

# Fairfax Station

## CONNECTION Clifton & Lorton

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# Wonderland At Burke Lake Park

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Conductor Stuart Copan drives the Holiday Express train around Burke Lake Park during the Winter Wonderland last Sunday, Dec. 2, 2018.

Cherished Holiday  
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PHOTO BY STEVE HIBBARD/THE CONNECTION

DECEMBER 6-12, 2018

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## BULLETIN BOARD

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

### HOLIDAY DONATIONS

**Blanket and Coat Drive.** Through Dec. 8. Organized by NOVA Relief Center, blankets and coats will be sent to refugees in three camps in Jordan this winter. Blankets and coats should be new or gently worn. Monetary donations are also needed and may be made to NOVA Relief Center online and at some drop-off locations. For drop-off sites or to make a tax-deductible donation, visit [novareliefcenr.org](http://novareliefcenr.org).

**Toys for Tots Donations.** Through Dec. 8 at PaperMoon, 6315 Amherst Ave., Springfield. PaperMoon, a gentlemen's club in Springfield, will give back to the community by collecting new, unwrapped toys for Toys for Tots. Call 703-866-4160 or visit [www.papermoonvip.com](http://www.papermoonvip.com) for more.

**Toys for Tots Drive.** Through Dec. 10. Area Sheehy Auto Stores will collect new and unwrapped toys to benefit the U.S. Marine Corps Reserve Toys for Tots Program, which will distribute those toys as gifts to less fortunate children in the community in which the campaign is conducted. Sheehy's Toys for Tots drop-off locations include:  
❖ Sheehy Volkswagen of Springfield.

6601 Backlick Road, Springfield  
❖ Sheehy Ford of Springfield, 6727 Loisdale Road, Springfield  
❖ Sheehy Subaru of Springfield, 6571 Backlick Road, Springfield  
❖ Patriot Harley-Davidson, 9739 Fairfax Boulevard, Fairfax

**Christmas Wish Donations and Volunteers.** Koinonia is now accepting donations of unwrapped Christmas gifts so that their clients can pick out gifts for their families. This year Christmas wishes will be held at Franconia United Methodist Church from Dec. 10-12. Donations will be accepted through Dec. 10. Visit [www.koinoniacares.org](http://www.koinoniacares.org) for a list of suggested toys and gift cards. Volunteers needed Dec. 9-12, call  
SEE BULLETIN, PAGE 11

## COMMUNITIES OF WORSHIP



**JUBILEECHRISTIANCENTER**  
"loving people to life"  
• Christmas Eve Service at 7:30 PM  
• New Year's Eve Gathering at 6 PM  
Worship Gathering - Sunday 8:45 & 11 AM  
Sunday School 10:10 AM  
Sun. Evening - Realtime Worship & Youth 6 PM  
Family Night - Wednesday 7:15 PM  
Home Life Groups, College/Young Adult Ministries, and Living Free Support Groups  
Visit our Website: [www.jccag.org](http://www.jccag.org)  
4650 Shirley Gate Road, Fairfax  
Bill Frasnelli, PASTOR 703-383-1170

Christmas At



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Lutheran Church



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3 pm Families with young children  
5 pm Contemporary Candlelight  
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**Zhengia and Winston Meng and Xiao Lan Cheng of Vienna visit Santa and Mrs. Claus, a.k.a. Rodney and Janet Smith.**



**Visitors roast marshmallows at the Winter Wonderland at Burke Lake Park.**

PHOTOS BY STEVE HIBBARD/THE CONNECTION

## Winter Wonderland at Burke Lake Park

### More holiday fun in the park next weekend.

Several hundred people attended the fourth-annual Winter Wonderland held at Burke Lake Park last Sunday, Dec. 2, 2018. Activities included the Holiday Express train ride, a Carolers Carousel ride, Gingerbread Man Mini-Golf, visits and photos with Santa and Mrs. Clause, s'mores around a campfire, candle-making crafts and hot drinks. The event provides community outreach and a fun holiday event for the entire family at the park, according to Chris D'Anna, Parks Assistant Manager at Burke Lake Park.

The Winter Wonderland will be held again next weekend, Dec. 8-9. Activities run from 10 a.m. to 4 p.m. Six-hour

passes are \$15 in advance and \$20 on event day.

The park is also hosting a Celebration Station on Dec. 7-8, which includes a train ride through a forest decorated with holiday-themed lights and a spin on the Carolers Carousel from 5:30 to 8:30 p.m. Tickets are \$10 each, and rides take place every 20 minutes. Celebration Station tickets provide visitors with one train ride, one carousel ride and one cocoa or cider drink.

Burke Lake Park is located at 7315 Ox Road, Fairfax Station. Call 703-323-6600 or visit [www.fairfaxcounty.gov/parks/burke-lake](http://www.fairfaxcounty.gov/parks/burke-lake).

— STEVE HIBBARD



**Jonah Dennis, 6, and brother Sawyer, 3, visit with Santa during the Winter Wonderland at Burke Lake Park last Sunday, Dec. 2, 2018.**



**Conductor Stuart Copan drives the "Holiday Express" train around Burke Lake Park during the Winter Wonderland last Sunday, Dec. 2, 2018.**



**Ellie Zerr, 3, of Springfield and her brother Jack, 1, and Lily Buckner, 3, of Alexandria, play with an inflatable Santa.**



**Norah Lottich, 5, of Burke, and Leah Jacobson, 3, and sister Emma, 5, of Burke eat S'mores at the Winter Wonderland at Burke Lake Park.**



# OPINION

# Give Locally

For tens of thousands of poor children and families in our area, uncertainty and need are distant from the celebrations and plenty that so many of us associate with this holiday period.

The holidays are about giving, and giving thanks. The holidays are about children and family. The holidays are about sharing, about joy. The holidays are about being thankful and about faith and appreciation. The holidays are about alleviating suffering for others.

Northern Virginia is among the wealthiest areas in the country. Many if not most of us go through our daily and seasonal routines without encountering evidence of the needy families among us.

In Fairfax County Public Schools, more than 54,000 students (29 percent) are poor enough to receive subsidized meals.

Many are children living in families who may be on the brink of homelessness, families who must choose between medical bills, car repair, heat and food. Some of these are children who may not be sure that they will have a meal between the meals they get in school.

