

McLean
CONNECTION

Sigholtz Family Honored

Whitney Knoerlein kissing
her grandmother, Roberta
'Cis' Sigholtz, a gold star
mother of McLean.

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Sigholtz Family Honored Center in Italy dedicated to gold star army family.

BY EMMA HARRIS
THE CONNECTION

The Sigholtz Center, a new multipurpose center on the army base in Del Din, Italy, was dedicated to the Sigholtz family Friday, Aug. 1.

The namesake service members of the new center, Col. Robert Sigholtz Sr. and Capt. Robert Sigholtz Jr. of the Army's 173rd Airborne Brigade, were the husband and son of Roberta 'Cis' Sigholtz, a McLean resident.

Col. Sigholtz Sr. was a "legendary battalion commander in the 173d Airborne Brigade during the Vietnam War," said Michael Montie, former president of the Sigholtz Capital Chapter of the 173rd Airborne Brigade Association. "During his 1966-67 command tenure, the 2nd Battalion conducted the only combat parachute assault undertaken by the United States during the War." Sigholtz Sr. returned from war to serve as a professor and athletic director at Georgetown University, manager of RFK Stadium and founder of the Sigholtz Capital Chapter of the 173rd Airborne Brigade Association before his passing in 2005, Montie said.

Capt. Sigholtz Jr. was killed in action in Vietnam on May 26, 1969. "He was serving in the same battalion of the 173rd that his father had earlier commanded," Montie said. "Captain Sigholtz is the namesake of the Sigholtz Capital Chapter."

Whitney Knoerlein, former DC 101 radio host, represented the Sigholtz family at the dedication of the center as the second



PHOTO COURTESY OF SIGHOLTZ CAPITAL CHAPTER/173RD AIRBORNE BRIGADE ASSOCIATION

Whitney Knoerlein touring the Sigholtz Center, which honors her grandfather and uncle.

granddaughter of Col. Robert and Roberta 'Cis' Sigholtz.

"The building was dedicated to my grandfather and my uncle for their service and sacrifice," Knoerlein said. She toured the Sigholtz Center and met the brigade, then attended the unveiling ceremony, where former Army Staff Sgt. Ryan Pitts was awarded the Medal of Honor, and the formal Brigade Ball.

When the decision of who to dedicate the multipurpose center to came up, "once someone mentioned it should be named after the Sigholtz family, there was no question," Knoerlein said. Her grandfather and uncle were known as the men who wanted to fight on the front lines, she said. "They never shied away."

Both Sigholtz Sr. and Sigholtz Jr. were called "multipurpose men," Knoerlein added, "so the meaning of the building really seemed to fit."

Knoerlein said she was overwhelmed by the respect and honor for history and the men that died. "There is really a lot of personality, charisma and camaraderie in the brigade," Knoerlein said. "To see that dedication, drive and love that these guys have is pretty outstanding."

A common string throughout her family is the Sigholtz sense of humor, Knoerlein added. "My uncle who was killed in Vietnam had a hell of a sense of humor. So does my grandmother."

Roberta 'Cis' Sigholtz is the official Founding Mother of the Sigholtz Capital Chapter.



PHOTO BY EMMA HARRIS/THE CONNECTION

Whitney Knoerlein kissing her grandmother, Roberta 'Cis' Sigholtz, a gold star mother of McLean.

"Cis is one of the most positive ladies I've ever met, and she has had a tough life," Montie said.

She remained close to the chapter, even though many who lose loved ones shy away from being constantly reminded, Knoerlein said. "My grandmother lost both of her children," she added. Knoerlein's mother and Ms. Sigholtz's second child passed away in 1980. "But she carried on and rebuilt her life. She went on to work and smile and live every day."

"Tell it like it is, honey," Roberta Sigholtz chimed in.

"She always says things like 'Tell it like it is,' and 'Never forget where you came from and you'll never get lost,'" Knoerlein said. "She has this incredible spirit."

Spring Hill Recreation Center to Expand

Center will close on Sept. 18 for major renovations.

BY REENA SINGH
THE CONNECTION

Spring Hill's Recreation Center will be undergoing a \$10 million facelift. It closes on Sept. 18 - but when it opens in December, it will have a two-story gymnasium and fitness area.

"Essentially, the fitness center is doubling in size," said the recreation center's fitness director John Bartok. "This will give us the largest fitness center of all the rec centers."

The fitness center will be 15,000 square feet - including 3,000 square feet of classroom space.

The recent changes have taken two years to plan, he said. This renovation is Phase III of the recreation center's revamp. Due to safety concerns, the build-



PHOTO CONTRIBUTED BY FAIRFAX COUNTY PARK AUTHORITY

Rendering of the Spring Hill Recreation Center when completed.

ing will be closed until December for internal renovations.

"This December is when people can get back in," said Fairfax County Parks Authority Public Information Officer Matthew Kaiser. "This will be the third recreation center to have their fitness center revamped recently."

South Run in Springfield and OakMarr in Oakton were the last centers to have been renovated. These projects were assessed

based on a needs assessment in 2004. The next center to be renovated will be Mount Vernon.

"It all tracks back to trends in exercise," he said.

The recreation centers that have been identified as in need of a renovation, he said, could have financial stability with an influx of new clientele.

Because the Spring Hill center will be closed for a short period, the Park Author-

ity is giving them two options to make sure patrons get their money's worth.

"You can put your pass on hold so you won't lose that time, or you can just use it at the OakMarr or Providence rec center," said Bartok.

In addition to the additional space, the project will include replacing the gang-style showers with more private shower stalls and adding more changing cabanas.

"We only have one family changing area right now," he said. "It could be difficult if a mom is bringing a young son into the same changing room."

The front desk area will be revamped. The additional classroom space will allow multiple fitness classes to be held at the same time. Bartok said the center will add Barre ballet fitness classes to the schedule.

The new gymnasium will include an elevated walking area around the perimeter. He said the addition will benefit the community's senior population.

"It will be a great way to bridge generations," he said.

Heads Up Football Flourishing in Fairfax County

Program reduces concussion risk by teaching players to take the “head” out of tackling.

BY VICTORIA ROSS
THE CONNECTION

It wasn't that long ago when youth football coaches believed a player's toughness was measured by his ability to play through the pain. Concussions and other serious injuries were just “part of the game.”

“When I was playing football for W.T. Woodson in the late 1960s, you had two practices a day in the heat and humidity of August. There were no water breaks except before and after practice,” said state Sen. Dave Marsden (D-37). “Coaches thought drinking water would make you sick.”

Marsden, a wide receiver for Woodson, said injuries were minimized.

“When someone had disorienting head trauma, we'd say ‘you got your bell rung,’ or ‘he was shaken up by the play.’ Coaches clearly expected you to go right back in the game.”

During football's heyday, players and coaches alike looked up to legends like Paul “Bear” Bryant who left a legacy of 37 winning seasons and five Associated Press national championships at Alabama.

Bryant was also known as a strict disciplinarian: His first training camp as Texas A&M coach did much to write his legacy as a “tough” coach when Bryant took his “Junction Boys” to a small Texas town and ran a boot camp in which more than two-thirds of his players quit. As a player at Alabama, Bryant demonstrated his own toughness by playing against Tennessee with a broken leg.

