

The Arlington Connection

Barbeque For Doorways

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Sweets for Your Sweet Mom

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Spellbound by Stories

PAGE 4

A sell out crowd for the 14th annual Doorways Pig and Oyster Roast fundraiser held at Rocklands Barbeque and Grilling Company on Thursday, May 4 raised \$7500 for Doorways.

PHOTO BY SHIRLEY RUHE/THE CONNECTION

FLOURISHING AFTER 55, PAGE 2 ♦ ENTERTAINMENT, PAGE 7 ♦ CLASSIFIEDS, PAGE 6

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Setting boundaries as a caregiver, what needs to be said and when, Monday, May 15, 10 a.m., Lubber Run 55+ Center. Presented by caregiver and epidemiologist Dr. Margaret Ulfers, George Washington University. Registration # 913500-12.

Watch and discuss the documentary, "Cobra Gypsies" (2015), Monday, May 15, 1:30 p.m., Aurora Hills 55+ Center. Registration # 913402-03.

Springo, a take on Bingo with prizes, Tuesday, May 16, 10:30 a.m., Lubber Run 55+ Center. Sign up early as space is limited. Registration # 913899-05.

Genealogy 101, share information and research tools, Tuesday, May 16, 11:30 a.m., Lubber Run 55+ Center. Led by experienced genealogist Eileen Bogdanoff. Registration # 913402-06.

Card making workshop, join the group to practice using techniques such as die cuts, embossing folders, distress inks and stamps, Tuesday, May 16, 11:30 a.m., Madison Community Center. Supplies provided. Drop-in.

Acoustic Café, live performances by local musicians, open to all ages, Tuesday, May 16, 7 p.m., Walter Reed 55+ Center. Registration # 913301-03.

Opera appreciation group will hear musical selections from "Peter Grimes" by English composer Benjamin Britten, Wednesday, May 17, 1:30 p.m., Lubber Run 55+ Center. Professional commentary by George Cecchetti. Registration # 913300-07.

SEE FLOURISHING, PAGE 7

The
Arlington
Connection

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Surprise Mom with Something Sweet



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Heidelberg Pastry Shoppe on Culpeper Street offers a wide selection of specially decorated cookies, petit fours and larger cakes for mom. Or if you prefer truffles, heart-shaped boxes from the candy case have been packaged with mom in mind. And while you are there picking up a heart cookie for mom, might as well get a unicorn cookie for yourself.



PHOTO CONTRIBUTED

Chef David Guas shares his mom's favorite Southern brown butter strawberry shortcake recipe for Mother's Day weekend. He remembers his grandma took him berry pickin' in rural Louisiana and then they brought home the berries to puree and then stew on the stove until they were ready to top the cake.



Ethiopian Dama Restaurant and Bakery on Columbia Pike offers a wide selection of delicious choices including a white chocolate cake with pink frosting roses; a white chocolate cake; a chocolate, coffee and vanilla cake and the most popular fruit cake covered with pineapple, kiwi and strawberries. The Ethiopian bakery is filled with regulars including Yehenew Ayalew who comes in for his usual latte "with foam and sugar" every day.



Coffee with an Arlington Cop

Coffee with a Cop returns. Arlington County police encourage anyone who lives, works or visits Arlington to attend Coffee with a Cop events. These events are intended to provide a place to develop and maintain important community relationships.

Coffee with a Cop is a national program with no speeches or agendas. It serves as an informal opportunity for members of Arlington's residential and business communities to meet officers, ask questions, discuss public safety concerns and get to know each other. "Community Engagement is a key initiative of the police department and we're committed to strengthening our relationships one cup of coffee at a time," Arlington police department said in a statement.

Next Coffee with a Cop events will be



FILE PHOTO BY SHIRLEY RUHE

Coffee with a cop ...

held on Wednesday, May 31, 2023, at the following locations:

La Coop Coffee (4807 1st Street N.) from 9:30 a.m. – 11:00 a.m.

Compass Coffee (4710 Langston Boulevard) from 1:30 p.m. – 3:00 p.m.



Daena Kluegel tells the story to a group of seniors at Langston Community Center about a king who hadn't taken a bath for a year and whose efforts to bathe in the river left him with dusty feet, a problem for his servant Gabu.

