

# Vienna Celebrates “First Night” on New Year’s Eve

NEWS, PAGE 4

The ‘outlook’ for the Vienna Business Association [VBA] is optimistic. The business group sponsored Oktoberfest, the annual Vienna Halloween parade and the first-ever First Night Vienna celebration on New Year’s Eve.

## A Look Ahead at 2014

NEWS, PAGE 3

## Vienna’s Top Stories of 2013

NEWS, PAGE 4

## Top Sports Moments of 2013

SPORTS, PAGE 13



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## NEWS

# Additional Tests Delay Completion of Silver Line Phase 1

**T**he Metropolitan Washington Airports Authority announced that additional tests are needed on Phase 1 of the Silver Line, focusing on software updates related to the Automatic Train Control System, before the project can be turned over to the Washington Metropolitan Area Transit Authority.

Recent testing of the Silver Line in preparation for substantial completion has identified needed software modifications to the Automatic Train Control System. The contractor is in the process of making the changes to ensure the proper performance of the train control system. Once completed, the contractor will produce a summary of the changes made for review and approval by WMATA and the Airports Authority. This will be followed by re-testing to make sure the system is functioning properly and meets performance specifications.

The Airports Authority is awaiting a definitive schedule from the contractor for the additional activity. The additional activity is expected to take several weeks to complete. Substantial completion of the project will be determined as results from the testing are obtained.

"This is why we test," said Pat

Nowakowski, executive director of the Dulles Corridor Metrorail Project. "Our guiding principle throughout this process has been 'safety first' and we remain committed to that principal. We will not do anything that might compromise safety or create unsafe conditions for the traveling public."

At the Nov. 16 meeting of the Airports Authority Board of Directors, Nowakowski reported that final testing was underway on Phase 1 of the Silver Line. Based on information available at that time, the expectation was that the contractor would declare substantial completion before the end of the month.

But Nowakowski also pointed out that any problems identified during the testing could potentially delay that schedule.

The Silver Line, one of the largest public transportation construction projects underway in the country, is being built in partnership with Loudoun and Fairfax counties and the Commonwealth of Virginia, and will be transferred to the WMATA for operation upon completion.

For more information about the Dulles Rail Project and the Dulles Toll Road, visit [www.mwaa.com](http://www.mwaa.com).

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## A Look Ahead at 2014

Elected officials discuss the year 2014 in Vienna.

BY DONNA MANZ  
THE CONNECTION

**W**hat's the outlook for 2014? The economy, health care and federal government take center-stage in the theatre that is Northern Virginia and Vienna, specifically. Here's what some of the area's elected officials see through the looking glass.

Vienna Mayor M. Jane Seeman predicted budget issues will, once again, dominate 2014. The Council, she said, is planning for the Community Center renovation and addition. Replacing and upgrading water lines is vital to the town, and equal attention is paid to town-wide drainage problems. The Town of Vienna will continue its sidewalk building program.

Virginia Delegate Mark Keam [D-35] sees the economy as still the biggest factor impacting local lives. Keam notes that Northern Virginia is heavily dependent on the federal government. "We need to work toward a different set of industries that will not be so reliant on federal appropriations and related businesses," Keam said. "We also need to make progress toward the long term sustainability of our colleges and universities so that Northern Virginia high school students can find spots right here in our Commonwealth as they continue their education, and not have to move out of state."

State Senator Chap Petersen [D-34] wants the Commonwealth to establish a public health system that incorporates Medicaid expansion. On Petersen's radar is untangling the 2013 transportation bill so that Northern Virginia "gets more than just higher taxes."

**U.S. CONGRESSMAN** Gerry Connolly [D-11] said there are several big issues Congress and the people have to resolve.

"One of the top issues facing us is making sure the federal government is open and stays funded to allow the economy to prosper," Connolly said. "Secondly, we have to ensure that we protect the full faith and credit of the United States. That means we don't default. We pay our bills."

Comprehensive immigration reform is the third priority as Connolly sees it, saying it "matters a lot in our district."

Hunter Mill District Supervisor Cathy Hudgins represents the Vienna, Oakton and Reston localities on the Fairfax County Board of Supervisors. Hudgins actively looks out for the interests of her constituents as Tysons changes its face and focus.

"In 2014, new travel patterns associated with the Silver Line in Vienna and Tysons will unfold," said Hudgins. "As they emerge, these will bear monitoring."

Addressing major pedestrian facilities, such as the Northern Vienna Trail system (NoVi), FCDOT is pursuing utility relocation and land acquisition prior to construction. The design phase of the NoVi project was completed in 2013, and the fully-funded project is expected to be completed in 2014.

"Guided by the 2013 Countywide Dialogue on Transportation Survey, in which over 2600 county residents participated, the Board of Supervisors will select transportation priorities," said Hudgins. "With



PHOTO BY DONNA MANZ/THE CONNECTION

**Vienna prioritizes its budget to update infrastructure that maintains the quality of life the community expects while keeping the town's small-town feel with brick sidewalks and old-fashioned lighting along Maple Avenue and Church Street. Residents and shops are bracing for the impact a redeveloped Tysons Corner will bring to the town.**

our regional partners, we will draw upon the 2013 General Assembly transportation legislation and funding measures to plan and manage Fairfax County transportation priorities."

Public school funding – the educational component and infrastructure – is an issue the Board of Supervisors is wrestling with. Increases in enrollment have crowded local classrooms. The Board of Supervisors and the School Board are working together to identify additional capital construction funding. The goal is to help transfer students out of trailers and into permanent classrooms. Hudgins said that under consideration are opportunities to expand pre-K programs to ensure that every child enters kindergarten with a basic skill set and is ready to learn.

**THE VIENNA BUSINESS ASSOCIATION [VBA]** grew from its first meeting of 26 small business owners in September 2012 to more than 100 members 12 months later.

Vienna Business Association Chairman of the Board D.H. Scarborough weighed in on the future of the fledgling association.

The biggest challenge for VBA is to maintain and grow its membership while managing all the events and members with an all-volunteer staff, Scarborough said. "All of us have businesses to attend to, and a life outside of business, in addition to the time and effort that is so important to VBA. If we all give some time, we can accomplish our goals without a burden on a few." Another challenge, said Scarborough, is to keep VBA's membership meetings interesting and educational for everyone, with speakers that are stimulating and fun.

Scarborough is confident the new Board of Directors is up to the challenges the new year brings.

## On Sharon Bulova's 2014 Radar Screen

**F**airfax County Board of Supervisors Chairman Sharon Bulova discusses the issues she sees taking center stage in the county in the coming year.

"The following items are on my radar screen for the year ahead:

The Silver Line, Phase 1, will open for passenger service through Tysons Corner to Wiehle Avenue in Reston. Construction for Phase 2, extending Metrorail from Wiehle Avenue to Reston Town Center, Route 28, Herndon, Dulles Airport and to the Ashburn area of Loudoun County will begin.

Construction associated with rezonings in Tysons will take place throughout 2014. 'Pop-up' activities and uses will provide vibrancy to Tysons while permanent uses are beginning to fill in.

The newly redeveloped Springfield Town Center in the old Springfield Mall area will open in fall of 2014.

