

An Excited, Nervous Start

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Kindergartener Caroline Kohn poses in front of Lake Anne Elementary with her brother, third grader Will Kohn. Caroline is one of an estimated 13,000 students transitioning to kindergarten in Fairfax County this fall.

Students GIVE Back In Big Way

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Future of Golf Course Up for Grabs?

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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

SEE GIVE, PAGE 10



PHOTO BY AMIEE FREEMAN/THE CONNECTION

Kindergartener Caroline Kohn poses in front of Lake Anne Elementary with her brother, third grader Will Kohn.

An Excited, Nervous Start At Lake Anne Elementary

Five-year-old "excited, but shy," mom "happy and scared" on first day of school.

BY AMIEE FREEMAN
THE CONNECTION

When asked about the start of kindergarten at Lake Anne Elementary, 5-year-old Caroline Kohn of Reston says she is "excited, but shy." Caroline's mom, Blake Kohn, says her youngest child is anything but shy; mom thinks her little girl is actually nervous about school.

Blake says she shares Caroline's feelings about the start of school. "I'm nervous too. I'm happy and scared. I have very mixed emotions. I'm happy for her. I know she will be in a good place. I'm happy she has a brother who will look out for her. She's my baby, but I know she'll be fine."

Older brother, Will, a third grader at Lake Anne, has promised to walk Caroline to class, but, mom says, he said he could not guarantee he would give her a kiss good-bye.

Having an older child in elementary school, said Blake, makes it a bit easier to send Caroline. "I know more about what her day will be like than I did when Will was a kindergartener."

Caroline is one of an estimated 13,000 students transitioning from preschool or home care to kindergarten in Fairfax County this fall. At Lake Anne, Caroline will participate in the county's Spanish immersion program in which math and science classes are taught in Spanish. More than 600 students are enrolled at Lake Anne. Approximately 55 percent of those students participate in the Spanish immersion program offered at the school.

In addition to being a mom and co-director of a home-based preschool, Blake is president of the Lake Anne PTA. Her tenure as president began last spring and will continue for the next two years. "I think this school year will be great. We have a great school community."

—Blake Kohn,
president, Lake
Anne PTA

The 2012/13 school year marks the end of a two-year renovation project at Lake Anne. In addition to a total facelift with new energy-efficient windows and doors, fresh paint, tiles, and floors, classrooms are now outfitted with Smart Boards, interactive whiteboards that use touch detection for user input.

Future of Golf Course Up for Grabs?

Reston Citizens Association, Reston Association speak out, Rescue Reston group formed.

BY ALEX McVEIGH
THE CONNECTION

While Reston National Golf Course is a destination throughout the region and recognized around the country for its Nike Golf Learning Center, its future has become a topic of concern for local residents. The owners of the course, RN Golf Management, requested information from Fairfax County earlier this year on the exact zoning regulations for the property on which the 166-acre course sits.

On April 20, Mark Looney of Cooley, LLP, which is representing RN Golf Management, requested the information, asking for regulations, as well as “confirmation of the process one must follow under the Zoning Ordinance in order to establish uses other than a golf course on all or a portion of the subject property.”

