

Holden Foster, 5 1/2, boards
the school bus for his first
day of kindergarten at
Oakton Elementary School.

Off to Kindergarten!

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Focus on Literacy**

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Off to Kindergarten!

Vienna neighborhood's "first day of school" party sends students off with a smile.

BY VICTORIA ROSS
THE CONNECTION

If Holden Foster had any first-day kindergarten jitters, he didn't show it. The new Oakton Elementary School student, 5 1/2, was all smiles as he joined about 30 parents and children at the bus stop for the annual "Pom Pom or Handkerchiefs" breakfast in Vienna's Hunter Mill Forest neighborhood.

"We've been preparing him all summer – you know, we've been teaching him long algebra on the weekends, so he's definitely ready," joked his dad, Ryan Foster.

"Are you going to have fun today, buddy?" asked his dad.



PHOTO BY SANDRA WILLIAMS

Bennett Williams, a first-grader at Oakton Elementary School, gives Kindergartner Holden Foster, some "insider" tips on the first day of school.

Holden nodded, and said he was excited about meeting his teacher.

"He's been looking forward to it," Foster said. A stay-at-home dad, Foster said he and his wife have been prepping Holden by taking him to the school, showing him around his classroom and reading back-to-school books.

The day started like dozens in the area. Early - with a new routine of getting kids ready for school.

"This is always a fun way to send

off the students, and trade tips about the new school year," said Sandra Williams, who organized the event along with neighbor Jody Hughes. Two card tables were stacked with muffins, yogurt, juice boxes and doughnuts.

"It's fun for the kids to all be together and have some goodies before boarding the bus. And even if you don't have kids getting on the bus, we invite neighbors to come out and join us...it's a great time to say hello," Williams said.



PHOTO BY VICTORIA ROSS

Ryan Foster gives son, Holden, 5 1/2, a hug as the new kindergarten student joins friends and neighbors at the bus stop for his first day of school.

Many of the students were "pros" at the annual event. Some showed off their new backpacks, checking to make sure their supplies were ready to go; others played skateboard tag, or chatted about their summer adventures. Holden was the only kindergarten student at the bus-stop party this year.

As soon as the bus pulled away, and Holden waved bye to his dad, several moms turned to Ryan Foster to see how he was holding up.

"Are you doing okay?" Williams asked him.

"I'm good," Foster said, laughing as he wiped away a few tears. "It's a pom-pom day. Definitely."

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NEWS

A Kindergarten World

Educators talk about the skills of a 5-year-old.

BY DONNA MANZ
THE CONNECTION

This much elementary school educators want young parents of new kindergarteners to know: your 5-year-old is not expected to arrive at kindergarten with reading and math skills. As Wolftrap Elementary School Principal Teresa Khuluki said, “If they don’t know the alphabet or basic math facts, if they’re not reading, they’re not doomed to failure. We can catch them up, teach them. Every child is different.”

Many young parents wonder what kindergarten “readiness” is. What skills is a five-year-old expected to bring to kindergarten the first day? Are teachers looking at social maturity? Academic preparation? And what, to a new kindergarten pupil, is “academic?”

Khuluki said teachers do not have expectations; they work with what the children bring in. “Most of our kindergarteners know the letters in the alphabet, and the majority can recognize beginning sight words.” Sight words are those that have to be learned because they cannot be sounded out, such as “at,” “the.” Sight words, Khuluki said, are common in beginning reading.

Westbriar Elementary School Principal Lisa Pilson touched on the ideal foundations preschoolers should build.

“It’s important to be able to recognize letters and count,” said Pilson.

MOST CHILDREN entering Westbriar have been in preschool, learning sharing and cooperation skills. Most of the academic preparation, though, Pilson said, comes from the home.

“Kindergarten is where the foundations of education are established,” said Pilson. “We don’t expect them to come to kindergarten reading. There’s focus on laying the foundation of literacy in kindergarten.”

During the kindergarten school year, children are taught letter sounds and sight words. They recognize words using predictable repeating text, such as in Dr. Seuss books, in which only a few new



Lisa Pilson, first-year principal, Westbriar Elementary School.



Teresa Khuluki, first-year principal, Wolftrap Elementary School.

PHOTOS BY DONNA MANZ/THE CONNECTION



“The ultimate goal is for children to come to school and love being there.”
— Westbriar Elementary School Principal Lisa Pilson

A preschooler, Ava Council, practices printing her name. Being able to print her first and last names is a basic skill kindergarten teachers hope to see when the child enters school.

words are introduced on each page. “They learn how words work,” said Pilson. “They develop inventive spelling techniques sounding letters and words out.”

Most Wolftrap students can recognize beginning sight words at the beginning of the kindergarten school year. Khuluki reminded parents that the school’s teachers spend “a lot of time” helping children learn sounds.

“We want kids to know their letter and letter sounds,” said Westbriar fifth-year kindergarten teacher Joelle Jacques. “But the push is toward the whole person

in kindergarten, the social and emotional and the academic.” Jacques noted that new kindergarteners are adjusting to routine and schedule, and they practice sharing and cooperating, and good manners.

The biggest thing incoming kindergarteners should know is to print their first and last names, Jacques said.

Kindergarten also introduces math concepts and abstract thinking, and a social studies curriculum that focuses on the child’s community and his or her world. They are exposed to Fairfax



Westbriar kindergarten teacher Joelle Jacques said it is very important that incoming kindergarteners know how to print their first and last names.

County’s four-core curriculum: math, language arts, science and social studies.

