

Excited to Go Back To School

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Westbriar Elementary School students wait for the school bus in Cinnamon Creek on the first day of school, Tuesday, Sept. 3.

Capturing Vienna's History

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Oakton Football Throttled By TC in Season Opener

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Evidently, years of training paid off as the bus appeared at the top of the hill, Westbriar students lined up with no adult direction.

Excited to Go Back to School

Fairfax County Public Schools began a new school year on Sept. 3.

If any of the children waiting at a Westbriar Elementary School bus stop had first-day-of-school jitters, no one showed them. The children intuitively lined up as the bus approached the stop as parents waved good-bye. The children were excited; parents marked another passage in their children's lives.

—DONNA MANZ

Parents and students got to the bus stop well in advance of the appointed time of pick-up. It was a social time as well as an anticipatory moment.



Three little friends on their first day of school in 2013.



Safety patrol officer Cayla Dombrowski smiles after ensuring her charges were safely aboard.

VIEWPOINTS

What are you looking forward to the most this school year?

PHOTOS BY DONNA MANZ/THE CONNECTION

Lily Karp, sixth grade, Louise Archer ES

"Going on a camping trip for four days. Camp High Roads. I'm excited to see my friends."



Kyle Karp, junior, James Madison HS

"I'm looking forward to sports, football, basketball ... looking forward to that. Also the challenge of new classes this year because junior year is typically the most difficult. I'm starting to look at colleges this year."



Emily Burke, junior, James Madison HS

"Looking forward to football games, as a spectator. Also, looking forward to being part of SGA this year. I'm an SAC [Student Advisory Council] officer."



Ella Karp, fourth grader, Louise Archer ES

"I'm looking forward to county basketball, it's a traveling team. And also looking forward to my trip to Jamestown. It's a field trip."



Siri Dusanapudi, first grade, Westbriar ES

"Making new friends and having fun."



Zoe Mazur, second grade, Vienna; Bailey's Elementary School

"My birthday. Writing stories."

—DONNA MANZ



Capturing Vienna's History

Historic Vienna, Inc. project recorded and filmed residents' recollections of earlier Vienna.

BY DONNA MANZ
THE CONNECTION

There was a time when there was no Rt. 66 ramp in Vienna ... mainly because there was a time when there was no Rt. 66 anywhere nearby. Nor was there a Capital Beltway. There was, however, a time when a train from Alexandria stopped in Vienna going west. There was a time when there were maple trees on Maple Avenue and churches along Church Street. Before Louise Archer Elementary School was named after the principal who ran the school for many pivotal years, it was a "colored" school.

Vienna has changed substantially and considerably over lifetimes and generations. It boasts a robust economy, a diverse yet harmonious population, outstanding

schools, extensive youth sports programs, and it still prides itself on its "small-town" feel. Historic Vienna, Inc. [HVI], Freeman House's administrator, not only creates historical exhibits, hosts community events, and stocks "vintage" style merchandise at Freeman Store, it also preserves Vienna's complex history. To that end, HVI engaged interns to record and videotape the recollections of long-time Vienna residents.

THE EXHIBIT of recordings and film opened to the public on Aug. 3 and is an ongoing-outreach program. Residents are invited to share their recollections of a Vienna long-gone.

"Our mission is preservation," said HVI Treasurer Leigh Kitcher. "We need to reach out beyond the store itself into the community." Kitcher said HVI has been trying to take oral history of Vienna, cognizant of the pressure of time. When HVI member Jill Decker died, a fund in her memory, the Jill Decker Memorial Fund, was established. Decker's death was the catalyst.

"We talked about what we could do with that money," said Kitcher. "We decided to allocate the funds to our oral history project."

UVA undergraduate and James

Madison High School graduate Caroline Gardiner and UVA graduate student Virginia Harness contributed 350 hours to the summer project as paid interns. Gardiner and Harness conducted the interviews. Gardiner did the audio editing and Harness the visual editing. About 50 percent of the interviews were preserved in audio only by request of the interviewees. The students, history majors, were recommended by their professors.

"Our first concern was the age and health of individuals," said Gardiner. "We've already lost a lot of key people in the community. We wanted to make sure we got the histories of the people who've lived here a long time. We don't want [Vienna's] history to be forgotten."

"I think it's important for people to know where things come from," said Gardiner, majoring in archaeology and anthropology. "One of our biggest goals is making history come to life for people."

Harness said an objective was to show the importance of "place," and what it means to live there. "Doing the oral histories shows the community that used to be here, how it's changed," said Harness.

"Especially in a town like this, it's important for newcomers to



PHOTO BY DONNA MANZ/THE CONNECTION

UVA students Caroline Gardiner of Vienna and Virginia Harness created and conducted Historic Vienna's oral history project. Leigh Kitcher, HVI's treasurer, helped to coordinate the project.

know what came before and how this community evolved to the place it is now."

HVI's oral history project was funded by a UVA grant and most of the electronic equipment was borrowed from UVA.

"This is ongoing," Kitcher said. "We want organizations to capture their own oral histories and link them to ours. We want anyone with recollections of Vienna to share them with us."

Kitcher said that by capturing oral history, you capture the choices people were able to make. "By understanding the choices, and decisions, people made before us, we can look at the choices and decisions we're making today and

see if they have an impact."

AT FREEMAN HOUSE, computer monitors and visual accessories present the oral histories preserved to date. Visitors may choose subject, people, from the digital menu. Gardiner and Harness created an online edition of their project that can be accessed at any time. "We had a great time putting it together and everyone was very nice," said Gardiner. "Doing this project really cemented my idea to do museum work."

Freeman House is open Wednesday through Sunday, noon to 4 p.m. Read, listen and see residents' recollections at <http://hvi.oralhistory.blogspot.com/>.

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SATURDAY/SEPT. 7

McLean Community Flea Market. 9 a.m.-1 p.m., 1420 Beverly Road, McLean. Recycle old items and purchase new ones. Free. Vendor spaces are accepted on a first-come, first-served basis for \$45; register using the form on the inside back cover of the program guide or online at www.mcleancenter.org by Sept. 5.

Household Hazardous Waste Disposal. 9 a.m.-2 p.m., McLean Community Center, 1234 Ingleside Ave., McLean. The Fairfax County HHW Program accepts and discards or recycles hazardous materials from Fairfax County residents according to all legal regulations. <http://www.fairfaxcounty.gov/dpwes/trash/disphhw.htm>. Free.

Vienna American Association of University Women Open House. 10:30-noon, Oakton Library, 10304 Lynnhaven Place, Oakton. An informational open house with refreshments and discounted membership dues available. ViennaAAUW@yahoo.com.

Vienna Woman's Club Open House. 1-4 p.m., at Patrick Henry Library, 101 Maple Ave. E., Vienna. The service and civic organization supporting the Vienna community for more than 58 years holds a membership drive at the library to welcome newcomers. www.viennawomansclub.org.