School holidays can bring uncertainty and hunger, a far cry from the celebrations, gifts and plenty that we associate with Christmas

and the holiday season.

Hundreds of homeless students attend the public schools, and their needs are greater.

Many nonprofits in the region need your help to provide holiday meals around Christmas, to provide children with gifts.

There are literally hundreds, probably thousands, of ways to give locally this season, for humans in need, for animals in need, for an environment in need. Here are a few ideas. Please let us know what we have missed.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

## EDITORIAL

## Where to Give Locally

- ❖ **Cornerstones**, 11150 Sunset Hills Road, Suite 210, Reston, serving Reston and Herndon. 571-323-9555, [www.cornerstonesva.org](http://www.cornerstonesva.org). Nonprofit providing support and advocacy for those in need of food, shelter, affordable housing, quality childcare, and other human services. Programs and services include the Embry Rucker Community Shelter, Emergency Food Pantry, Hypothermia Prevention Program, Gifts for Kids and annual Coat Drive. For families in need, often there isn't enough money to spend on gifts. To register for the Gifts for Kids drive, visit <https://www.cornerstonesva.org/gifts-for-kids-donation-form/>. Personalized wish lists will be distributed within two business days of your submission. Gifts will be collected at Cornerstones' main office, 11150 Sunset Hills Road, Suite 210, Reston, VA 20190, during the following times: Thursday, Dec. 6 and Friday, Dec. 7: 9 a.m. – 6 p.m. Saturday, Dec. 8: 9 a.m. – 12 p.m. Contact Nate King, Donations and Drives Coordinator, at 571-323-9569.
- ❖ **SHARE** of McLean operates a food pantry; provides assistance to families to avoid eviction, keep utilities on and meet other needs in a crisis. Share of McLean will provide holiday assistance to hundreds of needy families this year. In December, Share's families will be welcomed to a festive party, served a light meal, and Santa will travel all the way from the North Pole to take photographs with the children. Help Share help those in need by fulfilling a wish or donating Walmart, Target, Giant, or Safeway gift cards. Contact [ShareWishes@gmail.com](mailto:ShareWishes@gmail.com) for more information. Visit [www.shareofmclean.org](http://www.shareofmclean.org) for more info about Share.
- ❖ **Herndon-Reston FISH** (Friendly Instant Sympathetic Help), 336 Victory Drive, Herndon, 703-391-0105 [herndonrestonfish.org](http://herndonrestonfish.org). Herndon-Reston FISH has assisted local residents in short-term crises by since 1969. 703-437-0600.
- ❖ **The Community Foundation of Northern Virginia** [www.cfnova.org](http://www.cfnova.org) The Community Foundation for Northern Virginia

- works to respond to critical need and seed innovation in our region. Your gift helps us make grants in our focus areas of interest while also bringing a spotlight on the benefits of community philanthropists [www.cfnova.org/for-donors/donate-now](http://www.cfnova.org/for-donors/donate-now)
- ❖ **LINK**, serving Herndon, Chantilly, Loudoun and more. Every year the goal is to provide each family with a week's worth of non-perishable food in November and again in December. When funds allow, grocery gift cards are also included. In November, clients also receive a voucher for coats and warm clothing. In December, children 16 and under receive gifts. [holiday@linkagainsthunger.org](mailto:holiday@linkagainsthunger.org). 703-437-1776 [www.linkagainsthunger.org](http://www.linkagainsthunger.org).
- ❖ **Committee for Helping Others** (CHO), Vienna, organized in 1969 by a group of churches and individuals in the Dunn Loring, Merrifield, Oakton, Vienna community to provide simple, loving charity to those in need. Coming up, holiday bike drive. 703-281-7614, [www.cho-va.com](http://www.cho-va.com)
- ❖ **Our Neighbor's Child** (ONC) volunteers are preparing for delivery of holiday gifts for children from financially struggling families in western Fairfax County – predominantly in Centreville and Chantilly. [www.ourneighborschild.org/](http://www.ourneighborschild.org/)
- ❖ **Northern Virginia Family Service**. The organization provides the essential building blocks for financial, emotional and physical well-being, serving as leaders and innovators for the Northern Virginia community. Every year, it empowers 35,000 individuals to achieve self-sufficiency. [www.nvfs.org](http://www.nvfs.org) Northern Virginia Family Service, 10455 White Granite, Drive, Suite 100, Oakton, VA 22124. 571-748-2500
- ❖ **Second Story** — Second Story (formerly Alternative House) provides shelter and services for homeless, runaway or abused teenagers, unaccompanied youth, and young mothers and their children. [second-story.org](http://second-story.org).

- ❖ **Shepherd's Center of Oakton Vienna** providing services, personal enrichment, volunteer opportunities for adults 50 and over. Currently serving 3,000-plus mature adults in the region. 703-281-0538, [www.scov.org](http://www.scov.org)
- ❖ **Touching Heart** in Herndon is a nonprofit organization whose mission is to educate children to have giving hearts. [www.touchingheart.com](http://www.touchingheart.com), 703-901-7355.
- ❖ **Western Fairfax Christian Ministries** — 4511 Daly Drive, Suite J, Chantilly, VA 20151 in Chantilly. For more information or to sponsor a family, call Jennie Bush, Community Outreach Manager at 703-988-9656, ext. 107. To mail gift cards or send donations by check, send them to: WFCM, P.O. Box 220802, Chantilly, VA 20153. @WFCM\_VA
- ❖ **FACETS** helps parents, their children and individuals who suffer the effects of poverty in the Fairfax area, a partner in efforts to end homelessness in Fairfax County. FACETS is always in need of donations and volunteers, and offers a variety of one-time and ongoing opportunities. 703-865-4251 or [volunteer@facetscares.org](mailto:volunteer@facetscares.org). [www.facetscares.org](http://www.facetscares.org). 10640 Page Ave., Suite 300, Fairfax VA 22030
- ❖ **Britepaths** Britepaths is working to assist 800 Fairfax County area families who might otherwise go without December holiday meals and gifts for their children. Sponsor a family or donate to provide a family with a holiday meal and/or gifts for their children. [Britepaths.org](http://Britepaths.org)
- ❖ **Centreville Labor Resource Center** (CLRC), a safe, organized center where residents and contractors can negotiate work arrangements with day laborers. Centreville Square Shopping Center, 5944 Centreville Crest Ln, Centreville, VA 20121. Phone: (703) 543-6272 Email: [Contact@CentrevilleLRC.org](mailto:Contact@CentrevilleLRC.org) [www.centreville-lrc.org/](http://www.centreville-lrc.org/)
- ❖ **Fairfax City Area FISH** (For Immediate Sympathetic Help) FISH provides funds and volunteers to serve the needy and elderly in the