“Reading to your children is very important,” said Pilson. “Read, read, read lots of books to your kids.”

Pupils in Fairfax County Public Schools are given the Developmental Reading Assessment Word Analysis [DRAWA] evaluation in October and then again in the spring. The test evaluates a child’s ability to recognize letters and sounds together to create words. Children who do not pass the DRAWA get early intervention, in a small group setting, 30 minutes a day.

INSTRUCTIONALLY-SPEAKING, initial sounds are taught early in the fall and syllable sounds are added gradually. Teachers add more difficult words throughout the year.

Pilson emphasized the role that “experiences” play in a child’s life.

“What’s really important for families is having experiences,” said Pilson. “Going on day trips to D.C., seeing new places and new things, building language to describe experiences.” The goal, she said, is to teach your children to use those experiences and apply them to other areas of their lives.”

When children develop critical thinking, they learn to apply those skills to new experiences. Nothing happens in isolation, Pilson said.

“Let children be children,” Pilson said. “They’re little for such a short period of time, so let them be little.”

“Everything is a learning experience for them.”

Wolftrap teachers do a wonderful job of determining where kids are, mapping out plans to get them where they need to be, Khuluki said. Pilson agreed. “If kids come in lacking in skills, the teachers will teach them those skills,” she said.

“The ultimate goal,” said Pilson, “is for children to come to school and love being there.”

VIEWPOINTS

What are you looking forward to this new school year?

—DONNA MANZ



Claire Briggs, 8th grade, Green Hedges School, Vienna
“I’m trying soccer at my school, and chemistry. Math and French are my favorites.”



Anna Talley, 3rd grade, Flint Hill School, Vienna
“Cheerleading. I like to write, creative writing.”



Denver Talley, 6th grade, Green Hedges School, Vienna
“Continuing French. I started it in Singapore where we used to live. The school I went to here didn’t have French, so I changed schools. And cross-country; it’s my first year.”



Allison Council, 3rd grade, Westbriar ES, Vienna
“Learning more science, all about the stars, the solar system. I want to learn Spanish and play soccer.”



Emily Anderson, senior, George C. Marshall High School, Vienna
“IB art. I want to join the anime club, too. I’ve been saying I want to join it, and I really will this year.”

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Pictured, from left:
Alana Hassett, Tory Schatz, Nicole Audia, Monik Hergesheimer, Jill Marney, Ariana Smith, Helen Hoyt.

Vienna Troop 435 Girls Earn Silver Awards

Five girls from Girl Scout Troop 435 in Vienna have been awarded the Silver Award, the highest award a cadette scout can earn. Ariana Smith, Jill Marney, Helen Hoyt, Nicole Audia and Tory Schatz all received the award.

The Silver Award is an individual achievement, with each girl organizing her own Take-Action Project. Ariana, Helen, and Nicole each worked with Bailey's Olympic Summer Camp for elementary age girls in Falls Church.

Ariana taught a volleyball program, Helen taught

a soccer program and Nicole taught a dance and gymnastics program. Jill and Tory worked with Camp Funshine for girls from Fairfax, each teaching a games program. The troop of seven girls all bridged to Senior Scouts and they have been recognized as an Honor Troop by the Girl Scouts Council of the Nation's Capitol. All of the girls were from Kilmer Middle School; this fall Ariana, Jill, Tory and Monik Hergesheimer will be attending Marshall H.S. and Helen, Nicole and Alana Hassett will be attending Madison H.S.

WEEK IN VIENNA

East West Yoga Center Joins 'Stretch to the Cure'

East Meets West Yoga Center, located in Vienna, is joining hands with the National Foundation for Cancer Research to participate in the organization's annual nationwide fundraising campaign titled "Stretch to the Cure." The campaign lasts throughout the month of September and invites yoga and Pilates studios around the country to participate by donating proceeds from at least one class to NCFR.

East Meets West will be donating proceeds from their Flow and Renew: Vinyasa and Meditation Workshop at 1:30 p.m. Sept. 9, 2012.

"Everyone has been touched by cancer in some way. There have been many advances in the treatment, but patients still have to suffer through various side effects from the treatments, sometimes with no result," said Dawn Curtis, director of East Meets West Yoga Center. "I believe we should all participate in helping find a cure to provide aid to the many people who have to experience the journey of cancer."

Yoga, as well as all forms of physical fitness, can

be beneficial to preventing cancer because it supports a healthy lifestyle. Though genetics play a large role in cancer risk as well, maintaining healthy living practices like exercise is one of the best ways to protect yourself from getting cancer through preventable environmental factors.

East Meets West will be collecting donations for NCFR in lieu of a class fee. Suggested donation for the workshop is \$20.

To learn more about East Meets West Yoga Center, please visit www.eastmeetswestcenter.com or contact Dawn Curtis at dawn@eastmeetswestcenter.com. To find out more about "Stretch to the Cure," please visit www.nfcr.org/stretchtothecure.

Fairfax Symphony Orchestra Names Interim Executive Director

The Fairfax Symphony Orchestra (FSO) Board of Directors announced the appointment of Galen

SEE WEEK IN VIENNA, PAGE 8

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Vietnam Veterans of America Chapter 227 members present thirty-four \$50 gift cards for homeless veterans' children school needs to the two Northern Virginia VASH case managers. From left—Chapter 227 Vice President Bruce Waxman, April Ballard and Martha Valdez, both VASH case managers, and Len Ignatowski, VVA Chapter 227 director.

