

Citizens Urged  
To Speak Up on  
Transportation  
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# Dranesville Students Walk To School

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Dranesville Elementary School counselor Melinda Ryan keeps pace with Sebastian, 11, Paige, and Christian in the back row, and Autumn and Camryn up front. Looks like the parents are bringing up the rear.

New Downtown  
Mural Under  
Construction

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(From left) Supervisor Catherine Hudgins (D-Hunter Mill), Chairman Sharon Bulova (D-At-Large) and Fairfax County Dept. of Transportation Director Tom Biesiadny prepare to address the audience at their Countywide Dialogue on Transportation.

## Citizens Urged to Speak Up On Transportation Funding

County looks for public's opinions and suggestions on funding options.

What issue could be so important that the mayors and chairs of 38 jurisdictions within Virginia's "Urban Crescent," the area stretching from Northern Virginia to Richmond and Hampton Roads, could set aside political affiliations and sometimes conflicting agendas to sign off on a letter sent collectively to the governor, lieutenant governor and the General Assembly of the Commonwealth of Virginia? Long question, short answer: transportation.

"You know the issues are urgent when you can get that many leaders in this partisan atmosphere to all agree and to take action quickly," said Fairfax County Board of Supervisors Chairman Sharon Bulova (D-At-Large). Bulova was speaking at a public meeting held at the North Government Center in Reston on Oct. 3, the fifth in a series called "Countywide Dialogues on Transportation."

Supervisor Catherine Hudgins (D-Hunter Mill) opened the session. "There is a negative change in how we are being funded by the state," she said. "The County doesn't have a dedicated revenue source to fund transportation. Legislatively, it is the state's responsibility, but we need to address those changes. We are here to talk about what our challenges are and how do we meet them."

Chairman Bulova was next up. "The well of state funds for secondary and primary road construction will be dry by 2017," she warned. "Even the funds meant to match federal dollars. The money you pay in gasoline taxes that go to the federal government to be a match for states won't be eligible, and there

are no refunds. That's a real problem."

**THIS LOOMING FUNDING CRISIS** and the fact that Virginia has slipped from number 10 to 33 in the CNBC study "Top States for Business" rankings released in July was the reason for the Sept. 4 letter sent by the Urban Crescent officials to the Commonwealth. "That letter is a show of solidarity. It's important," Bulova added. "But we can't wait for the answers. Fairfax County has to act now."

Part of the County's action plan was to task their Department of Transportation (DOT) with a study of needs and funding shortfalls over the next 10 years, to develop a benefit cost analysis tool to utilize when considering transportation projects, and to identify potential revenue sources to address the funding gaps. Another key component of the County DOT's assignment was to disseminate their findings in public meetings and solicit public feedback before any action is taken. The "Countywide Dialogues" are the DOT's method to fulfill that aspect of their mission.

Director of the DOT Tom Biesiadny led the presentation: "Our study identified \$8.1 billion in transportation related needs, but we only have \$5.1 billion in anticipated revenues from existing sources. Either we find new and sustainable revenue sources, or we must prioritize our needs and decide which ones we cannot go forward with."

Maintenance of our roads—the responsibility of the Virginia Department of Transportation (VDOT)—is a major concern. According to VDOT, 26 percent of all of the state's roadways are in poor condition. In Northern Virginia, 39 percent of the roads under VDOT's domain are so classified. New road construction funding by the state has decreased from \$29

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Photo by Andrea Worker/The Connection

David Bolen of Academy commuter bus services, John Hoops of Annandale, and Stuart Whitaker of Transisters.com listen to Mike Harris explain details of the DRPT study.

## Focusing on The 'Last Mile'

Transit study presented in Herndon.

The Virginia Department of Rail and Public Transportation (DRPT) hosted its final public meeting to present an overview of their Super NoVa Region Transit and Transportation Demand Management (TDM) study at Herndon Middle School on the evening of Sept. 27. The meeting was the tenth outreach event by the department, seeking to explain their mission and the study's methodology, and to solicit input from the public before presenting their findings and recommendations to Virginia Secretary of State Sean Connaughton, who had tasked the DRPT with the project.

"Visioning Mobility Beyond Boundaries" is the official Mission of the plan, which aims to use its collected data to predict transit needs and assist in the development of solutions through 2040.

The study team, headed by DRPT Manager of Transit Planning Amy Inman, expanded the study's scope beyond the immediate Northern Virginia region to include Caroline County on the south, Culpeper County on the west, and Frederick County to the northwest. "We are also working with transportation agencies in West Virginia, Maryland and the District," said Inman to the gathering. "In order to really address these issues, we have to look at the flow of movement to and from all these places. The flow of commuters into Northern Virginia that we experience on the week-

days turns into a similar flow out towards West Virginia, or to Maryland on the weekends. These areas experience a reverse commute that needs to be equally considered."

**THE STUDY** required the collection and processing of enormous amounts of information across multiple jurisdictional lines. "It's the first time the commonwealth has looked at this issue in such depth, and with such an expanded geographic scope," said team member Mike Harris. Inman and Harris delivered the presentation to a gathering that included Mark Duceman, the Transportation Program manager for the Town of Herndon, Christopher Falkenhagen, the public affairs specialist from AAA Mid-Atlantic region, Jeffrey Parnes, the Sully District Transportation Advisory Commissioner, Randall White, Jr., the Countywide transit services coordinator for Fairfax County, persons involved in private transportation businesses, and members of the public.

Predicting a population growth of the Super NoVa region from 6 million to more than 8 million within the next 30 years, the study seeks to determine how to effectively move all those people. Simply building more roads won't be the answer, especially in places where current land use would prohibit road expansion or creation. The DRPT plan calls for a creative mix of light and heavy rail, rapid buses, commuter rail and commuter buses linked by the creation of regional transit hubs. The hubs would be actual locations where various transit

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**Herndon High hosted the 16th Annual Showcase of the Bands Saturday, Sept. 29. As the host, Herndon High did not compete, but performed in exhibition. Twenty-six bands from across northern Virginia and Maryland participated in the competition.**

Photos by  
Amiee Freeman/  
The Connection



## Herndon High Hosts Band Competition

**Fairfax High places first, McLean High second in Class VI.**

By Amiee Freeman  
The Connection

**T**he stadium at Herndon High was packed Saturday with friends and family attending the 16th Annual Virginia's Showcase of Bands. Twenty-six high school marching bands from across northern Virginia and Maryland competed throughout the day Saturday, with the larger bands performing Saturday evening. Performances began at 10:45 Saturday morning and continued until 8:30 Saturday night.

"A lot of people associate marching bands as the half time show at football games, but Saturday competitions such as this one are the main event for us," said Kathleen Jacoby, director of bands at Herndon High.

