

ArtSpace Hosts Paint Herndon

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Hannah Cameron Cadenazzi next to her painting, "Sisters," which won first place in the youth division Saturday, Sept. 1, at the annual Paint Herndon competition.

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WELLBEING

Living Long, Living Healthy

Experts offer advice for staving off health deterioration.

BY MARILYN CAMPBELL
THE CONNECTION

On most days, Springfield-based retiree 69-year-old Mary Sue Garner can be found lifting weights in a fitness center, power walking on a treadmill or breathing in fresh air during a stroll on one of Northern Virginia's nature trails.

"When I was teaching I was in this rut ... but when I retired, I decided to make changes and get myself fit," said Garner, who spent 45 years as a ninth-grade algebra and geometry teacher in Alexandria's public schools, including T.C. Williams High School.

As part of her self-reinvention, she fills her days with exercise, knitting, crocheting and volunteer work. She also tutors the Fairfax County high school students who work as servers in the dining room of her retirement community.

"I've made a lot of friends and I socialize with them," said Garner, who lives at Greenspring. "I feel so strongly that as you get older you get slower, so you have to keep moving."

Gerontology experts agree, and are using September, National Healthy Aging Month, as an opportunity to offer aging adults ideas for living healthy lives as long as possible.

"Paying careful attention to the combination of physical, social, mental and financial fitness is powerful in the pursuit of a positive lifestyle, especially as we age," said Carolyn Worthington, executive director of Healthy Aging, a national health initiative to raise awareness about the positive aspects of growing older. "Take stock of where you've been, what you really would like to do. We're encouraging people to find a new passion ... and to know that it's not too late to take control of your health [or] get started on something new."

WHILE EXERCISE WON'T LEAD to eternal life, staying active can keep age-induced deteriora-



PHOTO CONTRIBUTED

In honor of National Volunteer Week, seniors in Springfield decorate items for children at Shelter House in Fairfax. Experts say that social activities like volunteerism can help keep age-induced deterioration at bay.

There's No Place Like Home

Andrew Carle of George Mason University's Senior Housing Administration Program says there are three primary factors to consider when deciding whether to age in place or move into a retirement community or nursing home:

Safety

"Families and seniors need to assess the overall physical and cognitive needs they are confronting. The average 75-plus-year-old takes anywhere from seven to 12 medications. Half of those over the age of 85 fall each year. Physical limitations make cooking, cleaning and driving difficult."

Loneliness

"Rates of depression in the rest of society are 10 percent, but for those 65-plus, it can be 25-50 percent. Suicide rates of those 85-plus and living at home are double that of teenagers. The causes of depression in seniors can be both environmental and physical (chemical imbalances)."

Affordability

"Satisfaction rates for those living in assisted living communities are very high, upwards of 90 percent, but it is a mostly private pay industry."

ration at bay. "Research shows that physical activity can positively affect blood flow and oxygen to the brain, thereby improving mental clarity [and] the part of the brain responsible for learning and memory," emailed Dominique Banville, Ph.D., director of George Mason University's Division of Health and Human Performance.

Banville credits exercise with boosting information-processing

level that could actually improve their functioning," said Rita Wong, Ed.D., chair of the Department of Physical Therapy at Marymount University in Arlington. "Your physical capabilities decline as you get older, but it is realistic to believe that you can improve your functioning."

Wong says that even those with limited mobility can get moving: "If a person has a lot of physical difficulties or if they have health issues that have left them with some movement impairment, seeing a physical therapist can be helpful to them at first," said Wong. She recommends the Centers for Disease Control (CDC) and Prevention's Physical Activity Guidelines for Older Adults as sources for exercise ideas.

"Paying careful attention to the combination of physical, social, mental and financial fitness is powerful in the pursuit of a positive lifestyle, especially as we age."

— Carolyn Worthington

skills, and Worthington adds that older adults who exercise regularly are 60 percent less likely to get dementia.

"In our society, most older adults continue to be underactive. They aren't stretching themselves to the

helpful to them at first," said Wong. She recommends the Centers for Disease Control (CDC) and Prevention's Physical Activity Guidelines for Older Adults as sources for exercise ideas.

