

Herndon Finishes Runner-Up at Field Hockey Invite

SPORTS, PAGE 8

MWAA Releases Toll Rates to 2014

NEWS, PAGE 3

Reston Hospital Center Breaks Ground

NEWS, PAGE 3

Sophomore midfielder Taylor
Stone is the Herndon field hockey
team's leading goal scorer.

Fall Fun!

And a benefit for Reston Interfaith

HarvestFest

WOODLAND PARK CROSSING

Saturday, September 29
12 - 4 pm

ENTERTAINMENT FOR ALL!

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patio - LA Boxing and Down Dog Yoga
fitness demos - JW Tumbles Zumba
Dance Routine - get free hot dogs at the
Harris Teeter Boar's Head wagon - sample
humus, falafel, chicken and pita from
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Tinsel Highlights with Bubbles Hair Salon
— and much more!

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Sleepy's • Smiles By Design • Universal Art Day Spa
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United Methodist Church**
www.HerndonUMC.org

Sundays

9:00 AM Sanctuary, Traditional Worship Service
11:00 AM Connection, Contemporary Worship Service

other weekly services

5:30 PM Saturdays: Relax & Renew, Casual Worship Service

**701 Bennett St., Herndon, VA
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To Highlight your Faith Community,
Call Karen at 703-917-6468

BULLETIN BOARD

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

THURSDAY/SEPT. 20

The MOMS Club of Herndon Meeting. 10-11:30 a.m., at Trinity Presbyterian Church, 651 Dranesville Road, Herndon. Come and meet other moms (zip codes 20170 and 20171) and bring child-related items to swap (Halloween costumes, baby/children clothing/gear, maternity clothes and the like); unwanted items after the swap is over will be donated to a local Herndon non-profit organization. info@momsclubofherndon.org or visit <http://www.momsclubofherndon.org/>.

Committee for Dulles Monthly Luncheon. 11:30 a.m., at the Hilton Washington Dulles Airport, 13869 Park Center Road, Herndon. Get updates from the economic development leaders from Fairfax, Loudoun and Prince William Counties. www.committeefordulles.org.

Weight Loss Surgery: Understanding the Options. 6:30 p.m., in the Boardroom at the Reston Hospital Center, 1850 Town Center Pkwy., Reston. Reston Hospital Center hosts Matthew Fitzer, M.D., for a presentation on the benefits of weight loss surgery and the options available. Register. 877-689-DOCS (3627) or restonhospital.com/calendar.

SUNDAY/SEPT. 23

Cat Adoption. 1-4 p.m. PetSmart, 11860 Spectrum Center, Reston. Every Sunday. Sponsored by Lost Dog & Cat Rescue Foundation. www.lostdogrescue.org.

TUESDAY/SEPT. 25

INOVA Blood Drive. 12-7:30 p.m. Reston Town Center, 11900 Market Street, Reston. Schedule appointments at 1-866-256-6372 or inova.org/donateblood.

September Network Night. 5:30-7:30 p.m., at Northwestern Mutual Financial Network, 11790 Sunrise Valley Drive, Suite 104, Reston. Join members, prospective members and guests of the Greater Reston Chamber of Commerce for the first fall network night. www.restonchamber.org.

WEDNESDAY/SEPT. 26

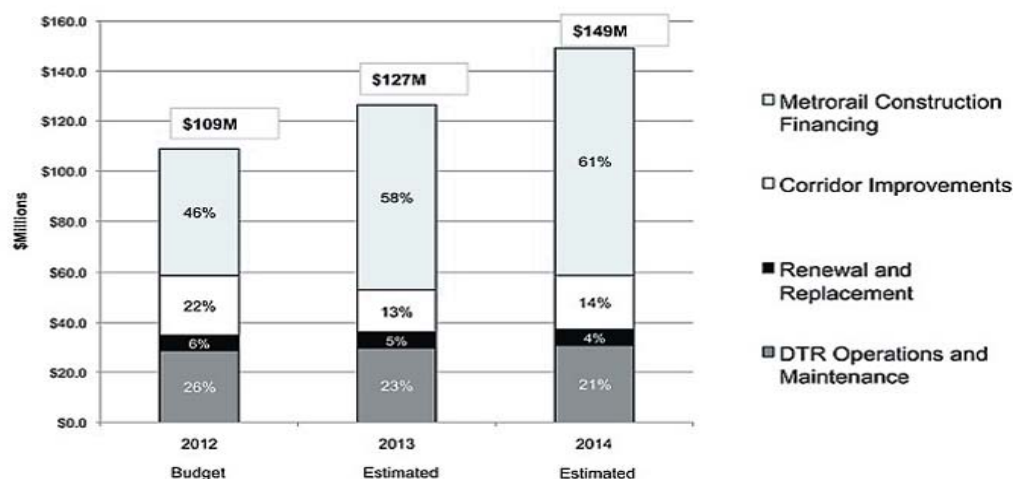
Free and Affordable Services in Fairfax County. 8:30-10 a.m., at Cameron Glen Nursing and Rehabilitation Center, 2nd floor, 1800 Cameron Glen Dr., Reston. Learn what senior services are available for yourself or family members and how to access free services; refreshments provided. RSVP. 703-421-0690 or <http://wfaha.eventbrite.com>.

ONGOING

Parks and Recreation Fall Classes/Registration. Various times, Stacy C. Sherwood Center, Old Lee Highway, Fairfax. Find a comprehensive list of classes on a wide range of topics and register online at www.fairfaxva.gov/ParksRec. 703-385-7858.

Cat Adoption. 1-4 p.m. PetSmart, 11860 Spectrum Center, Reston. Every Sunday. Sponsored by Lost Dog & Cat Rescue Foundation. www.lostdogrescue.org.

Dulles Corridor Finance Plan Use of Toll Revenue



The finance plan for the Dulles Toll Road up to 2015.

MWAA Releases Toll Rates to 2014

Community groups concerned about raises and effect on local traffic.

BY ALEX McVEIGH
THE CONNECTION

The Metropolitan Washington Airport Authority has released its scheduled toll rate increases for the Dulles Toll Road up to 2015. Effective January 1, 2013, tolls at the mainline plaza will be \$1.75 (up from \$1.50) and the ramps will be \$1.00 (up from \$0.75).