- greater Fairfax City area of Fairfax County. FISH responds to requests for life's necessities: food, clothing, financial assistance for delinquent rent, mortgage, utility bills, gasoline, and prescriptions. 703-222-0880 [fairfaxfish.org/](http://fairfaxfish.org/)
- ❖ **Lamb Center**, [www.thelambcenter.org](http://www.thelambcenter.org), day center for homeless, Fairfax 703-691-3178.
- ❖ **Food for Others** Located at 2938 Prosperity Ave., Fairfax, VA 22031, 703-207-9173. 2938 Prosperity Ave. info@foodforothers.org. Most needed items include: Fresh fruits, fresh vegetables, canned chili, canned tomato products, canned meat, rice, 16 oz packages, spaghetti sauce, 14 oz – 1lb (ideally in cans instead of glass), canned fruit (packed in fruit juice instead of syrup) 11oz – 20oz, beans, dried or canned, canned pasta. [www.foodforothers.org](http://www.foodforothers.org)
- ❖ **Ecumenical Community Helping Others** (ECHO), 703-569-9160. Open to receive donations at 7205 Old Keene Mill Road, Springfield. Provides food and financial assistance to those in short-term emergencies, and provides clothing and household goods to low income families. Outerwear drive through Dec. 14. See Greater Springfield Chamber for drop off locations. [www.echo-inc.org](http://www.echo-inc.org).
- ❖ **Lorton Community Action Center** (LCAC) will provide holiday assistance to hundreds of families. Christmas food baskets along with fulfilling gift wishes for children and teens will help low-income families. See website for warm coat and Christmas donations and volunteer needs. [lortonaction.org/seasonal-assistance/](http://lortonaction.org/seasonal-assistance/).
- ❖ **Assistance League of Northern Virginia** is an all-volunteer nonprofit organization that feeds, clothes and educates children in need. Assistance League's philanthropic programs touch the lives of thousands of children at 11 Title I schools in Northern Virginia, serving children most in need at selected schools in Fairfax and Prince William counties and the City of Alexandria. To learn more about volunteer and sponsorship

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Fairfax Station,  
Lorton & Clifton  
**CONNECTION**

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# OPINION

## Give Locally

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opportunities, contact [alnorthernva@gmail.com](mailto:alnorthernva@gmail.com) or visit [www.northernvirginia.assistanceleague.org](http://www.northernvirginia.assistanceleague.org)

❖ **Comfort for America's Uniformed Services (CAUSE)** ensures that recuperating service members have opportunities for recreation and social interaction and receive concrete signs of appreciation for all that they have done. Mailing address: 4201 Wilson Blvd., #110-284, Arlington, VA 22203, CFC #33011, Phone 703-591-4965, [cause-usa.org](http://cause-usa.org)

❖ **Shelter House** provides crisis intervention, safe housing and supportive services to promote self-sufficiency for homeless families and victims of domestic violence in Fairfax County. It is our mission to get families back into stable housing in order to provide them the opportunity to continue their journey to self-sufficiency. [www.shelterhouse.org](http://www.shelterhouse.org)

❖ **United Community Ministries**, Mount Vernon, 703-768-7106, 7511 Fordson Road, Alexandria, VA 22306 assists low-income families and individuals living along the Route 1 Corridor, UCM provides housing programs as well as a Workforce Development Center. Last year, for the holidays, donations of nearly 10,000 toys, books, games, clothing, and other gifts ensured a joy-filled holiday for hundreds of children. 7511 Fordson Road, Alexandria VA 22306. [www.ucmagency.org](http://www.ucmagency.org) Donations of cash/checks and gift cards are also welcome.

❖ **Friends of the Fairfax County Animal Shelter**. For more than a decade, the Friends community has impacted thousands of pets; saving lives, easing pain and suffering, and enriching the lives of pets and their humans. (571) 212-9858 [www.facebook.com/pg/FFCAS/about/](http://www.facebook.com/pg/FFCAS/about/)

❖ **New Hope Housing**, founded in 1977, is a non-profit agency in Northern Virginia committed to finding creative and lasting solutions to end the cycle of homelessness by offering homeless men, women and children the services they need to change their lives and succeed. 8407E Richmond Hwy., Alexandria, VA 22309 [www.newhopehousing.org/how-to-help/donate/](http://www.newhopehousing.org/how-to-help/donate/)

❖ **National Capital Food Bank**, 6833 Hill Park Drive, Lorton, serving all of Northern Virginia, 703-541-3063. [www.capitalareafoodbank.org](http://www.capitalareafoodbank.org)

❖ **Homestretch** is a provider of transitional housing in Fairfax County and offers a services to help the homeless better their lives through education. Email: [jhenderson@homestretchva.org](mailto:jhenderson@homestretchva.org); 703-237-2035 x125; [homestretchva.org/volunteer/](http://homestretchva.org/volunteer/)

❖ **Pathway Homes** providing non-time-limited housing and supportive services to adults with serious mental illness and co-occurring disabilities in Northern Virginia. Founded in 1980, Pathways currently serves more than 400 adults in community-based homes in Northern Virginia. [www.pathwayhomes.org](http://www.pathwayhomes.org)

❖ **Good Shepherd Housing and Family Services**, 8305-17B Richmond Highway, PO Box 15096, Alexandria, VA, 22039. 703-768-9419, [www.goodhousing.org/](http://www.goodhousing.org/) The mission of Good Shepherd Housing

(GSH) is to reduce homelessness, increase community support, and promote self-sufficiency. GSH housing manages more than 70 housing units.