Who Doesn't Love a Good Story?

BY SHIRLEY RUHE
ARLINGTON CONNECTION

You're never too old for a good story. The room of seniors at Langston-Brown Community Center sat silent on the edge of their seats on Monday, May 8 waiting for their regular storytelling session to begin.

Rose Avent, a storyteller in the Arlington Spellbinders Program, says she believes everyone has a story to tell — folk tales, fairy tales, every country around the world has stories.

"Today's story is not an old one; it's a story from 2022 by Kobi Yamada, but it has the flavor of an old story and appealed to me."

Avent takes her chair in front of the group and begins. "A child no one had ever seen before was given an odd little gift. It was an oval box and when she took off the lid she found a piece of candy. It was the most novel candy, like a warm summer day." The child devoured it but when she tried to get another piece, the lid wouldn't come off. She tried everything to get it off and got angry.

The next day she was going to throw the

box away when the lid came off revealing a unique shimmering candy. She closed her eyes. It was like a warm hug and a wild adventure rolled into one.

She realized what a gift she had been given and that if she had as much candy as she could eat she wouldn't appreciate it. She learned the importance of one gift a day to savor because she never knew how much she would get.

Dana Kluegel is next with a different kind of story. "It's an old folk tale from India." She stands in front of the group moving around as she tells her story about a king who was a happy guy but one thing he didn't like was to take a bath. "He hadn't taken a bath for a week. No, a month. Well, a year." Kluegel holds her nose.

The king decides to walk down to the river and he soaks himself, brushes his teeth, plays with his toy boat. He scrubs his feet. "You don't want to be king with dirty feet." But wherever the king walked he got dirty feet. The king gave his servant Gabu three days to solve this problem.

The first idea was to sweep up the dirt. "Everyone get your brushes. 1-2-3- sweep." But the dirt went up in the air and caused a

dust storm and everyone was coughing. Gabu's tiny voice could be heard to say, "What will I do." Kluegel paces the room.

"I know, wash it away 1-2-3. Everyone get buckets." But the water went over the whole village up to the waist, then the chest.

The king's deep voice could be heard to say, "Gabu, I didn't ask you to build a swimming pool."

The final solution was to stitch together leather over the whole area and there was no dirt. But the plants would die and the animals would have no food and the people would die. So they cut the leather back and tied it to the king's feet."

And Kluegel concludes, "This is the way we got our own shoes."

Avent and Kluegel are both part of the Arlington chapter of the National Spellbinders which participates in the Arlington 55-plus programs. Avent says, "We have all undergone training. The program covers so many things like where to find your stories, the beginning and the end so the audiences know when the story is finished. It's trickier than you think." Avent says she has been telling her stories for over ten years and

Kluegel remembers it must have been about 24 years for her.

Kluegel says it is habit forming. "If you don't tell a story, you feel something is missing." In addition, she says "It keeps my skills up and gives me a lift along with the people who hear the story."

Avent remembers her first story was "Suzy the Duck" which came from a picture book. While she says they don't usually use props, in this case she remembers using a duck that made a quack sound which was perfect for the story. Before Covid the group often told stories to children but now the Spellbinders still aren't allowed back in the schools. Kluegel explains the program was meant to be intergenerational; many children don't have grandparents nearby.

Kluegel loves to tell folktales. "It doesn't matter what country. There are generations of storytelling. Kluegel says sometimes she does adjust her stories. For instance, she may curtail some of the violence or if the king wants to give away his daughter, the story changes so the daughter gets to decide.

Since the stories are told from memory

SEE WHO DOESN'T, PAGE 5

'Roald Dahl's Matilda the Musical' at Wakefield High School

BY MCKENZIE PHELAN
QUINCE ORCHARD HIGH SCHOOL

Every parent thinks their child is a miracle. Except, that is, for the Wormwoods. But what happens when their overlooked child may truly be miraculous after all?

That's the question put forth in Wakefield High School's production of **CAPPIES** Matilda. A delightful romp through a world of magic, mischief and miracles, this lively musical is as hilarious as it is heartfelt.

