

# NatureFest Returns to Runnymede

Lauren, 6, and Zachary Lieberman, 3, of Herndon search the meadow at Runnymede Park. The park will be the site of this year's NatureFest Sunday, Oct. 6.

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3. no longer owned or known

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# Chimney Installed at Runnymede

Structure will serve as local habitat for bird species.

BY ALEX McVEIGH  
THE CONNECTION

Visitors to Runnymede Park over the past few weeks might have noticed a new feature in the median of the parking lot, a freestanding chimney. The structure was recently installed by the Friends of Runnymede Park with hopes that it will attract the chimney swift, a small, high-energy bird that spends the warm seasons in the area.

"Every fall my husband and I go into Arlington and watch these huge clouds of chimney swifts swirl around and go into a chimney there," said Carol Hadlock, president of the Friends of Runnymede Park. "But there aren't many around here. They don't seem to use a chimney that's in Fairfax anymore, and they used to go to Herndon Middle School, but not anymore. These birds don't have anywhere to go at night."

The chimney swift is a bird with a cigar shaped body, scythe-shaped wings and legs too small to support their body, so the birds must rest by hanging upside down.

"Their feet don't allow them to perch, instead they cling to a vertical surface," Hadlock said. "The inner chamber of the chimney is made of T1-11 plywood, which has a rough surface that they can grasp."

## HISTORICALLY

the birds have nested in hollow trees, but as forests declined in the area, they started moving into chimneys.

"In the mid-90s, people started capping their chimneys, and new construction techniques used a slippery surface on their interiors, as well as metal flues," Hadlock said. "Since the mid-90s, the population of chimney swifts in the area has declined by 55 percent."

The chimney was built by a Friends of Runnymede board member who is a carpenter, using plans published by the Driftwood Wildlife Association.

It has a concrete base with legs to support the structure, which



The Friends of Runnymede Park have installed a chimney at the park, with the hopes that the chimney swifts will nest there.

stands 14 feet tall. It has Styrofoam insulation to keep it from overheating, as well as a metal guard to keep snakes out.

"Each chimney will host one pair of birds that will build a nest, and others might periodically roost there," Hadlock said. "In the fall, hopefully we'll start to see, and eventually we'll start to see them

birds offer other benefits to the park. Chimney swifts consume 30 percent of their weight every day.

"Runnymede Park is home to over 450 native plants, and as a result, there are a lot of insects, primarily mosquitoes," said Dave Swan, a board member of the Friends of Runnymede Park, when pitching the idea to the Town of Herndon's Architectural Review Board earlier this year. "The biggest predators for those insects are chimney swifts."

The Friends of Runnymede had to receive approval from the town, who owns the park property.

Raymond Ocel, a planning and zoning administrator with the town, said the location near the parking lot is chosen due to its proximity to the fields, where the birds will hunt for food during the day.

**THE FRIENDS OF RUNNYMEDE PARK** will host an official ribbon cutting ceremony during the Oct. 6 NatureFest. It will take place at 12:45 p.m.

gather around the chimney and form a funnel, like a tornado, and they'll all go through the chimney. It's quite a sight."

She said that the chimney was likely installed too late in the seasons for the birds to get a sense of it this year.

They will migrate to South America over the winter, and Hadlock says she hopes they'll start to investigate the new structure upon returning in the spring.

In addition to the spectacle, the



From left, Isaiah Juma, 3, of Herndon, examines a corn snake with volunteers Abigail Ackerman and Paul Morgan at NatureFest at Runnymede Park. This year's NatureFest will take place Sunday, Oct. 6.

## NatureFest Returns To Runnymede

Annual festival will take place Sunday, Oct. 6.

BY ALEX McVEIGH  
THE CONNECTION

The Town of Herndon Parks and Recreation Department and the Friends of Runnymede Park will team up to host this year's NatureFest Sunday, Oct. 6. The annual event gives local residents a chance to explore the plants and animals that live in the 58-acre park. "Before my family and I

started going to NatureFest, I thought Runnymede was just a few picnic shelters off of Herndon Parkway," said Evan Smith of Herndon. "Now it's one of my go-to spots when I feel like walking in a forest, it's much closer than Great Falls Park or Lake Fairfax."

This year's event will feature stations throughout the park, showing off its fields, stream and woods.

"This year we're focusing especially on the animals that live in the park," said Carol Hadlock, president of the Friends of Runnymede Park. "There will be live presentations going on throughout the day."

The Wildlife Center of Virginia will be bringing a selection of raptors, or birds of prey. Nature's Web, LLC will have snakes, toads and turtles on display, and there will be a butterfly station with an emphasis on the plight of the monarch.

"Children can learn how to raise caterpillars, and we will

even have a group of demonstrators performing a skit showing the phases of a caterpillar's life," Hadlock said. "We'll have a birding station where children can learn how to plant perennials that grow seeds that birds like to eat."

Joyce Birmingham of Reston said that after attending the festival two years ago, her 7-year-old son has taken her on several guided tours of the park.

"He had such a good time trying to catch butterflies and playing with snakes and lizards,

that every time we come back, he takes me along the trail, and points out where they live," she said. "He was heartbroken when the event didn't happen last year, and to be honest, I think he's forgotten some of what he's learned, so a refresher will be nice."

Other activities include dissecting owl pellets, a beekeeping demonstration, an examination of stream water through a microscope, and arts and crafts. Food from JJ's Deli will be for sale.

NatureFest will take place from 1 to 5 p.m. on Sunday, Oct. 6 at Runnymede Park, 195 Herndon Parkway. Admission is free.

Parking is available at the park, as well as at the Herndon Police Department, 397 Herndon Parkway. A free shuttle will be provided from the police department to the park.

More information can be found on the Friends of Runnymede Park Facebook page.

FALL FUN 2013



From left—Sheli Sotiropoulos, VASBP President Tim Ciampaglio, LaPearl Smith. Sotiropoulos and Smith represented the Virginia Department for Aging and Rehabilitative Services at the summit.



Evelyn Cromartie and Michael Sales from the NVCC Workforce Development program gave their opinions of the keynote speakers. “McAuliffe definitely gave more specifics,” said Sales. Cromartie wasn’t too sure she agreed with, or approved of Cuccinelli’s “anti-union remarks.”

# McAuliffe, Cuccinelli Highlight Small Business Summit

Gubernatorial candidates speak at the Mason Inn & Conference Center.