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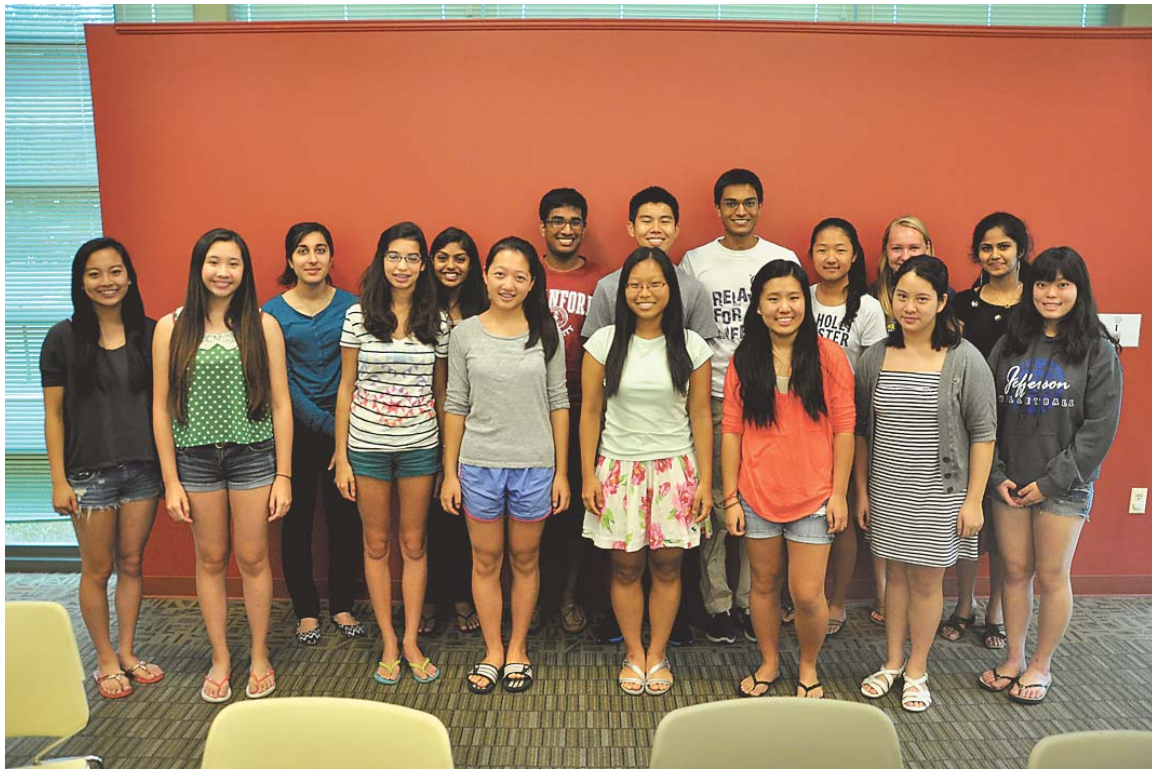


PHOTO BY ALEX MCVEIGH/THE CONNECTION

Members of the core team of GIVE, a youth-run nonprofit that tutors students in need at 12 different centers around the county.

Students GIVE Back in Big Way

Student-run educational nonprofit celebrates third year, expansion of services.

BY ALEX MCVEIGH
THE CONNECTION

During his freshman year at Thomas Jefferson High School for Science and Technology, Kevin Cao had the opportunity to volunteer at Belvedere Elementary School in Falls Church. What he learned there is having impact around the Fairfax County School system to this day.

“When we were volunteering, I saw a lot of students who just seemed to fall behind, and it didn’t seem like there were the classroom resources to make sure every single one of them could catch up,” said Cao, who is now entering his senior year at TJ. “There was a very recognizable need for some sort of free educational resource, so we decided to think of a way to give those resources.”

Cao, along with fellow TJ student Kartik Gupta and Robinson student Abrar Omeish, founded Growth and Inspiration through Volunteering and Education, or GIVE, three years ago. Since that time, the organization, which is completely student-run, has grown by leaps and bounds.

“Being student-run and peer oriented has advantages and disadvantages, but mostly it allows us to grow independently in the ways we think are best,” Cao said. “It is a lot of responsibility, and there’s no parent or teacher acting on our behalf as a buffer, but it’s also more rewarding, because we’re the ones who directly see the fruits of our labor.”

“I want to keep inspiring and collecting people who want to go above and beyond to help people get a new outlook on not only education, but development as a person, leadership.”

— Kevin Cao

which grew to 250 last year, and are expected to serve more than 1,000 this year. Last year they had four centers of operations, coming into this year they have 12.

“When we started, there were about 20 of us total, now we have 20 people just on our core team,” said Sebastian Lerner, a senior at Thomas Jefferson and one of the group’s first tutors. “It’s been challenging when it comes time to focus on more than just working with the kids, doing the administrative stuff, talking to parents and teachers, but those are good skills to have. I worked at a summer camp as a technology programmer, and I had a lot of experience to draw from when it came to interacting with people.”

From the three original members, soon they took on three board members, including Lerner. During that summer, they formed a core team of about 20 students to help run administrative tasks, coordinate with students, parents and teachers, as well as help raise money and run other outreach efforts.

“Taking part in a student-run group definitely took some getting used to,” said Rachel Chon, a sophomore at Thomas Jefferson. “But it’s helped me become more outgoing, because there are always people to reach out to.”

The members of the core team are chosen by the board as tutors who stand out to them and appear to be able to handle the additional responsibility.

“Some take it more seriously than others, which is

THEY STARTED tutoring around 50 students,
WWW.CONNECTIONNEWSPAPERS.COM

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Annabell Goll, winner of the teen division at the annual Paint Herndon competition Saturday, Sept. 1, with her painting, “Collision.”

ArtSpace Hosts Paint Herndon

BY ALEX MCVEIGH
THE CONNECTION

Hannah Cameron Cadenazzi came into this year’s Paint Herndon with some big shoes to fill. Her sister Mhairi won the youth competition last year, and Hannah aimed to do the same thing: spend Saturday, Sept. 1, painting her entry for the annual art contest.

The family continued their streak this year, as Hannah Cameron Cadenazzi won the youth division with her painting “Sisters,” her first oil painting.

“I was sitting down thinking what painting I was going to do for the contest this year, and I told my mom I wanted to do an ocean painting,” she said. “I decided to paint a picture of my sister and me at the beach in Newport this summer. My painting is an Impressionist painting, so you have to step back to see the true thing.”