There are two options currently being presented by MWAA for toll prices from Jan. 1 to Dec. 31, 2014. The first would raise the cost at the mainline plaza to \$2.50, with no increase on the ramps. The second would raise the mainline plaza to \$2.25, and the ramps to \$1.25.

There are two similar options for rates from Jan. 1 to Dec. 31 2015. Option A calls for a mainline plaza raise to \$2.75 and the ramps raised to \$1.75. Option B would raise the mainline plaza to \$3.00 and the ramps to \$1.50.

ACCORDING TO MWAA, "toll increases beyond 2015 will be analyzed based on actual financial performance and potential receipt of any additional funding."

The Greater Reston Chamber of Commerce released their official response, which includes a preference for greater increases at the mainline plaza.

"We prefer greater toll increases at the main toll plaza than at the ramps so that drivers will be encouraged to use the [Dulles Toll Road] within the corridor for those short trips where transport is not an option," they said.

The GRCC also called for "some certainty about the toll rates and the transportation improvements that will be made to allow ease of travel."

MWAA's 2012 budget calls for 46 percent of its \$109 million budget to be used for Metrorail construction financing, and 22 percent going to corridor improvements, six percent to renewal and replacement of noise walls and 26 percent for operations and maintenance.

The budget for the toll road rises to \$127 million in 2013 and \$149 million in 2014, and each year sees an increase in percentage dedicated to Metrorail funding, from 46 percent this year to 58 percent in 2013 and 61 percent in 2014.

Toll Rates Proposed Adjustments

Effective January 1, 2013					
Vehicle Class	Mainline Plaza	Ramps			
2-Axle	\$1.50	\$0.75	\$1.75	\$1.00	
3-Axle	\$1.75	\$0.90	\$2.00	\$1.25	
4-Axle	\$2.00	\$1.10	\$2.25	\$1.50	
5-Axle	\$2.25	\$1.30	\$2.50	\$1.75	
6 or more	\$2.50	\$1.50	\$2.75	\$2.00	

Effective January 1, 2014					
Vehicle Class	Option A		Ramps	Option B	
	Mainline Plaza	Ramps		Mainline Plaza	Ramps
2-Axle	\$1.75	\$2.50	No change	\$1.75	\$2.25
3-Axle	\$2.00	\$2.75	No change	\$2.00	\$2.50
4-Axle	\$2.25	\$3.00	No change	\$2.25	\$2.75
5-Axle	\$2.50	\$3.25	No change	\$2.50	\$3.00
6 or more	\$2.75	\$3.50	No change	\$2.75	\$3.25

Effective January 1, 2015					
Vehicle Class	Option A		Ramps	Option B	
	Mainline Plaza	Ramps		Mainline Plaza	Ramps
2-Axle	\$2.00	\$2.75	\$1.75	\$2.25	\$1.50
3-Axle	\$2.25	\$3.00	\$2.00	\$2.50	\$1.75
4-Axle	\$2.50	\$3.25	\$2.25	\$2.75	\$2.00
5-Axle	\$2.75	\$3.50	\$2.50	\$3.00	\$2.25
6 or more	\$3.00	\$3.75	\$2.75	\$3.25	\$2.50

The proposed toll rate increases along the Dulles Toll Road.

MWAA projects toll road revenue to cover approximately 54 percent of the almost \$5.6 billion for both phases.

So far, there have been no finds put forth from the federal government for Phase Two, and only \$23.3 million has been put forth from the state. The other funding sources, Fairfax County, Loudoun County and MWAA aviation funds, are fixed as a percentage of the total amount. Fairfax is responsible for 16.1 percent, Loudoun 4.8 percent and MWAA aviation funds 4.1 percent.

But funding from the toll road is not fixed, by either a dollar amount or percentage. This has raised concerns that should costs go up, the toll road will go up, pushing to burden on its users.

Reston 2020, a committee of the Reston Citizens Association, has released their own take on the increases, which they believe will only serve to increase traffic on Reston's other roads.

THEIR REPORT claims that the hikes will move more than 40,000 vehicle trips onto nearby roads by 2015, which includes 10,000-15,000 trips in Reston. This will lead to more congestion, pollution and maintenance requirements.

The RCA proposes that toll road users be responsible for a fixed 25 percent of costs, which would prevent tolls from rising above \$2.85.

MWAA is currently accepting public comment for a report which will be issued in late October. Comments and questions can be submitted at www.mwaa.com/net/dtr_toll.aspx.



PHOTO BY ALEX McVEIGH/THE CONNECTION

From left, Mark Ingrao of the Reston Chamber of Commerce, Milton Matthews, CEO of the Reston Association, Supervisor Cathy Hudgins (D-Hunter Mill), Jane Raymond of Reston Hospital, Supervisor John Foust (D-Dranesville) and Joe Ritchey break ground for the new Reston Hospital building Monday, Sept. 17.

Hospital Breaks Ground For New Building

Medical office building will add 180,000 square feet to campus.

BY ALEX McVEIGH
THE CONNECTION

The Reston Hospital Center broke ground on their new medical office building Monday, Sept. 17. The new building, which is estimated to be completed in late fall 2013, will add 180,000 square feet of physician offices and hospital services.

The addition originated in 2010, with the Reston Master Plan rezoning.

"Reston has seen tremendous growth since we opened our doors 25 years ago. This milestone comes at an important and crucial time," said Jane Raymond, vice president and chief operating officer. "We're on the cusp of finally welcoming rail to the corridor, so it's an opportunity to honor both history and celebrate the change the future will bring."

The \$25 million building is the first phase of future growth of Reston Hospital. It will be a LEED certified building, which is a first for the Hospital Corporation of America in the United

States.

"We've tried to make the design even more special by incorporating elements of what makes this community great. Anybody that knows Reston knows that nature and the arts are two very important pieces to Reston," Anthony said. "The earth tones and tree motifs were chosen to reflect the nature of Reston

"Reston has seen tremendous growth since we opened our doors 25 years ago."

— Jane Raymond

and we've also planned for art installations in key areas around the building."

Reston Hospital will partner with the Greater Reston Arts Center and the Initiative for Public Art-Reston to provide art in the designated spaces of the new building.

"These elements are not only reflective of our community, but make a positive impact on the patients who view them," Raymond said.

Reston Hospital serves 47,000 patients yearly in their emergency department; oversees births of 3,300 babies and admits 12,000 patients per year. Last year they gave more than \$34 million in uncompensated care.

