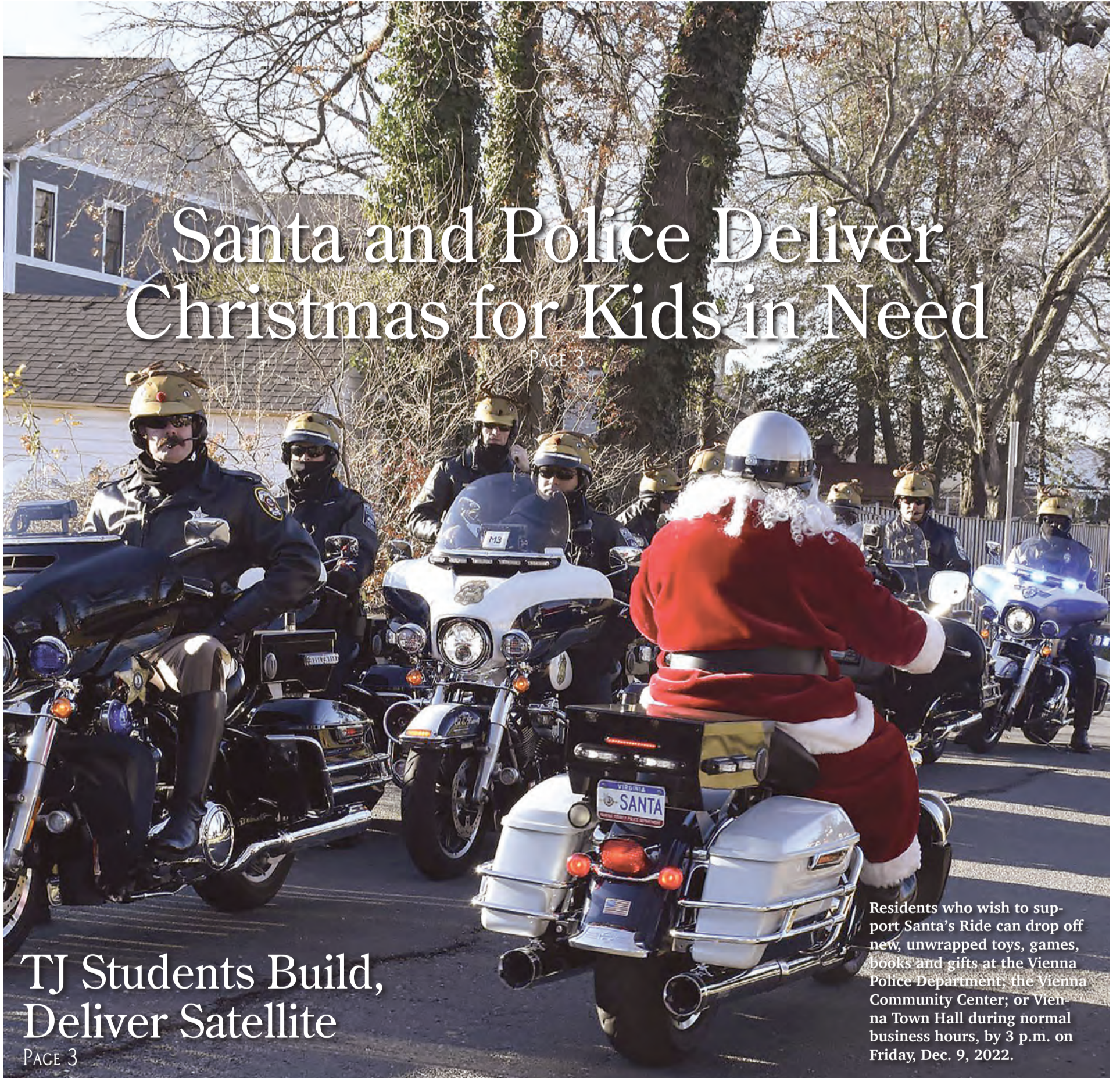


HOLIDAY ENTERTAINMENT, PAGE 8 ♦ CALENDAR, PAGE 9 ♦ CLASSIFIED, PAGE 10

## Santa and Police Deliver Christmas for Kids in Need

PAGE 3



Residents who wish to support Santa's Ride can drop off new, unwrapped toys, games, books and gifts at the Vienna Police Department; the Vienna Community Center; or Vienna Town Hall during normal business hours, by 3 p.m. on Friday, Dec. 9, 2022.

## TJ Students Build, Deliver Satellite

PAGE 3

## Wounded Ukrainian Soldiers Get Help Locally

PAGES 4-6-7

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FILE PHOTO CONTRIBUTED

Pathway Homes' urban community garden

## Award for Pathway Homes' Urban Gardens

Pathway Homes received the Best Housing Program award during the Virginia Governor's Housing Conference (VGHA) for its work in establishing an urban garden program. Pathway Homes, a nonprofit providing mental health services — starting with safe, stable housing — to individuals marginalized by poverty and inequity, started the program to address a variety of behavioral and health needs of its clients.

Every year, the conference honors innovative, effective efforts that address housing needs during the Virginia Housing Awards luncheon, held this year on Nov. 17. This year, it recognized Pathway Homes for its community garden program which was launched last year during the height of COVID. It was started as a way to help clients eat better, enjoy the outdoors, and find outlets for mental health during a time when the pandemic isolation exacerbated mental health issues for the population that Pathway Homes serves.

"We are delighted to be recognized by VGHA for our community gardening program. Community gardening is a pathway to provide socialization, future employment opportunities, and education about ... connection between good nutrition and mental health. This effort has been embraced by our clients and is a source of inspiration and pride," said Pathway Homes CEO Sylisa Lambert-Woodard.

Pathway owns, leases, and manages nearly 500 properties in Northern Virginia. Pathway started its first garden at a Herndon, Va. property that houses 12 clients. Clients have been engaged and

excited. The new garden program is part of Pathway's focus on the intersection of mental and physical health. With the success of the initial garden, Pathway has started adding gardens to more of its properties. Each house has several raised garden beds constructed by volunteer teams. These raised garden beds address mobility challenges and provide added flexibility in crop decisions, including moving or removing certain herbs and plants depending on weather or environmental factors. In a next phase, the nonprofit plans to help clients participate in farmer's markets to earn extra income from their harvest.

Healthy eating is expensive and disadvantaged populations tend to not eat healthy because they cannot afford it. A community garden is another way to level that playing field. By growing produce themselves, it provides access to nutritious foods that they may not be able to afford on a fixed income as low as \$774 per month. Pathway's clients have income that falls below 300% of Federal Poverty Level with most below 200%.

For more than 42 years, Pathway Homes has enabled tens of thousands of people in Northern Virginia with serious mental illnesses and other co-occurring disabilities to get housing and supportive services to help them recover their lives. Following the housing first model, Pathway Homes is a partner in preventing and ending homelessness, ensuring 1,578 people in 2022 had access to services and almost 500 permanent supportive housing units.

