rd, Burke
Sat, Oct. 5 — 3:30 p.m.
Braddock District Kings Park Library Community Room 9000 Burke Lake Rd, Burke
Sun, Oct. 13 — 3 pm
Hunter Mill District Hunters Woods Village Center Reston Community Center 2310

Colts Neck Rd, Reston
Wed, Oct. 16 — 7 p.m.
Lee District Hayfield Secondary School 7630 Telegraph Rd, Alexandria
Wed, Oct. 16 — 7 p.m.
Providence District Providence Community Center 3001 Vaden Dr, Fairfax
Thurs, Oct. 17 — 7 p.m.
Dranesville District McLean Community Center 1234 Ingleside Ave, McLean
Thurs, Oct. 17 — 7 p.m.
Mason District Woodrow Wilson Library

Community Rm 6101 Knollwood Dr, Falls Church
Wed, Oct. 23 — 7:30 p.m.
Sully District—Senators and Delegates Sully District Govt. Center 4900 Stonecroft Blvd, Chantilly
Volunteers, including students, are welcome.
For more information, visit www.lwv-fairfax.org/candidateforum

COMMENTARY

Helping Start the School Year Safely

By JOHN C. COOK
BRADDOCK DISTRICT SUPERVISOR

Parents are smiling and children are sighing as the summer days come to an end. It's as apt a time as ever for us to review the safety precautions and changes that come with Back to School Season. It is everyone's responsibility to make sure the school year starts off safely for our children.

Fairfax County Public Schools will start on Aug. 26. More than 1,700 buses will be on the road, making it particularly important that you know the schedules. Elementary schools start and end times vary. They start from 8:10 to 9:20 a.m. and end from 2:55 to 4:05 p.m. Middle schools begin 7:30 a.m. and end 2:15 p.m. Three secondary schools (Hayfield, Lake Braddock and Robinson) begin 8 a.m. and end 2:45 p.m. High schools begin 8:10 a.m. and end 2:55 p.m. I would advise you to check the Fairfax County Public Schools website to check when your closest elementary school starts and ends. All commuters should prepare to leave a few minutes early to avoid back to school

commuting.

When a school bus is stopped with red flashing lights, all cars must stop unless they are in another lane divided by a median.

If you are traveling in a two-lane roadway with no median, all cars in both directions must stop when the bus is loading or unloading.

Drivers in all directions must also stop when driving in a two-lane roadway with a center turn lane or in a four-lane roadway without a median separation.

The only time you can continue driving when a bus is stopped is if you are driving on the other side of a physical median.

It is important to remember that many children will be walking to school and to neighborhood bus stops. Please yield to children crossing the streets, look out for crossing guards and follow their instructions. Keep your car off the crosswalk when stopped. Be prepared to stop for children who may make unexpected movements into roadways and follow the school



zone speed limits when the signs are flashing. Most school zones have a 25-mph speed limit, but they may vary.

Parents, please remind your children about street, pedestrian, and bus safety. Try to get to the bus stop early to prevent

injuries caused by rushing to the bus. If you are crossing a roadway, make sure that cars are stopped in both directions before crossing.

Teach them to use designated

crosswalks if they are available and only approach the bus once it has come to a full stop.

If you have young drivers in the family, take time to review the rules about school zones and school buses. If you drive your kids to school, use the kiss and ride process. Do not drop off children on the street—you create a safety hazard for other vehicles when you do.

Whether you have children in school or not, it is everyone's responsibility to follow traffic laws and help start the school year safely.

Share Tips about Community

We need help from our readers for content of our annual Newcomers and Community Guide.

We're hoping to share special places, activities, events, organizations and volunteer opportunities. What should someone new to your neighborhood know about? What is it that you love most about where you live?

We will publish a selection of local viewpoints along with infor-

mation useful to newcomers and long-time residents alike, including information on how to vote and more. See last year's community guides by going to www.connectionnewspapers.com/PDFs/ and scrolling down to Newcomers. Email tips and photos to editors@connectionnewspapers.com or send as a letter to the editor via the website at <http://www.connectionnewspapers.com/contact/letter/> by Aug. 23.



LETTER

Where Are You From, Originally

To the Editor:

"Where are you from?" That question has always confused me. When I answer Northern Virginia, I am rebutted with: "No, where are you originally from – like where is your family from?" I bleed red, white and blue...and green? Yes, that's right. I'm a proud Pakistani-American

Ahmadi Muslim. Pakistan has given me a lot. It has provided me with culture and a means to stand out. I take great pride in being trilingual. These unique qualities help me stand out from a billion other individuals.

The United States established diplomatic relations with Pakistan following the country's independence in 1947. America has a multi-faceted relationship with Pakistan in areas ranging from anti-terrorism to energy to trade and investment. The only thing Pakistan hasn't given me is the freedom to express my religion. In Pakistan I am not allowed to call myself a Muslim because I am from a

sect that believes Hazrat Mirza Ghulam Ahmad, the 19th-century founder of the Ahmadiyya Muslim Community, is the long awaited Messiah and that he has come to revive the religion and bring us back to the path of

righteousness when the religion needed it the most. The second amendment states

that Ahmadis are a non-Muslim group. Since 1974 members of my community are being persecuted and accused of violating the country's

controversial blasphemy laws.