Providing School Supplies for Veterans' Children

On Aug. 20, Vietnam Veterans of America, Chapter 227 of Northern Virginia, fulfilled its founding principle of "Never Again Shall One Generation of Veterans Abandon Another" by donating thirty-four \$50 VISA gift cards to children of veterans who are in the Veterans Administration Supportive Housing program. The gift cards are intended to help pay for school supplies and other essentials for the coming school year. The donation continued for the second year of the program.

VA Supportive Housing (HUD-VASH) Program is a joint effort between HUD and VA to move veterans and their families out of homelessness and into permanent housing. HUD provides housing assistance through its Housing Choice Voucher Program (Section 8) that allows homeless veterans to rent privately owned housing.

For information, call Len Ignatowski at 703-255-0353.

The first place team in the sixth-seventh grade division, from left: Winifred Li, Emily Zou, Jessica Zhang, Zhenghao Hu, Carson Jones, and Scott Becker.



PHOTO CONTRIBUTED

Local Students Win International Math Tournament at Stanford

Five students from Northern Virginia—Scott Becker (McLean), David Wang (Clifton), William Xu (Arlington), Fred Zhang (Vienna) and Emily Zou (Vienna) competed as part of 22 student U.S. contingents in the first International Math League Tournament held at Stanford University.

They competed with Chinese and Canadian students by qualifying with near-perfect scores on Math League contests administered during the school year. The five-day event, from Aug. 20-25, included individual competition, team competition, lectures from Stanford professors and other activities.

These Northern Virginia students enjoyed success

at both the team and individual level. Emily Zou and Scott Becker were part of the 1st place team in the sixth and seventh grade division.

Scott Becker won 1st place as an individual in the sixth grade division.

The Math League offers math contests for grades four to eight, Algebra 1 students, and high school students. Over one million students from the United States and Canada participate in Math League Contests each year and they are expanding to Europe and China next year.

More information can be found at www.mathleague.com.



PHOTO CONTRIBUTED

Gearing up for the Shepherd Center of Oakton-Vienna's (SCOV) Adventures in Learning classes are (from left) Irma Gennaro (of Fairfax), volunteer marketing; Jayne Young (of Oakton), office administrator; Michelle Scott (of Vienna), executive director SCOV; Cookie Palladini (of Oakton) volunteer.

SCOV Presents Adventures in Learning

Open House to be held on Thursday, Sept. 13.

All classes for Adventures in Learning (AIL) will be the final in a series of lifelong learning classes offered by Shepherd Center of Oakton-Vienna (SCOV) for 2012. Each Thursday between Sept. 20 and Nov. 8, SCOV will be offering four classes to choose from, plus weekly T'ai Chi or Contract/Beginners Bridge. AIL's fall schedule includes 42 classes with a wide range of subjects—from a Health and Wellness series to National and World Affairs to T'ai Chi or Contract/Beginners Bridge. Their Potpourri series/speakers includes Sound Bites of History-Vietnam Era; A Family's Journey to Freedom; Understanding the Local Economy; Tolstoy—Short Stories. These are but a few to choose from. Students may attend one or all of the AIL fall classes for a \$40 fee and are encouraged to create their own schedule—attend classes all day or attend only one class.

For a complete listing of classes or to register, visit <http://www.scov.org/ail.htm> or call their office at 703-281-0538. SCOV will be holding an Open House on Thursday, Sept. 13, from 10 a.m.—noon at the Unitarian Universalist Congregation of Fairfax in Oakton. Visitors will be able to meet the instructors, register for class or learn more about the Shepherd's Center of Oakton-Vienna. Refreshments for the Open House are provided by Sunrise at Hunter Mill in Oakton.

Voted the Best Nonprofit of the Year by the Vienna Tysons Regional Chamber of Commerce,

A Sampling of Classes to Explore

- ❖ Sound Bites of History, Vietnam Era – Hugo Keeting, PhD
- ❖ How to Beat the Big Three: Heart Disease, Cancer and Metabolic Syndrome – Stephani Pina, director of Neuropathic Medicine, Roselle Center for Healing
- ❖ Understanding the Local Economy and its Performance and Near Term Outlook – Stephen S. Fuller, PhD, professor, George Mason University
- ❖ History of the White House – John Cox, sr. guide, U.S. Capitol Historical Society
- ❖ Saudi Arabia, History and Development – Tarik Allagany, Saudi Arabia Embassy
- ❖ Russia – Ambassador Gilbert A. Robinson

SCOV provides services for seniors, as well as educational and enrichment classes for older adults (50+).

Founded in 1997, SCOV is a volunteer-based organization dedicated to providing opportunities for adults (50+) to seek rewarding lives and to live independently in their homes for as long as possible. The Shepherd's Center provides volunteer and participation opportunities for adults to live fulfilling lives through lifelong learning, social programs and service to the community. SCOV's dedicated group of volunteers give their time, talent and commitment to serve the elderly who are no longer able to drive. Volunteers drive seniors to medical appointments or errands; visiting or calling those who are homebound and also providing vital office assistance. These and other services are provided free of charge.

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.

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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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).