'Roald Dahl's Matilda The Musical,' with music and lyrics by Tim Minchin and a book by Dennis Kelly, opened on the West End in 2011 to critical acclaim. The original production won seven Olivier Awards, including Best Musical, and was followed by a Broadway run, a US national tour, and several international productions. Based on Roald Dahl's children's book of the same name, the show follows Matilda Wormwood, an exceptionally bright five-year-old with telekinetic powers. With a strong sense of justice, a penchant for mischief, and the help of her

teacher Miss Honey, Matilda sets out to "put things right," and take down the bullying Headmistress Agatha Trunchbull.

Anneliese Odegard embodied the titular Matilda with spirit and spunk. Tempering Matilda's maturity with childlike inflection and mannerisms, Odegard crafted a remarkably believable character. Eye-catching movement and a consistent British accent were further hallmarks of Odegard's engaging performance. Alongside Odegard, Mia Cummings shone as the kind-



PHOTO BY KEVIN BLAIR

From left: Amelia Rizzo, Ethan Heinrich, Kat Larrick, Mia Cummings in "Roald Dahl's Matilda the Musical" at Wakefield High School on Saturday, April 29, 2023.

SEE HELPING, PAGE 7

Arlington Doctor Indicted

A federal grand jury returned an indictment this week charging an Arlington doctor with distributing tens of thousands of oxycodone pills for almost a decade for no legitimate medical reason.

According to allegations in the indictment, Kirsten Van Steenberg Ball, 68, was a primary care physician who operated a medical practice out of her home in Arlington. Ball allegedly conspired with her office manager to shield the fact that she was dispensing vast quantities of oxycodone to her patients contrary to ordinary standards of medical care from law enforcement and regulatory authorities.

The indictment alleges that Ball's office manager, Candie Marie Calix, 40, of Front Royal, used an alias to disguise the fact that Calix was herself a patient of Ball. According to the indictment, Ball allegedly prescribed her office manager approximately 50,000 oxycodone pills over a period of approximately 10 years.

The indictment further alleges that the Virginia Department of Health Professions (DHP) investigated Ball twice: once in 2015 and once in 2021. Despite the two investigations, Ball did not change her prescribing practices.

According to the indictment, examples of Ball's prescriptions include the following:

- ❖ Prescribing a patient as many as 360 oxycodone 30-mg tablets per month;
- ❖ Prescribing similarly high quantities of oxycodone to close family members;
- ❖ Paying a patient to perform manual labor on Ball's home while concurrently prescribing the patient oxycodone, ostensibly for long-term pain;
- ❖ Loaning a patient \$40,000 while concurrently prescribing the patient oxycodone;
- ❖ Continuing to prescribe oxycodone to patients after they failed drug screens.

Ball is charged with one count of conspiracy to distribute oxycodone, and 21 counts of distribution of oxycodone. If convicted, she faces a maximum penalty of 20 years in prison on each count. Actual sentences for federal crimes are typically less than the maximum penalties. A federal district court judge will determine any sentence after taking into account the U.S. Sentencing Guidelines and other statutory factors.

Calix was sentenced to seven years in prison on Sept. 28, 2022, for conspiring to distribute oxycodone.

Who Doesn't Love a Good Story?

FROM PAGE 4

to create images both Avent and Kluegel had practiced this morning — Avent in the car and Kluegel on her dog. "Of course he liked it; he'd just had a walk and a treat." And both of them practice the sto-

ries on their grandchildren.

The Spellbinders is a national organization with local chapters focused on the art of storytelling. The program works to build strong caring relationships between older adults and youth. It was originat-

ed in the early 1980's by Germaine Dietsch who was alarmed at the growing disconnect between the generations that would deprive elders of their sense of meaning and youngsters of their sources of wisdom and talent.



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Chicken & Whiskey Clarendon LLC trading as Chicken & Whiskey, 3033 Wilson Blvd., Arlington, Arlington County VA 22201 + 3843. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Wine, Beer Mixed Beverages, Consumed on and off premises license to sell or manufacture alcoholic beverages. Charles Koch/Managing Partner/Owner. Date notice posted at establishment: 5/3/2023. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or (800) 552-3200.

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Astro Shirlington, LLC trading as Astro Beer Hall, 4001 Campbell Avenue, Space #24, Arlington, Arlington, VA 22206-3425. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Peter Bayne, Managing Member. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or (800) 552-3200.

