

Packing Healthful Sack Lunches Kids Will Eat

NEWS, PAGE 3

Walmart Comes to Tysons

NEWS, PAGE 8

Fairfax County Public Libraries— Version 2.0?

NEWS, PAGE 4

Unrefined
Grains
(and other healthy carbohydrates)

Lean
Proteins

Labels

5 servings

1 serving

1 session

4 serving

6 servi

8 serv

Reac



Vienna dietician Judy Caplan and her peanut character GoBeFull teach children about nutrition.

Five out of

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PHOTOS BY DONNA MANZ/THE CONNECTION

Culinaria Cooking School chef Christine Wisnewski shows a sampling of the lunch meals her own children enjoy eating.

Healthful Sack Lunches

Local experts offer lunch suggestions, recipes.

BY DONNA MANZ
THE CONNECTION

The bigger challenge for mom or dad than building a healthful sack lunch is building a healthful sack lunch that tastes good-enough to eat. If children are not actually eating what you serve them, it makes little difference how healthy the ingredients are. That's where local food specialists lend a hand. Registered dietician Judy Caplan and professional chef—and mother of two school-aged kids—Christine Wisnewski share suggestions, tips and recipes for planning sack lunches your children will eat because they enjoy doing so. Healthy and tasty—the ultimate combination.

"You don't have to have a sit-down hot meal to make it healthy and enjoyable," said Vienna registered dietician Judy Caplan. "If you can get the basic principles of what keeps people healthy, you can start from there."

Caplan uses whole grains as an example. She suggests trying whole-wheat pitas and wraps, and if kids refuse to eat whole-wheat crackers or pretzels with hummus or low-fat cheese. For the children who truly will not eat whole wheat anything, shift to unbleached flour, at the least.

"I think we're getting too crazed about what constitutes a healthy diet. We're going overboard. And I believe in healthy eating," said Caplan who advises clients on healthy home diets.

CAPLAN WORKS IN PRIVATE PRACTICE and consults with hos-

Recipes and Tips

♦ **Christine Wisnewski's Homemade Granola**—Culinaria-style (Makes 8 cups)

Non stick cooking spray
1/3 cup vegetable oil
1/2 cup packed light-brown sugar
1/2 cup maple syrup
1 tbsp. pure vanilla extract
3/4 tsp. ground cinnamon
1/2 tsp. fine salt
3 cups rolled oats
2 cups chopped pecans
1 cup sweetened shredded coconut
1 cup mixed dried fruit (cranberries, raisins, cherries, apricots)
1 cup mini-chocolate chips (optional)
Preheat oven to 300 degrees, with racks in upper and lower thirds. Line two large rimmed baking sheets with aluminum foil. Lightly coat lined sheets with cooking spray. In a large bowl, combine oil, sugar, syrup, vanilla extract, cinnamon and salt. Add the oats and pecans; stir to combine. Divide the mixture evenly between the two sheets, spreading mixture out. Bake 15 minutes, stirring occasionally. Add 1/2-cup coconut to each sheet; bake until mixture is golden brown, 15 minutes. Let cool completely on sheets. Stir in dried fruit and chocolate chips, if desired. Serve granola with milk, over yogurt or fruit, or out of hand as a snack. Granola may be stored in airtight containers, up to three weeks.

Judy Caplan's chocolate balls and bean-and-veggie quesadilla:

♦ **Chocolate Cupcake Balls** Serves 4 (two balls each)

1 cup walnuts
5 Medjool dates, pitted
2 Tbsp. unsweetened cocoa powder
1 tsp. coconut oil
1 tsp. vanilla extract
1/2 tsp. almond extract
1/4 tsp. sea salt
Process walnuts and dates in a food processor until mixture sticks together. Add cocoa, coconut oil, sea salt, vanilla and almond extracts and blend well. Roll eight small (approximately 2") balls out of the mixture and place on a dish. Store in the refrigerator. Do not cook balls; eat raw. Optional: roll in shredded coconut.

♦ **Bean and Veggie Quesadilla (Serves 4)**

4 whole wheat tortillas
1 can fat free refried beans
1 tsp. extra virgin olive oil
1 cup grated Cabot 75% Reduced Fat Cheddar Cheese
1 onion sliced (optional) **
2 red bell peppers sliced (optional) **
Heat beans in a sauce pan. In a separate skillet, sauté veggies in 1 tsp. olive oil. Warm tortillas in oven until softened. Lay tortillas flat. Divide beans equally between the four tortillas. Spread beans on each tortilla. To each tortilla, add 1/4 of veggie sauté, 1/4 cup grated cheese. Sprinkle with sliced black olives. Fold each tortilla in half, cut into quarters.
** If your child does not like onions or bell peppers, leave them out. Serve with salsa and 2 tbsp. guacamole.

pitals, corporations and private schools. She authors guidelines on children's nutrition using her GoBeFull peanut character. Wisnewski teaches classes at

Culinaria Cooking School in Vienna, making traditional recipes with a health-conscious twist, what she refers to as practical tips

SEE LUNCH, PAGE 12

BACK TO SCHOOL

School Bells Ring Sept. 3

Local schools gearing up for new critical thinking programs.

BY DONNA MANZ
THE CONNECTION

It's that time of the year when school bells across the region begin ringing ... families are doing last-minute back-to-school shopping for supplies and clothes, the days are getting shorter, fall sports are at practice and children are playing outside until dusk. It won't last much longer.

Fairfax County Public Schools start the school year on Tuesday, Sept. 3, possibly the last year the county will be required to schedule the school calendar year after Labor Day.

Fairfax County Public Schools' new initiative is to develop 21st century learning skills among its students.

Several Vienna-area elementary school administrators shared "what's new" at their schools.

Lisa Pilson, principal, Westbriar Elementary School:

"The big news out of Westbriar for this school year is that the school is now an Advanced Academic Program center for eligible students from grade three and up. AAP-eligible students from Freedom Hill and Stenwood will feed into Westbriar. Westbriar joins Vienna elementary school Louise Archer as AAP centers. The advanced academics center gives the school a different feel because we'll have new kids transitioning from neighbor schools. I think all of our students will benefit from having a center here."

Also new this school year is a curriculum that infuses science and social studies for all of Westbriar's grade three through six students.

"Getting both an Advanced Academics center and the infusion program are big things for Westbriar. Our technology specialist, advanced academics specialist and resource teacher, as well as classroom teachers, will be working to broaden critical and creative thinking skills in science, technology, engineering and math [STEM]."

Westbriar's student population is growing and in February of 2013, the school added a fourth kindergarten teacher. This year, kindergarten begins the year with four teachers. The school has more than 600 children registered for this school year.

Westbriar offers extracurricular FLEX foreign language programs of French, Chinese and Spanish paid for the school's PTA.

Dylan Taylor, assistant principal, Cunningham Park Elementary School:

"CPES provides Spanish during the school day for its FLES program. During the summer, the school opened its library one afternoon a week for students. Approximately, 40 families stopped by every week and kids were allowed

to check out as many books as they wanted."