“There was this thing that coaches had all been taught, that it took that kind of toughness to win ...,” Marsden said. “It was ridiculous, and we know better now.”

TWO YEARS AGO, as concussions were getting more attention in the NFL, USA Football — the national governing body for the sport and its youth outreach arm — created a program to teach safe tackling to youngsters called “Heads Up.” Heads Up Football is based on a style of tackling that puts emphasis on striking a blow with the shoulders instead of the head.

At the same time, Marsden received a call from his son Connor, who had played football at the University of Richmond. “He asked me to watch a Bryant Gumbel special regarding head injuries in football and said, ‘Dad you have to do something,’ he told me.”

Marsden thought about legislation, but realized there was a more efficient way to get the program off the ground: In 2013 he introduced a bill in the Virginia Senate to



State Sen. Dave Marsden (D-37) attended the VYI Mom's football camp for Vienna-Oakton area on Friday, Aug. 1, to talk football safety with parents and coaches. Marsden, center, is standing with VYI commissioner and coach Dr. Todd Casey and moms who sweated it out during football camp.



Craig Richardson, chair of Communications for the Fairfax County Youth Football League and former president and commissioner of McLean Youth Football, is shown coaching his McLean team last season.

reduce the amount of full-contact practice allowed in high school football programs in Virginia.

Then he asked that his own legislation be tabled.

Marsden knew the chances of his legislation moving forward during a session that involved a contentious gubernatorial race — and the imminent implosion of popular Republican Gov. Bob McDonnell, who was making national headlines as the target of an FBI probe — were slim to none.

So he introduced his bill, then asked that it be tabled in favor of a letter to the Virginia High School League (VHSL) by the Education and Health Committee chairman asking that the matter be studied.

“A letter signed by the members of the Virginia Senate worked just as well,” Marsden said, smiling.

A task force was established and — after a year of meetings — significant reductions in full contact were written into regulations governing high school football in Virginia. VHSL Executive Director Ken Tilley presented the task force's action to the Senate at the 2014 session. Their actions also made “Heads Up Football” the standard of instruc-

tion.

Last year, Fairfax County became the first high school district in the country to adopt Heads Up Football.

Craig Richardson, the vice chair of Communications for the Fairfax County Youth Football League (FCYFL) and former president and commissioner of McLean Youth Football, said Heads Up football has become a key component of all Fairfax County clubs.

FCYFL is the umbrella organization comprising the 22 clubs that serve Arlington, Fairfax, Loudoun, Prince William and the City of Alexandria. Last season, FCYFL fielded more than 300 teams, with 1,200 coaches and more than 6,000 players.

When USA Football created Heads Up in 2012, it hoped to reach a few hundred of the nearly 11,000 leagues in the U.S.

IN ONE YEAR, Heads Up Football was adopted by nearly 2,800 groups.

The NFL noticed.

This year, the NFL provided USA Football with a five-year, \$45 million grant. And USA Football is in the process of hiring more master trainers, expecting to add between 50 and 70 to the first-year roster of about

30.

Heads Up football simplifies many safety techniques into six key components:

- ❖ education and certification
- ❖ equipment fitting
- ❖ concussion education and response
- ❖ heat and hydration
- ❖ the establishment of a player safety coach
- ❖ and tackling with the head up — and out of contact.

“The FCYFL has been on the forefront of making football the safest it can be for years,” Richardson said.

“For example, our age/weight matrix is the model that football programs across the county now follow. Every year, we weigh in every single one of the 6,000 or so players in our league, and they are placed within a particularly weight-class depending on their age and weight. The younger a player is in the weight-class, the more they can weigh, Richardson said.

Richardson also noted that — because there are three skill levels within each weight class — players are matched up appropriately.

“Finally, we require all coaches to be USA Football certified, which requires completion of an extensive online training course including a module on concussions and other safety issues, and they must complete a background check by a professional screening company,” he said.

Richardson said there was some initial hesitation from coaches, particularly those who had been around for a while.

“They had their own way of doing things, and they were a bit resistant to making changes to their approach to teaching. Once they saw the Heads-up football program, how it works, its safety benefits, and the ease in understanding it from the players perspective, all were converted and are now outspoken advocates for the program,” Richardson said.

“Parents are obviously concerned given the extensive negative publicity primarily at the NFL level, and are excited that at the youth level we were proactively addressing the issue,” he added. “The Heads-up program also requires significant parent involvement, so they are included in the training process and are an integral component of its success.”

As more than 6,000 local youth began football camps in every area of the county last week, Richardson said the FCYFL reminded players, coaches and parents that Fairfax County is a Heads Up organization.

“We take player safety seriously. Our number one rule stipulates that there's no physical contact for any player during the first three days of practice, and that each player must have at least three practice periods of conditioning and training before engaging in any contact drills or scrimmages.”

Vienna Youth football commissioner Todd Casey ran a “Football Moms” camp last week at Oakton High School specifically to give parents the opportunity to experience and understand what their sons encounter dur-

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Focus on Concussion Prevention

FROM PAGE 4

ing football practice . The camp was organized by VYI Football Moms, and nearly 50 Oakton and Vienna moms attended the Friday evening camp.

Tami Chadwick, whose son plays VYI football and whose daughter is an OHS cheerleader, said she is more concerned about the possibility of injuries in other sports.

"We have a great organization with involved coaches and parents," Chadwick said. "It's clear from day one that coaches are concerned with safety. For example, there is no way they let your son play with a helmet that does not fit properly."

"We coach with safety in mind," Casey said. "Fairfax County youth football is an incredible community that has a ridiculously large impact on the lives of those who play."

Casey said Heads Up has not detracted from staying competitive and continuing to compete in play-offs.

Greg Dunlap, a 15-year-old player from Lake Braddock, said the changes have made playing football "smarter and safer."

"You understand what you're doing more. It's not just blindly running and hitting the guy with the football," Dunlap said.

According to the National Federation of State High School Associations, participation in high school football was down 2.3 percent in the 2012-13 season compared to the 2008-09 season.

Some of that drop-off is attributed to parents' concerns about safety in football. Former NFL running back Merril Hoge, now a member of USA Football's

board of directors, said Heads Up Football is having a positive impact on the game and addressing parents' concerns. "The ultimate objective is to educate everyone who needs to know more about the trauma in sport, and when it happens, that the right action takes place," Hoge says.

TO FAIRFAX COUNTY COACHES like Richardson and Casey, Heads Up Football benefits all coaches, whether they are working with pee wees starting out in football, or high schoolers with college scholarships in sight.

Marsden added that Heads Up shifts the emphasis from treatment to prevention.

"In the past so much of the focus has been on treating a player after a big hit. This is the first time we saw there was something we could do on the front end that makes the game safer," Marsden said.

"At the end of the day, prevention is always the best place to end up, whether it's medicine, crime or sports. Prevention is always better than the cure," Marsden said. Marsden sees the connection to high school football as essential.

"The high school coach is critical to this program, not only continuing to succeed, but grow," Marsden said. "The high school coach in the area is the guy who supports the youth programs, the guy who is looked up to on every level, the guy the kids want to play for some day. The more high schools applied to the program, it will legitimize the program even more. They prepare their kids for high school. If this is part of the high school curriculum, we will see more youth coaches embrace it."

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OPINION

Homelessness: Source of Trauma for Children

Nearly 700 children live in emergency homeless shelters in Fairfax County at some point during the year.

