

Milburn Sanders (seated) is pictured (from left) with Great Falls Volunteer Fire Chief Frank Smith, Supervisor John Foust (D-Dranesville) and Great Falls Volunteer Fire Department President Joan Bliss at the May 5 ceremony marking the 70th anniversary of Great Falls Volunteer Fire Department. Milburn Sanders and his wife Ellen joined the Great Falls VFD in 1942, seven days after it was founded as an auxiliary to the McLean Fire Department. Milburn died Sunday, Sept. 2.

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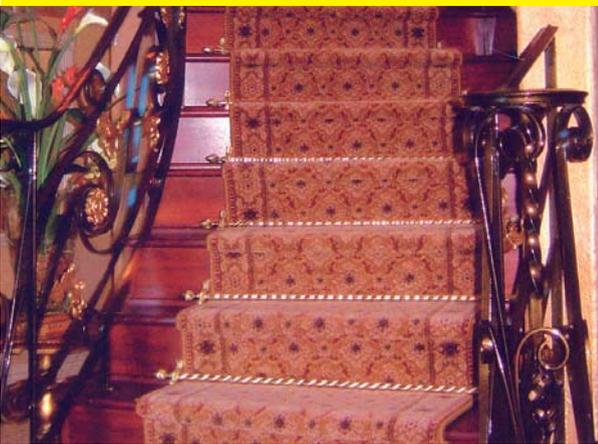
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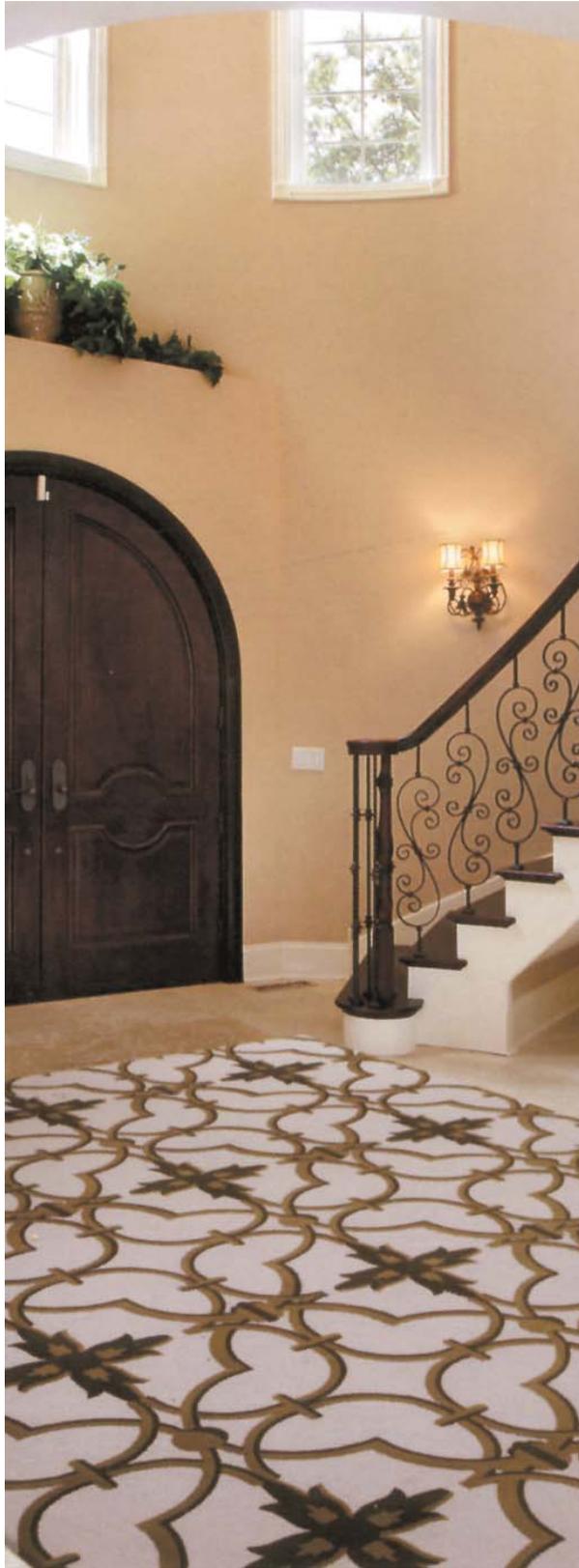
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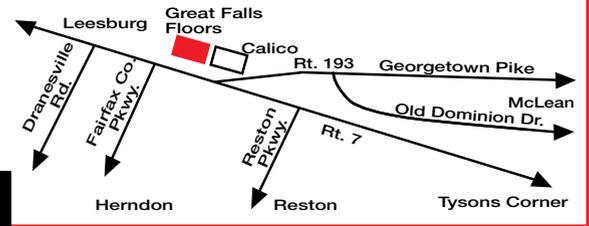
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NEWS



PHOTO BY ALEX McVEIGH/THE CONNECTION

Past Great Falls Volunteer Fire Chief Homer Johns presents Milburn Sanders, who joined the department 70 years ago, with a brick from the original station on Saturday, May 5, 2012.

Milburn P. Sanders, 90, of Great Falls, Dies

Was founding member of Great Falls Volunteer Fire Department and Great Falls Historical Society.

Sanders, Milburn Page, 90, of Great Falls, died on Sunday, Sept. 2, 2012. A retired civilian U.S. Naval Department employee, Mr. Sanders was a native of Great Falls, born there when the area was known as Forestville.

A founding member of the Forestville Volunteer Fire Department, now the Great Falls Volunteer Fire Department, Mr. Sanders served as secretary for 55 years and took part in the Fire Department's 70th anniversary celebration in May 2012. His service to the fire department was recognized in 2006 through the dedication of an ambulance in his name and an award of appreciation for 60 years of dedicated service. Mr. Sanders also served in the Navy in World War II as a senior yeoman on the USS Onslow, a seaplane tender in the Pacific Theatre. He was honorably discharged in March 1946 and returned to the Naval Department as a civilian employee, where he had been employed before the war. He worked for the Naval Department for more than 30 years, then retired and worked for several years as a technical editor for various government contractors. As a life-long citizen of Great Falls, Mr. Sanders developed an intense interest in local history and was a founding member of the Great Falls Historical Society. He was the first recipient of the Great Falls Historical Society's Jean Tibbetts History Award, recognizing his research and published works of Great Falls and Fairfax County history. He served on the Fairfax County History Commission for 17 years as the Dranesville District representative and was honored by the Fairfax County Board of Supervisors for his service with a plaque and ceremony in 2006. In 2009, he received a lifetime achievement award at the Fairfax County History Conference for his many contributions and dedication to preserving Fairfax County history. He was also a life member of the Fairfax County Historical Society. Mr. Sanders has written a comprehensive



PHOTO CONTRIBUTED

Milburn Sanders welcomes guests to Great Falls Day, Saturday, May 6, 2006 at Great Falls Grange Park.

history of Great Falls, which is currently being prepared for publication by a local publishing company. Mr. Sanders served for many years as a volunteer park ranger in Great Falls Park, leading guided walks through the historic site of the town of Mathildaville, where George Washington initiated an unsuccessful effort to establish a canal system along the Potomac River. A life-long writer and editor, Mr. Sanders has published two books, *One Man's World War II*, a history of his experiences on the USS Onslow in the Pacific Theatre, and *Reflections*, a collection of poetry. Mr. Sanders is survived by his wife of 62 years, Ellen; his son, Karl Sanders; daughter Lisa S. Anderson; sister Betty Smith, of Manassas; three granddaughters; two great grandchildren; and numerous nieces and nephews.