Taylor said the school is focusing on fostering critical thinking skills and pushing student "empowerment" for students to "discover what challenges they might be facing." Students set their own goals, guided by their teachers. This is a component of project-based learning. Taylor said the teacher's job is to introduce something and help the students guide their own learning.

Taylor said the school's new addition nets seven classrooms and includes a new multi-purpose room. It will be used for small or large-group exploratory exercises stimulating higher-level thinking skills.

CPES is focusing on critical thinking skills. Students practice figuring out problems, and understanding how to solve them. "We give them thought-provoking questions with no definitive answer. They have to justify their answers, though."

With the new addition, the school no longer has trailers. "It's great to bring everyone

SEE SCHOOL, PAGE 5

Fairfax County Public Libraries—Version 2.0?

Staff, volunteers urge supervisors to reconsider “disastrous” library reorganization plan that critics say cuts staff and services.

BY VICTORIA ROSS
THE CONNECTION

In a world where the Internet has replaced newsprint, e-books have supplanted paperbacks, and the latest films stream directly to your laptop, how do public libraries compete?

Like almost every other institution, public libraries are adapting. Self-check-out, online renewal and computer catalogues have replaced the fusty file drawers of index cards and leather-bound periodicals of the past.

“I think changes [need] to be made to the way libraries operate—to accommodate ways people get their information, do research and use libraries as community centers,”

“We are concerned that the drive to economize in this way will not serve the library, the county or the public in the long run,”

— Jennifer McCullough, president of the Fairfax County Public Library Employees Association

reduced staffing and cross-training staff members—have sparked outrage among library volunteers, staff and patrons who call the plan “misguided,” and a “radical reinvention” of the library system.

Criticism of the plan has been building since July, when Library Director Sam Clay unveiled a program that would test a new organization model this fall at the Burke Centre Library and the Reston Regional Library, the busiest library branch in the county. The reorganization, Clay has said, streamlines staffing while retaining a high level of service.

“It includes a one-desk model of customer service, with cross-trained staff answering account and information questions, and increased programming conducted within the branch as well as in the community,” Clay said.

In response to questions and criticism of the reorganization, Clay and his staff prepared a list of Frequently Asked Questions (FAQ). In the document, Clay said there are multiple factors driving these changes.



Daniela Dixon, branch manager, Great Falls Library.

“The way customers use the library has been changing over time; technology is having a major impact on library customers and staff with 76 percent of customers now checking out their own materials. The county is still undergoing a budget crunch, and the library is required to reduce its annual budget,” according to the FAQ document.

“Libraries in general are at a pivotal crossroads as we are called upon to meet the changing needs of our customers, brought on by technology and the Internet while providing resources with shrinking tax dollars. Libraries all across the country are trying new ways of operating,” Clay stated in the document.

Braddock Supervisor John Cook, who met with library supporters, said Fairfax County Public Libraries are facing the reality of budget restrictions and “are adjusting to the fact that with the Internet and electronic books, libraries are changing ...”

But critics of the plan maintain that the “sweeping changes” proposed by the library board will have “disastrous effects on the quality of library service that Fairfax county residents expect and deserve.”

On Aug. 3, a group called “Friends of the Library” launched an online petition urging the Library Board of Trustees to halt the reorganization plans and reevaluate the changes. The petition states:

“For the good of the community, this plan must be re-evaluated with thorough input from those who will be affected by the changes. This petition serves as a chance for library patrons, staff and friends to make their voices heard.” By Monday morning, Aug. 19, nearly 900 people had signed the petition.

“The lack of input, transparency and respect is the greatest fatal flaw in the whole plan. ... This entire plan is hugely unpopular with staff, volunteers and patrons,” said



Andrew Pendergrass, branch manager of the Reston Regional Library, which was scheduled to be one of two libraries tested with a reorganization plan on Sept. 1.

Charles Keener of Oakton, an information assistant at Tysons-Pimmit Regional Library who has worked in the library system for nearly 40 years.

One widely criticized proposal in the reorganization: lowering the educational standards for librarians. Instead of requiring a master’s degree of library science for librarians, the job description will say that the advanced degree is “preferred,” but not “required.” Clay has said the change will allow more flexibility in hiring.

Keener counters it will “downgrade” the library and take the “librarian out of the library.”

Scott Railton of Great Falls, a long-time library patron who contacted the Connection on Monday, agrees.

“Who would believe you can replace professionals with untrained clerks and retain quality? Current advancements in technology simply will not suffice to replace libraries and professional librarians,” Railton said.

“We are concerned that the drive to economize in this way will not serve the library, the county or the public in the long run,” said Jennifer McCullough, president of the Fairfax County Public Library Employees Association, who addressed the Library Board at its June 2 meeting. “Will a library system that does not require any librarians on staff flourish, or will librarians prefer employment in localities that still find an MLS degree necessary?”

At the same June 2 meeting, Daniela Dixon, branch manager of the Great Falls Library, acknowledged the county has an obligation to spend tax dollars efficiently, but was concerned that “we might be ‘throwing the baby out with the bath water.’”

“Yes, we need to use our staff resources more efficiently, but we have an obligation to society to not destroy the cultural institution that is the library while doing that,” Dixon said. “The patron does value time as a resource, and they do want to be able to access books in a speedy way, but my experience tells me that they also highly value

Fairfax County Public Libraries—By the Numbers

USAGE STATISTICS—2012

(source: fairfaxcounty.gov/library/aboutthelibrary/factsht.htm)

- ❖ 495,831 registered customers.
- ❖ 5,246,854 visits to library branches.
- ❖ 13,034,816 items loaned.
- ❖ 4,162,599 visits to the library’s Internet website.
- ❖ 172,630 people attended 8,934 events.

PHYSICAL LIBRARY VISITS

Overall decreasing trend since 2008 with bump in 2009. (<http://www.fairfaxcounty.gov/dmb/fy2012/advertised/volume1/00152.pdf>)

- ❖ 2008: 5,794,036
- ❖ 2009: 6,128,289
- ❖ 2010: 5,685,827
- ❖ 2011: “over 5.4 million visits”

VISITS TO INTERNET WEBSITE

Overall increasing trend since 2008. (<http://www.fairfaxcounty.gov/dmb/fy2012/advertised/volume1/00152.pdf>)

- ❖ 2008: 16,732,257
- ❖ 2009: 17,483,534
- ❖ 2010: 22,025,596

BRANCH HOURS PER YEAR

Decreasing with budget. (<http://www.fairfaxcounty.gov/dmb/fy2012/advertised/volume1/00152.pdf>)

- ❖ 2008: 65,174
- ❖ 2009: 67,473
- ❖ 2010: 58,119

the expertise and knowledge of the librarian to aid them in their exploration of the library and all it has to offer. ... We are a unique agency in the county, because we are a cultural institution, an educational institution, and [an] institution that changes lives every day.”