BY DEAN KLEIN



Dean Klein

Summer vacation is wrapping up; kids everywhere are gearing up for the return to school. Stores are filled with school supplies; back-to-school advertising fills our TVs, radio and mailboxes. Many families are hustling from store to store getting supplies, backpacks, clothes and haircuts. As children, while we hated to see summer end, we fondly remember the yearly ritual and the excitement and anticipation of getting all those new things.

GUEST EDITORIAL

Unfortunately, not all families and children in Fairfax County experience the new school year this way. It may be hard to imagine that in a county as wealthy as Fairfax there are hundreds of children that do not have a home to call their own. In 2013, almost 700 children resided in emergency homeless shelters at some point during the year. This uncertain existence is a constant source of trauma for children.

While Fairfax County does have strong programs and initiatives provided by its local government, its public school system and commu-

nity non-profits to support these children, they are not enough. Permanent housing is a critical and basic need of everyone and research has consistently shown that unless children's most basic needs are met in a safe and consistent manner, their social, emotional, physical and cognitive development is often delayed.

Believe it or not, in a county where the median household income is in excess of \$100,000, housing costs are prohibitive for many. There is often a misconception about homeless families and it is not uncommon to hear, "they need to work like the rest of us."

The truth is they do. The vast majority of families in homeless shelters are employed and they are doing everything they can to move themselves to self-sufficiency and support their families. The problem is not with their motivation to support themselves. The challenge is that there is not housing available to them that they can afford.

While the median household income may be in the six figures, for many it is much lower. Using the accepted formula of spending one third of gross income on housing, a rent of \$1,200/month requires an approximate annual income of \$44,000. That equates to about \$21 an hour. People who work in the service industry and the stores and businesses we rely on each and every day earn much less than that.

The vast majority of families in homeless shelters are employed. The challenge is that there is not housing available to them that they can afford.

As stated in the Ten Year Plan to Prevent and End Homelessness adopted by our community in 2008, we need to have affordable housing that is accessible to all its hardworking members. While it is also imperative that we as a community continue to ensure that children have school supplies, access to good nutrition at school, clothing etc., without a home to call their own, they will continue to live in a perpetual state of fear and stress. If we genuinely want them to succeed, that is too heavy a load for the youngest and most vulnerable in our community.

If you would like to be a part of helping these families, please contact one of our non-profit partners working so hard to find and provide housing for them or the Fairfax County Public Schools Homeless Liaison Office working diligently to make sure these children receive the services they are entitled to and need. Visit <http://www.fairfaxcounty.gov/homeless/partnerupdate/community-partners.htm> and <http://www.fcps.edu/dss/ips/homelessinfo/HomelessBrochure.pdf> for more.

Dean Klein is director of the Fairfax County Office to Prevent and End Homelessness.

LETTERS TO THE EDITOR

Back to School with Asthma

To the Editor:

Back to school season is upon us! For many families, there's more to do than sign up for activities and shop for supplies: 2,277 kids in Alexandria, 3,155 in Arlington, 417 in Fairfax City, and 23,441 in Fairfax County have asthma. Asthma accounts for more than 10 million missed days of school each year, so if your child has the disease, add a few extra items to your to-do list to help keep them healthy at school this year.

First, call or visit the school nurse. Find out what forms you need to fill out, how to provide your child's medication, and what you have to do to make sure your child is allowed to carry and use his or her inhaler at school.

Next, take your child to his or her healthcare provider for a check-up, and work together to complete an asthma action plan (<http://virginiaasthmacoalition.org/asthmaactionplan.html>.) Filling out this form with your child's triggers and medication, and keeping

copies at home and at school, ensures that everyone will know what to do if your child starts experiencing asthma symptoms.

Also, back-to-school season is also flu season, and kids with asthma are at particular risk – respiratory diseases like the flu are big asthma triggers. Make sure all your kids get a flu shot to help keep your whole family healthy.

Finally, check your local air quality in the morning. Kids with asthma are especially vulnerable to soot and smog, which we some-

times seen in high quantities here. If there's an air quality alert in the forecast, your child might need to take it easy at recess, P.E., or sports practice.

Asthma doesn't have to keep your child from having a safe and healthy school year. For more tips and resources, visit

<http://www.lung.org/about-us/our-impact/top-stories/prepare-to-go-back-to-school-with-asthma.html>.

Laura Kate Bender
Vienna

Global Warming Is Impacting Us Now

To the Editor:

On Wednesday, July 30, I joined hundreds in Washington, D.C. to show my support for the Environmental Protection Agency's Clean Power Plan by testifying at the public hearing.

With increasingly powerful storms bringing down trees and

flooding our roads, global warming isn't a distant threat for Virginia. It's impacting us now.

We need to act now to make this planet cleaner and healthier, while we have the opportunity.

The EPA's Clean Power Plan will reduce carbon pollution from power plants—the largest source

of global warming pollution in the U.S.

Unfortunately, some members of Congress are working actively to block the EPA's authority under the Clean Air Act to limit dangerous carbon pollution. With so much at stake, we need leaders to stand up to the polluters.

Virginia's Senators Mark Warner and Tim Kaine should stand up for Virginia and push back against polluters' attacks on this critical step to tackle global warming. Our children's future depends on it.

Erin Hodge
Great Falls

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NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-778-9410
e-mail:
mclean@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Amna Rehmatulla
Editorial Assistant
703-778-9410 ext.427
arehmatulla@connectionnewspapers.com

Reena Singh
Community Reporter
757-619-7584
rsingh@connectionnewspapers.com

Jon Roetman
Sports Editor ♦ 703-752-4013
jroetman@connectionnewspapers.com
[@jonroetman](https://twitter.com/jonroetman)

Victoria Ross
County Reporter ♦ 301-502-6027
vross@connectionnewspapers.com

ADVERTISING:
For advertising information
e-mail:
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Trisha Hamilton
Display Advertising
703-778-9419
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Andrea Smith
Classified Advertising
703-778-9411
classified@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Photography:
Deb Cobb, Craig Sterbutzel
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
[@TheismannMedia](https://twitter.com/TheismannMedia)

CIRCULATION: 703-778-9426
Circulation Manager:
Linda Pecquex
circulation@connectionnewspapers.com



NEWS

McLean Community Center Announces Fall Classes

Fall is just around the corner and the McLean Community Center (MCC) has developed a bounty of classes and activities to greet the new season. The Center will open registration for its fall session classes, events and activities on Monday, Aug. 18, for the residents of Small District 1A-Dranesville who pay a special real estate tax surcharge to fund the Center. All others can begin registering on Monday, Aug. 25. The Center is located at 1234 Ingleside Avenue.

The Center is offering more than 100 classes this fall for infants through senior adults. It provides a convenient and affordable continuing education resource for area residents. MCC tax district residents receive a discount on fees, as do seniors age 60 or older for classes that are more than \$50.

Children's classes include Animal Drawing and Painting, Chess, Super-Awesome Cooking University, Baking with Dad, Fairytale Ballet, Cheerleading/Tumbling, Fencing, Music Together, Babysitting Lessons and Safety Training, Mad Science and Soccer.

Adult classes include Abstract Drawing with Mixed



McLean Community Center fall classes include computer class.

