

BEE-INTELLIGENCER

in·tel·li·gen·cer: n. One who conveys news or information
The American Heritage Dictionary of the English Language, 4th ed.

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June issue deadlines

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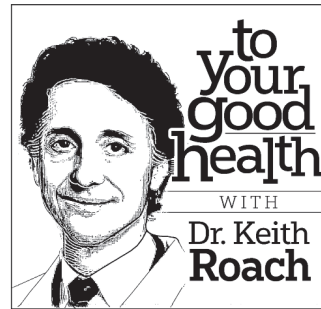
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Cancer statement worries reader

DEAR DR. ROACH: I read your column every day. In a recent column, you wrote: "Since age is the major risk factor in getting cancer, it's likely that some people who were cured of their original cancer will later succumb to a different one."

This statement terrified me as I fall into this category. I had a lobectomy in 2009 to remove stage IA lung cancer that hadn't spread and for which I wasn't prescribed chemo or radiation. Annual CT scans since then have all been negative except for a pulmonary embolism in 2014, which resulted in a blood thinner prescription. I'm told that I will need to be on the blood thinner for the rest of my life.

Two years ago, my oncologist said that I could opt out of the scans and yearly visits since my chance of a recurrence was "less than 1%." (I think this was the percentage, or maybe I'm confusing it with something else she said.) Nevertheless, I decided to continue the scans and visits just to be on the safe side.



I rarely think about this cancer until it's time for a scan and a visit. However, your column shed new light on the situation, and as I said, now I'm scared to death. My first question is: Was it really necessary for you to include this statement since it was bound to frighten a great many people like me, who may not routinely worry about a 15-year-old cancer but will now most certainly worry?

My second question is: What can you say about my situation that may assuage my fears? – J.G

ANSWER: I'm sorry to scare you. Every cancer survivor does know that cancer can come

back. However, this risk goes down over time. How much and how quickly the risk goes down depends on the type of cancer. Your oncologist is right that for non-small cell lung cancer (I'm making an assumption), the risk is very low after 18 years. You should continue to follow her advice about follow-up scans.

What I was really referring to is that a person who's had cancer is more likely to get a new and separate cancer than the average person (who has about a 25% to 30% chance of dying from cancer). So, a cancer survivor should be diligent about following recommended screenings for other cancers, such as a mammogram, colonoscopy or PSA test (as appropriate for their age and sex).

Not all people (especially women) with lung cancer are current or former smokers, but those who are or were smokers should have careful exams of their mouths and throats. Lifestyle changes can also make a big difference with can-

cer risk, especially diet. A mostly plant-based diet reduces the risk of many cancers, and regular exercise helps as well. This is good advice for everyone – but especially those who have had cancer. Alcohol should be minimized or avoided entirely.

All of us live with the knowledge that we will die someday. Many people don't like to think about it, but physicians need to so that we can give our patients the best advice on how we can help them. For cancer survivors, this means being diligent about living wisely and getting the appropriate screenings. It doesn't mean being obsessed with the possibility of an old cancer returning or a new cancer appearing.

Dr. Roach regrets he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Library Highlights

This column features highlights for the Middlebury, Southbury and Woodbury libraries.

Middlebury

Saturday closings

Beginning May 23, the Middlebury Public Library will be closed on Saturdays. It will reopen Saturdays after Labor Day (September 12).

America 250 book

In celebration of America's 250th, the library is showcasing books that influenced American culture and history. On Friday, May 1, 2026, at 1 p.m., the library will continue its year-long journey through works that shaped America with a discussion of the fifth book of the series.

Feature films

Enjoy feature films in the surround sound theater Fridays, May 1, 8, 15, 22, and 29 at 11 a.m. Check the library calendar or call the library for specific titles.

Star Wars Day

Enjoy a feature film on Star Wars Day, Monday, May 4, at 1 p.m. Check the library calendar or call the library for the title.