Marching bands are divided into classes based on size. Bands in classes two through six competed against each other Saturday. Herndon High, with 120 members, is a Class V Band. As the host school, Herndon High did not compete, but was able to perform in exhibition. Herndon High partnered with the United States Bands, a national organization which provides support and adjudication to high school marching bands, to host the competition.

**THE MARCHING BAND SEASON** starts in August, four weeks before the start of school. Band members spend hours practicing and drilling together in school parking lots and on practice fields. Throughout the fall marching bands gather and compete. Saturday's competition at Herndon was early in the marching band season; for many of the high schools this was their first competition of the year. Herndon High participated in a competition last week in Winchester, Va. and are preparing for a competition at James Madison University in a couple of weeks.

"For many bands, this is their first weekend out. A lot of bands are working through performance

nerves. As expected schools from northern Virginia are doing a phenomenal job," said Jacoby during Saturday's competition. "This is one of the few times

we get to see so many schools from our area together. We get to see how we stack up against other schools from the area."

Each marching band selects a theme and a repertoire for the year. Herndon's theme this year is "Songs from the Northern Seas" and includes songs from the soundtracks of Riverdance, Lord of the Rings and How to Train Your Dragon.

"At the end of last season, several band members were constantly playing the soundtrack for 'How to Train Your Dragon.' When I finally realized what they were doing, they told me that they were subliminally trying to get me to choose that soundtrack as this year's theme. The more I listened to the music, the more I realized those songs are meant to be a marching band show," said Jacoby.

This is Jacoby's fifth year at Herndon as the band director. "This is absolutely the best band since I have been here. The kids are so enthusiastic, well-disciplined and motivated," said Jacoby.

Junior Blake Morgan, drum major, said that being in band is a great experience. "The skills we learn from band are great. I'm passionate about music and this is a good experience." This is Morgan's third year with the band.

Freshman Abby Witmer, a clarinet player, said that a lot of her friends were in band and it seemed like a lot of fun, so she decided to join this year.

**HERNDON HIGH'S BAND** played last Saturday evening. Following Herndon's performance, winners in each class were announced. Herndon's drum majors along with visiting dignitaries including Delegate Tom Rust, Fairfax County School Board member Jane Strauss, Supervisor John Faust and Herndon Town Council representative Melissa Jonas presented trophies to the bands. In the largest band size class, Class VI, Fairfax High School placed first, McLean High placed second, Chantilly placed third, and Westfield and Woodson placed fourth and fifth respectively.



**With 120 band and color guard members, Herndon High is a Class V band. The Herndon High Band's theme for this year is "Songs from the Northern Seas," featuring songs from the soundtracks of Riverdance, Lord of the Rings and How to Train Your Dragon.**



**The wall of the Ice House Café in downtown Herndon, which is the site of the latest mural painted by Keith Naquin and commissioned by the Council for the Arts of Herndon.**

Photo by  
Alex McVeigh/  
The Connection

## New Downtown Mural Under Construction

**Commissioned by Arts Council, Keith Naquin prepares mural on Ice House Café.**

By Alex McVeigh  
The Connection

**D**owntown Herndon has been a bit more colorful in recent months, and artist Keith Naquin is a major reason why. Over the summer, the retired Herndon High School teacher turned the gray wall behind the NAPA Auto Parts building into a scenic, pastoral mural. Now he's moved onto his second project, transforming the red brick wall of the Ice House Café.

"The owners said they wanted something like a Chesapeake Bay scene, since the Ice House Café is an Oyster Bar, so it fits," Naquin said. "The hardest part is working in an alley, it's hard to step back and get a perspective of everything."

This project, like Naquin's last one, is sponsored by the Council for the Arts of Herndon. The wall of the café is about 66 feet long, which is almost 30 feet shorter than the NAPA building. The mural will feature the full spectrum of nautical uses, with the "work" section starting at the building's rear with the back door being transformed into a fishing shack.

From there, the mural will depict crab and oyster boats before segueing into more recreational uses of the water, such as families fishing, boating and at a coastal tiki bar.

"I did some research, visited the Chesapeake area and took some photos of boats and the surroundings for ideas," Naquin said. "This wall was a little harder to prep than the other one, it took about a week to do two coats of primer and fill in a

few of the cracks. But when it's done, it will turn a standard brick wall into a scene that hopefully adds some depth."

Patrons of O'Sullivan, which is next to the Ice House Café, have already been enjoying the view. The bar has several large windows which face the mural, and patrons using the patio are right there.

"I can't wait for this mural to be finished, it certainly beats staring at a brick wall," said Joseph Barnett of Herndon. "Just the fact that there are some light, sky-like colors, the blues and greens, really change the whole impression of the alley. Even when you're not focusing on it, having that scene, of boats and water, in your peripheral vision will change the atmosphere enormously."

Only part of the mural is visible to drivers going west on Elden Street, but it has been enough to make a few drivers pull over and take a look at what the sudden change is.

"I was just headed to the store when I noticed the wall, that had always sort of blended in with the other nearby brick buildings, was super colorful, and since it was a Sunday, I could pull over into one of the parking spots and take a look," said Jean Jordan of Reston. "I think it's a great addition, and once the whole scene is painted in, it will look great. Kudos to the arts council for finding a way to make downtown more of a signature destination."

Naquin is currently in his second week of work on the mural, and he hopes to be finished in about a month.



# Transit Study Presented in Herndon

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types would converge to most efficiently get the traveler from Point A to Point B. Both Inman and Harris noted, however, that the definition of these future hubs would be more than physical. They would include information centers where travelers could get real-time information to better plan their daily trips and where transit options to complete the commute would be

available. "We need to focus more on that 'last mile,'" said Inman. "One of the reasons why more people don't use public transportation are the problems often associated with getting to a transit site, how difficult any transfers might be, and how to get to where you really want to go once you have arrived at a hub, what we call 'the last mile,'" she said.

In his remarks, Harris made

clear that the plan was ultimately a "vision plan rather than a programming plan." Timetables and funding were not addressed.

**THE FINDINGS** and draft recommendations are due to be presented to Secretary Connaughton in mid-October. The recommendations will be available to the public online via the DPRT's website shortly thereafter.



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We're partnering with Acumen Solutions for their 4th Annual Race for a Cause™ 8K and 1Mile Fun Run race on Sunday, October 14, 2012 in Arlington, VA. Alexandria and Fairfax Region Boys and Girls Club will be one of 10 charities benefitting from the race and it's up to the runner or walker to pick which charity their donation will benefit. \$2,000 in combined prizes will be awarded to top race winners. Please choose the Boys and Girls Club – Alexandria Olympic and Fairfax as your charitable preference!