<https://www.pathwayhomes.org/>  
[www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)



## Vienna Police Officers Team Up to Support Santa's Ride

Vienna police officers take an oath to serve and protect, and this time of year, their service includes a very special detail – bringing holiday cheer to children in local hospitals. To do this, the Vienna Police Department is teaming up with Santa Claus and other law enforcement agencies in the region to collect unwrapped toys, games, books and gifts and distribute them to children at Fairfax Hospital, at Georgetown Lombardi Cancer Center and to children in the community who otherwise might not have a cheerful holiday season.

“The Vienna Police Department has participated in this drive for several years now, and each year we are amazed by the generosity of our town’s residents in supporting this cause,” said police dispatcher, Ruth Rohr, who coordinates Vienna’s participation in Santa’s Ride. “The ability to lift the spirits of children in the hospital, particularly at holiday time, is so rewarding, and their



expressions of joy at receiving these unexpected gifts is priceless.”

Vienna residents who wish to support Santa’s Ride can drop off new, unwrapped toys, games, books, and gifts at the Vienna Police Department, 301 Center St. S; the Vienna Community Center, 120 Cherry St., SE; or Vienna Town Hall during normal business hours. All items must be dropped off by 3 p.m. on Friday, Dec. 9, 2022.

Police officers on motorcycle from multiple jurisdictions will escort Santa to local schools and government buildings to pick up the donated items and deliver them to hospitals and to community children in need. Santa’s Ride 2022 is supported by the Fairfax County Police Department, Fairfax County Sheriff’s Office, City of Fairfax Police Department, Falls Church Sheriff’s Office, Herndon Police Department, Metropolitan Washington Airports Authority, Vienna Police Department and Virginia State Police.

## TJ Space Launches REVERB CubeSat SpaceX-26

### Rocket delivers TJREVERB to International Space Station.

BY MICHAEL ROTH AND KRISTEN KUCKO  
VIA FCPS

Students from Thomas Jefferson High School for Science and Technology’s Satellite Team, TJ Space, engineered a satellite from scratch that was launched into space on Saturday, Nov. 26.

“The satellite will be handed over to astronauts onboard the International Space Station who plan to deploy the satellite in January 2023,” reports FCPS.

The launch is the culmination of seven years of work for TJ Space. Led by Robotics lab director Kristen Kucko, many students from Thomas Jefferson High School for Science and Technology have had a hand in this historic launch.

“TJ REVERB is significant because the CubeSat was designed, built, coded and integrated entirely by high school students,” said Kucko. “The students did not use a satellite kit, nor did they have an industry or university partnership to assist them. Building satellites is not an easy task. According to Col. Nick Hague, Astronaut, countries have not been able to build CubeSats. The students in TJ Space should be proud of their accomplishments.”

CubeSats are a small satellite, about the size of a tissue box. The technology was developed by Cal Poly and has become the industry standard. CubeSats allows for more standardized and cheaper deployment of satellites. TJ was the first high school in the world to launch its own CubeSat in 2013, called the TJ3SAT. While TJ3SAT was unable to achieve contact when deployed, it was an engineering feat for a high school.

WWW.CONNECTIONNEWSPAPERS.COM

In the Fall of 2016, a student from TJ decided it was time to build another satellite. This project was more ambitious: They wanted to build a CubeSat with a scientific mission. Their goal was to test if an Iridium radio would work in space. The students won a grant from NASA and were able to begin the development of TJREVERB. But as it happens, the students who started TJREVERB graduated and left it for the next class to continue the work. New students had to relearn the fundamentals of satellite building as well as the specifics of TJREVERB. This was not an easy task. In addition to the normal requirements of school, students had taught themselves CubeSat fundamentals.

Quickly the focus of the project went from a science mission to an engineering project. As the development of the CubeSat Chassis progressed, the students built a Flat Sat and launched a High-Altitude Balloon testing Iridium’s performance at 20,000 feet. Unfortunately, the Flat Sat did not work, and the future of the project appeared to be in doubt going into the spring of 2019.

The program transitioned faculty leadership in May 2019. Kucko started managing the project and became the Principal Investigator. She came to TJ from industry having previously worked at Apple as Technical Specialist. She joined TJ’s faculty as a Design and Tech Teacher in the Fall of 2018 and became the Robotics lab director in the fall of 2019.

One of the key changes Kucko brought to TJ Space was adding outside mentors to assist the students, including Jin Kang of Maru

SEE TJ SPACEW LAUNCHES, PAGE 5



Ian Hsu and Khoi Dinh at Nanoracks near the Johnson Space Center in Houston to deliver TJ REVERB



General John W. “Jay” Raymond checks out TJREVERB during a Space Force visit to TJ.

VIENNA/OAKTON / MCLEAN CONNECTION ❖ NOVEMBER 30 - DECEMBER 6, 2022 ❖ 3



## ADVENTURE

# Injured Ukrainian Soldiers Enjoy a Fishing Adventure

PHOTOS BY SUSAN LAUME

## Assistance goes beyond prosthetics.

BY SUSAN LAUME  
THE CONNECTION

**W**hen retired Marine Ed Moore found out that three Ukrainian soldiers with amputations would be in the area to be fitted with prosthetics after injury on the battlefield, he did what any Marine would do ... he offered to take them fishing.

Veterans Fishing Adventure was started by Moore and his daughter Haley. They've been offering veterans and their families fishing and boating trips on the Potomac River and Occoquan River for four years. With up to four boats, they offer as many as three trips per week. Veterans Fishing Adventure specializes in offering those with physical limitations an opportunity to participate and allowing those with disabilities to take their children fishing. Their non-profit, volunteer organization with specially fitted boats is able to offer this opportunity to be on the water at no cost to U.S. service veterans, to enjoy a pastime that many of us enjoy without much thought for the logistics. <https://veteransfishingadventure.org/>

Early, at 5:30 a.m. on Saturday morning, because fishing often starts early, the three soldiers, their translator, and the boat crew gathered dockside at the Pohick Bay Regional Park Marina. First activity of the day — set nets to catch bait fish for the day's fishing excursion. After 13 fish, mostly shad with one or two carp, were netted by volunteer crew members Scott Cole and Tim Majewski, plus boat captain Moore head the Knot4gotn east into the sunrise for a promising day of fishing adventures and sightseeing along the Potomac River.

SEE ADVENTURE, PAGE 6



Capt. Ed Moore poses with his passengers for the day, (seated) Ruslan Tyshchenko, Alex Fedun, (standing) the Veteran's Success Resource Group representative, and Anatoliy Kirda.



Volunteer crew member Scott Cole watches the net buoys for signs that bait fish have swum into the nets.



The group huddles in the warmth of the cabin after leaving the dock.



The crew hauls in the nets and removes Shad and Carp for use as bait during the day's fishing excursion.



Scott Cole, volunteer crew, brings in fish that by size would make most fisherman happy but for today will be used to attract even larger catfish.