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Rouge



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Larry

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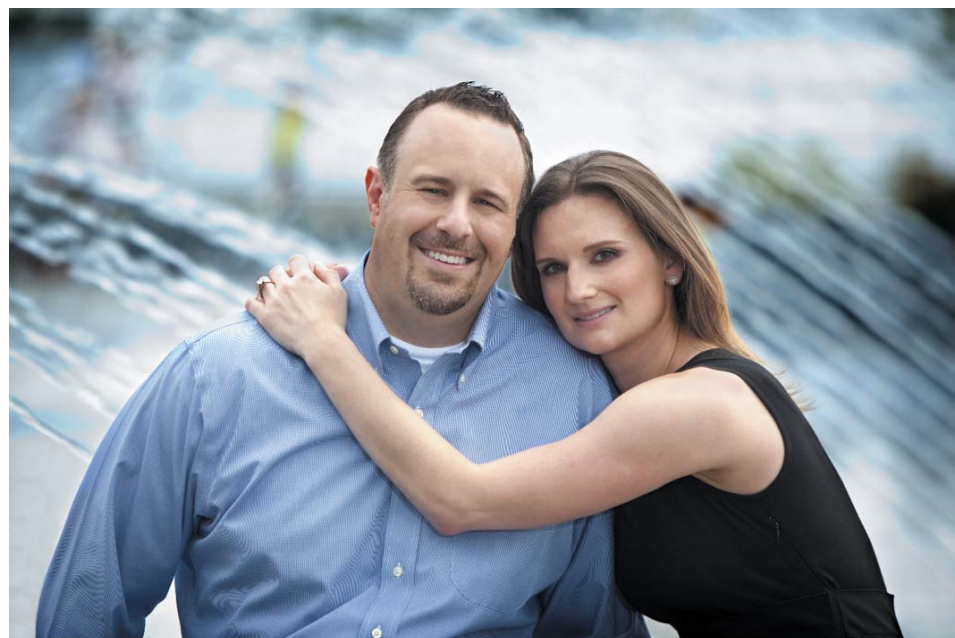


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www.foha.org

PEOPLE

Christopher
John
DiCosmo and
Kimberly
Beth



Andreotta-DiCosmo Wedding

Mr. and Mrs. Mark P. Andreotta of Clifton are pleased to announce the engagement of their daughter, Kimberly Beth, to Christopher John DiCosmo, son of Mr. and Mrs. Natale J. DiCosmo of Draper, Utah.

The bride-to-be graduated from Boston College with a bachelor's degree in marketing and earned a certificate in event management from George Washington University. She is currently an account man-

ager at ConnellyWorks, Inc. in Herndon.

The future groom received his bachelor's degree in international business and management information systems from Widener University and earned a master's in business administration in international finance and entrepreneurship from American University. He is currently a general manager at U.S. News & World Report in Washington, D.C.

The couple is planning an October wedding and plans to reside in Arlington.



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FAITH NOTES

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

Rite of Christian Initiation for Adults (RCIA) Classes. Various times, at St. Veronica Catholic Church on Centerville Road. RCIA is a series of classes for people interested in learning about the Catholic faith and practice, as well as for those interested in entering (or returning to) the Catholic Church. Classes begin Sept. 17. rcia@stveronica.net.

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.

Teaching Kids About Money

Experts offer advice on raising financially savvy children.

BY MARILYN CAMPBELL
THE CONNECTION

“Money comes from my daddy,” said Ian, a 7-year-old boy from Arlington, who is missing his front teeth.

“My parents got it from an ATM,” said 6-year-old Claire when asked about the origins of the \$10 bill that she was using to buy a scoop of chocolate ice cream.

Financial experts say that as soon as children are aware of the purchasing power of money, parents should start teaching them how to use it wisely. Children who develop sound financial habits when they are young will become adults who know how to budget, save and use credit judiciously.

“No matter how young a child is, they can always learn good money practices,” said Theresia Wansi, an associate professor of finance at Marymount University in Arlington, “What matters in life is not how much money you earn, but how you manage your finances. We hear stories all the time about people who make millions and end up broke.”

Potomac, Md., resident Glen Buco, president of West Financial Services, says many financial advisers in his McLean, office are also parents who are passing along penny-wise know-how to their children. “When their children receive money, the parents



Ilham Nasser, Ph.D., of George Mason University in Fairfax, says parents can teach children delayed gratification by using simple games like ‘Simon Says.’



Herndon resident Theresia Wansi, Ph.D., of Marymount University in Arlington, encourages parents to help children keep track of their money by writing down the amount they spend each day.

PHOTOS COURTESY OF MARYMOUNT UNIVERSITY



Theresia Wansi, Ph.D., who teaches finance at Marymount University in Arlington, believes that those who develop sound financial habits when they are young will become adults who know how to budget, save and use credit judiciously.

help them develop a budget using a “three bucket system,” said Buco. “One bucket is for saving, one is for spending and one for

charity.”

Experts like Buco say wise shopping is a key component of money smarts: “When children want

PRIVATE SCHOOLS

Applying to Private Schools: Starting the Process

As the application period gets underway, local independent school officials offer suggestions.

START SURFING. “I would encourage parents to visit a variety of school websites to get a feel for the wide range of fabulous independent school options available. A comprehensive directory of schools with website information [can be found at <http://www.independenteducation.org>].” Mimi Mulligan, assistant head and director of admission and enrollment management, Norwood School, Bethesda, Md.

WATCH AND RUMINATE. “Observe your child and think about the learning style that’s best for him or her. What are the values of your family? What are your hopes for your child’s education?” Diane Dunning, director of admission and financial aid at St. Stephen’s & St. Agnes School, Alexandria.

AVOID FOLLOWING THE PACK. “Don’t be swayed by popular opinion or reputation. Instead, visit every school you’re considering, talk to current or alumni parents and students, and then decide whether that school may fit your child’s interests, personality and needs.” Tim Simpson, director of admission, Bullis School, Potomac, Md.

ESTABLISH PRIORITIES AND START SLEUTHING. “Create a list of five or 10 things that are important to you and your child. Check the athletic schedules and the theatrical and fine arts performance schedules, which are posted on the websites of [independent schools]. You should come to those events ... because the more time you spend on a campus, particularly at an event that is not run by an admissions office, you’re going to get a much better sense of what that [school’s] community is like. For example, do you see students there who you could see yourself being friends with? Do you like the way that the adults are inter-

acting with the students in the community?” asked Ann Miller, director of admission, Madeira School, McLean.