**Location:** Arlington, VA  
**Date:** October 14, 2012 • **Time:** 8:00 A.M.

The race will be on a fast out-and-back, flat course that begins and ends on North Quincy Street near the intersection of Wilson Boulevard. Runners of all levels, as well as walkers, are encouraged to participate. For more information and to register, visit: <http://communications.acumensolutions.com/TheRaceforacause/index.html>

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# Opinion Cancer Awareness

Success with breast cancer awareness should help other cancers.

October is breast cancer awareness month. Anyone connected to media of any variety already knows this. A massive marketing success, we all know that pink shows support for breast cancer prevention, especially in October.

For me, last month marked three years since I completed chemotherapy and radiation for breast cancer. Because of early detection, advances in treatment (surgery, radiation, chemotherapy and ongoing hormonal treatment in my case), and ongoing monitoring, my prognosis, and the prognosis for most of the 2.5 million breast cancer survivors in the United States, is excellent.

Still in 2008, the last year reported by the CDC, 40,589 women died from breast cancer. The same year, 210,203 U.S. women were diagnosed with breast cancer. It is the most common cancer for U.S. women other than skin cancers.

Breast cancer awareness month is the perfect time to be sure that you and/or the women in your life are following best practices for breast cancer screening. While in recent years, there has been some confusion about breast cancer screening, if you have a family history of breast cancer, it is never too early to talk to your doctor about how to approach your preventative care. All women age 40 or over should talk with a doctor experienced in breast health about when to begin screening mammograms and how often to have them. When it comes to what is best for your breasts, self exam, knowing your own breasts and what feels normal, is a low-tech, low-cost measure.

In January 2009, I found a lump in my breast that I knew immediately was not normal. A

coworker's diagnosis of breast cancer had prompted me to have an overdue mammogram seven months before I found the lump, and that mammogram was perfectly normal. The mammogram after I found the lump showed the difference, a glowing spot that led the radiologist to say he would be "very concerned." The biopsy of the lump confirmed the concern.

Now three years later and cancer free, I can tell you that if I did not find that lump, if I waited two years for my next mammogram, my outcome would very likely have been different.

I share my experience in breast cancer awareness month, not because the experience defines me, but because I know how easy it is to put off a mammogram, how easy it is to miss months of self-checks, and because I know, early detection in breast cancer really can save lives.

**THE SUCCESS** of the breast cancer awareness movement has resulted in more than \$630 million annually in spending on research. It is not too much.

But at Connection Newspapers, we have two other employees who are in ongoing treatment for cancer. Kenny Lourie, who has stage 4 lung cancer, writes a weekly column that appears in most of our papers that discusses his more than three-year journey with candor and humor. Jean Card was diagnosed with Acute Promyelocytic Leukemia in early 2011 and has also written about her experience as she raises money for leukemia research and outreach. Visit [www.LighttheNight.org](http://www.LighttheNight.org) and search APL Dimpling Gang.

Lung cancer kills more people in the United States every year than any other kind of cancer,

in fact more than the other top cancers combined. In 2008, more than 208,000 people were diagnosed with lung cancer and more than 158,500 died of lung cancer. This is more than the deaths from breast, prostate and colon cancer combined. Spending on lung cancer research? Less than half spent on breast cancer, about \$280 million annually. As Lourie wryly points out, part of the problem may be that you can't turn out tens of thousands of lung cancer survivors for a march because, well, there are very few survivors over time.

Prostate cancer has more new cases per year and about the same death rate as breast cancer, but half the funding.

In 2012, there were an estimated 47,150 new cases of leukemia with 23,540 deaths, more than half the number of annual breast cancer deaths. But funding for leukemia research lags behind.

Nothing should be taken away from the efforts of breast health advocates. But clearly more effort is needed in other areas.

**SPEAKING OF HEALTH RISKS**, on average more than 20,000 people a year in the United States die from the flu. The numbers vary from year to year, with as many as 50,000 deaths in some years, and some studies showing the average number of deaths to be more than 35,000. The influenza vaccine is a cheap and effective method of preventing or reducing the impact of the flu.

Remember that no matter what health plan you have, there is just one person in charge of your health care: you.

— Mary Kimm,  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)

—Andrea Worker

## Viewpoints

## How would you describe the current housing market situation in your area and prospects going forward?

**Sharat Ahuja,**  
realtor, Long  
& Foster,  
Fairfax, and  
Terra Firma  
Realty Group



"I work mostly in the Fair Oaks area, the 22030, 31 and 33 zip codes. What I see are prices going up overall, slowly. Not as fast as areas closer in, but still improving. Inventory is very low. Some people are waiting to see prices getting back more to 2005-2006. But if a house is priced right, it can sell quite fast."



**Christine Richardson,**  
realtor,  
Weichert  
Realtors,  
Great Falls

"My primary market is the Route 7 corridor. McLean, Great Falls, Reston, Herndon, Sterling. What I am seeing is this year has been much stronger for sellers. More buyers, fewer sellers, which I think is a good thing. It doesn't necessarily translate into much higher prices. For sellers who are realistic about pricing and stage the house properly, we're finding that they are getting very good, quick sales. The benefit so far is in the quick sale. Priced right, staged right, offered in the right market and we have gotten sales within 10 days."

**Chris Pezzana,**  
associate  
broker,  
Weichert  
Realtors,  
Reston

"Overall, I think the economy in our area is doing well. I think the prospects for the future are excellent. I think we should be optimistic. Nationally, it's getting better, in areas that were the hardest hit we see improvements."



**Candy Clanton,**  
broker,  
Clanton &  
Associates

"I think the market is in great shape, moving well. I don't work with short sales. I do help a custom builder who sells in the million plus range. I have sold seven over-a-million homes in the last four months. And my re-sales are also doing well. I listed a home in Burke three weeks ago on a Friday, and had three offers by Monday. If it's priced right and shows well, it's selling. When the market slowed, I took on rentals."

Oak Hill & Herndon  
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Local Media Connection LLC

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Photos by Andrea Worker/The Connection

**First gathering point: Dranesville Elementary students Mia, Lexi, Rose, Willy, Michael and Jeffrey (up front, right) are ready to take part in International Walk to School Day. They were accompanied by a few parents, and by school Principal Kathryn Manoatl, prepared for the weather with her raincoat, and dressed in red, school Registrar Chris Towe.**

## Dranesville Students Walk to School

By Andrea Worker  
The Connection

**C**redit last year's fifth grade class at Dranesville Elementary for getting the school involved in International Walk to School Day. "The fifth graders and their teachers were Internet searching for healthy activities as part of their science and health classes," said Principal Kathryn Manoatl, "and they came across this global action campaign. It called for an international day of walking to school. Seemed like a perfect match. The focus was on school kids and what could be easier than walking?"

On Wednesday, Oct. 3, about 200 of the school's 670 students became part of the day's 4,154 nationally registered walking events: 52 events were recorded in Fairfax County. Gathering at scheduled points along a couple of designated routes and escorted by school staff, off they marched, undeterred by a bit of fog and drizzle.