Book discussion

The Adult Book Discussion group will meet Wednesday, May 6, at 1 p.m. to discuss "Theo of Golden" by Allen Levi. All are welcome to attend.

Watercolors

Relax and learn with other watercolor enthusiasts at a drop-in Adult Watercolor program on Mondays, May 4, 12 and 18, from 10:30 a.m. to 12 p.m. All levels are welcome. Bring your own supplies or use some provided by the Library.

Creativebug

Learn a new craft from Creativebug Thursday, May 21, at 11 a.m. The Creativebug Crafting Hour with Melissa program will use a Cricut machine to create beautifully detailed hydrangea blooms that can be shaped and assembled on floral wire. Creativebug is a free crafting database patrons can explore from the comfort of their homes. Registration is required.

Virtual programs

Tuesday, May 4, at 2 p.m., join a virtual live talk with Radhi Devlukia-Shetty – "JoyFull: Daily Rituals to Eat Freely and Live Radiantly." The program offers more than 125 plant-based recipes designed to balance health and satisfaction and also includes the author's daily wellness practices.

Thursday, May 7, at 7 p.m., join a virtual live conversation with author Marjan Kamali – "On Courage, Turmoil, and the Transformative Power of Love." Kamali will delve into the timeless wonder of her New York Times bestselling novel, "The Lion Women of Tehran."

Thursday, May 14, at 2 p.m., join a virtual live conversation with authors Dr. Patrick K. Porter and Ruchika Sikri – "Ancient Wisdom and Modern Technologies for Peak Brain Performance." They will chat about their book, "Brain Fitness Blueprint."

Registration is required for these virtual programs and is available on the library's website.

The Middlebury Public Library is at 30 Crest Road. The telephone number is 203-758-2634, and the website is middleburypubliclibrary.org.

Southbury

Julius Caesar

Tuesday, May 12, 2026, from 6:30 to 8 p.m. in the Kingsley Room, join a 60 minute production of William Shakespeare's "Julius Caesar." Produced by Valley Shakespeare Festival and directed by Executive Producer Tom Simonetti, this 2026 production of Julius Caesar reframes the classic tragedy as a sharply focused contemporary political thriller. It is part of the VSF2U Professional Mobile Tour that brings Shakespeare directly into schools, libraries, and community spaces.

Sell your life story

Tuesday, May 19, 2026, from 6:30 to 7:30 p.m. in the Kingsley Room, hear a lecture about how to sell your life story to Hollywood. Ever thought that your life story would make a great movie? Veteran film and television producer Phyllis Pierce brings insider knowledge of how stories move from an idea to the screen and shares those secrets. This dynamic lecture is designed for anyone who believes they have a story worth telling – whether it's a life experience, memoir, book, article, or screenplay.

Zoom programs

Registration is required for Zoom programs. Zoom invitation links are sent via email on the day of the program. Please register at www.southburylibrary.org/events.

Researching New England

Ancestors – Tuesday, May 5, 2026, from 2 to 3:30 p.m. on Zoom and streamed to the Kingsley Room, join a virtual program and learn more about researching ancestors who lived in New England. David Allen Lambert will give you the basic information to begin – and advance – your research into New England records. Lambert is the chief genealogist and has been on the staff of American Ancestors/NEHGS since 1993. He is an internationally recognized speaker on the topics of genealogy and history.

Rock & Roll Music in the

Movies – Tuesday, May 12, 2026, from 2 to 3:30 p.m. on Zoom and streamed to the Kingsley Room, Brian Rose will present a program on rock and roll music in the movies. Rose is a professor emeritus at Fordham University.

Victorian Wedding Traditions

– Friday, May 15, 2026, from 2 to 3:30 p.m. on Zoom and streamed to the Kingsley Room, historian Valerie Gugala will present a virtual program about Victorian wedding traditions. Why do brides wear white? Why is an engagement ring a required purchase? Gugala will answer these and other questions.