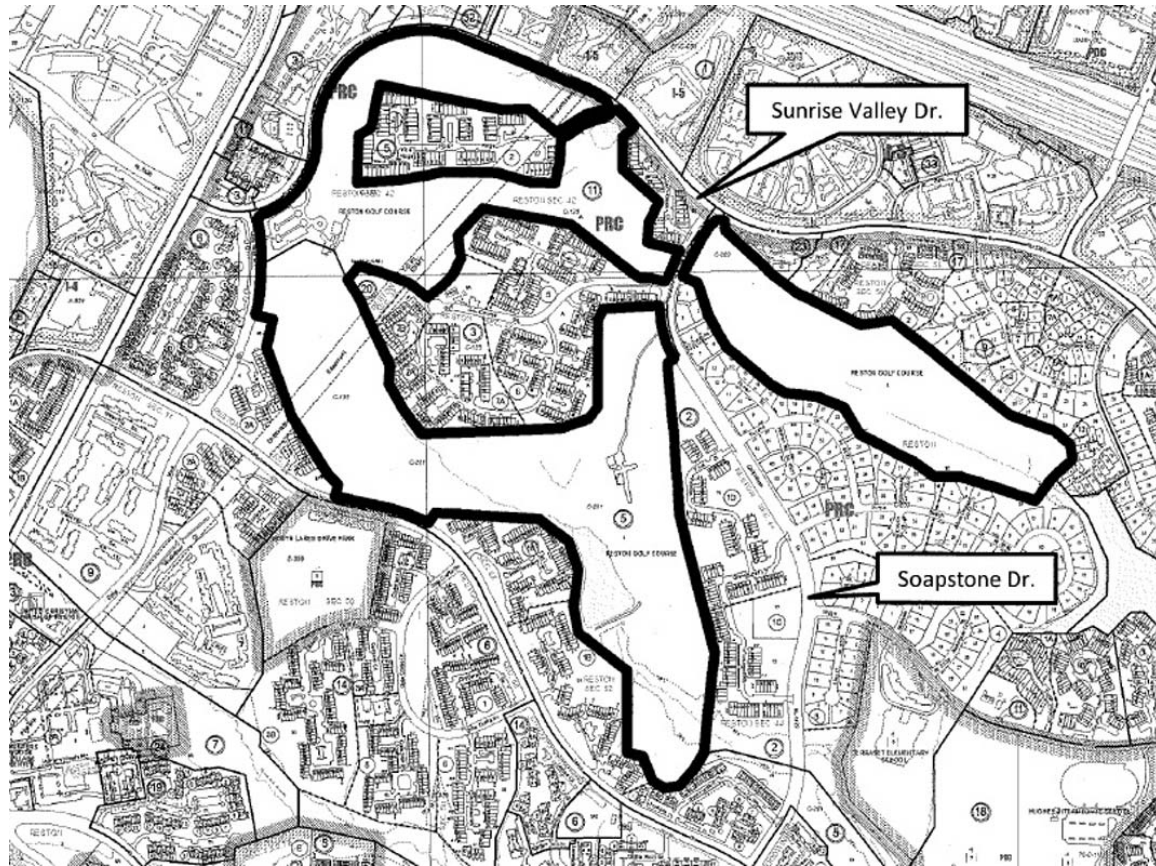
Cathy Belgin, senior assistant to the zoning administrator with Fairfax County, responded June 20.

“The property is shown as a resource in the category of ‘major open space, parks, golf course, nature center,’” Belgin wrote in her report. “Any alternative development of the property that cannot be construed as open space, parks, golf course or nature center would require an amendment to the Fairfax County Comprehensive Plan.”

IN RESPONSE, RN Golf Management has filed an appeal with the county’s Board of Zoning Appeals, which will be heard at their public hearing Oct. 24 at 9 a.m. at the board auditorium at the Fairfax County Government Center.

They cite various examples, including letters from county staff over the past 20 years, that RN Golf Management believes would allow residential development on the course property.

In the meantime, various community groups have voiced their opposition of any development on the golf course. The Reston Association sent letters to nearby land-



The owners of the Reston National Golf Course have inquired of Fairfax County which development would be possible on the property, which has raised concerns in the local community.



The future of the Reston National Golf Course has community groups worried about losing it as open space.

owners saying that they will continue to advocate that the land remains open space.

“The RA Board feels strongly that redevelopment of this property as anything other than open space would have a significant adverse impact on RA members,” the letter reads. “Thus, RA intends to oppose such redevelopment.”

Board President Ken Knueven said the RA board will discuss the matter at their Sept. 13 meeting, which the public is encouraged to attend.

The Reston Citizens Association discussed the matter at their Aug.

27 meeting, and released a resolution condemning any potential developments. “The use of Reston National Golf Course land for any purpose other than open space dedicated to parks, recreation, and/or nature is an existential threat to Reston’s longstanding vision and plan as a diverse ‘planned’ community that should be rejected,” the resolution reads.

MANY COMMUNITY MEMBERS say they do not want to lose the golf course at all, and definitely not to additional residential units. “I’m not a big golfer myself, but

I think it’s a fantastic use of the land, it’s open yet not developed and it runs through so much of Reston between Reston Parkway and Wiehle Avenue,” said Kirk Smith of Reston, who lives off North Shore Drive near the course. “It’s green space that’s not heavily trafficked, except for the players, and I’d hate to think of it being filled by houses, townhouses or apartments.”