This is also why I am so thankful to call America my home — a country that allows me to thrive however I want. With a hijab on my head and with strength in my blood, I am able to live my dream of going to medical school and becoming a physician so that I can give back to the

country and to humanity.

So now whenever I'm asked "where are you originally from?" I ask the same question. The amount of melanin in your skin or the kind of clothes you chose to wear don't make you any more or less American. Your country

is, in the end, the people that live in it. Sure, you might have an association with the geographical location but it's the people as a whole that give you an identity. I love my Pakistani roots and I love my American identity. Both parts have shaped me into the headstrong and ambitious woman that I am today. God bless America and Pakistan Zindabad.

Aneela Wadan
Fairfax

The writer is a second year medical student.

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PHOTO BY MARILYN CAMPBELL

Jaclyn Wheeler is helping her children transitions from a care free summer to structured school year.

Back-to-School Anxiety

Easing in to the new year.

BY MARILYN CAMPBELL

After summer camps and a vacation abroad, Jaclyn Wheeler is easing her children into the new routine that they will face later this month when they return to school. She's purchased school supplies and created and laminated a schedule of activities for before and after school. "They've been staying up until the wee hours of the morning, but I've been getting them to bed early and waking them up early," she said. "I've bought organizational supplies from the Container Store to help organize their desks at home so they have a clear workspace for doing homework."

When months of swimsuits, summer camp and lazy days turn into early rising, classroom desks and school bells, many families will feel the shock of a sudden shift in schedule. Faced with the reality of nightly homework, the need to perform well academically and the peer pressure that often comes with returning to school, many parents and children can feel anxious about starting a new school year.

"Children often worry if they will be able to cope with the demands of their new grade, said therapist Carol Barnaby, LCSW-C. "Will they be smart enough? Will they disappoint their parents? Will their teacher like them? Will they fit in with their peers? Will they be bullied? Will they be good enough to make the sports team? The worries can go on and on."

The increased pressures of perfectionism in both academic and extracurricular endeavors can feel daunting, especially after an easy-going summer.

"The social stressors of fitting in, being included [and] being accepted combine to create stress that is only increased by social media," Vicki Kirsch, Ph.D., LCSW Associate Professor of Social Work at George Mason University. "It's not only the difficulties of finding a group to sit with in the cafeteria, but also now criticism and bullying through social media."

As children approach adolescence, peer pressure can intensify such stress, suggests Linda McKenna Gulyn, Ph.D., Professor of Psychology at Marymount University.

"In fact, new school year stress for school-aged children is usually more tied in with pressure to make friends, fit in, wear the right clothes, shoes and backpacks and who will be in their class," she said. "For parents, stress relates more to their expectations of

school performance and other school or extracurricular activities."

Parents can comfort and support their children by acknowledging and validating a child's angst, says Gulyn. "Listen to their concerns and anxieties about social relationships. Help them ease into the transitions," she said. "[Their anxiety] will probably be relieved after a day or two. For younger students it might help to check in with the classroom teacher about these concerns, then drop him or her an email."

As Wheeler did with her children, Barnaby encourages parents and children to develop and discuss the new daily routine to create a concrete awareness of the shifts that are about to occur. "Gradually easing into the schedule can help kids cope with stress and encourage a return to routines, she said. "That includes eight to ten hours of sleep each night, turning off and putting away electronic devices 60 minutes before bed, eating healthy meals and spending time together talking about plans to manage the demands of the new school year."

Managing such stress should include more than academics, like unstructured free time suggests Barnaby. "Try not over schedule children with too many activities," she said. "Create calming spaces in the home to unwind. Sit quietly with your child to just be together. Try a guided meditation. Make time to talk about how things are going, what things are going well and what things they are finding challenging."

Learning and practicing self-care at an early age is a useful way to manage stress, advises Kirsch. "[It's] perhaps the best way," she said. These tools are always with us and the only requirement is to practice self-care skills to increase their effectiveness. Deep, focused breathing, meditation, and mindfulness are all ways to manage stress. People often confuse these three techniques with each other, but they are individual skills that can overlap but can also be practiced separately."

"For example, one can do a regular activity such as washing one's hands or walking to the bus stop in a mindful way by focusing in the present and examining experiences utilizing the five senses. "What am I seeing, smelling, touching, hearing, and tasting?" continued Kirsch.

Gulyn encourages students to focus on the joy they will feel when they are reunited with their friends. "Keep in mind that most other kids are a little stressed and scared about back-to-school stuff, too," she said. "But now you are a grade higher and definitely ready for the next year."



PHOTO CONTRIBUTED

Supervisor Pat Herrity kicked-off his 2019 Small Business Tour with a stop at Peterson's Ice Cream Depot.

Pat Herrity Makes First Stop on Small Business Tour

Supervisor Pat Herrity (R-Springfield) kicked-off his 2019 Small Business Tour with a stop at Peterson's Ice Cream Depot in Clifton.