Principal Manoatl was ready to set the right example, acting as monitor for the children who met at the starting point of Misty Water Drive and Powells Tavern Place. There was a good turnout at this first stop on Route 1. In this group, 12-year-old Rose was the veteran walker. "I walk most days," she said with a smile. She certainly looked prepared with her pink rolling bag.

Further along the route, school counselor Melinda



**Walking to school is nothing new for 9-year-old Susan Rahimyar. "I walk almost all the time. But it's kind of fun with more people around like this," admits Susan.**

Ryan had her own posse, including second grader Autumn, who was proud to acknowledge that this was "my first time to participate, but I know I will do it again." Eleven-year-old Christian and 10-year-old Sebastian are friends and admitted it was fun to walk along together. "Plus," added Sebastian, "walking helps you get fit and it helps fight pollution." Christian had to set a pretty smart pace on the walk, in order to get there in time to take up his duties as a lobby patrol attendant.

Students and staff were joined by a number of parents, as well. Moms and dads kept pace, some pushing strollers, some clutching coffee cups, and one or two multi-tasking by walking the family dog at the same time. There were even a few neighbors who just popped out to wave to the passing cavalcade.

The international effort started in Great Britain in 1997. Their annual event has grown to include

millions of children in 40 countries. According to their website "iwalktoschool.org," the organization's goals are to "encourage physical activity, raise awareness of how walkable a community is, raise concern for the environment, reduce traffic and pollution, and promote sharing time with community leaders, parents, school staff and children." This week the students and staff at Dranesville Elementary took several steps in the right direction to make those goals a reality in their neighborhood.



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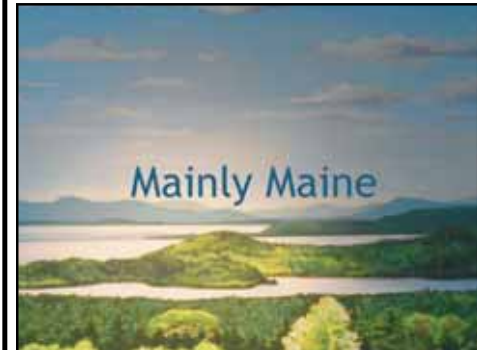
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# Home LifeStyle

## Decorating for Halloween

Suggestions for getting one's home ready for Fright Night and beyond.

By Marilyn Campbell  
The Connection

Whether one's preference is witches and ghosts or candles and pumpkins, there is no reason why fall décor should be limited to one month, say area tastemakers. A few local designers offer autumn embellishment ideas that span the spectrum from spooky to all-natural.

"Decorating for fall is one of the most enjoyable times of the year for many people. We particularly like it because nature provides so many wonderful options to use for decorating," said Ann O'Shields, owner of The Nest Egg in Fairfax. "If you are purchasing seasonal decorations for fall, we suggest choosing items that can go past Halloween and into Thanksgiving."

Add spine-chilling accents to traditional fall accessories. "One thing that you can do is hang faux cobwebs between orange pillar candles," said Angela Phelps, owner of Le Village Marché in Arlington. "Remove the webs after Halloween."

Use black and orange strategically. "We like putting white and orange pumpkins inside the fireplace," said O'Shields. "They are striking against a black in-



Photo by Marilyn Campbell / The Connection

**Pumpkins draped with cobwebs and spiders offer traditional Halloween décor that can be adjusted to last from October through Thanksgiving.**

terior fireplace to fill the space until cooler fireplace weather arrives."

Be inspired by seasonal bounty. "The varieties of pumpkins and gourds available at local farmer's markets, nurseries and even grocery stores are the perfect start for seasonal décor," said O'Shields. "White pumpkins in particular are gorgeous and can make such a statement lined on a long table as a centerpiece. Mixed in with gourds of different colors and shapes, you have a simple, natural arrangement that is also eye catching. Wreaths with white pumpkins, branches, sunflowers and leaves welcome the season and extend into winter."

Make use of transparent containers like cylinder vases. "Fill glass containers with the miniature white and orange pumpkins or green or red apples and use them on a mantel or centerpiece," said O'Shields.

## Marymount's Interior Design Department Receives 2012 Potomac Award

Program recognized for creative and intellectual contributions to the local community.

By Marilyn Campbell  
The Connection

Marymount University's Interior Design faculty and students have been recognized for their creative and intellectual contributions to the local community. The Arlington school was recently awarded the 2012 Potomac Award from the Washington Metropolitan Chapter of the American Society of Interior Designers (ASID), making it the first university to receive the honor. Interior design classes are offered on the main campus or at the Reston Center.

"We have been blessed with intelligent, ambitious, dedicated students who have been willing to work hard and develop their understanding of the interior design field," said McLean resident Jean Freeman, an interior design professor at Marymount. "The awards that individual faculty have received and some of the articles and books they have published are...an indication of their efforts to extend the body of knowledge for the field and our students."



Photo Courtesy of Marymount University

**McLean resident Jean Freeman of Marymount University's interior design department credits talented students and faculty with the program's success.**

with which the [Interior Design] department at Marymount is keeping, you'll appreciate the prestige of the award."

## Emergency Preparedness Tips

Are your home and family ready for a hurricane?

By Josh Baker

With this summer's severe weather, and the hurricane season upon us, a few simple preventative steps, outlined below, may help you to avoid costly repairs once the storms have passed.

**Avoid wind damage:** Clear away yard debris and dead/dying branches

Large branches or fallen trees can easily be tossed about by high winds during a storm. If you have trees near your home, be sure to trim any dead or dying branches, or ask your landscaper to do so at your next service visit.

The easiest way to avoid leaks: Make sure gutters are kept clean and in good shape

Before the storms arrive, remove any leaves, pine needles, branches or other debris from the gutter system. Also, perform a visual check to be sure there are no damaged areas. Clogged, leaky, or broken gutters can fail to properly drain water from your house, which may cause flooding and property damage.

The second easiest way to avoid leaks: Make sure areaway and storm drains are clear

If your basement has an areaway staircase, be sure to clear the drain at the bottom of leaves, dirt and other debris. Do the same for other storm drains located on or near your property. Failure to do so could lead to excess water backing up onto your property or into your home if the drains are clogged.

Save your electronics: Plug expensive household items into surge protectors, or unplug them entirely

Stereos, televisions, fitness equipment and computers should be either unplugged before the storm begins, or plugged into surge protectors. This may help to prevent damage to these items if lightning strikes.

Be the envy of your neighbors: Learn how to safely operate your portable generator

All generators are not the same, so be sure to read the manufacturer's instruction manual that came with your generator to ensure proper operation.

❖ Before the storm, test your generator by turning it on to be sure that it is working properly. Also, make sure that you have a sufficient fuel supply to keep the generator running once it is needed.