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Later Start Times for High School

**It's past time to act;
let this year be the year.**

Tuesday morning, Sept. 3, the first day of school in Fairfax County, Dr. Karen Garza began her official day at 6:30 a.m. at Chantilly High School. While Garza was making herself available for interviews before the first class started at 7:20 a.m., many students were already on the school bus.

That means the students, and most likely their sleep-deprived parents, were rousted out of bed before 6 a.m., a time that is essentially the middle of the night for teenagers.

The science on teenagers, sleep schedule, health, learning and more all points in a single direction.

"The scientific evidence is irrefutable: chronic sleep loss and disruption in circadian

EDITORIAL

rhythms associated with early high school start times are associated with negative consequences including poor academic performance, increased sport-related injuries, and potential long-term increases in cardiovascular and metabolic (i.e., type 2 diabetes) health risks, said Judith Owens, MD, director of Sleep Medicine at Children's National Medical Center. "We know that delaying high school start times increases total sleep time and positively impacts academic achievement and school attendance. There are also documented mental and physical health benefits for students that include reductions in rates of depression and fewer drowsy driving crashes."

Children's National Medical Center's Division of Sleep Medicine has been contracted by the Fairfax County School Board to develop a plan to delay high schools' start time to 8 a.m. or later.

A 2011 survey showed that more than a quarter of 10th and 12th grade students were get-

ting less than five hours of sleep on school nights, about half of the recommended eight-and-a-half to nine-and-a-half hours of sleep for teenagers.

Sleep deprivation can also affect teen mood and ability to cope with stress. About a third of Fairfax County students surveyed in the last county student youth survey reported feeling depressed, with more than 15 percent reporting that they had considered suicide in the past year.

Fairfax County Public Schools, with a new superintendent supportive of later start times, is poised to do the right thing. It's time to make this the last year that high school begins at 7:20 a.m.

For more information see <http://smartschoolstart.wordpress.com/> and <http://www.sleepinfoairfax.org/>

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Heading to Polls

To the Editor:

Thanks to the Connection and reporter Victoria Ross for the "Every Year is Election Year in Virginia" information in the Aug. 28 edition. I hope that readers will clip and save the article and then go to the polls and vote on Nov. 5.

I would like to add two points that were not mentioned in the article:

❖ Virginia citizens who have a current Virginia driver's license or ID card issued by the DMV can now register or update their registration information online by going to: <https://www.vote.virginia.gov/>

❖ The Fairfax County Office of Elections will need over 2,000 election officers to work at the polls for the Nov. 5 election. Persons with fluency in several languages are especially needed. Persons able to spend election day plus several hours for training to "help make democracy work" can sign up by calling the Office of Elections at 703-324-4735 or going to the office's website at: <http://www.fairfaxcounty.gov/elections/working.htm#electionofficer>.

The League of Women Voters of the Fairfax Area (LWVFA) will be at the Reston Multi-Cultural Festival at Lake Anne Plaza on Sept. 28 to register voters and provide (nonpartisan) election information. Stop by.

Therese Martin
LWVFA first vice president

Saving the Book

To the Editor:

I picked up a book of poetry at Reston Regional Library so I would have something to read my granddaughter at bedtime while we were at the beach last week. I found "The Children's Own Longfellow." It's illustrated with wonderful old, oil paintings. When I was reading it to my granddaughter, I came across a poem my sixth grade teacher in Salt Lake City required us to memorize. "Under a spreading chestnut-tree/ The village smithy stands;/ The smith, a mighty man is he,/ With strong and sinewy hands." It was one of three poems we were required to memorize that year.

My teacher, Mr. Boyce, was a WWII veteran and brought home a French wife. Since he had had to learn French to talk to his wife, he decided we should, too. Every morning, all year, we conjugated French verbs. He really loved poetry. "One ship sails East,/ And another West,/ By the self-same winds that blow,/ 'Tis the set of the sails/ And not the gales,/ That tells the way we go."

Why is poetry important for children? For one thing, it adds complexity of language they cannot get from contemporary spoken language. It exposes them to an expanded vocabulary. Poetry is also at the nexus of cognitive experience and the creation of thought. It is where we go when we want to think new thoughts, to describe new experiences, to explore, playfully, how language works.

Poetry is also the only link we have to a pre-literate past from

before we began to transmit our culture with the written word. The Bible, Gilgamesh, Beowulf, Iliad and the Odyssey were all memorized and recited before they were finally put down on paper generations after they were first spoken. Those rhythmic poetic cadences are what we have left from our earliest experiences as human beings.

Chanting and rhyming repetition is how children learn and remember language. Who doesn't remember, "By the shores of Gitche Gumme,/ By the shining Big-Sea-Water,/ Stood the wigwam of Nokomis,/ Daughter of the Moon, Nokomis."

I found Susan Jeffers' illustrated Hiawatha at Reston Regional in with the other children's poetry. Much of that collection has been culled, sold away or burned. Now that my granddaughter knows from reading this edition of Longfellow that there are many more poems in the original Hiawatha, she wants to hear them all. Luckily, I have a copy of the entire epic poem.

But this little book, the one we read at bedtime last week, I worry about. When I take it back to the library will some wet-behind-the-ears library page pull it for disposal because it's old? Inside the book it says it was published in 1908. Library Director Sam Clay is having library pages pull old books. Under the Beta Plan, a front-line librarian will not see this book again before it goes to the dumpster. Will the kid know that this is a recent printing? Will the kid ever have heard of Henry Wadsworth Longfellow? Will there

ever be another child who reads these words from this very book, "Listen my children, and you shall hear/ Of the midnight ride of Paul Revere."

I cannot bring myself to take it back to the library. The fate of this one book is important to me. It should be important to you. We need Fairfax County to understand we will not tolerate any more destruction of our library books. Write the Fairfax County Board of Supervisors. Write the Library Board of Trustees. Tell them to cancel the Beta Plan and revisit the Library Strategic Plan which seeks to replace our print books with eBooks. Do it soon. Every day more books are culled from the shelves and sent to the dumpster at Chantilly waiting for transport to the incinerator.

Kathy Kaplan
Reston

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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How to Set Realistic Goals

Local experts say the key to success is setting achievable goals.

By MARILYN CAMPBELL
THE CONNECTION

Laura Wheeler Poms, of Fairfax, set out to earn a doctorate degree and make a career change. As a wife, mother and working professional, the goal, she said, often felt lofty.

"Writing my dissertation at times felt overwhelming, especially if I looked at it as one huge project," said Poms, who now holds a Ph.D. in industrial/organizational psychology and is an assistant professor of global and community health at George Mason University in Fairfax. "I set goals like writing one page or doing one analysis each day and I was able to get it done. I also gave myself little rewards along the way."