Judges Gennara Moore and Pat McIntyre said they were impressed with her work, as she entered several pieces.

“We really enjoyed the write up she did, and she also did another piece that was like a Jackson Pollock piece that was Impressionistic as well,” Moore said. “We hope she sticks with painting, and we hope to see her next year.”

Artists spent the day creating their works, and competed in youth, teen and adult categories. In addition to Hannah Cameron Cadenazzi, Annabelle Goll won the teen category for her painting “Collision” and Jill Banks won the adult category for “Fresh Bread,” which was of the corner of downtown Herndon with Great Harvest Bread Company.

“[Annabelle’s] piece was called ‘Collision’ which was a really interesting title for [it], it was the drawing done with markers and pens and it was really, really joyful, so the title told us a lot about the artist’s



Jill Banks, winner of the adult category in this year’s Paint Herndon competition, with her painting, “Fresh Bread.”

intention and a lot of what she was doing internally, and I was impressed by that,” Moore said. “I think we can all agree that Jill’s painting had such a glow to it, you could almost smell the fresh bread, and if you’ve been around that corner, you know exactly what that smell is.”

Though Banks won for her depiction of a signature spot in Herndon, the contest subjects weren’t limited to the town, as in previous years.

“We wanted to make it more open, to let the artists have more flexibility in what they chose to paint,” said Robin Carroll of ArtSpace. “We also opened the outdoor activities a bit more, we held them on the side of the building closer to the municipal parking lots, it became a more of a sidewalk art display.”

The street next to ArtSpace was filled with local art exhibits and a stage for guests to perform karaoke throughout the day.

“I’ve been here every year since they’ve started, and I think logistically and when it comes to activities, they’ve improved by leaps and bounds every year,” said Janet Herr of Herndon. “I think next year if they could bring in some more artists and activities along the street, it would truly be a sidewalk art show, perfect for the Labor Day weekend.”

Registered to Vote at Current Address?

Oct. 15 deadline; encourage eligible high school and college students to vote as well.

It's a key question that must be answered by Oct. 15 in order to vote in this presidential election: Are you registered to vote at your current address? Answering that question early, and voting early, will help ensure that your vote is counted and will contribute to a more orderly Election Day.

Check your registration status online at www.sbe.virginia.gov.

Voter turnout will be high, and unknown challenges from natural phenomena like earthquake or derecho lurk on Election Day. A significant percentage of the more than 700,000 registered voters in Fairfax County, more than 155,000 in Arlington and more than 140,000 in Alexandria will turn out to vote on Nov. 6. Four years ago in 2008, a record number of voters turned out at the polls, nearly 75 percent of registered voters across the Commonwealth.

If you can wrap your brain around the concept of voting "absentee in-person," you can vote starting Sept. 21.

EDITORIAL

BACK TO SCHOOL CIVICS LESSON

If there are high school students in your household who will be 18 by Election Day, encourage them to register and vote. Any person who is 17 years old and will be 18 years of age at the next general election shall be permitted to register in advance, according to the State Board of Elections. Parents should help their children see voting as a right and a responsibility, not something to be left to others. I've heard numerous voting age high school and college students express doubts about voting, mostly based on lack of confidence.

While college students are already away at college, they should also confirm their voter registration and vote absentee. If they will be at home anytime between Sept. 21 and Nov. 3, they can vote "absentee in person," and otherwise they can mail or fax a request for an absentee ballot and then mail or fax the ballot itself. For more, visit http://www.sbe.virginia.gov/cms/absentee_voting/index.html

LOCAL VOTING INFORMATION

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tom.parkins@alexandriava.gov

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Arlington Board of Elections
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More information at <http://www.connectionnewspapers.com/news/2012/aug/28/how-register-vote-and-vote-early/>

A Chance to End Homelessness

BY JOHN R. DEARIE

In the wake of the worst housing and foreclosure crisis since the Great Depression, the problem of homelessness in our area has worsened. Service providers across the Commonwealth report an enormous increase in the number of people seeking housing and food assistance. Many are families with children who, until recently, had enjoyed upper middle-class lifestyles, but lost their homes after one or both parents lost their job or had their salaries suddenly and significantly cut. In at least one case, according to school officials, a family was found living in the woods behind the house they used to call home.

But an enormously significant policy tool has emerged in recent years that can end homelessness in Virginia—provided that we as a community make the commitment. Consider becoming a member of the Virginia Coalition to End Homelessness (VCEH) at vceh.org. It's easy and is vitally important to many of our most unfortunate and vulnerable neighbors.

According to Virginia's Department of Housing and Community Development, as many as 50,000 Virginians experience homelessness each year—more than 9,000 on any given night. More than 2,000 are homeless right here in the communities of northern Virginia.

Worst of all, a third of our area's homeless are kids. Homeless children are twice as likely to struggle with learning, three times as likely to experience emotional and behavioral problems, and four times as likely to experience developmental difficulties.

In January, the Maryland Department of

Education reported that the number of homeless students has doubled since 2007 to more than 14,000. Comparable figures for Virginia are not available, but you can be sure that similar patterns have emerged here.

That's the bad news.

Here's the good news—and it's significant and exciting.

A consensus has finally emerged among homeless advocates that the best and most effective approach to combating homelessness is to get folks off the streets, or out of emergency shelters, and into a stable and secure housing situation first. The approach is called "permanent supportive housing." PSH provides immediate access to affordable rental housing, followed by a range of services such as job training, health care, and family, financial, mental health, and substance abuse counseling.