Library staff and volunteers have been meeting with Fairfax County supervisors—who appoint the 12 volunteer members of the Library Board of Trustees—urging them to hold off on tests and hold public hearings on the proposed changes.

“We are moving heaven and earth to delay this,” Keener said. “I have never seen lower morale or greater anxiety, fear, discouragement and anger from our staff. ... We want people to contact the library board and to contact their supervisor. Tell everybody breathing what’s happening at the library.”

The Board of Supervisors has heard the message loud and clear, according to several Fairfax County officials

It’s likely the board will consider a motion at its Sept. 10 meeting, the day before the library board’s monthly meeting on Sept. 11, requesting further community outreach through public hearings or other forums.

❖For more information on the petition, go to www.ipetitions.com/petition/stop-and-re-evaluate-proposed-changes-to-fairfax/.

❖To read the strategic plan on the library website, go to <http://www.fairfaxcounty.gov/library/news/strategicplan.pdf>.

❖To read a copy of the FAQ document, or to provide comments or suggestions regarding the Fairfax County Public Library, email libcustomerservices@fairfaxcounty.gov.

Gearing Up for Back to School

FROM PAGE 3

under a single roof."

Cunningham Park has a new parking lot. "Before, we didn't even have enough parking for staff. Unfortunately, some trees came down." The drainage problem was fixed and the school has a new irrigation system and sidewalks. "Most of our kids are walkers. We're really a community school."



John Carmichael, principal, Vienna Elementary School:

Vienna Elementary School is Vienna's oldest continuously operating public school.

VES is a cluster II site for the "intellectually-disabled" program in the Vienna area. The school teaches children from the Madison pyramid, Mosby Woods and a "couple" of other schools in cluster II. The program is based in two classrooms and students in that program are integrated into general education classrooms for music, recess, assemblies, class parties, field trips and morning meetings.

VES has volunteer general ed students who work with I-D students in their adaptive physical ed class. There are also general ed students who go into the I-D classrooms to read to the students there.

The school provides a half-day preschool

program for special needs students.

Vienna Elementary offers a PTA-sponsored after-school language program.

"Walking Wednesday" encourages student to walk to school.

There are under 400 students attending VES: 28 in pre-school; seven in the intellectually-disabled program; and approximately 365 general education students.

"One of the things we're focusing on this year is embedding the William & Mary unit into our science and social studies program, part of the advanced academics that will be given to all our students. It's an enrichment program. Our advanced academics resource teacher is trained in William and Mary units. That is new for this year.

"One of the things we should highlight is that we've had high school students come to us to complete their Girl Scout Gold award and Eagle Scout award. Thomas Jefferson student Aly Luckett of Vienna planted a front garden, even tilling the soil. James Madison High School student Oliver Alonso, a former VES student, created the outdoor learning garden, making the benches as well as planting flowers and greens.

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OPINION

Excerpts From King's 'I Have a Dream'

Martin Luther King Jr. spoke to the March on Washington 50 years ago next week, Aug. 28, 1963.

Listen to audio of the entire speech at www.smithsonianmag.com/multi-media/audio/128077288.html. To read the full speech, see: www.archives.gov/press/exhibits/dream-speech.pdf.

"Five score years ago, a great American, in whose symbolic shadow we stand signed the Emancipation Proclamation. This momentous decree came as a great beacon light of hope to millions of Negro slaves who had been seared in the flames of withering injustice. It came as a joyous daybreak to end the long night of captivity.

"But one hundred years later, we must face the tragic fact that the Negro is still not free. One hundred years later, the life of the Negro is still sadly crippled by the manacles of segregation and the chains of discrimination. One hundred years later, the Negro lives on a lonely island of poverty in the midst of a vast ocean of material prosperity. One hundred years later, the Negro is still languishing in the corners of American society and finds himself an exile in his own land. So we have come here today to

dramatize an appalling condition. ...

"We have also come to this hallowed spot to remind America of the fierce urgency of now. This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism. Now is the time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice. Now is the time to open the doors of opportunity to all of God's

EDITORIAL

children. Now is the time to lift our nation from the quicksands of racial injustice to the solid rock of brotherhood. ...

"We can never be satisfied as long as a Negro in Mississippi cannot vote and a Negro in New York believes he has nothing for which to vote. No, no, we are not satisfied, and we will not be satisfied until justice rolls down like waters and righteousness like a mighty stream. ...

"I say to you today, my friends, that in spite of the difficulties and frustrations of the moment, I still have a dream. It is a dream deeply rooted in the American dream.

"I have a dream that one day this nation will

rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident: that all men are created equal.'

"I have a dream today. ...

"This is our hope. This is the faith with which I return to the South. With this faith we will be able to hew out of the mountain of despair a stone of hope. With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood. ...

"This will be the day when all of God's children will be able to sing with a new meaning, 'My country, 'tis of thee, sweet land of liberty, of thee I sing. Land where my fathers died, land of the pilgrim's pride, from every mountainside, let freedom ring.'

"And if America is to be a great nation this must become true. So let freedom ring ...

"And when this happens, when we allow freedom to ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, 'Free at last! Free at last! Thank God Almighty, we are free at last!'"

LETTERS TO THE EDITOR

Libraries: Front Door to the Communities

To the Editor:

Thank you for contacting me regarding possible changes to Fairfax County Library services. I realize proposed changes, as reported by some, are a matter of great concern to you and our community. I also have grave concerns with the information circulating.

To begin, let's take another look at the facts.

The Fairfax County Board of Supervisors has not approved any changes in library services. Yes, there are ideas and possibilities being circulated but that is all.

As the Hunter Mill supervisor, I fully support public libraries as an essential service in Fairfax County and continue to emphasize that our libraries are the front door to the community. While the county has struggled in recent budgets with service reductions, I believe we have already gone too far. Please know that I am not in favor of additional limits to library services.

At their July meeting, the Library Board of Trustees wisely delayed implementation of any changes until they had additional opportunity for discussion and to have their questions addressed. The proposed changes will be on the agenda at their upcoming September meeting. In the upcoming

days, I will be meeting with our Hunter Mill representative and Library Director Sam Clay to hear the details of the proposal firsthand.

If you are interested in further information on the library proposal and strategic plan, these documents are available on the county's website;

<http://www.fairfaxcounty.gov/library/news/strategicplan.pdf>

<http://www.fairfaxcounty.gov/library/news/changes.htm>

I appreciate having the opportunity to review the facts in this matter. I am anxious to get to the bottom of this matter and will gladly follow up with you. Please do not hesitate to contact my office for further assistance.

Cathy Hudgins

Supervisor (D-Hunter Mill)

Beyond the Borders

To the Editor:

The needs of our immigrant populations will continue long after Congress makes a decision about comprehensive immigration reform.