While Poms set and achieved an ambitious goal, she and other psychologists say many people do not. Whether one desires to make a career change, set boundaries in an unhealthy relationship or lose weight, setting and achieving goals is difficult for some.

"The biggest reason people fall off the bandwagon is that they pick goals that are outside their behavioral repertoire, that are environmentally impossible or that they don't have the skills to accomplish," said Linda Berg-Cross, Ph.D., a therapist in private practice and a professor of psychology at Howard University in Washington, as well as a Potomac, Md., resident.

"If you say, 'I'm going to exercise an hour a day,' but you have a full-time job and children, you really don't have time to exercise for an hour."

Poms says that a person's reasons for waiting to make a change could affect his or her success or failure. "If your goal is motivated by guilt, fear or regret, you're less likely to achieve that goal," she said. "If someone tells you that you need to lose weight, unless that realization has come home to you, it is not very useful. ... If you don't see the need, you're not going to be motivated to accomplish it."



Laura Wheeler Poms, Ph.D., of George Mason University in Fairfax, says if a person's goals are motivated by guilt, fear or regrets, they are less likely to be achieved.

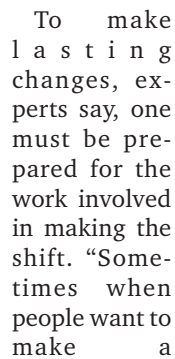
Arlington and a therapist in private practice who lives in Fairfax. "And sometimes people want to make a change, but they aren't sure how.

"Another reason that sometimes makes it really hard for people to make changes like setting boundaries with someone they love, is because that person might feel hurt, so the person who is trying to change backs down," Van Arsdale continued.

"The biggest reason people fall off the bandwagon is that they pick goals that are outside their behavioral repertoire, that are environmentally impossible or that they don't have the skills to accomplish."

— Linda Berg-Cross, Ph.D.

Whether your goal is getting out of a toxic relationship, making a career change or maintaining an exercise plan, there are strategies that you can implement to maintain your perseverance.



Amy Van Arsdale, Ph.D., of Marymount University in Arlington, says people often fail to fulfill their goals because they are not ready to make changes.

change," said Van Arsdale. "When setting a boundary with another person, for example, a person could say, 'Maybe I can change how often I call my mother, but I can't control how often she calls me so I need to change how I respond, because I can only control myself.'"

Berg-Cross recommends small, gradual changes. "Make the teeniest changes you can think of that are part of your normal routine," she said. "It is not making behavioral changes, it is fading from one behavior to another on a long continuum, little by little."

Van Arsdale said that sometimes she asks clients to think in reverse. For example, "If I didn't lose weight and I didn't get in shape, what is the worse part?" she asks. "I am having problems with my mother and want to set better boundaries. [If] I don't change set boundaries, I will feel powerless, and I want to feel more powerful."

Re-evaluate specific goals and tweak them



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

When working to make behavioral or physical changes, experts recommend dividing one's goals into small, gradual steps.

if needed. "Sometimes people set goals that are too high," said Van Arsdale. "If you set you goals to go to the gym five days a week and that it isn't happening, instead go three times a week. Hanging in there and tweaking goals so that they work for you is better than giving up."

Poms recommends a SMART (specific, measureable, achievable, realistic, time-based) model when setting and working to reach goals. "Set small, achievable goals and

get excited when you meet your goals," she said. "Accentuate the small things that you've done."

Van Arsdale said, "Think how your life will change if you make the change, but be realistic. Saying I want to lose 10 pounds is vague. Saying 'I really want to be able to walk a 5K race with my friend' is more doable."

This strategy also works in interpersonal relationships. "You have to figure out what

it is about the other person that makes you feel the need to set the boundary," said Poms. "You have to figure out deep down what is the source of the irritation and then set a boundary, but you want to try to talk to that person first."

Get support from friends and family for any challenging goal. Also, "Don't set too many goals at once because it gets overwhelming," said Poms. "You need practical solutions for dealing with things."

A lie can travel halfway around the world while the truth is putting on its shoes.

—Mark Twain

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Great Falls Senior Center to Host Capitol Squares

The Great Falls Senior Center (GFSC) hosts its first-ever dance program in September when the square dance exhibition team Capitol Squares of Washington, D.C. display the footwork and choreography that have made them famous throughout the country.

In 2002, the Capitol Squares were formed to promote square dancing by appearing in parades and exhibitions. Dancers, some veterans of more than 30 years,

are from Maryland and Virginia. The team's signatures are intricate patterns and movements such as octagons, hexagons and pentagons as well as traditional four couple squares. Its motto is: "Sharing friendship and fun through dance."

After a demonstration, guests will be invited to take a turn on the dance floor. Comfortable shoes are a must. Capitol Squares have performed at major square dance events in Washington, D.C., Virginia, Massachusetts, Connecticut, North Carolina, Kentucky and

Michigan. Butch Adams is scheduled to call for the Capitol Squares at the event. He also is the group's creative choreographer. Since 1960, he has called throughout the United States, Canada, Europe and the Western Pacific. The Sept. 10 event will be at the Colvin Run School House, 10201 Colvin Run Road, Great Falls. The program runs 11 a.m.-1:30 p.m. Lunch will be served; a modest contribution is appreciated. The event and food sponsor for September is Brightview Great Falls, an assisted

Capitol Squares will perform at the Great Falls Senior Center event on Sept. 10 at the Colvin Run School House.



PHOTO CONTRIBUTED

living community scheduled to open early summer 2014 at 10200 Colvin Run Road. Reservations are a must. To reserve, e-mail Joyce Trickett

joygoodshepherd@verizon.net or call 703-887-5772. Guests who require transportation to attend, call Gene or Maddie McCabe at 703-438-0810.

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ENTERTAINMENT

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

WEDNESDAY-FRIDAY/ SEPT. 4-OCT. 4

Artists Atelier Exhibit: Carol Howard and Lisa Tureson. Reception Saturday, Sept. 28, noon-4 p.m., at The Artists Atelier, 1144 Walker road, Suite G, Great Falls. Meet the artists at the reception and view Tureson and Howard's work highlighting contrast as seen in both artists' style.

SATURDAY/SEPT. 7

AAUW Open House. 10:30 a.m.-noon, Oakton Public Library, 10304 Lynnhaven Place, Oakton. The Vienna branch of the American Association of University Women (AAUW) will host an open house for prospective members; light refreshments provided. 703-321-7499.

Ballroom Dance. 8-9 p.m. waltz lesson, 9-11:30 p.m. dance, at Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. Hall-N-Notes provides live music, featuring dance tunes from the 1930s to today, and Bill and TJ lead an optional lesson preceding a night of dancing (attire is ballroom casual). 703-759-2685 or www.colvinrun.org.