In stark contrast to the conventional emergency shelter approach—which provides temporary assistance, but does little to solve the underlying causes of homelessness—this "housing first" approach creates a context of safety, stability, and affordability within which real progress on other key fronts can be achieved.

PSH works. More than 2,000 Virginians—including almost 500 families with children—currently reside in PSH units. And so far, nearly 90 percent of participants have not returned to homelessness.

PSH also delivers dramatic savings. The homeless population often cycles between life on the street, hospital emergency rooms, mental health facilities, and jail—all of which costs communities money. A 2010 analysis of

Virginia's "A Place to Start" initiative showed that the program had dramatically reduced this hopeless and costly cycle, saving the local community \$320,000. Other communities around the country have experienced similar savings.

PSH represents a policy breakthrough in fighting homelessness. The challenge now is resources. VCEH estimates that an additional 7,000 PSH units are needed to end homelessness in the Commonwealth. That's where we as the northern Virginia community come in.

Become a member of VCEH—the "C," after all, stands for "coalition." Created in 1984, VCEH is a coalition of individuals, service providers, businesses, and churches, and the only statewide organization dedicated to ending homelessness. VCEH builds relationships among local providers, expands their capabilities through education and training, serves as a repository of best practices, and advocates on behalf of the homeless with state policymakers in Richmond.

In permanent supportive housing we have the tool we need to end the destructive power of homelessness. At long last, homelessness need not be an ever-present scourge within our communities—and the homeless need not be regarded as helpless. PSH programs work, and they save money. Most importantly, they save lives.

Join VCEH and become a partner in that worthy effort. Visit www.vceh.org today.

John R. Dearie is a resident of Great Falls and a member of the board of the Virginia Coalition to End Homelessness (VCEH).

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An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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Herndon Festival with 'Adult Flavor'

From noon to 6 p.m., Historic Downtown Herndon was hopping on the holiday. The Town of Herndon Parks and Recreation Department and their partners, the Herndon Women's Club, produced the town's 24th Annual Labor Day Festival. Chipper volunteers from the club welcomed the festival-goers, collected the cash, and checked id's before handing out those coveted commemorative wine tasting glasses, which were put to good use at booths representing no less than 12 Virginia wineries. "Between the wine, the beer, and the cooking demonstrations, there's definitely an adult flavor to this festival," said Alanna Greaves of Reston. "The kids had fun all summer long...and there will be lots of fairs and festivals designed for kids in the fall. This one is more for me and my girlfriends," she laughed.

While the crowds around the wine tasting tents were pretty thick, the stalls showcasing colorful crafts and local foods all had their share of visitors. Mary Sears' "Glorious Goblets" space featured a colorful array of hand-painted



The crowd on the lawn of the Herndon Municipal Center relaxed to the sounds of four different bands throughout the afternoon.

glassware that attracted, and the tent demonstrating the culinary talents of Cookology Chef Mark Chang, Assistant Chef Dong Kim and front of house associate Natalie Armel was particularly packed. The trio entertained, educated and fed with six different menu items, from butternut squash risotto to tiramisu. Cookology conducts its family-friendly "Casual Culinary School" in Dulles Town Center mall.

The front of the Herndon Municipal Center was the scene for the food and wine seekers and the

craft hunters, but around the back on the open lawn, center stage was shared by the bands that were keeping all toes tapping and by the local microbreweries, including Alexandria's Port City that catered to the beer adventurous. The lawn also provided plenty of space for the kids to romp, while some attendees just lounged with their samples and listened to the music. Partial proceeds from the festival go to scholarship programs supported by the Herndon Women's Club.

—ANDREA WORKER



Welcome to the festival: From left, Carol Wright, a member of the Herndon Women's Club and festival volunteer, welcomes Cheryl Monahan and Bonita Parker at the entrance. "Hey, we're just here to keep adding to our wine glass collection," joked Parker, originally from Herndon. This will be the third time that Parker and Monahan have visited this festival.



Mary Sears, owner and chief artist of Glorious Goblets, shows off her hand painted glassware, in what was without a doubt the most colorful booth at the festival.

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ENTERTAINMENT

Send announcements to herndon@connectionnewspapers.com. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com.

WEDNESDAY/SEPT. 5

A History of Rubble and Rumbblings: Earthquakes in the Eastern U.S. Lecture. 7-8 p.m. USGS Federal Facility, 12201 Sunrise Valley Drive, Reston. Learn about the history of earthquakes and find out how to prepare for the next big one in your area. Free. Photo I.D. required. 703-648-7770 or jcorley@usgs.gov.

Football at American Tap Room. 8:30 p.m., 1811 Library Street, Reston. Come watch the New York Giants and Dallas Cowboys kick off the opening night of the 2012 football season. Specials and giveaways. 703.834.0400. americantaproom.com.

THURSDAY/SEPT. 6

Sweat with Sweetgreen & Nike Flyknit Release Party. 6 p.m., at Potomac River Running, 11911 Democracy Drive, Reston. Visit the only store in the area to get the shoes the London Olympians were wearing, the Nike Flyknit. Group run leaves at 6:30 p.m. Prizes include a Nike Sportwatch, and the Sweetgreen team will also have prizes. 703.689.0999. potomacriverrunning.com.