❖ **Christian Relief Services**, 8301 Richmond Highway, Suite 900, Alexandria, VA 22309, 703-317-9086, 703-317-9690 [christianrelief.org/](http://christianrelief.org/)

❖ **Friends of Guest House Northern Virginia** offers structure, supervision, support and assistance to female ex-offenders who want to improve their lives and break the cycle of incarceration. Friends of Guest House offers the only program for women of its kind in Northern Virginia. One East Luray Ave., Alexandria, VA 22301-2025, 703-549-8072, [info@friendsofguesthouse.org](mailto:info@friendsofguesthouse.org), [friendsofguesthouse.org/](http://friendsofguesthouse.org/)

❖ **Habitat for Humanity of Northern Virginia** transforms the lives of lower-income families in need by providing affordable homeownership opportunities in Alexandria, Arlington, Fairfax and Falls Church. Learn more at [www.habitatnova.org](http://www.habitatnova.org).

❖ **Alice's Kids (@alicewillhelp)** [aliceskids.org](http://aliceskids.org) P.O. Box 60, Mount Vernon, VA 22121 When a child is raised in poverty they suffer both publicly and privately. When there is no food in the refrigerator, no electricity nor heat, these are hardships that they can keep hidden from their peers. But, when that same child can't afford to pay for the band field trip, a pair of glasses, a chorus outfit or a new pair of shoes, these are indignities that are evident to their classmates. Alice's Kids pays for these relatively inexpensive items in the hopes of preserving the dignity of the child. It helps children from all over the Mount Vernon area through small acts of kindness.

❖ **Tahirih Justice Center**, 703-575-0070, [www.tahirih.org](http://www.tahirih.org), Legal services, public policy advocacy, and education for immigrant women and girls.

❖ **OAR** rebuilds lives and breaks the cycle of crime with opportunities, alternatives, and resources for offenders and their families to create a safer community. 10640 Page Ave., Suite 250, Fairfax, VA 22030, 703-246-3033. OAR needs volunteers and financial donations. [oarnova.org/christmas](http://oarnova.org/christmas)

❖ **NAMI Northern Virginia** (National Alliance on Mental Illness) works to raise awareness and provide education, advocacy, and support programs for people living with mental illness, families, students, educators, law enforcement, and the public throughout our neighborhoods. Many excellent programs. NAMI Northern Virginia serves Fairfax, Falls Church, Arlington, Alexandria, and Loudoun [www.nami-northernvirginia.org/](http://www.nami-northernvirginia.org/) **Helpline: (571)458.7310, Email: [info@nami-nova.org](mailto:info@nami-nova.org)**

❖ **PRS**, Inc. exists so that individuals living with mental illness, substance use disorders, mild intellectual disabilities, autism spectrum disorders, and anyone who faces life crises can achieve safety, personal wellness, recovery and community integration. PRS also provides crisis counseling and connection to supports CRISISLINK When crisis calls, we answer 24/7 Call: 800-273-TALK [8255] Text: "CONNECT" to 85511

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## WELLBEING

# Habits that Stick

**Key to making changing old habits and making new ones.**

BY MARILYN CAMPBELL

Standing outside the glass doors of the studio, lit harshly by fluorescent bulbs, Annabelle VanLandingham admits that she is intimidated by a group of women standing in front of her — all model-thin and wearing cropped tank tops that reveal finely toned abs.

"I always feel like I don't fit it and everybody is staring at me, but this time, I'm really going to stick with it," she said, acknowledging her failed attempts to make regular exercise part of her daily life.

Vows to change habits are easy to make, but keeping them can seem nearly impossible. Commitments to cooking healthy weeknight dinners give way to the reality of packed schedules, while a morning meditation practice is overtaken by an inability to resist checking email right after getting out of bed. Local human behaviorists say that when it comes to creating habits, understanding how they develop is a first step.

**"If you want develop a meditation practice to relieve stress at work, set an alert on your phone for a time that know you'll definitely be free."**

— Lauren Puglisi, LCSW

"Essentially, a habit is turning a new behavior into something that is done automatically," said Lauren Puglisi, LCSW. "For example, grabbing a cigarette after dinner or putting on your seatbelt when you get in the car are automatic. You don't have to talk yourself into doing those things, you do them without even thinking."

For those who want to make activities like exercising or meditating life-long habits, the key is to begin with realistic and attainable steps. "New habits are best formed in small, manageable increments," said Jessica McLaughlin, Ph.D. assistant professor of psychology at Montgomery College. "For instance, if you want to develop the habit of exercising, start by taking 10-minute walks instead of promising to exercise for an hour every day. It is easier to form habits if the changes are similar to what you are already doing, as opposed to something that drastically alters your current day-to-day schedule."

Develop a list specific actions to take, advises Puglisi. "For example, swapping out potato chips and a soda for hummus and whole wheat pita bread for an afternoon snack or taking a 30-minute walk three days each week can be attainable ways to get started," she said. "Otherwise, you might get overwhelmed and give up."

"Research supports that it can take approximately two months of daily repetition to develop a habit, but keep in mind that some habits aren't as easy to make automatic, and may require more time," added Joanne Bagshaw, Ph.D., professor of psychology at Montgomery College. "For instance, developing a habit of walking 15 minutes every day may take eight to 10 weeks to become an automatic behavior, but running five miles every day could take much longer."

**"Plan on creating your daily walk or running habit with a friend, or coach, or group who will be a role model for self-control."**

— Joanne Bagshaw, Ph.D.,  
 Montgomery College

Find ways to increase accountability. "Write down your goals and keep [the list] in a visible place where you have a constant reminder and can check off your accomplishments each day," said McLaughlin. "Tell someone else what you are doing or, better yet, make the change with someone else, such as practicing mindfulness together or eliminating sugary drinks as a team."

Setting up reminders can help one avoid backsliding, especially when habit formation is in its early stages," said Puglisi. "If you want develop a meditation practice to relieve stress at work, set an alert on your phone for a time that know you'll definitely be free," she said. "Set a realistic amount of time to spend meditating, and select a specific mediation. This will make it easy to do quickly and easily, so you'll have fewer excuses not to do it."

The company one keeps also plays a role in habit formation. "You're likely to boost your willpower if you choose to spend time with someone who has strong willpower," said Bagshaw. "Plan on creating your daily walk or running habit with a friend, or coach, or group who will be a role model for self-control."