MAKE A LIST AND CHECK IT. “List out the schools you think you may want to apply to and check on their application processes and deadline dates. Many schools have parts of the application that are extremely time sensitive, such as signing up for admission testing as well as filing for financial assistance.” Pat Harden, director of admissions and financial aid, Connelly School of the Holy Child, Potomac, Md.

DEAL WITH STICKER SHOCK. “Don’t eliminate a school from your search because of the cost of tuition without looking into financial aid [or] merit and scholarship awards that may help reduce the cost.” Scott Conklin, director of admissions, Episcopal High School of Virginia, Arlington.

FIND A CLEAR PICTURE. “When considering schools, take a moment to actually visit the campus and ask the tough questions. A school’s website may or may not be the full picture. The question for the parent is, how real is the image they are seeing online? A few conversations with parents and teachers go a lot farther in this regard. Ask admissions officers what their schools’ mission is, how it is different from that of other schools and how they implement the mission.” Rich Moss, director of admissions, The Heights School, Potomac.

GET ORGANIZED. “Finally, once you have decided that you will be applying to a school for your child, get out that calendar again and write down all deadline information – application deadline, financial aid deadlines, supporting documents and testing deadlines.” Mimi Mulligan.

— MARILYN CAMPBELL

items like clothing or electronics, help them develop a budget with the money they’ve saved and then shop around,” he said. “One of the mothers in my office helped her 9-year-old daughter shop for shoes online by comparing prices, looking for discounts and free shipping.”

Ilham Nasser, an associate professor of early childhood education at George Mason University in Fairfax, says impulse control is often a stumbling block to financial stability. “Parents can teach self-regulation by using techniques like

SEE TEACHING, PAGE 7

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Bill of Rights Makes Democracy Work

Rare opportunity to see George Washington's copy of the Constitution and the Bill of Rights.

On June 22, 2012, the Mount Vernon Ladies' Association emerged from intense bidding at a Christie's auction in New York, securing George Washington's personal copy of the Acts of Congress. The price at the auction was just under \$10 million.

This week, this volume containing George Washington's personal copy of the Constitution, the Bill of Rights, and other legislation passed by the first session of Congress, with his handwritten notes in the margins, went on display at the Mount Vernon Estate, on Constitution Day which was Monday, Sept. 17. The book will be on display at Donald W. Reynolds Museum and Education Center at the Mount Vernon Estate through President's Day in February 2013.

It is certainly worth the trip to see.

The Constitution and the Bill of Rights, the first 10 amendments, are a model of spare writing, packing every word and phrase with meaning, anticipating much and providing a framework for future. Here is the text of the Bill of Rights, courtesy of the Library of Congress. I cannot imagine that 500 words anywhere from any era convey so much power. These 500 words are what make democracy work.

A BILL OF RIGHTS as provided in the Ten

Original Amendments to The Constitution of the United States in force December 15, 1791.

Article I

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.

Article II

A well regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed.

Article III

No Soldier shall, in time of peace be quartered in any house, without the consent of the Owner, nor in time of war, but in a manner to be prescribed by law.

Article IV

The right of the people to be secure in their persons, houses, papers, and effects, against unreasonable searches and seizures, shall not be violated, and no Warrants shall issue, but upon probable cause, supported by Oath or affirmation, and particularly describing the place to be searched, and the persons or things to be seized.

Article V

No person shall be held to answer for a capital, or otherwise infamous crime, unless on a presentment or indictment of a Grand Jury, except in cases arising in the land or naval forces, or in the Militia, when in actual service in time of War or public danger; nor shall any person be subject for the same offence to be twice put in jeopardy of life or limb; nor shall be compelled in any Criminal Case to be a wit-

ness against himself, nor be deprived of life, liberty, or property, without due process of law; nor shall private property be taken for public use, without just compensation.

Article VI

In all criminal prosecutions, the accused shall enjoy the right to a speedy and public trial, by an impartial jury of the State and district wherein the crime shall have been committed, which district shall have been previously ascertained by law, and to be informed of the nature and cause of the accusation; to be confronted with the witnesses against him; to have compulsory process for obtaining Witnesses in his favor, and to have the Assistance of Counsel for his defence.

Article VII

In Suits at common law, where the value in controversy shall exceed twenty dollars, the right of trial by jury shall be preserved, and no fact tried by a jury shall be otherwise re-examined in any Court of the United States, than according to the rules of the common law.

Article VIII

Excessive bail shall not be required, nor excessive fines imposed, nor cruel and unusual punishments inflicted.

Article IX

The enumeration in the Constitution, of certain rights, shall not be construed to deny or disparage others retained by the people.

Article X

The powers not delegated to the United States by the Constitution, nor prohibited by it to the States, are reserved to the States respectively, or to the people.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIAL

LETTER TO THE EDITOR

Energy Efficiency: It's in our Homes and Wallet

To the Editor:

The word sustainability scares some people, but energy efficiency just makes common sense and is one of the ways that sustainability becomes tangible for people. As we encounter rising energy costs in every aspect of our lives, it just makes sense to make our homes and the systems that run them cheaper and more environmentally responsible. We spend much of our time at home with family and friends, and homes have a huge impact on energy consumption and the health of the planet. The good news is that you can take charge and make a big difference. The Local Energy Alliance Program (LEAP) in Charlottesville, Va. has helped many families in Central Virginia and Northern Virginia.

LEAP helps people save money over time on their energy bills by assessing the house and replacing

or fixing parts in the house. They use the best products while also not spending a fortune up front. The homeowners create a budget for themselves for the project, and LEAP has financial incentives to encourage homeowners to make the improvements.

Retrofitting your home to make it more affordable and more energy efficient could mean installing new systems into an existing structure by replacing old parts with new modern parts or it could mean anything from new insulation, new triple pane low energy windows, or changing the kind of light bulbs you use. Many will argue that reforming transportation and cutting down on automotive use is the first priority. While it is true that cars cause carbon dioxide pollution and major headaches, people still need to get around. Not many people are willing to truly give up driving. I'm one of them. According to Department of Energy, the energy used in buildings account for 75 percent of electric power consumption in the United States and half of the greenhouse gas emissions. According to

a talk by Edward Mazria, founder of Architecture 2030, energy consumption in the building sector is 50.1 percent of the total energy consumption in the country while 27.6 percent is accounted for in the transportation sector. More energy is being consumed and wasted in homes and businesses, which impacts the family budget and our quality of life. Heat and cool air flows out of your home from old windows, doors, and small openings, and therefore you not only waste energy but you pay more to waste that energy. The average household spends \$534 on heating alone each year, but by retrofitting your home you could keep energy in your home and save a lot of money.