A local group, Rescue Reston, has been formed, which is hosting a campaign to save the golf course. More information is available at www.rescuereston.org.

RCC Preference Poll Schedule

Reston Community Center (RCC) Preference Poll to select members to serve on the Center’s Board of Governors occurs every year in the fall. All residents of Small District 5, age 18 or older, are eligible to run for appointment to the RCC Board of Governors, and voting will be open to residents and businesses in Small District 5.

The Board of Governors establishes the overall policies for the center and oversees its programs and budget. Board members also represent RCC at social, recreational, cultural and educational activities in Reston.

This year’s Preference Poll will fill three positions for three-year terms on RCC’s Board of Governors, and will take place according to the following schedule:

- ❖ Candidate registration will be open until Sept. 14.
- ❖ A candidate orientation and photo session will be held on Sept. 13.
- ❖ A candidates forum will be held on Sept. 19.
- ❖ Voting will take place from Sept. 28 to Oct. 12.

For more information about the Preference Poll, visit RCC’s website.

South Lakes HS Band to Hold Tag Day

The annual Tag Day fundraiser for the South Lakes High School Band is scheduled for Saturday, Sept. 8. Tag Day is the band’s largest fundraiser and supplements funding provided by Fairfax County Public Schools. The band members will fan across the South Lakes Community, knocking on doors and asking for your donations.

Your tax-deductible contributions will help the band purchase and replace much-needed instruments. Many instruments date back to the late 1970s when South Lakes opened—and are now beyond repair. You may also donate online at www.southlakesband.org.

Last school year, the Music for All National Concert Band Festival judges selected

SEE WEEK, PAGE 7

COMMENTARY

Sustaining Virginia's Future

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)

Of all the sources of information I cite in my weekly columns, none is quoted as frequently as The Commonwealth Institute for Fiscal Analysis (www.thecommonwealthinstitute.org). The institute is an independent staff of professionals who do analyses of state public policies with particular attention to the impacts on low and moderate income persons. Their July 2012 report, *Frozen in Time: Virginia's Revenue System Can't Pull its Weight*, provides the documentation for this column.

In spite of the quarterly references in the news media that imply Virginia has a budget surplus, the fact of the matter is that, according to The Commonwealth Institute, Virginia's investment in education, transportation, and health care, it falls about \$4.8 billion short compared to pre-recession levels. Far from having a budget surplus when revenue collections exceed projections, Virginia has actually had a budget short-



fall in 10 of the last 12 years ranging from \$214 million to upwards of \$2 billion according to the institute's analysis. The shortfalls have been masked by shifting costs to local governments, to parents through higher tuition rates, and to the use of federal stimulus monies. But the cracks in the system are starting to show as transportation congestion increases with inadequate funding for improvements, tuition fees are steeper than some parents can pay, and our mental health system continues to be inadequate.

The institute calculates that fully taking into account the state's growing population and the rising costs of providing key services, the Virginia legislature between FY 2007 and FY 2013 has underfunded K-12 education by \$1.3 billion, health and human services by \$512.2 million, and public safety by \$326.1 million. The core of the problem as the report states

is that "Virginia has serious structural problems in the way we raise the resources needed to provide for public services."

During the same time period of FY 2007 to FY 2013 Virginia's general fund revenue as a share of personal income dropped from 4.7 percent to 4.16 percent. That drop alone cost the state about \$3.86 billion dollars. On the revenue side of the budget, The Commonwealth Institute concluded that "clearly Virginia has the capacity to do more with revenue generation to meet the needs of the state's families and workers. By addressing structural flaws in three key areas—the individual income tax, the corporate income tax, and the sales and use tax—we can make the state's system more productive and responsive to the 21st century economy."

I invite others to review the report and challenge its findings and conclusions. Otherwise, to sustain the Commonwealth in the future we will need to heed its recommendations to deal with the structural problems of the budget. That in part means addressing the adequacy of state revenues.

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OPINION

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.