PHOTO COURTESY VFA

Anatoliy Kirda had the biggest catch of the day, a 39 pound Blue Catfish



A crowd of dozens of well wishers who gathered to greet the Ukrainians included retired Cmdr. Kirk Lippold (center), police and fire personnel, veterans and avid fishermen.





PHOTO VIA FCPS

TJ Students at Small Satellite Conference

# TJ Space Launches

FROM PAGE 3

Space Tech, Dan Courain, Justin Annibaldi of Global Space Exchange and Cain Sauer of Avian. Once the mentors arrived on the scene, they guided the students with complex aspects of the CubeSat building, including electronics, programming, and systems integration.

## COVID Shuts it Down

Work continued in earnest throughout the 2019-20 school year until COVID ended in-person learning at TJ in March 2020. Since TJ REVERB required so much hands-on work, the project came to a halt. In the meantime, almost everyone who had been contributing to the design and development of the CubeSat graduated in either 2020 or 2021.

## New Team in August 2021

When in-person school resumed for the 2021-22 school year a new group of students took it upon themselves to finish TJREVERB. The new team reverse-engineered the satellite and, in many cases, started fresh. The students spent upwards of 13 hours per week to finish it by the end of the 2021-22 school year. The mission shifted from “If Iridium Works” to “If Iridium works under these conditions.”

With the hard work and dedication of the team, the students engineered a functioning satellite that accomplished its mission by May 2022. They showcased their work to the Chief of Space Operations, United States Space Force, General John W. “Jay” Raymond. He was impressed that high school students were able to create a complex system.

Prepping for Launch and Presenting their Research - Summer of 2022

On July 20, 2022, Ms. Kucko and two project leads, Alan Hsu ('23) and Khoi Dinh

('24) traveled to Nanoracks near the Johnson Space Center in Houston to deliver TJ REVERB. Hsu and Dinh integrated the satellite into a Nanoracks Dispenser. The complete and integrated satellite was then shipped to the Kennedy Space Center, Florida to await its launch on SpaceX-26.

In August of 2022, TJ Space traveled to Logan, Utah and presented their paper “Identifying and Overcoming Challenges in High School CubeSat Programs,” at the annual Small Satellite Conference. The Small Satellite Conference is the premiere venue for small satellites. It brings both industry experts and universities together to advance small satellites. TJ Space was the only high school team to present their paper and have a booth. The team received an overwhelmingly positive response from conference attendees. Students met and made connections with NASA and government officials, corporate representatives, and universities. When the students were not networking, they attended sessions and learned about commercial space opportunities.

## Preparing for Launch and Deployment

TJREVERB awaited launch on SpaceX-26: A Falcon-9 rocket with a Dragon Cargo Resupply Capsule. The rocket would deliver TJREVERB along with supplies to the International Space Station. The launch was scheduled for Tuesday, Nov. 22 ... and would be streamed live on the SpaceX YouTube channel.

The astronauts aboard the International Space Station will deploy TJREVERB on Friday, Jan. 2, 2023 (tentatively). TJ Space will begin receiving data from the CubeSat approximately three days later. The plan is to plot and confirm geolocation data as well as observe and document how often the satellite can be contacted.

What started as an idea seven years ago will turn into reality over the next few weeks.

# Fairfax Water

## NOTICE OF WATER RATE AND BUDGET PUBLIC HEARING December 15, 2022, at 6:30 p.m.

At 6:30 p.m. on Thursday, December 15, 2022, Fairfax Water will conduct a public hearing on its Proposed Schedule of Rates, Fees, and Charges. The hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA.

The proposed changes, to be effective April 1, 2023, include the following:

- An increase in the Availability Charge from \$4,510 to \$4,640.\*
- An increase in the Local Facilities Charge from \$19,400 to \$22,090.
- An increase in the Service Connection Charge from \$1,480 to \$1,790.\*
- An increase in the Account Charge from \$41 to \$44.
- An increase in the Quarterly Billing Service Charge for meters larger than the standard 5/8" residential meter. See the Proposed Schedule of Rates, Fees, and Charges for details.
- An increase in the base Commodity Charge from \$3.46 to \$3.65 per 1,000 gallons of water.
- An increase in the Peak Use Charge from \$3.85 to \$4.00.
- An increase in the Turn Off / Turn On Charge from \$50 to \$53.
- An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the increase in the Commodity Charge and Peak Use Charge.
- A decrease in the Overhead Charges for Labor from 103% to 102%.
- An increase in the Installation of Sewer Use Meter Charge Inspection Fee from \$40 to \$42.
- An increase in the Returned Payment Charge from \$20 to \$25.

\*Charges reflect fees associated with a standard 5/8" residential meter. Changes in charges for larger residential and commercial meters are reflected in the Proposed Schedule of Rates, Fees, and Charges.

Fairfax Water is also proposing a \$228 million budget for calendar year 2023<sup>1</sup>. Water sales are expected to provide \$202 million and the remaining \$26 million is expected from connection charges, investment income and other sources.

The major areas of operation and maintenance expense are:

Category	-- \$1,000s --	
	2022	2023
Personal Services & Employee Benefits	\$ 59,399	\$ 66,276
Power and Utilities	11,804	14,120
Chemicals	9,905	11,956
Purchased Water	7,312	7,513
Supplies and Materials	5,358	5,462
Insurance	1,146	1,370
Fuel	963	1,015
Postage	584	618
Contractual Services	11,831	12,912
Professional Services	1,320	1,365
Other	2,322	2,613
<b>Sub-Total</b>	<b>111,944</b>	<b>125,220</b>
Transfer to Improvement Fund	(10,949)	(11,141)
<b>Total</b>	<b>\$ 100,995</b>	<b>\$ 114,079</b>

Net revenues are expected to be appropriated as follows:

Debt Payment	\$46,327,337
Improvement Fund	\$11,000,000
General Fund	\$55,563,000

<sup>1</sup> Fairfax Water's Board will continue to monitor economic factors and review revenues and expenditures at mid-year to determine if additional action is needed.

Visit [fairfaxwater.org/rates](https://fairfaxwater.org/rates) to view a copy of the proposed changes.

Those wishing to speak at this hearing or desiring a copy of the proposed changes should call Ms. Tonya Clement at 703-289-6029. Interested parties may submit written comments to [PublicHearingComments@fairfaxwater.org](mailto:PublicHearingComments@fairfaxwater.org) or mail written comments to:

Fairfax Water  
Public Hearing Comments  
8570 Executive Park Avenue  
Fairfax, VA 22031

All written comments must be received by close of business on Wednesday, December 14, 2022 to be included in the record of the public hearing.





PHOTO COURTESY VFA

Ruslan Tyshchenko smiles at the size of his catch, held by translator Boris

## Injured Ukrainian Soldiers Enjoy a Fishing Adventure

FROM PAGE 4

Onboard, tucked warmly in the boat's cabin on the chilly morning, the three heroes of Ukraine set out for a day of stress relieving fishing adventure.