Vienna & Oakton CONNECTION

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NEWS

\$168,000 Awarded in Scholarships to Student Leaders

The Community Foundation for Northern Virginia has announced the following 2012 Scholarship Awardees:

Erin Fischer of Lovettsville and Camila Moscoso of Falls Church, the Elizabeth Koury Scholarship for graduating seniors interested in pursuing a career in medicine; Melissa Cracciolo of Great Falls and Gabriela Quiroz of Alexandria, the Rose Koury Scholarship for graduating seniors interested in pursuing a career in education; Arlington County residents, Blair Delery, Brianna Hogan, Sarah Jensen, Niti Paudyal, Mahmud Shibly, and Keyla Andrade Yapura, the Cameron and Virginia Dye Scholarship, awarded to graduating seniors from Arlington County Public Schools who demonstrate leadership in community service or school activities, academic achievement, and financial need.

Erin Edwards of Stafford, Madison Flanagan of Leesburg, Kristen Morris of Warrenton, Marina Munday of Marshall, Candace Plaska of Springfield, Tatum Roessler of Centreville, Kelsey Smith of Warrenton, Megan Waring of Boyce, Lauren Davis of Stafford, and Audra Harpster of



PHOTOS CONTRIBUTED

Camila Moscoso of Falls Church, recipient of the Elizabeth Koury Scholarship, Paul Lanzillota, CFNV board member, Melissa Caracciolo of Great Falls, recipient of the Rose Koury Scholarship.

Lovettsville, The Charles Homer Barton Memorial Scholarship for children of police officers in Fairfax and Loudoun Counties; Daniel McNamara of Burke, Greyson Smith of Vienna, Michael Tompkins of Auburn, and Tia Walker of Herndon, awarded the Vance International Inc. Scholarship for residents of Northern Virginia pursuing careers in law and enforcement or security including

the administration of justice.

This year, a total of \$168,000 in scholarships was given out to awardees.

The Community Foundation for Northern Virginia currently has 20 active college scholarship funds set up by generous donors. There is approximately \$175,000 in college scholarship funds awarded every year to over 50 high school students in Northern Virginia.

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FROM PAGE 4

Wixson as its interim executive director through December of 2012. Galen currently serves as the executive director of The Guitar Foundation of America where he has guided the organization through a transition to a new governance and management model, leading to several new program initiatives. Previously he has held executive director positions with the Austin, Arkansas and Southeast Texas Symphonies, Reno Philharmonic, the Manhattan Center for the Arts, and the American String Teachers Association. Galen played cello with the Fairfax Symphony Orchestra in the mid '90's. He says, "I am thrilled to return to Fairfax and look forward to serving the FSO during this period of transition."

Fairfax Symphony President/CEO Elizabeth B. Murphy has been named president/CEO of Leadership Fairfax, effective Aug. 27.

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Pictured (L-R): Dory and Dany Abi-Najm Photo by: Eikon Photo

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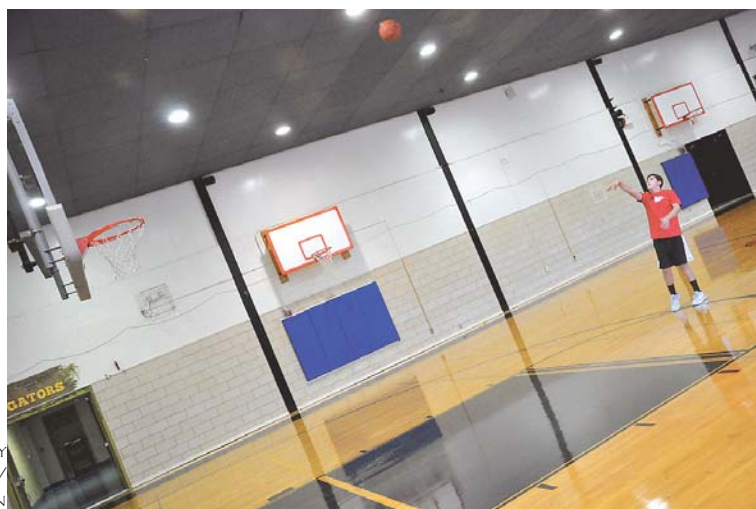
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News

Will Thomas, a rising eighth grader, shoots a three-pointer, part of 2,600 he made over the weekend to raise money for families of fallen service members.

PHOTOS BY
ALEX McVEIGH/
THE CONNECTION



Shooting to Support Military Families

Will Thomas shoots 2,600 three-pointers over Labor Day weekend.

BY ALEX McVEIGH
THE CONNECTION

Early the morning of Saturday, Sept. 1, the gym at Stone Ridge School in Bethesda was occupied by only one person. Will Thomas, a rising eighth grader at Longfellow Middle School, dribbled his basketball twice, stepped back behind the three-point line and let a shot go. After it hit the front of the rim, popped up and fell through the net, Thomas retrieved his ball and headed back out to the three-point line: one down, 2,600 to go.

Thomas spent the weekend shooting three-pointers as his own personal challenge, part of Operation Hawkeye, an initiative he founded in August of 2011. On Aug. 6, 2011, a CH-47 Chinook helicopter was shot down in Afghanistan, with 30 U.S. military personnel and one service dog among the dead.

"When I heard about the crash, it was such a horrible thing, and it helped me learn about what the Navy SEALs do, and how important their work is to my life," he said. "I was shooting baskets at the time, so I thought trying to help out by shooting might be appropriate."

LAST YEAR, Thomas made 20,000 mid-range jump shots over a 50-hour period, which raised \$50,000 for the families of the fallen service members. Since then, Thomas and his father William Thomas have set lofty goals for themselves, aiming to raise \$310,000.

The name Hawkeye comes from the dog who famously lay next to his owner, SEAL Jon Tumlinson's casket.

Thomas made 455 baskets Friday, 1,050 Saturday and 1,010 Sunday and finished shooting on Monday.