Immigrants face many obstacles in integrating into their new communities. Joanne Lipson, a nurse anthropologist who studied an Afghan population that settled in California after the Afghan Russian incursion, found that language and social dissonance kept most

Afghans from associating with Americans. This keeps people from thriving in their new country. In her book, *The Middle of Everywhere: Helping Refugees Enter the American Community*, psychologist Mary Pipher explains the myriad of things persons from other cultures must learn about life here in the U.S. This book is available through the Fairfax County Public Library. ESOL classes, citizenship classes, GED, and vocational training will be needed to fully integrate our new Americans into society.

More than military presence at the border, the root causes of immigration must be addressed. Raul Grijalva, Democratic Congressman from Arizona, recently addressed border security. His district includes 350 miles of border, but he stresses the economic factors leading immigrants over the border. In *Adios Ninos*, historian Deborah Levinson illustrates the culture of death and destruction that has existed in one part of Central America, contributing to immigration. I would add that we must look at the social and political factors that prompt people to risk their lives crossing the border rather than remain in their own countries.

Susan Jacobson NP

Fairfax

Can We Afford It?

To the Editor:

"Affordable" housing is a good idea, isn't it? Supervisor Hudgins certainly thinks so. She wanted to raise homeowners' taxes even more to provide more of it. Who could object to the idea of homes for the homeless, goes the thinking. A civic duty almost, much in the way that the county's civic "improvement" bonds nearly always seem to garner a two-thirds vote (it's your money that's being borrowed, folks).

Supervisor Hudgins is now extolling the virtues of "residential studio units" for "individuals, new college grads, those on fixed incomes, and those with special needs." Pretty much everyone. But here's the thing: who decides who gets gifted with "affordable" housing? What is the basis of the selection/rejection process? Might long commuters with jobs in Fairfax County who have not lucked out here feel a tad short-changed?

I wonder how much "affordable" housing the county should have, what the size of the staff to administer such housing would be, why the county is in the landlord business at all, and what it does with the rent it collects.

The Soviet Union, older folks will remember, had unlimited "affordable" housing. What became of the Soviet Union, younger folks will ask.

Harry Locock

Reston

Vienna & Oakton CONNECTION

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

THURSDAY/AUG. 22

Cheryl Wheeler. 7:30-8:30 p.m., at Nottoway Park, 9537 Courthouse Road, Vienna. You may not be familiar with Cheryl, but you have probably heard her music. She is a respected songwriter by her peers, and many record her songs. www.cherylwheeler.com.

The Albert Lee Band. 8 p.m. Jammin' Java, 227 Maple Avenue E, Vienna. The two-time Grammy Award-winning guitarist performs as part of his national tour. Forward Motion will open the show. \$25. jamminjava.com

THURSDAY-SUNDAY/AUG. 22-25

Cancelled: Jennifer Holliday in "Dreamgirls" Performances. Visit <http://www.wolftrap.org> for more information.

FRIDAY/AUG. 23

Barboursville Vineyards Wine Dinner. 6:30 p.m. Wildfire, Tysons Galleria, 2001 International Drive, McLean. Chef Eddie Ishaq creates a custom menu for a four course dinner paired with wine from Barboursville Vineyards. Jason Tesaro of Barboursville Vineyards will speak about the wines. \$75 per person, plus tax and gratuity. For more information or reservations, please call Amanda or Erika at 703-442-9110.

SATURDAY/AUG. 24

Global Camps Africa's Shop for a Cause. 10 a.m.-9:30 p.m., at Tyson's Corner Macy's, 8000 Tyson's Corner Center, McLean. Macy's customers with a Global Camps Africa shopping pass receive special shopping discounts and benefit Global Camps Africa of Reston with pass proceeds.

OFTC Block Party. 4-10 p.m., at the Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. The McLean Community Center annual party features live music from Motown band Another Level, the McLean Teens Got Talent competition, a living history exhibit and free activities such as airbrushed tattoos, spin art t-shirts and a climbing wall. 703-448-8336 or www.mcleancenter.org/teens/events.

SUNDAY/AUG. 25

Providence House of Bounce. 2-4 p.m., at Providence Baptist Church, 8980 Brook Road, McLean. A day of giant inflatables, Wii games and snacks to make children jump for joy inside the church gym.

THURSDAY/SEPT. 26

Great Falls Writing Group. 1-2:30 p.m., at the Great Falls Public Library in the large conference room, 9830 Georgetown Pike, Great Falls. The GFWG joins with matters surrounding the daily practice of writing on the agenda; local writers and authors within the community are invited to take part in the twice-a-month meetings. 703-757-8560.

TUESDAY/AUG. 27

Reflections on Koi. 10 a.m.-4 p.m.

Tuesdays through Saturdays, at The Vienna Arts Society's Gallery in the Village Green, 513 Maple Ave. W, Vienna. Up through Oct. 5 in the gallery are Ruth Ensley's new series showing the light patterns that are created on the surface of water as colorful fish move fluidly beneath. More than a dozen other members of the Vienna Art Society also have original paintings in the exhibition. 703-319-3220 or www.ViennaArtsSociety.org.

WEDNESDAY/AUG. 28

The Post + Jason Brown With Guest Amy Andrews. 6:30 p.m., at Jammin Java, 227 Maple Ave. E., Vienna. New artists on the Washington, D.C. Metropolitan music scene, soulful folk-rock band The Post headlines with indie gospel singer/songwriter Jason Brown and his band; Ethan Schaefer and Mariah Maxwell open for special guest Amy Andrews. \$10. <https://jamminjava.com/events/august28>.

Carly Rae Jepsen and Hot Chelle Rae. 7 p.m., at Filene Center, 1551 Trap Road, Vienna. Carly Rae Jepsen makes her Wolf Trap debut this summer, bringing her dance-pop tunes such as "Call Me Maybe" and "Good Time," along with Nashville-based foursome Hot Chelle Rae. \$30-\$42. 1-877-965-3872 or <http://www.wolftrap.org>.

THURSDAY/AUG. 29

Lyle Lovett and His Large Band. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Texan singer/songwriter Lyle Lovett and his band fuse country music with hints of blues, gospel, and swing. \$24-\$42. 1-877-965-3872 or www.wolftrap.org.



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Local officials and Walmart employees cut the ribbon on the new urban style Walmart at Tysons Corner Wednesday, Aug. 14.



Employees of the new Walmart in Tysons Corner celebrate their grand opening Wednesday, Aug. 14. The location is the first urban style Walmart.

Walmart Comes to Tysons

New store at Tysons West is first urban-style location.

BY ALEX McVEIGH
THE CONNECTION

Walmart opened their first urban-style location in the country in Tysons Corner Wednesday, Aug. 14. The store, which is one of their “supercenters” will be open 24 hours a day, seven days a week and serves as the anchor of the JBG Rosenfeld Retail-owned Tysons West.

“This is the first urban style Walmart in the region, and it’s going to pave the road for a lot of different things we want to do,” said Marty Reighard, store manager. “When Walmart opens a new store, we have a blueprint that we go by, but for this project it was a lot different. The ability to have a stacked retail is something we haven’t done before in this area, it was new to us. We went into this with a lot of questions, but what we have now is a result of getting together with a developer and the local community to give them what they want and what they need.”