BY ANDREA WORKER  
THE CONNECTION

Virginia gubernatorial candidates Terry McAuliffe and Ken Cuccinelli were the keynote speakers at the fourth annual Virginia Small Business Partnership (VASBP) Summit, hosted by Miller/Wenhold Capitol Strategies LLC at The Mason Inn in Fairfax on Friday, Sept. 20. “We are thrilled to have them join us,” said Paul A. Miller, chairman of the VASBP.

McAuliffe was first up, and with few words allocated to his own biography, launched into several specific proposals and ideas he pledged to implement if elected.

McAuliffe’s remarks closely aligned with the program’s agenda, touching on each of the main themes being addressed in the summit’s breakout sessions: public/private partnerships, tax policy and reform, transportation, healthcare and the readiness of today’s graduates for the workforce.

**MCAULIFFE APPEALED** for increasing the cap on Angel Investor investments and establishing more resources to help refine promising ideas even before they are ready for investors. While he encouraged entrepreneurship in all industries, McAuliffe called for an emphasis on Biotechnology and IT. “Cybersecurity is more important than ever,” he said. “Virginia should be the national, even global leader in this field.” The Democratic candidate also expressed a need to increase partnerships with high schools and Community Colleges, describing them as the “front lens of our economy.”

Speaking on tax policy and reform, McAuliffe cited several current taxes and regulations that he deemed to “make no sense,” calling them “burdensome,” and vowing to work with localities to reduce or eliminate anti-growth taxes. “We need more



**Democratic candidate for governor Terry McAuliffe addresses the attendees at the Virginia Small Business Partnership Summit. McAuliffe hit on all of the agenda highlights during his 30-minute speech.**

Main Street options,” he stated. He also touched on the topic of transportation, praising the passage of Virginia HB 2313, the Transportation Bill that finally provides funds for transportation projects. “In recent years, our ranking has fallen from first place, to the third, and now to fifth on the list of best places to do business. We need to get back to number one,” he said, saying that a modern and efficient transportation infrastructure is essential to the economic life of the commonwealth.

Before completing his address, McAuliffe



**Virginia Attorney General and Republican candidate for governor Ken Cuccinelli warned that the creation of part-time jobs versus fulltime jobs “is not healthy. That’s not job creation. That’s eating away at our middle class.”**

did step outside the confines of the VASBP’s agenda, condemning the threat of a federal government shutdown over de-funding of Obamacare as “extremely harmful” to Virginia and linking his opponent to the House Republicans behind the measure. “Ken Cuccinelli needs to call his Tea Party allies ... and tell them to put this ideological agenda aside ... we can’t afford it,” he demanded.

**MEMBERS OF THE AUDIENCE** hoping to witness the candidates come face-to-face at the event were disappointed by the 20-

plus minute delay in the arrival of Cuccinelli. The attorney general of Virginia opened his remarks with an overview of his personal, educational and employment background, as well as speaking of his involvement with numerous community care projects, which he described as “a distinction in this race.” Referring to his tenure in the State Senate from 2002-2010, Cuccinelli said, “I will not need on the job training—another distinction.”

After warning that sequestration and furloughing were causing “buffeting for the first time in Northern Virginia,” he added, “I bring a plan and a positive vision.” He invited the attendees to view his website for the details of his plan to add 58,000 new jobs to the commonwealth’s economy. Like his opponent, Cuccinelli spoke of the need to close tax loopholes and to examine tax credits and to push to keep regulations down. “I am willing to fight to keep Washington off your backs,” he declared.

Cuccinelli gave significant talking time to what he called the administration’s “War on Coal,” calling it a “war on our poor in Virginia,” blasting the EPA’s proposed emissions rules announced that morning, saying they would “cripple Virginia’s coal industry.” He also defended the need to keep Virginia a “Right to Work State,” and to avoid unionization.

He reminded the crowd that he was the first attorney general to oppose the Affordable Health Care Act. “It’s economically destructive, this one rule, like I’ve never seen,” he said.

Cuccinelli wrapped up by naming some of the organizations that were endorsing his candidacy and “asking each and every one of you for your vote.” Unlike McAuliffe, Cuccinelli did not take questions from the press after his speech. His staff cited schedule overruns, saying the candidate was late for a debate preparation session.



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# OPINION

## Vote *It will matter who is elected governor.*

**A**bsentee voting has already begun; Election Day is Tuesday, Nov. 5. If you've read this far, you care enough that voting is absolutely essential.

On the ballot:

Every Virginia voter will vote for governor; lieutenant governor; attorney general and their member of the House of Delegates.

At the top of the ticket, there are stark differences in the vision for Virginia held by the candidates of each party.

While almost all the coverage and advertising has focused on the significant negatives of the two major party candidates for governor, one of these two men will in fact be elected governor and serve as governor for the next four years. It will make a huge difference which one.

It shouldn't take very much research for you to determine which candidate holds views closer to your own. What is critical is that you don't let the negatives about personality or other details keep you from voting. It matters. Figure out which one is your candidate and get out and vote.

Also on the ballot in Fairfax County: sheriff, and the school bond.

## Choose Your Own Election Day

From now until Saturday, Nov. 2, you can vote absentee in person for a variety of rea-

sons, but you must sign a form affirming that you do qualify. Almost everyone with a job in Northern Virginia qualifies for one particular reason, however: your work plus commute time would be 11 hours or more between 6 a.m. and 7 p.m. on Election Day. Other reasons include planned travel, pregnancy, illness or disability, being a student out of area, and more. Voters can also vote absentee by mail.

It's worth looking at the absentee ballot application online before going to vote absentee in person: <http://www.sbe.virginia.gov/Files/Forms/VoterForms/ABApplication.pdf>.

If you live in Fairfax County, you can vote at Fairfax County Governmental Center or any one of seven "satellite" voting locations. If you have not been to the government center, it's worth having a look.

**Fairfax County Government Center**, 12000 Government Center Parkway, Suite 323, Fairfax, VA 22035.

**Saturdays: Sept. 28, Oct. 5, Oct. 12, Oct. 19, Oct. 26 and Nov. 2**, 9 a.m.-5 p.m.

**Monday, Tuesday, Wednesday and Friday until Oct. 12**, 8 a.m.-4:30 p.m., **Thursdays: 8 a.m.-7 p.m.**

**Closed On Columbus Day, Monday, Oct. 14**

**Monday-Friday, Oct. 15 - Nov. 1**, 8 a.m.-7 p.m.

The satellite locations in Fairfax County are also open for absentee in person voting; **Sat-**

EDITORIAL

## LETTERS TO THE EDITOR

## Celebrating Constitution, Citizenship

To the Editor:

On Tuesday, Sept. 17, our country celebrated Constitution Day and Citizenship Day. During Constitution Week, from Sept. 16 to Sept. 23, more than 18,000 people will become citizens during approximately 180 naturalization ceremonies across the country and overseas.