"As an employer, community leader, and ice cream maker, Peterson's Ice Cream Depot is a prime example of all of the ways small businesses better our communities," said Herrity "I'm proud of the work I have done to reform the County's zoning and permitting process to allow new businesses to start and

thrive in Fairfax County."

"Pat Herrity is a champion of the small business community," said Tom Peterson, owner, Peterson's Ice Cream Depot "Pat understands the struggles many business owners face and what it takes to build a strong economy where businesses can flourish. I will be voting for Pat on Nov. 5."

Supervisor Herrity will continue his small businesses tour throughout the remainder of the calendar year.

BULLETIN BOARD

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

DONATIONS NEEDED

School Supply and Backpack Drive. 8 a.m.-4 p.m. at the Parent Resource Center, 2334 Gallows Road, Room 105, Dunn Loring. For the nearly 56,000 students in Fairfax County Public Schools living at the poverty line, obtaining school supplies can be difficult. FCPS is partnering with roughly 20 nonprofits and businesses to ensure that students will have the supplies they need this fall for its "Collect for Kids" campaign. A \$25 donation will fill a backpack with FCPS approved supplies for a student. Organize a collection drive of new backpacks in your community and bring to one of the Collect for Kids drop off locations. Visit www.collectforkids.org/get-involved or call 703-204-3941.

SATURDAY/AUG. 24

Large Yard Sale. 8 a.m.-1 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Unity of Fairfax will host a large, indoor, church yard sale with hundreds of items from many households and a restaurant liquidation. Free admission. Visit www.unityoffairfax.org.

Messy Church. 5-6:30 p.m. at St. Peter's in the Woods, 5911 Fairview Woods Drive, Fairfax Station. Join St. Peter's in the Woods for their monthly Messy Church. It's a worshipping community especially geared towards families and young children, but welcoming to all. Bible-themed crafts and activities, casual worship and a free, family-style dinner. Call 703-503-9210 for more. Registration is appreciated, visit www.stpetersinthewoods.org/events.

TUESDAY/AUG. 27

Car Seat Safety Check. 5-9 p.m. at the West Springfield district police station, 6140 Rolling Road. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. By appointment only; call 703-644-7377 and press 0 at the recording to schedule. In preparation for appointment, install the seat using the instructions that came with the car seat. Trained officers will review the car seat instructions and car owner's manual to be certain that they are being followed as they should.

MONDAY&WEDNESDAY/AUG.28-SEPT25

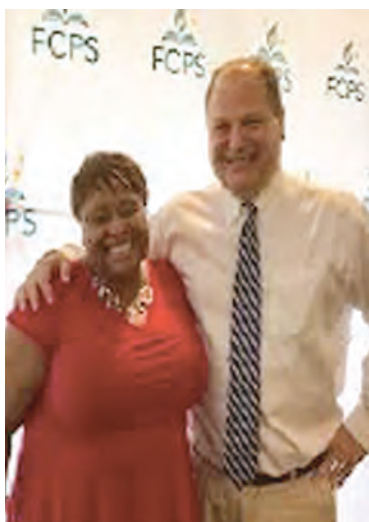
Community Emergency Response Team Training. 7-11 p.m. at the Fire and Rescue Academy, 4600 West Ox Road, Fairfax. The Community Emergency Response Team (CERT) Program trains county residents in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. Emphasis on hands-on skill development and Fairfax County protocols and procedures. Instructor will provide syllabus with class schedule at first session. This training does not require any special physical strength or agility. Visit volunteer.fairfaxcounty.gov/custom/1380/#/opp_details/184989 to register.

SUNDAY/SEPT. 1

SEE BULLETIN, PAGE 11

WWW.CONNECTIONNEWSPAPERS.COM

BACK TO SCHOOL



Cardinal Forest Elementary Principal Felicia Speight Drake and Assistant Principal Keith Hirsch.



Region 4 Assistant Superintendent, Jay Pearson, Cardinal Forest Principal Felicia Drake and School Board Member, Elizabeth Shultz.

At Cardinal Forest: Student Achievement First

Back-to-School Update from Cardinal Forest Elementary: This year the "Mighty Red Birds" will continue to put student achievement first. Our 2019 -2020 school year goals are to be focused, learning centered, we will imagine possibilities and push beyond the ordinary. We are extending our media and technology efforts and critical and creative thinking strategies.

Our new Principal, Felicia Speight Drake, Assistant Principal, Keith Hirsch, staff and community are committed to the Three E's — Equity, Excellence and Effectiveness.

Upcoming Events:

Thursday, Aug. 22, 2019 - Open House/ Back to School Information Sessions: Kindergarten - 11 a.m.-12 Noon; Grades 1-3 - 12:30 a.m.-1:30 p.m.; Grades 4-6 - 2-3 p.m.

The Positivity Project Co-Founder and President Mike Erwin will be conducting a professional development for staff and an assembly for our students in September. He will reinforce the positive psychology's 24-character strengths and empower Cardinal Forest students to build positive relationships.

First PTA Meeting - Sept. 17 at 6:30.

