

# Artist Captures Local History

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Pat Mercer Hutchens has completed 50 paintings of the area and had recently made 100 her goal.

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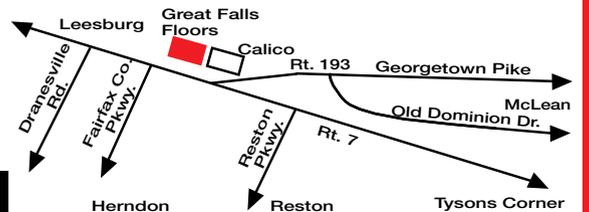
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## GFCA Board Writes To-Do List

One assisted living community struck down, other priorities added.

BY MIKE DICICCO  
THE CONNECTION

One of two proposals to discuss an independent living community in Great Falls was struck down by the board of the Great Falls Citizens Association Monday night after neighbors showed up to protest the idea.

The board meeting at the Executive Suites at Great Falls was to set long- and short-term goals for the new Executive Board; the proposal to make a clustered independent living community a possible use for 22 acres on the northeast corner of Georgetown Pike and Innsbruck Avenue was one of eight amendments to the county Comprehensive Plan recently suggested by the previous board.

The amendments are part of the Area Plans Review that is currently underway for northern Fairfax County.

John Ulfelder, longtime member of the association's Land Use and Zoning Committee, said the idea for an assisted living community had come from the recent 2020 Vision Survey, which had identified popular support for alternative housing for senior citizens who wanted to stay in Great Falls without needing to worry about upkeep and taxes on a large house. Were the property rezoned for such a village, arranged in clusters, Ulfelder said, it could support a maximum of 44 dwelling units, as opposed to the 11 that would currently be allowed

SEE BOARD, PAGE 7



The GFCA Executive Board discussed its immediate priorities for the coming year, including those identified in the "2020 Vision Survey."

### BACK TO SCHOOL Q&A



CONTRIBUTED

Ernie Leighty, principal of Great Falls Elementary School

## GT Expands

Ernie Leighty, principal of Great Falls Elementary School, looks forward to the school's renovation in a new school year.

**Q: What do you consider the single most important news for your school community in anticipation of the new school year?**

**A:** We will begin our long-awaited school renovation this coming year.

**Q: Any new academic programs, initiatives?**

**A:** Our school-based GT (Level IV) program is being expanded to the fifth grade and we will continue developing our character education program that was formally introduced last school year.

**Q: Number of students?**

**A:** 580.

PHOTO BY ROBBIE HAMMER/THE CONNECTION

## Seniors Find Suite Spot

With residents' help, designer rethinks one Vinson Hall apartment.

BY MIKE DICICCO  
THE CONNECTION

When interior designer and lighting specialist Moira Quinn Leite set out to design an ideal suite for seniors at Vinson Hall Retirement Community in McLean, she decided her best consultants would be the residents. After talking to 65 people living at the retirement home and receiving surveys from nearly 100, she went to work, and the new apartment was unveiled in mid-June.

The result is a living quarters that the

county's Agency on Aging has already decided will be a demonstration site for its Building for All Committee.

Leite said she lit the 538-square foot suite with nine different colors of light to maximize visibility. She also eliminated thresholds and rugs that could turn ankles or cause a fall.

**THE KITCHEN** and dining area are held together by a technique known as "channeling," whereby a single, long counter serves for food preparation at one end and eating at the other. Dishes can be pushed along the countertop, which is particularly advantageous to anyone using a walker. "That way, you don't dribble, drop, or spill any of your food," said Leite.

The taller eating surface, coupled with tall stools, makes sitting down and standing up

SEE VINSON HALL, PAGE 5



PHOTO COURTESY M. QUINN DESIGNS AND LYDIA CUTLER PHOTOGRAPHY

A Murphy bed, which folds into the wall, allows for more space in the suite.

# TrafficFlex Flexes Muscles

Great Falls resident expands company throughout D.C. region, plans to conquer new territory.