FRIDAY/SEPT. 7

Jambrew Indie Music Fest. 6-10 p.m., at the Herndon Town Green, 777 Lynn Street, Herndon. Free outdoor concerts every Friday in September. <http://jambrew.com/>.

SATURDAY/SEPT. 8

Great Grapes! Wine, Arts & Food

Festival. 10 a.m.-6 p.m., NE Surface Lot & Park NE Surface Lot & Park at the Reston Town Center, Reston. Admission includes unlimited sampling of 200-plus wines from 20 Virginia wineries, seminars, Gourmet Live cooking demos, continuous live music and souvenir wine glass. 800-830-3976 or uncorkthefun.com.

Tribute to Tango. 2-4 p.m., at Reston Art Gallery & Studios, 11400 Washington Plaza Reston. An opening reception with the artist and her work—a series of portraits that pay homage to some of the most prominent tango composers, musicians and singers. www.restonartgallery.com.

At Home in Herndon. 7-9 p.m., at ArtSpace Herndon, 750 Center Street, Herndon. Winners will be announced for the People's Choice Awards—patrons vote, one ballot per person per visit, until 7:30pm the day of the closing reception. www.artspaceherndon.com.

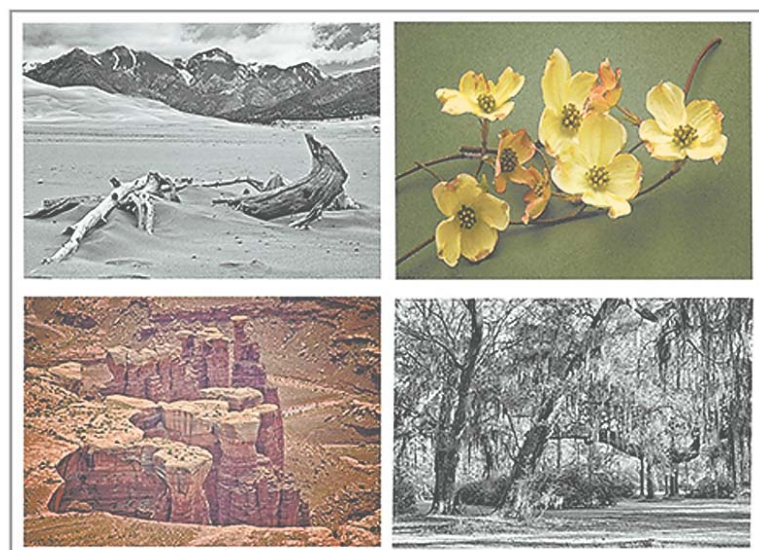
SUNDAY/SEPT. 9

Eat Out for Do Good Things Sundays. 11 a.m.-9 p.m., at Stone's Cove Kitar, 2403 Centreville Road, Herndon. Habitat for Humanity teams up with Stone's Cove Kitar to fundraise and proceeds from meals benefit their effort. 703-521-9890, ex. 103.

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11th Annual Classic Car Show/Grandparents Day Celebration.



Fine Art Nature

Sept. 4-28, in the Long Gallery, United States Geological Survey, 2201 Sunrise Valley Drive, Reston. Open to the public during regular business hours, 8:30 a.m.-5 p.m. Monday through Friday. A reception will be held 5-6:30 p.m. on Sept. 14th. A photo ID is required for entry to the building. Parking and entry - FREE. *Information: Patricia Deege 703-255-1426.

11 a.m.-3 p.m. at the Town of Herndon Municipal Center, 777 Lynn Street, Herndon. One hundred-plus classic cars, games (marbles, jacks, jump rope, hula hoops), face painting, crafts, art show, live doo-wopping, swing dancing, depot museum tours, food and DJing to raise funds for scholarships for the GMU School of Nursing gerontology program. Bring

non-perishable food items to support the cause. 703-508-0217 or www.aarpdulles.org.

Used Book Sale. Noon-5 p.m., at St. Anne's Episcopal Church, 1700 Wainwright Drive, Reston. Hundreds of books of many genres available for sale; proceeds benefit mission and outreach programs. www.stannes-herndon.org.

At Home in Herndon Closing Reception. 7-9 p.m., at ArtSpace Herndon, 750 Center Street, Herndon. The people's choice awards will be revealed and a last look afforded at the exhibit depicting seasonal events and the people and places of Herndon. 703-956-6590 or www.artspaceherndon.com.

TUESDAY/SEPT. 11

Great Falls Senior Center Event. 11 a.m.-1:30 p.m., at the Dranesville Tavern, 11919 Leesburg Pike, Herndon. Presentations offered, including "The History of Dranesville Tavern," "The Battle of Dranesville," and Jerry Stewart entertaining with "Stories and Music from The Civil War." Box lunch provided. Pre-register at <http://gfseniors.wufoo.com/forms/great-falls-senior-center-september-11-2012-event>. 703-438-0810. **Roberta Thole and Philippe Mougne.** 10 a.m.-2p.m., at ArtSpace

Herndon, 750 Center Street, Herndon. Up through Oct. 7, this exhibit features the art of classical yet contemporary local abstract painter Roberta Thole, and the elegant and energetic sculptures created by Philippe Mougne. The artists' reception is on Saturday, Sept. 15, 6:30-8:30 p.m. www.artspaceherndon.org.