Ruslan Tyshchenko, age 44, a sapper commander, served in the National Guard of Ukraine for 25 years as a combat engineer. Since the beginning of the war, he led a group of sappers, involved in removing mines in liberated Ukrainian territories. A sapper is a combat engineer with duties such as demolitions, bridge-building, preparing field defenses and road repair.

On June 8, while performing a combat mission near the city of Balaclava in the Kharkiv region, he came under fire from an enemy tank. Shrapnel hit a vital artery. With major damage to his artery, he lost his left leg and severely injured his right.

Oleksandr "Alex" Fedun, age 23, an entrepreneur in the Zaporizhzhia region, left his business and family at the outbreak of the war to defend Ukraine. On May 14, during a combat mission, Fedun's car was ambushed by the Russians and he received serious injuries to both legs caused by a mine explosion. He was able to save his own life by applying tourniquets to stop the bleeding, but when he was evacuated to the hospital, both legs had to be amputated.

Anatoliy Kirda, age 59, was a career seaman, away working on Israel's offshore oil rigs when Russia attacked Ukraine. He left immediately to volunteer at home. He first fought in Kiev. After that city was secured he moved on to Izum in the Kharkiv region. He was in his trench when a Russian mine flew it causing his injuries which resulted in the loss of his right leg.

The three men, among the most severely wounded, are here in the U.S., two with their wives, receiving medical care



PHOTO COURTESY VFA

Anatoliy Kirda celebrates his catch with Moore giving a high five and a huge smile

thanks to assistance from three non-profit organizations: Veteran Success Resources Group, United Help Ukraine, and Medical Center Orthotics & Prosthetics.

Veteran Success Resources Group is dedicated to facilitating access to professional and personal resources for veterans and their families. United Help Ukraine was started in 2014, after the initial 2014 Russian attack on Ukraine, by a small group of people who met at a protest in Washington, DC. Most, but not all of the founding members have a personal connection to Ukraine.

Along with other avenues of support for the country, the group sponsors dedicated fund-

## Ukrainian Women Experience War

United Nations warns of war impacts to women globally.

BY SUSAN LAUME  
THE CONNECTION

As the war in Ukraine continues with brutal shelling of civilian targets, humanitarian catastrophe mounts in a war not confined to soldiers or distant battlefields. For millions of women and girls, the ongoing war continues to take a heavy toll as it grinds on. Whether joining the fighting at the front, remaining behind, or fleeing, the United Nations warns for women "access to livelihood opportunities and basic services, including life-saving sexual and reproductive health care and information, has been severely disrupted."

Two Ukrainian women share their experience of the war. For the past three to four months all their time has been spent in hospitals supporting their husbands who lost legs while fighting for Ukraine. Iryna Kirda and Iryna Tyshchenko, are now in the Washington metro area temporarily, while accompanying their husbands, who are being fitted for prosthetic devices in Silver Spring, Md.

Before the war, Kirda, who has four adult sons, was working as a nanny. She supplemented her income by leading a 'health group' — what we would call women's exercise classes. After Russian bombardment of her Kiev suburb, she was evacuated from her home for a time. Once she could return, she spent her time holding charity events to support the war effort.

Before the war, Tyshchenko was an anchor for a television news station. On the first day of the war, all the television stations closed. From the first day, food disappeared from shelves, and they could

not withdraw money from the banks. Her apartment in Kharkiv was heavily bombed. The Russians were close by, but not where she was. So friends came to hide in the basement of her building, though rockets flew overhead and a plane was shot down just a kilometer away. As the Russians were eventually pushed farther away, their rockets and drones remained a threat. True to her journalism profession, she has been taking videos to document the destruction of her apartment building and other devastation. Her adult daughter evacuated to the Czech Republic.

Both women speak of the difficulties and how hard life has become. Both talk about how very scary it is to wait for a call with

enjoy in their county filled with lakes and rivers. There the main fish species caught is the Common Carp (Cyprinus carpio). The catch for this day on the Potomac was Blue Catfish. A large fish, but not as large as Ukraine's Wels Catfish, the largest freshwater fish in Ukraine which can attain a weight of 100 kg (220 pounds) at the age of 80-100 years.



PHOTO BY SUSAN LAUME/THE CONNECTION

Iryna Tyshchenko and Iryna Kirda support their husbands on a easier day safely within the borders of the United States

news of their husbands. Kirda says she doesn't know how God gave her the strength to survive. But she knew she had to be strong when that dreaded call did come saying her husband was wounded so badly. She knew he would look in her eyes for her reaction and she would be ready to show her support for him.

For the moment, life is a little easier. They said they feel so lucky to come here and love the United States, calling the opportunity to have the help a blessing. While their husbands enjoyed a day of fishing on the Potomac, a Ukrainian friend took them shopping at T.J. Maxx and Nordstrom Rack. They described doing more looking than buying, but hoped to find small gifts for those wait-

ing at home.

When the boat returned to the dock on Saturday afternoon, dozens of community members were on hand to greet and applaud the fishermen. Police and fire trucks stood sentinel. Retired Cmdr. Kirk Lippold, who commanded the USS Cole when the ship was attacked by al-Qaeda in 2000, presented the men with copies of his book, "Front Burner" which captures a critical moment in America's battle against terrorism.

"Catch the Fever" presented each man with a new high-end fishing rod. Even Santa and Mrs. Claus were on hand to show support. And many photos were taken to mark the day. Although it may be traditional to enjoy a fish fry after a day of successful fishing, Moore didn't want the Ukrainians to leave without experiencing an American Thanksgiving feast. He hosted a meal at his house on Sunday, serving the fresh caught fish on the side, along with the usual Thanksgiving-

ing fare. Five turkeys, two hams, stuffing, gravy, green beans and pies fed bellies, and sustenance for the soul. With ongoing deprivations and food scarcity in Ukraine, it may be a meal they will remember for the food, but more significantly, a reminder of what can be accomplished after injury.

All those that encountered the men during their visit no doubt hope that their morning sail toward the bright dawn sky will be symbolic of the start of brighter days to come for these determined Ukrainians, and the Ukrainian people, though they face continued daunting struggles.

For more information about the Veterans Fishing Adventure or to inquire about a trip: info@veteransfishingadventure.org. For more information on or to donate to the organizations mentioned in this story, see https://unitedhelpukraine.org/; https://vetresourcegroup.org/; and https://mcopro.com

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# HOLIDAY ENTERTAINMENT 2022

## NOW THRU DEC. 6

**DWCNV Toy Collection.** 8 a.m. to 5 p.m. Drop off items at 13155 Compton Rd., Clifton, or drop off items at 12714 Chestnut St., Clifton. Democratic Women of Clifton and Northern Virginia sponsors of Fairfax Firefighters and Friends to the Rescue, will collect new, unwrapped toys for children of all ages; gift cards to Best Buy, Target, Old Navy, etc for older children, and monetary donations for purchase of new coats. Mail checks payable to FF&FR to DWCNV, P.O. Box 143, Clifton VA 20124, or bring items to any of three collection points: 13155 Compton Rd. or 12714 Chestnut St., in Clifton, or 12301 Delevan Dr., Herndon, before Dec 6th. The Women also are collecting monetary donations (checks or grocery store gift cards) payable to Britepaths, at DWCNV, P.O. Box 143, Clifton VA 20124 by Dec 31, to stabilize low-income working families. Visit the website: [www.democratic-womenofclifton.org](http://www.democratic-womenofclifton.org)

## DEC 1-23

**"Snow Maiden."** At Synetic Theater, 1800 S. Bell St, Arlington. In a frozen forest, a lonely boy builds a girl from snow. When she mysteriously comes to life, mischief, laughter, and enchantment abound. But what will happen when the ice begins to melt? Told through dazzling movement, dance, and acrobatics, Snow Maiden is a magical tale of hope, friendship and the transformative power of dreams. Based on the beloved folktale Sne-gurochka, Snow Maiden is a holiday treat for friends and fans of all ages.