Assess your progress regularly. "Self-monitoring adds to success," said psychologist Stacie Isenberg, Psy.D. "Writing down what you've eaten each day can help you stay honest with yourself. That said, be realistic with your time frames and don't cause yourself extra stress. If thinking about how you ate during the week on a Friday is less stressful than writing it every day, do that. But do choose a regular time to consider progress and impediments or you'll be at 2020 without your new habit."

"It helps to set up the environment to remind you to do the behavior and make it easy to follow through," said Jerome Short, Ph.D., associate professor of psychology at George Mason University. "For example, put vegetables and fruits on the first shelf you see when you open the refrigerator. You are more likely to eat what you see than what you do not see."

Don't forget rewards, says McLaughlin. "Change won't happen unless you are motivated to make the change," she said. "This means you have to find what is rewarding for you. You might find that what you are doing is intrinsically rewarding, such as increasing your energy levels or seeing your scale number go down. Other times, you might need to create your own reward, such as getting a manicure when you've gone a week without biting your nails."



## ENTERTAINMENT

# Cherished Holiday Tradition: 'The Nutcracker'

## Singular collaboration of Fairfax Symphony Orchestra and Fairfax Ballet.

BY DAVID SIEGEL  
THE CONNECTION

**T**he Fairfax Symphony Orchestra (FSO) and the Fairfax Ballet are combining their artistic forces to present the timeless family classic, Tchaikovsky's "The Nutcracker."

The production will be a musical and dance cornucopia of dancing snowflakes, sugar plum fairies and epic battles between heroic toy soldiers and mischievous mice, but also of a brave young girl who stands up to danger.

"Audiences will delight in The Fairfax Ballet's magical dance performance with original choreography as the Fairfax Symphony, under the direction Christopher Zimmerman, performs Tchaikovsky's captivating score," said Jonathan Kerr, Executive Director, Fairfax Symphony Orchestra.

"We're delighted and grateful that many people from across the region have made this a cherished tradition of their holiday season,"



PHOTO COURTESY FAIRFAX BALLET

**Jessica Werfel performing the role of Clara in "The Nutcracker," a joint production of the Fairfax Symphony Orchestra and the Fairfax Ballet.**

added Kerr. "It's certainly rare as one of few 'Nutcracker' productions in the area where Tchaikovsky's beautiful music is performed live by our full orchestra, together with the wonderful dancers onstage. Combining this with high-definition, digital scenery creates a magical experience that is sure to be a highlight for the entire family."

"We're incredibly honored to join the Fairfax Symphony in our fourth annual pro-



PHOTO BY GOODWIN PHOTOGRAPHY/  
COURTESY FAIRFAX BALLET

**Veronica Robertson performing in "The Nutcracker," a joint production of the Fairfax Symphony Orchestra and the Fairfax Ballet.**

duction of "The Nutcracker," said Karla Petry, Executive Director of The Fairfax Ballet. "Our dancers will be performing with our extraordinary guest soloists from American Ballet Theatre."

The guest artists are Elina Miettinen dancing the role of the Sugar Plum Fairy and Sean Stewart dancing as the Cavalier. "This provides Fairfax Ballet dancers with a rare opportunity to perform with a live orches-

## Where and When

Fairfax Symphony Orchestra and Fairfax Ballet present "The Nutcracker" at George Mason University, Center for the Arts 4373 Mason Pond Drive, Fairfax. Performance Sunday, Dec. 16, 2018 at 4 p.m. Tickets: \$49, \$69 and \$89. Purchase tickets online at [www.fairfaxsymphony.org](http://www.fairfaxsymphony.org) or by phone 703-993-2787.

tra on the premier stage at the Center for the Arts," added Petry.

Joining Miettinen and Stewart onstage is Jessica Werfel, age 16, of Chantilly. She will dance the role of the young heroine Clara. Carlos Alejandro Martinez Espinosa, attending George Mason University School of Dance, dances the role of the Nutcracker Prince.

Northern Virginia's Veronica Robertson and Dony'ae Bush (George Mason University) will perform the famous, "Arabian pas de deux." Northern Virginia cast members in "The Nutcracker" include as well; Aleksey Kudrin as Herr Drosselmeier, Laura McElhane as the Mouse King, and Ana Victoria Smith in multiple roles. More than fifty dancers and students from across Fairfax County will perform in "The Nutcracker," the first, major production with Andrea Cook as the Fairfax Ballet's Artistic Director.

Live Holiday season family entertainment at its best; "The Nutcracker" at the Center for the Arts.

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# HOLIDAY ENTERTAINMENT

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

## ONGOING

**Red Cross Fundraiser.** Through Saturday, Dec. 15 at Craffhouse, 11861 Palace Way, Fairfax. All three Craffhouse locations in Northern Virginia are donating 10 percent of all bottled beer purchases to the American Red Cross – California Wildfires Fund to assist those affected by the wildfires in California. Call 703-825-1811 or visit [www.craffhouseusa.com](http://www.craffhouseusa.com).

**Pop-Up Art show.** Through Dec. 16 at Gallery 57, 11899 Grand Commons Ave., Fairfax. Emerging Artists Initiative and the Peterson Companies are partnering to bring an artistic and creative facet to the Fairfax community. A new pop-up art gallery at Fairfax Corner Center will be exhibiting paintings and sculptures by four resident artists in the vacant retail space. Free. Email [director@eaiinc.org](mailto:director@eaiinc.org) or visit [eaiinc.org](http://eaiinc.org).

## THURSDAY/DEC. 6

**Winter Wonderland.** 4-7 p.m. at Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Join us Insight Memory Care Center in celebrating the season at their Winter Wonderland Holiday Party with treats, drinks, holiday cheer, and to celebrate the families, supporters, volunteers, board and staff members who support Insight. Visit [www.insightmcc.org](http://www.insightmcc.org).

**Holiday Open House.** 5:30-7:30 p.m. at Mount Vernon Governmental Center, 2511 Parkers Lane. Join Supervisor Storck, his staff and members of the Mount Vernon District Boards, Authorities and Commissions for a holiday open house. Enjoy an evening of refreshments, get to know the staff and tour the office. Consider supporting those in need by donating to the Blanket & Coat Drive for Refugees sponsored by the NOVA Relief Center. New or gently used coat and blanket donations can be dropped off at the Mount Vernon District Office until Friday, Dec. 7. RSVP by Dec. 1, appreciated but not required. Call 703-780-7518.