FRIDAY/SEPT. 14

Jambrew Indie Music Fest. 6-10 p.m., at the Herndon Town Green, 777 Lynn Street, Herndon. Free outdoor concerts every Friday in September. <http://jambrew.com/>.

SATURDAY/SEPT. 15

Tigerlily Pink Boa 5K. 8 a.m., at the Reston Town Center, 11921 Market Street, Reston. Run/walk to benefit young women before and after breast cancer. Register at tigerlilyfoundation.org.

SUNDAY/SEPT. 16

Celebrating Jaguars. 10 a.m.-3:30 p.m., Pavilion and Market Street at the Reston Town Center, 11921 Market Street, Reston. The Nation's Capital Jaguar Owners Club (NCJOC) presents its 48th Concours d'Elegance judged car show. 571-213-1847. ncjoc.org.

FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send herndon@connectionnewspapers.com. Deadline is Thursday.

Vajrayogini Buddhist Center, Brown's Chapel, 11450 Baron Cameron Ave., Reston, holds monthly classes for the general public. Gen Kelsang Varahi, an American Buddhist nun, will teach 'Living Meditation: Meditation for Relaxation,' teachings and guided meditations that teach students how to relax their body and mind. \$12. www.meditation-dc.org or 202-986-2257.

The Jewish Federation of Greater Washington and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. ShalomDC.org.

Trinity Presbyterian Church, 651 Dranesville Road in Herndon, has Sunday Worship Service at 8:30 a.m. and 11 a.m. Nursery and childcare are

available during worship services. Youth and Adult Sunday School is held Sundays from 9:40-10:45 a.m. 703-437-5500 or www.trinityherndon.org.

Florin United Methodist Church, 13600 Frying Pan Road in Herndon, has worship services at 8 a.m., 9:15 a.m., 11 a.m. and 5 p.m. on Sundays, with a Latino service on Saturdays at 7 p.m. 703-793-0026 or www.florisumc.org.

St. Anne's Episcopal Church, 1700 Wainwright Drive in Reston, holds Sunday services at 7:45 a.m., 9 a.m., 11:15 a.m. and contemporary service at 5 p.m. Nursery, Sunday School and Adult Education available. Morning Prayer on Monday at 9:30, Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or www.stannes-herndon.org.

Adult Sunday school will be held 9:30 a.m. Sundays at the Washington Plaza Baptist Church at Lake Anne Village Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

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Experts Offer Advice on Healthy Living

FROM PAGE 2

A HEALTHY DIET is another valuable tool in preserving and improving one's wellbeing, say experts. "We all know the importance of having a good diet, but sometimes that is not always possible," said Worthington. "People can go out to local farmers markets and find fresh, local produce. They can make food from scratch instead of buying processed foods." Experts say a few weapons in staving off the ravages of time are often overlooked: "When people think about successful aging, they immediately talk about the physical, but in reality, social and mental wellness are even more important," said Worthington.

Healthy relationships with family and friends are critical to one's overall health. "Relationships become so important, getting out to interact with others. Showing concern and understanding as well as the willingness to help others is also beneficial because it keeps us connected. Family connections of multiple generations can be invaluable," said Springfield-based social worker Sue Franke.

"Connecting with or finding new friends is important, but how do you do that, especially after the kids have gone and maybe you're out of the workforce?" said Worthington. "Why not go back to school or take continuing education courses where you would not only be stimulating your mind, but also reconnecting with other people?" She also suggests volunteer activities and travel.

When it comes to safeguarding one's health, money matters. "Good financial wellbeing or health is being able to live a life where people can support themselves and not be dependent upon other



Mary Sue Garner, of Greenspring retirement community in Springfield, volunteers, spends time with friends and exercises regularly. Experts say physical activity can improve mental clarity by increasing blood flow and oxygen to the brain.

people. That happens through planning, and in today's economy when plans don't work out, people have to be creative," said Worthington.

Garner says her greatest inspiration is not research, but her retirement community peers: "There are so many people, some who are in their 80s and 90s, who come to the fitness center in their walkers and scooters and they exercise. I'm just in awe of these people because they're continuing to move and I think that's really important."

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SPORTS

Michael Weiss Foundation Presents 'Ice Champions LIVE'

Professional figure skater's foundation brings skating world stars to Northern Virginia.

Michael Weiss, three-time U.S. National Figure Skating Champion and two-time Olympian, is celebrating the eighth annual Michael Weiss Foundation "Ice Champions LIVE" event. Weiss will bring the most famous faces in figure skating to Arlington to help raise money for his foundation to further the dreams of even more local child athletes.

The Michael Weiss Foundation (MWF) is a non-profit organization offering scholarships to aspiring Olympians, and is currently sponsoring twenty-seven recipients. Knowing first-hand how much it takes to get an athlete to the Olympics, Weiss gives children this opportunity through his scholarships so they can carry the torch for Olympics of the future.

In addition to the ice show, there will be a silent auction that features the skaters' personal memorabilia, as well as hundreds of items from the World Figure Skating Community, local artists, jewelers and restaurants.

The event will be held on Saturday, Sept. 8 at 4 p.m. at Kettler Capitals Iceplex in Arlington. Tickets are now on sale through www.MichaelWeiss.org and www.Ticketweb.com or by calling 866-468-7630. On-ice seating is available. Ticket prices range from \$20-\$50 with VIP opportunities—meet and socialize with some of the biggest stars in figure skating with the VIP package. Proceeds from ticket sales will go toward figure skating scholarships to be awarded later this year.