Funeral service arrangements will be posted on the Adams-Green Funeral Home's web site at www.adamsgreen.com or call 703-437-1764 for details.

Milburn Sanders, founding member and first president of the Great Falls Historical Society, receives the first annual Jean Tibbetts History Award at the GFHS Annual Banquet at the River Bend Country Club on Feb. 9, 2006.



PHOTOS CONTRIBUTED

A Legacy of Local History

KATHLEEN J. MURPHY
PRESIDENT, GREAT FALLS
HISTORICAL SOCIETY

It is with great sadness that the Great Falls Historical Society notes the passing of its founder, Milburn P. Sanders, who died Sunday, Sept. 2. Milburn founded the Great Falls Historical Society in the fifth decade of his life. He told me that he loved to archive and record things, and recording local history was a delight for him.

I met him once when I drove his wife, Ellen, to his assisted living facility in Fairfax for lunch. Although Milburn's body was on a trajectory of slow undoing that only those who have lived a very long life can know, his mind was lucid.

I told him that the Great Falls Historical Society was eagerly awaiting the release of his book. His eyes met mine. His eyes penetrated deep into my eyes. He did not need to say a single word. I heard his question, "Do you really mean it?"

Yes, Milburn, I said, gazing directly into his eyes. "Yes, we cannot wait for the moment when we will see, touch, read

and enjoy your book. We are looking forward to your book." He did not need to say another word. His heart leapt with joy and his eyes sparkled with delight!

The wonderful delight of history is that such joy is passed forward. Katherine Burke, a GFHS summer intern, was researching the history of Dr. Alfred Leigh and the Leigh House, currently Dante's Restaurant. She sent me a delightful e-mail saying that she found a substantial file full of articles about Dr. Alfred Leigh in the files behind the information desk at the Great Fall Library. She was thrilled with her discovery. Those were Milburn's files that he clipped and assembled by hand, before the Internet, compiling articles of important local significance as part of his archival efforts.

So Milburn, your vision of the Great Falls Historical Society lives on, "To feel the pulse of earth where man has trod, and for the future, keep the past." The full legacy of your life can only be adequately measured when the full impact of your life is seen seven generations from now.



Marion Reid and Milburn Sanders, lifetime residents of Great Falls, honored by cutting the cake on the occasion of the 30th Anniversary Celebration of the Great Falls Historical Society, Feb. 19, 2008.

GFES fifth graders demonstrate Newton's laws of motion with their straw rockets.



PHOTOS BY TERESA BLANKSHIP

Great Falls Elementary Launches Rocket Day

Science Enrichment Program continues.

BY LISA HODGE AND RACHEL ROTHSTEIN

As a culminating activity to a year of monthly science labs, Great Falls Elementary students in grades fourth through sixth participated in "Rocket Day" this past June.

The experience began with an assembly for all upper grade students. The keynote speaker was Dave Steffy, senior vice president and program director, Taurus II launch Vehicle Program at Orbital Sciences. Steffy introduced students to the concept of propulsion, helped them determine what qualifies as a rocket, and provided hands on examples of materials used to build rockets. Steffy reminded students how important it is to study math and science, saying, "Notes are the language of music, and math is the language of science."

Dr. Jitendra Joshi, chief technologist advisor at NASA Headquarters also spoke to students in grades one through six. Joshi discussed topics such as "A day in the life of astronauts," "Why can you drive your SUV on the Moon?" and "It is a wet moon: New Discovery of water on the moon."

After receiving such valuable background information, students in grades four through six participated in rocket day. Each class designed a large and small rocket, and a class flag. Some classes created class cheers. Students paraded to the back of the school by class, and participated in stations with hands on activities to learn about chemical reactions, propulsion and Newton's first and third laws of motion. According to Phyllis Casey, a fourth grade teacher, "students felt like they were on a wonderful field trip, and all they had to do was walk out the back door of the school!"

As a finale, each class launched their rockets. Assisted by parent and veteran rocket launcher Marty Bollinger, students predicted where their rockets would land by placing their class flag in the predicted location. The class designated rocket launcher pushed



Great Falls Elementary School parent Marty Bollinger assists fifth grader Marisa Mihori as she launches the rocket for her class.

the button that sent the class-designed rocket soaring. Students found it was very difficult to predict where the rocket would land, but with each launch, predictions became more accurate.

New Principal Ray Lonnett fully supports continuing the Science Enrichment Program at Great Falls Elementary. According to Lonnett, "This is one of the best ways to get students excited about Science and Math. STEM education is critical to success in the high-paying careers of the future."

Science Enrichment will continue at Great Falls Elementary this year with study in areas such as DNA extraction, solar power, Fibonacci sequence, Prokaryotic and Eukaryotic cells and magnetism.



From left—Glenn Smeds, Kathy Smeds, Stephen Smeds, Mikey Porrazzo, Michael Porrazzo and Assistant Scout Master Steve Gray.

Becoming Eagles

Langley High graduates Michael "Mikey" Porrazzo and Stephen Glenn Smeds complete their Eagle Projects.

Michael "Mikey" Porrazzo, son of Michael Porrazzo of Great Falls, joined Boy Scout Troop 673 in 2005. Since joining the troop, Mikey has participated in numerous backpacking, biking, and other trips and completed the Triple Crown of High Adventure trips: Northern Tier in 2008, Sea Base in 2009, and Philmont in 2011. He has served in various leadership positions in the troop including patrol leader, historian and quartermaster. He has also earned numerous Fifty Miler awards and the Junior Shooting Team USA award.

For his Eagle Project, Mikey led a group of scouts and adults in rerouting a 400 foot section of hiking and horseback trail in Seneca Park in Great Falls. Part of the trail crossed over a creek bed and Mikey directed the group in laying two layers of riverstone across the creek bed to make it easier and safer to cross under slick conditions.

Mikey, a recent graduate of Langley High School, plans to attend the two year automotive program at Northern Virginia Community College and work in the automotive industry in the fall. "I have not ever had such a good time or memories with a better group of guys," said Mikey of his adventures with the troop.

Stephen Glenn Smeds, son of Glenn and Kathy Smeds of Great Falls, joined Troop 673 in 2005, after earning the rank of Arrow of Light as a Cub Scout. Troop 673, sponsored by the Great Falls United Methodist Men, has produced over a hundred Eagle Scouts, including Stephen's older brothers Derek, Gary, and Craig Smeds.

Since joining the troop, Stephen has served as senior patrol leader, troop guide, and several times as patrol leader. In addition to attending numerous scout summer camps, Stephen has attended the Bahamas Sea Base and Philmont Scout Ranch high adventure trips. Stephen was inducted into the Order of the Arrow, considered Scouting's National Honor Society, in 2008.

For his Eagle Project, Stephen constructed two benches for the Andrew Chapel Pre-School to provide a comfortable seating area for the teachers to safely observe the children playing. This playground is used by the pre-school, the church and the community.

While attending Langley High School, Stephen participated as a member of the track team. Recently graduated, Stephen will attend West Virginia University in the Criminology program in the fall.

NEWS

Running of the Goats in Great Falls

A herd of goats escaped from a farm on Utterback Store Road on Aug. 10. Louise Zullo and her husband came upon them.

"At first I thought they were deer. The only way to get them off the road was for them to follow me. They took off after me, as I ran down Utterback Store Road," said Louise Zullo in her e-mail to the Great Falls Connection.

"My husband and another driver came up behind us to act like 'border collies' and keep the goats from running off again. We finally got them corralled in the pasture on Beckman Way. Pamplona has the running of the bulls. Great Falls has the running of the goats."

Here are the pictures my husband took of the goats.