A new state administration will begin as Gov. Terry McAuliffe is sworn in as the 72nd governor of the Commonwealth of Virginia. Fairfax County has asked the General Assembly to prioritize Medicaid expansion and state funding for pre-K through 12th-grade education when they meet this winter.

During 2014, Fairfax County and the Northern Virginia Transportation Authority (NVTA) will be advancing transportation priorities in Northern

Virginia, putting new state transportation funding to work in order to address congestion and traffic safety.

On Monday evening, June 9, my office will be hosting a new Evolution program: Evolution of the Workplace. We will trace the trends and expectation of workers in Fairfax County, beginning when Fairfax was one of the largest producers of dairy

products in the commonwealth through the modern, 'work/lifestyle' balance younger workers look for.

Back by popular demand will be our second season of Evenings on the Ellipse Concerts in the Government Center's "back yard." Concerts and wine tastings are free, thanks to corporate sponsors. I'm looking forward to balmy nights and great music already."

**NOTE:** Bulova's State of the County address will debut Wednesday, Jan. 15, at 7:30 p.m. It will air on Channel 16 and may be watched online at <http://www.fairfaxcounty.gov/chairman/> starting Jan. 16. The address will immediately follow her annual Chairman's New Year Reception, on Jan. 15, from 4:30- 6:30 p.m., at the Government Center.

"The Chairman's Reception is my opportunity to say thank you to the many county employees, volunteers and active neighbors who help make Fairfax County the exceptional place it is to live, work and play," she said. "All active/engaged constituents are welcome to attend."



PHOTO BY BONNIE HOBBS/THE CONNECTION

Bulova

**"The Silver Line, Phase 1, will open for passenger service through Tysons Corner to Wiehle Avenue in Reston."**

**Sharon Bulova, Chairman, Fairfax County Board of Supervisors**



## Helping Community in 2014

Free Breakfast gathering (all invited) on behalf of the Commonwealth of Virginia Governor-Elect Terry McAuliffe and his wife Dorothy, for a Day of Service in communities throughout Virginia, Jan. 4, 2014, at the American Legion Post 180 on 330 North Center Street, Vienna. Drop-in between 8-11 a.m.

The goal is for Vienna/Oakton neighbors, teens to seniors, to promise 10 hours of community service for the year 2014.

On hand will be many local nonprofits, faith leaders, local businesses to talk about new and ongoing projects in the community that your promised hours can make a difference towards. Also on hand will be Town of Vienna representatives as well as a representative from Volunteer Fairfax, one of the best sources for hundreds of volunteer possibilities for teens through seniors in Fairfax County. They will tell you about their organization and needs. Helping each other makes for strong community.

Digital training session b/w 9:30-11. Volunteers will show those interested how to use mobile devices (smart phones, tablets) and also great apps. Volunteers, including Madison students, will assist helping so you can learn these digital tools to be in touch with family, friends and colleagues.

## Vienna at Your Service to Feature Local Historian

The next meeting of Vienna at Your Service will be Tuesday, Jan. 14, 2014 at 7:30 p.m. in the Vienna Town Hall Council Chambers, 127 Center Street S. This meeting will feature a presentation by local historian Jim Lewis who will present information regarding the events and activities that occurred between D-Day and "The Battle of the Bulge." Next year marks the 70th anniversary of the battle, the costliest battle in terms of casualties for the United States during World War II. The meeting 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](mailto:mayor@viennava.gov) or visit [www.viennava.gov/index.aspx?nid=748](http://www.viennava.gov/index.aspx?nid=748).

## Work Session to Discuss Community Center Renovations

A work session will be held immediately following the Vienna Town Council's regular meeting scheduled for Monday, Jan. 6, at 8 p.m. in Town Council Chambers, 127 Center Street S. The work session will discuss proposed renovation and improvement plans for the Vienna Community Center, including a discussion on the cost/benefit of incorporating a pool in the design.

Town Council will not take formal action during the work session. The public is invited to attend the meeting; however, public comment is not permitted during work sessions.

For more information regarding the Community Center Feasibility Study, visit [www.viennava.gov/index.aspx?nid=1031](http://www.viennava.gov/index.aspx?nid=1031).

## Community Center Offers Indian Cooking Classes

Learn how to cook authentic Indian cuisine in cooking classes offered at the Vienna Community Center, 120 Cherry Street SE.

"Indian Vegetarian Cooking" will be held on Saturday, Jan. 11, from 10 a.m. to noon and will teach participants how to make a variety of Indian vegetarian dishes that incorporate garbanzo beans, curry, red lentils, chili spice and cumin.

"Indian Meal" will be held on Saturday, Feb. 1, from 10 a.m. to 12:30 p.m. Participants will create quick and delicious Indian meals, both vegetarian and non-vegetarian.

SEE WEEK, PAGE 7

## News

# Vienna's Top Stories of 2013

**S**equestration and two-week-plus federal government shutdown in October of 2013 loomed over the local economy as thousands of federal employees were furloughed during the shutdown. Essential personnel did show up but with no bonus compensation even after furloughed federal employees were paid for their time not working. Essential personnel were heard to grumble on social media about the inequity.

The murderer of Vanessa Pham, a James Madison High School graduate, was arrested at a construction site in Vienna in August 2013. Julio Blanco Garcia stabbed Pham to death in the presence of his baby daughter. He was high on drugs when Pham, a good Samaritan, gave Garcia and his child a ride from a Falls Church shopping center in spring of 2010. She was stabbed 13 times. Garcia was convicted and sentenced to 49 years in prison for the murder.

Jim Morris succeeded Robert Carlisle as Vienna Chief of Police in February. Carlisle headed Vienna's police department of 41 sworn officers for 12 years and retired in late 2012. Town Manager Mercury Payton credited Carlisle with transforming the way the town's police department does business. Chief Morris had 24 years with the Fairfax County Police Department before taking over Vienna's top law enforcement position.

With extensive input from the community, the Town Council voted to expand and renovate the Vienna Community Center. The Department of Parks and Recreation hosted focus groups to gather and prioritize wants and needs of the community, and so-



PHOTO BY DONNA MANZ/THE CONNECTION

**Jim Morris succeeded Robert Carlisle as Vienna Chief of Police in 2013.**

licited views in surveys. In 2014, the Town Council will present a plan.

The three-level parking garage proposed for Church Street was canceled after the contracted construction company went bankrupt. Parking along Church Street is a town issue. Many businesses complain their shoppers and diners cannot find parking spaces.

The Vienna Business Association, in partnership with the Town of Vienna, presented the first-ever

First Night Vienna celebration, a family-friendly New Year's Eve party that took over Church Street. First Night Vienna was a vision orchestrated by Caffé Amouri owner and Vienna resident, Michael Amouri. The Vienna Business Association was chartered in August of 2012 with an initial base of 26 members; it ended 2013 with a membership of 130 local businesses.

— DONNA MANZ

**The murderer of James Madison High School graduate Vanessa Pham was arrested at a construction site in Vienna in the summer of 2013.**

PHOTO COURTESY OF VANESSA PHAM FAMILY





## BULLETIN BOARD

To have community events listed in the Connection, send to [mclean@connectionnewspapers.com](mailto:mclean@connectionnewspapers.com). The deadline for submissions is the Friday prior to publication.