PHOTO COURTESY OF MCC

Media, Beginner Bridge, Knife Skills Workshop, Holiday French Cooking at Home, Adult Jazz Dance, Fencing, Aerobic Dance Workout, Tai Chi, Zumba, Restorative Yoga, Healthy Steps: Walk and Talk, The Civil War in McLean, American Heart Association CPR, Buy/Sell on eBay and Writing: Getting Started.

Adults age 55 and older will find a variety of offerings through MCC's new Lifetime Learning Program. The program is the result of a collaborative effort between MCC and AgingUp, an organization dedicated to improving quality-of-life issues for people in McLean and Falls Church. This fall, the popular Coffee and Conversation meetings have been expanded

to include presentations on home safety, ways to declutter your home and staying strong and mobile. Other offerings include classes on estate planning, financial fitness and medication safety. The Center offers 24-hour online registration. To view detailed descriptions of classes or to register, visit the Center's Website, www.mcleancenter.org. For more information, call the Center at 703-790-0123, TTY: 711.

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3 888 Alvermar Ridge Drive, McLean — \$3,460,000



4 8103 Spring Hill Farm Drive, McLean — \$3,450,000

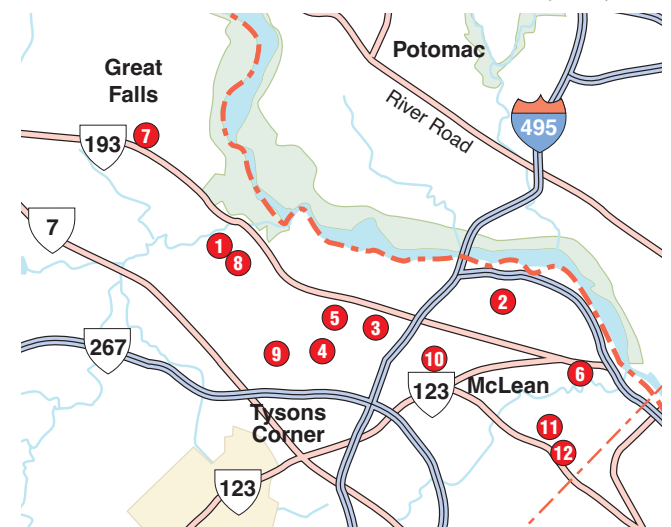
8 909 Chinquapin Road, McLean — \$2,637,000



10 7010 Elizabeth Drive, McLean — \$2,425,000

Address	BR	FB	HB	...	Postal	City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
1 904 CHINQUAPIN RD	7	7	4	...	MCLEAN	...	\$6,500,000	Detached	3.80	22102	CHINQUAPIN	06/20/14
2 828 MACKALL AVE	6	7	2	...	MCLEAN	...	\$3,875,000	Detached	1.19	22101	LANGLEY FOREST	06/27/14
3 888 ALVERMAR RIDGE DR	6	6	2	...	MCLEAN	...	\$3,460,000	Detached	0.83	22102	THE RESERVE	06/05/14
4 8103 SPRING HILL FARM DR	5	5	2	...	MCLEAN	...	\$3,450,000	Detached	1.01	22102	SPRING HILL FARM	06/06/14
5 906 GEORGETOWN RIDGE CT	5	5	1	...	MCLEAN	...	\$3,295,000	Detached	0.83	22102	GEORGETOWN RIDGE	06/30/14
6 831 DOLLEY MADISON BLVD	8	7	2	...	MCLEAN	...	\$2,975,000	Detached	0.98	22101	PART OF LOT 1 THOMAS H. WOLFE PTY	06/24/14
7 470 RIVER BEND RD	6	7	3	...	GREAT FALLS	...	\$2,673,000	Detached	5.92	22066	LAYLIN FAMILY TRUST	06/23/14
8 909 CHINQUAPIN RD	6	4	2	...	MCLEAN	...	\$2,637,000	Detached	2.00	22102	CHINQUAPIN	06/27/14
9 8434 WELLER AVE	6	5	3	...	MCLEAN	...	\$2,573,500	Detached	0.95	22102	WOODHAVEN	06/11/14
10 7010 ELIZABETH DR	6	6	2	...	MCLEAN	...	\$2,425,000	Detached	0.30	22101	BROYHILL LANGLEY ESTATES	06/13/14
11 6515 TOPEKA RD	1	1	0	...	MCLEAN	...	\$2,155,000	Detached	0.35	22101	SALONA VILLAGE	06/05/14
12 1540 BROOKHAVEN DR	7	7	1	...	MCLEAN	...	\$2,135,000	Detached	0.46	22101	BROOKHAVEN	06/20/14

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Keeping School Clutter Under Control

Staying organized this school year.

By MARILYN CAMPBELL
THE CONNECTION

When summer comes to a grinding halt in a few weeks, a new school year will begin. From alarm clocks and school bells to piles of homework assignments and sports schedules, maintaining a coordinated household can be difficult, however. Local organizers are offering simple suggestions to help make the transition from summer to the start of the school year seamless.

"If you've had a lazy summer and your home is an organizational mess, take a day off from work or at least set aside several hours to spend whipping it back into shape before the first day of school," said Faye English, an organizer from Fairfax. "The school year will be much easier if you get organized from the beginning."

Set aside time for tackling such projects as cleaning out bedroom and coat closets and mudrooms. "Take all of the clothes, jackets, shoes and sports equipment that your kids have outgrown and give them away," said English. "Once you've discarded everything you no longer need, start setting up new storage systems and make sure everything has a place."

One of the most noticeable changes that many families experience after returning to school is an increase in the paper that accumulates at home. "You have to plan the increase in paper work," said Alexandria-based organizer Laura Dando. "Give each child a file folder or a bulletin board where they can keep their important papers, permission slips and homework assignments. To control clutter, clean it out once a week."

Create a space to store or display artwork. "Children enjoy seeing their artwork hanging at home," said Dando. "At the end of the school year you can store some of the artwork in a keepsake box."

Take inventory of each child's school supplies and determine what needs to be purchased and what can be reused. "Once the school sends the list of supplies your child will need, figure out what you already have so you don't feel compelled to blindly buy everything on the list," said English. "If your child [has] a backpack or lunchbox that's in perfectly good condition, consider reusing it."

SET ASIDE A SPACE where children will do homework and make sure each child has a bin with the supplies he or she will need for completing their assignments, said Arlington-based organizer Michelle Stanbury. "The homework space should be quiet, free of distractions and have good lighting," she said.