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

EDITORIAL

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

Fairfax Fumbles Master Plan, Reston Future-Part 2

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

As the Progressive reported last time, Fairfax Supervisor Cathy Hudgins' Reston Master Plan Task Force has stalled, failing to complete Phase 1 of its work—i.e., plans for development in the rail corridor. With the train arriving next year and no plan in sight, the County caved and is now telling developers not to worry about a plan, just bring in their plans so construction can proceed. If you wondered why Reston should become a self-governing town, watch as the County turns planning as well as building over to developers.

What about Phase 2 of the task force's work—revising the master plan for village center neighborhoods and all of Reston outside the rail station areas? This, too, has been set back two years so far by the stalled Phase 1. A couple of weeks ago, Master Plan Task Force



Chair Patty Nicoson suggested to me that she might indeed try to move the task force immediately into

Phase 2, leaving it to County staff to decide when/if they would actually complete Phase 1.

Ms. Nicoson's idea seemed timely. But already events, namely the fearsome "free market" with developers firmly in the saddle, have overtaken the dawdling task force. Shortly after she and I talked, the community was rocked by a newspaper report that Mark Looney, a land-use attorney appointed to the task force by Supervisor Hudgins and who acts like the spokesman for the developers on said task force, had sent a letter to Fairfax County on behalf of the owners of Reston National Golf

Club seeking instructions on how to proceed to re-develop their land as residential.

The Club's 166 acres occupies the heart of south Reston between Wiehle Avenue and Town Center train stations-to-be.

With Phase 2 of Hudgins' master planning not even begun and an approved new plan at least 18 months away, once again the developers have the upper hand and will likely determine the character (or lack thereof) and intensity of land use of areas like the golf course, village center neighborhoods and all the rest. No role for Reston.

There has been a strong reaction in the community to the Reston National news, especially among residents of the dozen clusters living on the edges of all that beautiful golf course green. They have organized Rescue Reston, complete with website (www.rescuereston.org) and all the social media links. They also hired a law firm to represent them.

The first major battle is a public hearing with the Fairfax County Board of Zoning Appeals on Oct. 24. For more info, check the Rescue Reston website.

Without an approved new master plan, the battle over the 166 acres of the golf course is but the first of many. This battle will be an uphill struggle for the community, especially absent supportive political leadership.

You can build a lot of condos on 166 acres.

There is huge money to be made there, potentially several hundred million dollars. In the final analysis, it is hard to imagine more than token green space surviving on Reston National land. There is just too much of that other kind of green to be made, the kind which today in Fairfax County and the United States simply sweeps the political class along with it. This is especially true if you do not even have a master plan in place to provide an alternative vision and some protection.

LETTERS TO THE EDITOR

Logical Step in Evolution of Reston

To the Editor:

Bob Simon has more company than he may expect in supporting the 23-story office building at Bowman Drive and Reston Parkway ["Supporting 23-story Build-

ing," Reston Connection, Aug. 29-Sept. 4, 2012]. I support this project as, in 1978, I did for the five-story building it will replace. Now, deemed acceptable, it then elicited objections as a "high rise,"

unsuitable to its location. The new building will share a skyline with comparable structures as the western parts of the Town Center are redeveloped.

Mr. Simon correctly views the

project as a logical step in the evolution of Reston. He used the bulk of his letter to remind us of the basic elements vital to the new town he envisioned. The master

SEE LETTERS, PAGE 7

Reston CONNECTION

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LETTERS

FROM PAGE 6

plan has undergone over 20 amendments in response to market conditions since it was adopted without sacrificing the land use structuring that makes Reston unique.

The economic success of Reston to date is evidenced in the Town Center and commercial offices along the Dulles corridor and is expanding. Our Village Centers, taken as a unit, have not kept pace. I share Mr. Simon's concern for their future should the planned but unrealized residential densi-

ties established in the master plan be appreciably changed. That proximate population is necessary for the economic viability of the centers. The master plan provides for that need.

Mr. Simon has said several times in my hearing that if there is any "genius" in his plan, it was reflected in its flexibility. My sincere hope is that this is not used to abort that future Restonians deserve.

Kurt N. Pronske
Reston

Defenseless Before Developers

To the Editor:

Bob Simon may cling to the notion of seven village centers each with multiple high-rise buildings, but nearly all the rest of us realize that this was, and is, a ludicrous idea on many counts. For one, the inadequate road system Simon created struggles to accommodate existing traffic.