## DEC. 1-31

**Home for the Holidays Art Show.** At Arts Herndon, 750 Center Street, Herndon. Works by local artists on display the entire month of December. Visit [www.artsherndon.org](http://www.artsherndon.org). Call 703-956-6590.

## DEC. 2-17

**The PARC at Tysons Holiday Market.** Fridays and Saturdays. Celebrate the holiday season with local makers, crafters, and artisans from the Fairfax County area! Visit the holiday market at The PARC at Tysons on the first three Fridays and Saturdays of December for a pop-up shop of local artisans and small businesses offering holiday-inspired goods. The PARC will be transformed into a festive indoors and outdoors winter village, featuring a local holiday market and (free!) snowtastic activities for the whole family to enjoy! Food and beverages can be purchased onsite from local businesses as well.

## DEC. 2-11

Traveling Players presents "Commedia Christmas Carol." Tickets are now available for "Commedia Christmas Carol," which runs Fridays-Sundays, Dec. 2- Dec. 11 at Traveling Players



## Alexandria's Biggest Holiday Weekend

<https://visitalexandria.com/holidays/biggest-weekend/>

Celebrate the return of top signature events, including the 51st Annual Alexandria Scottish Christmas Walk Parade and the Alexandria Holiday Boat Parade of Lights.

The Christmas Walk will take place in historic Old Town Alexandria at 11 a.m. on Saturday, Dec. 3, 2022. Alexandria was founded in 1749 by Scottish merchants and was named after Scotsman John Alexander who owned the land that became Alexandria. Bagpipers include the Kiltie Band of York and the City of Alexandria Pipes and Drums plus a bagpiping Santa closing the parade. This year's Grand Marshal is Redella "Del" Pepper, the recently retired, longest-serving member of Alexandria City Council with more than 36 years of service to the community.



## Encore Theatrical Arts Project (ETAP) presents "The Perfect Christmas List" Dec. 10-18, 2022 at NOVA's Annandale Campus.

Studio in Tysons Corner Center. Performed by Traveling Players middle and high school students, the play is a new imagining of Dickens'

classic ghost story, a perfect holiday treat for the whole family. Visit <https://www.travelingplayers.org/performances/>

## DEC. 2-18

**Holiday Market.** At 2704 Mount Vernon Ave., Alexandria. Del Ray Artisans 27th Annual Holiday Market offers unique handmade fine arts and crafts from local artists. Choose from wall art, pottery, photography, jewelry, glass, and much more! Plus 2023 wall calendars to support Del Ray Artisans nonprofit. Free admission. Market is the first three weekends in December (Dec 2-4, Dec 9-11, Dec 16-18). Different artists each weekend! Open Fridays 6-9 p.m., Saturdays & Sundays 11 a.m.-6 p.m. Details: [delrayartisans.org/holiday-market](http://delrayartisans.org/holiday-market)

## DEC. 2-11

**Fairfax City Holiday Market.** Fridays, Saturdays and Sundays. The Fairfax City Downtown Holiday Market will be open the first two weekends of December on Friday, Saturday and Sunday. Shop at the market of craft vendors as you enjoy Old Town Square in the heart of Historic Downtown Fairfax covered in holiday lights. The festival will include live holiday music, hot drinks, heated tents and gourmet treats, and more!

## DEC. 2-3

**Alexandria Scottish Christmas Walk Weekend.** Taste of Scotland: Friday, December 2, 2022; Parade: Saturday, Dec. 3, 2022. Campagna Center has a new presenting partnership for the 51st Annual Alexandria Scottish Christmas Walk. The

parade will be produced by Visit Alexandria in partnership with Campagna Center and the City of Alexandria, as part of Alexandria's Biggest Holiday Weekend. Learn more about the 2022 parade at [ALXscottishwalk.com](http://ALXscottishwalk.com), or send questions directly to [alxscottishwalk@visitalexva.com](mailto:alxscottishwalk@visitalexva.com).

## DEC. 2-3

**McLean Holiday Art & Crafts Festival.** At McLean Community Center, 1234 Ingleside Ave., McLean. The McLean Holiday Art & Crafts Festival will feature a wide variety of high-quality handmade items just in time for the holidays. This indoor show features the work of 80 talented, juried, regional artisans. Produced by MCC in conjunction with the Northern Virginia Handcrafters Guild, the juried show will be held Friday through Sunday, Dec. 2 through 4. Show hours are 11 a.m. to 6 p.m. on Friday, Dec. 2; 10 a.m. to 6 p.m. on Saturday, Dec. 3; and 11 a.m. to 4 p.m. on Sunday, Dec. 4. Admission is \$5, free for children ages 12 or younger. The admission price is good for all three days of the show. Visit the center's website, [www.mcleancenter.org](http://www.mcleancenter.org), or call 703-790-0123, TTY: 711.

## DEC. 2-3 AND 9-10

**Holiday on the Farm.** 5:30-7:30 p.m. (timed entries). At Fryling Pan Farm Park, 2709 West Ox Road, Herndon. See the farm as you never have before, lit up with hundreds of holiday lights. Wagon rides, indoor activities, food, animal interactions and campfires. One-hour entry in 15-minute slots starting at 5:30 p.m. For times and to register, visit [www.fairfax-county.gov/parks/parktakes](http://www.fairfax-county.gov/parks/parktakes)

## SATURDAY/DEC. 3

**Holiday Boat Parade of Lights.** Old Town's waterfront will shine for the 22nd Annual Alexandria Holiday Boat Parade of Lights sponsored by Amazon on Saturday, December 3, 2022, at 5:30 p.m. when more than 50 brightly lit boats cruise along one mile of the Potomac River shoreline. Boat parade dockside festivities will entertain parade-goers from 2 to 8 p.m. The boat parade is part of a weekend of festivities including the 51st annual Alexandria Scottish Christmas Walk Parade. Head to Waterfront Park at the foot of King Street, near the official parade start line at the Alexandria City Marina, for festivities from 2 to 8 p.m. including a pop-up beer garden from Alexandria's award-winning Port City Brewing Company, hot chocolate from Dolci Gelati, gourmet popcorn from America's Favorite Gourmet Popcorn and holiday music from 97.1 WASH-FM.