TUESDAY/SEPT. 10

Great Falls Writer's Group. 1:15-2:30 p.m., at the Great Falls Public Library in the large conference room, 9830 Georgetown Pike, Great Falls. The first meeting of the Great Falls Writer's Group (GFWG) joins for discussion on the details of how to get published. Local writers and authors within the community are invited to take part in the twice-a-month meetings. 703-757-8560.

Mark Anthony. 8 p.m., at Filene



PHOTO CONTRIBUTED

For parents looking for an alternative to computer games for their children: toy trains are real objects that children can learn to put together and operate. See what they're all about at the Vienna Train Show at the Vienna Firehouse Saturday, Sept. 14, from 9 a.m.-2 p.m.

Center, 1551 Trap Road, Vienna. Grammy-winning Latin superstar Mark Anthony appears at Wolf Trap for the first time. \$45-\$125. http://www.wolftrap.org/Filene_Center.aspx.

jamminjava.com.

SATURDAY/SEPT. 14

Vienna Train Show. 9 a.m.-2 p.m. Vienna Firehouse, 400 Center St. S, Vienna. Children and adults are invited to view and purchase a variety of train-related merchandise and service. \$5; free for children under 12, scouts in uniform, and military with proper identification.

SUNDAY/SEPT. 15

Breakfast Buffet. 8 a.m. to noon, at American Legion Post 180, 330 Center St., N., Vienna. Enjoy a full breakfast while you meet your neighbors; on the menu are: omelets, scrambled eggs, blueberry pancakes, bacon and all the fixings. Adults \$8, children \$3. 703-938-1379.

WEDNESDAY/SEPT. 11

ZZ Top. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. The Texas band brings its unique blues-rock sound and rock anthems such as "La Grange" and "Gimmie All Your Lovin'" to Wolf Trap. \$30-\$45. 1-877-965-3872 or <http://www.wolftrap.org>.

THURSDAY/SEPT. 12

Heather Maloney. 8 p.m., at Jammin' Java, 227 Maple Ave. E., Vienna. The sincere singer-songwriter plays with Naked Blue and Dean Fields. \$12.

FRIDAY/SEPT. 20

Encaustic Art Talk. 7-9 p.m., at the Emerson Gallery at McLean Project for the Arts, McLean Community Center, 1234 Ingleside Ave., McLean. Susanne K. Arnold gives an art talk on her three dimensional encaustic techniques. <http://www.mpaart.org/exhibitionsfutr.php>.

SATURDAY/SEPT. 21

Encaustic Art Workshop. 10 a.m.-4 p.m., in the Susan B. DuVal studio at MPA, McLean Community Center, 1234 Ingleside Ave., McLean. Artist Susanne K. Arnold works with artists interested in the medium of encaustic, or hot wax and pigment, also using charcoal, tools and brushes to create works on panels; bring additional paper, tools, pastels, collage material, if desired, and a smock. \$60 per person (max of 10). info@mpaart.org.

Painting Demonstration: Robert Thoren. 1-4 p.m., at Color Wheel Gallery 65, 1374 Chain Bridge Road, McLean. Robert Thoren presents a painting demonstration and talk about painting and the "En Plein Air" artistic process. He will be demonstrating the painting process from initial drawing, to blocking in, to refinement and completion. 703-356-6345, X165

SATURDAY-SUNDAY/SEPT. 21-29

Around Town: A Plein Air Event. Various times, around Vienna; enter at Vienna Art Center, 115 Pleasant St. N.W., Vienna. The Vienna Arts Society calls artists to enter a plein air painting competition to win up to \$700 in awards. For entry details, artists may either drop by the Vienna

Art Cente, call 703-319-3971 or check the website www.ViennaArtsSociety.org. The paintings inspired by Vienna will be judged, with awards presented at a reception at the art center on Oct. 5, 3-5 p.m.

SUNDAY/SEPT. 22

America's Adopt a Soldier 5K/10K Fun Walk/Run. 10 a.m., at Lake Fairfax Park, 400 Lake Fairfax Drive, Reston. Wear red, white or blue and run or walk varied terrain in support of America's Adopt A Soldier projects and programs; donate coats for homeless veterans or other items (see at <http://run-walk.eventbrite.com/>) for care package assembly during and after the event. Preregistration only. \$40. <http://run-walk.eventbrite.com/>.

THURSDAY/SEPT. 26

Great Falls Writer's Group. 11:15 a.m.-1 p.m. at the Great Falls Public Library in the large conference room, 9830 Georgetown Pike, Great Falls. The Great Falls Writer's Group (GFWG) joins for discussion on the details of how to get published. Local writers and authors within the community are invited to take part in the twice-a-month meetings. **703-757-8560.**

SUNDAY/SEPT. 28

Flea Market. 8 a.m.-2 p.m., at American Legion Post 180, 330 Center St., N., Vienna. Proceeds benefit Project Enduring Pride and children's charities; to rent a table contact Richard Cunningham. drjazz777@mac.com.

SUNDAY/SEPT. 29

Ralph Covert's "Ralph's World." 11 a.m. and 2 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. The Grammy nominee performs songs from his eight Disney albums in two family-friendly performances. \$15. 703-255-1566 or jamminjava.com.
"An Amazing American Immigrant Story." 7:30 p.m., Neighbor's Restaurant, 262D Cedar Lane, Cedar Lane Shopping Center, Vienna. Alexey Ivanchukow survived the Russian Revolution and Hitler's Germany as a child and then served in the U.S. army and the U.S. State Department. Free. For more information, call Len Ignatowski at 703-255-0353 or visit the web page at www.vva227.org.

ONGOING

Straight Ahead Jazz. 8 p.m., at the Maplewood Grill, 132 Branch Road, Vienna. Every Monday drummer Karl Anthony hosts a night of straight ahead jazz featuring guest musicians and open to sit-in musicians. www.maplewoodgrill.com.
"Point of View" Photography Exhibition. Through Sept. 1; 10 a.m.-4 p.m., Tuesdays-Saturdays; 4 p.m. Vienna Arts Center, 115 Pleasant St., N.W., Vienna. The Vienna Art Society's annual judged photography exhibition showcases over 30 regional photographers. Free. 703-319-3971 or www.ViennaArtsSociety.org.
"Share the Pie." Through Sept. 15. Paisano's Pizza, 8603 Westwood Center Drive, No. 130 B, Tysons Corner; 312 Maple Ave. W, Vienna. Mention "Boys and Girls Club" when ordering so that Paisano's will donate 10 percent of the order to support the Club. www.pizzapaisanos.com.
Personalized ebook/e-Reader Instruction. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Learn about your e-reader and downloading eBooks; event continues through March 31st.

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News



Every summer YMM Art Space offers opportunities for their students to take part in a variety of international art and cultural exchange activities.