## FRIDAY/DEC. 7

**Holiday Benefit Concert.** 7:30-9 p.m. at St. Andrew's Episcopal Church, 6509 Sydenstricker Road, Burke. Celebrate the holiday season with candlelight and carols with hammered dulcimerist, Karen Ashbrook and friends Paul Oorts, Eileen Estes and Jamie Sandel. Free admission. All donations will go to Fairfax Area Community Emergency and Transitional Services (FACETS) and Ecumenical Community Helping Others (ECHO) to help people in need. Childcare provided. Reception to follow. Email [foma@standrews.net](mailto:foma@standrews.net) or call 703-455-2500.

## FRIDAY-SATURDAY/DEC. 7-8

**Norwegian Festival-Bazaar.** Friday, 10 a.m.-6 p.m.; Saturday, 9 a.m.-4 p.m. at Christ Lutheran Church, 3810 Meredith Drive, Fairfax. Offering Norway's best tastes and traditions: warm woolens, cookbooks, ornaments, waffles, lefse, krumkake demos, plus baked goods, Norwegian food products, Nordic handcraft artisans, jewelry, sweaters. Café includes smørbrød, soup, and more. Live musicians both days with Nordic Dancers on Saturday. Free admission. Visit [www.norwaydc.org/events/bazaar](http://www.norwaydc.org/events/bazaar).

**The Pajama Game.** Friday, 7 p.m.; Saturday, 2 and 7 p.m. at Falls Church High School, 7521 Jaguar Trail, Falls Church. The Pajama Game is a musical based on the 1953 novel "7 1/2 Cents" by Richard Bissell. \$7. Visit [www.fchs-drama.org](http://www.fchs-drama.org) or [www.itickets.com/events/408638.html](http://www.itickets.com/events/408638.html).

## FRIDAY-SUNDAY/DEC. 7-9

**"An Invitation to Christmas."** Friday, 7:30 p.m.; Saturday, noon, 4 and 7:30 p.m.; Sunday, noon and 4 p.m. at Richard Ernst Theater, NOVA campus, 8333 Little River Turnpike, Annandale. The dancers of Encore Theatrical Arts Project are getting ready for their holiday extravaganza, "An Invitation to Christmas." The elves at the North Pole are super-busy and need extra help, so they send out invitations for children picked by Santa to attend Elf-Training School. However, one of the new recruits is a

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PHOTO BY DENISE BOWDEN

**Norwegian artisan knitting by Solbjorg Jansberg.**

full-grown man, and his classmates wonder why he's there. He does, too, since he thought he was going on a job interview. \$19-\$26 via [www.encoretap.org](http://www.encoretap.org) or 703-222-5511.

## SATURDAY/DEC. 8

**Winter Open House.** 10 a.m.-1 p.m. at Kings Park Library, 9000 Burke Lake Road, Burke. Celebrate the season with crafts, activities, seasonal music with a recorder ensemble and light refreshments for the whole family. Children can join Kingsley's Winter Reading Club by reading five books between Dec. 8 and Feb. 2 and receive a prize. Free. Call 703-978-5600.

**Art & Crafts Marketplace.** 10 a.m.-2 p.m. at Lake Braddock Secondary School, 9200 Burke Lake Road, Burke. Santa and his elves will be on duty for picture taking; gift wrapping available (all sizes welcome); vendors with something for everyone; babysitting for parents while shopping; food for sale; 50/50 raffle; drawings hourly and an auction. Contact Carrie Holmes, Chairperson at 571-205-9083 or Bob Gaylord, LBSS PTSA Second Vice President at 703-338-3033.

**Coding Pizza Party.** 2:30-4 p.m. at Thomas Jefferson Library, 7415 Arlington Blvd, Falls Church. Create a "Code Your Own Adventure Story" using Google's CS First Hour of Code. Make up a short adventure game with at least two options for a player to select what happens next in their story. At the end, play the adventure games the other coders created. Pizza and prizes for all. Free. Call 703-573-1060 or visit [librarycalendar.fairfaxcounty.gov/event/4797761](http://librarycalendar.fairfaxcounty.gov/event/4797761) to register.

**Night in Bethlehem.** 6-8 p.m. at Franconia United Methodist Church, 6037 Franconia Road, Alexandria. Experience a live recreation of the Christmas Story. Free to the community and includes a living Nativity, manger petting zoo, crafts, and hot cider. Call 703 971 5151 or visit [www.franconiaumc.org](http://www.franconiaumc.org).

## FRIDAY-SUNDAY/DEC. 14-16

**"An Invitation to Christmas."** Friday, 7:30 p.m.; Saturday, noon, 4 and 7:30 p.m.; Sunday, noon and 4 p.m. at Richard Ernst Theater, NOVA campus, 8333 Little River Turnpike, Annandale. The dancers of Encore Theatrical Arts Project are getting ready for their holiday extravaganza, "An Invitation to Christmas." The elves at the North Pole are super-busy and need extra help, so they send out invitations for children picked by Santa to attend Elf-Training School. However, one of the new recruits is a full-grown man, and his classmates wonder why he's there. He does, too, since he thought he was going on a job interview. \$19-\$26 via [www.encoretap.org](http://www.encoretap.org) or 703-222-5511.

## SATURDAY/DEC. 15

**Jazz Brunch and Vendor Expo.** Vendor Expo, 9 a.m.-4 p.m.; Jazz Brunch, noon at Thomas Jefferson High School for Science and Technology, 6560 Braddock Road, Alexandria. Fairfax County NAACP offers a Jazz Brunch and Business and Vendor Expo, featuring more than 40 vendors. Shop for holiday gifts and stay to enjoy the jazz brunch celebration. Proceeds

benefit scholarships and advocacy efforts. Jazz Brunch, \$65; expo admission is free. Visit [www.fairfaxnaacp.org/](http://www.fairfaxnaacp.org/).

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

## SUNDAY/DEC. 16

**Football Viewing Party.** 12:30-4 p.m. at Patriot Harley-Davidson, 9739 Fairfax Blvd., Fairfax. Patriot Harley-Davidson will host a Redskins viewing party with former Redskin and Hall of Famer, Darrell Green. Green will be available for pictures throughout the event and will take part in a half-time Q&A session. Photos that can be autographed will be available in exchange for a new, unused, unwrapped toy donation for the Sheehy Toys for Tots toy drive. These photos are the only items Green will autograph. Free and open to the public. Visit [www.patriothd.com](http://www.patriothd.com) or call 703-352-5400.