PARTS OF THE BUILDING where Tysons West and the new Walmart is located was formerly a Moore Hummer dealership. The 16-acre lot, which also includes the Sheraton Hotel, was purchased by JBG in 2006. The development features about 200 parking spots outside of the building along Leesburg Pike, and a parking garage that serves Tysons West has approximately 500 spaces.

“This store has been in the works for about four years,” said Alex Barron, regional general manager. “We would drive around Tysons Corner in one of our Walmart vans to search real estate sites, and then we came to this one, an abandoned car dealership and a parking garage. The vision that many folks on our team had to bring this store to reality is amazing to me.”

Jackie Ngo, pharmacy manager at the new store, says she is excited about the location’s ability to give access to affordable medication. “We have more than 300 generic drugs that are available for \$4 for a month’s supply, \$10 for a three month’s supply, which will reduce health care costs for the insured and uninsured,” she said.

Walmart presented grants to Jill’s House, Westbriar Elementary School, Graham Road El-



Alex Barron, regional general manager of Walmart, presents employees of the new location in Tysons Corner with a drawing of the outside of the store during its ribbon cutting Wednesday, Aug. 14.

ementary School, the Westgate Elementary School PTA, Kids R First, the Capital Area Food Bank and the Leukemia and Lymphoma society the day before the opening.

AFTER THE RIBBON WAS CUT, customers streamed in and toured the store, wandering from the grocery section, to clothing, electronics and more.

“It’s interesting to be one of the first customers because I’ve never seen shelves that are completely full of every single item,” said Al Pechi of Vienna, who stopped by on his way to work. “I know Walmarts aren’t exactly a popular thing to welcome into a neighborhood these days, but I think it’s something that will serve more people than a car dealer ever could have.” JoAnne Hardy of McLean said she thinks the store is a step in the right direction when it comes to Tysons Corner development.

“I like that it’s open 24-7, and right next to one of the Metro stops, I think that’s going to be a very good thing for residents and regular Metro travelers,” she said. Reighard said he looks forward to Tysons West becoming one of Tysons Corner’s new signature locations.

“There’s going to be a lot of residential, some high rises, a very exciting place to dine, shop, play, relax, things like that,” he said. “That’s going to be the theme of this area, and within the next five to 10 years, this location is going to be a central hub of what Tysons is.”

ENTERTAINMENT

The Post for a New Era

The Post has two upcoming gigs in Vienna and Alexandria.

BY AMBER HEALY
THE CONNECTION

Don’t let the minor chords fool you: The Post is made up of happy people.

The band, originally started by guitarist Kate Jarosik and singer/pianist Chelsea Bryan during their time at the University of Virginia, took a brief hiatus after graduation but has started up again with some new musicians in Northern Virginia. Fresh off a successful stint through a Battle of the Bands at Jammin’ Java in Vienna, The Post is getting ready for a show there next Wednesday, Aug. 28 and another at St. Elmo’s in Alexandria Sept. 20.

Bryan writes most of the lyrics but relies on her husband, Alex Bryan, and Jarosik, and their “excellent ears” to help hone songs, she said.

Alex Bryan swears his wife is a “happy, cheerful person,” despite her love of using minor chords.

Guitarist Stephen Pierce agreed that the music is “a little angsty” and “a different style from what I listen to, [but] it’s the same feeling I like to evoke.”

The songs Chelsea Bryan writes aren’t exactly autobiographical. Instead, she takes something she’s felt or otherwise experienced and will use that as inspiration.

The minor chords just tend to come out, she said. Music written in those melancholic keys “is beautiful and haunting.” That her songs tend to be reflective and in moody melodies is coincidence.

“I’m a writer,” she said. “I can’t not write.”

Jarosik said the band started when she and Chelsea Bryan found out they were both musicians.

“How we lived together and didn’t know, I don’t know,” she laughed. “I didn’t realize she sang and she didn’t realize I played instruments.” In addition



The Post plays at Jammin Java Wednesday, Aug. 28, with the Jason Brown Band. The band members are, from left, Alex Bryan (saxophone), Ellen Picker (harmony), Kate Jarosik (not pictured, mandolin, guitar, vocals), Chelsea Bryan (lead vocals, keyboard), Steve Pierce (guitar), Billy Boyce (bass) and Dennis Stocker (drums).

to guitar, Jarosik plays piano and mandolin and sings backup vocals.

In truth, she’d prefer to play the piano, but she’s happy to let Chelsea Bryan take the lead on that for many of their songs.

The band is rounded out by Billy Boyce on bass, Dennis Stockart on drums and, on occasion, Alex Bryan on saxophone.

He hadn’t played since middle school, Alex Bryan admitted, and The Post “isn’t trying to be the next Bruce Springsteen or anything like that,” but there are “about three or four songs that have saxophone parts.”

His role is more “embellishment” and roadie-slash-soundboard than active musician, and that suits him just fine. “I’m happy to help,” he said.

While Alex Bryan kind of married into his role in The Post, Pierce said he got involved through Jarosik and her boyfriend, a former roommate of his.

Playing music is “something I do for myself,” he said, adding that he’s been playing for 16 or 17 years. As proof, he’ll be taking his guitar with him on an upcoming trip to China and Tibet “so I can play in the mountains.”

Stockart met the Bryans through their church and was convinced to help, he said.

A drummer for 30 years, Stockart said the band’s rehearsal schedule is “pretty relaxed,” something that might be due to the busy schedules of the band’s members.

“I played in college, but this felt like the right thing to do,” he said of joining The Post. “I love to listen to lots of different kinds of music, but my style is not a particular style. I feel a song and play it.”

Similarly, Boyce is a pastor at the Bryan’s church who particularly enjoyed participating in the Battle of the Bands earlier this summer.

“It was really great to meet other local musicians and hear their music,” he said. “Northern Virginia has a vibrant local music scene, so it was fun to hear a diversity of talent and style.”

Details

The Post plays Jammin’ Java Wednesday, Aug. 28, 6:30 p.m. with Jason Brown and special guest Amy Andrews. Vienna Idol winner Ethan Schaefer and singer/pianist Mariah Maxwell are openers at the all-ages concert. \$10 tickets are available online or \$13 day of. Tickets and info, www.the-post.bandcamp.com under the merch tab. The Post plays Friday, Sept. 20, 8-10 p.m. at St. Elmo’s in Alexandria (stemoscoffeepub.com). To hear The Post’s music, go to www.the-post.bandcamp.com. Find out more on the band at www.facebook.com/thepostdc.



Chelsea Bryan and Kate Jarosik of The Post playing at Northside Social’s open mic on Arlington on a Sunday night in spring 2012. Billy Boyce, their bassist, is pictured right.