**T**rafficFlex expanded its traffic information services to cover the D.C. metropolitan area and include streaming video on its Web site last month, but founder and owner Larry Greenfield said that was only the beginning. After working out any bugs while covering D.C., the Great Falls resident plans to set up shop in each of the other 30 worst traffic areas in the country by the end of the year.

The novelty of Greenfield's company is that it brings its users traffic information from people in traffic. "It's a conference call. What we do is we host a conference call," he said. Callers simply share information about the traffic they are in at the moment, and the conversation is managed by a host, who moves it along from one topic to the next.

**THE MORE SIGNIFICANT** the situation, the more likely it is that someone on the line will have information, Greenfield said. "We found it doesn't take that many people. If you have three different people on there talking about the same event, someone has something to pass on."

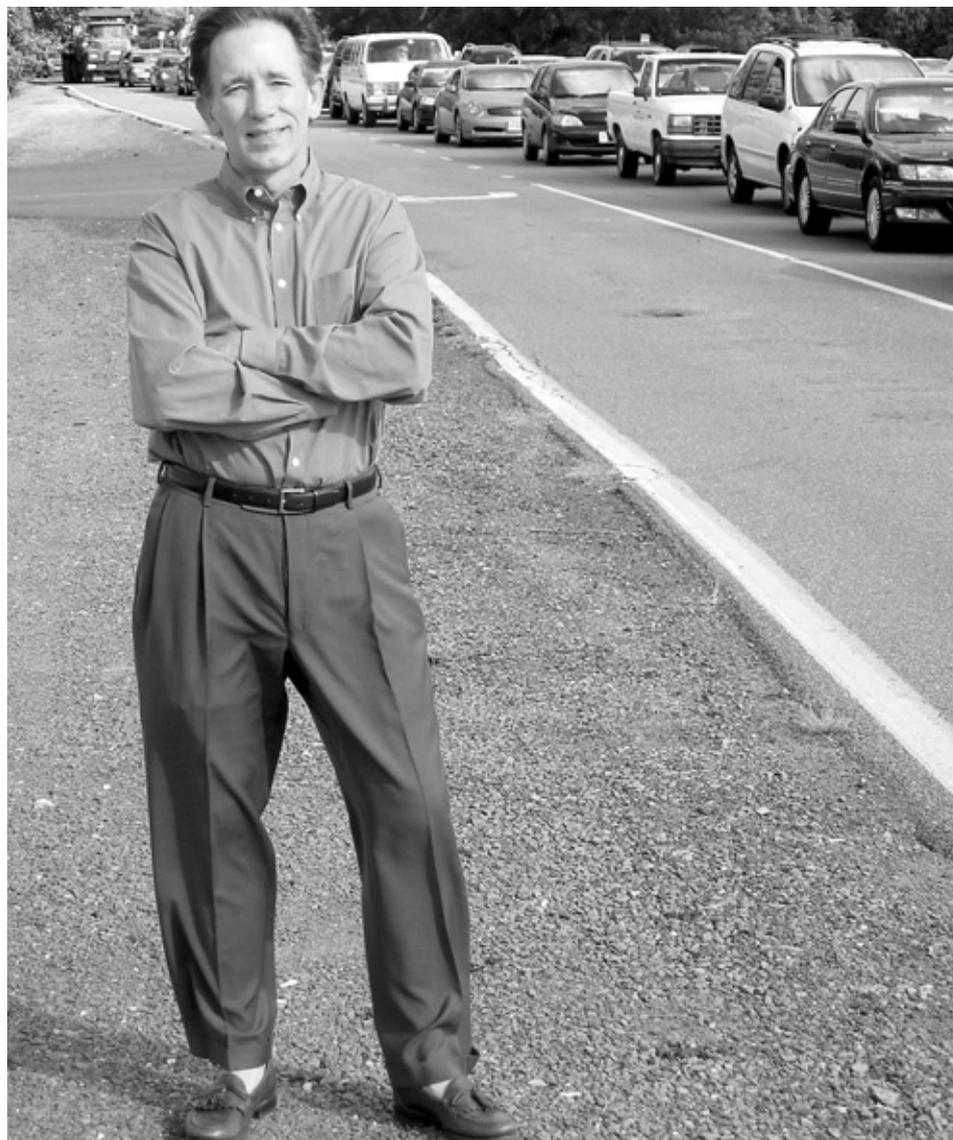
The call is also free.