"I tried to make a few hundred, then take a break for lunch or some water," Will Thomas said. "I can usually get into a pretty good groove, and by the



Will Thomas, 12, makes a three-pointer at Stone Ridge High School in Bethesda, part of the 2,600 he made over the weekend to help raise money for the families of fallen American service members.

second or third day, things should go pretty fast."

The shooting portion of the event was called "rise and fire," a phrase used by basketball announcer Gus Johnson, who gave permission for it to be used. They also got support from each NBA team, current and former players and coaches, authors and more to donate items.

"We wrote to a lot of people, who donated a lot of cool items, like a Dwyane Wade signed jersey, a ball signed by the Denver Nuggets, or signed copies of books of several prominent authors," William Thomas, Will's dad, said.

SINCE LAST YEAR'S EVENT, Will and his dad have been working to recruit sponsors, build a Facebook page and find more ways to build support.

"We definitely wanted to make it more of a national effort, not just

a local one," said his dad, William Thomas.

Once the group meets their goal of raising \$310,000, they will begin giving away the donated items. They will also give away items when they reach 31,000 fans on Facebook.

They have also garnered support from businesses, both local and national, accepting donations or publicity.

The Facebook page also contains a link for those who are unable to donate money, but wish to support the cause. Users can send a message to the families of one of the fallen service members, or send one to all the families. The families are able to log on a secure website to see the messages.

"We obviously didn't want to violate anyone's privacy, but we wanted the people who support this cause to be able to voice that, and they're not just dropping a bottle into the ocean, this will be seen by the families," William Thomas said. "We tried to make a setup that allowed anyone with an internet connection to be able to support the cause in one way."

More information can be found at www.facebook.com/operationhawkeye.

MILITARY NOTES

To have community events listed in the Connection, send to vienna@connectionnewspapers.com. Deadline is Friday.

Army Pfc. **Eric Z. Reynolds**, a 2007 graduate of Oakton High School, has graduated from the Infantryman One Station Unit Training at Fort Benning, Columbus, Ga. He is the son of James and Susan Reynolds of Oakton.

Michael Thompson of Vienna is among 10 James Madison University students that trained for three days with Special Forces soldiers at Fort Bragg, N.C., as part of the Army ROTC Ranger Group.

Army 2nd Lt. Roman A. Terehoff has graduated from the Infantry Basic Officer Leader Course at Fort Benning, Columbus, Ga. He is the son of Alex G. and Irina P. Terehoff of Borge St., Oakton, Va. Terehoff graduated in 2001 from Oakton High School, and received a bachelor's degree in 2008 from George Mason University.

Jennifer E. Fulco has graduated from the Army ROTC Leader's Training Course at Fort Knox, Ky. Fulco is a student at George Mason University, and a 2007 graduate of James Madison High School. She is the daughter of Bruce R. and Judy A. Fulco of Podium Drive, Vienna.

Jerard M. Paden has graduated from the Army ROTC Leader Development and Assessment Course, also known as "Operation Warrior Forge," at Fort Lewis, Tacoma, Wash. Paden is a student at Norwich University, Northfield, Vt., and is the grandson of Eleanor Clark of Carrhill Road, Vienna.



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ENTERTAINMENT

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

THURSDAY/SEPT. 6

Ingram Hill. 8 p.m., at Jammin Java, 227 Maple Ave. E, Vienna. The Memphis-based rock trio put determination and grit into their feel good shows. \$12 in advance. www.jamminjava.com.

The Producers. 8 p.m., at James Lee Community Center, 2855-A Annandale Road, Falls Church. Get a little Broadway with Mel Brooks' classic about the two men who produced the biggest flop in history. \$15 general admission, \$10 for students, seniors, military or groups of 10-plus. Info and reservations at 703-615-6626 or zina.bleck@gmail.com.

FRIDAY/SEPT. 7

The Producers. 8 p.m., at James Lee Community Center, 2855-A Annandale Road, Falls Church. Get a little Broadway with Mel Brooks' classic about the two men who produced the biggest flop in history. \$15 general admission, \$10 for students, seniors, military or groups of 10-plus. Info and reservations at 703-615-6626 or zina.bleck@gmail.com.

SATURDAY/SEPT. 8

McLean Fall Community Flea Market. 9 a.m.-1 p.m. Intersection of Ingleside Avenue and Beverly Road, 1420 Beverly Road, McLean. Shop for goods and wares. www.mcleancenter.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.

Oak Marr Park Ribbon Cutting. 4 p.m., at Oak Marr Park, 3200 Jermantown Road, Oakton. The completed fields open with their new sod, goal posts and \$400,000 lighting system. 703-324-8662.

It's All About Jack/Book Signing Event. 4-5:30 p.m., at Wildfire Tysons, 1714 U International Drive, McLean. Fairfax County-based novelist Marel Brady signs copies of his psychological drama set in the heart of Tysons Corner, It's All About

Photography Lecture

On Sept. 5, the Vienna Photographic Society will feature nature photographer Nikhil Bahl on "The Evolution of a Photographer." Bahl will discuss how his approach and thought process have changed over the years and offer ideas to help photographers develop a personal vision. His work can be seen at www.nikhilbahl.com. The Vienna Photographic Society meets from 7:30-9:30 in the Lecture Hall of Thoreau Middle School, 2505 Cedar Lane, Vienna. For further information, contact Jane Elfving, 703-801-6106 or www.vps-va.org.