## SATURDAY/DEC. 3

**2022 Alternative Gift Market & Craft Fair.** 10 a.m. to 2 p.m. At 1625 Wiehle Ave., Reston. Shop online Nov. 25-Dec. 4. After two years, Unitarian Universalist Reston's Alternative Gift Market and Craft Fair is back in person this year. With the holiday shopping season upon us, enjoy socially conscious gift-giving. Visit [UUReston.org/agm](http://UUReston.org/agm)

## SATURDAY/DEC. 3

**Christmastide at Gunston Hall.** 10 a.m. to 4 p.m. At Gunston Hall, 10709 Gunston Road, Lorton. Discover Christmases of the past through activities from the 1920s and the 1780s. See how Christmas has changed over time. Help visitors feed their curiosity by thinking about life for different people—enslaved, indentured, wealthy, and poor—at 18th-century Gunston

SEE HOLIDAY CALENDAR, PAGE 11  
[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)



# CALENDAR

## ONGOING

Town of Vienna Holiday Decorating Contest. Ring in the holiday season by participating in the 2022 Town of Vienna Holiday Decorating Contest. This year's theme is "Shine Bright, Vienna!" As in past years, the contest is open to residents and businesses located in the Town of Vienna who are encouraged to create a festive, holiday display that will draw visitors to the town. Displays will be judged by the Town Business Liaison Committee (TBLC) judging panel and voted on by community members. The TBLC judging panel will select business winners on Dec. 8. Community members will also have an opportunity to vote online for the resident and business "People's Choice Award" through Dec. 9 at 12 p.m., and winners will be announced at the regular Town Council meeting at Town Hall on Dec. 9 beginning at 8 p.m., and via social media and the Town website.

## NOW THRU DEC. 11

"The Rainmaker." At 1st Stage, 1524 Spring Hill Road, Tysons. "The Rainmaker," written by N. Richard Nash and directed by Deidra La-Wan Starnes. Not only is the Curry family farm being paralyzed by a devastating drought, but Lizzie Curry, to the chagrin of her father and brothers, is unmarried with no viable prospects. A charming, confident trickster named Starbuck comes to town and promises to bring rain in exchange for \$100, setting off a series of events



The Town of Vienna is sponsoring a Holiday Decorating Contest.

that enable Lizzie to see herself in a new light. Show times are Thursdays at 7:30 p.m., Fridays at 8 p.m., Saturdays at 2 and 8 p.m., Sundays at 2 p.m. Tickets: Tickets: \$50 general admission, \$47 seniors (65+), \$15 students, educators, and military. Purchase online at [www.1ststage.org](http://www.1ststage.org) or 703-854-1856.

## DEC. 1-4

Tysons Library Book & Media Sale. At Tysons Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Hours: Thursday, 1 December, 10 a.m. - 5 p.m.; Friday, 2 December, 10 a.m. - 5 p.m.; Saturday, 3 December, 10 a.m. - 5 p.m.; and Sunday, 4 December, 10 a.m. - 5 p.m.: Bag sale. \$10 for a full gro-

cery sack or half price if less. Large selection of books and media for all ages and interests. Email: [tysonslibraryfriends@gmail.com](mailto:tysonslibraryfriends@gmail.com). Call: 703-338-3307.

## THURSDAY/DEC. 1

Toys for Tots Happy Hour. 4:30-6:30 p.m. At Brightview Great Falls, 10200 Colvin Run Road, Great Falls. They will serve festive cocktails, hors d'oeuvres, and plenty of sweet treats. Send an email to Jenn Burns ([jburns2@bvsl.net](mailto:jburns2@bvsl.net)) or Kathy Wagner ([kwagner@bvsl.net](mailto:kwagner@bvsl.net)) to RSVP.

## DEC. 2-3

Langley High Feaste. 7 p.m. At Langley High School, McLean. With the approach of the holidays, students



"The Rainmaker" will appear at 1st Stage in Tysons through Dec. 11, 2022.

at Langley High School are preparing for a time-honored tradition of their holiday Feaste, a festive evening that transports the audience back to Merrie Olde England for Renaissance-style dining and musical entertainment. Guests will encounter a transformed Langley

Halle awash with twinkling lights, long, communal dinner tables and a sparkling, holiday-trimmed stage. Students, outfitted with medieval costumes and masks take on the roles of jesters, musicians and sing-

SEE CALENDAR, PAGE 10

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FROM PAGE 9

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**DEC. 2-4**  
Holiday Book Sale. At Centerville Library, 14200 St. Germaine Drive, Centerville. Fiction for all ages (many new titles!), Variety of Non-fiction, DVDs, and Holiday Audio CDs Shop for holiday gifts and support the Library. Friday, Dec. 2 from 1-5 p.m.; Saturday, Dec. 3 from 10-5 p.m.; and Sunday, Dec. 4, from 1-4 p.m. The bag sale will take place on Sunday from 2-4 p.m.

**SATURDAY/DEC. 3**  
Clifton Art Show. 2-7 p.m. At Clifton Town Hall, 12641 Chapel Road, Clifton. Artists offer their works in Fine Art Painting, Jewelry, Sculpture, Photography, Matted Giclee Prints, and Holiday Cards. With Clifton Homes tour 4-7 pm (admission) and a Horse Parade at 2 p.m. Visit the website: artguildofclifton.org

**DEC. 9-11**  
Capital Art & Craft Festival. At Dulles Expo Center in Chantilly. The Winter Capital Art & Craft Festival will feature art in more than a dozen mediums including glass, jewelry, leather, paintings, prints, photography, pottery, wearable art and wood. Show times: Friday, Dec. 9: 10 a.m. - 5 p.m.; Saturday, Dec. 10: 10 a.m. - 5 p.m.; Sunday, Dec. 11: 10 a.m. - 4 p.m. Tickets: \$10 in advance; \$12 at the door. Senior discount available; children under 12 free. Ticket information: www.CapitalArtAndCraftFestivals.com

**SUNDAY/DEC. 11**  
Traditional Celtic Music. 4:30 p.m. and 6:30 p.m. At the Old Brogue Pub, 760-C Walker Road, Great Falls. Featuring Jody Marshall's Holiday Celebration: One of the top hammered dulcimer players in America, Jody Marshall has been performing for more than a quarter century. She is accompanied by Jim Queen on fiddle, banjo and vocals, Susan Queen on bass guitar and vocals, and Paul Nahay on piano, bringing us holiday favorites old and new. Visit jodymarshall.net.