YMM Art Space Opens in Vienna

YMM Art Space is a children's art education company that was started eight years ago in Shenzhen, China, by Yang Hongmei, with the mission to provide children with the highest quality art programs and to stimulate children's innate creativity through art education. Mrs. Yang started out as a private art teacher offering lessons from her home and eventually expanding her vision, YMM Art Space, into a global arts education center with locations in Hong-Kong, Shenzhen, Shanghai, and Beijing, China as well as Toronto, Canada. Currently, there are over 30,000 students enrolled in YMM Art Space globally, and their age ranges from 2-18 years old. This year, YMM Art Space opened a new location in Vienna and hopes to bring Mrs. Yang's brand of high quality art programs to the art enthusiastic children in the Washington, D.C. metropolitan area.

Every summer YMM Art Space offers opportunities for their students to take part in a variety of international art and cultural exchange activities. Students from YMM Art Space in China partici-

pated in summer programs in the U.S., Canada, Germany, France and Japan. Mrs. Yang hopes the Washington, D.C. students can also go to summer exchange programs with other international centers, particularly in China, so that children can embrace different cultures and advance their appreciation of art not only in their own country but also in different countries.

In addition to increasing cultural awareness, YMM Art Space often invites artists to hold lectures and exhibitions that are free to the community so that local people can engage with artists face to face in an effort to enhance the presence of art in the community. And besides community outreach, a running theme in YMM Art Space is to support environment protection and conservation by using recyclable materials in a creative and active way, such as hosting the "Green Earth, Beautiful U.S." Children's Environmental Color Bottle Exhibition from Sept. 14-21, 2013 where the Vienna location offered free art classes everyday to children ages 5-18 to paint on recyclable bottles.

Faith Notes

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

Antioch Christian Church celebrates Grandparents day at the 9:30 and 11 a.m. worship services on Sunday, Sept. 8. antiochdoc.org.

The Antioch Christian Church Chancel choir will meet to rehearse Thursdays at 7 p.m., 1860 Beulah Road, Vienna, and sings classical, spiritual and gospel music each week on Sundays at 11 a.m. Those who love to sing are invited; contact John Holley, choir director, 703-255-2761.

St. Timothy Episcopal Church, 432 Van Buren St., Herndon, hosts a Welcome Home Sunday service on Sept. 8; join at 8, 9:30 or 11 a.m. for the service (Sunday school classes are 9:30 a.m. and 11 a.m.). A BBQ picnic follows at 12:15 p.m. featuring a moon bounce. 703-437-3790.

St. John's Episcopal Church, 6715 Georgetown Pike, McLean, invites all to a Homecoming Celebration Sunday, Sept. 8, with the annual Homecoming picnic following a 10 a.m. service. Register for church school, browse the ministries fair on the front lawn and catch up with community members. 703-356-4902 or www.stjohnsmclean.org.

Passages at Vienna Presbyterian Church, on the corner of Maple Avenue and Park Street, offers a 15-week Divorce Care series Tuesdays, 7-9 p.m., beginning Sept. 24 for those going through the pain of separation or divorce. \$20 (covers materials, scholarships available). 703-938-9050, Passages@ViennaPres.org or www.viennapres.org.

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

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.

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Rather sell than shop? Rent a space for \$45. Open to individuals selling household items and commercial flea market dealers.

Deadline to apply is **Thursday, Sept. 5**. This is a very popular community sale! Spaces go quickly, so please register early!

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The McLean Community Center
703-790-0123/TTY: 711
www.mcleancenter.org

Space has been provided through the courtesy of General Assets, Inc., and the support of Giant and McLean Properties. We are grateful for their community support!

PUBLIC NOTICE

McLean Community Center Governing Board

Public Hearing on FY 2015 Budget

(July 1, 2014-June 30, 2015)

Follows the Finance Committee Meeting of the Whole

Monday, Sept. 16, 2013 at 7:30 p.m. at the Center

Residents who wish to speak at the Public Hearing are asked to call 703-790-0123, TTY: 711, to be placed on the speakers' list. Copies of the draft budget proposal will be available during the committee meeting and public hearing.

Written comments may be delivered to the Center's address (shown below,) marked "Attention: Executive Director," or sent by email to feedback@mcleancenter.org. Written comments must be received prior to the Governing Board's regular September meeting, on Wednesday, September 25 at 7:30 p.m.



The McLean Community Center
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HOME SALES

In July 2013, 137 homes sold between \$1,705,000-\$199,900
in the Vienna and Oakton area.
This week's list represents those homes sold in the \$1,705,000-\$502,000 range.
For the complete list, visit www.ConnectionNewspapers.com