Simon is correct in that the discussion of new construction raises fundamental questions about Reston and its future. First, even the most inattentive will now realize that the Reston community stands defenseless before developers eager to jam as many housing units into Reston as possible. The planning ordinance devised by Simon and Fairfax County for Reston is so badly crafted as to make a first year planning student blush. As the owners of the Reston

National Golf Course have realized, there are few, if any, limits to what landowners can build.

Second, those responsible for protecting the community's interests, in particular, successive county supervisors (Pennino, Dix and Hudgins) and the various advisory committees and task forces convened over the years, have failed. Eager to do the bidding of the developers and quick to take credit for Reston's development, they have neglected to put in place a planning process that serves the community's needs. Third, decisions about new development lay beyond the control of Reston's inhabitants. Fuss all you want about new development, under the current arrangement, the only opinion in Reston that matters is Cathy Hudgins'. Rather than democratic local government, we have an elected monarch.

James P. Hubbard
Reston

WEEK IN RESTON

FROM PAGE 4

South Lakes as just one of 14 bands to compete in Indianapolis, Ind. This year the Wind Ensemble is one of two high schools selected to perform at the Virginia Music Educators Conference in November. The Spirit of Reston Marching Band was a Bands of America Regional Finalist and earned a superior rating in the Virginia Band and Orchestra Directors Association State Marching Assessment. The school's music programs are of the highest caliber in the country due to your support.

Approximately 140 students are enrolled in the band program at South Lakes High School, which includes the Wind Ensemble, Symphonic Band, Percussion Ensemble, Jazz Band, Flag Corps, and the Spirit of Reston Marching Band. The Wind Ensemble is the premier performing ensemble at South Lakes High School and performs across the United States.

For more information, visit www.southlakesband.org

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ENTERTAINMENT

Send announcements to reston@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. americanaproom.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 pm. 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.

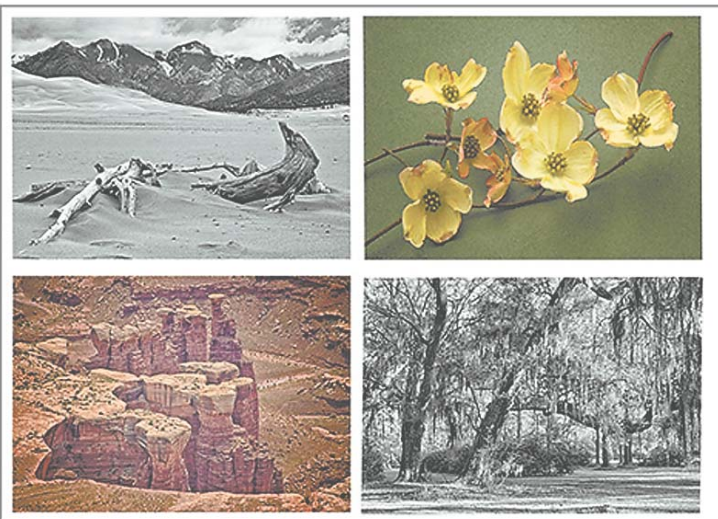
Tribute to Tango. 2-4 p.m., at Reston Art Gallery & Studios, 11400 Washington Plaza Reston. An opening reception with the artist and her work—a series of portraits that pay homage to some of the most prominent tango composers, musicians and singers. www.restonartgallery.com.

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 Kitbar, 2403 Centreville Road, Herndon. Habitat for Humanity teams up with Stone's Cove Kitbar to fundraise and proceeds from meals benefit their effort. 703-521-9890, ex. 103.

Great Grapes! Wine, Arts & Food Festival. 10 a.m.-6 p.m., 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.



PHOTOGRAPHY BY PATRICIA DEEGE

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.

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-reston.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.wufco.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.

WEDNESDAY/SEPT. 19

Open Mic Night. 9:30 p.m.-1:30 a.m. Jimmy's Old Town Tavern, 697 Spring St., Herndon. Every Wednesday. Register your band at BluesSlide@aol.com or 703-593-5206. [www.jimmystavern.com](http://jimmystavern.com).