PHOTOS CONTRIBUTED



PHOTO CONTRIBUTED

South County, West Springfield High Teachers Honored

Teachers from South County High School and West Springfield High School were presented with the Optimist Teacher Appreciation Award by the Springfield Optimist Club. Tina Nham from West Springfield along with Tamara Turner-Ottka, Cheryl Gannaway, Molly Rumberger, David Long, Gloria Blumenthal, and Mike Pflugrath from South County High were celebrated for their dedication and support of high school students in and out of the classroom, as well as being a positive influence for their students. Andy Muir, director of student activities at West Springfield High, and Principal Gary Morris from South County High were present for the award ceremony.

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ENTERTAINMENT

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

ONGOING

Registration Open: NVSO. The Northern Virginia Senior Olympics features more than 60 events that challenge the mind as well as the body. New games this year: jigsaw puzzle and line-dancing. The games run Sept. 14-28. There will be no on-site registration. Paper registrations, available at most local recreation and senior centers, must be postmarked by Aug. 24. Online registrations must be completed by Aug. 31 at www.nvso.us.

Art Exhibitions. Through Sept. 15, Wednesday-Sunday, 11 a.m.-7 p.m. at Torpedo Factory Artists @ Mosaic, 105 District Ave., Fairfax. For the first time, the Torpedo Factory Artists' Association is sharing its gallery space with a group of student artists. The Torpedo Factory Artists @ Mosaic is a satellite gallery sponsored by the Torpedo Factory Artists' Association. Visit www.torpedofactoryartists.com/mosaic/ for more.

❖ "Make Your Mark" is part of the Torpedo Factory Artists' Associations' effort to provide exhibit opportunities for gifted artists in the community. In this show, each of the 13 students taking classes from TFAA artist and arts educator Marsha Staiger present one painting that represents their body of work.

❖ "Animal Kingdom" is the theme of the Torpedo Factory artists' exhibit and will showcase the best of what nature has to offer, including the wild and the tame.

(Im)Permanence Continued. Through Oct. 6 in the McGuireWoods Gallery, 2nd Floor, Workhouse Arts Center, 9518 Workhouse Way, Lorton. A solo exhibition featuring work by Cynthia Myron. Visit www.WorkhouseArts.org for more.

VMFA: Futures. Through Oct. 6 in the McGuireWoods Gallery, 2nd Floor, Workhouse Arts Center, 9518 Workhouse Way, Lorton. VMFA: Futures showcases artists joining the 2019-2020 Fellowship Program at the Virginia Museum of Fine Arts in Richmond. Comprised of a broad selection of humanizing works of ingenuity which live the art landscape through sculpture, videography, painting, photography and new media, VMFA: Futures highlights emerging talent but also explores commonalities amongst the artists' work. Featured artists include Soomin Ham, Rebecca Silberman, David Fransulich and Sarah Phillips. Visit www.WorkhouseArts.org for more.

Juried Exhibition: Clay International. Through Oct. 6 in the Vulcan Gallery, 1st Floor, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Ceramic Artist and Educator Peter Beasecker juried over 300 images to select 52 pieces of art which incorporate a contemporary spirit as well as a technical mastery of the material for 2019 Workhouse Clay International. Clay International represents the depth and breadth of contemporary functional and sculptural ceramic artworks being created throughout the country. Visit www.WorkhouseArts.org for more.

Crafters Wanted for 2nd Annual Fall Craft Show. The Fairfax Station Railroad Museum will hold its 2nd Annual Fall Craft Show and LEGO (TM) Train Show on Saturday, Oct. 12, 2019, 10 a.m.-4 p.m. For crafters interested in joining the event, booth space is enough room for a 10x10 canopy and cost is \$50 per space. Email dmueller@fairfax-station.org for an application and further information. Visit www.fairfax-station.org or call 703-425-9225.

Kingstowne Farmers Market. Fridays, through Oct. 25, 4-7 p.m. in the Giant parking lot, 5870 Kingstowne Towne Center, Alexandria. Farm fresh eggs, local honey, berries, fresh picked vegetables, fresh local fruits, baked breads and treats, chicken, tamales, salsa, hummus, gourmet sausage, fresh roasted coffee beans, and much, more. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/kingstowne.

Wakefield Farmers Market. Wednesdays, 2-6 p.m. through Oct. 30, at Wakefield Park, 8100 Braddock Road, Annandale. Eleven local farmers and producers will sell fresh produce and fruits; meats; breads and pastries; jams; dairy products and eggs; herbs; flowers, and more. All products are grown or produced by the vendors and come from within 125 miles. The Fairfax County Master Gardeners Association will be there each



COURTESY OF THE FAIRFAX STATION RAILROAD MUSEUM

LEGO model train displays by Monty Smith.

HO and LEGO Model Trains Show

The Potomac Module Crew will have a special HO Model Train Show as well as a custom LEGO Model Train show by Monty Smith over the Labor Day weekend. Sunday-Monday, Sept. 1-2, 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.



Push/Pull by David Fransulich.

VMFA: Futures

Workhouse Arts Center presents VMFA: Futures, showcasing a group of artists joining the 2019-2020 Fellowship Program at the Virginia Museum of Fine Arts in Richmond. Comprised of a broad selection of humanizing works of ingenuity which live the art landscape through sculpture, videography, painting, photography and new media, VMFA: Futures highlights emerging talent but also explores commonalities amongst the artists' work. Featured artists include Soomin Ham, Rebecca Silberman, David Fransulich and Sarah Phillips. The exhibit runs through Oct. 6, in the McGuireWoods Gallery, 2nd Floor, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Visit www.WorkhouseArts.org for more.

week, providing horticultural information to home gardeners in Fairfax County. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/wakefield.