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FAITH NOTES

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

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, offers musical, educational, outreach and fellowship ministries in addition to worship services, including a 7:45 a.m. worship service without music; 9 a.m. worship service, children's chapel and children's choirs; 10 a.m. Sunday school and adult forum; and 11 a.m. worship service with adult choir. 703-759-2082.

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

The summer worship service schedule July 14-Sept. 1 at **Redeemer Lutheran Church**, 1545 Chain Bridge Road, McLean is a 9 a.m. contemporary service and a 10:30 a.m. traditional worship service.

Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton, offers the Religious Exploration (RE) program for all children, from pre-K toddlers through high school seniors, emphasizing exploration of all religious traditions while developing a personal spiritual path. 703-281-4230.

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

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

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

Vienna Christian Healing Roo are open, every Saturday, 1-5 p.m., at 8200 Bell Lane. A team of Christians is available to anyone requesting prayer. Free and open to the public. 703-698-9779 or www.viennachristianhealingrooms.com.

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

Centering Prayer Group meets Fridays, 9:30 a.m. at Andrew Chapel United Methodist Church, 1301 Trap Road, Vienna. The hour includes a brief reading related to Centering Prayer, followed by a 20-minute prayer period. E-mail Martha Thomas at mmthomas211@hotmail.com or call the church at 703-759-3509.

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

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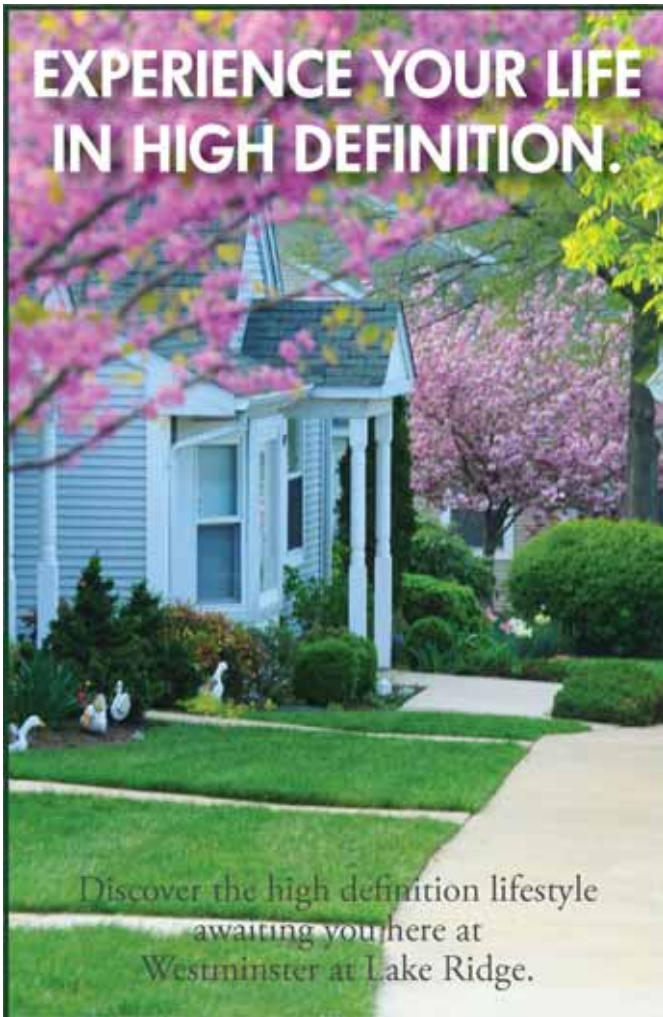
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The Oakton field hockey team, seen last season, will compete in the Under the Lights Tournament on Aug. 26-27 at Lee High School.



The Madison football team, seen last season, will open against Oakton on Sept. 6.



The Marshall field hockey team, seen last season, will open its season against Wakefield on Aug. 27.

Oakton Fall Sports Openers

The Oakton football team will open its 2013 season next week with a home game against T.C. Williams at 7:30 p.m. on Friday, Aug. 30. The following week, the Cougars will host Vienna foe Madison on Sept. 6.

Oakton won the Northern Region championship last season.

The field hockey team will compete in the Under the Lights Tournament at Lee High School on Aug. 26-27. The Cougars will face T.C. Williams and Osbourn Park on the first day, and Mount Vernon and Lee on the second day. Oakton's home opener will be on Sept. 3 against Madison.

The volleyball team will host South County at 7:15 p.m. on Wednesday, Aug. 28.

The cross country team will compete at Great Meadows on Sept. 7.

McLean Finishes Runner-Up at Little League Softball World Series

The McLean All-Stars reached the championship game of the Little League Softball World Series, but fell short against Sunnyside from Arizona, 9-0, on Aug. 14 in Portland, Ore.

McLean won its first five games of the World Series, beating teams from Oregon, Puerto Rico, Ohio, Italy and New Jersey.

McLean team members were: Caitlin Jorae; Madison Wolfe; Gracen Govan; Kathryn Sandercock; Elizabeth Hoeymans; Rachel Remer; Julia Jones; Jamie Wang; Kate Haas; Cate Willing; Riley Simon; and Sarah Stahlman.

Marshall Fall Sports Openers

The Marshall field hockey team will open its season on the road against Wakefield at 7 p.m. on Tuesday, Aug. 27. After competing in the two-day Herndon tournament on Aug. 30-31, the Statesmen will host Mount Vernon on Friday, Sept. 6.

The cross country team will open at the season during a meet at Bull Run Regional Park Aug. 29. The Statesmen will compete in the Monroe Parker Invitational on Sept. 7 at Burke Lake Park.

The volleyball team will participate in a two-day event in Sterling Aug. 30-31. Marshall's home opener is Sept. 9 against McLean.

The football team will open on the road against Wakefield at 7:30 p.m. on Friday, Sept. 6.

Madison Fall Sports Openers

Many Madison fall sports teams will begin their fall seasons during the next two weeks.

The field hockey team will travel to face Washington-Lee at 7:30 p.m., on Wednesday, Aug. 28. The Warhawks will compete in the Herndon Invitational Aug. 30-31. Madison will face West Potomac and Herndon on the first day.

The football team will open on the road against Vienna rival Oakton at 7:30 p.m. on Friday, Sept. 6.

The volleyball team will host Chantilly at 7:15 p.m. on Wednesday, Sept. 28.

The cross country team will compete in the Monroe Parker Invitational on Sept. 7.

Experts Offer School Lunch Recipes

FROM PAGE 3

for feeding a family healthful, tasty and fast-preparation food.

For little children, texture sometimes is more of an issue than taste, Wisniewski said. "Start with shredded carrots, soft avocado."

Wisniewski said there is a "tactile" issue at play eating and preparing. "If children help assemble the meal, it provides them with a tactile experience. They get a lot of pleasure out of assembling. That's why those [commercial] Lunchable things are so popular with kids."

Wisniewski presented a "sample" lunch. She included two main dish choices—vegetable wraps and ravioli salad—and separately packaged plain yogurt, homemade granola, blueberries and milk. Everything in the lunch was prepared and packed the evening before.