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NEWS

Theresa Ryland explains the story of the Colvin Run Schoolhouse, now the Colvin Run Community Hall, and the challenges people faced at the turn of the century, while Sean Beyer and Katherine Burke consider the implications for their properties. Beyer researched the history of Colvin Run Road and the Cockerill House, and Burke researched the Leigh House, now Dante's Restaurant.



PHOTO CONTRIBUTED

Colvin Run, a Historic District?

Great Falls Historical Society summer interns to present their research on Sept. 12.

The Colvin Run Road we know today was originally the Alexandria-Leesburg Turnpike before it was re-routed to the Route 7 location in 1941. The road dates back to 1732 and is the only remaining portion of the road-engineered in 1834.

Colvin Run, Va. was the only existing crossroads village between Alexandria and Leesburg in the early days and was a prosperous and industrious community. Great Falls Historical Society's summer interns will present their continuing research on Colvin Run Road, the Colvin Run community and related historic properties.

The goal of this project is to discover the historical significance of the road and the still-standing historical properties to determine if the area meets the criteria for nomination of a Historic District to the National Register of Historic Places.

The interns have conducted research at the Virginia Room of the Fairfax County Library and at the Fairfax County Courthouse to trace the origins of properties and the people who lived and worked in them so as to uncover the story of the area over 200 years.

The presentation will take place on Wednesday, Sept. 12, at 7 p.m. at the Great Falls Library Meeting Room.

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NEWS

The 1st place team in the sixth-seventh grade division, from left: Winifred Li, Emily Zou, Jessica Zhang, Zhenghao Hu, Carson Jones, and Scott Becker.



PHOTO CONTRIBUTED

Local Students Win International Math Tournament at Stanford

Five students from Northern Virginia—Scott Becker (McLean), David Wang (Clifton), William Xu (Arlington), Fred Zhang (Vienna) and Emily Zou (Vienna) competed as part of 22 student U.S. contingents in the first International Math League Tournament held at Stanford University.

They competed with Chinese and Canadian students by qualifying with near-perfect scores on Math League contests administered during the school year. The five-day event, from Aug. 20-25, included individual competition, team competition, lectures from Stanford professors and other activities.

These Northern Virginia students enjoyed success at both the team and individual level. Emily Zou and Scott Becker were part of the 1st place team in the sixth and seventh grade division.

Scott Becker won 1st place as an individual in the sixth grade division.

The Math League offers math contests for grades four to eight, Algebra 1 students, and high school students. Over one million students from the United States and Canada participate in Math League Contests each year and they are expanding to Europe and China next year.

More information can be found at www.mathleague.com.

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OPINION

Registered to Vote at Current Address?

Oct. 15 deadline; encourage eligible high school and college students to vote as well.

It's a key question that must be answered by Oct. 15 in order to vote in this presidential election: Are you registered to vote at your current address? Answering that question early, and voting early, will help ensure that your vote is counted and will contribute to a more orderly Election Day.

Check your registration status online at www.sbe.virginia.gov.

Voter turnout will be high, and unknown challenges from natural phenomena like earthquake or derecho lurk on Election Day. A significant percentage of the more than 700,000 registered voters in Fairfax County, more than 155,000 in Arlington and more than 140,000 in Alexandria will turn out to vote on Nov. 6. Four years ago in 2008, a record number of voters turned out at the polls, nearly 75 percent of registered voters across the Commonwealth.

If you can wrap your brain around the concept of voting "absentee in-person," you can vote starting Sept. 21.

EDITORIAL

BACK TO SCHOOL CIVICS LESSON

If there are high school students in your household who will be 18 by Election Day, encourage them to register and vote. Any person who is 17 years old and will be 18 years of age at the next general election shall be permitted to register in advance, according to the State Board of Elections. Parents should help their children see voting as a right and a responsibility, not something to be left to others. I've heard numerous voting age high school and college students express doubts about voting, mostly based on lack of confidence.

While college students are already away at college, they should also confirm their voter registration and vote absentee. If they will be at home anytime between Sept. 21 and Nov. 3, they can vote "absentee in person," and otherwise they can mail or fax a request for an absentee ballot and then mail or fax the ballot itself. For more, visit http://www.sbe.virginia.gov/cms/absentee_voting/index.html

A Chance to End Homelessness

BY JOHN R. DEARIE

In the wake of the worst housing and foreclosure crisis since the Great Depression, the problem of homelessness in our area has worsened. Service providers across the Commonwealth report an enormous increase in the number of people seeking housing and food assistance. Many are families with children who, until recently, had enjoyed upper middle-class lifestyles, but lost their homes after one or both parents lost their job or had their salaries suddenly and significantly cut. In at least one case, according to school officials, a family was found living in the woods behind the house they used to call home.

But an enormously significant policy tool has emerged in recent years that can end homelessness in Virginia—provided that we as a community make the commitment. Consider becoming a member of the Virginia Coalition to End Homelessness (VCEH) at vceh.org. It's easy and is vitally important to many of our most unfortunate and vulnerable neighbors.

According to Virginia's Department of Housing and Community Development, as many as 50,000 Virginians experience homelessness each year—more than 9,000 on any given night. More than 2,000 are homeless right here in the communities of northern Virginia.

Worst of all, a third of our area's homeless are kids. Homeless children are twice as likely to struggle with learning, three times as likely to experience emotional and behavioral problems, and four times as likely to experience developmental difficulties.

In January, the Maryland Department of

Education reported that the number of homeless students has doubled since 2007 to more than 14,000. Comparable figures for Virginia are not available, but you can be sure that similar patterns have emerged here.

That's the bad news.

Here's the good news—and it's significant and exciting.

A consensus has finally emerged among homeless advocates that the best and most effective approach to combating homelessness is to get folks off the streets, or out of emergency shelters, and into a stable and secure housing situation first. The approach is called "permanent supportive housing." PSH provides immediate access to affordable rental housing, followed by a range of services such as job training, health care, and family, financial, mental health, and substance abuse counseling.

In stark contrast to the conventional emergency shelter approach—which provides temporary assistance, but does little to solve the underlying causes of homelessness—this "housing first" approach creates a context of safety, stability, and affordability within which real progress on other key fronts can be achieved.

PSH works. More than 2,000 Virginians—including almost 500 families with children—currently reside in PSH units. And so far, nearly 90 percent of participants have not returned to homelessness.

PSH also delivers dramatic savings. The homeless population often cycles between life on the street, hospital emergency rooms, mental health facilities, and jail—all of which costs communities money. A 2010 analysis of

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LETTERS

The Most Loving Family

To the Editor:

Over the course of my seven years as a teacher and coach at Langley, I have had the privilege of working for one of the premier high schools and in one of the premier communities in the country. The countless accolades that the school and community have achieved in my tenure are too numerous to list and the pride I have in them is nearly immeasurable.

No recognition, accomplishment, or championship could compare to what all of you came together to do for our family over the course of the last six months. A faculty of hundreds, a school of

thousands, and a community of even more rallied behind a girl few had ever met in an effort to support one of their own. The countless cards and emails, meals, diapers, formula, and generous financial contributions helped our family get through the most arduous experience we have ever endured.

From the selling of bracelets and laces, Hess' Helpers, and the running of the Joe Cassella 5K, the Langley community overwhelmed us with their unwavering support. I don't believe that simply saying "thank you" can accurately represent the feeling of gratitude my wife Suzanne and I have for all that you have done for us. For the last six months, so many people have reached out in one way or another to help our beautiful little girl and we are humbled by your compassion. Our vow is to ensure that Gianna spends the rest of her life knowing how blessed she is to be a part of the largest, most compassionate, loving, and giving family there is; Yours.