❖ Use the generator in a well-ventilated, outside area. Generators emit carbon monoxide, which can build up in an unventilated area and be hazardous to your family.

❖ Plug appliances into the generator using heavy-duty extension cords that are well-maintained and not frayed or worn. Using incorrect or damaged extension cords could pose a fire hazard.

❖ Turn the portable generator off and allow it to cool before refueling. Pouring fuel into a hot generator may cause an explosion or fire.

If you have a whole house generator make sure that it is well maintained with a service contract from a qualified vendor.

### PREPARE YOUR POOL

A few simple steps will help prevent significant damage to your pool.

❖ Do not drain all of the water from the pool. An empty pool is subject to "floating" or "popping" out of the ground due to "lift pressure," which is caused by excessive ground water during heavy rains. Also, the water in your pool will act as a shield to protect the finish from damage. Instead, only drain your pool water by one to two feet to allow for the accumulation of rainwater.

❖ Turn off the power to any pool equipment (pump, motor, lights) that may be on.

❖ Remove any loose pool items (filter housing tops, etc.). These can easily be taken away by strong winds.

❖ Add extra chlorine to the pool. This will help to prevent contamination from any debris and storm water that enters the pool.

❖ Move any unsecured items, such as patio furniture or potted plants, inside to keep them safe from driving rains or severe winds. Sinking furniture inside a pool is not recommended – the chlorine in the pool water may stain or rust expensive items, and this may also damage the bottom of the pool.

Josh Baker is founder of BOWA, [www.bowa.com](http://www.bowa.com).

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# Fairfax County REAL ESTATE

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Photos by Craig Sterbutzel /The Connection



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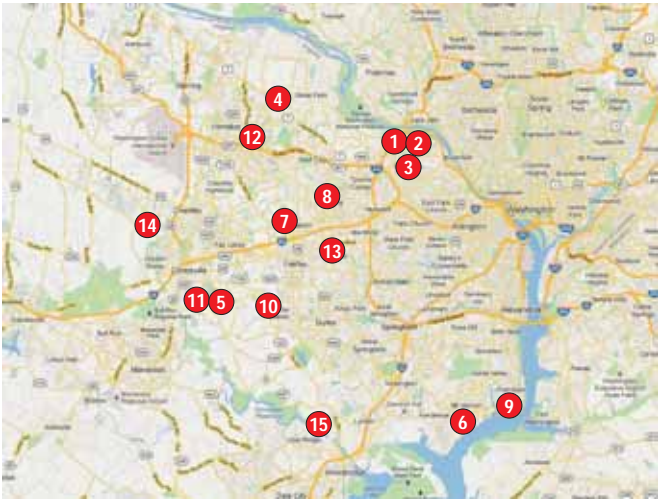
**4 1028 Timbercreek Trail, Great Falls — \$2,110,000**



**7 3001 Westhurst Court, Oakton — \$1,750,000**

Address .....	BR	FB	HB	.....	Postal City ...	Sold Price .....	Type .....	Lot AC ..	Postal Code .....	Subdivision .....	Date Sold
1 6827 SORREL ST .....	8	11	2	.....	MCLEAN	\$6,700,000	Detached	3.50	22101	LANGLEY FOREST	08/31/12
2 6705 SORREL ST .....	6	7	2	.....	MCLEAN	\$3,700,000	Detached	1.15	22101	LANGLEY FOREST	08/30/12
3 1319 CALDER RD .....	5	5	1	.....	MCLEAN	\$2,350,000	Detached	0.58	22101	SALONA VILLAGE	08/27/12
4 1028 TIMBERCREEK TRL .....	4	6	2	.....	GREAT FALLS	\$2,110,000	Detached	1.80	22066	ESTATES AT LONGWOOD	08/06/12
5 13120 LOTH LORIAN DR .....	6	7	1	.....	CLIFTON	\$2,050,000	Detached	5.02	20124	LOTH LORIAN	08/24/12
6 4503 CARLBY LN #6 .....	4	4	0	.....	MT VERNON	\$2,000,000	Detached	1.72	22309	RIVERBEND AT MT VERNON	08/16/12
7 3001 WESTHURST CT .....	5	5	2	.....	OAKTON	\$1,750,000	Detached	0.85	22124	WINDSONG	08/15/12
8 412 GLYNDON ST NE .....	5	5	1	.....	VIENNA	\$1,714,300	Detached	1.50	22180	ARY HILL CHANCERY	08/30/12
9 8724 PLYMOUTH RD .....	4	3	1	.....	MT VERNON	\$1,650,000	Detached	0.52	22308	PLYMOUTH HAVEN	08/03/12
10 5599 SMOKE RISE LN .....	5	4	2	.....	FAIRFAX STATION	\$1,350,000	Detached	8.86	22039	BEAUMONT	08/01/12
11 6417 UNION MILL RD .....	5	5	1	.....	CLIFTON	\$1,240,000	Detached	5.05	20124	UNION MILL ESTATES II	08/02/12
12 11776 STRATFORD HOSE PL#1409 2 .....	3	0	.....	RESTON	\$1,200,000	Hi-Rise 9+ Floors	20190	STRATFORD	08/20/12		
13 9404 OLD RESERVE WAY .....	5	4	2	.....	FAIRFAX	\$1,125,000	Detached	0.20	22031	PICKETT'S RESERVE	08/22/12
14 5132 PLEASANT FOREST DR .....	5	4	2	.....	CENTREVILLE	\$1,070,000	Detached	1.00	20120	PLEASANT VALLEY	08/31/12
15 9328 OCCOQUAN OVERLOOK DR .....	6	6	2	.....	LORTON	\$1,030,000	Detached	0.84	22079	OCCOQUAN OVERLOOK	08/20/12

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Photos by Harold Bonacquist/Courtesy of Elden Street Players

M.K. Turner as Charles and Karen Jadlos Shotts as Lane.

# Tackling Big Issues With Wry Comedy

Elden Street Players bring on "The Clean House."

By David Siegel  
The Connection

**C**elebrating 25 years of "combining bold direction with extraordinary artistry" the Elden Street Players' new season will be one "with a strong focus on shows that intrigue and provoke thought for our audiences," said Angie Anderson, the artistic director.