Greenfield said the teleconference model offers more details and greater accuracy than radio traffic reports. "One of the things we found is that people don't trust traffic reports," he said, noting that the radio is not always up-to-the-minute. But when using TrafficFlex, "you're hearing people who are in it." The fact that the conversation is only concerned with traffic allows for more details, while it also lets users ask clarifying questions, he said. "It's live and it's real-time and it's interactive. That's why it's better than radio."

He also noted that even traffic navigation software could not tell the user whether an alternate route was worth taking, which TrafficFlex users often can. "We consider ourselves a very robust complement to all those other tools people have," he said.

Greenfield started the company in 2006 and, until late last month, it only covered the Route 7 and Dulles Toll Road corridor. He said there will still only be one line and one host until call volume justifies dividing the D.C. area into regions. While the Potomac River would provide a "natural fault line" for dividing the area, he said, "Let's let the users decide where they want those splits to come."

**THE VIDEO** now offered through the TrafficFlex Web site lets viewers watch the host and listen in on the conversation but



Great Falls resident Larry Greenfield plans to expand his human-powered traffic information business throughout the country.

## Check It Out

To find out about traffic around the Washington, D.C. metropolitan area or to offer traffic information, call TrafficFlex at 712-432-8800. Or, to hear the conversation online, visit [www.trafficflex.com/video.htm](http://www.trafficflex.com/video.htm).

is not interactive. The purpose, Greenfield said, is to let people check in on traffic and figure out their routes before leaving home or office. Live video is available during morning and evening rush hours.

Mike Mosteller has been using TrafficFlex since shortly after its inception. "At that time, I was commuting 200 miles round-trip," he said. In March, he retired from his job at the Department of Defense, which had required him to drive to the Pentagon from his home 20 miles northwest of Winchester. "When you're doing the D.C. commute, you can have something happen in one lane of the Toll Road and your two-hour commute turns into a four-hour commute," he said.

While Mosteller was usually ahead of most commuters heading into D.C. and often functioned as the eyes and ears for TrafficFlex, he said the service had helped him avoid some major traffic jams. "And if there wasn't much going on, I would strike up a conversation," he said, noting that the call could alleviate the boredom of his long drive.

Now that his commute is down to an 80-

mile round-trip and doesn't include the Dulles Toll Road, he said, he calls in less frequently. Nonetheless, he said the new video component could prove useful on occasions when he drives into D.C. "Before I leave the house in the morning, I usually check my e-mail, so that would be one quick step," he said.

**THE BUSINESS** brings in revenue through advertising, Greenfield said. Before callers are connected, they have to listen to a commercial, and the same goes for anyone watching the video. He said he also plans to sell up-to-the minute traffic information to companies that, for example, support navigation devices that inform drivers about road conditions. "There are many ways to monetize traffic information," he said.

Greenfield came up with the idea for TrafficFlex while stuck in traffic. He was out of town on an unfamiliar road and didn't know what station to tune in to for traffic information, and it occurred to him that a few decades ago people had ham radios to alert each other to traffic conditions, he said. "I thought, there's got to be a way to turn the cell phone — that everybody has now — to give it some of the power of the ham radio."

And then he answered his own question.

— MIKE DiCICCO

## Deadline Extended For Garden Club Trip

The Great Falls Garden Club has organized a bus trip to Chanticleer Gardens in Wayne, Pa. on Thursday, Sept. 18. The registration deadline has been extended until Sept. 15. A 30-acre pleasure botanical garden near Philadelphia, Chanticleer features perennials, tropicals, containers, woodlands, and wildflowers. Space is limited so as early as possible registration is recommended.