**BHS General Meeting.** 3:30-5 p.m. at Pohick Regional Library, 6540 Sydenstricker Road, Burke. Cindy Bennett shares anecdotes from her new book *Wicked Fairfax County*, recounting events like the typhoid epidemic at Camp Alger, a 1918 murder in Burke, and, of course, the Bunyanman. Free. Email [slawski\\_brian@yahoo.com](mailto:slawski_brian@yahoo.com) or visit [burkehistoricalsociety.org](http://burkehistoricalsociety.org).

**Tchaikovsky: The Nutcracker.** 4 p.m. at GMU Center for the Arts Concert Hall. Experience this timeless holiday classic with the Fairfax Symphony Orchestra and the Fairfax Ballet. Enjoy a winter wonderland of dancing snowflakes, sugar plum fairies and epic battles between heroic toy soldiers and mischievous mice. There will not be a pre-concert discussion for this matinee performance. \$49-\$89. Visit [www.fairfaxsymphony.org/nutcracker-1-1](http://www.fairfaxsymphony.org/nutcracker-1-1).

## SATURDAY/DEC. 18

**Santa's Critters and Craft.** 10 a.m.-noon at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. Come one, come all to meet Santa and his merry band of critters. Bring a camera to take pictures with Jolly Saint Nick, his elves and their animal friends. Ages 2-12. \$10. Call 703-451-9588 or visit [www.fairfaxcounty.gov/parks/hidden-pond](http://www.fairfaxcounty.gov/parks/hidden-pond).

## FRIDAY/DEC. 21

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

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



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**Fairfax County owns the campus that was part of the 2,440-acre property that once made up the Lorton Reformatory.**

# Innovative Ideas Sought For Workhouse Arts Center

**The goal is to bring greater vibrancy to this historic campus, enhance it as a regional arts destination and generate new revenues.**

**F**airfax County and the Workhouse Arts Foundation are looking for innovative ideas to continue transforming the historically significant, 50-plus acre Workhouse Arts campus into the first mixed-used arts campus in the county.

The county and the Workhouse recently issued a request for expressions of interest, seeking proposed adaptive re-use concepts from businesses, nonprofits or individuals.

The two entities are asking for cultural, educational, residential, commercial or other uses that complement the Workhouse Arts Center's existing studio, gallery and museum spaces. This could include food halls, restaurants, craft breweries, craft manufacturing, housing, arts and entertainment venues, business incubators and possibly other uses.

The goal is to bring greater vibrancy to this historic campus, enhance it as a regional arts destination and generate new revenues.

This outreach advances efforts to remake this area of Fairfax County into a regional tourism destination for arts and culture. The Workhouse Arts Center campus, which is listed on the National Register of Historic Places, anchors the northern end of the NOVA Arts and Cultural District that was created last year with the Occoquan Regional Park and Town of Occoquan. Workhouse and county officials said proposals can include adaptive reuse of vacant or underused space in the 25 historic buildings on the campus that was once part of the former Lorton Reformatory. New construction also can be proposed, along with ideas for the property's more than 1.89 acres of green space.

Today, the campus contains 25 historic buildings, a large quad, baseball field and nearly 1,000 parking spaces. The Workhouse has restored 11 buildings, using 95,881 square feet as an arts center. It currently consists of six artist studio buildings, multiple exhibition spaces, numerous education classrooms, dance and movement studios, a culinary kitchen, a main gallery, a theatre and the new Lucy Burns Museum.

Under existing entitlements, the campus is already

approved for up to 233,813 square feet for re-use in the existing historic buildings, plus an additional 59,775 square feet of new construction in four new buildings. This includes:

- ❖ Two restaurants or eating establishments with 400 seats total in two new buildings
- ❖ 40 "live-work" apartments originally intended for artists in two new buildings

However, officials say proposed ideas that deviate from these existing development approvals are also encouraged with the understanding that regulatory approval will be required. They are looking for the creative, adaptive re-use concepts to further activate the campus.

The Workhouse currently supports more than 90 professional and emerging artists by providing them affordable studios and 12 galleries in which to exhibit their work. Instead of simply viewing the art, visitors are encouraged to interact with the artists. In addition to visual arts, the center is home to performing arts, including: theater, musical theater, film, music, comedy and dance with 300 performances per year.

Fairfax County owns the campus that was part of the 2,440-acre property that once made up the Lorton Reformatory. The original prison buildings were where the suffragists were imprisoned in 1917 for picketing the White House.

Concepts will be accepted from Dec. 1 through June 30, 2019, and will be reviewed monthly in the order of submission for further action. Concepts presented could lead to a range of actions, including but not limited to in-person discussions, lease negotiation or a formal procurement depending upon the nature of the adaptive reuse concept. The county and Workhouse will conduct site tours on the 15th of each month from December through May 2019 at 10 a.m., except that a site tour will not be held on April 15, 2019.

For more information, visit the Workhouse Campus RFI webpage or contact Regina Coyle with the Fairfax County Department of Planning and Zoning at 703-324-1214, TTY 711.

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# BULLETIN

FROM PAGE 2

703-971-1991.

**Sponsor a Local Family.** Through Dec. 14, Fairfax-based non-profit Britepaths (formerly Our Daily Bread) is seeking volunteers to sponsor families in need who live throughout the Fairfax County area. Sponsors are matched with an individual or family with demonstrated need, and may opt to provide a December holiday meal, and/or gifts for children under 18. Cash donations and gift cards are welcome to assist those who are not sponsored. Register and learn more at [britepaths.org](http://britepaths.org). Contact 703-273-8829 or [jwalton@britepaths.org](mailto:jwalton@britepaths.org).

**Toy Drive.** Through Friday, Dec. 14 at local Weichert, Realtors offices. Members of the community are invited to drop off new, unwrapped toys at the company's sales offices. The toys will be delivered throughout the holidays in conjunction with local charities that assist financially and physically disadvantaged children. To find a local office, go to [www.weichert.com/offices/](http://www.weichert.com/offices/).