### WEDNESDAY/JAN. 8

**Vienna Photographic Society Meeting.** 7:30-9:30 p.m. Oakton Elementary School, 3000 Chain Bridge Road, Oakton. Corey Hilz will speak at this meeting. He is a professional photographer specializing in nature and travel photography. He finds that the diversity in nature and cultures around the world offer boundless opportunities for new images. [www.vpsva.org](http://www.vpsva.org)

### SUNDAY/JAN. 12

**Introduction to Healing Touch - Get and Give a Healing!** 2-4 p.m. Unity of Fairfax, 2854 Hunter Mill Rd, Oakton. A gentle, complementary energy-based approach to health and healing. The goal is to restore harmony and balance to the human energy system through a heart-centered caring relationship and the use of contact/non-contact touch. This can greatly assist the body and mind in its natural ability to heal. <http://www.unityoffairfax.org/introduction-healing-touch-1>

### THURSDAY/JAN. 16

**Chapter 227, Vietnam Veterans of America Inc.,** invites all veterans, friends, and the general public to attend the chapter meeting at Neighbor's Restaurant, 262D Cedar Lane, Cedar Lane Shopping Center, Vienna, at 7:30 p.m. Robert Tecklenburg, Vietnam veteran, will discuss his new book, "The Boys Next Door: A Marine Returns to Vietnam," on his Vietnam War experience, his return to Vietnam after the war, and Vietnam War history. Admission is free. For information, call Len Ignatowski at 703-255-0353 or visit [www.vva227.org](http://www.vva227.org).

### FRIDAY/JAN. 24

**Messages of Hope.** 7:30-9:30 p.m. Unity of Fairfax, 2854 Hunter Mill Road, Oakton. This documentary is based on medium and spiritual author Suzanne Gieseemann's true story that has captivated audiences; participants can ask questions about the afterlife, hear the rest of the story, and get books signed following the discussion. \$10. [www.unityoffairfax.org](http://www.unityoffairfax.org) or 703-281-1767.

### SATURDAY/JAN. 25

**Making the Connection.** 9:30 a.m.-12:30 p.m. Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Medium and spiritual author Suzanne Gieseemann will show participants how to open themselves to higher levels of guidance, creativity, inspiration and love. \$35. [www.unityoffairfax.org](http://www.unityoffairfax.org) or 703-281-1767.

**"Heart Gifts."** 1:30 p.m.-4:30 p.m., Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Medium and spiritual author Suzanne Gieseemann will tell the gripping story of a very special soul called "Wolf" and on how to bring peace, balance and greater love into life. \$35. [www.unityoffairfax.org](http://www.unityoffairfax.org) or 703-281-1767.

### ONGOING:

**Vienna Toastmasters.** 2nd and 4th Wednesdays at 7:30 p.m., at the Vienna Community Center on the 2nd floor room opposite the elevator, 120 Cherry St., S.E., Vienna. A friendly place to get comfortable with public speaking and impromptu speaking for new & experienced speakers. Open to the public.



# OAKCREST SCHOOL




## Admissions Information Session for Parents

Wednesday, January 8, 2014  
Two sessions: 8:15 AM and 7 PM

*Each Admissions session is followed by a 20 minute Tuition Assistance presentation.*

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# OPINION

## Looking to Hear from Readers in New Year

**A**s local, weekly newspapers, the Connection's mission is to deliver news readers need close to home, to help readers enjoy great local places and events, to advocate for community good, to call attention to unmet needs, to provide a forum for dialogue on local concerns, and to celebrate and record milestones and events in community and people's lives.

To succeed at any of that, we need your help. If you know of a person or an organization doing important work, something newsworthy or something that might make a good feature story, let us know. We want to know if someone in your family or your community published a book, became an Eagle Scout, raised money for a good cause, accomplished a feat like running a marathon or having an art show. Send us a photo and tell us about it.

We publish photos and notes of a variety of personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries.

We are also interested in events at your church, mosque, synagogue, community center, pool, school, club, etc. To have the best chance of getting an event included in our calendar ahead of time, email us the details of the event (who, what, where, when, why) at least two weeks ahead of time. Email to [north@connectionnewspapers.com](mailto:north@connectionnewspapers.com). Events generally must be open to the public and either free or at nominal cost to be included in calendars.

After your events, email us a photo and a

note so we can consider including it in our coverage. Be sure to include the names of all the people who are in a photo, and say when and where the photo was taken.

We also publish notes about news and events from local businesses. Notes about openings, new employees, anniversaries are welcome.

In covering the issues, we strive to provide a voice for our readers. We look forward to hearing from you.

The Connection Newspapers are published by Local Media Connection LLC, an independent, locally owned company. The publications and websites include the Alexandria Gazette Packet, the Mount Vernon Gazette, the Centre View, the Potomac Almanac and individual Connection papers and websites serving McLean, Great Falls, Vienna/Oakton, Oak Hill/Herndon, Reston, Springfield, Burke, Fairfax, Fairfax Station/Clifton/Lorton, Arlington, Centreville, Chantilly/Fair Oaks, Alexandria and Mount Vernon.

The publications and websites have won hundreds of awards for news and community coverage just in the past few years, including the Virginia Press Association Award for Integrity and Community Service for coverage of efforts to prevent and end homelessness, and Best in Show for information/art for coverage of local parks.

The operation of these community-serving publications is entirely funded by advertising. The papers are delivered free to homes and businesses throughout Northern Virginia, and through free digital subscriptions. If you or

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### EDITORIAL

## A Look Back at 2013

BY DONNA MANZ  
THE CONNECTION

Budget, Tysons redevelopment and federal government shutdown were among the issues and challenges in the forefront of Fairfax County and the Commonwealth news.

**Vienna Mayor M. Jane Seeman:**  
"2013 issues were mostly budgetary. Many projects competing for the same pot of money. Prioritization became very important in balancing the needs."

**Virginia Delegate Mark Keam (D-35):**

"For Vienna, I believe an important step was the beginning of a conversation about what kind of town we want in the face of the inevitable growth of Tysons and other neighboring jurisdictions. Some of the most important characteristics of the Town of Vienna are its small town feel and the personal touch that its government, civic and business leaders bring to the community. As we anticipate massive changes that will come with the Metro extension, mega-transportation projects and Tysons developments, we need to have a plan for maintaining these special aspects of our lives here in Vienna so that we can sustain the culture and heritage of our long and rich history."

For Virginia, I think the big issue was the gubernatorial race that pitted two



**Virginia State Senator Chap Petersen (D-34):**

"Replacing jobs lost (or salaries reduced) by federal sequestration. Finding jobs for new college graduates."



**U.S. Congressman Gerry Connolly (D-11):**

"Sequestration and the shutdown of the federal government. Both of those things led to the furlough of federal employees and private contractors. That's done damage to our local economy."

candidates who could not be more different with each other. As someone who supported Terry McAuliffe, I am looking forward to working with his administration over the next four years to shape Virginia as a great place to live, work, start a business or go to school.