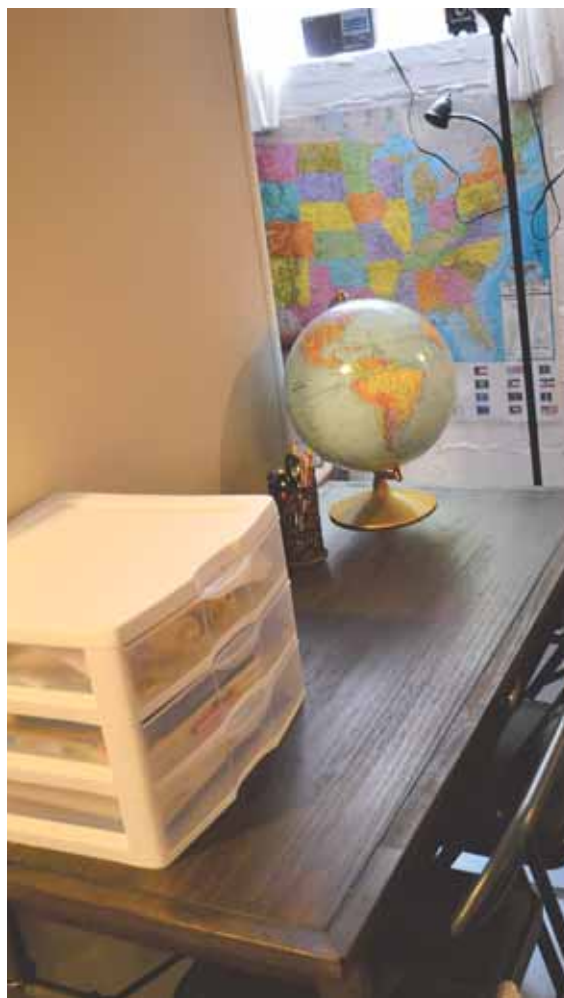


PHOTO BY MARILYN CAMPBELL

Designating a place in one's home for papers and homework supplies is one way to stay organized during the school year.

Keep a large family calendar that includes each child's events. "It can even be a dry erase board," said Stanbury. "But it should include sports schedules, club meetings, field trip dates and other events. Use a different color marker for each child. This way everyone in the family knows everyone else's schedule."

Encourage children to begin choosing their outfits for school before going to bed at night. "This will save a lot of time and fights when children are getting ready for school in the morning," said Dando. "With younger children, it also helps if, when you're school shopping, you buy clothes that all coordinate together and match. This is especially useful for children who like to pick out their own outfits for school."

Designate a place in your home where children hang up and store their coats and backpacks. "As parents, sometimes it feels easier to hang up our children's clothes for them," said English. "But if kids are trained to hang up their coats, backpacks and lunchboxes as soon

as they come in the door from school, it will be less stressful for everyone."

— Laura Dando

"Give each child a file folder or a bulletin board where they can keep their important papers, permission slips and homework assignments. To control clutter, clean it out once a week."

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Seminars run from 5-6:30pm.
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Please arrive at 4:45pm for check-in.

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CALENDAR

Send announcements to north@connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encouraged.

THURSDAY/AUG. 14

Fashion Support. 6-8 p.m. LiLi The First Boutique, 101 Pleasant Street NW, Vienna. Donation of lightly used fashion items will be accepted and sold in the boutique. All of the profit will be donated to The Women's Center in Vienna to use towards support and empowerment in the community.

FRIDAY/AUG. 15

The Whiskey Switch. 7:30 p.m. Jammin' Java, 227 Maple Ave E, Vienna. Luke Brindley is a critically acclaimed songwriter and guitarist and one of the owners of Jammin' Java. He is releasing a new album, *The Whiskey Switch*, with a special show. Purchase tickets at jamminjava.com.

Kayak Tour Island Hopping. 5-7 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Explore the upper Potomac River islands by kayak. Ages 14+. \$59-\$74. Register at <http://www.fairfaxcounty.gov/parks/riverbend-park/kayaktours.htm>.

YANNI. 8 p.m. Wolf Trap – The Filene Center, 1551 Trap Road, Vienna. Composer whose orchestrations fuse synthesized sound with instrumentation. \$35-\$75. 703-255-1900.

SATURDAY/AUG. 16

Sunrise Kayak Tour. 7-9 a.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Paddle with a naturalist and learn about the historical and natural beauty of the Potomac. Ages 14+. \$59-\$74. Register at <http://www.fairfaxcounty.gov/parks/riverbend-park/kayaktours.htm>.

Mexican Fiesta Senior Social (for those 50+). 5 - 8 p.m. Vienna Community Center, 120 Cherry Street SE, Vienna. Sponsored by the Shepherd's Center of Oakton/Vienna. \$10, includes dinner. Register and prepay before Aug. 8. Send name, address, email, and check to: SCOV; 541 Marshall Road SW; Vienna, VA 22180. If you need a ride to the event, call 703-281-0538.

Free Tai Chi Beginners' Practice. 8-9 a.m. McLean Central Park basketball court, 1468 Dolley Madison Blvd, McLean. Open to all, including first-timers, every Saturday morning. 703-759-9141 or www.freetaichi.org/practice.shtml.

Great Falls Farmers Market. 9 a.m.-1 p.m. Great Falls Village, 778 Walker Road, Great Falls. Don't forget to bring your recyclable bag. www.greatfallsfarmersmarket.org.

Tobacco Harvest. 1-4 p.m. Claude Moore Colonial Farm 6310 Georgetown Pike, McLean. Help the family clean the leaves, and watch how they cut and split the stems. \$3-\$7. 703-903-9337.

MONDAY/AUG. 18

Preschool Story Time. 10:30. Great Falls Library, 9830 Georgetown Pike, Great Falls. Stories, songs and activities. 703-757-8560.

Kids Book Club. 5:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Ages 8-12 are invited to come read the *White Giraffe* by Lauren St. John. 703-757-8560.

TUESDAY/AUG. 19

Colvin Run Dance Lessons. 6:30-10:30 p.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Weekly Dance/Lesson Series with Ed Cottrell & the NVA Dance Crew. \$12. 703-435-5620.

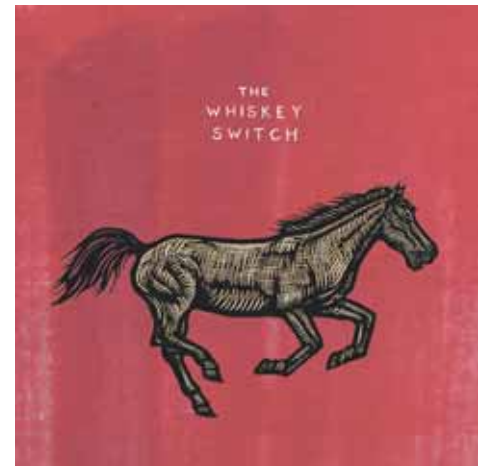
Reading Buddies. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Teens read with beginning readers and practice together. 703-757-8560.

Toddlin' Twos. 10:30 a.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Storytime for young children. 703-938-0405.

Lego Club. 2 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Ages 3 and up can come and play with legos. 703-757-8560.

TUESDAY/AUG. 19-WEDNESDAY/AUG. 20

Josh Groban with Wolf Trap Orchestra. 8 p.m. Wolf Trap - The Filene Center, 1551 Trap Road, Vienna. Vocalist Josh Groban performs pop ballads. \$40-\$125. 703-255-1900.



Listen to Luke Brindley's new album, *The Whiskey Switch*, at Jammin' Java in Vienna this Friday at 7:30 p.m.

WEDNESDAY/AUG. 20

Great Falls Library Pokemon League. 4:30-6 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Come play Pokemon with your friends. Ages 5-15. 703-757-8560.

Toddler Tales. 10:30 a.m. Lynnhaven Place, Oakton. Story time for young children. 703-242-4020.

Small Wonders. 10:30 a.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Storytime for young children. 703-938-0405.

THURSDAY/AUG. 21

Classic Books Discussion Group. 1 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Discussion on *Crossing to Safety* by Wallace Stegner. 703-938-0405.