Lorton Farmers Market. Sundays, 9 a.m.-noon, through Nov. 17, in the VRE Parking Lot, 8990 Lorton Station Blvd., Lorton. Eleven local farmers and producers sell fresh produce and fruits; meats; breads and pastries; jams; dairy products and eggs; herbs; flowers, and more. All products are grown or produced by the vendors and come from within 125 miles. The Fairfax County Master Gardeners Association will be there each week, providing horticultural information to home gardeners in Fairfax County. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/lorton.

Springfield Farmers Market. Saturdays, through Nov. 23, 10 a.m.-2 p.m. at Springfield Town Center, 6699 Spring Mall Drive, Springfield. Vendors include Cascade Beverage, Celestial/Fossil Farms, Chilanga Tortilla, Conecopia, Greenwich Farms, Iganacio's

Produce, Kingdom Gourmet, Lola's Kusina, Lund's Produce, Smiths Mecklenburg, Taste Old Country, Three Puppies, Tyson Farm, and Windmill Meadows. Visit www.community-foodworks.org or call 202-697-7768.

Burke Farmers Market. Through Dec. 21, 8 a.m.-noon at the VRE parking lot, 5671 Roberts Parkway, Burke. A great selection of fresh produce, baked goods, seafood, and dairy. All vendors make their own food or grow it locally within 125 miles. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets/burke for more.

FRIDAY/AUG. 23

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvfd.com or call 703-273-3638 for more.

SATURDAY/AUG. 24

Summer Saturdays. 11 a.m.-4 p.m. at Gunston Hall, 10709 Gunston Road, Lorton. Join Gunston Hall for a summer of fun. Each Saturday in June, July, and August, stop by for a historic adventure on the grounds and in the Visitor Center. Included with regular admission. Call 703-550-9220 or visit www.gunstonhall.org/visit/guide/upcoming-events.

Glass Harp Performance. 1-2 p.m. at Centreville Regional Library, 14200 St Gernain Drive, Centreville. Join an end of summer celebration as Jamey Turner plays the glass harp, a musical instrument made with drinking glasses filled with water. This family friendly program will engage and delight all ages. Free. Call 703-830-2223 or visit librarycalendar.fairfaxcounty.gov/event/5238367.

Children's Business Fair. 1-4 p.m. at Fairfax Club Estates Tennis Courts, 5601 Snowy Owl Drive, Fairfax. Come out and support more than 25 kid entrepreneurs in a one-day marketplace at Fairfax Club Estates. Free admission. Rain date, Sunday, Aug. 25, 1-4 p.m. Email fairfaxchildrensbusinessfair@gmail.com or visit www.childrensbusinessfair.org/fairfax-gray.

Movie Night: Ice Age. Dusk. Liberty Lorton, the former prison turned new development, is hosting a series of events that includes barnyard yoga, outdoor movie nights, and the second annual Turkey Trot. Events are open to residents and non-residents of Liberty. Visit thelibertylife.com for more.

SUNDAY/AUG. 25

Hands On Activities Day. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Some of the Hands On Activities at the Fairfax Station Railroad Museum might include operating model trains, decoding and writing telegraph messages or doing a railroad theme or Civil War theme craft. No extra charge for craft supplies.. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

Burke Historical Society. 3:30-5 p.m. at Pohick Regional Library, 6450 Sydenstricker Road, Burke. Glenn Curtis, born in 1930 in Burke and a descendant of the prominent Marshall Family, will discuss his own and his family's experiences, with Mary Lipsey interviewing. Free. Email slawski_brian@yahoo.com or visit www.burkehistoricalsociety.org.

Films in the Park: How to Train Your Dragon (2010). 7 p.m. at Strawberry Park in Mosaic, Fairfax. Mosaic's summer movie lineup has something for the whole family. Grab a blanket, friends and family and watch favorite films underneath the stars. Visit mosaicdistrict.com/events/event/films-in-the-park-2/.

MONDAY/AUG. 26

Back to School. Fairfax County Public Schools first day of the 2019-2020 school year. Visit www.fcps.edu/calendars/2019-20-standard-school-year-calendar.

TUESDAY/AUG. 27

Springfield Bridgewalk. 7 p.m. meet at the corner of Amherst Avenue and Bland Street. Lee District hosts its 19th Annual Springfield Bridgewalk. This family-friendly event is open to the entire community. At 7:30 p.m., as the lights begin to shine, the police will close the road and participants will stroll across Veterans Bridge to American Legion Post 176. At the Post there will be a brief ceremony and community covenant signing with Fort Belvoir, followed by community time and food with friends and neighbors. Visit www.springfieldchamber.org/events/details/bridgewalk-6041 for more.