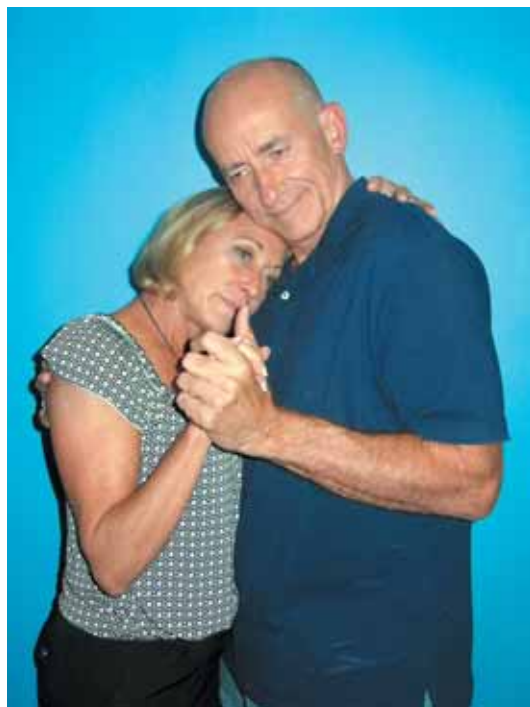
The season opener is "The Clean House" a Pulitzer Prize finalist by Sarah Ruhl. The show is a fusion of tart comedy and heartfelt drama, fantasy and daily life.

"The Clean House" delves into each of the characters' soft core. As one of them asks, "If you do not clean, how do you know if you've made any progress in life?" Moreover, does having an unkempt house make one insane? Along the way, the play develops into a show about adventure, forgiveness, all manners of love and a vivid look at whether jokes help decipher the riddles of life.

Susan Devine will direct what she describes as "great entertainment. It is a wonderfully complex script with great characters who all have depth with lots of meaningful moments." She added that "to convey things that are happening simultaneously in the play, there will be lots of lighting effects, sounds and music in a very theatrical staging."

The characters include Lane (Karen Jadlos Shotts) and Charles (M.K. Turner) a married couple who are both busy doctors whose lives begin to unravel. There is Matilde (Jackie Davis), their Portuguese-speaking, live-in maid from Brazil. She too is in distress, from the loss of her parents, and claims cleaning makes her depressed. She decides to spend her time trying to think of jokes.

There is Lane's lonely older sister (Lorraine Magee), a "rather odd and repressed woman, but who loves to clean for something to do," said Magee. "She takes on the maid's job in hopes of



Donna Naybor as Anna and M.K. Turner as Charles in the Elden Players' production of "The Clean House."

## Where and When

"The Clean House" by Elden Street Players at The Industrial Strength Theatre, 269 Sunset Park Drive, Sunset Business Park, Herndon. Performances: Oct. 19, 20, 26, 27 at 8 p.m. Oct. 28 at 3 p.m., Nov. 2-3 at 8 p.m., Nov. 4 at 7 p.m., November, 8, 9, 10 at 8 p.m. Tickets: \$20. Call: 703-481-5930 or visit [www.eldenstreetplayers.org](http://www.eldenstreetplayers.org).

becoming closer to her sister."

In his character as Charles, Turner unexpectedly and very quickly falls in love with the free-spirited Anna (Donna Naybor), one of his cancer patients. He even goes on a journey in search of a magic elixir to save her. "He wants to fix things; just a man who is totally romantic and so very impractical," said Turner. "A decent enough guy, but so oblivious to the chaos he creates."

The production moves along to show how women can comfort each other no matter what the circumstances. Pain alleviated by laughter. And perhaps "heaven is a sea of untranslatable jokes, except everyone is laughing."



Photo Contributed

Eddie and Martha Adcock and Tom Gray.

## Eddie & Martha Adcock with Tom Gray

On Saturday, Oct. 13, Eddie & Martha Adcock play with Tom Gray. 7:30 p.m., at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. The old school bluegrass musicians combine to create a new sound with true roots.

### Entertainment

Send announcements to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit [www.connectionnewspapers.com](http://www.connectionnewspapers.com).

#### THURSDAY/OCT. 11

**Help the Homeless Walk.** 2:20 p.m., at Herndon High School, 700 Bennett Street, Herndon. Over 600 students/teachers/parents and over \$14,000 in the mini-walk. 703-810-2249.

#### SUNDAY/OCT. 14

**Festival on the Square.** Noon-5 p.m., at Reston Heights, 11790 Sunrise Valley Drive, Reston. Live entertainment, food samples, farm animals, fancy cars, a maze made of hay and much more. 703-476-9377 or [www.festivalonthesquare.com](http://www.festivalonthesquare.com).

**Mainly Maine: Seascape Paintings from the Northern Coast of Maine.** 2-4 p.m., at the Reston Art Gallery, 11400 Washington Plaza W, Reston. Meet Dorothy J. Donahey and see her work at her opening reception; her work is on display from Oct. 4 through Nov. 4. 703-481-8156.

#### 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](mailto:BluesSlide@aol.com) or 703-593-5206. [www.jimmystavern.com](http://www.jimmystavern.com).

#### SATURDAY/OCT. 20

**Halloween Family Fun Day.** Noon-2 p.m., at RCC Hunters Woods, 2310 Colts Neck Road, Reston. Infants through 8-year-olds dress in their favorite costume and enjoy performances for the whole family; featuring Peter McCarty, the "Monster Madness" show and carnival games. 703-476-4500 or [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

**2012 Light the Night Walk.** 5 p.m., at Reston Town Center, 11900 Market Street, Reston. Festivities precede a remembrance ceremony for those who have been lost to cancer, a two-mile walk to follow at 7 p.m. 703-399-2924 or [www.lightthenight.org](http://www.lightthenight.org).

#### THURSDAY/OCT. 25

**Deep eMotion.** 7:30 p.m., at the Center Stage in the Reston Community Center, 2310 Colts Neck Road, Reston. An evening of modern

dance and contemporary ballet featuring the premier of original work by Artistic Director Shu-Chen Cuff and guest choreographer Constance Walsh's work. \$30; \$20, Reston residents; \$15, youth. 703-476-4500 ext. 3 or [www.gindance.org](http://www.gindance.org).

#### FRIDAY/OCT. 26

**The Bradley Farm Haunted House.** 6-10 p.m., at 13159 New Parkland Drive, Herndon. Exhibits and well-hidden scares within "The Evil Around Us,"-themed house, deeply haunted with local spook and legend. \$5. [www.bfhauntedhouse.com](http://www.bfhauntedhouse.com).

#### SATURDAY/OCT. 27

**Halloween Movie Night.** 5:30 p.m., at ArtSpace Herndon in the Post Gallery, 750 Center Street, Herndon. A showing of The Wizard of Oz for a costumed-audience, the best of which will win the contest; pre-show games at 5:30 p.m. with the sing-along, dance-along screening at 6:30 p.m. Register. 703-956-6590 or [www.artspaceherndon.org](http://www.artspaceherndon.org).

**The Bradley Farm Haunted House.** 6-10 p.m., at 13159 New Parkland Drive, Herndon. Exhibits and well-hidden scares within "The Evil Around Us,"-themed house, deeply haunted with local spook and legend. \$5. [www.bfhauntedhouse.com](http://www.bfhauntedhouse.com).