The cost of the trip is \$70, which includes the bus and driver tip, admission to the Gardens, a box lunch and snacks for the bus ride. The bus will be leaving from Great Falls Village at 7 a.m. and return before 7 p.m. The day will include a tour of the house and gardens and also allow plenty of time for individuals to walk around on their own to take pictures and notes.

Checks payable to Ellen Ash at 704 Goldman Lane, Great Falls, VA 22066 must be received by Sept. 15. If you have any question, contact Ellen at [ellenash@cox.net](mailto:ellenash@cox.net); 703-759-3006.

## Sponsors Sought For Viking Navigation Event

The Analemma Society of Great Falls is seeking sponsors for a public lecture and benefit dinner on Leif Ericson Day, Oct. 9. The lecture, "Viking Navigation: the Sun Compass," will be given by Capt. Soren Thirslund of the Danish Maritime Museum at Kronberg Castle in Helsingor, Denmark. It will begin at 6:30 p.m. at the Great Falls Library. The benefit dinner that follows will be at Dante Ristorante. Local individuals and businesses that sponsor the event will later be identified in the Connection.

For information about attending the dinner (\$95 per person) or becoming a sponsor (\$250), call 703-759-3108 or send a check to Analemma Society, P.O. Box 196, Great Falls, VA 22066. The Analemma Society is a nonprofit organization working to fund the development of Observatory Park. The park's International Sundial Garden had its first sundial dedicated last year.

On Saturday, Oct. 11, there will be a sundial demonstration at Observatory Park. The principle of the sun compass that Capt. Thirslund will describe in his talk will be explained by Analemma Society members using the flag pole gnomon that is at the park. Demonstrations will take place from 10 a.m. to 3 p.m. The Observatory Park gnomon was installed in 2002 and has been used each year to observe the vernal and autumnal equinoxes and the summer and winter solstices.

PHOTO BY MIKE DiCICCO/THE CONNECTION

## NEWS

# Vinson Hall Unveils 'Ideal Suite'

FROM PAGE 3

less of an effort, and the counter has a dark edge to make it easy to see where it ends. Spice drawers pull out of cupboards so the user does not have to reach inside.

The suite originally had a small sleeping alcove and a walk-in closet, but Leite moved the closet into the sleeping space and eliminated the original closet space. She installed a Murphy bed, which folds into the wall, to create a larger living area.

In the bathroom, the vanity has both fluorescent light, which is better for someone with macular degeneration, and incandescent light, which would be preferable to someone with a cataract. Below, a walker can be pushed all the way under the sink to allow easy access. The shower has no tub but a small lip that is easier to step over, and there are two shower heads with two sets of controls. Opposite the rain shower head is a handheld one and a seat, "so you can shower yourself or have someone help you," said Leite. The grab bar is decoratively designed. The bathroom floor is heated so it can



PHOTO COURTESY M. QUINN DESIGNS AND LYDIA CUTTER PHOTOGRAPHY

**A long, unbroken counter surface allows "channeling" between the food preparation and dining areas.**

be trod on comfortably without a rug.

Leite said the highlight of the bathroom was the toilet, which can be programmed to clean and dry the user, eliminating the need for assistance. This, said Leite, could mean the difference between staying in a community like Vinson Hall and moving on to an assisted living facility.

**OTHER TECHNOLOGIES** are

spread throughout the suite, such as a chair that stands the user up, an ironing board that folds down out of the wall and an array of kitchen appliances Leite chose for their senior-friendly designs.

"The residents think it's wonderful," said Dinah Brown, Vinson Hall's director of marketing, noting that they, as well as other visitors to the apartment, were already picking out items they wanted for themselves.

### Public Notice – Environmental Permit

**PURPOSE OF NOTICE:** To seek public comment on a draft permit from the Department of Environmental Quality that will allow the release of treated wastewater into a water body in Fairfax County Virginia.