THURSDAY/AUG. 29

Evenings on the Ellipse: The Gibson Brothers (bluegrass). 5:30-7 p.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Fairfax County Government Center's backyard will be alive with fun, music and good company this summer as the Evenings on the Ellipse concert series returns. Stop by and relax in style

SEE CALENDAR, PAGE 10



PHOTOS BY KHUYEN DINH/THE CONNECTION

In the lots just outside the Springfield Town Center, the local farmers market has a variety of vendors selling products from fresh locally sourced produce to handmade soaps.

Saturdays at Farmers Market

Springfield Mall Farmers Market offers healthy food, community meeting place.

BY KHUYEN DINH
THE CONNECTION

Through smiles to customers new and old, the farmers market that lies directly adjacent to the Springfield Town Center offers locally sourced products each Saturday from 10 a.m. to 2 p.m. The Springfield Farmers Market is particularly different due to its prime location.

"It is a constant flow and we definitely get a wide mix of people between regulars and people going to the mall," says Tracey Halstead, owner of Greenwich Natural Farms, a vendor from the market. There are frequent regulars that come to this farmers market.

"This is the only farmers market that allows dogs," says Julie Stevens. Stevens is a regular to the Springfield Farmers Market where she brings her two dogs to "share a cup of ice cream each Saturday."

The Springfield Farmers Market is organized through Community Food Works: a non-profit based out of D.C. "The mission is to increase food access in particularly low income areas," says Springfield Market Manager Jennifer Luu. Community Food Works began with the Springfield location 2-3 years ago. They manage 7-8 markets throughout D.C. and Northern Virginia. They help organize the market and recruit members as well as accommodate customers through their Snap matching program.

"People really enjoy Tysons Farms and the local produce vendors here at the Springfield Farmers Market," says Luu. Variety of products and vendors at the market include Cascade Beverage Company, Three Puppies Treats, and Windmill Meadows.

"Community Food Works tries to have a nice variety of vendors," says Tracey Halstead. "It's a nice blend of things that can pretty much appeal to anyone." However, the weather plays a large role in the wave of customers that visit the farmers market. Vendors said that this year's season brought in the standard amount of customers and it is dependent on the amount of rain and the heat.



With many crops and produce available from Tysons Farms, weather is a large factor for not only the customer waves at the markets but the crops and products. "This year's season is going pretty well. The rain earlier in the season affected our crops, mostly our strawberries but other than that the weather has been pretty cooperative," says Travis Hopkins from Tysons Farms.

Most of the current vendors have been coming to the Springfield Farmers Market for years, including Kingdom Gourmet Foods, a non-profit bakery that benefits for a better education for underprivileged children through the CITA Foundation. Owner Esther Riverson retired from her teaching job and proceeded to focus her time on Kingdom Gourmet Foods. The company sells treats ranging from chocolate chip cookies to her "friendship bread." Kingdom Gourmet Foods is family-run and owned.

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CALENDAR

FROM PAGE 8

with generous tastings and sales from Fairfax County's two Wineries, Paradise Springs and Bull Run. Visit www.fairfaxcounty.gov/parks/performance/evenings-on-the-ellipse for more.

FRIDAY/AUG. 30

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvfd.com or call 703-273-3638 for more.

SATURDAY/AUG. 31

Summer Saturdays. 11 a.m.-4 p.m. at Gunston Hall, 10709 Gunston Road, Lorton. Join Gunston Hall for a summer of fun. Each Saturday in June, July, and August, stop by for a historic adventure on the grounds and in the Visitor Center. Included with regular admission. Call 703-550-9220 or visit www.gunstonhall.org/visit/guide/upcoming-events.

SUNDAY/SEPT. 1

Films in the Park: Hook (1991). 7 p.m. at Strawberry Park in Mosaic, Fairfax. Mosaic's summer movie lineup has something for the whole family. Grab a blanket, friends and family and watch favorite films underneath the stars. Visit mosaicdistrict.com/events/event/films-in-the-park-2/.

SUNDAY-MONDAY/SEPT. 1-2

HO and LEGO Model Trains Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Potomac Module Crew will have a special HO Model Train Show as well as a custom LEGO Model Train show by Monty Smith over the Labor Day weekend. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

TUESDAY/SEPT. 3

Fairfax Encore Chorale. Weekly rehearsals, Tuesdays, 11 a.m.-12:30 p.m. at St. George's United Methodist Church, 4910 Ox Road, Fairfax. Encore's mission is to provide an excellent and accessible artistic environment for older adults, 55 and over, regardless of experience or ability, who seek arts education and performance opportunities under a professional artist. No auditions are required to sing. Singers learn vocal technique, proper breathing and posture, and music literacy. All concerts are free and open to the public. Fee is \$175 for weekly rehearsals, sheet music, practice CD, and performances. The Encore Chorale repertoire includes traditional and secular holiday music. Visit www.encorecreativity.org or call 301-261-5747.

THURSDAY/SEPT. 5

Hometown Thursdays: Dirty Gold Brass Band. 6:30-8:30 p.m. at Old Town Square, 10415 North St., Fairfax. Fairfax's Hometown Thursdays concert series takes place the first and third Thursdays through September. A free, family-friendly event for all ages. Visit www.fairfaxva.gov/government/parks-recreation/special-events/hometown-thursdays for more.