**Holiday Basket Donation.** Christmas basket donations by Dec. 17. Preparing a special holiday meal and joining one's family around the table to give thanks are visions that come to mind when we think of Thanksgiving and Christmas dinner. For many families and individuals, enjoying a special holiday meal when finances are tight is just not possible. Visit [www.koinoniacares.org/holiday-baskets.html](http://www.koinoniacares.org/holiday-baskets.html) for suggestions and to sign up to donate a basket.

## MONDAY/DEC. 10

**Public Forum.** 7-9 p.m. at Mount Vernon Governmental Center, 2511 Parkers Lane, Mt. Vernon. The Police Civilian Review Panel will conduct a public forum. Learn how to initiate the complaint process, who will investigate complaints, what to expect once a complaint is filed, and receive a 2018 update on Panel activity. The Independent Police Auditor will be present to explain the Auditor's role in oversight. Participants will have the opportunity to engage the Panel with questions about the process. Visit [www.fairfaxcounty.gov/policecivilianreviewpanel/police-civilian-review-panel-public-forum](http://www.fairfaxcounty.gov/policecivilianreviewpanel/police-civilian-review-panel-public-forum) for more.

## TUESDAY/DEC. 11

**NARFE Fairfax 737 Christmas Holiday Party.** 11:30 a.m. at American Legion Post 177, 3939 Oak St., Fairfax. NARFE Fairfax 737 Christmas Holiday Party with entertainment from The Legacy Brass. Call 703-280-2356 by Friday Dec. 7 to RSVP for luncheon (\$11); free if not having prepared lunch. Email [rrharney2@cox.net](mailto:rrharney2@cox.net) or call 703-501-0020.

**Interest Meeting/Open House.** 7:30-8:30 p.m. at Burke United Methodist Church, 6200 Burke Centre Parkway, Burke. Scouts BSA Girl Troop 1347 invites all girls (ages 11-17) with parent/guardian to an Interest Meeting and Open House. Includes Scouts BSA program overview, Q&A, and Scout youth activity. Free. Contact Jessica Norsky at [Troop1347SM@gmail.com](mailto:Troop1347SM@gmail.com) or visit [www.burke1347.mytroop.us](http://www.burke1347.mytroop.us) for more.

## WEDNESDAY/DEC. 12

**Community Meeting.** 6:30 p.m. in the cafeteria of South County Middle School, 8700 Laurel Crest Drive, Lorton. The Fairfax County Department of Transportation (FCDOT) has scheduled a community meeting for the Lorton Road and Silverbrook Road Intersection Study. The study identifies intersection improvements that enhance the intersection operations and increase capacity, specifically through Silverbrook Road's southbound left-turn movement and Lorton Road's westbound right-turn movement. Visit the project page at [www.fairfaxcounty.gov/transportation/study/lorton-silverbrook](http://www.fairfaxcounty.gov/transportation/study/lorton-silverbrook).

**Separation/Divorce Support Group.** 7-9 p.m. at Burke United Methodist Church, 6200 Burke Centre Parkway, Burke. Special focus this week - Financial Aspects of Separation and Divorce, with a Certified Divorce Financial Analyst, mental health professional and a family-law attorney. Meets weekly on Wednesdays. Child care available, subject to availability. For child care, email in advance: [divorcecarebumc@gmail.com](mailto:divorcecarebumc@gmail.com).

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## Scared to ...



By KENNETH B. LOURIE

And that's what worries me. There's a part of me (too big a part, I'll admit), that rationalizes not going to the doctor as a means of preventing an untimely death.

Oh, don't get me wrong. I go to the doctor as often as needed. In fact, I've been commended as being a very "compliant" patient, meaning I show up for my appointments (apparently some patients don't). And I will continue to do so.

However, this column is not about the appointments I do make, it's about the ones I don't make.

Huh?

Let me clarify. I am referring to the voluntary-type appointments that I schedule myself - at my discretion, when some symptom or other, relating to cancer or not, manifests itself. The symptom which forces me to consider my own mortality because it's "presenting" at a time and place at which my oncologist is unaware.

The kind of symptom which, were I not a cancer patient, I wouldn't give a second thought (let alone a first thought). But since I am a cancer patient, whatever the symptom is - and I mean any and all symptoms: small, medium or large, it must be "the cancer" as "Forrest, Forrest Gump" characterized his mother's cause of death, and therefore, can't be minimized. In point of alternative fact, it must be maximized, and in that maximization comes anxiety and fear and every other stress-related emotion you can imagine.

Nevertheless, just as George advised Jerry in a long-ago "Seinfeld" episode on how to beat a lie detector test: "It's not a lie if you believe it," so too do I employ a similar strategy: if I don't go to the doctor and get evaluated then the symptoms I'm experiencing can't be confirmed as cancer. And if my symptoms can't be confirmed as cancer then I have much to less to worry about than if they were. The symptoms are simply the same kind and frequency as non-cancer patients experience and do not represent a slippery slope for yours truly.

I suppose there's a part of me (the irrational, unreasonable and illogical part) that believes if I don't make any extra-curricular-type visits to any of my doctors then my cancer can't get worse and I can continue to go on living as if I've not been diagnosed with a terminal disease: non-small cell lung cancer, stage IV.

It reminds me of my late father's philosophy concerning automobile maintenance. If he never takes the car in for service, the mechanics will never find anything wrong with it. It's a version of what you don't know can't hurt you.

Well, in the cancer world in which I live 24/7, it all can hurt you and it can do so on its own timetable; when you least expect it and when you most fear it.

As yet another attempt to explain why this column has been written. For the past three weeks I've had persistent cold symptoms.

Since the symptoms never got any worse (though my fear did), I went along, tissue in hand, until my voice got so hoarse and weak that my wife, Dina - to her credit - insisted that I visit my internal medicine doctor and email my status as well to my oncologist. All of which I've done.

So far, nothing conclusive to report.

I've been prescribed some pre-pneumonia pills, have had a CT scan of the neck (per my oncologist's direction), results for which have not YET been received, am seeing an ENT doctor next week and am puffing Flonase into each nostril twice a day. My symptoms have not totally subsided but neither have they gotten worse - unlike my anxiety.

I really don't think there's anything wrong with me medically; mentally however, is another matter.

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





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