**NOW THRU DEC. 31**  
Crafts for Kids. 10 a.m. to 12 noon. At Reston Art Gallery and Studios, 11400 Washington Plaza W at Lake Anne, Reston. Free, themed art projects for children (with guardian) are offered at Reston Art Gallery and Studios every Saturday from 10 a.m. until 12 p.m. Visit the website: www.restonartgallery.com

**SATURDAYS UNTIL DECEMBER**  
The Reston Farmers Market (sponsored by the Fairfax Co. Park Authority) will take place at Lake Anne Village in Reston from 8 a.m.-noon. SNAP beneficiaries receive up to \$20 match. The market will continue until December. Visit <http://restonfarmersmarket.com/>

**GREAT FALLS FARMERS MARKET**  
The Great Falls Farmers Market Outdoor Market is open Saturdays, 9 a.m. - 1 p.m., 778 Walker Road, Great Falls. For vendors and weekly highlights see <https://www.greatfallsfarmersmarket.org/>



# HOLIDAY CALENDAR

FROM PAGE 8

Hall during the holiday season. This family-oriented event includes crafts, games, and live music. Visit the website: <https://gunstonhall.org/events/christmas-tide-at-gunston-hall/>

## SATURDAY/DEC. 3

**Cookies with Santa.** 10 a.m. to 2 p.m. Join Reston Association when Santa makes his first stop in Reston. Join the holiday countdown with a cookie jar full of fun and see Santa Claus before he embarks on his annual journey around the world. With a craft, cookies & cocoa and activities to jumpstart your holiday season and a letter to and from Santa will sure be a highlight. Don't forget your camera! Registration and fee is only for the child, but parents must stay at the event. Contact Ashleigh@reston.org or 703-435-6577.

## SATURDAY/DEC. 3

**Claus & Paws.** 2-4 p.m. Dress up your pet, bring your camera and take a photo with Santa to share with family and friends this holiday season. Santa will also have a gift for your four-legged family member. This event will be held outdoors at the Lake House, Reston Contact Ashleigh@reston.org or 703-435-6577.

## SATURDAY/DEC. 3

**Historic Clifton Holiday Homes Tour.** 4-7 p.m. In the Town of Clifton. Kick off the holiday season at the Clifton Holiday Homes Tour. This year's tour will feature four historic houses, an open caboose, arts and crafts show in the Town Hall, and a gospel ensemble in the Clifton Primitive Baptist Church. Tickets: Prior to Tour \$20 adults, \$5 child; Day of Tour: \$25/adults, \$5 child. Tickets are available for purchase in town shops/restaurants. Visit <http://cliftonva.gov>.

## SATURDAY/DEC. 3

**Herndon Homes Tour.** 10 a.m.-4 p.m. Tour Herndon homes decorated for the holidays. Tickets \$15 through Nov. 26; \$20 Nov. 27-Dec. 3. Buy in person at Arts Herndon, 750 Center St., Herndon; (credit, cash or check) and Herndon Florist, 1675 Reston Parkway Suite G, Reston; (cash or check) or online through Dec. 2 at [holidayhomeshernon.eventbrite.com](http://holidayhomeshernon.eventbrite.com). More information at [holidayhomestou-rofherndon.org](http://holidayhomestou-rofherndon.org)

## SATURDAY/DEC. 3

**Gifts from the Heart Exhibit & Shopping Event.** 10 a.m. to 3 p.m. at Reston Community Center at Lake Anne, Reston. People can enjoy the artists' creations on display in the Jo Ann Rose Gallery through January 9, 2023; 3D Gallery exhibit items will remain on display through February 18, 2023. Artist entry fees and 10 percent of all sales will be donated to Cornerstones. The exhibit showcases original works of art in a variety of media – including oil, acrylic, watercolor, collage, stained glass, ceramic, sculpture and mixed media – with a wide range of sizes and prices. The December 3 sales event will offer the community a chance to purchase artwork and get into the holiday spirit. RCC will also offer a virtual artists' directory, which will connect visitors with the dozens of artists displaying their wares at Gifts from the Heart. Interested shoppers can shop directly from the artists' links. Find the directory online at [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) beginning December 3.

## SATURDAY/DEC. 3

**Holiday Model Train Show.** 10 a.m.-4 p.m. At W&OD Caboose Open House, 11 a.m. - 2 p.m. At Arts Herndon, 750 Center Street, Herndon. Contact [herndonhistoricalsociety@gmail.com](mailto:herndonhistoricalsociety@gmail.com)

## SATURDAY/DEC. 3

**Holiday Tree Lighting & Sing-Along.** 5-6 p.m. Carols, tree lighting and a visit from Santa. At Town Hall Square, 730 Elden Street, Herndon. Visit [dulleschamber.org](http://dulleschamber.org) or call 571-323-5300.

## HOLIDAYS AT THE GRANGE

Dec. 3-4, 10 a.m. to 5 p.m. Great Falls Studios Artfest.  
Saturday/Dec. 10, 3 p.m. Holiday Afternoon Tea.  
Sunday/Dec. 11, 4:30 p.m. Amadeus Presents Sounds of the Season.  
Visit the website: [www.gfgrange.org](http://www.gfgrange.org).

## DEC. 3-4

**"The Nutcracker."** At Rachel M. Schlesinger Concert Hall, 4915 E. Campus Drive, Alexandria. Presented by Metropolitan School of the Arts. Sat., Dec. 3 and Sun., Dec. 4 at 12 p.m. and 5 p.m. on both days. This year, MSA is replacing the Russian musical suite with Ukrainian folk dance in support of the Ukrainian crisis, and invited Colleen Prince, a dancer/choreographer from Carpathia Folk Dance Ensemble of Washington, D.C. to help choreograph the MSA Nutcracker. Tickets range from \$30 to \$32 per person. Go to [www.metropolitanarts.org](http://www.metropolitanarts.org) for more information, and purchase tickets at <https://ci.ovationtix.com/35491/production/1140336>.

## SUNDAY/DEC. 4

**Great Falls Tree Lighting.** At Great Falls Village Center Field, Great Falls. Join in on Sunday, December 4 for the annual tree lighting at the Great Falls Village Field. There will be pony rides, a petting zoo, school choir performances, Live Nativity, and a special visit from Santa and Mrs. Claus.

## SUNDAY/DEC. 4

**Herndon Holiday Arts & Crafts Show.** 10 a.m. to 4 p.m. More than 70 arts and craft vendors offer unique gifts, decorations and handmade items. Free admission and parking. At Herndon Community Center, 814 Ferndale Ave., Herndon. Visit [herndon-va.gov/events](http://herndon-va.gov/events). Call 703-787-7300.

## SATURDAY/DEC. 10

**Wintermarkt.** 12-7 p.m. Bringing the Old World charm of Christmas in Europe to Herndon. Family-focused events, entertainment, and items for all members of the household. Downtown Herndon, 777 Lynn Street, Herndon. Visit [herndonwintermarkt.com](http://herndonwintermarkt.com) or call 571-323-5300.