FRIDAY/SEPT. 6

Encore Rocks Fairfax. Weekly rehearsals, Fridays, 10:30 a.m.-noon at Unitarian Universalist Cong. of Fairfax, 2709 Hunter Mill Road,



PHOTO COURTESY OF LORTON STATION TOWN CENTER

Community Fair

Lorton Station Community Fair features dance performance, DJ music, fitness demos, facepainting, balloon characters and touch-a-truck. Meet and shop with local business owners. Sunday, Sept. 15, 2-5 p.m. at Lorton Station Town Center, 9000 Lorton Station Blvd., Lorton. Free admission. Food and drink available for purchase. Call 757-897-5724 or visit www.eventbrite.com/e/lorton-station-community-fair-tickets-66831626193.

Oakton. Encore's mission is to provide an excellent and accessible artistic environment for older adults, 55 and over, regardless of experience or ability, who seek arts education and performance opportunities under a professional artist. No auditions are required to sing. Singers learn vocal technique, proper breathing and posture, and music literacy. All concerts are free and open to the public. Fee is \$175 for weekly rehearsals, sheet music, practice CD, and performances. The Encore Chorale repertoire includes traditional and secular holiday music. Visit www.encorecreativity.org or call 301-261-5747.

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvfd.com or call 703-273-3638 for more.

SATURDAY/SEPT. 7

Ultimate Tailgate Class. 2-3:30 p.m. at Kings Park Library, 9000 Burke Lake Road, Burke. Chef Kraft will show you how to host the ultimate tailgate this football season. Free. Call 703-978-5600 (option 4) or visit librarycalendar.fairfaxcounty.gov/event/5452937.

Art Auction Fundraiser. 7:15-10 p.m. at Temple B'nai Shalom, 7612 Old Ox Road, Fairfax Station. Art with Heart is an evening of art, food, wine and music featuring contemporary, and traditional art, sports memorabilia, and Judaica. Food donations to benefit LCAC. \$18 donation and a can of food. Visit www.tbs-online.org or call 703-628-6676.

SUNDAY/SEPT. 8

Early Railroad Tools Exhibit. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Fairfax Station Railroad Museum will have a special exhibit of early railroad tools. Come learn how these tools were used to build and maintain railroads in the 19th century. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

WEDNESDAY/SEPT. 11

Nine and Wine. 5-8 p.m. at Laurel Hill Golf Club, 8701 Laurel Crest Drive, Lorton. Enjoy a round on Virginia's

newest golf course. Price includes range balls, golf cart and nine holes of golf and a glass of wine. This event welcomes the first 12 people who RSVP. Come solo or bring a friend. Payment will be made upon arrival at the event venue. Check in at to pro shop at least 15 minutes prior to the start time. Member, \$32; |non-members, \$42. RSVP to Roberta Korzen at roberta.korzen@fairfaxcounty.gov or 703-324-8782.

FRIDAY/SEPT. 13

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvfd.com or call 703-273-3638 for more.

SUNDAY/SEPT. 15

NTRAK Model Train Show at Fairfax Station Railroad Museum. 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 Train Display. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

Community Fair. 2-5 p.m. at Lorton Station Town Center, 9000 Lorton Station Blvd., Lorton. Lorton Station Community Fair features dance performance, DJ music, fitness demos, facepainting, balloon characters and touch-a-truck. Meet and shop with local business owners. Free admission. Food and drink available for purchase. Call 757-897-5724 or visit www.eventbrite.com/e/lorton-station-community-fair-tickets-66831626193.

SATURDAY/SEPT. 14

Oktoberfest Volksmarch Walk. 8 a.m.-3 p.m. at Accotink Unitarian Universalist Church, 10125 Lakehaven Court, Burke. Walk, jog or run 3 or 6 miles. German food and drinks. Begin anytime 8 a.m.-1 p.m. Leashed dogs welcome. Trail okay for sturdy stroller. Adult must accompany children under 12. Walk is free. Email nicebrowns@verizon.net for more. Call 703-407-7681 day of event.

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BULLETIN BOARD

FROM PAGE 6

22 Proven Processes. 1-3 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. This hands-on experiential class will explore proven processes that have been found to enhance individual spiritual growth and help individuals who struggle with debt, relationships, and other life challenges. Based on the Law of Attraction principles found in "Ask and It Is Given—Learning to Manifest Your Desires," written by Esther and Hicks. Donation. Call 703-281-1767 or visit 22-proven-processes.eventbrite.com.

WEDNESDAY/SEPT. 4

Fairfax County 2019 Candidate Forum: Mt. Vernon District. 7 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria. These candidate forums are nonpartisan. The League of Women Voters of the Fairfax Area does not support or oppose any party or candidate. They invite all certified candidates competing for office in their respective districts. After a moderated discussion, there will be time to meet the candidates. Volunteers, including students, are welcome. Visit www.lwv-fairfax.org/candidateforum for more.

THURSDAY/SEPT. 5

Car Seat Safety Check. 5-9 p.m. at the West Springfield district police station, 6140 Rolling Road. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. By appointment only; call 703-644-7377 and press 0 at the recording to schedule. In preparation for appointment, install the seat using the instructions that came with the car seat. Trained officers will review the car seat instructions and car owner's manual to be certain that they are being followed as they should.