Della, a resident of Charlottesville, retrofitted her home in 2009 for \$5,849. To date she has saved over \$9,000 on her energy bills, and one benefit of retrofitting your home is that the savings can continue indefinitely.

The first step in making your home more energy efficient is to start with the low cost projects such

as caulking and sealing cracks around doors and windows. Following that would be maintaining your HVAC system and getting rid of dust around vents and coils. Finally, replace windows, appliances, and HVAC equipment if needed with energy efficient models.

A house is a machine for living in said the famous architect Le Corbusier. We are tasked with keeping it in working condition. Turning your house into a place that is unique and good for you, your family, and the Earth we share is what makes a house a sustainable home—financially and environmentally. So, update your appliances like washers and dryers and air conditioners. They use twice the amount of energy as any of your other appliances. Invest in an Energy Star® rated product. It will reduce your bills, use much less energy, and last longer.

Kate Stabler
Vienna

Kate Stabler is a 4th year architecture student at the University of Virginia with a minor in Environmental Sciences.

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ENTERTAINMENT

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

WEDNESDAY/SEPT. 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.

THURSDAY/SEPT. 20

Beverly Cosham and Ensemble. 2-3:30 p.m., on the Center Stage, Reston Community Center, 2310 Colts Neck Road, Reston. Reston resident Beverly Cosham, a favorite cabaret singer and entertainer in the Washington D.C. area, will be accompanied by Ron Chiles, piano, Danny Villaneuva, drums, Jon Nazdin, bass and George Hureeds, arranger and musical director. 703-503-3384; RCC Center Stage, 703-476-4500.

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/>.

Generation GRACE. 7 p.m., at the Greater Reston Arts Center, 12001 Market Street, Suite #103, Reston. A kick-off for newest membership for individuals ages 21 to 45 who enjoy social and networking opportunities and events with like-minded art

lovers and artists. 703-471-9242 or restonarts.org.

SATURDAY/SEPT. 22

Wine Tasting at Il Fornaio. 4-6 p.m., 11990 Market Street, #106, Reston. Fritz Sonoma wines paired with Italian antipasti. \$25 (plus tax & gratuity). Reservations. 703-437-5544 or www.ilfornaio.com.

Rally for a Cause Tennis

Tournament. 9 a.m., at Lake Newport Tennis Center, 11452 Baron Cameron Ave., Reston. Men's and Women's Doubles and Singles; players donate \$30 and choose which organization their funds go to: Reston Interfaith's Laurel Learning Center, The Wounded EOD Warrior Foundation or HEART "Have Everyone Access Reston Tennis" kids tennis scholarships. Register at www.restontennis.org or rally4acause@restontennis.org.

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, Zwilich'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.

SUNDAY/SEPT. 23

Rally for a Cause Tennis

Tournament. 9 a.m., at Lake Newport Tennis Center, 11452 Baron Cameron Ave., Reston. Men's and Women's Doubles and Singles;

players donate \$30 and choose which organization their funds go to: Reston Interfaith's Laurel Learning Center, The Wounded EOD Warrior Foundation or HEART "Have Everyone Access Reston Tennis" kids tennis scholarships. Register at www.restontennis.org or rally4acause@restontennis.org.

Joe Cassella Foundation Wine

Dinner at Il Fornaio. 6-8 p.m., 11990 Market Street, #106, Reston. All proceeds from the charity wine dinner will benefit the Joe Cassella Foundation. \$75. Reservations. 571-228-5150 or www.joecassellafoundation.org.

MONDAY/SEPT. 24

3rd Annual Strokes for Hope Golf

Tournament. 11 a.m., 2 p.m., at 1757 Golf Club, Dulles. Join Post Hope Foundation for the four-man scramble style tournament. 703-734-3030 or colleen.hoover@postproperties.com.

Taste of Lettuce at Big Bowl. 6:30 p.m., 11915 Democracy Drive, Reston. A four-course beer dinner featuring Victory Brewing Company and food from Lettuce Entertain You restaurants. \$45 (plus tax and gratuity). 703-787-8852 or www.bigbowl.com.

Artist Reception at Market Street

Bar & Grill. 5-7 p.m., at 1800 Presidents Street, Reston. Greater Reston Arts Center and the Hyatt Regency Reston present Great Falls printmaker Will Tuthill's exhibit, Essence: Energy and Spirit Beneath the Surface. On display through Oct. 15. 703-471-9242 or

SEE ENTERTAINMENT, PAGE 9



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Teaching Kids About Money

FROM PAGE 5

telling their children to count to 10 or take a deep breath or by playing simple games like 'Simon Says' to teach delayed gratification."

Wansi says children should also be taught to keep track of the money that passes through their hands. "Everyone should have a spending diary," she said. "Use a spreadsheet where the child lists what they spend. They might see that they are spending much more than they thought they were."

Setting financial goals and working toward them is another strategy for managing urges to spend money frivolously. "Everyone can set short-term, intermediate and long-term financial goals," said Wansi. "The goals you set have to be realistic and specific in measurable terms. For example, 'I am going to get a part-time job to save for a \$2,000 car in six months.'"

WHEN IT COMES TO LEARNING to save, experts say to start early. "Even an elementary school

student who has \$5 can be taught to save \$2 in a piggy bank," said Wansi. "When they are old enough to open a savings account, they can save money there."

Parents can help their children understand expenses and how simple actions can save money by allowing them to see bills, due dates and the amount of money owed.

"If your children leave lights on all over the house and you yell at them, they're not going to get it. You have to share your bills with your children," said Wansi, who lives in Herndon. "When my kids were away at college, my bill was around \$100 dollars ... and when they came back [for a school break] it was \$500. I took the bills for them to see and they were amazed that a bill could be that expensive. Then everybody starting turning off lights without being asked."

Nassar suggests parents use a show and tell approach: "Part of raising a child is being a role model and showing an ability to manage expenses," she said.