God bless you all,

Travis Hess
Math Teacher
Varsity Basketball Coach
Langley High School

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Send to:

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314
Call: 703-917-6444.
By e-mail:
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Robbie Taylor, known as Orbbie, performs at Piano Jam at Serbian Crown Restaurant in Great Falls.

Serbian Crown Hosts Piano Jam

Great Falls restaurant now features monthly open mic night.

By ALEX McVEIGH
THE CONNECTION

Jennifer Flynn of Vienna stopped by the Serbian Crown Restaurant Thursday, Aug. 23 because she had heard about the highly-rated cuisine. What she didn't expect was the latest edition of Piano Jam, the restaurant's monthly open mic night.

"I had no idea we were coming on a night there would be performances, but it was a really neat show," she said. "It was nice to see some local musicians performing, and I think it added a lot to the atmosphere."

The monthly Piano Jam began last June, after local resident David Mascarello had a chance run-in with local musician

Bennie Potter, whose band Western Electric is a fixture at local venues.

"Bennie was telling me about how he liked to play shows at Serbian Crown, and it got back to me that management was looking to maybe host a few music shows there," Mascarello said. "It was difficult at first, there were a few with just me up there with my guitar, and literally no one else there. But it built up."

After a few months, Mascarello began finding other acts to put on a sort of showcase, and that's when the idea grew legs.

"I think a lot of people didn't really think live music had a

SEE OPEN MIC. PAGE 15



A band performs at Piano Jam, the monthly open mic night at Serbian Crown Restaurant in Great Falls.

ENTERTAINMENT

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

THURSDAY/SEPT. 6

Ingram Hill. 8 p.m., at Jammin Java, 227 Maple Ave. E, Vienna. The Memphis-based rock trio put determination and grit into their feel good shows. \$12 in advance. www.jamminjava.com.

The Producers. 8 p.m., at James Lee Community Center, 2855-A Annandale Road, Falls Church. Get a little Broadway with Mel Brooks' classic about the two men who produced the biggest flop in history. \$15 general admission, \$10 for students, seniors, military or groups of 10-plus. Info and reservations at 703-615-6626 or zina.bleck@gmail.com.

FRIDAY/SEPT. 7

The Producers. 8 p.m., at James Lee Community Center, 2855-A Annandale Road, Falls Church. Get a little Broadway with Mel Brooks' classic about the two men who produced the biggest flop in history. \$15 general admission, \$10 for students, seniors, military or groups of 10-plus. Info and reservations at 703-615-6626 or zina.bleck@gmail.com.

SATURDAY/SEPT. 8

McLean Fall Community Flea Market. 9 a.m.-1 p.m. Intersection of Ingleside Avenue and Beverly Road, 1420 Beverly Road, McLean. Shop for goods and wares. www.mcleancenter.org.

Used Book Sale. Noon-5 p.m., at St. Anne's Episcopal Church, 1700 Wainwright Drive, Reston. Hundreds of books of many genres available for sale; proceeds benefit mission and outreach programs. www.stannes-reston.org.

Oak Marr Park Ribbon Cutting. 4 p.m., at Oak Marr Park, 3200 Jermantown Road, Oakton. The completed fields open with their new sod, goal posts and \$400,000 lighting system. 703-324-8662.

It's All About Jack/Book Signing Event. 4-5:30 p.m., at Wildfire Tysons, 1714 U International Drive, McLean. Fairfax County-based novelist Marel Brady signs copies of his psychological drama set in the heart of Tysons Corner, *It's All About Jack*. Refreshments provided. marel_brady@yahoo.com.

West Coast Swing Dances. 7 p.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Second and third Saturday every month. 703-759-2685 or www.colvinrun.org.

The Producers. 8 p.m., at James Lee Community Center, 2855-A Annandale Road, Falls Church. Get a little Broadway with Mel Brooks' classic about the two men who produced the biggest flop in history. \$15 general admission, \$10 for students, seniors, military or groups of 10-plus. Info and reservations at 703-615-6626 or zina.bleck@gmail.com.

SUNDAY/SEPT. 9

"The Blessing of the Backpacks." 10 a.m., at Saint Thomas Episcopal Church, 8991 Brook Road, McLean. All children and youth are encouraged to bring their backpacks, messenger bags, rucksacks, bookbags, lunchbags, laptop cases or anything related to the launch of this academic year for a blessing and a sending during the service. 703-606-4031.

The Producers. 2 p.m., at James Lee Community Center, 2855-A Annandale Road, Falls Church. Get a little Broadway with Mel Brooks' classic about the two men who produced the biggest flop in history. \$15 general admission, \$10 for

students, seniors, military or groups of 10-plus. Info and reservations at 703-615-6626 or zina.bleck@gmail.com.

Designing with Mums! 2:30 p.m., at the Falls Church Community Center, 223 Little Falls Street, Falls Church. The Old Dominion Chrysanthemum Society presents a forty-five minute demonstration by award-winning Master Floral Designer and Judge Sylvia Deck. Refreshments provided. 703-560-8776.

Swifts and Nighthawks. 7 p.m. Location to be determined: see <http://www.audubonva.org/index.php/environmental-education/field-trips>. Come for the spectacle of thousands of Chimney Swifts circling and descending into their chosen chimney for the night.

Rock of Ages. 8 p.m., at Wolf Trap, 1551 Trap Road, Vienna. "See the Tony Award-winning musical (and one of the longest running shows on Broadway) which features 80s rock music. Get tickets by contacting 703-255-1900 or www.wolftrap.org.

MONDAY/SEPT. 10

Inova Women's and Children's Hospital Ground-Breaking. 10-11:30 a.m., at Inova Fairfax Hospital, 3300 Gallows Road, Falls Church. Find the tent south of the Emergency Department, in which Mrs. Maureen McDonnell, first lady of Virginia will speak among other notable guests. www.inova.org.

TUESDAY/SEPT. 11

"Lunch n' Life" with Tim Wendel. Noon, at Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna. The Shepherd's Center of Oakton-Vienna presents guest speaker and author on his book *Summer of '68-The Season that Changed Baseball and America-Forever*. Lunch provided. \$10. Make reservations at www.scov.org.

10th Anniversary Open House & Wellness Fair. 1-4 p.m., at the Dream Yoga Studio & Wellness Center, 1485 Chain Bridge Road, Suite 104, McLean. Learn about Dream Yoga, health and free yoga classes for new members; for all levels. 703-448-9642. Luann@DreamYogaStudio.com.

Great Falls Freedom Memorial Committee 9/11 Ceremony. 7 p.m., at the site of the Freedom Memorial, behind the Great Falls Library at 9830 Georgetown Pike, Great Falls. This ceremony especially remembers the six citizens of the Great Falls community who died when Flight 77 crashed into the Pentagon on September 11, 2001.

WEDNESDAY/SEPT. 12

Key Factors Affecting our Local Economy. 11:30 a.m.-2 p.m., at the Fairview Park Marriott, 3111 Fairview Park Drive, Falls Church. The Northern Virginia Employer Advisory Committee presents the Northern Virginia Economic Forecast Luncheon. <http://www.vec.virginia.gov/employers/eac/nvec>.

Instrumental to Business (i2B). 5:30-8 p.m., at Panache, Pinnacle Towers South, 1753 Pinnacle Drive, McLean. McLean Orchestra's business mixer with live music, prizes, appetizers and drinks provides a chance to mingle with business elite. \$38 in advance, \$45 at the door. www.mcleanchamber.org.

FRIDAY/SEPT. 14

Argentine Tango. 7 p.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Every Friday. 703-759-2685 or www.colvinrun.org.