FRIDAY/SEPT. 21

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. 22

Fairfax Symphony Orchestra: Masterworks I. 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. Conductor Christopher Zimmerman and pianist Jeffrey Biegel perform Adams' The Chairman Dances, Zwillich's Shadows for Piano and Orchestra, Bernstein's Three Dance Episodes from "On the Town" and Gershwin's Piano Concerto in F Major. \$25-\$55. 703-563-1990 or www.fairfaxsymphony.org.

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Francine, Robert and Robbie Albritton; Mindy and Raina Morack; Annette and Meghan Canard; Hiroko Nakajima; Scout leaders and parents of Pack 160, and Girl Scout Service Unit 56-4: Girl Scout Troop 240; Brownie Troops 1862, 3260, 873; and Daisy Troop 6673,84 donated toys and decorated Jared Boxes that have been delivered to INOVA Fairfax Hospital for Children, INOVA Fair Oaks Hospital, and the pediatric patients of Reston Hospital and INOVA Fair Oaks Hospital.

Jared Box Project a Success

Jared Boxes are filled with small toys, books, games and well wishes to lift the spirits of chronically ill children and symbolize the importance of play. The project is named after Jared, a 5-year-old boy who battled cancer with courage. He died Nov. 12, 2000 while listening to his favorite song, "You'll

be in my Heart." Local businesses generously donated to the Jared Box Project, including the Herndon K-Mart, Greenbrier 5 Below, Fairfax Wegmans, Franklin Farm Giant, Chantilly Costco, Oriental Trading Company and Reston Target. The Jared Box Project will continue to provide a special diversion

for young patients as they receive chemotherapy and other medical treatments. If you would like to become involved contact Francine Albritton at fkapello@aol.com. To learn more, go to www.thejaredbox.com or <http://www.facebook.com/pages/The-Jared-Box-Project/334787736710>.

YOU ARE INVITED TO ATTEND THE North Point District Community Meeting

Meet your district director and learn about the issues and amenities in your area.

Wednesday, September 19, 7-9 p.m.
Aldrin Elementary School, 11375 Center Harbor Road
Free

Hosted by District Director Mike Collins your representative to the Reston Association Board of Directors.
RSVP: Ha Brock, 703 435-7986 or via e-mail habrock@reston.org

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News

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



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.

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 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.

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.



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."

"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

SEE EXPERTS, PAGE 13

FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to reston@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.

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.

Floris 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-reston.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.

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.

The Baha'i community of McLean holds a weekly fireside, a meeting of discussion, devotion and fellowship, at 7500 Box Elder Court in McLean, at 8 p.m. every Friday. An opportunity to learn about the Baha'i faith. 703-556-3400.

Epiphany United Methodist Preschool, 1014 Country Club Drive, N.E. in Vienna, is now enrolling 3-4-year-old students for the 2010/2011 school year. Contact 703-938-2391 or www.epiphanypreschool.com.

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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 KIRSTIN 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.

Experts Offer Advice on Healthy Living

FROM PAGE 11

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 deterioration 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 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 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.

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



PHOTO CONTRIBUTED

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.

health is being able to live a life where people can support themselves and not be dependent upon other 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 inspi-

ration 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."

GRACE Presents Campaign Re/Form

Greater Reston Arts Center (GRACE) is presenting "Campaign Re/Form," a provocative, creative re-thinking of contemporary American political campaigns and the election process that drives them.

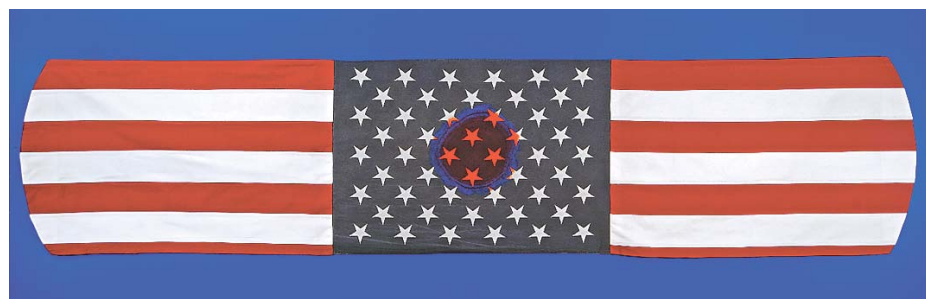
Taking the concept to its fullest expression, the entire gallery will be transformed into a campaign office, complete with large desks, work stations, flag posters in the window and complimentary coffee. Visitors will be personally guided through the installation-style setting and invited to temporarily set up shop at the "volunteer station."