Skaters include Brian Boitano, Olympic champion; Ashley Wagner, 2012 U.S. national champion; Ryan Bradley, U.S. national champion; Michael Weiss, three-time U.S. national champion; Caryn Kadavy,



PHOTO COURTESY OF KRISTIN MERCER

Michael Weiss' annual charity event takes place Saturday, Sept. 8, at the Kettler Capitals Iceplex. World figure skating stars and Olympic and U.S. National Champions will be featured in the performance.

world medalist; Richard Dornbush, national silver medalist; Sinead and John Kerr, European medalists and Olympians; Richard Dornbush, U.S. national silver medalist; Steve Cousins, eight-time British national champion; Dan Hollander, U.S. national medalist; many other Olympic, World, and U.S. national champions. For full list of skaters please visit MichaelWeiss.org.

SPORTS ROUNDUPS

Langley Football Beats Herndon

The Langley football team defeated Herndon, 42-14, on Aug. 30 during the season opener for both teams.

Langley produced a 5-5 regular season in 2011 and qualified for the playoffs. The 42 points were the most scored by the Saxons since 2010. Herndon played its first game under head coach Brian Day, who spent the previous 10 seasons as an assistant coach at Westfield and Centreville.

Langley will travel to face Thomas Jefferson at 7:30 p.m. on Friday, Sept. 7. Herndon will host South Lakes at 7:30 p.m. on Friday.

Oakton Football Beats Madison

The Oakton football team opened its 2012 season with a 35-13 victory against Madison on Aug. 31.

Oakton, a 2011 Division 6 playoff participant, will travel to face South County, last year's Division 5 state runner-up, at 7:30 p.m. on Friday, Sept. 7. Madison will travel to face Woodson at 7:30 p.m. on Friday.

McLean Football Edges W-L

The McLean football team defeated Washington-Lee, 14-12, on Aug. 30, giving the Highlanders four consecutive season-opening victories against the Generals.

McLean went 6-4 during the 2011 regular season and qualified for the playoffs. The Highlanders will host Falls Church at 7:30 p.m. on Friday, Sept. 7.

South Lakes Football Starts 0-1

The South Lakes football team fell to Westfield, 51-13, on Aug. 30 during the season opener for both teams.

The Seahawks will travel to face Herndon at 7:30 p.m. on Friday, Sept. 7.

South Lakes Field Hockey Improves to 5-1

The South Lakes field hockey team defeated Yorktown, 2-1, in overtime on Aug. 30, improving the Seahawks' record to 5-1.

South Lakes traveled to face Herndon on Sept. 4, after The Connection's deadline. The Seahawks will travel to face Centreville at 4 p.m. on Friday, Sept. 7. Centreville defeated South Lakes, 2-1, during the "Under the Lights" tournament on Aug. 25.

Madison Field Hockey Beats Oakton

After failing to score a goal in four games during Westfield's Bulldog Invitational, the Madison field hockey team rebounded with a 1-0 victory against Oakton on Aug. 30, improving its record to 2-4.

The Warhawks hosted Robinson on Sept. 4, after The Connection's deadline. Madison will travel to face West Springfield at 7:30 p.m. on Wednesday, Sept. 5.

Oakton, which fell to 4-3 with the loss to Madison, will host Fairfax at 7:30 p.m. on Friday, Sept. 7.

Langley Volleyball Starts Strong

The Langley volleyball team opened the 2012 season with a 3-1 victory against Lake Braddock on Aug. 28, before winning four of five at the New Kent Showcase Aug. 31-Sept. 1.

The Saxons will host South Lakes at 7:15 p.m. on Thursday, Sept. 6.

McLean Volleyball Opens 1-1

The McLean volleyball team defeated Westfield, 3-1, in its season opener on Aug. 27, and lost to Woodson, 3-1, on Aug. 30.

The Highlanders traveled to face Washington-Lee on Sept. 4, after The Connection's deadline. McLean will host T.C. Williams at 7:15 p.m. on Thursday, Sept. 6.



PHOTO CONTRIBUTED

Panic Wins Dulles Tournament

The U15G Chantilly Panic (WAGS Division 5 Green) won the 2012 Dulles National Soccer Tournament hosted by Herndon Youth Soccer the weekend of Aug. 25-26. The CYA Panic had a 4-0-0 record, scoring eight goals and allowing three goals. In the final game, they defeated a strong and resilient DC Stoddert team. The Chantilly Panic includes players from Chantilly, Westfield and South Lakes.

GIVE Expands Throughout Area

FROM PAGE 3

fine, but when we see people who take the time to really get behind what we're trying to do, they become very receptive," Cao said. "It's been encouraging, because Kartik and I will be heading off to college next year, and we don't want this to go away, we want the next generation to step up."

Not content with tutoring students, the group has extended its reach to include collecting PSAT, SAT, ACT and other test preparation books and even producing a children's book.

"We started the PSAT book drive after I noticed my sister had a book that was five years old, just sitting on the shelf, and these things can be \$60," Gupta said. "This year we were able to collect almost \$1,200 worth of test prep books."

The book, "Being Different is What Makes Us Special!" is distributed to elementary schools in the area.