SEE A LOOK BACK, PAGE 7

## Vienna & Oakton CONNECTION

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## OPINION

# A Look Back at 2013

FROM PAGE 6

**Supervisor Cathy Hudgins (D-Hunter Mill):**

"The integration of different transportation modes into the Vienna and Tysons communities presents both opportunity and trials. When the Silver Line opens in 2014, there will be connectivity issues to be addressed in order to achieve a truly effective transit system. Working with VDOT, we successfully added pedestrian and bicycle facilities on the Beulah Road Bridge, which crosses the Dulles Toll Road. This expands access and improves connections to a number of communities, parks, pathways, and trails.

Another success this year was planning transportation enhancements (bus routes, sidewalks; crosswalks; traffic-calming measures) along the Old Courthouse Road corridor. Working with our partners in the Town of Vienna, we connected this area to the Metro station, thereby increasing connectivity and safety.

Recently, Fairfax County Department of Transportation completed the Tysons Metrorail Station Access Management Study (TMSAMS). TMSAMS considered adding new pedestrian, bicycle, and transit connections around the Metro station areas. During the year 2013, implementation of projects from the study evolved and grew in various stages.

**D.H. Scarborough, Chairman of the Board - Vienna Business Association:**

"The new Vienna Business Association was chartered as an organization in September, 2012. By the end of 2012 we had begun to sign up businesses and citizens as members. Our goal was to have 100 members by the end of 2013 and have established VBA as sponsors of our own events for Vienna.

By the end of July, 2013 we had over 100 members and we had participated with Vienna Volunteer Fire Department at their 'Taste of Vienna' and also had a booth at ViVa Vienna. In partnership with the Town of Vienna, the Vienna Business Association has now sponsored a wonderfully successful Oktoberfest and the 67th Annual Vienna Halloween Parade. The money raised at Oktoberfest is being used to present a first-ever 'First Night Vienna' on Dec. 31. The challenges of 2013 have been met."



The consolidation of Fairfax Water and the City of Falls Church water system was cause for great celebration. The single entity will better serve residents of Fairfax County with uniform water rates and a superb delivery system.

In 2013, we also approved an urban framework that will guide the private development in our urban areas around the transit centers and set standards for our public infrastructure. The framework considers the interactions of land use, transportation, and environment, which directly affect employment, residences, and overall quality of life within Fairfax County."



## WEEK IN VIENNA

FROM PAGE 4

The cost for each class is \$40 for residents and \$50 for out of town participants. Space is limited; register early to reserve your space. Each class is taught by instructor Sushila Rao and is for ages 18 and up. For more information or to register, visit [www.viennava.gov](http://www.viennava.gov) or call 703-255-6360.

## Video Game Design Classes Offered This Winter

The Vienna Parks and Recreation Department has partnered with C3 Cyberclub to offer several game design classes for kids ages 6 to 14 at the Vienna Community Center, 120 Cherry Street SE, beginning in January. Classes include Introduction to Minecraft, Junior Video Game Design, Lego Robotics Sports, 3D Lego Design, 3D Game Design, Game Creation Using Unreal and Lego Robotics Vehicles. C3 Cyberclub utilizes state of the art equipment and techniques to help young children cultivate an interest in various fields including engineering, game designing, multimedia artistry, programming and more. Each course offers several sessions, most beginning in January and February 2014.

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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# WELLBEING

## Spiritual Wellness in the New Year

What is it and how does one achieve it?

BY MARILYN CAMPBELL  
THE CONNECTION

As we begin a new year, many are focused on their spiritual health and well-being. In fact, the National Wellness Institute names spiritual wellness as one of the seven dimensions of overall wellness. It's essential in life, say experts.

Lisa Jackson-Cherry, Ph.D., chair of the Department of Counseling at Marymount University in Arlington, who specializes in pastoral counseling and pastoral integration, believes spiritual well-being doesn't always have to do with religion. It's about being connected to something greater than one's self. "It doesn't have to be a higher power," she said. "It can be your community or nature, but the key piece is that there is a connection to something other than yourself."

Elizabeth Rees, the associate rector at St. Aidan's Episcopal Church in Mount Vernon, said, "I would say at its heart, spiritual well-being is knowing ourselves to be loved and cherished by God and then living into that truth."

Kathy Judd, Alexandria-based meditation teacher and director of No Place Like Om, said, "Spiritual health and well-being is when you ... feel just as, if not more, connected to what you can't see as to what you can. It's about knowing that there is an animating force that drives the show and seeing all the ups and downs of our human experience as just like that — a show."

Some say that expectation management is a factor in spiritual wellbeing. "If there is a gap between expectation and reality, there can be a ... lack of contentment," said Rabbi Stuart Weinblatt of Congregation B'nai Tzedek in Potomac, Md. "When we set our expectations lower in terms of what we expect from others, we are less likely to be disappointed. It is appropriate to set our goals high, but our expectations lower. Goals motivate us, but when we have expectations, we set ourselves up for disappointment."

**WHILE SPIRITUAL WELLNESS** can mean different things to dif-



PHOTO COURTESY OF ST. AIDAN'S EPISCOPAL CHURCH

**Connecting with others is an important part of spiritual well-being say experts.**

**"When we think about spiritual health or well-being, we think about people being at peace with themselves and others."**

— Lisa Jackson-Cherry, Ph.D., Marymount University

ferent people, experts said there are common factors that can help one achieve it, such as engaging with others. "When we think about spiritual health or well-being, we think about people being at peace with themselves and others," said Jackson-Cherry.

"In my opinion," she said, "once people become connected with other people and not so consumed with themselves or their own tragedies or pain and they give of themselves to others, share their gifts, often they experience contentment."

"Community is a big one, and also what you pay attention to and consume," Judd said. "If you're constantly tuned in to the news cycle and people who are negative and arguing, you're going to see the world from a certain viewpoint. ... If you take time to be in nature, read uplifting things, eat [the right] foods, and surround yourself with a community of people who are loving, supportive and want to bring out the best in you, you'll have a very different experience of the world."

Rees believes self-love is also a component of spiritual well-being.

have a sense of purpose in life or have a meaning in life. They might not have achieved it, but they are working toward it. Having a sense of purpose or meaning in life leads to contentment."

So how does one find a sense of purpose and meaning in life? "We've talked about this question a lot," said Rees. "What comes up most frequently is the idea of finding ways to live in the present, slowing down and finding God present in the moment. ... Hearing where other people are finding God, and taking the time to look for God acting in my own life and share that with others makes me much more aware of God all around, and helps me to remember that God is also acting in and through the people around me."

Judd said there is work involved in achieving spiritual well-being. "It takes practice, just like anything else," she said. "Yoga and meditation are extremely valuable. Spirit is nothing more than an energy field, so if there is a lot of static in the field, it's going to be hard to hear messages that are there. So anything you can do to calm the 'talk radio' in your head will make it easier to listen. When you learn to listen, you are able to be lead, to be called, to find your calling."

**LIVING IN THE MOMENT** is also a factor that can lead to contentment and spiritual well-being. "I think trying to ... find as much love and joy in it as possible is a huge piece," Judd said. "Also, worry less about what others think and be more willing to live and love greatly. Developing gratitude, as something that runs through all of our life, not just as something that comes when life seems to be going really well, is important too."