A naturalization ceremony is a joyous and moving event, which all Americans should have the opportunity to witness. Immigrants from countries near and far vow to support and defend the Constitution, recite the Pledge of Allegiance, and proudly wave the American flag. For most new citizens, getting to this milestone is the result of hard work and preparation.

At Catholic Charities of the Diocese of Arlington's Hogar Immigrant Services program, we provide lawful permanent residents with the support they need to be successful on their path to citizenship. It is a privilege to work with

these aspiring citizens, and we now have an even greater ability to assist those in our local community through a generous grant we received from U.S. Citizenship and Immigration Services (USCIS).

We are one of 40 organizations across the country to receive this competitive grant award. The funding we will receive, totaling approximately \$250,000, will help support our citizenship preparation services for the next two years.

Over this next grant period, we will continue to provide citizenship instruction to over 350 lawful permanent residents in the Diocese of Arlington at three different sites in Falls Church, Sterling and Woodbridge.

We will also be able to continue to provide naturalization assistance to over 1,700 lawful permanent residents via our monthly naturalization workshops, held at different locations across the diocese, where our legal staff and volunteers assist individuals in filling out the N-400 Application for Naturalization.

At Catholic Charities of the Diocese of Arlington's Hogar Immigrant Services, we have been pro-

viding high-quality ESOL and Citizenship instruction, as well legal immigration assistance, over the past 32 years.

We serve all immigrants, regardless of nationality, religion, ethnicity or ability to pay. It is through private donations and grant opportunities such as this, as well as the tremendous amount of in-kind support we receive from over 400 volunteers, that we are able to continue to provide education and legal immigration services to immigrants at such a low-cost.

This is the fifth year USCIS has awarded grants to expand the availability of high-quality citizenship preparation services for lawful permanent residents across the nation.

Catholic Charities of the Diocese of Arlington's Hogar Immigrant Services has received this grant for the past three consecutive years and with this new award, will continue to receive USCIS funding and support over the next two years. With this USCIS grant, our efforts will have a larger impact in helping some of our fellow community members achieve their dream of U.S. citizenship. By helping immigrants improve their En-

## Register to Vote

To vote on Election Day, you must be registered at your current address no later than Oct. 15. You can check your registration status online by visiting the State Board of Elections website at [www.sbe.virginia.gov](http://www.sbe.virginia.gov). There you can also download a voter registration form and mail or fax it to your elections office address.

Fairfax County Board of Elections, 703-222-0776, [www.fairfaxcounty.gov/eb/](http://www.fairfaxcounty.gov/eb/)

12000 Government Center Parkway, Fairfax, Suite 232, Fairfax, 22035; FAX 703-324-2205; email [voting@fairfaxcounty.gov](mailto:voting@fairfaxcounty.gov)

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email: [info@sbe.virginia.gov](mailto:info@sbe.virginia.gov) [http://www.sbe.virginia.gov/cms/Voter\\_Information/Index.html](http://www.sbe.virginia.gov/cms/Voter_Information/Index.html)

## Gubernatorial Debate

**Republican candidate Ken Cuccinelli** and **Democratic candidate Terry McAuliffe** will focus on the economy and other issues facing businesses in Northern Virginia, and will be aired live on Wednesday, Sept. 25, from 7-8 p.m. on NBC4. Hosted by Fairfax County Chamber of Commerce at Capital One in McLean.

**Wednesdays: Sept. 28, Oct. 5, Oct. 12, Oct. 19, Oct. 26 and Nov. 2**; 9 a.m.-5 p.m.

**Monday-Friday: Beginning Oct. 15-Nov. 1**, 3:30 p.m.-7 p.m.

◆ **Dolley Madison Library**, 1244 Oak Ridge Ave., McLean, VA 22101

◆ **North County Human Services Building**, 1850 Cameron Glen Drive, Reston, VA 20190.

glish language skills and learn about our country's history and government, and the rights and responsibilities that define citizenship, we will help them civically integrate—and that's good for us all.

With civic integration comes participation—in service groups, school boards, homeowners associations, charitable organizations and many other worthy causes. This citizen-driven community participation is a hallmark of what makes this country great.

We at Catholic Charities of the Diocese of Arlington's Hogar Immigrant Services can't help but feel an extra boost of patriotism this week as we recognize the achievement of those who will naturalize. We are proud to be a part of a process that is so important for our country and for our community and look forward to serving over 2,000 people as they pursue their own dream of becoming U.S. citizens.

**Brooke Hammond Pérez**, Director of Education Services Catholic Charities of the Diocese of Arlington Hogar Immigrant Services [www.hogarimmigrantservices.org](http://www.hogarimmigrantservices.org)

## Oak Hill & Herndon CONNECTION

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To have community events listed in the Connection, send to herndon@connectionnewspapers.com by the Friday prior to the following week's paper.

**WEDNESDAY/SEPT. 25**

**Herndon Historical Society.** 7:30 p.m., at Herndon Depot Museum, 717 Lynn St., Herndon. David Guillaudeu, author of "Washington & Old Dominion Railroad (Images of Rail)," will talk about the trials and tribulations of making do with scrounged equipment and materials on the always financially strapped line. carolbrcom@aol.com.

**THURSDAY/SEPT. 26**

**Show in artReston.** 9 a.m.-9 p.m., Monday-Saturday, 9 a.m.-8 p.m. Sunday, at the Jo Ann Rose Gallery, Lake Anne Community Center, 1609-A Washington Plaza, Reston. The League of Reston Artists invites submissions of paintings, mixed media, two-dimensional fine art excluding photography and fine crafts to the exhibition. The deadline to enter in Sept. 26. www.leagueofrestonartists.org.

**Migrating Towards Prosperity.** 5:30-7:30 p.m., at 3080 Centreville Road, Herndon. An event sponsored by the Hispanic Business Council featuring discussion on current issues in the Latino community. Deep Dreams plays for the crowd to dance, Hispanic restaurants of Northern Virginia cater and Latino dancers and musical groups perform. \$20, prepaid members; \$25, members at the door and prepaid non-members; \$30 non-members at the door.

**FRIDAY-SATURDAY/SEPT. 27-28**

**Volunteering for Reston Multicultural Festival.** 3-6 p.m. setup Friday, 7-8 p.m. shifts Saturday, at Lake Anne Plaza, 1609A Washington Plaza, Reston. Shifts involve set-up, parking attendant, volunteer-relief "floaters," arts and crafts, survey takers, concessions, break down, etc. Volunteers ages 13 and up are needed; volunteers receive a free t-shirt and food voucher.