Reading Buddies. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Teens read with beginning readers and practice together. 703-757-8560.

"Not Just For Teens" Adult Book Club. 10:00 a.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Adult book discussion. 703-938-0405.

FRIDAY/AUG. 22

Skyward To Play in Jammin' Java's Mid-Atlantic Band Battle #11 Finals. 7:30 p.m. Jammin' Java, 227 Maple Avenue East, Vienna. After winning their preliminary round on July 1st, Virginia natives, "Skyward", will return to Jammin' Java in the hopes of winning it all. www.jamminjava.com.

Lyle Lovett and His Large Band. 8 p.m. Wolf Trap - The Filene Center, 1551 Trap Road, Vienna. Country artist Lyle Lovett performs with his band. \$25-\$50. 703-255-1900.

Look at the Stars! Observatory Open. 7:30-10:30 p.m. Turner Farm Park, Springvale Road, Great Falls. Come to the observatory park for Friday Night viewings. www.analemma.org.

Evening Book Group. 7:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Call Branch for Title. 703-356-0770.

Pokemon League. 3 p.m. Patrick Henry Library, Maple Avenue East, Vienna. Come play Pokemon with friends. 703-938-0405.

Play Date Cafe. 10 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Cafe and play area for children. 703-757-8560.

SATURDAY/AUG. 23

Free Tai Chi Beginners' Practice. 8-9 a.m. McLean Central Park basketball court, 1468 Dolley Madison Blvd, McLean. Open to all, including first-timers, every Saturday morning. 703-759-9141 or www.freetaichi.org/practice.shtml.

Michael Godard - 'The Rockstar of the Art World.' 6-9 p.m. Wentworth Gallery at Tysons Galleria, 1807 U. International Drive, McLean. Exhibition of artist Michael Godard's newest collection. www.wentworthgallery.com.

Sing-A-Long Sound of Music. 7:15 p.m. Wolf Trap - The Filene Center, 1551 Trap Road, Vienna. Big Screen showing of *The Sound of Music* with lyrics. \$25-\$38. 703-255-1900.

Cars & Coffee. 7-9 a.m. Katie's Coffee House, 760 SEE CALENDAR, PAGE 11

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CALENDAR

FROM PAGE 10

Walker Road, Great Falls. Early on Saturday mornings you'll find a gathering of cool cars – antique, custom, hotrods, exotic, sports cars, they're all here. 703-759-2759.

Old Firehouse Teen Center 24th Anniversary Block Party. 3-7 p.m. Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Planned activities include music, the McLean Teens Got Talent Competition, an Old Firehouse Living History exhibit, interactive art activities, a climbing wall and a moon bounce. 703-790-0123.

Michael Godard, The Rockstar of the Art World. 6-9 p.m. Wentworth Gallery at Tysons Galleria, 1807 University International Drive, McLean. An exhibition of never-before-seen works by Michael Godard that will be available for purchase. RSVP beforehand. www.wentworthgallery.com

SATURDAY/AUG. 24

An Afternoon with the Madisons: A War of 1812 Bicentennial Event. 2 p.m. McLean Community Center, 1234 Ingleside Avenue, McLean. Honorary Chair Roger Mudd will present President James Madison and Dolley Madison as they relate their recollections of the burning of the nation's capital, flee to McLean and how it led to the birth of "The Star Spangled Banner" and the unification of the nation. 703-790-0123.

MONDAY/AUG. 25

A Face of America Production. 8 p.m. Wolf Trap, The Filene Center, 1551 Trap Road, Vienna. Come watch the Pacific Northwest Ballet

and Oregon Ballet Theatre dance to the music of Fleet Foxes and Chromatics with site-specific film. Admissions: \$10-\$44. 703-255-1900.

MONDAY/AUG. 25-FRIDAY/AUG. 29

All-American Girl- Living Dolls Camp. 9 a.m. Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Children bring their American Girl Dolls to camp and participate in activities with them. \$190-\$205. 703-759-2771.

TUESDAY/AUG. 26

Colvin Run Dance Lessons. 6:30-10:30 p.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Weekly Dance/Lesson Series with Ed Cottrell & the NVA Dance Crew. \$12. 703-435-5620.

Teddy Bear Dance Party. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Bring your own Teddy Bear to enjoy music and dancing. 703-365-0770.

WEDNESDAY/AUG. 27

A Face of America Production. 8 p.m. Wolf Trap - The Filene Center, 1551 Trap Road, Vienna. Pacific Northwest Ballet and Oregon Ballet Theatre dance to the music of Fleet Foxes and Chromatics. \$10-\$44. 703-255-1900.

Great Falls Library Pokemon League. 4:30-6 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Come play Pokemon with your friends. Ages 5-15. 703-757-8560.

Saddle UP. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Reading, songs, and activities about the wild west. 703-356-0770.

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PUBLIC NOTICE

McLean Community Center Governing Board

Public Hearing on FY 2016 Budget
(July 1, 2015-June 30, 2016)

Follows the Finance Committee Meeting of the Whole
Monday, Sept. 15, 2014 at 7:30 p.m. at the Center

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

Written comments may be delivered to the Center's address (shown below,) marked "Attention: Executive Director," or sent by email to feedback@mcleancenter.org. Written comments must be received prior to the Governing Board's regular September meeting, on Wednesday, September 24 at 7:30 p.m.

The McLean Community Center
1234 Ingleside Ave., McLean VA 22101
703-790-0123/TTY: 711
www.mcleancenter.org



Oakton's Rizzo Committed to South Carolina

Q&A: Infielder led Cougars in batting average as freshman.

Joe Rizzo not only made the Oakton varsity baseball team as a freshman, he was the Cougars' best hitter. Rizzo led Oakton in batting average as a ninth-grader in 2013, earning second-team All-Concorde District honors as a utility player. He helped the Cougars win the district title, finish Northern Region runner-up and win a game at the state tournament. As a sophomore, Rizzo moved from third base to shortstop, where he earned first-team All-Conference 6 honors. He also garnered second-team all-region accolades as a utility player, helping Oakton win a second consecutive district/conference title.

Now a rising junior, Rizzo is committed to play baseball at the University of South Carolina. He recently took part in a Q&A via email with The Connection.

❖Connection: You're committed to the University of South Carolina. What made the Gamecocks the right choice for you?

Rizzo: I was focused on the larger conference (SEC) because of the level of competition, and there was a real fit between my skills and what South Carolina needed. My comfort level was high with South Carolina because the program, the coaching and the university offered the greatest opportunity to grow as a ballplayer and as an individual.