A young Native ceremonial dancer at last year's Virginia Indian Festival.

The Virginia Indian Festival

On Saturday, Sept. 8 from 10 a.m.-4 p.m., at Riverbend Park, 8700 Potomac Hills Street, Great Falls, meet Native Americans from the Chickahominy, Mattaponi, Pamunkey, Rappahannock, Tauxenent, Upper Mattaponi tribes and the Monacan Nation. Come to see dance performances, learn about early Indian skills through the dug-out canoe demonstration and event try to shoot a bow and arrow. The festival will feature crafts for sale such as pottery, jewelry, flutes and dream catchers. \$5. 703-759-9018, or <http://www.fairfaxcounty.gov/parks/riverbend/events.htm>.



Images of Great Falls National Park

Exhibition of 28 fine art photographs by Great Falls artist Richard Suib on view at Great Falls Community Library, Sept. 1-30. Images depict breathtaking riparian scenes and wildlife that inhabit the river above the falls, and rapids in the Mather Gorge below. Featured among the waterfowl are magnificent—once endangered—Great Blue Herons that migrate to the area in the Spring to feed and breed. Reception: Sept. 8, 2-5 p.m. Inquiries: www.richardsuibimages.com, 703-759-0067.

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Here's What's Happening at MCC

Back-to-School Dance

Friday, Sept. 7, 7-10 p.m.
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McLean Fall Community Flea Market

Saturday, Sept. 8, 9 a.m.-1 p.m.
1420 Beverly Road, McLean
Free admission

Household Hazardous Waste Disposal

Saturday, Sept. 8, 9 a.m.-2 p.m.
MCC Parking lot

Jammin Juniors

Kidsinger Jim

Wednesday, Sept. 12, 12:30 p.m.
McLean Central Park
Free lunchtime concerts for preschoolers

Insider Knowledge Forum

Dance & Dessert

Wednesday, Sept. 19, 7:30 p.m.
Free admission



Harvest Happenings

Saturday, Sept. 22, 11 a.m.-2 p.m.
\$5 per person/Free, infants-36 months

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

Saturday, Sept. 8, 9 a.m.-1 p.m.

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www.mcleancenter.org

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

WELLBEING

Living Long, Living Healthy

Experts offer advice for staving off health deterioration.

BY MARILYN CAMPBELL
THE CONNECTION

On most days, Springfield-based retiree 69-year-old Mary Sue Garner can be found lifting weights in a fitness center, power walking on a treadmill or breathing in fresh air during a stroll on one of Northern Virginia's nature trails.

"When I was teaching I was in this rut...but when I retired, I decided to make changes and get myself fit," said Garner, who spent 45 years as a ninth-grade algebra and geometry teacher in Alexandria's public schools, including T.C. Williams High School.

As part of her self-reinvention, she fills her days with exercise, knitting, crocheting and volunteer work. She also tutors the Fairfax County high school students who work as servers in the dining room of her retirement community.

"I've made a lot of friends and I socialize with them," said Garner, who lives at Greenspring. "I feel so strongly that as you get older you get slower, so you have to keep moving."

Gerontology experts agree, and are using September, National Healthy Aging Month, as an opportunity to offer aging adults ideas for living healthy lives as long as possible.



In honor of National Volunteer Week, seniors in Springfield decorate items for children at Shelter House in Fairfax. Experts say that social activities like volunteerism can help keep age-induced deterioration at bay.

PHOTO CONTRIBUTED

There's No Place Like Home

Andrew Carle of George Mason University's Senior Housing Administration Program says there are three primary factors to consider when deciding whether to age in place or move into a retirement community or nursing home:

Safety

"Families and seniors need to assess the overall physical and cognitive needs they are confronting. The average 75-plus-year-old takes anywhere from seven to 12 medications. Half of those over the age of 85 fall each year. Physical limitations make cooking, cleaning and driving difficult."

Loneliness

"Rates of depression in the rest of society are 10 percent, but for those 65-plus, it can be 25-50 percent. Suicide rates of those 85-plus and living at home are double that of teenagers. The causes of depression in seniors can be both environmental and physical (chemical imbalances)."

Affordability

"Satisfaction rates for those living in assisted living communities are very high, upwards of 90 percent, but it is a mostly private pay industry."

"Paying careful attention to the combination of physical, social, mental and financial fitness is powerful in the pursuit of a positive lifestyle, especially as we age,"

said Carolyn Worthington, executive director of Healthy Aging, a national health initiative to raise awareness about the positive aspects of growing older. "Take stock

of where you've been, what you really would like to do. We're encouraging people to find a new

SEE EXPERTS, PAGE 13

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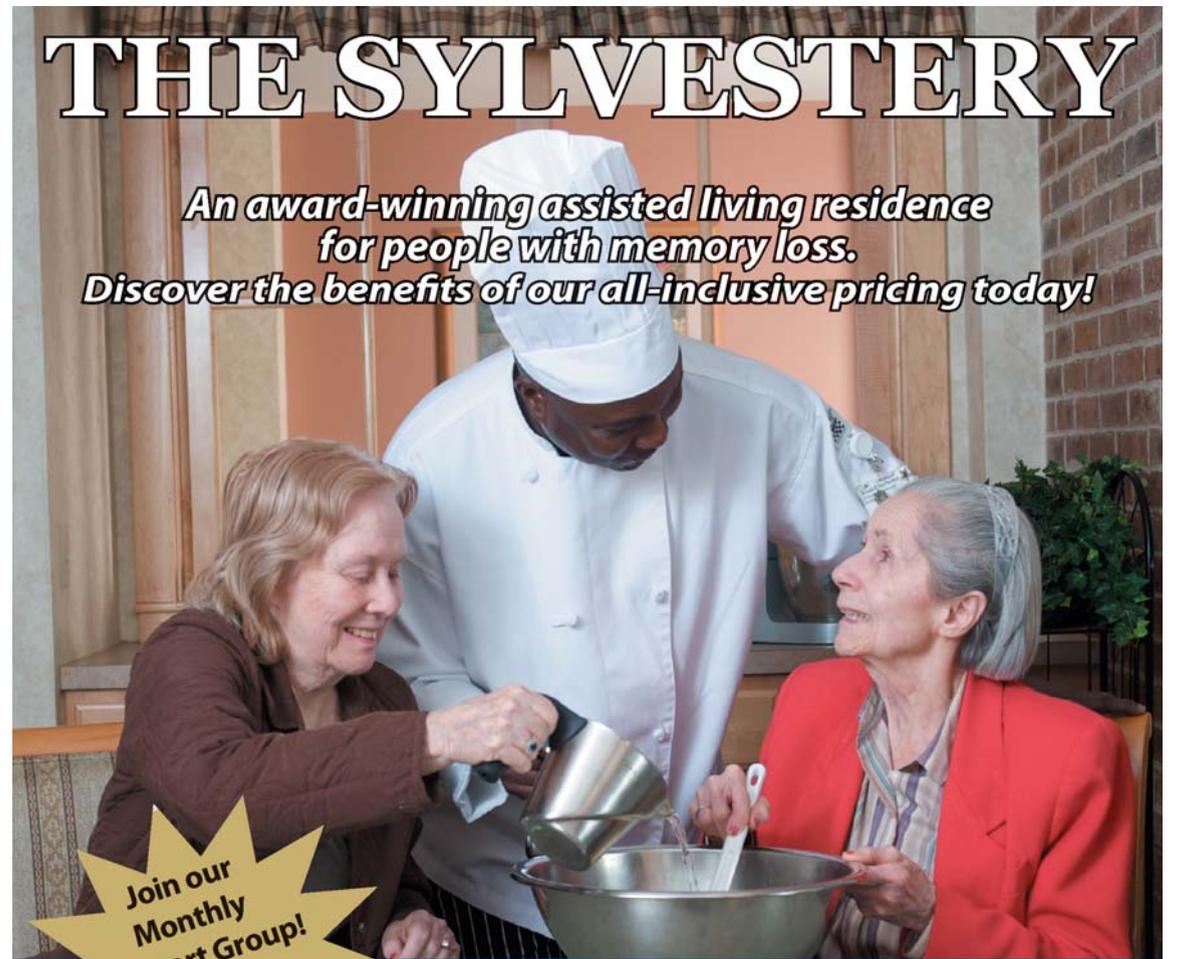
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WELLBEING

Experts Offer Advice on Healthy Living

FROM PAGE 12

passion ... and to know that it's not too late to take control of your health [or] get started on something new."