**SATURDAY/SEPT. 28**

**Beat Honeysuckle Bushes.** 10 a.m.-noon, at Oldfield Tot Lot, 10805 Oldfield Drive, Reston. Battle invasive bush honeysuckle, an exotic plant taking over the natural area at the lot; gloves, snacks and water provided. 703-435-7986 or habrock@reston.org.

**FRIDAY/SEPT. 30**

**Public Call for Bra Designs.** The public is encouraged to submit bra designs to be auctioned off to support the Tigerlily Foundation. All bra entries must be a new, padded, 36C bra with underwire and straps fully extended as a design base. \$25. Additional submission guidelines are located at: www.cupsfullofhope.com.

**TUESDAY/OCT. 2**

**Reston Garden Club.** 1 p.m., at the Walker Nature Education Center, 11450 Glade Drive in Reston. After a short social period and business meeting, Mona Miller, a Restonite, discusses how we can contribute to the well-being of the monarch butterfly. therestongardenclub.org.

**SUNDAY/OCT. 6**

**Community Sunday.** 9 a.m.-3:30 p.m., at Epiphany Episcopal Church, 3301 Hidden Meadow Drive, Oak Hill, the corner of Franklin Farm Road and Fairfax County Parkway. Sunday school and a worship service precede festivities including entertainment, games, hot dogs, lemonade, snow cones, popcorn and more. 703-466-5200, 703-860-3370 or www.coe.org.

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**Collection of Bicycles and Cash Donations**  
**Saturday, September 28, 2013**  
**10:00 am - 2:00 pm**

**St. Timothy's Episcopal Church**  
432 Van Buren St, Herndon, VA 20170

If you have questions or are unable to donate on Saturday, September 28, 2013 please contact **Conor Mears** by e-mail: [porygon56@gmail.com](mailto:porygon56@gmail.com) or visit <http://bikesfortheworld.org>

This service campaign has been organized as a BSA Eagle Scout project under the direction of **Conor Mears** and BSA Troop 159. Your support and participation is GREATLY APPRECIATED!

**Fall Fun!** and sampling at Woodland Park Crossing

**Harvest Fest**  
WOODLAND PARK CROSSING

**Saturday, September 28**  
12 - 4 pm

**ENTERTAINMENT FOR ALL!**

*Pumpkin Painting, Face Painting, Live DJ, Glitter Tattoos, Prizes, Strolling Entertainment, pumpkins, cornstalks, and balloon artistry!*

Tastings of food and fall brews at Finnegan's patio - LA Boxing and Down Dog Yoga fitness demos - get free hot dogs at the Harris Teeter Boar's Head wagon - sample humus, falafel, chicken and pita from Moby Dick House of Kabob - pizza from Manhattan Pizza - "Talk to the Doc," Sunrise Valley Dental Associates — and much more!

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**Herndon artist Emmanuelle Marie Carnogursky holds one of the oil paintings she submitted for the 2013 Paint Herndon competition.**



**Participants in the Design and Wine class with Mary Sears hold their finished paintings.**

# Celebrating Arts in Herndon

## ArtSpace Herndon hosts 5th annual Paint Herndon.

By RYAN DUNN  
THE CONNECTION

“Over 325 people attended the ArtSpace Herndon annual Paint Herndon,” said Robin Carroll. A former director of ArtSpace Herndon, Carroll helped organize this year’s Paint Herndon event, an annual birthday of the ArtSpace Herndon. Held this year on Saturday, Sept. 21, all scheduled activities went on as planned as rain held off until the reception and award ceremony.

The cornerstone of the event is the painting competition, which is designed in the spirit of a “day painting” competition and challenges artists to create works of art in a short period of time. “The art was amazing,” said Emmanuelle Marie Carnogursky. A resident of Herndon, Carnogursky also participated in the painting competition, submitting three finished oil paintings. “I have been painting with oil since the age of 14 ... I got right to painting as soon as I had my canvas stamped, it was a lot of fun.”

Two other big activities at the ArtSpace Herndon event were the VW “Doodle Bug” and the animals available for adoption from Lost Dog and Cat Rescue Foundation. The Doodle Bug, a Volkswagen Beetle wrapped in white vinyl to enable a dry-erase canvas, was on display at ArtSpace Herndon for guests to demonstrate their artistic talent on the car. Volkswagen of



PHOTOS COURTESY OF ARTSPACE HERNDON

**Mayor Lisa Merkel (left) stands with the Director of State Government Relations for Volkswagen Group of America Nicole Barranco, and President of the Herndon Foundation for the Cultural Arts Harlon Reece.**

America has an office in Herndon, and staff from their office drove the vehicle to ArtSpace Herndon.

**ARTSPACE HERNDON** was created by the Herndon Foundation for the Cultural Arts. Establishing ArtSpace Herndon was the foundation’s first step in a mission to promote and support the arts through the creation of a full-scale arts center in Historic Downtown Herndon. Each year ArtSpace Herndon hosts art competitions including fine art photography, portraits, and the Herndon town calendar. ArtSpace has also been developing its music outreach program. This year ArtSpace will be utilizing the funds from a grant from the Arts Council of Fairfax County to present “CrossCurrents,” a two-part master class and world music concert series. The first concert will be

held at ArtSpace on Oct. 12 and will feature musician Ranendra Kumar Das. During the Paint Herndon event, children painted in the style of Jackson Pollock with Viki Mutarelli of ArtSmartKids from 10 to 2 p.m. Visitors created Go Green Art with Ruth Junkin and made books with Carla Falconi. The demos by Cecilia Aquino and Robert Bernhards drew interested patrons to the Post Gallery. From 12:30 to 3:30 p.m. dance and choreography by Michele Koros of Sun Dance Performance Company enthralled the audience. From 3:30 to 6 p.m. a reception was held and attendees were entertained by pianist Jean Goldsby. Attendees enjoyed lemonade, ice cream and cake and U.S. Rep. Gerry Connolly (D-11) stopped by to address the audience. The Paint Herndon painting competition drew a total of 28 artists, ages 6 to adult. The judges for the competition were Jill Banks and Lori Goll, two artists in the current “Menagerie” exhibit. The quality of the work created in 24 hours or less “is amazing,” stated the judges.

Cash prizes were handed out during the reception and awards ceremony. The Adult Competition was open to all adults and teens aged 16 and older. For the adults, first place prizes went to Michele Frantz for his work “Old Town Herndon” and to Nicholas Aman for his work “Yellow and Grey.” Second place went to Gretchen Harris for her work “Fortnightly Mike” and third place went to Donna Robinson for her work “Spring Street Chicken Coop.”