Vicinanza exhibit

Contemporary art by Ms. Faith Vicinanza will be on display at the Gloria Cachion Gallery from Saturday, May 2, 2026, through Saturday, May 30, 2026. A "Meet the Artist" event will be held Thursday, May 7, 2026, from 6 to 7:30 p.m. in the Brown Room. Showcasing a dynamic range of visual styles and media, the exhibit

features abstract works in oil and acrylic, intricate dot paintings, fluid art compositions, and evocative photography.

The Southbury Public Library is at 100 Poverty Road. The telephone number is 203-262-0626, and the website is southburylibrary.org.

Woodbury

Please register for the following programs at www.woodburylibraryct.org or call 203-263-3502 for more information.

Shakespeare

How do actors know how to "act" Shakespeare? Join theater artist and storyteller Michael Langlois Tuesday, May 5, at 6:30 p.m. as he brings the text to life through dramatic readings and an exploration of the acting clues Shakespeare left us in the text of his plays. This combination of lecture and performance offers a new way to engage with theatre and literature. Langlois is a performer, lecturer, and storyteller with decades of experience on stage and off.

Carousels

Approximately 200 historic wooden carousels operate across the United States. But what about the countless carousels and amusement parks that once brought joy to thousands during the peak of American carousel history? Join the CT Carousel Museum as they present "Ghosts of Amusement Parks Past" Tuesday, May 12, at 6:30 p.m. Learn the fascinating stories behind these closed parks and carousels, some with mysterious endings. Do remnants still exist? Are you brave enough to uncover the truth?

Author talk

Local author and historian Peter Vermilyea will explore the American Revolution through the lives of Loyalists in Litchfield County, Connecticut, Saturday, May 16, at 2 p.m. By tracing the stories of two well-known figures alongside lesser-known, often forgotten individuals, he reveals the personal dilemmas, divided loyalties, and local consequences of the Revolutionary War. Together, these stories highlight the Revolution's complexity beyond simple Patriot-versus-Loyalist narratives.

Historical recordings

Derek Piotr will talk about creating the Derek Piotr Fieldwork Archive, and share audio clips of the ballads, hymns, and tales of "folklife" Tuesday, May 19 at 6:30 p.m. The Archive (fieldwork-archive.com), established by Piotr in August 2022, contains over 1,500 audio recordings made from March 2020 onward, and preserves diverse representations of folklife; ballads, hymns, tales, poems, children's songs, and interviews among them. Its focus is on people with no background in musical performance who can nevertheless relate a song or folkloric memory. He will walk attendees through the process of journeying everywhere from the Iceland to Appalachia to record these songs from non-musicians, as well as the organization and development of the Archive as a web-based repository.

Doll history

Join avid contemporary doll collector Anna Bunovsky for a nostalgic and informative look into the world of doll history and doll collecting Thursday, May 21, at 6:30 p.m. Bunovsky will discuss various kinds of dolls and their significance, and a selection of dolls from her personal collection will be on display in the Library's Community Case through the month of May. Attendees are invited to bring their own dolls and share stories.

Benedict Arnold

Benedict Arnold's name is synonymous with being a traitor. During the Revolutionary War, he orchestrated the handover of top-secret plans about the Patriots' most important fort, West Point, to British spy John Andre. Noted journalist, podcaster and storyteller Mike Allen will tell this amazing story on Wednesday, May 27, at 6:30 p.m. Allen specializes in bringing history to life, through his background in journalism, radio broadcasting, podcasting and public speaking.

Sacks/Vincitorio exhibit

Artist Gerry Sacks and photographer Marci Vincitorio combine their striking images for "Artistic Innovations: A Pairing of Paint and Photography" in the library's Gallery Space May 1 – 30. Sacks takes her inspiration from color, nature, and flowers. The exhibit pairs her dramatic paintings with the ethereal photographs of Marci Vincitorio.

For general information, please visit the library's website, www.woodburylibraryct.org, or call 203-263-3502. The library is at 269 Main St. S. in Woodbury.

To see more library events, please look online at www.bee-news.com.

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