"When you go to the grocery store, take your children and say, 'We have \$100 today and we need to get these things. Let's see which are the most important things.' Help them think about priorities."

Understanding credit is critical part of financial management, says Wansi: "In the U.S., it is hard to live without good credit. Teach children the advantages and pitfalls of credit. Beginning at middle school, it is important for children to understand the importance of good credit. I've talked to high school students who didn't know that when you use credit cards you have to pay the money back."

Buco says that debit cards might be a good alternative. "I've seen parents use these when their kids go off to college," he said. "They would put money in the account and the kids can use the debit card. Several parents in my office who have 12- and 13-year-olds have set up debit cards with zero balances. When the kids find something they want to buy, [they can] move money out of savings into checking."

OPEN HOUSES

SATURDAY/SUNDAY, SEPTEMBER 22 & 23

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link. **Call Specific Agents to Confirm Dates & Times**

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Fairfax

10903 Santa Clara Dr.....\$499,900...Sun 1-4.....Christine Shevock.....RE/MAX..703-475-3986

Fairfax Station

8030 Woodland Hills Ln.....\$1,150,000...Sun 2-4.....Pat Fales.....RE/MAX..703-503-4365
6901 Wolf Run Shoals Rd.....\$899,900...Sun 1-4.....Carol Hermendorfer...Long & Foster..703-503-1812
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Leesburg

43672 Augusta National Terr..\$549,000...Sun 1-4..Cathy/John McCambridge...Samson Props..703-906-7067

McLean

6010 Balsam Dr.....\$979,000...Sun 1-4.....Jane Price.....Weichert..703-628-0470
6478 Carriage Hill Dr.....\$889,000...Sun 1-4.....Jane Price.....Weichert..703-628-0470

Sterling

46834 Willowood Pl.....\$549,900...Sun 1-4.....Donny Samson...Samson Props..703-864-4894
46905 Seneca Ridge Dr.....\$549,000...Sun 1-4.....Debbie McGuire..Keller Williams..703-856-4766
21149 Millwood Sq.....\$369,000...Sun 1-4..Cathy/John McCambridge...Samson Props..703-906-7067
20524 Morningside Terr.....\$349,000...Sun 1-4..Cathy/John McCambridge...Samson Props..703-906-7067

Stone Ridge

24783 Prairie Grass.....\$569,900...Sun 1-4.....Chris Pezzana.....Weichert..703-447-1662

Vienna

10116 Tamarack Dr.....\$685,000...Sun 1-4.....Peter Burke...Long & Foster..703-786-3334

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the info to kwashburn@connectionnewspapers.com
All listings due by Monday at 3 P.M.**

SPORTS

Host Herndon Finishes Runner-Up at Field Hockey Invite

Hornets led by sophomores Stone, Palacios.

BY JON ROETMAN

THE CONNECTION

A new head coach and a pair of goal-scoring sophomores have helped propel the Herndon field hockey team to a 6-3 record and a strong showing at its own tournament.

The Hornets finished runner-up at the Herndon Invitational, losing to Fairfax, 4-0, in the championship game on Sept. 15 at Herndon High School. Herndon split its four games during the two-day event, beating Battlefield and Washington-Lee, and losing to Marshall and Fairfax.

While Marshall finished the event undefeated, including a victory against the Hornets, Herndon reached the championship game based on the event's scoring format. Teams earned five points for a win in regulation, four points for a win in overtime and three for a win in strokes. Teams received two points for a loss in strokes, one for a loss in overtime and zero for a loss in regulation.

Marshall won once in regulation and twice in strokes prior to the final round for a total of 11 points. Herndon won twice in regulation and lost to Marshall in strokes for a total of 12 points.

"We lost to [Marshall] in sudden death penalty strokes," first-year Herndon head coach Mary Miller said. "I don't know how you settle that with points."

Needing a win in regulation to advance to the championship game, Herndon capitalized on the tournament format, beating Washington-Lee, 2-0, in regulation on Sept. 15. Junior midfielder Katherine Wilson and sophomore forward Sofia Palacios each scored a goal for Herndon, which advanced to face Fairfax.

"Hopefully it just gives them confidence," Miller said about the Hornets' tournament performance. "We're playing really well. We're 6-3; one of our losses was in sudden death overtime, two minutes left, one of the losses was to Marshall, and then this one [against Fairfax]. I think they're playing with a lot of confidence, I think they're having fun, I think they're enjoying it and they're sort of expecting a good result, and that makes a big difference."

Herndon defeated Battlefield, 3-0, and lost to Marshall, 3-2, in strokes on the tournament's first day. Senior forward Megan Janowski scored two goals against Battlefield and senior forward Gillian Linden, a captain, added one. Junior forward Kim Watling and sophomore midfielder Taylor Stone each scored a goal against Marshall.

Stone leads the team with seven goals. Palacios has five goals and a team-high 12 assists.



PHOTO BY CRAIG STERUTZEL/THE CONNECTION

Sophomore forward Sofia Palacios and the Herndon field hockey team finished runner-up at the two-day Herndon Invitational on Sept. 14-15.

"Taylor Stone and Sofia Palacios are both sophomores," Miller said, "and they're excellent players."

Junior goalkeeper Sarah Suter, who has missed time with a concussion, leads the team with 12 saves. Senior Margaret Purnhagen has 11 saves.

Palacios, Stone and senior defender Annie Kelly each made the all-tournament team.

FAIRFAX WINS TOURNEY TITLE

After the Fairfax field hockey team had captured the Herndon Invitational championship, senior captain Shannon Cosgrove, recipient of the tournament's Most Valuable Player award, was asked if the Rebels' accomplishments — past and present — have placed a target on the team's back.

"Yeah, but we like that," she said. "... I think it puts some good pressure on us."

In 2012, "good" pressure has led to good results for the Rebels.

Fairfax defeated Herndon, 4-0, on Sept. 15 to win the Herndon Invitational and improve to 10-0 on the season. The Rebels, winners of the last three Liberty District championships, defeated West Potomac, Yorktown, Wakefield and the Hornets en route the tournament title, outscoring their opponents 17-0 during the two-day event at Herndon High School. Through 10 games this year, Fairfax outscored its opponents 37-1.

Fairfax is continuing to thrive despite graduation losses that reached double digits.

"It's nice to be playing your best hockey as you head into districts," head coach Amber Beaudoin said. "... We really just need to solidify our defense and really just keep playing at a high level all the time."