The Teen Competition was open to all teens aged 12 to 17. For the teen division, the grand prize went to Annabelle Goll for her work “Sleep” and honorable mention to Caroline Weis for her work “Town Hall.” The Youth Competition was open to all youths aged 8 to 11. This grand prize was awarded to Jessie Harris for her work “Town Hall.”

**THE DAY ENDED** with the Design and Wine class, where participants created paintings with instruction from Herndon artist Mary Sears. For this event participants had to register in advance. “We had a class on how to paint a peacock,” said Sears. “There were 12 people and we painted with acrylic on canvas. Wine and cheese were also available. People had a great time and did a fantastic job. Also there was a tie in because the current exhibit, “Menagerie,” has several paintings of peacocks.” “Menagerie” closes on Sept. 29.

## ENTERTAINMENT

Send announcements to reston@connectionnewspapers.com. The deadline is the Friday prior to the following week’s paper. Photos/artwork encouraged. For additional listings, visit <http://www.connectionnewspapers.com/news/2013/apr/11/fairfax-county-calendar/>.

### THURSDAY/SEPT. 26

**Violin and Piano Concert.** 2:15 p.m., at Hunters Woods Village Center, Reston Community Center, Center Stage, 2310 Colts Neck Road, Reston. Sonya Hayes, violinist, made her solo debut at the age of 15 and has performed as a guest soloist with the National Symphony Orchestra Young People’s Concert Series. Frank Conlon, accompanist and concert pianist, is one of Washington’s best-known and favorite pianists; cosponsored by Osher Lifelong Learning Institute at George Mason University and Reston Community Center. 703-503-3384. olli@gmu.edu, www.olligu.edu.

### THURSDAYS-SUNDAYS/SEPT 26-OCT 20

**“The 39 Steps.”** 7:30 p.m. Thursdays; 8 p.m. Fridays and Saturdays; 2 p.m., 7 p.m. Sundays at Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. NextStop Theatre company produces a murder mystery, directed by Evan Hoffman and adapted from the Hitchcock film and novel by John Buchan of the same name. \$25-27. 866-811-4111 or www.NextStopTheatre.org.

### FRIDAY-SATURDAY/SEPT. 27-28

**Science and Engineering Career Fair.** 10 a.m.-7 p.m. Friday, 10 a.m.-5 p.m. Saturday, at Dulles Town Center Mall, 21100 Dulles Town Circle, Dulles. “Creating your own earthquake,” designing solar cars, launching weather balloons and more. Congressman Frank Wolf speaks at the opening reception at 11 a.m. Friday. [http://www.nsf.gov/events/event\\_summ.jsp?cmn\\_id=128634&org=NSF](http://www.nsf.gov/events/event_summ.jsp?cmn_id=128634&org=NSF).

### SATURDAY/SEPT. 28

**Reston Multicultural Festival.** 11 a.m.-6 p.m., at Reston Community Center Lake Anne, 1609 Washington Plaza N., Reston. The highlighted event is the naturalization ceremony, where American’s newest citizens take the Oath of Allegiance. Celebrate the diversity of Reston in a festival through music, entertainment, dress, food and cultural treasures. Volunteers needed. Free. [www.restoncommunitycenter.com/](http://www.restoncommunitycenter.com/) or [http://www.restoncommunitycenter.com/arts\\_community\\_MCFVolunteer.shtml](http://www.restoncommunitycenter.com/arts_community_MCFVolunteer.shtml).

**Harvest Fest.** Noon-4 p.m., at Woodland Park Crossing, 12960 Highland Crossing Drive, Herndon. The fall-themed family event features a walking scarecrow, juggling unicyclist, DJ music, and free activities such as face painting, glitter tattoos, pumpkin painting, fitness demos, food samples, tastings and giveaways, prizes and more. 703-785-5634, <http://www.facebook.com/WoodlandParkCrossing?ref=ts> or [www.woodlandparkcrossing.com](http://www.woodlandparkcrossing.com).

### SUNDAY/SEPT. 29

**Walk to End Alzheimer’s.** 5-7 p.m., at Reston Town Center, 11900 Market St., Reston. Help raise money and support for treatment for Alzheimer’s Disease at the annual Walk to End Alzheimer’s. Contact Sonya Amartey at 703-766-9025 or [samartey@alz.org](mailto:samartey@alz.org), or visit <http://act.alz.org/> for more information.

### TUESDAY/OCT. 1



PHOTO COURTESY OF NEXTSTOP THEATRE

**“The 39 Steps” cast, from left: Evan Crump, Emily Levey, James Finley and Nick Rose, Sept. 26-Oct. 20 at Industrial Strength Theatre, 269 Sunset Park Drive, Herndon.**



**“La Chien de Grange,” by Jill Banks, whose work is in “Menagerie,” up through Sunday, Sept. 29. This photo, used previously in the Connection, credited the wrong artist.**

**Jigsaw Puzzle Day.** 10 a.m.-3 p.m., at Reston Association, 12001 Sunrise Valley Drive, Reston. Those 55 and older who enjoy assembling jigsaw puzzles may join as individuals or as a couple teams in a Reston themed puzzle to see how much participants can finish in the time allotted. Enjoy coffee and conversation prior to lunch. Register. \$9 Reston Association members, \$13 Non-members. 703-435-6577.

### THURSDAY/OCT. 3

**Evelyn Mo Plays Piano.** 2:15 p.m., at Reston Community Center, Center Stage, 2310 Colts Neck Road, Hunters Woods Village Center, Reston. Evelyn Mo is a 14-year old piano prodigy and sophomore at Thomas Jefferson High School who has already won awards; cosponsored by Osher Lifelong Learning Institute at George Mason University and Reston Community Center. 703-503-3384, olli@gmu.edu or www.olligu.edu.

### FRIDAY/OCT. 4

**Art House Cinema and Brew Series: “Citizen Kane.”** 7 p.m., at ArtSpace Herndon, 750 Center St., Herndon. Nominal fee includes microbrews and film screening in the Post Gallery, with a little intro on what makes these films the best of all time; proceeds for the series will go toward supporting ArtSpace Herndon. [www.artspaceherndon.com](http://www.artspaceherndon.com).