## SATURDAY/DEC. 10

**Christmas Around the World.** 4-8 p.m. At Parkwood Baptist Church, 8726 Braddock Road, Annandale. "Christmas Around the World," celebrating Jesus' birth features concerts, costumed reenactors, live animals, biblical stories. Tickets at [www.parkwood.org/registration](http://www.parkwood.org/registration) beginning Nov. 28. Free parking. Visit the website: [www.parkwood.org](http://www.parkwood.org)

## SATURDAY/DEC. 10

**Holiday Cheer.** 7:30 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd., Arlington. Presented by the National Chamber Ensemble. This program brings the finest classical masterpieces and traditional holiday favorites together for a fun and memorable evening for the entire family. Festivities begin with a "Sleigh Ride" – Leroy Anderson's classic and "Chanukkah Festival". Soprano Nancy Peery Marriott (soprano), a long-time NCE favorite, will perform seasonal favorites and lead a Carol Sing-along that will have the entire audience joining in the spirit of the holidays. Tickets: <https://www.nationalchamberensemble.org/tickets.htm>

## SATURDAY/DEC. 10

**Christmas Carol Sing-Along.** 3-5 p.m. Historic Pleasant Grove is holding its annual Christmas Carol Sing, followed by cookies and hot cider, at our quaint historic site. Free community event at 8641 Lewinsville Road, McLean. Visit [www.HistoricPleasantGrove.org](http://www.HistoricPleasantGrove.org).

## SATURDAY/DEC. 10

**Christmas Calamity Improv.** 7-9:30 p.m. Come ring the bells! Improv with a seasonal twist! At Arts Herndon, 750 Center Street, Herndon. Visit [artsherndon.org](http://artsherndon.org). Tickets \$15. Call 703-956-6590.

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Each local newspaper mission aspires to provide greater community service, and we do know that our communities are better off if we continue to publish. Last year's financial support from readers and supporters like you bridged the shortfall before Federal PPP funding arrived, and both made our survival possible. We now await a decision for a grant from Rebuild Virginia in early February that we hope will help us in 2022 and beyond. But we need help to survive the first quarter, always a brutal time for cash flow in weekly newspapers. Thank you.

Please, help save these historical papers.

All gifts will be used to fund our printed newspapers and websites and to meet obligations to our loyal and patient employees, writers, contractors and suppliers.

The ongoing pandemic continues to crush many newspapers across the country, and our newspapers continue to be at risk.

The Northern Virginia area's best read and most trusted source for community news includes the Alexandria Gazette Packet, Mount Vernon Gazette and all Connection Newspapers in the metropolitan region.

The pandemic has hit small businesses hard, which in turn has reduced advertising revenue that keeps these local newspapers alive to provide hyper local news to residents. It feels like no small miracle to be looking forward into 2022.

The pandemic has been a bear, financially and otherwise. Revenue plummeted at the beginning in 2020. Some beloved advertisers have stayed the course supporting us throughout, and many more have done what they can. In the fall of 2021 we saw the return of some advertising for events and Grand Openings, but now omicron clouds the horizon in so many ways. Revenue still remains short of expenses despite our greatly curtailed costs.

Connection Newspapers has been offering these local newspapers to residents for over 200 years. Countless residents have grown up with these papers covering significant moments in the lives of family and children, news, community events, school activities, and even pictures of your dogs and cats. Internet news and large national newspapers cannot provide the local connection or historical connection that local papers like Connection Newspapers and the Alexandria Gazette Packet provide. If your child, dog, mother, father, neighborhood, school has been featured, you understand the value of local community newspapers.

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## Lucky Me – Or Not



By KENNETH B. LOURIE

As a diagnosed-with-lung-cancer-at-age-54-and-half adult, I haven't felt particularly lucky. Nevertheless, I rarely if ever, woe is me. I take the bad with good, and vice versa. I'm never too high and hopefully, never too low. I've always felt, since being diagnosed with cancer in late February 2009 that the cancer/diagnosis was bad enough on its own, so I didn't need to make it any worse by dwelling on it and/or considering how unlucky I was; considering that I was lifelong non-smoker and second son of a family with no "immediate" cancer history. Let alone to then be diagnosed with non-small cell lung cancer stage IV and given a "terminal"/13 month to two-year prognosis by my oncologist – at age 54 and a half. A prognosis which, on the face of it, offered very little hope. And to invoke a M\*A\*S\*H comment by Lt. Col. Henry Blake, my oncologist wasn't "blowing any sunshine up my skirt."

Yet somehow, I didn't die. Possibly due to a misdiagnosis, and/or possibly affected by my never-woe-is-me attitude and equally never-say-die approach, literally-ish. I always figured that receiving bad news from my oncologist, whenever it arrived would be disheartening enough so that I didn't need to put the cart before the horse, so to speak and write any epitaphs (sort of like Orson Welles advertising that Paul Masson would "not sell any wine before its time"). Rather, I would let the treatment, side effects, scans, and all, good, bad, or indifferent, happen in due course and not react too much in advance of anything actually happening (as in getting sick/being hospitalized). I decided to look before I leaped, and not jump to any conclusions. I would try to take it all stride and not cart any horses.

And sure, there were highs and lows, growth/progression, delays in treatment due to low white blood cell counts, high and low potassium, high creatinine (still to this day), and as it turned out, many post-scan characterizations of "stable disease;" words to live by, you might say (I certainly have – for years). As you might imagine, I've lived very happily with "stable." Certainly "shrinkage" was preferred/the hope, but it occurred less and less while "stable" I heard more and more. I soon realized – and embraced "stable." As I often say, "stable" is hardly the problem. I can live with 'stable.' 'Stable' is unlikely to kill me." Granted, it's not a cure, but neither is it a dreaded complication regarding the underlying problem: cancer and tumor growth.

"Stable" is a way of life for me. "Stable," as I'm extremely fond of saying, has become "my new favorite word." The goal, as much of one as one could have when you're diagnosed with a "terminal" disease, was/is to somehow turn cancer into a "chronic" disease (like diabetes) where you can live a relatively normal life while treatment/monitoring of your disease continues until monitoring is no longer required, if you know what I mean?. Unfortunately, you'll still have doctor's appointments and multiple scans, but you'll be alive and living – with cancer. You'll likely never be cancer-free or have peace of mind, (concerning your cancer), but you'll still have the life expectancy you were anticipating; not one cut short by this dreaded disease. And as an originally-diagnosed-as-"terminal" cancer patient, "chronic" is my brand new/real-time favorite word. And I couldn't think of ever getting here without having previously been "stable." Moreover, it sure beats the alternative, and as the old saying says: "Living is its own reward."

Realistically speaking, I don't need to be cured (of course I dream of that), but it's not front and center, anymore; it's more my subconscious. I'm thrilled to be "chronic." And since (in my mind), "chronic" is the new "stable," ("stable" all grown up, you might say), "chronic" is hardly the problem. I can live with "chronic." Heck, considering that I thought I'd be dead 12 years ago, "chronic" is no more of a problem – for me, than "stable" has been.

Granted, it's not a cure, but it's a living, one I'm incredibly lucky to still have. For a cancer patient who was given a two-percent chance to survive beyond two years, to still be living nearly 14 years later (late Feb. 2023) is a miracle. I was happy to be called "stable." Now, if my life continues as I hope, and I am considered "chronic," I will be just as grateful, every minute of every day, to be called "chronic Ken."

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





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