Rees said keeping a journal is a useful tool in developing gratitude. "One spiritual exercise that helps me sometimes is to practice gratitude by prayerfully journaling about the things for which I am grateful," she said. "Sit down and write 100 things for which you are grateful. You start with the big and obvious things, but then also find yourself digging deep for the small but ever-present graces of life. ... Journaling in general can be a great for spiritual well-being."

Jackson-Cherry said, "When I'm working with clients, I find that people who have the healthiest spiritual well-being are people who

## Cures for Cabin Fever

BY MARILYN CAMPBELL  
THE CONNECTION

Winter brings frigid temperatures, icy roads, snow and often school closures. While sledding and building snowmen are fun, hazardous weather conditions mean much of the time is spent indoors, and soon the novelty of time off can become cabin fever. Local child education experts offer activity suggestions for filling those long winter days.

Susan Friedman, executive editor for digital content at the National Association for the Education of Young Children and a Bethesda resident, suggests parents encourage a child's natural curiosity. "In the same way that school classrooms have activity centers, parents can create boxes that focus on different activities like playing dress up with clothes, hats and neckties," she said. "You can create a box with art supplies and a box with games or puzzles."

"Try cooking and really let the children cook," said Bethesda-based psychotherapist Katie Cogan. "At least let them do the majority of it like crack the eggs and you do the dangerous stuff that involves the oven."

Cogan recalls a time when she tried this with her own children. "One of my daughters is 23 and she still remembers it," she said. "When my daughters were five-and-a-half, we spent a full 45 minutes learning to crack an egg without getting the shells in the bowl. We went through a dozen eggs and they were laughing so hard."

Create games using items already in your home. "There are all sorts of bowling or tossing in a cup games using soft balls," said Melideo.

"Bowling is great because it requires the ball to be tossed low across the ground. It is a physical activity and requires some concentration and some physics. The distance and the objects being 'bowled over' can be personalized by age and skill level. It's extra fun to put



PHOTO COURTESY OF ART AT THE CENTER

**Experts say creating games that encourage a child's natural curiosity is a fun way to pass time when stuck indoors.**

Human Services at Marymount University in Arlington. "Yes, they may play with the boxes from the holiday gifts longer than the actual gift. We just need to admit it and feel good about reusing all those cardboard boxes, paper and ribbons one more time before we throw them all away. It's math, patience and creativity rolled in to one."

Using cube-shaped boxes and self-adhesive vinyl pockets make dice," said Melideo. "Write words, names, letters pictures on sheets of paper that can be exchanged in and out of the clear pockets to personalize a dice game for various ages and skills sets."

Young children may be able to spell a word with three rolls of dice says Melideo. "A-C-T," those letters can spell cat," she said.

Friedman says National Association for the Education of Young Children's For Families website (<http://families.naeyc.org>) is a good resource for parents. "The website offers families lots of ideas for at-home activities that support children's learning and development, many of which would be

great ways to engage children during the winter months when school might be cancelled or the weather makes it hard to go outside," she said.

One example, said Friedman, is to "make and play with musical instruments. To make a simple shaker, put dried beans between two paper plates and staple the plates together.

Find rhythm sticks outdoors. Use pan lids as cymbals and march around the house."

Puppet shows incorporate creativity and imagination as well. "Family members can take turns performing their original puppet shows with bought or made puppets behind a bought or made puppet theater," said Melideo. "For those who have a hard time making up a story, a favorite story can be read as the puppets act it out."

## The Shepherd's Center of Oakton-Vienna Receives Wells Fargo Donation

The Shepherd's Center of Oakton-Vienna (SCOV) was recognized by the Vienna Branch (Maple Avenue) of Wells Fargo Bank for their outstanding commitment to seniors in the community. SCOV was also the recipient of a donation \$1,000 for their work addressing vital community needs. Thirty-three other local agencies and schools were also honored at Wells Fargo Bank's "South Potomac Days of Giving" breakfast 2013 held earlier in the month. SCOV serves seniors in the Oakton, Vienna, Dunn Loring, Merrifield and portions of Fairfax and Reston areas. Founded in 1997, SCOV is a

nonprofit organization dedicated to providing opportunities for adults (50+) to seek rewarding lives and to live independently in their homes for as long as possible. In 2012 SCOV provided services and programs to more than 3,000 older adults in the region. SCOV was voted the Best Nonprofit of the Year (2012) by the Vienna Tysons Regional Chamber of Commerce. In September, 2013 SCOV was selected the Charity of the Month by WTOP 103.5FM Radio. Continuing their service to the community, on



PHOTO CONTRIBUTED

**Jayne Young, Office Administrator of SCOV, accepts the grant from Chris Ade, Manager, Vienna Branch Wells Fargo.**

Dec. 14 from 5-8 p.m. the Shepherd's Center of Oakton-Vienna and the Vienna Community Center will be hosting a Senior Holiday Social (for those 50+) at the Vienna Community Center, 120 Cherry Street SE, Vienna. For tickets and information, contact SCOV 703-281-0538. In addition to hosting this event, SCOV will offer one of their services by providing rides for those who wish to attend, but no longer drive.

To learn more about the Shepherd's Center of Oakton Vienna, visit [www.scov.org](http://www.scov.org) or contact Michelle Scott, Executive Director at 703-281-0588 or [director@scov.org](mailto:director@scov.org).



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## COMMUNITY



### Vienna Steelers Undefeated

The Vienna Steelers 115 are undefeated outside of the state of Virginia by beating teams from Illinois, Ohio, Maryland, New Jersey and Florida. The team has won three county championships, three national championships, and one metropolitan super bowl title.

## New Deputy Chief of Police Selected

Chief of Police Jim Morris has announced the appointment of Daniel Janickey as Vienna's new Deputy Chief of Police. He will succeed Captain Mike Miller, who retired on Oct. 1, after serving 29 years with the Vienna Police Department.

Janickey was selected from among 103 candidates. "Dan has over 24 years of local law enforcement experience and brings with him a very diverse resume of accomplishments," said Chief Morris. "He will be a great addition to the Town of Vienna Police department and the community." Commenting on Chief Morris' selection, Town Manager Mercury Payton said, "This selection for Deputy Chief is indicative of the Town's commitment to excellent service. I expect that Dan will immediately assist the Chief in advancing the goals for the department."

Janickey began with the Fairfax County Police Department in 1989 as a police officer and has held



Daniel Janickey

several positions during his career with the department, most recently serving as Commander of the McLean District station. He has held several leadership roles within the County's police department including positions in hostage negotiations, special operations, incident support services and peer support, and internal affairs. Janickey also held the position of Assistant Commander of the Franconia District station and has previously worked out of Sully District and the Mason District stations. Janickey holds a Bachelor's Degree in Criminal Justice from Bluefield College in Bluefield, Va. and completed the Executive Leadership certificate program at American University in Washington, D.C. He holds several professional certifications including leadership, hostage negotiations, emergency management, crisis intervention, interrogation, public speaking and investigations.

Janickey will assume his official duties with the Town of Vienna on January 21, 2014.

PHOTO CONTRIBUTED

## Flint Hill School Teacher Receives Chemical Society Award

Chemistry teacher Kim Duncan has received the Chemical Society of Washington's 2013 Leo Schubert Memorial Award, which "recognizes an outstanding teacher of high school chemistry in the Washington, D.C. area." In a letter announcing her selection, a Chemical Society representative noted, "Your achievements in education at Flint Hill School were considered by the award jury to be remarkable and worthy of recognition. You stand out as exemplary in the education of students in the chemical sciences and an inspiration to all of us."