Fairfax defeated West Potomac, 5-0, and Yorktown, 4-0, during the first day of the tournament on Sept. 14. Against West Potomac, forward/midfielder Cosgrove led the Rebels with a pair of goals. Sophomore

"I think they're playing with a lot of confidence, I think they're having fun, I think they're enjoying it and they're sort of expecting a good result, and that makes a big difference."

— Herndon field hockey Coach Mary Miller

forward Charlotte Duke, junior defender Sara Allen and senior midfielder Amanda Blackwell each scored once. Against Yorktown, sophomore forward/midfielder Cori Black, junior forward Emily Freeman, sophomore midfielder Trisha Le and Cosgrove each scored a goal.

Fairfax beat Wakefield, 4-0, on Sept. 15. Cosgrove scored twice for the Rebels, and senior forward Nikki Strickland and Allen each added a goal.

In the championship game, Freeman scored twice, and Cosgrove and sophomore midfielder Katie Buchen each had a goal.

Cosgrove scored a team-high six goals and contributed two assists during the tournament. She led Fairfax with 13 goals through 10 games and was tied for second with six assists.

Freeman had six goals and four assists during the 10-0 start.

"Emily just came out of nowhere," Beaudoin said. "She's a junior. She was the last player off our bench last year and now she's turned it around, which is a great thing to have — when ... something clicks inside [a player's] head and they just start playing out of their mind, which is what she's been doing."

Senior midfielder Sam Zelenack, a captain, had five goals and three assists through 10 games, and Allen had three goals and a team-high 10 assists.

Goalkeepers Mackenzie Anderson (8 saves), a sophomore, and Shelby Allen (5 saves), a senior, combined to allow just one goal in 10 games.

Cosgrove, Zelenack and Freeman were named to the all-tournament team.

MARSHALL PLACES THIRD

The Marshall field hockey team won each of its four games during the two-day Herndon Invitational, improving its record to 9-2. But while Marshall experienced success at the event, it was a game the States-

men didn't get to play that left them frustrated.

Marshall defeated Yorktown, 2-1, in the tournament's third-place game on Sept. 15 at Herndon High School. Despite going undefeated, the Statesmen were left out of the championship game due to the event's scoring format. Instead, Herndon, which Marshall beat during first-day action, faced Fairfax in the first-place game, which Fairfax won, 4-0.

Teams earned five points for a win in regulation, four points for a win in overtime and three for a win in strokes. Teams received two points for a loss in strokes, one for a loss in overtime and zero for a loss in regulation.

Marshall won once in regulation and twice in strokes prior to the final round for a total of 11 points. Herndon won twice in regulation and lost to Marshall in strokes for a total of 12 points.

The Statesmen were less than pleased with the outcome.

"Yeah, it was definitely frustrating," Marshall senior captain Katie Clark said. "... It's a little bit annoying that we couldn't make it [to the championship game], but we'll play Fairfax later again in [the Liberty District]."

Marshall head coach Christina Carroll said the Statesmen were hoping for a matchup with the Rebels.

"It would be nice to play in the championship game," she said. "We wanted to play Fairfax when we saw the pools in the first place. I'm friends with the coach, we're all friendly and we have a lot of players who are friends with each other from both teams from playing club and it's a nice rivalry matchup. It would be nice to play them before we have to see them in the regular season."

Marshall defeated W-L, 2-1, in strokes and Herndon, 3-2, in strokes during first-day action. Junior forward Allie Johnson scored Marshall's regulation goal against W-L.

Against Herndon, senior captain Madeleine Lewsen, a midfielder, and Clark scored in regulation. After overtime, the teams remained tied after the first round of strokes. The Hornets came up empty in the sudden death round of strokes before Lewsen scored the game-winner.

On Sept. 15, Marshall defeated Battlefield, 5-0, before beating Yorktown in the third-place game. Junior forward Kelly Mills scored a pair of goals against Battlefield and Lewsen, Clark and senior captain Maggie MacDonnell, a defender, each scored one. Against Yorktown, Clark and senior midfielder Katrina McLeod each scored a goal.

"With each game we get better," McLeod said. "We act more as a team, we play more like a team and it will only get better from here."

Clark leads Marshall with 11 goals and four assists this season. Lewsen has nine goals and two assists. Each made the all-tournament team.

"Those two," Carroll said, "really work well together."

ENTERTAINMENT

FROM PAGE 7

www.restonarts.org.

WEDNESDAY/SEPT. 26

Meet Me at the Movies - Senior Movie Day. 10 a.m. Bow Tie Cinemas, 11940 Market Street, Reston. Watch the "Best Exotic Marigold Hotel." Free to those 55-plus. 703-435-6530.

Mosby's Rangers - The Unbroken Bonds of Comrades. 7:30 p.m., Herndon Depot, 717 Lynn Street, Herndon. Stories about the war and post-war lives of men who rode with Mosby's Rangers from the author of three books about the men who rode with the 43rd Battalion Virginia 703-437-7289.

THURSDAY/SEPT. 27

Friends of the Reston Library Used Book Sale. 10 a.m.-5 p.m., at the Reston Regional Library, 11925 Bowman Towne Drive, Reston. Support the library Sept. 27-30 (Saturday, Sept. 29 from 10 a.m.-4 p.m., Sunday, Sept. 30 from

1-3:30 p.m.). www.restonfriends.blogspot.com.

SUNDAY/SEPT. 30

Walk to End Alzheimer's & Candlelight Rally. 5 p.m., Pavilion & sidewalks. Registration at 5 p.m., walk at 6 p.m., Candlelight Rally at 7 p.m. Register at alz.org/walk.

WEDNESDAY/OCT. 17

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.

WEDNESDAY/NOV. 14

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.

NOTICE TO THE PUBLIC OF AN APPLICATION BY COLUMBIA GAS OF VIRGINIA, INC., FOR APPROVAL TO IMPLEMENT A 2013 SAVE PLAN INFRASTRUCTURE REPLACEMENT CURRENT RATE IN ACCORDANCE WITH SECTION 20 OF ITS GENERAL TERMS AND CONDITIONS CASE NO. PUE-2012-00097

On August 10, 2012, Columbia Gas of Virginia, Inc. ("Columbia Gas" or the "Company"), filed an application ("Application") with the State Corporation Commission ("Commission") requesting approval to implement a 2013 Infrastructure Replacement Current Rate ("IRCR") in accordance with Section 20 of its General Terms and Conditions, as contemplated in the Commission's November 28, 2011 Order Approving SAVE Plan and Rider in Case No. PUE-2011-00049 ("SAVE Order"). The Company's SAVE Plan, authorized pursuant to the Steps to Advance Virginia's Energy Plan ("SAVE") Act, is a five year program that commenced on January 1, 2012.