THURSDAYS/SEPT. 5-NOV. 7

"Caring for You, Caring for Me." Noon-1 p.m. at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Fairfax County and Inova Health System present free "Caring for You, Caring for Me" programs. This workshop series provides a blend of support and education for caregivers of older adults. Respite services available if requested three weeks in advance. Call 703-324-7210, TTY 711.

SATURDAY/SEPT. 7

Peripheral Neuropathy Support Group. 2-4 p.m. at Mason District Governmental Center, 6507 Columbia Pike, Annandale. The Peripheral Neuropathy Support Group for greater Washington meets the first Saturday of the month. With Dr. Perry Richardson of GWU Medical School. All are welcome. RSVP for available seating. Call 301-263-0616 or visit www.dcpnsupport.org for more.

THROUGH SEPT. 8

Metro Station Closures. Through Sunday, Sept. 8, 2019, the six Blue and Yellow line stations south of Ronald Reagan Washington National Airport (Braddock Road, King Street, Eisenhower Ave., Huntington, Van Dorn Street and Franconia-Springfield) will be closed for full platform reconstruction and major station improvements. Read more at www.wmata.com/service/rail/PlatformProject.

TUESDAY/SEPT. 10

Car Seat Safety Check. 5-9 p.m. at the West Springfield district police station, 6140 Rolling Road.

Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. By appointment only; call 703-644-7377 and press 0 at the recording to schedule. In preparation for appointment, install the seat using the instructions that came with the car seat. Trained officers will review the car seat instructions and car owner's manual to be certain that they are being followed as they should.

ESL Class Registration. 7 p.m. at Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax or 13421 Twin Lakes Drive, Clifton. Three levels: beginning, intermediate, advanced. Classes are Tuesdays and Thursdays, Sept. 17-Nov. 21. All are welcome. Registration fee, \$15; text book, \$25. Visit www.lordoflifeva.org or call 703-323-9500.

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"Barbasoul"



By KENNETH B. LOURIE

That was a close shave, if I may euphemistically characterize my most recent, blade-free brush with cancer-like symptoms, especially considering that I thought my life was at stake.

The pain was located around my left-side rib cage, exactly where the pain was on that fateful Jan. 1, 2009 day when I couldn't ignore it any longer and thus felt compelled to get off the couch and go to the emergency room.

Though I didn't have any shortness of breath, or difficulty inhaling, exhaling and bending over (all of which I had back then); nonetheless, I thought the worst and didn't fool around this time and made an appointment with my primary care physician as soon as possible, which was for the following day. I didn't have a great sleep that night but it was somewhat improved knowing I might get an answer the next day.

To say that my life was beginning to pass by is a bit of an overstatement to be sure, but it was moving around a little bit. Trying to bury/compartimentalize what a possible recurrence/resistance to my current standard of treatment would mean before I actually met with a physician and received cancer confirmation was the immediate task at hand.

Rationalizing that what symptoms I wasn't experiencing meant something positive/encouraging compared to what I felt 10 and a half years ago was one mental route I was traveling. The other was my usual and customary fall-back position: "It's nothing until it's something."

However, I have to admit "something."

Though I can't speak for all cancer patients/survivors; for me – in spite of my inherited-from-my-father positive attitude – being diagnosed with a "terminal" disease, as clearly described by my oncologist back in late February 2009, creates a sense of inevitability – as does the "13 month to two year" prognosis that followed.

Inevitability, as in one's demise (I'll never forget the walking-down-the-staircase-with-a-yo-yo example he used) and then death is only a matter of time. Time which you don't have and quality of life which you'll never get back.

And when that "inevitability" is most clear is when you have symptoms (related to your cancer or not; you don't know definitively, at least I never do), especially if those symptoms are identical to the ones that got you into this jackpot in the first place.

So yes, I've had a difficult few days fighting the inevitable feelings and wondering if my amazing good fortune had finally run out. After all, a "terminal" disease doesn't generally mean you go on living a normal life expectancy. Au contraire. It means you don't! And at some juncture, the cancer spreads beyond modern medicine's ability to manage it.

Then the patient is given a choice: stop the treatment and try to enjoy your remaining days without side effects, and thereby live a less cancer-centric quality of life with some freedom and independence – and hopefully feel some kind of better. And in those intervening days, try not to worry about the cancer doing what it inevitability (there's that word again) does, which is not cure itself. Or try some experimental treatment and hope for the best.

This is the emotional concern and challenge which hangs over my head. Never more so than when I have the symptoms that I did this past week.

Fighting the cancer and fighting these feelings is too much. One at a time I can handle.

Handle it I did as I sat in my doctor's office and in great detail, described my symptoms, and explained what I was feeling and what I wasn't. My internal medicine doctor listened intently as he has since the very beginning when I was first diagnosed. He was calm and reassuring in his assessment.

My symptoms he said were not cancer-related. They "were muscular," he continued, "on the outside of my lungs."

Not lung cancer at all. As such: No lab work. No X-Ray. No CT scan. No nothing. Another reprieve. Life goes on, until

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



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