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	PostalCode
2450 FAIRHUNT CT	6	5	1	OAKTON	\$1,705,000	Detached	5.00	22124
10605 HANNAH FARM RD	7	5	3	OAKTON	\$1,650,000	Detached	0.93	22124
3118 WINDSONG DR	5	4	1	OAKTON	\$1,635,000	Detached	0.84	22124
2367 HUNTER MILL RD	4	2	2	VIENNA	\$1,595,000	Detached	1.95	22181
1002 DESALE ST SW	5	4	1	VIENNA	\$1,560,635	Detached	0.37	22180
623 WELLES ST SE	6	6	1	VIENNA	\$1,500,000	Detached	0.65	22180
1601 ASHGROVE MEADOWS WAY	6	4	2	VIENNA	\$1,460,000	Detached	0.52	22182
11690 DEERFIELD DR	5	4	2	OAKTON	\$1,425,000	Detached	5.00	22124
107 MELODY LN SE	6	6	1	VIENNA	\$1,411,515	Detached	0.37	22180
8255 TRAILWOOD CT	5	4	2	VIENNA	\$1,408,000	Detached	0.16	22182
349 CHURCH ST NE	5	4	1	VIENNA	\$1,389,000	Detached	0.44	22180
2606 GENEVA HILL CT	5	4	1	OAKTON	\$1,333,750	Detached	0.89	22124
705 FREDERICK ST SW	5	4	1	VIENNA	\$1,305,000	Detached	0.37	22180
3235 FOXVALE DR	5	4	1	OAKTON	\$1,290,000	Detached	0.83	22124
2701 LENA CT	4	5	1	OAKTON	\$1,285,000	Detached	0.83	22124
11011 SWEETMEADOW DR	4	4	1	OAKTON	\$1,275,000	Detached	0.87	22124
1927 BEULAH RD	6	5	0	VIENNA	\$1,250,000	Detached	0.52	22182
2957 HIBBARD ST	5	4	1	OAKTON	\$1,219,000	Detached	0.50	22124
3103 WHEATLAND FARMS CT	4	4	1	OAKTON	\$1,210,000	Detached	0.90	22124
10691 WATER FALLS LN	5	5	1	VIENNA	\$1,175,000	Detached	0.88	22182
3476 LLOYD HILL CT	4	3	1	OAKTON	\$1,168,000	Detached	1.07	22124
10202 BRITTENFORD DR	5	4	1	VIENNA	\$1,160,000	Detached	0.69	22182
10920 OAKTON RD	4	4	1	OAKTON	\$1,125,000	Detached	0.84	22124
2929 GRAY ST	4	4	1	OAKTON	\$1,125,000	Detached	0.39	22124
2766 CODY RD	4	4	1	VIENNA	\$1,100,000	Detached	0.36	22181
2038 LORD FAIRFAX RD	4	4	1	VIENNA	\$1,050,000	Detached	0.29	22182
620 TAPAWINGO RD SW	5	4	1	VIENNA	\$1,040,000	Detached	0.26	22180
10852 MEADOW POND LN	4	3	1	OAKTON	\$975,000	Detached	2.14	22124
2802 WELBOURNE CT	6	4	1	OAKTON	\$958,000	Detached	0.24	22124
1695 ABBEY OAK DR	4	3	1	VIENNA	\$930,000	Detached	0.46	22182
2089 KEDGE DR	4	2	1	VIENNA	\$925,000	Detached	0.45	22181
9620 CHATHAMS FORD DR	4	4	1	VIENNA	\$920,000	Detached	1.47	22182
10500 SAMAGA DR	4	2	1	OAKTON	\$900,000	Detached	0.93	22124
1524 LAUREL HILL RD	4	3	1	VIENNA	\$897,500	Detached	0.55	22182
1408 WOLFTRAP RUN RD	5	4	1	VIENNA	\$885,000	Detached	0.41	22182
9704 CYMBAL DR	4	3	1	VIENNA	\$880,000	Detached	0.40	22182
2206 CENTRAL AVE N	5	5	1	VIENNA	\$880,000	Detached	0.17	22182
9418 CELLO CT	5	3	1	VIENNA	\$875,000	Detached	0.35	22182
1637 MONTMORENCY DR	5	4	0	VIENNA	\$875,000	Detached	0.45	22182
10131 HILLINGTON CT	4	3	1	VIENNA	\$869,000	Detached	0.54	22182
2434 LUCKETT AVE	4	4	0	VIENNA	\$865,000	Detached	0.43	22180
10857 MEADOW POND LN	4	2	1	OAKTON	\$850,000	Detached	1.05	22124
8531 APONI RD	4	2	1	VIENNA	\$850,000	Detached	0.47	22180
10865 MEADOW POND LN	3	3	1	OAKTON	\$840,000	Detached	0.78	22124
11304 LAPHAM DR	4	2	2	OAKTON	\$833,000	Detached	1.00	22124
3207 POMMEL CT	4	3	1	OAKTON	\$828,500	Detached	0.52	22124
8613 HILLTOP RD	4	4	1	VIENNA	\$825,000	Detached	0.78	22180
9961 STONE VALE DR	4	3	1	VIENNA	\$820,000	Detached	0.14	22181
8411 HUNT VALLEY DR	4	3	0	VIENNA	\$820,000	Detached	0.29	22182
2204 NOBEHAR DR	5	3	0	VIENNA	\$800,000	Detached	1.03	22181
2086 KEDGE DR	5	3	1	VIENNA	\$800,000	Detached	0.35	22181
2316 RIVIERA DR	5	3	2	VIENNA	\$795,000	Detached	0.37	22181
2829 RIFLE RIDGE RD	4	3	1	OAKTON	\$793,500	Detached	0.46	22124
11713 SUMACS ST	4	3	1	OAKTON	\$789,000	Detached	0.51	22124
1005 AVERY CT	5	3	1	VIENNA	\$786,500	Detached	0.37	22180
2010 WOLFTRAP OAKS CT	4	3	1	VIENNA	\$780,000	Detached	0.20	22182
9847 MARCLIFF CT	5	2	1	VIENNA	\$774,900	Detached	0.45	22181
9430 TALISMAN DR	4	3	0	VIENNA	\$765,000	Detached	0.25	22182
8007 RESERVE WAY	3	2	1	VIENNA	\$760,000	Townhouse	0.04	22182
3212 MILLER HEIGHTS RD	4	2	2	OAKTON	\$755,000	Detached	0.84	22124
9703 RHAPSODY DR	5	3	1	VIENNA	\$755,000	Detached	0.30	22181
2744 SUTTON RD	5	4	1	VIENNA	\$750,000	Detached	0.51	22181
7986 RESERVE WAY	3	2	2	VIENNA	\$750,000	Townhouse	0.03	22182
8020 KIDWELL HILL CT	3	3	1	VIENNA	\$750,000	Townhouse	0.06	22182
9852 MARCLIFF CT	4	2	1	VIENNA	\$749,900	Detached	0.51	22181
204 PARIS CT SW	4	3	1	VIENNA	\$746,900	Detached	0.24	22180
9811 MEADOW KNOLL CT	5	3	1	VIENNA	\$745,000	Detached	0.34	22181
1790 PAISLEY CT	4	3	1	VIENNA	\$745,000	Townhouse	0.05	22182
9908 VALE RD	5	4	0	VIENNA	\$735,000	Detached	0.46	22181
9768 OLEANDER AVE	4	2	1	VIENNA	\$735,000	Detached	0.30	22181
1622 LOZANO DR	4	3	1	VIENNA	\$729,000	Detached	0.68	22182
9568 LAGERSFIELD CIR	3	4	1	VIENNA	\$728,000	Townhouse	0.05	22181
310 OLD COURTHOUSE RD NE	4	3	0	VIENNA	\$716,000	Detached	0.29	22180
3425 VALEWOOD DR	4	2	1	OAKTON	\$712,500	Detached	0.68	22124
1702 JUMPER CT	4	3	0	VIENNA	\$712,000	Detached	0.58	22182
11704 LARIAT LN	4	3	1	OAKTON	\$710,000	Detached	0.50	22124
10411 STONE RIDGE LN	5	3	0	VIENNA	\$700,000	Detached	0.64	22182
2429 BEEKAY CT	4	3	1	VIENNA	\$699,500	Detached	0.47	22181
2502 VILLANOVA DR	4	3	2	VIENNA	\$681,000	Detached	0.24	22180
2503 VILLANOVA DR	4	3	0	VIENNA	\$660,000	Detached	0.26	22180
115 FOLLIN LN SE	3	3	1	VIENNA	\$660,000	Townhouse	0.08	22180
8107 QUINN TER	3	3	1	VIENNA	\$655,000	Townhouse	0.03	22180
3409 VALEWOOD DR	4	2	1	OAKTON	\$649,900	Detached	0.51	22124
601 JOHN MARSHALL DR NE	5	3	1	VIENNA	\$640,100	Detached	0.37	22180
2440 ROCKBRIDGE ST	4	2	1	VIENNA	\$625,000	Detached	0.26	22180
9619 CINNAMON CREEK DR	4	3	1	VIENNA	\$622,000	Detached	0.36	22182
2127 BOBBYBER DR	3	3	1	VIENNA	\$620,500	Townhouse	0.06	22182
540 LINCOLN ST NW	5	3	0	VIENNA	\$620,000	Detached	0.51	22180
8029 MERRY OAKS CT	3	2	1	VIENNA	\$615,000	Townhouse	0.04	22182
2750 MANHATTAN PL	3	2	1	VIENNA	\$614,000	Townhouse	0.02	22180
2729 CLARKES LANDING DR	5	2	1	OAKTON	\$610,000	Detached	0.46	22124
2102 SABRINA DR	3	3	1	VIENNA	\$608,420	Townhouse	0.04	22182
11424 VALE RD	5	3	1	OAKTON	\$600,000	Detached	0.59	22124
9530 DANIEL LEWIS LN	3	3	1	VIENNA	\$596,000	Townhouse	0.05	22181
3009 OAKTON MEADOWS CT	3	2	2	OAKTON	\$590,000	Townhouse	0.05	22124
2329 JACKSON PKWY	4	3	0	VIENNA	\$575,000	Detached	0.26	22180
919 HILLCREST DR SW	4	2	0	VIENNA	\$575,000	Detached	0.34	22180
616 JOHN MARSHALL DR NW	3	3	0	VIENNA	\$575,000	Detached	0.23	22180
9028 DELLWOOD DR	4	2	0	VIENNA	\$565,000	Detached	0.34	22180
11513 VALE RD	3	3	0	OAKTON	\$560,000	Detached	0.51	22124
10151 OAKWOOD CHASE CT	4	3	1	OAKTON	\$551,000	Townhouse	0.03	22124
805 DESALE ST SW	3	2	0	VIENNA	\$550,000	Detached	0.25	22180
2306 STRYKER AVE	3	2	1	VIENNA	\$545,000	Detached	0.50	22181
3157 BRADFORD WOOD CT	4	3	1	OAKTON	\$527,000	Townhouse	0.04	22124
404 DOVE CIR SW	3	3	0	VIENNA	\$525,000	Detached	0.24	22180
12005 HAMDEN CT	4	3	0	OAKTON	\$502,000	Detached	0.46	22124