Ranging in age, gender and ethnicity, the participating artists present an array of stylistic approaches as diverse as the electorate itself—from digital art to street art, from traditional painting and photography to more conceptual work. Several of the pieces on view encourage hands-on interaction—from a video "voting booth" to a hand-cranked "minimum wage machine" which pays out pennies for those willing to put in physical labor. Artists John James Anderson, Holly Bass, Kashuo Bennett, Graham Boyle, COLON:Y (chukwuma aguboku and Wilmer Wilson IV), Dana Ellyn, Blake Fall-Conroy, Delphine Fawundu-Buford,

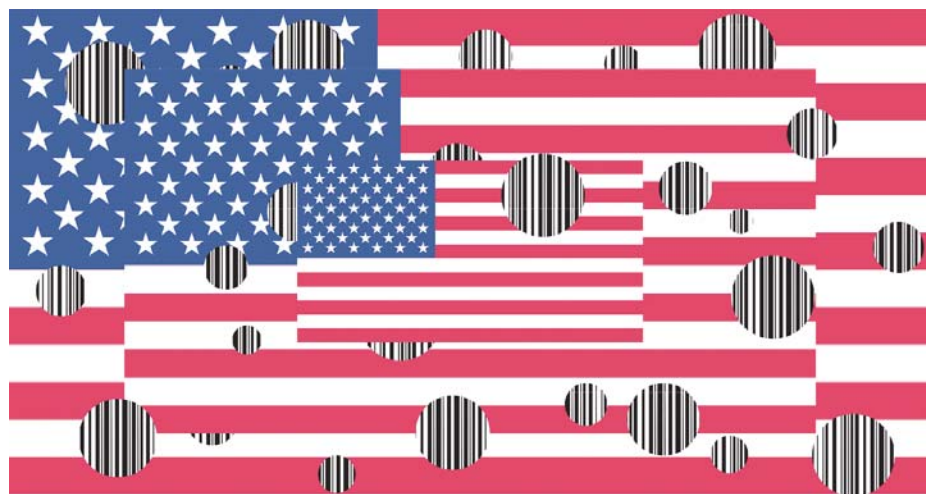
Where and When

Sept. 13–Oct. 27
Opening Reception: Thursday, Sept. 13, 6-8 p.m.
Special Exhibition Hours: Wednesday-Saturday, 12-8 p.m.
Address: 12001 Market Street, Suite 103, Reston, 703-471-9242; www.restonarts.org.

Kate Kretz, Paul D. Miller (aka DJ Spooky), and Renee Stout tackle hot button election topics like job creation, the economy, free speech, news media bias, war, inequality, voting rights and education. According to artist and guest curator Holly Bass, "In many ways the election is one massive—and massively expensive—distraction from the pressing issues that impact all Americans. With the rise of super PACs, election politics have become divisive and out of reach for regular citizens. It's as if America itself has become a campaign. As a curator, my hope is that by questioning politics-as-usual, we can start to take ownership of our citizenship and ask our country to live up to its ideals." Holly Bass is a writer, performer and director. She was voted 2012 Best Performance Artist in the Washington City Paper. Her work has been presented at spaces such as the Kennedy Center, the Smithsonian, the Whitney Museum, the Corcoran Gallery of Art and the Experience Music Project in Seattle. She studied mod-



Untitled (flag), 2008, embroidery on deconstructed flag, batting. © Kate Kretz



Untitled, 2012, digital media, dimensions variable. © Paul D. Miller (aka DJ Spooky)

ern dance (under Viola Farber) and creative writing at Sarah Lawrence College before earning a master's in Journalism from Columbia University. She was the first journalist to put the term "hip hop theater" into print and one of twenty artists nationwide

to receive 2008 Future Aesthetics grant from the Ford Foundation/Hip Hop Theater Festival.

In 2011, she was named one of the "Top 30 Black Performance Poets" by The Root.

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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