Jack. Refreshments provided. marel_brady@yahoo.com.

West Coast Swing Dances. 7 p.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Second and third Saturday every month. 703-759-2685 or www.colvinrun.org.

The Producers. 8 p.m., at James Lee Community Center, 2855-A Annandale Road, Falls Church. Get a little Broadway with Mel Brooks' classic about the two men who produced the biggest flop in history. \$15 general admission, \$10 for students, seniors, military or groups of 10-plus. Info and reservations at 703-615-6626 or zina.bleck@gmail.com.

SUNDAY/SEPT. 9

"The Blessing of the Backpacks." 10 a.m., at Saint Thomas Episcopal Church, 8991 Brook Road, McLean. All children and youth are encouraged to bring their backpacks, messenger bags, rucksacks, bookbags, lunchbags, laptop cases or anything related to the launch of this academic year for a blessing and a sending during the service. 703-606-4031.

The Producers. 2 p.m., at James Lee Community Center, 2855-A Annandale Road, Falls Church. Get a little Broadway with Mel Brooks' classic about the two men who produced the biggest flop in history. \$15 general admission, \$10 for students, seniors, military or groups of 10-plus. Info and reservations at 703-615-6626 or zina.bleck@gmail.com.

Designing with Mums! 2:30 p.m., at the Falls Church Community Center, 223 Little Falls Street, Falls Church. The Old Dominion Chrysanthemum Society presents a forty-five minute



demonstration by award-winning Master Floral Designer and Judge Sylvia Deck. Refreshments provided. 703-560-8776.

Swifts and Nighthawks. 7 p.m. Location to be determined: see <http://www.audubonva.org/index.php/environmental-education/field-trips>. Come for the spectacle of thousands of Chimney Swifts circling and descending into their chosen chimney for the night.

Rock of Ages. 8 p.m., at Wolf Trap, 1551 Trap Road, Vienna. "See the Tony Award-winning musical (and one of the longest running shows on Broadway) which 'features 80s rock music. Get tickets by contacting 703-255-1900 or www.wolftrap.org.

MONDAY/SEPT. 10

Inova Women's and Children's Hospital Ground-Breaking. 10-11:30 a.m., at Inova Fairfax Hospital, 3300 Gallows Road, Falls Church. Find the tent south of the Emergency Department, in which Mrs. Maureen McDonnell, first lady of Virginia will speak among other notable guests. www.inova.org.

TUESDAY/SEPT. 11

"Lunch n' Life" with Tim Wendel. Noon, at Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna. The Shepherd's Center of Oakton-Vienna presents guest speaker and author on his book Summer of '68-The Season that Changed Baseball and America-Forever. Lunch provided. \$10. Make reservations at www.scov.org.

10th Anniversary Open House & Wellness Fair. 1-4 p.m., at the Dream Yoga Studio & Wellness Center, 1485 Chain Bridge Road, Suite 104, McLean. Learn about

Dream Yoga, health and free yoga classes for new members; for all levels. 703-448-9642. Luann@DreamYogaStudio.com.
Great Falls Freedom Memorial Committee 9/11 Ceremony. 7 p.m., at the site of the Freedom Memorial, behind the Great Falls Library at 9830 Georgetown Pike, Great Falls. This ceremony especially remembers the six citizens of the Great Falls community who died when Flight 77 crashed into the Pentagon on September 11, 2001.

WEDNESDAY/SEPT. 12

Key Factors Affecting our Local Economy. 11:30 a.m.-2 p.m., at the Fairview Park Marriott, 3111 Fairview Park Drive, Falls Church. The Northern Virginia Employer Advisory Committee presents the Northern Virginia Economic Forecast Luncheon. <http://www.vec.virginia.gov/employers/eac/nvec>.

Instrumental to Business (i2B). 5:30-8 p.m., at Panache, Pinnacle Towers South, 1753 Pinnacle Drive, McLean. McLean Orchestra's business mixer with live music, prizes, appetizers and drinks provides a chance to mingle with business elite. \$38 in advance, \$45 at the door. www.mcleanchamber.org.

FRIDAY/SEPT. 14

Argentine Tango. 7 p.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Every Friday. 703-759-2685 or www.colvinrun.org.

The Christopher Linman Jazz Ensemble. 8:30 p.m.-12 a.m. Wine Bar & Lounge at Entyce, Ritz Carlton 1700 Tyson's Boulevard, McLean. Enjoy food, wine and jazz. 703-506-4300.



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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.



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.

PHOTO
CONTRIBUTED

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."

"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, execu-

tive 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 en-

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."

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SEE EXPERTS, PAGE 13

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WELLBEING

Experts Offer Advice On Healthy Living

FROM PAGE 12

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 impor-

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

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The Hot Club of San Francisco will perform in The Professional Series at the McLean Community Center this fall.



The McLean Community Center will host its 30th Holiday Crafts Show.

MCC Offers Variety of Programs

The McLean Community Center is offering a bounty of options for classes, trips, special events and performances for residents this fall. The center is located at 1234 Ingleside Ave.

More than 100 classes will be offered this session on a wide variety of subjects including new classes in decorating and design, pet care and health. Trips and tours to destinations in Pennsylvania (Fallingwater), Maryland (St. Michaels) and the District (Smithsonian National Museum of African Art) are designed to offer travelers ease and comfort at every turn.

The Old Firehouse Teen Center offers Friday Night Activities, after school programs and school break trips for seventh to ninth graders.