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Oakton Football Throttled by TC in Season Opener

Cougars produce lowest scoring output since 2007.

BY JON ROETMAN
THE CONNECTION

After an Oakton punt bounced toward the sideline early in the second quarter, T.C. Williams return man Rashawn Jackson noticed the ball remained in bounds.

He also noticed an opportunity. "I thought the ball rolled out of bounds, and then when it didn't, nobody was covering the ball," Jackson said, "so I just said, 'there's my chance right there.'"

Jackson grabbed the ball and raced 53 yards for a touchdown, helping give the T.C. Williams football team a 24-point lead en route to a 38-2 season-opening victory over the Cougars on Friday night at Oakton High School. Five different Titans scored a touchdown in the program's first victory against a team from Conference 5, formerly known as the Concorde District, since beating Oakton in 2009.

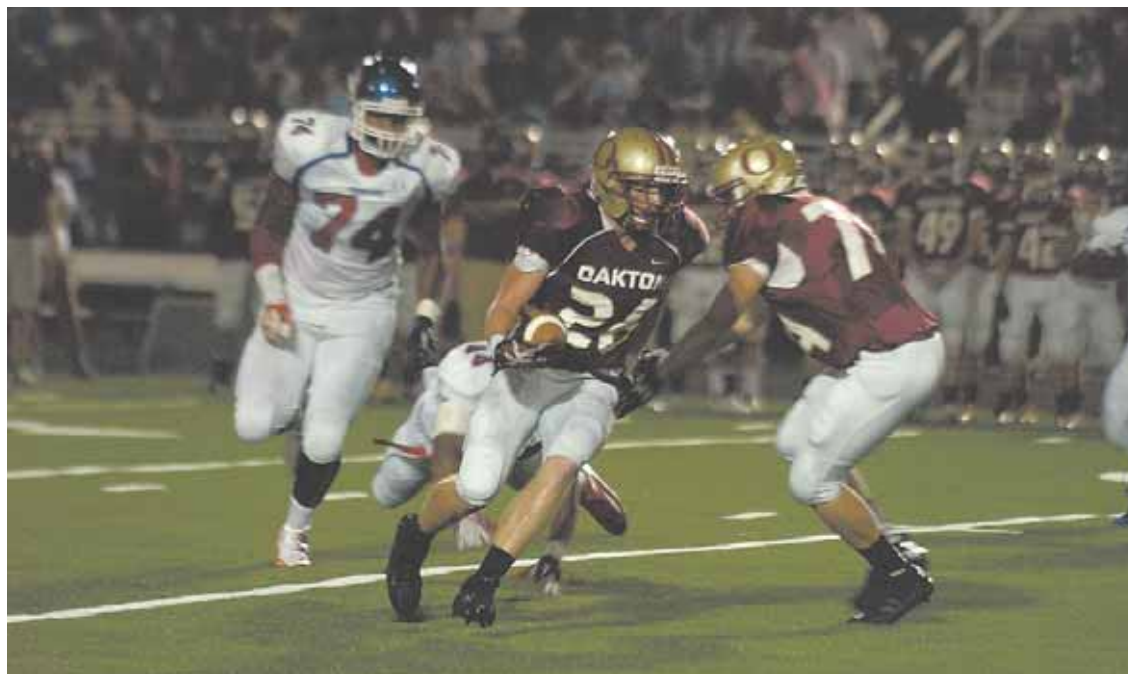
THE COUGARS, who graduated several key players from their 2012 Northern Region championship team, were no match for the talented Titans, who scored on their first offensive play from scrimmage and led 31-2 at half-time.

T.C. Williams hasn't reached the playoffs since 1990, but one wouldn't have known it from watching Friday's contest.

"This win means a lot," Jackson said. "We had to send a message for everybody on our schedule. We expect to do this."

TC took control early in Friday's game. After forcing an Oakton punt during the game's opening possession, the Titans scored on their first offensive play when running back Malik Carney, who is committed to the University of North Carolina as a linebacker, carried 54 yards into the end zone. After a 52-yard punt return by Jackson set up a 31-yard field goal by Zach Eisenhour, the Titans extended their lead to 17-0 when quarterback Darius Holland connected with Philip Tyler for a 46-yard touchdown in the opening minute of the second quarter.

Tyrice Henry hauled in a 73-yard



Oakton's Bobby Lam carries the ball against T.C. Williams on Aug. 30.



Oakton's Michael Ficarra, left, made his first varsity start at quarterback against T.C. Williams on Aug. 30.

touchdown pass from Holland late in the first half and TJ Jordan caught a 26-yard scoring toss from Holland in the third quarter.

"Beating Oakton High School, they're not as strong as they've always been, but they're still a very strong program," TC head coach Dennis Randolph said. "By the end of the year, they're going to be in playoff contention, so I think we beat a playoff team. ... That was our goal: to come in here and show them that we could play with them. We have some very, very, very good athletes."