The Company's SAVE Plan cost recovery mechanisms are designed to facilitate the accelerated replacement of \$100 million of SAVE eligible natural gas infrastructure, in addition to recovering the costs associated with an estimated \$2.9 million of incremental infrastructure replacements occurring in 2011 that were not included in the Company's non-gas base rates. The eligible infrastructure projects to be completed under the SAVE Plan reduce system integrity risks associated with customer outages, corrosion, equipment failures, material failures, or natural forces to enhance the system's safety and reliability.

The Company recovers the costs incurred in replacing eligible natural gas infrastructure through a SAVE Rider, which is defined in the Company's tariff as "Infrastructure Reliability and Replacement Adjustment" ("IRRA"). The IRRA, set forth in Section 20 of the Company's General Terms and Conditions, is comprised of two components: an IRCR and an Infrastructure Replacement Reconciliation Rate ("IRRR"). The two components collectively constitute a single IRRA, which the Company bills as a fixed charge each month. The IRCR applicable during 2012 is based on \$20 million of annual expenditures in 2012 plus an estimated \$2.9 million incurred in 2011; the IRCR for subsequent years (2013-2016) is to be based on the cumulative impact of the \$20 million annual investments to be made in each subsequent year. On an annual basis, the Company will use the IRRR to true up the actual IRRA revenues against the preceding year's actual cost of service as determined from actual SAVE eligible expenditures.

In its Application, the Company documents actual SAVE eligible expenditures incurred during the calendar year 2011; identifies the manner in which the Company will allocate capital expenditures among the five categories of SAVE eligible infrastructure categories for 2013; and supplies required schedules and materials in compliance with the Save Order. The Company requests that the Commission: (i) approve its IRCR as set forth in Schedule 14(f) of its Application to be effective with the first billing unit of January 2013 through the last billing unit of December 2013; (ii) approve the filing of rate sheets implementing the IRCR in a manner consistent with the authority requested in the Application; and (iii) grant such other and further relief as may be necessary and proper.

The details of these and other proposals are set forth in the Company's Application. Interested persons are encouraged to review the Company's Application and supporting exhibits for the details of these proposals.

The Commission entered an Order for Notice and Comment that, among other things, directed the Company to provide notice to the public and provided interested persons an opportunity to comment on the Company's Application.

A copy of the Company's Application may be obtained at no charge by requesting a copy of the same from the Company's counsel, James S. Copenhaver, Assistant General Counsel, Columbia Gas of Virginia, Inc., 1809 Coyote Drive, Chester, Virginia 23836. The Application and related documents shall also be available for review in the Commission's Document Control Center, Tyler Building, First Floor, 1300 East Main Street, Richmond, Virginia, between the hours of 8:15 a.m. and 5 p.m., Monday through Friday, excluding holidays. Interested persons may also download unofficial copies from the Commission's website: <http://www.scc.virginia.gov/case>.

On or before October 9, 2012, interested persons may file written comments on Columbia Gas's Application with Joel H. Peck, Clerk, State Corporation Commission, P.O. Box 2118, Richmond, Virginia 23218. Interested persons desiring to submit comments electronically may do so, on or before October 9, 2012, by following the instructions on the Commission's website: <http://www.scc.virginia.gov/case>. Comments shall refer to Case No. PUE-2012-00097.

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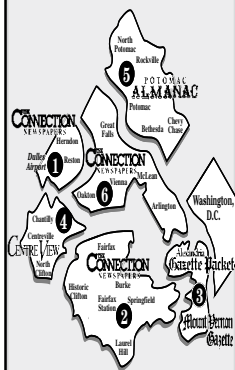
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By KENNETH B. LOURIE

More like replaceable. Obviously, I want to remain positive and believe that today is not a good day to die (Worf from "Star Trek: Next Generation") and that there will be many more tomorrows to live for and days beyond that to plan for. However, having a terminal disease has a tendency to darken up those rose-colored glasses. At some point in my compartmentalization of cancer, its harsh reality has to rear its ugly head. Stage IV, non-small cell lung cancer – to invoke a famous Bette Davis quote, "is not for sissies." As much as one tries to live life as if they were cancer-free, unfortunately there will be physical and/or mental/emotional manifestations that will consciously – and subconsciously "two-by-four" you back to your reality. Generally speaking, it's not unmanageable – for me, but nor is it how I anticipated my middle age would transition: precariously.

Having been healthy my entire life, having never witnessed cancer in my immediate family, having seen both my parents live well into their 80s and having never smoked cigarettes – not once – cancer was one of, if not the furthest thing from my what-am-I-going-to-die-from mind. Yet here I am, age 58 almost, three and one-half years into a "13-month to two-year prognosis," alive and reasonably well, all things considered (and you regular readers know how I like to consider "all things"). So, this column isn't complaining about anything, it is merely observing and commenting on some of the uncontrollable peculiarities which seem to accompany a late-stage cancer diagnosis.

As much as I understand – and appreciate – the importance of money-back guarantees and warranties and zero-percent interest over extended periods of time, and of sacrificing today for tomorrow; putting off tomorrow for today, not planning beyond a certain point/date, not committing to time and place somewhere in the future permeates my sense of proportion. How do I care about something – in the future, that I once took for granted in the present that now, ever since my diagnosis/prognosis, might be beyond my reach? Yet, if I don't attempt to reach for it, I'll likely never get there. Though nothing is promised, presuming that the effort is fruitless and doomed to failure is likely the quickest way to realize that disappointment. For me, controlling that expectation and preventing its manipulation of my thoughts has been the most challenging aspect of my diagnosis. If I don't live like I have a future, I likely won't have one.

But planning – and living – for the future, a future which is no longer guaranteed (to the extent such things are guaranteed) may cause one to sacrifice precious moments in the present that might never happen again. On the one hand; what am I waiting for? I have cancer. On the other, what am I living for? I have cancer. Rhetorical questions some of the time, questions that need answers most of the time.

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

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