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NEWS

'Roald Dahl's Matilda the Musical'

FROM PAGE 4

hearted Miss Honey. Approaching the role with clear intention, Cummings acted as an authentic maternal figure for Matilda and the rest of the schoolchildren. Cummings's vocal technique was commendable, especially in the song "My House," which demonstrated a refined tone and superb control. Together, Odegard and Cummings developed a comfortable rapport, resulting in an ultimately touching relationship.

Standout performances also included Kat Larrick as Miss Trunchbull, the volatile headmistress of Crunchem Hall. Larrick's use of varied vocal inflections created a performance both humorous and terrifying -- often simultaneously. In the role of Mr. Wormwood, Rand McAvoy demonstrated an aptitude for physical comedy, as well as a strong voice in the amusing number "All I Know." Despite the character's comic leanings, McAvoy didn't shy away from Mr. Wormwood's darker side, making for heart-wrenching moments opposite Odegard's mistreated Matilda.

Niko Godoy, Jack Ploetz, Kat Larrick, and Issac Souryal's set design featured several versatile elements, including rotating flats, a folding bed, and colorful alphabet blocks which served as chairs, tables, and desks. However, hidden surprises could be found throughout the show -- like the swings that descended from the catwalks for the delightful number "When I Grow Up." Also notable were the costumes (designed by Marceline Castrillion, Gisel Bolivar, Adrian Ulm, and Amarica Khlen), which clearly defined each character. Mrs. Wormwood's sparkly outfits and big hairdos encapsulated her loud personality, while Miss Honey's comparatively simple dresses complemented her more subdued nature.

Tying the show together was the work of its special effects team (August Yates, Niko Godoy, and Marceline Castrillion), whose captivating stage magic included a disappearing chocolate cake, a cup tipped by telekinesis, and a schoolgirl thrown clear off the stage.

With energy, commitment, and just a bit of magic, Matilda at Wakefield High School proves that sometimes, you have to be a little bit naughty.

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ENTERTAINMENT



The Armed Forces Cycling Classic will be held June 3-4, 2023 in Arlington.

NOW THRU MAY 26

Women x Women: A Group Show by Anya Getter and AAA Members. At Gallery Underground, 2100 Crystal Drive, Crystal City Shops, Arlington. Opening Reception is Friday, May 5, 5-7 p.m. The Focus Gallery of Gallery Underground will present "Women x Women", an art exhibition showcasing the work of eight female Arlington Artists Alliance members. Women x Women celebrates the diverse perspectives and experiences of women, highlighting the complexities of being a woman, with all the struggles and joys therein. This group show features charcoal drawings, cold and hot wax treatments, embroidery, encaustic, fused glass, mixed media, acrylic and oil paintings. This show is not to be missed by art lovers, feminists, and anyone looking to broaden their perspectives and celebrate the contributions of women to the art world.

WEDNESDAY/MAY 10

Weeds 101 – Keep Them at Bay. 7 p.m. Meets at Arlington Central Library, 1015 North Quincy Street, Arlington. Part of Garden Talks 2023. Do you know what a weed looks like? You may be surprised. Learn to identify and control those weeds before they control your garden.

FRIDAY/MAY 12

Spotted Lanternfly Reporting, Identification and Management. 10:00 – 11:30 a.m. Online. Extension Master Gardener Intern Lorrie Stanton and Kirsten Conrad, Extension Agent for Arlington and the City of Alexandria, will show you how to recognize the invasive Spotted Lanternfly, what to do if you see one, how to report it, and how to manage the damage that it may cause to your landscape and fruit crops. We will share the extent of this insect's spread throughout the Northeast and discuss organic and biological controls, host plants, and control options. Free. RSVP at: <http://mgov.org/rsvp-for-public-education-classes/> to receive a link to participate.

SATURDAY/MAY 13

Comedy Karaoke Trivia Funtime Show. 7:30 p.m. At Highline RxR, 2010 Crystal Drive, Arlington. Bring a team or fly solo and win

"FLOURISHING AFTER 55"

FROM PAGE 2

Food safety at home, learn about proper food storage, expiration dates and internal refrigerator temperature, Wednesday, May 17, 10:30 a.m., Arlington Mill 55+ Center. Presented by Virginia Cooperative Extension. Registration # 913501-11.