One of those athletes is Holland, a 6-foot-2, 182-pound junior making his first varsity start Friday. He completed 9 of 14 passes for 205 yards and three touchdowns. He also rushed three times for nine

yards — numbers which would have been better if not for a penalty and a 12-yard loss on a fumble recovery. "I was confident in our team," Holland said, "but I was nervous."

Holland saw limited action as a varsity quarterback during his sophomore season, and played receiver for the junior varsity team. He performed well during the offseason, Randolph said, and had a strong showing against the Cougars.

"He'll grade out OK," Randolph said. "He made some exceptional plays. He made some mistakes, but overall he did a great job. Him being an athlete back there and the things he can do, if you don't box him in, he's going to take off on you and he did that a couple

times tonight." Carney carried 12 times for 77 yards. Henry had two receptions for 78 yards, Jackson finished with two catches for 37 yards and Tim Rattanaphone had two receptions for 15 yards.

Oakton's points came in the second quarter when the T.C. Williams punter stepped out of bounds in the end zone, resulting in a safety. It was the Cougars' lowest scoring output since being shut out, 35-0, by eventual state champion Westfield in October of 2007.

THE TITANS held Oakton to 105 yards of offense, including minus-2 on the ground. Five-foot-8 senior Michael Ficarra, making his first varsity start at quarterback, completed 8 of 15 passes for 107 yards. Senior Bobby Lam was Oakton's

"We had a senior-laden team (in 2012), we're returning two starters on offense this year. We've got to bring some of these younger guys around and some of the guys that are seniors that have waited their turn, they've got to learn how to play under the lights and take care of the little things, and we didn't take care of the little things tonight."

— Oakton football coach Jason Rowley

leading rusher with 28 yards in 11 carries. "We had a senior-laden team (in 2012), we're returning two starters on offense this year," Oakton head coach Jason Rowley said. "We've got to bring some of these younger guys around and some of the guys that are seniors that have waited their turn, they've got to learn how to play under the lights and take care of the little things, and we didn't take care of the little things tonight. ... We got beat in every facet of the game. ... 'TC's a good football team, take nothing away from them. They've got talent all over the place. They've got two Division I committed players (Carney and lineman Jeremiah Clarke). [Their] quarterback, he can throw the deep ball as well as anybody in the region. They're impressive. Coach Randolph has done an excellent job over there." T.C. Williams will travel to face the Centreville Wildcats at 7:30 p.m. on Friday, Sept. 7. Centreville won its opener against West Potomac, 51-7, on Thursday.

Oakton will host Madison at 7:30 p.m. on Friday.

Indeterminate Sentence

By KENNETH B. LOURIE



And no, that's not another made-up phrase by yours truly describing my occasionally cluttered/run-on prose with which many of you extremely patient regular readers are all too familiar. No, it has to do with how I perceive my future now that I'm post-hospital and sleeping in my own bed. Instead of nurses, respiratory therapists, X-ray technicians, doctors and miscellaneous other hospital staff too numerous to list, I have one wife and five cats to do my bidding. And though they're not nearly as attentive as the hospital staff, I know that they all have my best interests at heart.

Not that I thought I was going to die during this most recently-written-about hospital stay; still, the experience was unsettling and reminded me of how fragile and maybe even precarious my situation might be. As much as I try to ignore certain stage IV, terminal-type facts/prognosis, a four-day stay in S.I.C.U. sort of brings the reality into sharper focus, despite my best – and continuing – efforts to delude myself otherwise.

As I sit here at home, comfortably and relatively normally (I know, "normally" is a relative term), I am betwixt and between emotionally. I can't decide if this hospital stay has given me direction or misdirection. Do I now have a truer, more honest sense of my own insecurity (mortality) or have I just created a false sense of security in its place – having survived the ordeal so unexpectedly well?

I realize I'm not bullet-proof; but if there ever were a hollow point-type metaphorical bullet, stage IV non-small cell lung cancer would likely be it; it's a killer, usually. However, I can't help but feel empowered somehow, more confident even, in my body's ability to withstand the rigors an incurable disease can impose. I'm sure there's a toll to be paid, but so far, I'm living proof that statistics are not exactly about everybody, if you know what I mean. I know that wishing and hoping don't necessarily make it so, but after yet another experience where I far exceeded my doctor's rather modest expectations, I can't help but feel more positive about my prospects (there's my delusional naïveté rearing its illogical head).

In February, 2009, I was "prognosed" to live "13 months to two years" according to my oncologist. Yet, here I still am, four-and-a-half years later, released from the hospital, better than when I went in. Anything is possible: I think I've proven that. And I don't intend to stop now.

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

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32 Lost

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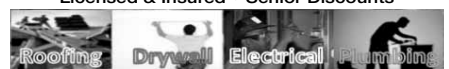
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WEEK IN VIENNA

Vienna to Mark 'A Day to Remember'

The Town of Vienna's annual "A Day to Remember" community commemoration of the 2001 terrorist attacks on the U.S. will be held at 9:45 a.m. on Wednesday, Sept. 11, on the grounds of the historic Freeman House, 131 Church St. N.E.

The public is invited to remember those who lost their lives and to show support for those engaged in the ongoing fight against terrorism.

"A Day to Remember" is sponsored by Vienna's American Legion Post 180 in co-operation with the Town of Vienna. For more information, contact Post 180 at 703-938-9535 or visit www.viennava.gov/index.aspx?nid=1064.

Recycling at Northside Property Yard on Sept. 7

Vienna residents may recycle used auto-motive items at the Northside Property Yard, 600 Mill St. N.E., on Saturday, Sept. 7, from 8 a.m. to 2 p.m. Motor oil, antifreeze and car batteries may be dropped off to be recycled.

This free service is for Vienna residents only. For more information call the Department of Public Works at 703-255-6380 or visit www.viennava.gov.

Vienna at Your Ser- vice Features Vienna Business Association

The next meeting of Vienna at Your Service (VAYS) will be Tuesday, Sept. 10, at 7:30 p.m. in Town Hall Council Chambers, 127 Center Street S.

The program will feature a presentation by representatives of the Vienna Business Association (VBA), the community's new business chamber. VBA, launched in early 2012, comprises businesses in the greater Vienna area and promotes business opportunities and development, and community involvement.

Members will discuss the progress of the association over the last year and upcoming events and activities. Learn more about the Vienna Business Association by visiting www.viennabusiness.org.

The program will also feature a presentation by the Vienna Police Department on recent department happenings and relevant statistics.

In addition, representatives from area civic and non-profit organizations will provide updates and information on upcoming events and activities.

Vienna at Your Service is designed to give citizens the opportunity to learn more about their community. This event is free and open to the public; no registration required. For more information, contact the Mayor's office at 703-255-6311, at mayor@viennava.gov or visit www.viennava.gov/index.aspx?nid=748.

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