### SUNDAY/OCT. 6

**NatureFest 2013.** 1-5 p.m., at Runnymede Park, 195 Herndon Parkway between Elden Street and Queens Row Street. A hands-on nature event, which spotlights the

animals, plants and insects that live in Runnymede Park. Event participants can visit 15 different nature stations, which include live raptors, animals that live in the park, how to tag and release a monarch butterfly and more. New to the event this year, the Blue Ridge Wildlife Center and the Wildlife Center of Virginia will conduct two educational shows. 703-435-6800, ext. 2119, [amanda.herzog@herndon-va.gov](mailto:amanda.herzog@herndon-va.gov) or [herndon-va.gov](http://herndon-va.gov).

**Chocolate and Champagne Gala.** 6 p.m., at ArtSpace Herndon, 750 Center St., Herndon. Join in on Herndon Arts Week for a flute of champagne and some chocolate trifles accompanied by music played by a harpist. A silent auction will feature donations from local artists and restaurants. Reservations. \$25 per person or \$40 per couple (cocktail attire; black-tie optional). 703-956-6590 or [www.artspaceherndon.org](http://www.artspaceherndon.org).

### THURSDAY/OCT. 10

**Newcomers’ Night.** 7-9 p.m. at Reston Community Center, 2310 Colts Neck Road, Reston. This one-stop shopping event is open to new, current, or past volunteers and newcomers. Light refreshments and door prizes will be available. RSVP. [Ashleigh@reston.org](mailto:Ashleigh@reston.org) 703-435-6577.

**Artwork Critique.** 7-9:30 p.m., at ArtSpace Herndon, 750 Center St., Herndon. Ted Reed, the judge of our 5th annual portrait competition, offers a critique to artists of their own artwork. Bring up to three pieces of artwork in any traditional medium. 703-956-6590 or [www.artspaceherndon.org](http://www.artspaceherndon.org).

Be a part of our Wellbeing pages, the first week of every month.

Delight in our HomeLifeStyle sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our A-plus: Education, Learning, Fun pages, the third week of every month.

Questions? E-mail [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com) or call 703-778-9431



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**International Country Club in Fairfax**  
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## Herndon Parks & Recreation Wins Awards for Marketing

Approximately 450 delegates from Virginia gathered in early September for the 59th annual conference of the Virginia Recreation and Park Society, which was held in Williamsburg.

The conference is a learning exchange and provides an opportunity for recreation and park professionals to collaborate and ultimately improve the delivery of parks and recreation services.

A highlight of each conference is a presentation of awards. This year Herndon Parks and Recreation had two items, which were selected in the 25,000 and less population category:

- ❖ The 2012 Herndon Festival mobile website was voted Best Promotional Effort—Specialty

- ❖ The 2012 Herndon Parks and Recreation Department Summer Camp brochure was voted Best Promotional Effort—Traditional

To learn more about the Herndon Community Center and the department, visit [www.herndon-va.gov](http://www.herndon-va.gov), or call 703-787-7300.



PHOTO CONTRIBUTED

**Thomas Schoenauer, Recreation Services supervisor at the Town of Herndon Parks and Recreation Department, accepted the award for the department at the conference.**



## 3rd Annual Jeans Day: Putting the ZIP on Homelessness

**Friday, October 18, 2013**

Help end homelessness in our community.

**Get involved!**

Register and allow your employees or members to wear jeans to work on Friday, October 18, in exchange for a \$5 employee contribution to the Fairfax-Falls Church Community Partnership to Prevent & End Homelessness!

[jeansday2013-eorg.eventbrite.com](http://jeansday2013-eorg.eventbrite.com)

Preventing and Ending Homelessness  
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**THE CONNECTION**  
NEWSPAPERS

# Area Divers to Represent the U.S. at Junior Pan American Championships

**G**rayson Campbell, a sophomore at Madison High School, and Max Flory, a seventh-grader at Robinson Secondary School, will represent the United States at the Junior Pan American Diving Championships from Sept. 26-29 in Tucson, Ariz. More than 100 divers from nine countries will participate.

Both Campbell and Flory were selected to compete in all three individual events—1-meter, 3-meter and platform—at the Junior Pan Am meet.

Campbell, 15, won his fourth consecutive junior national title on 3-meter after taking the title in the 14-15 boys age group at the 2013 USA Diving Junior National Championships in Minneapolis in August. He also won the 1-meter title and took silver on platform at junior nationals. With the two wins in 2013, Campbell is now a seven-time junior national champion. Campbell also represented the U.S. at the 2011 Junior Pan Am Championships, where he won a silver medal on platform and bronze on 1-meter in Medellin, Colombia. He also competed for Team USA at the 2012 FINA World Junior Diving Championships and made his senior international debut earlier this year at a FINA Grand Prix meet in Puerto Rico.

Flory, 12, will be representing Team USA in international competition for the first time. At the 2013 junior nationals, he won the 1-meter title in the 12-13 boys age



**Grayson Campbell, 15, a sophomore at Madison High School.**

group and added bronze medals on 3-meter and platform. His 1-meter victory marked his third career junior national title after having won titles on 3-meter and platform in 2013.

Both Campbell and Flory dive with coach John Appleman at the Dominion Dive Club. Appleman will serve as one of three coaches for Team USA at the Junior Pan Am Championships.

PHOTOS CONTRIBUTED



**Max Flory, 12, a seventh-grader at Robinson Secondary School.**

## FOOTBALL ROUNDUPS



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

**South Lakes' Sam Dawson is seen against Washington-Lee on Sept. 12. The Seahawks are 2-1 after beating Herndon on Sept. 20.**

### South Lakes Football Beats Rival Herndon

One week after coming back to beat Washington-Lee in the final minutes, the South Lakes football team beat rival Herndon 10-7 on Sept. 20.

Beating Herndon gave the Seahawks a 2-1 record. South Lakes has a winning record for the first time 2010, when the Seahawks started 4-0 and reached the playoffs.

South Lakes will host McLean at 7:30 p.m. on Friday, Sept. 27. Herndon will host Robinson.

### Oakton Football Improves to 2-1

The Oakton football team earned its second straight win on Sept. 20, beating Annandale 34-15.

The Cougars opened their season with a 38-2 loss to T.C. Williams on Aug. 30, but have bounced back with wins over Madison and the Atoms.

Oakton will host West Potomac for homecoming at 7:30 p.m. on Friday, Sept. 27.

### Madison Football Drops to 0-3

The Madison football team suffered its third consecutive loss on Sept. 20, falling to Fairfax 34-14.

The Warhawks will travel to face Stone Bridge at 7:30 p.m. on Friday, Sept. 27.

### Langley Loses to TC

The Langley football team dropped a Saturday contest against T.C. Williams, 13-7, on Sept. 21.

Saxons quarterback Nick Casso scored on a 6-yard run.