WHILE EXERCISE WON'T LEAD to eternal life, staying active can keep age-induced deterioration at bay. "Research shows that physical activity can positively affect blood flow and oxygen to the brain, thereby improving mental clarity [and] the part of the brain responsible for learning and memory," emailed Dominique Banville, Ph.D., director of George Mason University's Division of Health and Human Performance.

Banville credits exercise with boosting information-processing skills, and Worthington adds that older adults who exercise regularly are 60 percent less likely to get dementia.

"In our society, most older adults continue to be underactive. They aren't stretching themselves to the level that could actually improve their functioning," said Rita Wong, Ed.D., chair of the Department of Physical Therapy at Marymount

University in Arlington. "Your physical capabilities decline as you get older, but it is realistic to believe that you can improve your functioning."

Wong says that even those with limited mobility can get moving: "If a person has a lot of physical difficulties or if they have health issues that have left them with some movement impairment, seeing a physical therapist can be helpful to them at first," said Wong. She recommends the Centers for Disease Control (CDC) and Prevention's Physical Activity Guidelines for Older Adults as sources for exercise ideas.

A HEALTHY DIET is another valuable tool in preserving and improving one's wellbeing, say experts. "We all know the importance of having a good diet, but sometimes that is not always possible," said Worthington. "People can go out to local farmers markets and find fresh, local produce. They can make food from scratch instead of buying processed foods."

Experts say a few weapons in staving off the ravages of time are

often overlooked: "When people think about successful aging, they immediately talk about the physical, but in reality, social and mental wellness are even more important," said Worthington.

Healthy relationships with family and friends are critical to one's overall health. "Relationships become so important, getting out to interact with others. Showing concern and understanding as well as the willingness to help others is also beneficial because it keeps us connected. Family connections of multiple generations can be invaluable," said Springfield-based social worker Sue Franke.

"Connecting with or finding new friends is important, but how do you do that, especially after the kids have gone and maybe you're out of the workforce?" said Worthington. "Why not go back to school or take continuing education courses where you would not only be stimulating your mind, but also reconnecting with other people?" She also suggests volunteer activities and travel.

When it comes to safeguarding one's health, money matters. "Good financial wellbeing or



PHOTO CONTRIBUTED

Mary Sue Garner, of Greenspring retirement community in Springfield, volunteers, spends time with friends and exercises regularly. Experts say physical activity can improve mental clarity by increasing blood flow and oxygen to the brain.

health is being able to live a life where people can support themselves and not be dependent upon other people. That happens through planning, and in today's economy when plans don't work out, people have to be creative," said Worthington.

Garner says her greatest inspi-

ration is not research, but her retirement community peers: "There are so many people, some who are in their 80s and 90s, who come to the fitness center in their walkers and scooters and they exercise. I'm just in awe of these people because they're continuing to move and I think that's really important."

FAITH NOTES

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

Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton, offers a rich and unique Religious Exploration (RE) program for all children, from pre-K toddlers through high school seniors, emphasizing exploration of all religious traditions while developing a personal spiritual path. Registration for the RE program, which offers classes on Saturday afternoons and Sunday mornings, is now open by calling 703-281-4230.

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, offers three Sunday services and a host of musical, educational, outreach, and fellowship ministries to enrich spiritual growth. 7:45 a.m. Worship Service without music; 9 a.m. Worship Service, Children's Chapel and Children's Choirs; 10 a.m. Sunday School and Adult Forum; and 11 a.m. Worship Service with Adult Choir. 703-759-2082.

Redeemer Lutheran Church, 1545 Chain Bridge Road, McLean, offers a 9 a.m. traditional service and a 10:30 a.m. contemporary service on Sundays. Also offers two services during the summer - both of which will include children's sermons. 703-356-3346.

Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean, Sunday worship services are at 8:30 and 10:30 a.m. Sunday School for adults is at 9:30 a.m. and for children during the 10:30 a.m. worship service. Youth

Group for grades 7-12 meets Sundays at 6 p.m. A 20-minute service of Holy Communion is held each Wednesday at 12 p.m. 703-356-3312 or umtrinity.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. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

McLean Bible Church Fitness Class at Body & Soul Fitness. Balance is key, energy is renewed and strength is gained. 9:45 a.m. Mondays and Fridays. Free childcare for registered students. bodyandsoul@mcleanbible.org.

Vajrayogini Buddhist Center offers ongoing classes on meditation and Buddhist philosophy, Mondays at 7 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. \$10 per class. 202-331-2122 or www.meditation-dc.org.

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

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Global Mission Church ... 703-757-0877
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Bethel Primitive Baptist Church
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Cartersville Baptist Church ... 703-255-7075
Fellowship Baptist Church ... 703-385-8516
First Baptist Church ... 703-938-8525
The Light Mission Church ... 703-757-0877
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Church of the Brethren
Oakton Church of the Brethren ... 703-281-4411

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Andrew Chapel United Methodist ... 703-759-3509
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Great Falls United Methodist... 703-759-3705
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Vale United Methodist ... 703-620-2594
Smith Chapel United Methodist ... 571-434-9680
Wesley United Methodist ... 703-938-8700

Non-Denominational
Celebration Center for Spiritual Living
... 703-560-2030
Christian Assembly Church ... 703-698-9777

Presbyterian
Grace Orthodox Presbyterian Church ...
703-560-6336
Korean Central Presbyterian ... 703-698-5577
Vienna Presbyterian ... 703-938-9050

Quaker
Langley Hills Friends...703-442-8394

Seventh-Day Adventist
Northern Virginia Christian Fellowship ...
703-242-9001
Vienna Seventh Day Adventists ...
703-938-8383

Unitarian Universalist
Congregation of Fairfax ... 703-281-4230

NEWS

\$168,000 Awarded in Scholarships to Student Leaders

The Community Foundation for Northern Virginia has announced the following 2012 Scholarship Awardees:

Erin Fischer of Lovettsville and Camila Moscoso of Falls Church, the Elizabeth Koury Scholarship for graduating seniors interested in pursuing a career in medicine; Melissa Cracciolo of Great Falls and Gabriela Quiroz of Alexandria, the Rose Koury Scholarship for graduating seniors interested in pursuing a career in education; Arlington County residents, Blair Delery, Brianna Hogan, Sarah Jensen, Niti Paudyal, Mahmudl Shibly, and Keyla Andrade Yapura, the Cameron and Virginia Dye Scholarship, awarded to graduating seniors from Arlington County Public Schools who demonstrate leadership in community service or school activities, academic achievement, and financial need.

Erin Edwards of Stafford, Madison Flanagan of Leesburg, Kristen Morris of Warrenton, Marina Munday of Marshall, Candace Plaska of Springfield, Tatum Roessler of Centreville, Kelsey Smith of Warrenton, Megan Waring of Boyce, Lauren Davis of Stafford, and Audra Harpster of



PHOTOS CONTRIBUTED

Camila Moscoso of Falls Church, recipient of the Elizabeth Koury Scholarship, Paul Lanzillota, CFNV board member, Melissa Caracciolo of Great Falls, recipient of the Rose Koury Scholarship.