Reflecting on her 10 years at Flint Hill, Upper School Director Brian Lamont said, "Kim has done a remarkable job building the chemistry program. Over the years, she has revamped the chemistry curriculum, for both the regular and honors levels, and is constantly refining her presentations and demonstrations. She has prepared and inspired countless students."

For the nomination process, on her behalf, several alumni submitted letters of support. Many of those former students are presently working in or pursuing careers in the sciences—to name a few: a medical student, chemistry teacher, chemist, researcher, and doctoral candidate of dental medicine. "From her course, I've gone on to lead my own chemistry research projects for biodiesel catalysts, graduate top of my college chemistry class and even meet with Roald Hoffmann, a Nobel Prize winner in chemistry. I still joke with friends that there is nothing

in chemistry left to frighten me, as her course was the hardest and scariest I've ever taken, and while this might be in jest, her course was also the most rewarding one," wrote Bernard Newman, class of 2008.

Duncan's interest and determination to implement flipped classroom learning to further engage students has gained her an expert status on the topic. "I've read that Mrs. Duncan is pioneering a new method of teaching, utilizing technology to webcast parts of the lessons, so that the classroom time is less lecture-based and more engaging. It doesn't surprise me one bit that she would be the one to do this, as she is always looking for unique ways to improve her courses. Every day she challenged us to learn more, and always thought of new ways to engage us in the material," said alumnus Jeff Zeberlein.

"Kim has become a resource for other teachers around the state and country," added Lamont. "She hosted teachers from around the region as part of a global Flipped Classroom Open House, presented at the Virginia Association of Independent School's (VAIS) Technology Conference, and participated in a flipped classroom panel for teachers around the region."

The Leo Schubert Memorial Award was established in 1979 to honor an American University chemistry professor "who devoted much of his career to developing programs for high school teachers and students." Kim Duncan fits this description precisely. A formal award presentation will take place on Feb. 13, 2014.

## Weichert Realtors Recognizes Vienna Office, Sales Associate

Bruce L. Green,

regional vice president of Weichert, Realtors, announced the Vienna office was recognized for outstanding performance in November. The office led both the company and the region, which comprises offices throughout Fairfax, Loudoun, Fauquier and Delaware counties, for new home dollar volume.

Additionally, Sales Associate Jeffrey Palmucci of the Vienna office



Jeffrey Palmucci

was individually recognized for his exceptional industry success during the month of November. A top producer, Palmucci led the company and the region for new home dollar volume.

Invite this top neighborhood specialist in to learn about the real estate services that

Weichert, Realtors has to offer. He can be reached in Weichert's Vienna office at 156 East Maple Avenue or by phone at 703-938-6070.

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## FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to [vienna@connectionnewspapers.com](mailto:vienna@connectionnewspapers.com). Deadline is Friday.

**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](http://www.jssa.org/growth-learning).

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

**McLean Bible Church Fitness Class at Body & Soul Fitness.** Gain balance, energy and strength at 9:45 a.m. Mondays and Fridays. Free childcare for registered

students. [bodyandsoul@mcleanbible.org](mailto:bodyandsoul@mcleanbible.org).

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



# ENTERTAINMENT

Send announcements to [vienna@connectionnewspapers.com](mailto:vienna@connectionnewspapers.com). Deadline is Friday for the following week's paper. Photos/artwork encouraged. For additional listings, visit <http://www.connectionnewspapers.com/news/2013/sep/26/fairfax-county-calendar/>.

## TUESDAY/DEC. 31

**New Year's Eve at Entyze Bistro.** 5:30-10:30 p.m. at the Ritz Carlton, 1700 Tysons Blvd., McLean. Ring in the New Year with a four-course tasting menu, champagne toast and live music. \$135 per person. Reservations required. 703-917-5498.

**New Year's Eve Party.** 7:30 p.m. Vienna's American Legion Post 180, 330 Center Street, North, Vienna. hris Polk Band: \$35 single, \$50 per couple, benefits Legion National Emergency Fund. Call 703-938-9535 for tickets.

**First Night Vienna.** 7 p.m. - 12 a.m. Church Street in Vienna. A family-friendly New Year's celebration. This celebration will feature local musicians, great food, exciting entertainment and hands-on activities for both children and adults.

**7th Annual Rocknoceros New Years Eve Party.** 11 a.m. & 2 p.m. Jammin Java, 227 Maple Ave E, Vienna. Rocknoceros (pronounced like rhinoceros) is three guys: Coach Cotton, Williebob, and Boogie Woogie Bennie, who make wildly popular, award-winning music for the whole family. Admission: \$10. 703-255-1566

## SATURDAY/ JAN. 4

**Ballroom Dance.** 8-9 p.m. Waltz lesson, 9-11:30 p.m. dance. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. Live music from Mike Surratt & the ECB playing favorite dance tunes from the 1930s to today. Attire is ballroom casual, no partner or experience is needed. \$20 for the evening. 703-759-2685 or [www.colvinrun.org](http://www.colvinrun.org).

## SATURDAY/JAN. 11

**The Teas of Nepal.** 1-3 p.m. Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Nepal produces some exquisite hand crafted, limited production teas: whites, greens, oolongs, as well as distinctive blacks. An opportunity to experience these gems, along with some tea infused treats. Advance reservations and payment (\$30 each) required through the Mill at 703-759-2771.

## THURSDAY/JAN. 16

**International Guitar Night.** 8 p.m. Wolftrap, 1635 Trap Road, Vienna. THE INTERNATIONAL GUITAR

The Vienna Business Association, in partnership with the Town of Vienna, presents the first annual New Year's Eve "First Night" Celebration.

NIGHT (IGN) is the world's premier touring guitar festival, each show bringing together the most interesting and innovative acoustic guitarists to exchange musical ideas in a public concert setting. Tickets: \$25-27.

## FRIDAY/JAN. 17

**International Guitar Night.** 8 p.m. Wolftrap, 1635 Trap Road, Vienna. THE INTERNATIONAL GUITAR NIGHT (IGN) is the world's premier touring guitar festival, each show bringing together the most interesting and innovative acoustic guitarists to exchange musical ideas in a public concert setting. Tickets:

\$25-27.

## SATURDAY/ JAN. 18

**Ballroom Dance.** 8-9 p.m. Quick-Step lesson, 9-11:30 p.m. dance. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. DJ music from Craig Bukowski playing favorite dance tunes from the 1930s to today. Attire is ballroom casual, no partner or experience is needed. \$15 for the evening. 703-759-2685 or [www.colvinrun.org](http://www.colvinrun.org).