Wisniewski's sample tortilla wrap was smeared with cream cheese and filled with julienned carrot, cucumber and avocado. Hummus can be substituted for cream cheese. Buying from a grocery store's salad bar is an easy-preparation option.

Cream cheese can be accented with a bit of sweetness or made savory with herbs. For added protein, add chopped nuts. "It's all about balance," said Wisniewski. "I don't want kids to be afraid of eating. Food is part of the enjoyment of life."

WISNEWSKI LIKES TO MAKE EX-

TRA CHICKEN BREASTS when preparing dinner and turn the extras into chicken salad made with nuts and raisins. She stuffs pita and wraps with the salad. "Making your own chicken breast is so much better than processed meats. There's no nitrates and the meat is lower in sodium."

If sending hot soup, include Baggies of shredded cheese and tortilla chips for the kids to blend in at lunchtime.

Chopped vegetables find their way into Wisniewski's meals. Her ravioli salad, a protein dish, is made with cheese ravioli, chickpeas, cubes of mozzarella and dices of artichoke hearts, broccoli florets, olives and red pepper. It's a colorful dish that can be accented with zesty herbs.

Farro, bulgur wheat, barley, wheat berries are all possible foundations for grain based salads, said Wisniewski. Quinoa is a seed. Couscous and other small-shape pastas like orzo or pastina are also available in whole-wheat versions. "These pasta alternatives are a good way to introduce children to the textures of grain-based salads." Any of these ingredients, when combined with lemon juice and olive oil, chopped vegetables, dried or fresh fruits, nuts and/or cheese, can serve both as a dinner side-dish and as the foundation for a healthy and delicious lunch, Wisniewski said. "Let your children's preferences drive your flavor combinations."

AN ASSORTMENT OF CONTAINERS that can hold hot or cold, or raw or cooked, are high on the list of helpful aids for healthy eating. Whatever can be prepared and packaged the night before should be. Get the kids engaged in making their lunches. It empowers them and promotes independence. They're pulling ingredients from what parents stock at home so buy a variety of the healthful foods and ingredients they like. If weekends are less harried, choose a time then for the family to cooperate in lunch preparation.

"I think it's important not to use lunch as an experimental time," said Caplan. "First thing a parent should ask is 'what do my kids like to eat?' And, as parents, what can we do to manipulate those likes to present our kids with something healthy they'll enjoy eating."

Whole wheat tortilla wraps are more versatile than bread, Caplan said. You can roll a tortilla with black beans, avocado and cheese. If your children like Asian food, try packing them dumplings with a dipping sauce. Grilled chicken strips are ideal for dipping in a peanut sauce.

"Even if you're the most health-centered of mothers, occasionally throw in a piece of junk," said Caplan. "Give your kids a break. Don't make anything forbidden."

Wisniewski agrees with Caplan that kids like to "play" with their food. That's why finger foods and hand-held foods are ap-

pealing. They can dunk, dip and pull the stuffing out. Small pitas lend themselves readily to stuffings.

"What's important is not what kids eat in an individual meal, or even over a day," said Caplan. "What is important is what they eat over a week. You don't have to get the complete food pyramid in in a single meal. You always want to pack a little sweet something, whether it's dried or fresh fruit or a whole wheat muffin," Caplan said.

"It's the big picture. If you're eating healthy 80 percent of the time, relax. Get nutrition 101 down and build from there."

WHEN YOU LOOK AROUND THE WORLD, there are all kinds of diets, Caplan said. And most people are living healthy lives on those diets.

Caplan feels it's important for schools to have an international food day early in the school year. "Let them be exposed to a diversity of food early, rather than later," Caplan said. Sometimes, children balk at unfamiliar ingredients and other times children eating exotic food feel uncomfortable doing so in front of their classmates.

"Vienna is really a diverse area," said Caplan. "Kids here have more exposure to different cultures and different foods. Parents can take advantage of that."

Easing Into Back to School

End-of-summer tips to make the first day of school less stressful.

BY MARILYN CAMPBELL
THE CONNECTION

For some children, the transition from laid-back summer days to intensely structured school hours can be jarring. Moving from an environment where one's greatest challenge is deciding whether to choose chocolate or vanilla ice cream, to a routine that calls for getting dressed before dawn, heading to school and paying attention in classes all day can be jolting.

One of the most challenging aspects of returning to school, say experts, is children's loss of some control over their schedules. "In the summer, children have more control over their lives," said Alice Young, Ph.D., a professor of education at Marymount University in Arlington. "They have greater ability to make decisions about what time they're going to wake up and what they will do next. When they get ready to back to go to school, they control nothing. Parents and teachers tell them what they have to do."

"Humans are innately routine driven beings," said Len Annetta, Ph.D. professor in the College of Education and Human Development at George Mason University. "Whether or not it is hard wired or a learned behavior is often debated. Regardless, our bodies and minds often function better once in a routine. Parents would be wise to...start their children with a breakfast that is...consistent with what they will have during the school year [and] limit screen time to just educational activities or activities that get the brain thinking analytically."

There are schedule modifications that parents can implement now to make the first day of school less jolting, however, and local education experts offer tips that range from gradually modifying a sleep schedule to planning after school activities.

"Start getting back into a school-year sleep schedule," said Ashley C. Lowry, the upper school academic coordinator and Advanced Placement U.S. history teacher at Connelly School of the Holy Child in Potomac, Md. "It's important that students hit the ground running. Continuing to stay awake until midnight or later will not provide students with the brainpower needed to start the year off right."

A sleep schedule adjustment is particularly important for middle and high school students. "Get them up earlier for those needed doctor and dentist appointments before school starts," said Lisa Turissini, Ed.D., chair of the Department of Education at Marymount University. "This age group loves to sleep in and some adjustment to an earlier schedule is really a good idea. You can also have them go to bed earlier to assist getting up earlier each morning."

Ann Richardson Miller, director of admission at The Madeira School in McLean, said "Sufficient sleep is critical to academic success. While harder to enforce at home, we believe strongly that this one simple thing can ensure success for transition into high school."

DESIGNATE AN AREA for completing homework assignments. "Do they have a work area set to go at home to complete homework each evening?" asked Turissini. "Is there a set time each evening for

this to happen? Will there be certain evenings when everyone is present for family dinner together?"

Setting goals, both academic and personal, is important when beginning a new school year. "All school divisions, private or public, have some sort of grade-level objectives," said Shannon Melideo, Ph.D., associate dean, School of Education and Human Services at Marymount University. "Find the appropriate grade-level goals and spend a few minutes with your child reading over what they will learn and set some goals."

Such goals are helpful in creating a smooth back-to-school transition. "For example, ride a bike, read a chapter book, hit a double, [learn to] tie shoes, [make the] honors list," said Melideo. "Write those goals down and put them in a place that the student can see often."