Lovettsville, The Charles Homer Barton Memorial Scholarship for children of police officers in Fairfax and Loudoun Counties; Daniel McNamara of Burke, Greyson Smith of Vienna, Michael Tompkins of Auburn, and Tia Walker of Herndon, awarded the Vance International Inc. Scholarship for residents of Northern Virginia pursuing careers in law and enforcement or security including

the administration of justice.

This year, a total of \$168,000 in scholarships was given out to awardees.

The Community Foundation for Northern Virginia currently has 20 active college scholarship funds set up by generous donors. There is approximately \$175,000 in college scholarship funds awarded every year to over 50 high school students in Northern Virginia.



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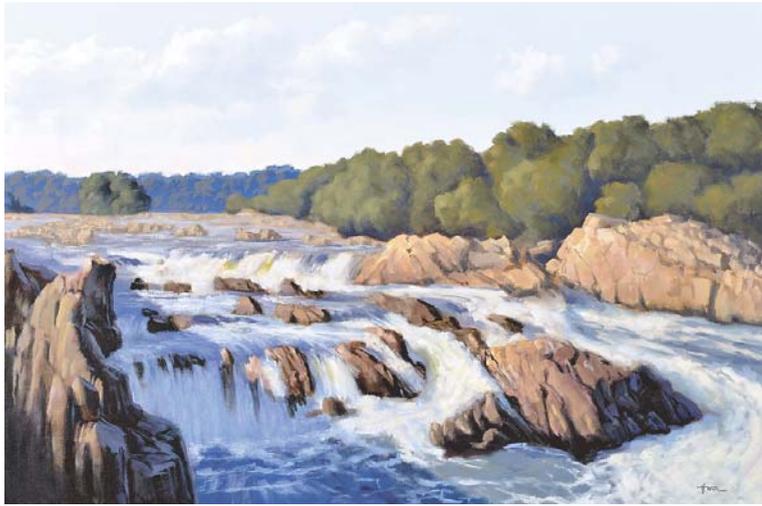
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'Great Falls Magic,' by Hwa Crawford.

PHOTOS CONTRIBUTED



Hwa Crawford painting on location in Great Falls.

Open Mic at Serbian Crown

FROM PAGE 10

place at a four-star place, but we did get some compliments," he said. "Once we made it into a showcase, we got a piano player as the main attraction, and made it into an open mic."

They hold customers to an unofficial requirement of a \$3 donation to the artist and a minimum for \$15 for the check, but Mascattello says it's rarely an issue.

"In my experience, live music usually means fried chicken wings and greasy burgers, and great food means classical, quiet piano in the background, but the open mic at Serbian Crown is neither," said George Hoiles of Great Falls. "It's a fun vibe, but a step up from a pub or typical dive bar, it's a very new experience for me."

Piano Jam is held at Serbian Crown restaurant, 1141 Walker Road, in Great Falls. It takes place on the fourth Thursday of every month from 7 to 10 p.m. The next installment will be Sept. 27.

Virginia Landscapes on Exhibit

Throughout the month of September, the Virginia countryside will be featured in the original oil paintings of local artist Hwa Crawford. Crawford's love of the Virginia landscape is captured in her tranquil paintings. She's an active artist with the Great Falls Studios: www.greatfallsstudios.com. The Old Brogue and Katie's Coffee House is at 760 C Walker Road, Great Falls, 703-759-3309.

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SPORTS

Michael Weiss Foundation Presents 'Ice Champions LIVE'

Professional figure skater's foundation brings skating world stars to Northern Virginia.

Michael Weiss, three-time U.S. National Figure Skating Champion and two-time Olympian, is celebrating the eighth annual Michael Weiss Foundation "Ice Champions LIVE" event. Weiss will bring the most famous faces in figure skating to Arlington to help raise money for his foundation to further the dreams of even more local child athletes.

The Michael Weiss Foundation (MWF) is a non-profit organization offering scholarships to aspiring Olympians, and is currently sponsoring twenty-seven recipients. Knowing first-hand how much it takes to get an athlete to the Olympics, Weiss gives children this opportunity through his scholarships so they can carry the torch for Olympics of the future.

In addition to the ice show, there will be a silent auction that features the skaters' personal memorabilia, as well as hundreds of items from the World Figure Skating Community, local artists, jewelers and restaurants.

The event will be held on Saturday, Sept. 8 at 4 p.m. at Kettler Capitals Iceplex in Arlington. Tickets are now on sale through www.MichaelWeiss.org and www.Ticketweb.com or by calling 866-468-7630. On-ice seating is available. Ticket prices range from \$20-\$50 with VIP opportunities—meet and socialize with some of the biggest stars in figure skating with the VIP package. Proceeds from ticket sales will go toward figure skating scholarships to be awarded later this year.

Skaters include Brian Boitano, Olympic champion; Ashley Wagner, 2012 U.S. national champion; Ryan Bradley, U.S. national champion; Michael Weiss, three-time U.S. national champion; Caryn Kadavy,



PHOTO COURTESY OF KRISTIN MERCER

Michael Weiss' annual charity event takes place Saturday, Sept. 8, at the Kettler Capitals Iceplex. World figure skating stars and Olympic and U.S. National Champions will be featured in the performance.

world medalist; Richard Dornbush, national silver medalist; Sinead and John Kerr, European medalists and Olympians; Richard Dornbush, U.S. national silver medalist; Steve Cousins, eight-time British national champion; Dan Hollander, U.S. national medalist; many other Olympic, World, and U.S. national champions. For full list of skaters please visit MichaelWeiss.org.

McLean Soccer Team Returns from England with Medals

A youth soccer team from McLean won the play-off division, the Plate trophy, and took third place overall in the Keele International Cup soccer tournament held during the Olympics in Staffordshire, England. The team, made up of some of the best 11- and 12-year-old players from McLean Youth Soccer and coached by Lucas Cook, competed against 14 teams from around the world.

"Watching our guys play tough international teams, you couldn't help imagining a bright future for the next generation of US soccer," McLean's Brian Luwis said.

During the tournament, the boys attended an Olympic men's soccer game at Manchester United Football Club's Old Trafford Stadium between Great Britain and Senegal and were given a tour of Liverpool FC's Anfield Stadium.



PHOTO CONTRIBUTED

McLean Medal Winners, Keele Cup 2012 in Staffordshire, England.

SPORTS ROUNDUPS

Langley Football Beats Herndon

The Langley football team defeated Herndon, 42-14, on Aug. 30 during the season opener for both teams.

Langley produced a 5-5 regular season in 2011 and qualified for the playoffs. The 42 points were the most scored by the Saxons since 2010. Herndon played its first game under head coach Brian Day, who spent the previous 10 seasons as an assistant coach at Westfield and Centreville.

Langley will travel to face Thomas Jefferson at 7:30 p.m. on Friday, Sept. 7. Herndon will host South Lakes at 7:30 p.m. on Friday.

Oakton Football Beats Madison

The Oakton football team opened its 2012 season with a 35-13 victory against Madison on Aug. 31.

Oakton, a 2011 Division 6 playoff participant, will travel to face South County, last year's Division 5 state runner-up, at 7:30 p.m. on Friday, Sept. 7. Madison will travel to face Woodson at 7:30 p.m. on Friday.

McLean Football Edges W-L

The McLean football team defeated Washington-Lee, 14-12, on Aug. 30, giving the Highlanders four consecutive season-opening victories against the Generals.