Younger children can participate in a number of special events, including Harvest Happenings and the Children's Flea Market. Popular special events for adults, such as the Fall Community Flea Market, Sunday Soiree Dances, the McLean Antiques Show & Sale and the McLean Holiday Crafts Show are returning by popular demand as well.

The Alden Theatre's 2012-2013 season also begins in September with the popular Jammin' Juniors Concert Series in McLean Central

Park. The free concerts for 2-5 year olds and their families begin on Wednesday, Sept. 12, at 12:30 p.m. The Professional Series features performances by the Hot Club of San Francisco, Hobey Ford's Golden Rod Puppets and Tap Kids, to name only a few.

For a complete listing of classes, trips, special events, performances, art exhibits and other activities, visit www.mcleancenter.org.

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Church volunteer Sophia Malakooti of Vienna serves a platter to a guest at the Holy Transfiguration Church 19th Annual Middle Eastern Food Festival.

PHOTOS BY DONNA MANZ/THE CONNECTION



Volunteers carve lamb off the spit for shawarma for pita-bread sandwiches.

Middle Eastern Food Festival Fills Air with Aromas

McLean's church's annual festival draws visitors from throughout D.C. area.

Overcast skies cleared in McLean as Holy Transfiguration Church's two-day Middle Eastern food festival kicked off on Sept. 1. The aroma of grilling meats characterized the essence of the festival, heavy on food and Middle Eastern culture. The highlight, after shawarma and spit-roasted lamb, was the hall-length sweets tables, offering every well-known and not-well-known Middle Eastern treat, from baklava filled with a variety of nuts to date-filled cookies called mamoul.

Families came from throughout the D.C. area for the annual food festival. The activities were fun for the children, but, make no mistake about it, food took center-stage.

"We come for the food," said Maria Ammirati of Springfield, eating on the patio. "And desserts."

Companion Adam Kline of D.C. added that it was really the desserts that the friends come for, especially the baklava made with chocolate and macadamia nuts. They even bring those confections home for friends.

In the back yard were the grilling and spit stations. Volunteers carved thin slices of beef and lamb, wrapping them in pita bread. Chicken was turned into traditional Mediterranean kebabs.

Children played in the kids' zone, guests ate from platters of



Food festival Food Coordinator Nikki Haddad demonstrates the making of watermelon salad, dotted with olives and feta cheese.

assorted entrees, watched dancers, and listened to food demonstrations presented throughout the day.

Sandwiches featuring marinated lamb or chicken for \$7 to \$8.50. Meat pies and spinach pies sold for \$3. But it was Saturday night's dinner, starring roasted lamb, that parishioners of Holy Transfiguration Melkite Greek-Catholic Church wait the whole year for. Throughout the festival, guests left carrying bags of take-out dishes, food made by church volunteers

from recipes handed down for generations.

For the children there were moon bounces, pony rides and balloon art. For the grown-ups, there was food, music, camaraderie and more food.

Vendors sold olive oil from Greece, handcrafted baskets and jewelry, and mementos of Middle Eastern culture. Holy Transfiguration Church, on Lewinsville Road, gives tours of the church on Sundays.

Rt. Rev. Joseph Francavilla



Tables laden with traditional Middle Eastern sweets line the wall.

called the food festival an opportunity to share a meal with friends and with strangers. How can you be enemies with someone you shared a meal with, Father Francavilla asks.

Like most others, Steve and Sara

Essama came for the food, bringing along their 10-month-old. The festival was more than food, though, Essama said. "It's hanging out with friends."

—DONNA MANZ

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.

McLean Soccer Team Returns from England with Medals

A youth soccer team from McLean won the play-off division, the Plate trophy, and took third place overall in the Keele International Cup soccer tournament held during the Olympics in Staffordshire, England. The team, made up of some of the best 11- and 12-year-old players from McLean Youth Soccer and coached by Lucas Cook, competed against 14 teams from around the world.

"Watching our guys play tough international teams, you couldn't help imagining a bright future for the next generation of US soccer," McLean's Brian Luwis said.

During the tournament, the boys attended an Olympic men's soccer game at Manchester United Football Club's Old Trafford Stadium between Great Britain and Senegal and were given a tour of Liverpool FC's Anfield Stadium.



PHOTO CONTRIBUTED

McLean Medal Winners, Keele Cup 2012 in Staffordshire, England.

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.

FAITH

Faith Notes are for announcements and events in the faith community. Send to vienna@connectionnewspapers.com. Deadline is Friday.

Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton, offers a rich and unique Religious Exploration (RE) program for all children, from pre-K toddlers through high school seniors, emphasizing exploration of all religious traditions while developing a personal spiritual path. Registration for the RE program, which offers classes on Saturday afternoons and Sunday mornings, is now open by calling 703-281-4230.

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, offers three Sunday services and a host of musical, educational, outreach, and fellowship ministries to enrich spiritual growth. 7:45 a.m. Worship Service without music; 9 a.m. Worship Service, Children's Chapel and Children's Choirs; 10 a.m. Sunday School and Adult Forum; and 11 a.m. Worship Service with Adult Choir. 703-759-2082.

Redeemer Lutheran Church, 1545 Chain Bridge Road, McLean, offers a 9 a.m. traditional service and a 10:30 a.m. contemporary service on Sundays. Also offers two services during the summer – both of which will include children's sermons. 703-356-3346.

Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean, Sunday worship services are at 8:30 and 10:30 a.m. Sunday School for adults is at 9:30 a.m. and for children during the 10:30 a.m. worship service. Youth Group for grades 7-12 meets Sundays at 6 p.m. A 20-minute service of Holy Communion is held each Wednesday at 12 p.m. 703-356-3312 or umtrinity.org.

The Jewish Social Services Agency (JSSA) offers a wide variety of support groups for those with emotional, social, and physical challenges. www.jssa.org/growth-learning.

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.

McLean Bible Church Fitness Class at Body & Soul Fitness. Balance is key, energy is renewed and strength is gained. 9:45 a.m. Mondays and Fridays. Free childcare for registered students. bodyandsoul@mcleanbible.org.

Vajrayogini Buddhist Center offers ongoing classes on meditation and Buddhist philosophy, Mondays at 7 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. \$10 per class. 202-331-2122 or www.meditation-dc.org.

St. Dunstan's Episcopal Church, 1830 Kirby Road in McLean. The third Sunday service every month at 10:15 a.m. allows children to play active roles in the music and as greeters and ushers. Traditional services are every Sunday at 8:15 and 10:15 a.m.

Vienna Assembly of God has a ministry to children on Wednesdays, 7-8 p.m. at the corner of Center N and Ayr Hill Avenue, N.E. Children's Church on Sundays also available. 703-938-7736 or www.ViennaAG.com.

Vienna Christian Healing Rooms, every Saturday, 1-5 p.m., at 8200 Bell Lane. A team of Christians is available to anyone requesting prayer.


Free and open to the public. 703-698-9779 or www.viennachristianhealingrooms.com.

Chesterbrook United Methodist Church is at 1711 Kirby Road, McLean. Worship service is at 11 a.m. Sunday school is at 9:30 a.m. for adults and children. Rev. Kathleen Card, Pastor. 703-356-7100 or www.ChesterbrookUMC.org.


A Centering Prayer Group meets Fridays, 9:30 a.m. at Andrew Chapel United Methodist Church, 1301 Trap Road, Vienna. The hour includes a brief reading related to Centering Prayer, fol-

lowed by a 20-minute prayer period. E-mail Martha Thomas at mmthomas211@hotmail.com or call the church at 703-759-3509.

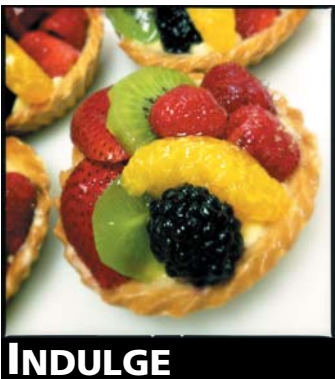
The Jewish Federation of Greater Washington and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are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




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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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Obituary



Agnes Strauss Wolf

February 25, 1922 – August 11, 2012

Agnes Strauss Wolf, a sixty-year resident of McLean and a major figure in local Democratic politics and civic life, died on August 11 at age 90. She died at her summer home on Cape Cod of complications from a stroke. Mrs. Wolf arrived in the Washington area shortly after graduating from Vassar College in 1943. Her first position was as the only woman investigator on the Senate War Investigating Committee (Truman Committee). She was assigned by the Truman Committee to investigate charges of Navy cost overruns and potential financial misconduct during WWII. She subsequently married the Navy lison to the Truman Committee, Lieutenant Commander Alfred C. Wolf. They remained married for 60 years until her husband's death in 2006. Shortly after marrying, they moved to their first home on Ballantrae Lane in McLean. After WWII, Mrs. Wolf served as an investigator for the Senate Crime Investigating Committee chaired by Estes Kefauver.

Other than an eight-year interval in the 1950's, Mrs. Wolf lived the remainder of her life on Towlston Road in McLean, until moving to the Jefferson senior living community in Arlington in 2010. She became an active figure in local Democratic politics soon after her arrival, serving as a member of the Fairfax County Democratic Committee since 1962 and as co-chair of the Kenmore Precinct. She served as a delegate to several Virginia Democratic state conventions and as Chair of the Gore delegation from Dranesville District in 2000, and co-founded the Northern Virginia Democratic Club. On the national level, Mrs. Wolf held numerous leadership positions in the Women's National Democratic Club and was a member of the Democratic National Committee Women's Leadership Forum. In addition, she served as organizer, speech writer, and fundraiser on innumerable local, state, and national Democratic campaigns.

Mrs. Wolf was also a major contributor to civic life in McLean. She served as Director of Volunteers for the Fairfax County Community Chest in the early 1950's and was a board member of the McLean Citizens Association in the 1970's, serving on planning & zoning and community relations committees. Among the highlights of Mrs. Wolf's civic contributions was her participation in the protest movement that culminated in confronting bulldozers poised to develop the "Burling Tract" – the successful protest led to the creation of what is now the Scott's Run Nature Preserve.

Upon learning of her death, Congressman Jim Moran offered these words: "Aggie Wolf was an icon of the Democratic party - committed to its policies and principles, and devoted to its members and candidates. I will remember Aggie most, however, for her commitment to the belief that a loving and liberal outlook on life is the best hope for humanity. She'll be so missed."

Mrs. Wolf is survived by her four children, Sally Wolf of Ashburn, John Wolf of Wellfleet, MA, Steven Wolf of Washington, DC, and Andrew Wolf of Charlottesville, and by her four grandchildren, Alexander, Tyler, Kathryn, and Sage.

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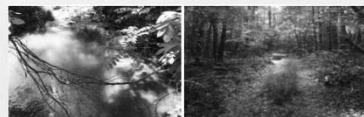
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