Young, says that parents should help children choose attainable goals. "Success breeds success. Early in the school year, set goals that are achievable," she said. "A bad goal is 'I'm going to make straight As this semester' if the child made Ds and Cs last semester."



COURTESY PHOTO

One hurdle that parents and students, like these Height School chemistry students, led by teacher Peter Bancroft, face when making the transition from a relaxed summer schedule to a demanding academic year is the mental preparation for the pace and discipline that school requires.

ter. A better goal, for example, would be, 'I am going to turn in all my homework and not having any missing assignments during the first session.'"

One hurdle children and parents face when making the transition from the more relaxed summer schedule to the demands of the academic year is the mental preparation for the pace and discipline that school requires, said Michael S. Moynihan, head of the Upper School at The Heights School in Potomac.

"As study requires focusing one's attention and energy on texts or material to be mastered, it is necessary to start to build up the mental habits of focus and contemplation before one jumps into the classroom," he said. "The best practical way for parents to help

their children do this is to build set reading times into the daily schedule in the days leading up to the start of the school year. Wise parents will help their children choose reading materials that are a bit challenging.."

To help jumpstart brainpower, Lowry suggests "spending two to three hours a day on school-related work. This can be working on required summer work, or exploring academic areas of interest. This helps dust off the cobwebs."

Melideo recommends taking trips to the public library to find books or resources about topics a child will cover during the school year. Melideo said, "For example, third graders in Virginia often learn about ancient civilizations. Get some books on ancient Egypt."



"Green Earth, Beautiful US"

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S.I.C.U.

By KENNETH B. LOURIE



Surgical Intensive Care Unit. And why, pray tell, am I titling a second consecutive column with a hospital-related acronym? Because, for the second consecutive time when I feel like writing, I am still in the hospital, the Intensive Care Unit, to be specific. Three days after being admitted, (since I was having trouble breathing, talking and catching my breath), a thoracic surgeon and a pulmonologist performed emergency-type surgery on my left lung and withdrew 4.5 liters of fluid from it. Followed by, so I was told, a left lung which did not re-inflate (as we needed it to) further compromising my recovery. And though typically we can live with one good lung, for a stage IV, non-small cell lung cancer survivor however, such challenges are a bit beyond the pale. And that's how I looked pre-surgery: pale. In fact, the color was draining right out of my face. I describe that lack of color as ashen gray and death warmed over. It was not a good look.

But I have lived to fight another day/days. Three days now, post surgery, and after yet another CT Scan, my thoracic surgeon visited me and seemed pleased and somewhat surprised to report that, as evidenced by this most recent scan, my left lung seemed to look better than he had expected (given the surgical timeline), and had even inflated a bit. As such, tomorrow, the plan is to remove the 28-centimeter long chest tube which had been inserted into my left lung (from under my left arm) the purpose of which was-to/isto assist in draining any remaining fluid/"infiltrate" (doctor's word for schmutz) to hopefully enable the lung to heal and possibly expand. As the fluid continues to diminish and become clear, I, too, continue to improve. So I remain hopeful. However, what this clarity actually means in the short-term (or even the middle- or long-term), I certainly don't know. Nevertheless, I have decided to not look askance at any good news I receive. If my doctors are happy, I'm happy.

When the chest tube comes out, it will be replaced by a narrower catheter, a more durable everyday-type tube. Apparently, I will henceforth be in the on-and-off business; letting any accumulating fluid in my lung drain and then sealing the catheter with a turn; somewhere between a spigot and a faucet, I imagine. I suppose I can live with that. What alternatives do I have, really? Living forward however, I don't anticipate I'll be running any marathons. Heck, I'll likely not even be able to watch any on television or in person either; and for a Bostonian, that would be disappointing.

Today, in the addition the miscellaneous — and ongoing, medical assessments I regularly receive, my family and I will be meeting with the palliative care team. Presumably, given the recent changes to my health, it's a discussion which seemed prudent to have and thus a recommendation was made — to us. From what little I understand, palliative is not exactly hospice, nor is it giving up. It's not necessarily about dying either, but living in a more manageable and organized way in order to maximize options (non-curative though they may be) and minimize distractions/discomfort while seeking to improve one's overall quality of life. Moreover, if its suggestions lower stress, I'd be all the more grateful because what we got here, to quote Judge Roy Bean is, "a serious situation," and probably getting more serious by the day.

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

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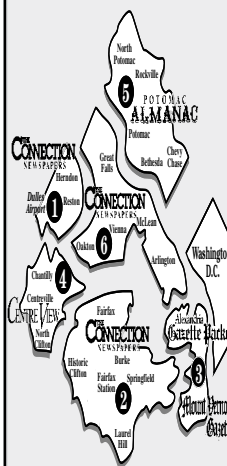
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Fairfax County Police Officers Win Gold in Darts At World Games

Fairfax County Police officers Mike Tucker and Mark Kidd won gold medals in the darts competition at the 2013 World Police & Fire Games in Belfast. The pair defeated dart throwers from numerous other countries in "501" doubles. "I thought coming to Northern Ireland we'd have much greater competition because in Ireland and the UK, dart is more their pastime," Kidd said. "And we did."

The World Police & Fire Games are one of the largest multi-sport, multi-venue athletic events in the world, drawing more than 12,000 competitors from police, fire and public safety agencies from more 70 countries. The games will be hosted by Fairfax County in the National Capital Region in 2015.

The atmosphere was one of camaraderie and good times among old friends, and the people of Belfast were very friendly and helpful, Tucker said. "One of the best things here, competition put aside, is just meeting all the different people from all the jurisdictions," he said.

Tucker and Kidd are among a group of about 60 men and women from the National Capital Region who are part of a large contingent of American competitors at the 2013 Games in Belfast.

As liaisons to Fairfax 2015, Kidd and Tucker hope to bring the lessons they've learned competing against the world's best fire and police dart throwers when the games come to the National Capital Region in two years. The two police officers won bronze when they competed in the 2011 World Fire & Police Games held in New York. "Darts is really a worldwide competition especially when it comes to the UK, Australia and South Africa. When we come to Fairfax, we are going to make sure it's done, and done right and make sure we please everyone across the globe," Kidd said. The 2013 darts competition was held at the Newforge Country Club in south Belfast, home to the Police Athletic Association of Northern Ireland.

FAIRFAX 2015 is a nonprofit organization established by Fairfax County to organize, manage and operate all activities related to hosting the 2015 World Police & Fire Games. The 2015 games will take place in more than 40 venues throughout the National Capital Region (VA, DC and MD) from June 26 to July 5, 2015. Beneficiaries of the 2015 WPPFG will include the U.S. National Law Enforcement Memorial, the U.S. National Fallen Firefighters Memorial and the local Valor Awards Scholarship Fund. The games are projected to attract more than 30,000 visitors to the Washington, D.C. area and generate an estimated \$80 million for the regional economy.

For more information, go to: www.Fairfax2015.com or www.wpfg2013.com.

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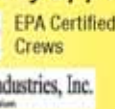
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