McLean went 6-4 during the 2011 regular season and qualified for the playoffs. The Highlanders will host Falls Church at 7:30 p.m. on Friday, Sept. 7.

South Lakes Football Starts 0-1

The South Lakes football team fell to Westfield, 51-13, on Aug. 30 during the season opener for both teams.

The Seahawks will travel to face Herndon at 7:30 p.m. on Friday, Sept. 7.

South Lakes Field Hockey Improves to 5-1

The South Lakes field hockey team defeated Yorktown, 2-1, in overtime on Aug. 30, improving the Seahawks' record to 5-1.

South Lakes traveled to face Herndon on Sept. 4, after The Connection's deadline. The Seahawks will travel to face Centreville at 4 p.m. on Friday, Sept. 7. Centreville defeated South Lakes, 2-1, during the "Under the Lights" tournament on Aug. 25.

Madison Field Hockey Beats Oakton

After failing to score a goal in four games during Westfield's Bulldog Invitational, the Madison field hockey team rebounded with a 1-0 victory against Oakton on Aug. 30, improving its record to 2-4.

The Warhawks hosted Robinson on Sept. 4, after The Connection's deadline. Madison will travel to face West Springfield at 7:30 p.m. on Wednesday, Sept. 5.

Oakton, which fell to 4-3 with the loss to Madison, will host Fairfax at 7:30 p.m. on Friday, Sept. 7.

Langley Volleyball Starts Strong

The Langley volleyball team opened the 2012 season with a 3-1 victory against Lake Braddock on Aug. 28, before winning four of five at the New Kent Showcase Aug. 31-Sept. 1.

The Saxons will host South Lakes at 7:15 p.m. on Thursday, Sept. 6.

McLean Volleyball Opens 1-1

The McLean volleyball team defeated Westfield, 3-1, in its season opener on Aug. 27, and lost to Woodson, 3-1, on Aug. 30.

The Highlanders traveled to face Washington-Lee on Sept. 4, after The Connection's deadline. McLean will host T.C. Williams at 7:15 p.m. on Thursday, Sept. 6.

Symptoms or just Sometimes



By KENNETH B. LOURIE

Is what I feel – wherever I feel it, cancer or middle age? Is what I feel worthy of a mention to my oncologist or merely yours truly looking for trouble? Moreover, Is the pain/discomfort I feel in my chest (between my lungs) par for the course of treatment I'm on and characteristic of the disease with which I've been diagnosed, or is it completely unrelated and not at all noteworthy (dare I say, normal)? Or is this a repeat of a symptom I've experienced previously? Once the pain represented a tumor growing in my lungs (bad news); another time, the same pain was scar tissue growing over tumors that had shrunk (great news). (Scar tissue, as my oncologist explained to me, is similar to the scab that eventually forms over a skinned knee and is a sign of healing.) In each case, however, the identical symptom had two very different causes: one good, one bad. Ergo my confusion now. Is what I feel good, bad, or shall I remain indifferent?

And if I remain indifferent, how do I remain indifferent about the most important thing in my life: my health/diagnosis/prognosis? However, stressing about unconfirmed complications seems itself an unnecessary complication and one to be avoided. Where's the benefit in making myself sick (see 8/29/2012 column: "Diagnosed But Not Sick") simply because I have a terminal disease? Then again, if I am to remain proactive with respect to my care and feeding, I must advocate for myself and not allow time to pass when pain and suffering need not occur. I don't want to worry myself sick, but nor do I suppose that neglecting myself dead serves any particular purpose either. As Curly Howard of The Three Stooges said: "I'm too young to die, too handsome; well, too young, anyway." My feelings exactly.

Not only has the same pain-in-my-chest symptom led to opposite interpretations, it has also caused me to wonder if what I've felt was real or imagined (see 8/22/2012 column: "Life in the Cancer Lane") and typical of the roller-coaster existence that becomes "normal" for cancer patients. The dilemma is, I don't want to make something out of nothing any more than I want to make nothing out of something. Nor do I ever want to be damned, but with some days/certain symptoms, I feel as if I'm damned if I do and damned if I don't. Still, I can live with it: I have lived with it, but it certainly doesn't make me feel like I've mastered it.

Even writing a column about it (cancer, and the emotional confusion it causes) seems like I'm bringing unnecessary attention to a condition (some condition) with which I'm forced to live, but a condition any cancer/terminal patient still living would be happy to endure: life. And let me be clear: I am not complaining. I am "introspecting" into the peculiarities and perplexities of living a life for which I had no preparation, no experience and zero indication – until the biopsy confirmed it, that my life, as I had previously known it and expected it to be, was officially over. Not literally, but figuratively. Yet another conundrum.

Making the best of a bad situation, that's how I roll (I'm a Red Sox fan after all). Some days are easier than others, some symptoms/treatments/results are better than others. And some columns make more sense than others. But that's cancer for you: an equal opportunity "screw-upper."

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

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Obituary



Agnes Strauss Wolf

February 25, 1922 – August 11, 2012

Agnes Strauss Wolf, a sixty-year resident of McLean and a major figure in local Democratic politics and civic life, died on August 11 at age 90. She died at her summer home on Cape Cod of complications from a stroke. Mrs. Wolf arrived in the Washington area shortly after graduating from Vassar College in 1943. Her first position was as the only woman investigator on the Senate War Investigating Committee (Truman Committee). She was assigned by the Truman Committee to investigate charges of Navy cost overruns and potential financial misconduct during WWII. She subsequently married the Navy liaison to the Truman Committee, Lieutenant Commander Alfred C. Wolf. They remained married for 60 years until her husband's death in 2006. Shortly after marrying, they moved to their first home on Ballantrae Lane in McLean. After WWII, Mrs. Wolf served as an investigator for the Senate Crime Investigating Committee chaired by Estes Kefauver.

Other than an eight-year interval in the 1950's, Mrs. Wolf lived the remainder of her life on Towlston Road in McLean, until moving to the Jefferson senior living community in Arlington in 2010. She became an active figure in local Democratic politics soon after her arrival, serving as a member of the Fairfax County Democratic Committee since 1962 and as co-chair of the Kenmore Precinct. She served as a delegate to several Virginia Democratic state conventions and as Chair of the Gore delegation from Dranesville District in 2000, and co-founded the Northern Virginia Democratic Club. On the national level, Mrs. Wolf held numerous leadership positions in the Women's National Democratic Club and was a member of the Democratic National Committee Women's Leadership Forum. In addition, she served as organizer, speech writer, and fundraiser on innumerable local, state, and national Democratic campaigns.

Mrs. Wolf was also a major contributor to civic life in McLean. She served as Director of Volunteers for the Fairfax County Community Chest in the early 1950's and was a board member of the McLean Citizens Association in the 1970's, serving on planning & zoning and community relations committees. Among the highlights of Mrs. Wolf's civic contributions was her participation in the protest movement that culminated in confronting bulldozers poised to develop the "Burling Tract" - the successful protest led to the creation of what is now the Scott's Run Nature Preserve.

Upon learning of her death, Congressman Jim Moran offered these words: "Aggie Wolf was an icon of the Democratic party - committed to its policies and principles, and devoted to its members and candidates. I will remember Aggie most, however, for her commitment to the belief that a loving and liberal outlook on life is the best hope for humanity. She'll be so missed."

Mrs. Wolf is survived by her four children, Sally Wolf of Ashburn, John Wolf of Wellfleet, MA, Steven Wolf of Washington, DC, and Andrew Wolf of Charlottesville, and by her four grandchildren, Alexander, Tyler, Kathryn, and Sage.

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