Langley (1-2) will host Chantilly at 7:30 p.m. on Friday, Sept. 27.

### McLean Falls to 1-2

The McLean football team lost to Falls Church 28-21 on Sept. 20.

The Highlanders dropped to 1-2. McLean will travel to face South Lakes at 7:30 p.m. on Friday, Sept. 27.



PHOTO BY TAMI CHADWICK

**Henry Ross, 12, of the VVI Vienna Falcons wraps up a Dulles South ball carrier and makes the tackle during their Sept. 14 contest at John Champe High School in Aldie. Ross is a seventh-grader at Thoreau Middle School in Vienna. The Falcons won the game, 22-21.**

# FALL FUN 2013

FROM PAGE 9

## FRIDAY-SUNDAY/OCT. 11-13

**Ikebana: The Freestyle of Flowers.** 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. The Washington Chapter of the Ichiyo School of Ikebana presents a three day exhibition of Ikebana floral arrangements. The exhibit opens at 2 p.m. Friday and demonstrations are on Saturday and Sunday at 2 p.m., with chances to win door prizes.

## SATURDAY/OCT. 12

**The Om Shalom Trio.** 8 p.m., at the Post Gallery, ArtSpace Herndon, 750

Center St., Herndon. Award-winning international musicians Ranendra Das, Abhik Mukherjee and Valeriya Sholokhova draw upon their Far Eastern and Middle Eastern roots to create a fusion of Indian Classical and Jewish Folk music in an intimate setting with limited seating. \$18, adults; \$15, students and seniors. Reservations. [www.artspaceherndon.org](http://www.artspaceherndon.org) or 703-956-6590.

## FRIDAYS-SUNDAYS/OCT. 12-NOV. 3

**"Legally Blonde the Musical."** 8 p.m. on Fridays and Saturdays, 2:30 p.m. on Sundays at 2310 Colts Neck Road, Reston. Directed by Joshua

Redford, musically directed by David Rohde. 703-476-4500, [rcp-tix.com](http://rcp-tix.com), or <http://restonplayers.org/>.

## FRIDAY/OCT. 18

**VOCE Chamber Choir.** 8 p.m., at ArtSpace Herndon, 750 Center St., Herndon. Selections from Les Misérables will be played in the opening concert of the 25th anniversary season, dedicated to songs about finding voice and acceptance; the earth's future; and the desire for freedom among peoples all over the world. A special feature will be a work originally commissioned by Voce Chamber Choir. \$10. 703-956-6590.

SEE ENTERTAINMENT. PAGE 13



PHOTO CONTRIBUTED

**Special Consensus performs bluegrass music Friday, Oct. 18 at 8 p.m., at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon.**













































## FRESH IDEAS FOR FALL

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# FALL FUN 2013

FROM PAGE 12

[www.artspaceherndon.org](http://www.artspaceherndon.org).

**Special Consensus.** 8 p.m., at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. An acoustic contemporary and traditional bluegrass band feature raw, emotional lyrics and orchestrates vocals and instrumentation. \$15; children 12 and under, free. 703-435-8377 or <http://www.special.com>.

**SATURDAY/OCT. 19**

**Workshops by NOVAL.** 9 a.m.-1 p.m., 2-6 p.m., at ArtSpace Herndon, 750 Center St., Herndon. The Northern Virginia Artists League (NOVAL)

holds "The Joy of Painting Small Landscapes in oil," taught by Vicki Blum, and "Watercolor Landscape," taught by Bruce Handford, with a plein air demonstration (weather permitting). \$15 per student. 703-956-6590 or [www.novalart.com](http://www.novalart.com).

**12th annual Reston Home Tour.**

10 a.m.-5 p.m., at various locations throughout Reston. The Reston Historic Trusts holds a self-guided homes tour that celebrates and commemorates the vision of Robert E. Simon, Jr., Reston founder. Documentary films on the making and development of Reston show throughout the day. \$25 tickets before Oct. 13; \$30 each Oct. 13-19; \$20 for groups of 10-plus.

[www.restonmuseum.org](http://www.restonmuseum.org).

**Halloween Family Fun Day.** Noon-4:30 p.m. at 2310 Colts Neck Road, Reston. Come dressed in your favorite costume, and enjoy performances for the whole family. Free.

**WEDNESDAY/OCT. 30**

**A Flower is a Lovesome Thing.** 8 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Nellie McKay joins Grammy-winning Turtle Island String Quartet in producing both renditions of music by Billie Holiday and Billy Strayhorn as well as original pieces. \$20 Reston, \$40 Non-Reston.

[www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

**SATURDAY/NOV. 2**

**Children's Fall Flea Market.** 9 a.m.-noon at 2310 Colts Neck Road, Reston. Junior merchants will sell gently used toys, books, clothing, and games at the annual Fall Flea Market. Admission is one non-perishable food item for the RCC Thanksgiving Food Drive.

**SUNDAY/NOV. 10**

**Lost and Found In Translation.** 3 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. The Tony Award-winning playwright of "M. Butterfly" discusses his works,

writing process, and artistic philosophy. \$15 Reston, \$30 Non-Reston. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

**SATURDAY/NOV. 16**

**The Rite of Spring Double Feature.** 8 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. The CenterStage celebrates the 100th anniversary of Stravinsky's ballet and orchestral concert piece with performances by the Bowen McCauley Dance Ensemble and Darryl Brenzel and the Bohemian Caverns Jazz Orchestra. \$25 Reston, \$50 Non-Reston. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

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PHOTO CONTRIBUTED

Maddy Naide (far left) with her roommate, Ayaka, on her back, as well as other roommate pairs enjoying free time on the Princeton Campus.

## Becoming a High School Diplomat

BY MADELINE NAIDE

“Morning!” my roommate Ayaka says as she hops out of bed at 6:30 a.m., like she has had 12 hours of sleep. “Ohiyoo goozaimas!” I grumble back, as I struggle to wake up. This is normal for her, since her summer break is only three weeks long, so most days she wakes up at about this time. Ayaka is from the Miyagi prefecture and has chosen to spend her only weeks of summer break in America participating in the High School Diplomats Program. After one and a half weeks of touring Washington, D.C. and New York City, I join her for 10 amazing days at Princeton University for the cultural exchange that only a few select Americans get to experience.

In a time when technology makes the world smaller, it is becoming more and more important to create productive diplomatic relations with other countries.