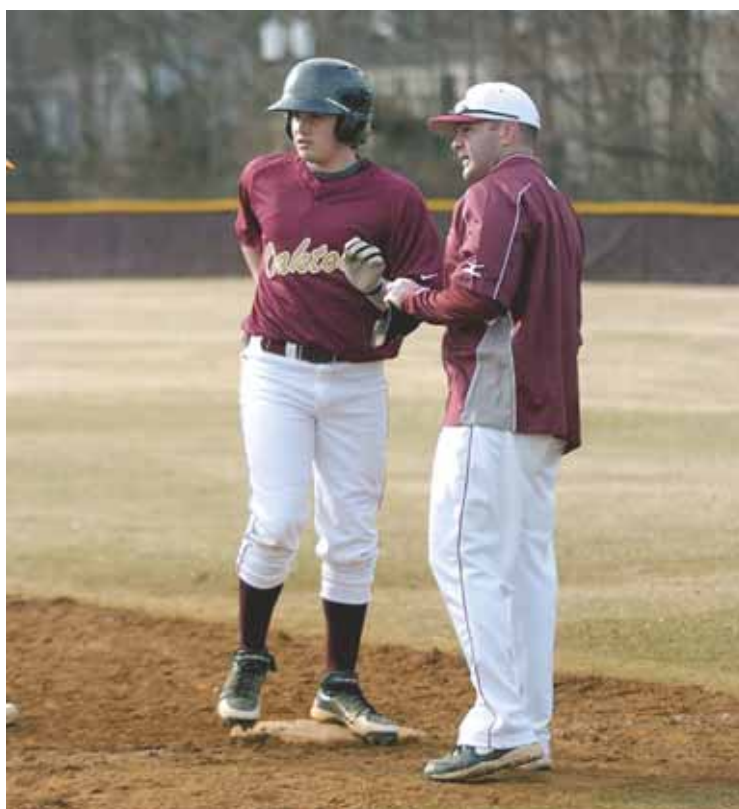
❖Connection: Are you being recruited to play a specific position?

Rizzo: At USC, if you can hit, you're going to play. So even though many schools have seen me as a third baseman, you just never know what is going to happen. But I know that if I'm performing, then I'll have the opportunity to play.

❖Connection: What made you decide to commit prior to your junior year?

Oakton rising junior Joe Rizzo, left, is committed to South Carolina.

CONNECTION
FILE PHOTO



Rizzo: I've noticed that during the recruiting process, schools are starting to recruit earlier and earlier. So this is not an early commit relative to how the process has been sped up.

❖Connection: At what age did you realize playing college baseball was a possibility for you?

ity for you?

Rizzo: I've always had aspirations of playing collegiate baseball, but until colleges have an interest, you don't know if those aspirations will come true. So it was between my freshman and sophomore years in HS that colleges were taking an interest in me, and that's when I knew.

❖Connection: You bat left-handed and throw with your right. At what age did you start batting from the left side? Was it a difficult transition?

Rizzo: From the moment I first picked up a bat I was hitting from the left side. So I've been swinging lefty since when I can remember.

❖Connection: What was it like playing varsity baseball as a freshman?

Rizzo: It was a tremendous experience. I knew my role was not going to be a team

leader, but another piece to the team puzzle, so I was there to support my teammates in achieving our team goal of the district and state championship.

❖Connection: What is your favorite baseball moment from your first two years at Oakton?

Rizzo: My favorite baseball moment was

winning the second district championship, because that meant we won two district championships in a row.

❖Connection: Better feeling: getting a clutch hit, or making a highlight-reel defensive play?

Rizzo: They are completely different feelings. The clutch hit is a team accomplishment, where I can drive in runs toward winning a game. A highlight-reel defensive play is an individual accomplishment, which is a completely different feeling. Both feel great!

❖Connection: What is your favorite food?

Rizzo: Pasta with meatballs and sausage. Can't get enough.

❖Connection: Who is your favorite music artist? Why?

Rizzo: I listen to a variety of artists, from rap to rock to country, and I don't have an individual favorite music artist. However, my parents took me to a Bruce Springsteen concert, and it was the greatest concert I've ever been to.

❖Connection: What is your favorite movie? Why?

Rizzo: I have many favorites such as 'Road to Perdition,' 'Full Metal Jacket' and others, but my favorite is 'Moneyball,' because it involves looking at baseball at a completely different way.

❖Connection: What is your favorite hobby outside of baseball?

Rizzo: I don't know if this is a hobby, but we have barbecues every weekend out in the cul-de-sac with all our neighbors, and that is a great time. We do a whole bunch of things as neighbors: Wiffle Ball, KanJam, and a fire pit.

❖Connection: What location is the farthest you have traveled from the Washington, D.C. metro area?

Rizzo: I've been up and down the East Coast, from NYC to Miami, Fla. I hope next year I will be traveling to the West Coast.

❖Connection: Are you a pro sports fan? If so, who are your favorite teams?

Rizzo: Baseball: the Nationals and the Yankees; football: the Redskins and the Giants; hockey: the Caps.

— JON ROETMAN

SPORTS ROUNDUPS

Reston to Host Charity Tennis Tournament

The 3rd Annual Rally for a Cause tennis tournament dates are set for Sept. 20-21, 2014 at Reston's Lake Newport tennis courts. The charity event will feature brackets for 3.0, 3.5 and 4.0 and above players, competing in men's and women's doubles and singles matches. The \$30 entry fee guarantees each player two matches with awards, raffle prizes and participation t-shirts. It is through the generosity of presenting sponsor, Dr. Hani Thariani, and dona-

tions from local businesses that make this tournament possible. Entry is open to all tennis players, regardless of USTA membership.

All proceeds will go to the charity organization of each participant's choice: USTA Serves Foundation/Wounded Warriors Program Curriculum, supporting rehabilitation through tennis for wounded, ill and injured military service members and veterans or Cornerstones/Laurel Learning Center, providing comprehensive family services and developmental childcare programs.

Last year's event hosted 65 players and raised \$3,100 for charity organizations.

Registration is now open. For more information or to sign up, email rally4acause@restontennis.org or visit

www.restontennis.org.

NVSO 10K, 20K Cycling Events Enter 5th Year

The 2014 NVSO will be held Sept. 13-24 with more than 50 events taking place at 19 venues throughout Northern Virginia. Events include 10K and 20K cycling, with each event entering its fifth year.

In addition to cycling, other events include 5K road race, badminton, volleyball, handball, racquetball, pickleball, tennis, table tennis, swimming, diving, ten pin bowling, Wii bowling, card games, board

games, track and field and more. Registration is available online at www.nvso.us. Registration forms are also available at senior centers, community centers, senior residences or by calling 703-228-4721.

Registration fee is \$12 which covers multiple events.

There is no onsite registration for any event. Information is available at nvso1982@gmail.com.

Participants must be 50 years of age by Dec. 31, 2014 and live in a sponsoring jurisdiction.

NVSO is sponsored by the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William and the cities of Alexandria, Falls Church and Fairfax.

FAITH NOTES

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

The Antioch Christian Church offers a time of Prayer and Healing on Wednesday evenings at 6:30 p.m. for anyone wanting encouragement and healing through prayers. People are available to pray with you or for you. Antioch Christian Church is located at 1860 Beulah Road in Vienna. www.antiochdoc.org

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

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

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

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

Invitation to Bid Food Services Management Contract

Tyson's Corner Children's Center (TCCC) is a not-for-profit childcare and preschool facility with two locations (McLean and Vienna). TCCC is seeking a Food Services Management Company (FSMC) who will be responsible for preparing and delivering meals with milk for use in TCCC's program. The duration of this food services management contract is for one year beginning in September 1, 2014 and continuing through August 31, 2015.

The FSMC will have an opportunity to renew this contract for up to four one year periods. As part of this renewal process, the Consumer Price Index for Food Prepared Away From Home will be the factor used to determine the amount of any meal cost increase. Any variation from this factor will need approval from USDA's Child and Adult Care Food Program Office. The contract must be renewed before the contract expires. While contract renewals are permitted, TCCC is not required to renew the contract for an additional year. Renewal will only be done based on the FSMC's performance and the determination that the renewal is beneficial to the TCCC food program. If a contract is renewed for the fourth one-year period, it must be re-procured.