## SUNDAY/JAN. 19

**Breakfast Buffet.** 8 a.m. - 12 p.m. 330 Center Street, N., Vienna. Adults \$8, children \$3. 703-938-1379.

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## Here's What's Happening at MCC

### The Capitol Steps

Saturday, Jan. 4, 8 p.m.  
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### Studio Rep

### "Code 20: Proceed to Improv"

Thursday, Jan. 9, 7-9 p.m.  
Old Firehouse Teen Center  
Free admission

### 5th-6th Graders

### The Snow Ball

Friday, Jan. 10, 7-9 p.m.  
\$30/\$20 MCC district residents

### Gizmo Guys

Sunday, Jan. 12, 2 p.m.  
\$15/\$10 MCC district residents

### "The Rest is Silence: Silent Shakespeare"

Wednesday, Jan. 15, 7:30 p.m.  
\$10/\$6 MCC district residents

### Family Fun Bingo

Friday, Jan. 17, 7-8:30 p.m.  
\$10/\$5 MCC district residents  
Free infants to 36 months



### MLK Day Celebration Former UN Ambassador & Civil Rights Leader

### Andrew Young

Friday, Jan. 17, 8 p.m.  
\$20/\$10 MCC district residents

### The McLean Community Center

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

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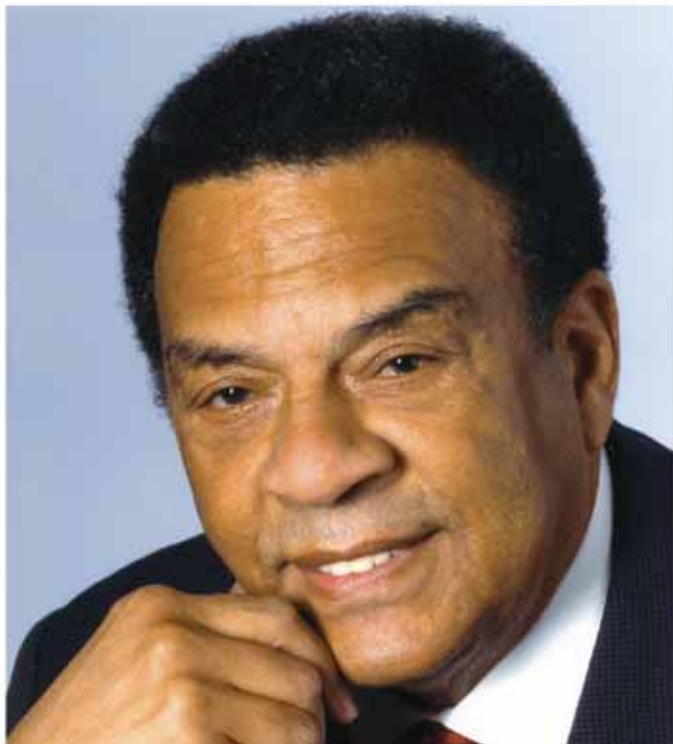
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The donated food was collected during a three-week food drive held at Colvin Run.

## Colvin Run Elementary Students Donate Food for Those in Need

**B**oxes of non-perishable food that filled the trunks of eight large SUVs were donated on Monday, Dec. 16, by Colvin Run Elementary School families to a local Fairfax County elementary school. The donated food will be distributed to fami-

lies in need of assistance over the two-week holiday. As noted by Colvin Run Elementary School Principal, Ken Junge, "Many people do not realize that there are over 47,000 students in Fairfax County who are eligible to receive free or reduced lunches. Our stu-

dents understand the importance of being a caring member of a global community. Donating food, so that children are not hungry over the winter break, is just one way we can help these families in need." The donated food was collected during a three-week food drive held at Colvin Run. The students helped run the drive by creating the advertisements for the drive and sorting and packaging the donated food. As Kaitlin, a second grader at Colvin Run, explains, children often helped shop for the food as well. "My three sisters and I went with my mom to the grocery store together. We each were given money to spend and we picked out food that we thought kids our age would like." Nathan Herendeen, a Colvin Run counselor, explains that one of the core character traits emphasized at Colvin Run is compassion. "Teaching compassion and to care for others in our community is a key component to our curriculum. We use this opportunity every year to help give the children a concrete understanding of how helping others, even if in a small way, really can make a difference."

In addition to the food drive, Colvin Run also collected and delivered winter coats and outerwear, including hats, scarves, snow pants, boots, and other warm clothing, to the school. The food and winter outdoor drive is organized each year by the Colvin Run PTO, together with the assistance of the Student Council. As summarized by the parent coordinator for this year's drive, Ann Malekzedah, "This drive is a school-wide affair. You cannot walk through the halls of Colvin Run during these three weeks and not know that sometime big is happening."

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# SPORTS



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The Madison girls' lacrosse team won the 2013 state championship.

## Top Sports Moments of 2013

The year 2013 provided several exciting moments in local sports. For Madison, the girls' lacrosse team won its second state championship in three seasons. The Oakton cross country program had a strong showing at states and the Marshall baseball team overcame a 0-7 start to reach the region semifinals.

Here is a look at the top moments in Vienna sports for 2013.

### Madison Girls' Lacrosse Wins State Championship

There's an old saying that it's hard to beat a team three times in the same season. In 2013, the Madison girls' lacrosse team managed to beat Langley four times, with the fourth victory giving the Warhawks their second state championship in three years.

Madison defeated Langley 12-7 on June 8 to win the 2013 state title. After beating the Saxons in the regular season, the Warhawks defeated Langley in

the Liberty District tournament final, the Northern Region championship game and the state final. Madison finished the season with a 20-1 record.

"My most fond memory of winning states wasn't during the final game. It was during a team talk we had a few days before the final game," Madison head coach Amanda Counts wrote in an email. "The other coaches and I had an opportunity to remind the girls that the journey needed to be fun—no matter the outcome. We wanted it to be clear that there was no pressure from us to do anything other than allow themselves to be kids and enjoy the time we had left to (literally) play. It was great to see in the girls' eyes that they believed they had permission to lighten up, and ignore the outside chatter, look to each other, and simply play the way they knew they could."

After a 3-0 start, Madison lost to New Jersey's Westfield High School 15-8 on March 26. The Warhawks responded by winning their final 17 games.

"We were able to win states because we worked

SEE MOMENTS, PAGE 15



PHOTO BY ED LULL

Oakton senior John Stoney won the boys' 6A individual state cross country title on Nov. 15.



CONNECTION FILE PHOTO

Riley Cummins and the Marshall baseball team overcame a 0-7 start to reach the Northern Region semifinals.



PHOTO BY ED LULL

The Oakton girls' cross country team won the 6A state title on Nov. 15.



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## In Defense of My Own Mechanism

By KENNETH B. LOURIE



So much of what I feel as a cancer survivor comes from the feedback I receive from others. Positive, complimentary, flattering characterizations are crucial to my optimistic outlook. Negative descriptions, reactions, etc., are not. Not to discount honesty, but the emotional divide on which a cancer patient's self-assessment/attitude teeters is delicate indeed and honesty is sometimes (I said "sometimes") not the best policy. If I'm in the right mood, negativity can be deflected, absorbed even; not a problem. If I'm in the wrong mood, however, the negative can push me into a black hole of emotional despair. Regardless of whether the comment/observation is well-intended, accurate or even prudent under the circumstances, its effect can be deeply felt. Getting back to normal is not impossible and mostly within my control, but if it's all the same to you, I'd rather not have to claw my way out.