"Working on the children's book was one of my favorite experiences," said Avanti Shirke, a senior at Thomas Jefferson. "It's about diversity and anti-bullying, which

I thought was a good message. I've always liked to write, but this was my first major project."

"I had been looking for a place to tutor, and I heard from other students that this would be a good opportunity to branch out into other subjects than just English," said Thomas Jefferson sophomore Mona Bugaighis. "I quickly learned the huge amount of patience every one of my teachers must have. I'm working with a few kids for two hours at a time, and I'm exhausted, I can't imagine working with hundreds of kids all day, five days a week."

While most members of the core team have taken on additional responsibilities, they still enjoy the tutoring itself.

"After I started tutoring and formed a connection with the kids, it's not something I wanted to give up," Chon said. "It's taught me a lot of patience, I've learned that every student has different patience levels, and it's been my job to learn to work with that."

Serena Atluri, a sophomore at TJ, said once the students start seeing results, it becomes a domino effect.

"Once the kids see that there are people that can do something for them, they start acting completely different," Atluri said. "And the more we can expand, the more children we can reach."

The organization has already impacted a number of children in very tangible ways.

"We had a mother come up to us teary-eyed about how her son was going to be held back because his test scores weren't good enough," Cao said. "Through GIVE, we were able to get him on track and he ended up getting high enough scores on his SOL tests to pass."

Gupta recalled a similar incident.

"We had a conference with a woman last year whose son was falling behind and the principal recommended he come to GIVE," he said. "He was a troublemaker, but he got one of our best tutors and was able to pass his grade. And his younger brother, who looked up to him, began doing better in school as well."

While GIVE's growth has been very rapid, so has the demand for their services, and Cao said he



PHOTO BY ALEX McVEIGH/THE CONNECTION

The core team of GIVE, a youth-run organization that provides tutoring assistance and other educational support to county youth.

doesn't see any reason to slow down. "I want to keep inspiring and collecting people who want to go above and beyond to help people get a new outlook on not only education, but development as a person, leadership," he said.

THIS YEAR, GIVE tutors will be operating out of four community centers, Bailey's, James Lee and Willston Multicultural Center in Falls Church and Southgate in Reston. They are also present at

the libraries in Centreville, Springfield (Richard Byrd), Woodrow Wilson (Falls Church), Fortnightly (Herndon), Thomas Jefferson (Falls Church) and the Sterling library. They also work at the Mason District Government Center and the Lincolnia Adult Health Care Center.

More information for students interested in tutoring, being tutored, or getting involved in GIVE's other projects can be found at www.giveyouth.org.

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Symptoms or just Sometimes



By KENNETH B. LOURIE

Is what I feel – wherever I feel it, cancer or middle age? Is what I feel worthy of a mention to my oncologist or merely yours truly looking for trouble? Moreover, Is the pain/discomfort I feel in my chest (between my lungs) par for the course of treatment I'm on and characteristic of the disease with which I've been diagnosed, or is it completely unrelated and not at all noteworthy (dare I say, normal)? Or is this a repeat of a symptom I've experienced previously? Once the pain represented a tumor growing in my lungs (bad news); another time, the same pain was scar tissue growing over tumors that had shrunk (great news). (Scar tissue, as my oncologist explained to me, is similar to the scab that eventually forms over a skinned knee and is a sign of healing.) In each case, however, the identical symptom had two very different causes: one good, one bad. Ergo my confusion now. Is what I feel good, bad, or shall I remain indifferent?

And if I remain indifferent, how do I remain indifferent about the most important thing in my life: my health/diagnosis/prognosis? However, stressing about unconfirmed complications seems itself an unnecessary complication and one to be avoided. Where's the benefit in making myself sick (see 8/29/2012 column: "Diagnosed But Not Sick") simply because I have a terminal disease? Then again, if I am to remain proactive with respect to my care and feeding, I must advocate for myself and not allow time to pass when pain and suffering need not occur. I don't want to worry myself sick, but nor do I suppose that neglecting myself dead serves any particular purpose either. As Curly Howard of The Three Stooges said: "I'm too young to die, too handsome; well, too young, anyway." My feelings exactly.

Not only has the same pain-in-my-chest symptom led to opposite interpretations, it has also caused me to wonder if what I've felt was real or imagined (see 8/22/2012 column: "Life in the Cancer Lane") and typical of the roller-coaster existence that becomes "normal" for cancer patients. The dilemma is, I don't want to make something out of nothing any more than I want to make nothing out of something. Nor do I ever want to be damned, but with some days/certain symptoms, I feel as if I'm damned if I do and damned if I don't. Still, I can live with it: I have lived with it, but it certainly doesn't make me feel like I've mastered it.

Even writing a column about it (cancer, and the emotional confusion it causes) seems like I'm bringing unnecessary attention to a condition (some condition) with which I'm forced to live, but a condition any cancer/terminal patient still living would be happy to endure: life. And let me be clear: I am not complaining. I am "introspecting" into the peculiarities and perplexities of living a life for which I had no preparation, no experience and zero indication – until the biopsy confirmed it, that my life, as I had previously known it and expected it to be, was officially over. Not literally, but figuratively. Yet another conundrum.

Making the best of a bad situation, that's how I roll (I'm a Red Sox fan after all). Some days are easier than others, some symptoms/treatments/results are better than others. And some columns make more sense than others. But that's cancer for you: an equal opportunity "screw-upper."

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

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