What happens to a loved one's possessions after their death? Hear how to be fair and avoid conflict, Wednesday, May 17, 1 p.m., Aurora Hills 55+ Center. Presented by Virginia Cooperative Extension. Registration # 913404-05.

prizes by dropping knowledge in a trivia competition, then duking it out in a karaoke battle. Hosted by Christian Hunt, this amazing experience features comedy from the D.C. area's finest comics. The headliner for May's show is the hilarious Jon Yeager. Tickets are only \$10 per person when you reserve a group of six to eight people. Individual tickets are \$15 per person.

WEDNESDAY/MAY 17

Garden Structures & Critter Control. 7 p.m. Meets at Arlington Central Library, 1015 North Quincy Street, Arlington. Part of Garden Talks 2023. Easy-to-build garden structures help you save garden space, grow healthier plants, bring higher yields, and control those pesky varmints.

JUNE 3-4

Armed Forces Cycling Classic. Time: Saturday, 7 a.m. – 2 p.m., Sunday, 7:45 a.m. – 2:30 p.m. The Armed Forces Cycling Classic (AFCC), presented by The Boeing Company, celebrates its 25th Edition as the DMV region's most prestigious cycling event when it returns to Arlington the weekend of June 3rd and 4th 2023, with happenings kicking off in Crystal City / National Landing on Saturday, and concluding in Clarendon on Sunday. The cycling packed weekend kicks off during World Bicycling Day (June 3), which celebrates the joy of cycling. The weekend's action begins early on Saturday, June 3 in Crystal City / National Landing with the Armed Forces Cycling Classic's Challenge Ride. The ride is a closed course open to cycling enthusiasts of all abilities, from casual amateurs to serious competitors as well as Corporate Challenge teams and participants from each branch of the Armed Forces. Saturday will continue with the Women's Pro/AM race, as they begin their hunt for the weekend overall Omnium Prize (most consistent finisher over the two days), the Kids Race (9 and under), and concludes with Day 1 of the Men's Pro/Am. The 25th annual Clarendon Cup will take place on Sunday June 4th, and feature the 2nd day of Women's and Men's Pro/AM races, where the talented winners will be declared on the iconic 1km course around the Clarendon Metro. Visit the website: www.cyclingclassic.org

What family possessions to keep and what to give away, presented by Matthew Quinn, Quinn's Auction Galleries, Wednesday, May 17, 1:30 p.m., Langston-Brown 55+ Center. Learn how estate sales and auctions work. Registration # 913404-06.

55+ Travel group will enjoy The Tea Cart, Shenandoah Valley's premiere British tearoom in Berryville, VA, Wednesday, May 17. Cost \$80, Arlington resident; \$92, non-resident. Registration # 902305-05.

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We Need Your Help Again

We are sincerely grateful and thankful to you for helping in 2021 to save one of America's oldest newspapers, the Alexandria Gazette Packet, publishing continuously since 1784

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Thank you to the hundreds of supporters who helped to keep all your Connection Newspapers alive throughout Alexandria, Fairfax County Arlington County and Potomac, Md. along with affiliated websites and digital media. Now we need help again in 2022.

Each local newspaper's 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 ominous 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.

Visit connectionnewspapers.com or <https://www.gofundme.com/f/help-keep-your-newspaper-printing>

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Number Us Among the Millions



By KENNETH B. LOURIE

Just welcomed a new member, family friend, Sherrill, into the cancer club. And though it's a club nobody wants to join, it is never at a loss for new members. If only there were dues (there's already plenty of don'ts). The accumulation of cash would rival the lottery. When you consider that now it's projected that up to half the population will likely be diagnosed with some kind of cancer over their lifetime, and an even higher percentage will know someone diagnosed with cancer, cancer is – and will continue to be, the dominant medical currency – a currency which often costs patients their lives. A life that becomes a daily struggle.