#### TUESDAY/NOV. 6

**Fall Bazaar.** 7 a.m.-3 p.m., at the Herndon Adult Day Care Center, 875 Grace Street, Herndon. The Fairfax County Health Department holds their annual bazaar with rummage sale items, baked goods, ceramics and crafts. 703-435-8729.

#### WEDNESDAY/NOV. 7

**Fall Bazaar.** 7 a.m.-3 p.m., at the Herndon Adult Day Care Center, 875 Grace Street, Herndon. The Fairfax County Health Department holds their annual bazaar with rummage sale items, baked goods, ceramics and crafts. 703-435-8729.

#### SATURDAY/NOV. 10

**Children's Fall Flea Market.** 9 a.m.-noon, RCC Hunters Woods, 2310 Colts Neck Road, Reston. Donate one non-perishable food item for the RCC Thanksgiving Food Drive and then do your holiday shopping at bargains: gently-used toys, books, clothing and games. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).





Thomas Jefferson senior Laura Brouckman, right, battles South Lakes sophomore Megan Greatorex for the ball on Oct. 5.



South Lakes senior Lisi Mueller, left, is the Seahawks' leading goal scorer.

Photos by Craig Sterbutzel/The Connection

## TJ Goalie Seetharaman Shuts Out South Lakes

**Herndon resident leads Colonials to first district win.**

By Jon Roetman  
The Connection

**T**homas Jefferson goalkeeper Priya Seetharaman faced heavy pressure in the first half of the Colonials' Oct. 5 contest against South Lakes as the Seahawks, thanks to a barrage of penalty corners, were frequent visitors to the circle.

But thanks to sound decision-making and the confidence to act on it, Seetharaman kept South Lakes out of the cage and led TJ to its first Liberty District victory.

Seetharaman, a Herndon resident, thwarted multiple South Lakes opportunities, and Brittany Peck and Laura Brouckman scored goals for TJ as the Colonials defeated the Seahawks, 2-0, at South Lakes High School.

"Priya was on her game today," TJ Head Coach Amanda Kelly said. "She was very confident, she worked very well with the defense [and] you could hear her talking with the backfield. The most successful games are the ones she doesn't have to do much, but she worked her [rear end] off today. She did great."

Kelly wasn't the only coach to notice Seetharaman's effort.

"The goalie was outstanding," South Lakes Head Coach Jessica Dowd said. "She single-handedly got to the ball before any



Thomas Jefferson goalkeeper Priya Seetharaman, of Herndon, held South Lakes scoreless during the teams' Oct. 5 match-up at South Lakes High School.

**"The goalie was outstanding. She single-handedly got to the ball before any of our forwards did, wasn't afraid to come out, didn't stay back and, as I told her and her coach, she was just an unbelievable goalie."**

**—South Lakes coach Jessica Dowd about TJ goalie Priya Seetharaman**

of our forwards did, wasn't afraid to come out, didn't stay back and, as I told her and her coach, she was just an unbelievable goalie. We had the opportunities. I think some were more directed to the goalie and,

knowing how good she was, we weren't moving her as much and just using each other. The goalie was their saving grace."

Seetharaman said if she believes she can get to the ball, then she'll be aggressive and

attack it, rather than waiting back to make a save.

"It's really all about confidence," she said. "If I don't feel confident going out for [the ball], then I won't go out for it. But as long as I'm confident in there and I know I can get the ball, then I will get the ball."

**WHILE THE TJ** defense recorded a shut-out, Peck and Brouckman took care of the offense. Peck scored with 2:22 remaining in the first half, giving the Colonials a 1-0 advantage. With 18:38 left in the second half, Brouckman got the ball in the open field and ripped a shot into the cage for a 2-0 TJ lead.

"I think tonight our speed really picked up," Brouckman said. "The way we were communicating and working together definitely started in practice this week and carried over to the game.... I saw the open circle [in the second half] and I just shot as hard as I could. I looked for the corners and it went in."

TJ improved to 5-7-1, including 1-3 in the Liberty District. South Lakes dropped to 9-6, including 1-4 in the district. The Seahawks won six of their first seven games to open the season.

"We're in a tough district," Dowd said. "Right now we're [9-6] with this [loss] and, hands down, that's better than we were doing last year."

Friday was senior night for South Lakes. The Seahawks have three seniors: Lisi Mueller, the team's leading goal scorer, Emily Lemoine and Melissa Westfall.

South Lakes will travel to face Madison at 7:30 p.m. on Wednesday, Oct. 10. TJ will host McLean at 7:30 p.m. on Thursday, Oct. 11.



# Citizens' Input Sought

From Page 3

million in FY2004 to \$0 in FY2010 and is projected to stay at nil for at least the next six years. The federal government has increased funding loans available for transportation, but those dollars can only be accessed if a funding source for loan repayment is identified. Some of the unfunded projects that need attention according to the DOT include the Tysons Corner Redevelopment, Base Realignment and Closure (BRAC) improvements, transit service expansions and bicycle and pedestrian facilities.

After enumerating the issues and reviewing some of the projects identified in the study, Director Biesiadny moved into part two of the discussion: potential revenue sources.

"I want to emphasize that this is the beginning of a discussion," said Biesiadny. Responding to concerns raised by a Reston couple in attendance, he stressed, "We are not here to advocate for any particular revenue source, or package of sources." The Reston duo declined to be identified in the paper, but stated they came to the meeting after having read online that the County was proposing to implement a toll on the Fairfax County Parkway. "We have lived here since before that road was built," said the female resident. "I am a dog walker in this area. If I had to pay a toll every time I drove on the Parkway, I would have to give up my job."

Biesiadny admitted that a Fairfax County Parkway toll had been used in the study as an example. Tolls were only one of 13 categories for revenue sourcing

examined. Other categories included increased Income, Sales, Meals, Real Estate, Gas and Sales on Services Taxes. Currently there is no Sales on Service Tax in Fairfax County. Haircuts, repairs, and dry cleaning services were noted as examples of such services. "Again," assured Biesiadny, "this toll is not a proposal, or even a recommendation. We just used this as an example to show how our model works. Our model identifies a particular revenue source, then calculates the potential revenue to be gained. For each source we determine whether it is eligible for bonding, what legislative body must approve the source, and what would be the estimated household impact."

**THE ENTIRE DIALOGUE PRESENTATION**, as well as a brief survey asking the public to provide opinions and suggestions on possible funding options is available online at [www.fairfaxcounty.gov/fcdot/cdot](http://www.fairfaxcounty.gov/fcdot/cdot). The letter from the Urban Crescent officials can be found on Chairman Bulova's website [www.Fairfaxcounty.gov/Chairman/](http://www.Fairfaxcounty.gov/Chairman/). The chairman, Supervisor Hudgins and Director Biesiadny urged attendees to review the materials and complete the survey, which is also available in hardcopy from the DOT. To encourage greater response, Bulova gathered staff before departing, getting agreement to extend the survey deadline to take into consideration the Connection Newspapers publication dates. Survey responses will be accepted until 4:30 p.m. on Oct. 15.