Many people say that the young generation has the best chance of achieving those diplomatic relations, yet how can we make those connections with people halfway across the world? There is really no better way than to live with people your own age and learn through participation in activities together. High School Diplomats is an opportunity for 40 American rising high school juniors and seniors to participate in an all-expenses paid cultural exchange program with 40 of the brightest high school students in Japan. There is the student from Hiroshima, who says that everyone he knows has an older relative who has been disfigured because of the atomic bombs dropped so many decades ago, the 32nd smartest 18-year-old in all of Japan, the girl who is fluent in Japanese, English and Italian because of her heritage, and so many more interesting people. Each Japanese student is paired with an American roommate who is by their side at all times during the program.

After dragging me out of bed, Ayaka and I go to rajio taiso, Japanese stretching and light aerobics that elementary school students traditionally do. After breakfast, it is time for classes, where I get to learn more

### How to Apply

The HSD application is now available at [highschooldiplomats.com](http://highschooldiplomats.com), and all parts must be postmarked and sent by January 8th, 2014. The program runs from July 29 to August 9, 2014. Questions can be directed to Celine Zapolski, the American HSD director, at [celinezapolski@highschooldiplomats.com](mailto:celinezapolski@highschooldiplomats.com).

simple Japanese conversational words and roll sushi while Ayaka learns about American culture. After we join up, I butcher the new Japanese words that I have just learned and she asks me questions about American culture. All through lunch, Ayaka asks me to explain more American slang words to her like “JK,” which I learn is the slang word in Japanese for “female high school student,” and afterwards we listen to presentations from American and Japanese students about an aspect of one of our cultures, presentations that have been worked on for months before the program between groups of students from all across our respective countries.

Then it is time to change into our clothes for evening activity. Tonight’s activity is an American country fair, so we all braid our hair, throw on some boots, and button up our plaid for a night of tie-dyeing, pie-eating contests, and other activity booths. Other activity days include HSD Olympics, Bunka No Hi (Japanese Culture Festival), and an American homecoming dance. In Japanese culture, there are not many opportunities for social events like in America, so everything that we see as commonplace blows them away. While it is sometimes embarrassing to learn what is “quintessentially American” to people from other countries, it is okay to bite your tongue and watch their eyes light up with wonder at the little things that we may take for granted. As we head back to our dorm on the Princeton campus, Ayaka says “goodnight” to me from the bunk bed below and as I reply with “oyasumi,” I only get more excited for the days to come.

The author is a senior at Thomas Jefferson High School for Science and Technology.

## A Peculiar Existence



By KENNETH B. LOURIE

I’m not exactly pretending that I don’t have stage IV lung cancer (non-small cell, to be specific), but ever since my hospital admission on August 2nd, I have been treatment-free; no I.V. chemotherapy, no oral medication, no targeted treatment, no nothing. And during this sabbatical (I use that term loosely; being off chemotherapy has been as much about recovering from surgery and recuperating from my hospital “stay-cation” as it was anything necessarily intended), I have progressed from feeling crappy and being short of breath – while being infused previously, to where I have become relatively asymptomatic, breathing normally and for the nearly eight week treatment-free interval mentioned, have felt mostly OK.

But I’m not OK, really. I have incurable lung cancer, the terminal kind (typically the only kind). I have tumors which have metastasized from somewhere else in my body (though a determination as to exactly from where the tumors originated has never been made) and an inevitable fluid build-up in my lung – characteristic of the underlying diagnosis, which has already put me in the hospital once, and given the presumptive reality of the disease, is likely to do so again in the future, and with a less than favorable outcome, according my oncologist.

However, right now – so far as I know and/or has been diagnostically indicated/confirmed, I am living in relative peace (not sure about tranquility though) and able to manage my life well enough to perform all the activities of my daily living and pretend that this break in my cancer-treatment action is not the least bit problematic and possibly even beneficial in some therapeutic way. At least, that’s what I tell myself as opposed to worrying that each week that passes when I’m not infused with some pharmaceutical creation, shortens my life expectancy somehow by a corresponding amount of time. Heck, where’s the future in that?

Still, the time off between treatment has given me pause – to refresh, so to speak and time to gear up – emotionally and physically, for the next round of treatment outlined in last week’s column. On the one hand, I’m sort of relieved (happy would be a bit too naive of a description of how I feel) to be once again taking medication, understanding and respecting the medical reality of the cancer-centric existence I now live – meaning that wishing and hoping the cancer remains dormant/inactive without any treatment is a bit unrealistic. On the other hand, I am ambivalent about forfeiting the relative calm and above-average quality of life that has characterized these last two months. Characterizations that generally don’t describe a stage IV lung cancer patient’s life in year five post-diagnosis. And though I am exceeding grateful – and incredibly fortunate for the gift of life that I have received, I remain both fearful and appreciative of my status quo. Subject to change, I imagine, and not necessarily for the best, either. Nevertheless, life goes on, and I aim to keep it that way.

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

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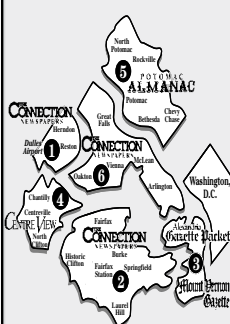
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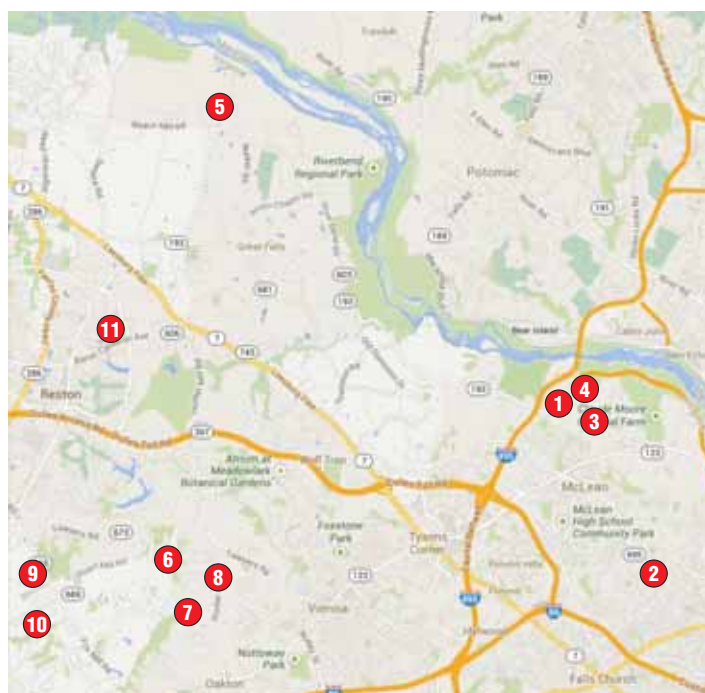
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