A struggle to endure the treatments, before, during and especially after the medication has been administered. I can still recall the worst pain I ever experienced. I was sitting in a Barcalounger at the Infusion Center psyching myself up to start my six-hour infusion which can only begin after the actual chemotherapy is prepared (it's not exactly off the shelf, it must be mixed/created chemically). Because chemotherapy is so expensive, the medicine is not available until after the patient has arrived at the Center and has been approved for treatment (this approval is a function of the preceding day's lab work, one's appearance that day and their on-site vitals). This wait/assessment occurs out of an abundance of caution as well as fiscal responsibility. If the infusion drug is prepared/mixed in advance of the patient's arrival/medical approval, and it happens for one of the reasons listed above that the patient is unsuitable for treatment that day, the medicine is wasted as it was specially prepared for this patient and can't exactly be undone and returned to inventory for the next patient. In effect, the money is spent with nothing to show for it.

As a result of this qualification period (for lack of a better description), patients must wait for their chemotherapy drug to be prepared and delivered to the Infusion Center. Moreover, given the volume of business many of these centers are experiencing (I was told "Obamacare" was responsible for increasing the numbers of patients; my center even has Saturday hours now), the wait can be up to an hour, so far as I've experienced anyway. And given the cost of these drugs, mixing them is hardly routine (anything but). Therefore, the process plays out very carefully. There's no hurrying it. You just must wait for your drugs, like it or not (and usually, not).

And what's to like? Everything that one equates with a cancer diagnosis/treatment: the hair loss, the nausea, the fatigue, the muscle weakness, the eating challenges, the neuropathy, the fear, the anxiety, the worry and on and on and on are unpleasant. Being diagnosed with cancer is all it's cracked up to be. Any help I've been given over the years to help me cope/understand/survive what is an ordeal, I am happy to pass it on. It's not quite paying it forward, it's more like prepaying. And every little bit of information helps when you consider the road ahead is long, hard, and extremely bumpy – with all sorts of obstacles and without any guarantees, generally. And by welcoming a new member, I hope to draw strength from their commitment. And all of us cancer patients need to draw strength from whomever and wherever we can find it. Encouraging and sharing experiences with new cancer patients as they begin their journey is beneficial to both.

As so I shared with Sherrill the worst pain, I ever experienced was at the Infusion Center. I was sitting in my Barcalounger. I was approved for my infusion. My oncology nurse put an intravenous line into my forearm (I've never had a port) and hung my medicine on the hook above the intravenous pump – through which the chemotherapy drips and ultimately moves its way into my arm/body. The nurse pressed several buttons on the pump which controlled the flow into my arm. One time, the nurse apparently must have hit the wrong flow speed and it increased the pace at which the drug went into my arm. It was like being attacked from the inside out, a burning sensation. I sort of screamed and within a few seconds the readjustment to the medicine's flow had been made. But for a second or two, I was at level 10-ish (patients are often asked to rate their pain on a scale of 1 – 10).

Sherrill understood and appreciated my chemo story. And she shared some of her experiences with me. This "the cancer talk", as friends have described it, is the bond that exists between us cancer patients. We all have a common enemy. I just hope there is strength in numbers because the numbers keep growing, exponentially it seems.

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

Pig & Oysters & Twirling Around

What's not to like at the Doorways barbecue?

It was a sell out crowd for the 14th annual Doorways Pig and Oyster Roast fundraiser held at Rocklands Barbeque and Grilling Company on Thursday, May 4. The 90-pound roast pig had been smoking for 12 hours, and Joel Robinson was first in line to taste his shredded meat basted with barbecue sauce and served up by Rigo Marques.

Others lined up for a few of the

800 oysters smoked for five minutes over hickory chips and doused with champagne, butter, tarragon leaf and red onion. Attendees grabbed a pale ale, and loaded up on all of the Rocklands trimmings—cornbread, coleslaw and baked beans and found a seat at an outdoor picnic table.

Maddie Faires grabbed Caroline Porras and swung her around in circles until they both got dizzy and needed a break before starting all over again. The event raised \$7,500 to support Doorways programs including shelter, housing and services for victims of domestic and sexual violence. Their services include families and individual survivors of all genders as well as youth.



Sell out crowd for Rocklands fundraiser Thursday night.



Doorways Pig and Oyster Roast fundraiser May 4 at Rocklands Barbeque and Grilling Company on Washington Blvd.

PHOTOS BY SHIRLEY RUHE THE CONNECTION



Maddie Faires and Caroline Porras say who needs barbecue when you can spin until you are dizzy instead?



Take your pick—smoked oysters or pork barbecue (or both).