## Faith Notes

*Faith Notes are for announcements and events in the faith community, including special holiday services. Send to [herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com). Deadline is Thursday.*

**The Heritage Fellowship Church**, 2501 Fox Mill Road, Reston, presents the Women's Week-end of Wholeness 2012, a holistic health fair with educational workshops and an exhibit hall. On Friday, Saturday and Sunday, Oct. 19-21, the weekend aims to restore and educate adult and teen women, beginning Friday night at 7 p.m. 703-620-9515 or [dbell@heritagefellowshipchurch.org](mailto:dbell@heritagefellowshipchurch.org).

Join for **Vajrayogini Buddhist Center's** monthly class on Saturday, Oct. 20, held in the library: **Transforming Conflict Through Skillful Action**, from 10-11:30 a.m., at the Unitarian Universalist Church, 1625 Wiehle Ave., Reston. \$12. 202-986-2257 or [www.meditation-dc.org](http://www.meditation-dc.org).

**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](mailto: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 Relax-

ation,' teachings and guided meditations that teach students how to relax their body and mind. \$12. [www.meditation-dc.org](http://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](http://www.trinityherndon.org).

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

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

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

**HAVEN of Northern Virginia** offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or [www.havenofnova.org](http://www.havenofnova.org) for schedules and registration information.

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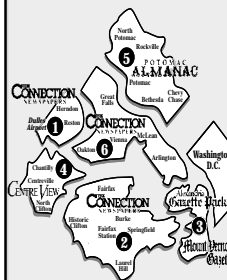
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-William Van Horne

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## "Subjectively Speaking"



By KENNETH B. LOURIE

In my opinion. It's what I think. It's what I feel. It's what I think I feel. It may not be something I know, but it's certainly something that I hope I know. And if it's not exactly something that I know, then I hope it's something I believe. Because, if I don't believe it, hoping might not be enough. And if hoping is not enough, and I don't believe, then what I think I feel is simply mind over matter. Yet for all I know (not much really), my mind might matter more than any other weapon I have - real or imagined, in this battle, hopefully not 'til the death, against the stage IV NSCLC that has taken up residence in my body.

However, It's not as if I don't listen to what my oncologist says/has said. In fact, I take pride in my listening and observational skills, so I think I have paid particular attention throughout this entire process. (After all, my life was/is semi-at-stake here.) Now whether I actually heard/assimilated everything that was said to me by my oncologist is likely another issue/column entirely. Moreover, as much as I know how to focus on what the doctor is saying and to listen carefully in order to ask intelligent and potentially life-saving (at least life-sustaining) questions, later, when my wife and I are home reviewing what the doctor had said only a few hours before, invariably we have different impressions, different interpretations and overall different recollections. Unfortunately, there's no one really for us to call (who's available) to review and clarify questions and/or answers that a few hours later are amazingly less clear than they were when we initially heard them. The reality is, there are no do-overs.

As a result, it becomes impossible (nearly impossible) for the patient (this patient, anyway) to be objective about these kinds of life-and-death meetings/discussions, so what words come out, after internalizing everything you've seen and heard is, "subjectively speaking." Somewhere between your best "recollection," your best guess and your likely most positive spin on a set of facts and/or circumstances which might take a bit of getting used to, or at least, making sense of. And that's how life goes on: from one unforgettable (you know what I mean; not literally, but you sort of forget some of what you hear), potentially life-ending set of doctor-speak to the next round of scans, always to be coordinated with your oncologist-ordered lab work, followed up by yet another appointment/exam with the oncologist, the combination and interpretation of each will ultimately tell the tale: good, bad or indifferent.

"Good" and "bad" speak for themselves. "Indifferent" however, is another discussion altogether. Looking for the positive, minimizing the negative; this conversation turns grasping at straws into a literal event. You believe what you want and discount what you must, anything to induce yourself into believing that tomorrow is, as Scarlett O'Hara made famous at the end of "Gone With The Wind," "another day." One filled with hope and optimism, and one worth living, preferably without cancer. But being realistic - and occasionally honest - with yourself, the cancer is likely not disappearing anytime soon. Shrinkage (of the tumors) would be ideal, of course. But you can live with no growth, too. And as I have come to understand - and appreciate: "stable" is a pretty spectacular word, (my new favorite word, actually). In fact, I can live with "stable." But that's just my opinion, unrealistic though it may be.

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



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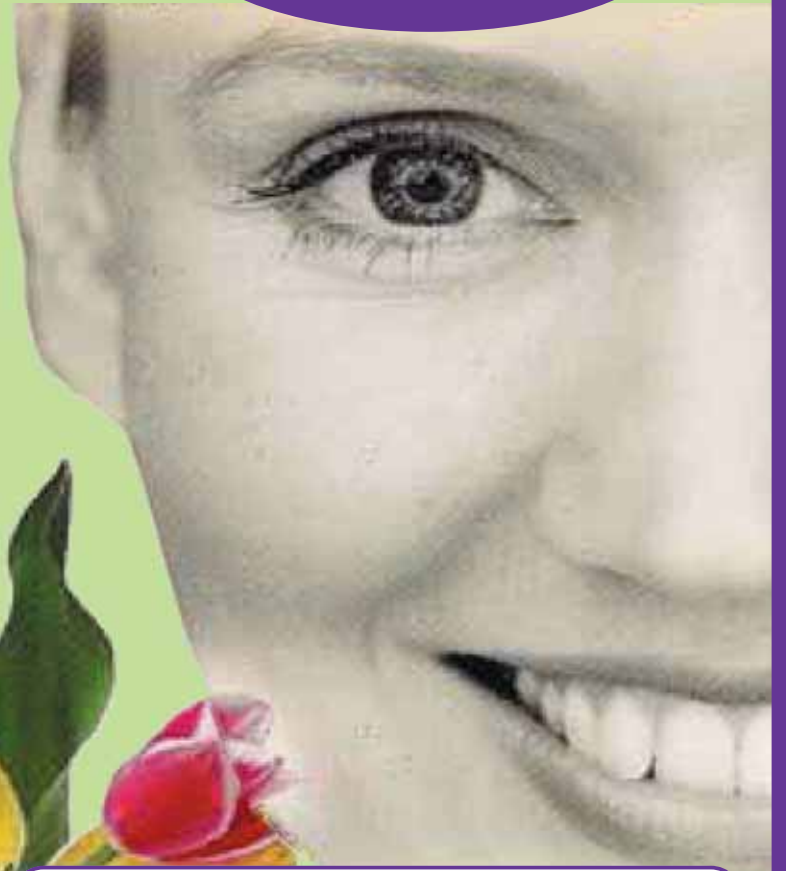
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