In most instances, this kind of cancer-patient feedback is harmless and fairly random; it happens when you least expect it and you're either up to the emotional punch or not. It's not as if you can prepare or study for it. It's certainly not a test; it's a reality. And there's really no way to know from whom and from where or even when the comments will come. It's not exactly hit or miss. It's more like you wouldn't miss not getting hit – figuratively speaking, of course. Nevertheless, it is part of the survival process, and the longer you survive, the greater the potential for unintended consequences.

Having experienced a wide range of such innocent commentary over my nearly five years since being diagnosed, there are a few steps I have taken to over-compensate in advance to prevent the inevitably negative consequences: I try to act as positive as possible. Make jokes. Stay strong (after all, I am from Boston). Sound body and mind, so the comments will be positively reinforcing as to how well I look, sound, seem, etc. This tends to elicit the desired positive response. And when the desired response (dare I say, manipulated) is offered, I embrace it with sincere appreciation. You see, the fewer times I have to explain my deficiencies, the fewer times I am likely to invoke the c-word. And the fewer times I hear the c-word come out of my mouth relating to me, the more often I can believe that my cancer is somehow inactive. (Delusions of my life being grander you might say.) And the longer I can think my cancer is inactive, the more normal I think my life will be. Granted, this is all mental gymnastics, but as a terminal patient – with an abbreviated life expectancy, if I don't find a way to make light of the incredibly heavy burden I am carrying, the weight of it is likely – if the anecdotal evidence is to be trusted, to exacerbate an already unpleasant set of medical facts.

Not to deny my reality – too much, but there's enough of it present in my life already that I can't ignore that (A) I don't need any more of it inadvertently or otherwise and (B) minimizing what there already is of it, however foolish or unrealistic, contributes to a life worth living. However unintentionally – physically and/or emotionally – a cancer diagnosis/terminal prognosis can suck the life right out of you. Finding a way to fight back – on your own terms, has been the operandi of my modus. So far, so good. Besides, it's too late to change now.

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

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## SPORTS

# Top Moments of 2013

FROM PAGE 13

hard to keep that option available," Counts wrote. "The girls didn't get ahead of themselves, and played every day determined to improve." Madison went undefeated and won the state title in 2011.

## Oakton Cross Country Captures Two State Titles

When it came time to recognize the top performers in Group 6A at the VHSL state cross country meet on Nov. 15 at Great Meadow, the Oakton Cougars were well represented.

The Oakton girls' cross country team won the state championship, thanks to three individuals finishing in the top 15. The Cougars posted a score of 55, 45 points better than runner-up Washington-Lee.

Oakton had three individuals earn all-state honors with top-15 finishes, led by junior Allie Klimkiewicz's fourth-place time of 18:01. Senior Hailey Dougherty placed eighth with a time of 18:21 and freshman Casey Kendall finished 14th with a time of 18:29.

"I saw three girls [earned] all-state, so that's a really good sign," Oakton head coach Alisa Byers said after the race. "I saw their last ... 300 meters and they looked as strong as I've ever seen them. I'm very proud of what they've done."

Freshman Leya Salis finished 24th (18:56) and junior Kara Kendall was 26th (18:59).

After the girls' race, Oakton senior John Stoney won the boys' individual state championship with a time of 15:24, 11 seconds ahead of his nearest competitor.

"It's like a dream," Stoney said after the race. "It was my goal from the start of June [and] summer training. To actually do it is incredible."

## Marshall Baseball Reaches Region Semifinals

The Marshall baseball team started the 2013 season winless in its first seven games. By the end of the year, the Statesmen fell just one win shy of qualifying for the state tournament.

Marshall went from 0-7 to the Northern Region semifinals. The Statesmen, led by left-handed hurlers Mike Evans and Riley Cummins, showed resiliency and played their best ball when it mattered most. Marshall's final win of the season was a 5-4 upset of Centreville in the region quarterfinals. Centreville had finished atop the Concorde District regular-season standings and was one of the top hitting teams in the region.

The Statesmen jumped out to a 4-1 lead against Lake Braddock in the semifinals before losing to the eventual region cham-

pions 16-5.

Before Marshall made some noise in the postseason, the Statesmen showed character during the regular season.

"In hindsight, my most fond memory came at the point when we were 5-12," Marshall head coach Aaron Tarr wrote in an email. "We were having a Saturday-morning practice at 7 a.m. after a really difficult and lop-sided loss to Fairfax from the night before (7-0). The loss had put us back into sixth in the district, when a win would have had us in fourth. The players had a closed-door meeting on Friday night after we returned from the game, during which, from outside the room, you could hear they were clearly airing some grievances. That practice was by far our best of the season—the players' work rate was outstanding, and they pushed each other harder than they had all season."

"Looking back, at that moment you could tell there was the potential for something big to happen. The resilience they showed at a moment when it would have been easy to pack it in was the most proud I have ever been of any team I've been associated with. I was most impressed with the personal responsibility they took; there was no revelation from the coaching staff or forceful change on our part—the players demanded the best from one another and did it on their own. The growth and maturity they showed in that moment is my favorite memory from the spring. That practice defined the rest of our season."

Evans, who now pitches for James Madison University, played well down the stretch after missing time with an injury. He earned the save against Centreville with a pair of scoreless innings in the region quarterfinals. Cummins, then a junior, earned the win against Centreville. Cummins is committed to the University of Virginia.

Then-sophomore catcher Mitch Blackstone earned team MVP honors and was a first-team all-district selection.

"There were a number of factors that helped turn the season around, but the easiest answer is that everyone in the program—players and coaches—were very green and inexperienced," Tarr wrote. "The first half of the season reflected a team and coaching staff that was trying to figure things out. We had new starters at seven positions, and while the players were talented, experience counts for a lot. The turnaround from the second half of the season was the product of learned lessons from the first half of the year and a willingness to be self-critical. "It would be easy to point to the contributions of a few individuals who grew into top-tier players throughout the season as the reason for turning our season around, but what made the turn around really special was the collective mental toughness of a group that decided it was never too late to make an impact. Despite the initial disappointment of not meeting their own expectations, the players cared enough about the Marshall community, the program, and their own legacy to overcome that disappointment."



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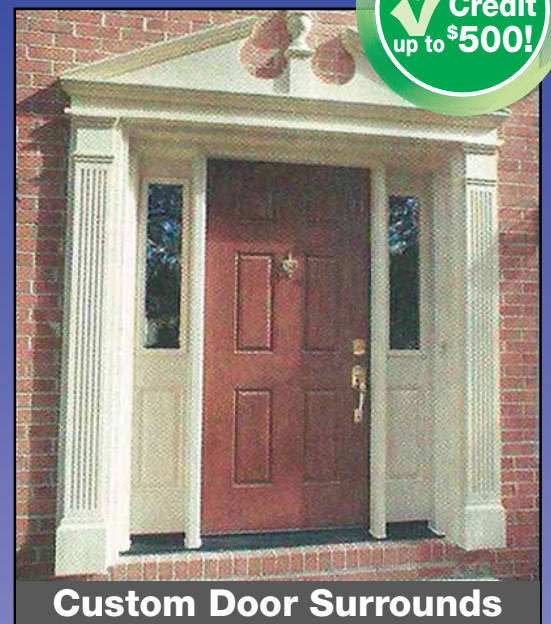


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