The Food Services Contract will be based on the potential ability to perform successfully under the terms and conditions of the initiation to bid, price, contractor integrity, compliance with public policy, and documented record of past performance.

To submit a bid for the Food Services Management Contract at TCCC, please send your bid by August 22, 2014 to: Martha Faist, TCCC, 8260 Greensboro Drive Suite 155, McLean, VA 22102. Please be sure to include the names and phone numbers for at least two references and a list of the contracts your FSMC has had for the past two years.

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Write Now, I Just Don't Know

By KENNETH B. LOURIE



The biggest writing problem that I have, other than the ones you regular readers generally know about, is writing a current column on the weekend immediately preceding the next Wednesday's publication date, when I am still waiting on results from my most recent CT Scan. This isn't like putting the cart before the horse, this is more like putting the horse in the cart and pulling it. Aside from not knowing definitively about this most recent look into my lungs, and thus not wanting to discuss it – premature announcement you might call it – assimilating the ever-present anxiety and worry about any and all things cancer-related never gets easy. Moreover, the not-knowing corrupts my brain and stifles my creative juices. How can I think about anything other than what information I don't have? And considering the circumstances and the context: my life being at stake; anything, everything, all the things, pale in comparison and nothing feels worth writing about – so that's what I'm writing about.

Let me attempt to clarify a bit. This feeling isn't about waiting for results per se. It's not about the interval of time between my scan and my next face-to-face meeting with my oncologist when Team Lourie will be updated; it's not about wondering if any symptoms I've had (I haven't had any) are indicative of potential trouble; it's not about my insurance coverage or money running out and in turn there being some gap in my coverage; nor is this, generally speaking, about business or pleasure. No, this is about living my day-to-day life when the elephant is not only in the room, it's on your shoulders, in your head, and everywhere else it can possibly be.

Not that I'm totally blocked and unable to function; hardly. I am still in control of most of my bodily functions and almost all of my activities of daily living, and when I get dressed, I am still able to put my pants on one leg at a time like everybody else with very little difficulty. In short, my life appears to be relatively normal. No one could tell by looking at me that I'm living on the edge, maybe the cusp, hopefully not precipice, of potentially life-changing information. The reality of this upcoming Friday's appointment/reality so dominates my brain that it's practically impossible for me to mind anything but my own business, and what seems to suffer most is creative pursuits, and unfortunately that is reflected in this week's column: a meandering (though not necessarily intended to be) testament to cancer's insidious effect, emotionally. Cancer may occasionally work in mysterious ways, but in one way it's effect is perfectly clear: your thinking is not what is used to be, pre-cancer.

Nevertheless, I can manage. It's no problem, really. After five and one half years, I know what to expect. It's just time that thankfully I still have. I'll know soon enough though. It's already Monday. Besides, good things come to those who wait, right?

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

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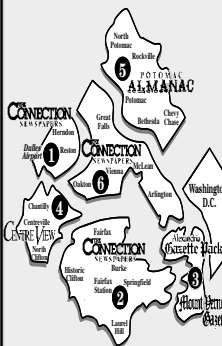
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To have community events listed in the Connection, send to mclean@connectionnewspapers.com. The deadline for submissions is the Friday prior to publication.

THURSDAY/AUG. 14

Computer-one-on-one. 11:00 p.m. 10304
Lynnhaven Place, Oakton. Learn how to work
with the internet, Microsoft Word, Excel, and
PowerPoint. 703-242-4020.

**Teen Volunteer Sign Up for Reading
Buddies.** 4:15 p.m. Great Falls Library, 9830
Georgetown Pike, Great Falls. Report at 4:15 for
sign up. 703-757-8560.

Reading Buddies. 4:30 p.m. Great Falls Library,
9830 Georgetown Pike, Great Falls. Teens read
with beginning readers and practice together.
703-757-8560.

FRIDAY/AUG. 15

English Conversation Group. 10 a.m. Patrick
Henry Library 101 Maple Avenue East, Vienna.
Practice English conversational skills. 703-938-
0405.

SATURDAY/AUG. 16

McLean Child Safety Inspection. 9:30 a.m. -
12 p.m. Lewinsville Center, 1609 Great Falls
Street, McLean. The McLean District Police
Station holds child safety seat inspections once
per month.

MONDAY/AUG. 18

Spanish Conversation Group. 1 p.m. Great
Falls Library, 9830 Georgetown Pike, Great
Falls. Practice Spanish with a group. 703-757-
8560.

English Conversation Group. 7 p.m. Dolley
Madison Library, 1244 Oak Ridge Avenue,
McLean. Practice conversational English in a
group setting. 703-356-0770.

TUESDAY/AUG. 19

Computer-one-on-one. 11 p.m. 10304
Lynnhaven Place, Oakton. Learn how to work
with the Internet, Microsoft Word, Excel, and
PowerPoint. 703-242-4020.

English Conversation Group One-On-One. 7
p.m. 10304 Lynnhaven Place, Oakton... Practice
conversational English in a group setting. 703-
356-0770.

One-On-One Computer Tutoring. 11a.m.
Patrick Henry Library, 101 Maple Avenue East,
Vienna. Learn the basics of a computer. 703-
938-0405.

Improve Your English Skills. 11a.m. Dolley
Madison Library, 1244 Oak Ridge Avenue,
McLean. Receive help with reading, speaking
and listening to English. 703-365-0770.

WEDNESDAY/AUG. 20

**Governing Board of the McLean Community
Center Special Meeting.** 7:30 p.m. McLean
Community Center, 1234 Ingleside Avenue,
McLean. The Board will hold this special
meeting to work on some time-sensitive projects,
such as a proposed renovation and expansion
and the FY 2016 budget proposal.

Morning Book Group. 10:30 a.m. Great Falls
Library, 9830 Georgetown Pike, Great Falls. Call
Branch for Title. 703-356-0770.

One-On-One Computer Tutoring. a.m. Patrick
Henry Library, 101 Maple Avenue East, Vienna.
Learn the basics of a computer. 703-938-0405.

Computer-one-on-one. 11a.m. 10304
Lynnhaven Place, Oakton. Learn how to work
with the Internet, Microsoft Word, Excel, and
PowerPoint. 703-242-4020.

Mystery Book Club. 1 p.m. 10304 Lynnhaven
Place, Oakton, Discuss mystery books.

ESL Conversation Group. 2 p.m. Great Falls
Library, 9830 Georgetown Pike, Great Falls.
Practice English with a group. 703-757-8560.

English Conversation Group. 7 p.m. Dolley
Madison Library, 1244 Oak Ridge Avenue,
McLean. Practice conversational English in a
group setting. 703-356-0770.

THURSDAY/AUG. 21

Computer-one-on-one. 11a.m. 10304
Lynnhaven Place, Oakton. Learn how to work
with the internet, Microsoft Word, Excel, and
PowerPoint. 703-242-4020.

Okaton Book Discussion Group. 7 p.m. 10304
Lynnhaven Place, Oakton. Discussion will be on
The Book Thief by Marcus Zusak. 703-242-4020.

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