**PUBLIC COMMENT PERIOD:** 2008 to 5:00 p.m. on 2008

**PERMIT NAME:** Virginia Pollutant Discharge Elimination System Permit – Wastewater issued by DEQ, under the authority of the State Water Control Board

**APPLICANT NAME, ADDRESS AND PERMIT NUMBER:**

The Maderia School  
8328 Georgetown Pike  
McLean, VA 22102  
VA0024121

**NAME AND ADDRESS OF FACILITY:**

The Maderia School STP  
8328 Georgetown Pike  
McLean, VA 22102

**PROJECT DESCRIPTION:** The Maderia School has applied for reissuance of a permit for the private Maderia School STP. The applicant proposes to release treated sewage from a private school at a rate of 0.0495 million gallons per day into a water body. Sludge from the treatment process will be transported to another sewage treatment plant for stabilization and disposal. The facility proposes to release the treated sewage into an unnamed tributary of Difficult Run in Fairfax County in the Potomac River/Difficult Run/Nichols Run Watershed. A watershed is the land area drained by a river and its incoming streams. The permit will limit the following pollutants to amounts that protect water quality: Flow, pH, BOD5, Total Suspended Solids, Total Phosphorus, E. Coli Bacteria, Dissolved Oxygen, Total Nitrogen, Total Kjeldahl Nitrogen, Ammonia as Nitrogen, Nitrite and Nitrate as Nitrogen, Total Residual Chlorine, Total Recoverable Copper, and Oil and Grease.

This facility is subject to the requirements of 9 VAC 25-820 and has registered for coverage under the General VPDES Watershed Permit Regulation for Total Nitrogen and Total Phosphorus Discharges and Nutrient Trading in the Chesapeake Watershed in Virginia. As a condition of this permit, the permittee will be required to offset in advance, any loads of total nitrogen or total phosphorus that are expected to be discharged in a given calendar year, in excess of those levels previously allowed by the facility's VPDES permit. The permittee may opt to install nutrient removal treatment that will maintain the existing load of nutrients discharged.

**HOW TO COMMENT AND/OR REQUEST A PUBLIC HEARING:** DEQ accepts comments and requests for public hearing by e-mail, fax or postal mail. All comments and requests must be in writing and be received by DEQ during the comment period. Submittals must include the names, mailing addresses and telephone numbers of the commenter/requester and of all persons represented by the commenter/requester. A request for public hearing must also include: 1) The reason why a public hearing is requested. 2) A brief, informal statement regarding the nature and extent of the interest of the requester or of those represented by the requestor, including how and to what extent such interest would be directly and adversely affected by the permit. 3) Specific references, where possible, to terms and conditions of the permit with suggested revisions. DEQ may hold a public hearing, including another comment period, if public response is significant and there are substantial, disputed issues relevant to the permit.

**CONTACT FOR PUBLIC COMMENTS, DOCUMENT REQUESTS AND ADDITIONAL INFORMATION:** The public may review the documents at the DEQ-Northern Regional Office by appointment.

Name: Anna T. Westernik  
Address: DEQ-Northern Regional Office, 13901 Crown Court, Woodbridge, VA 22193  
Phone: (703) 583-3837 E-mail: atwesternik@deq.virginia.gov Fax: (703) 583-3841

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PEOPLE

# Artist Captures Local History

Pat Mercer Hutchens studies and paints Great Falls places.

BY TALIA ROTH  
THE CONNECTION

A flip of a coin made Pat Mercer Hutchens choose to major in art over psychology and a flip of a coin led to a career spanning decades and through many different aspects of art.

The casual manner in which she picked her career doesn't seem to match the passion with which she speaks about her art. She describes each piece and points out small details that make obvious the depth of her work.

Mercer Hutchens was always interested in the antiques, the beat up things, the things no one else sees the beauty of. Raised in Louisiana, she grew up close to a farm. "There was always all sorts of junk sitting around and we didn't think of it as nothing."

Before heading to college, Mercer Hutchens lived in Jerusalem and said she really didn't have an artistic direction. One night Mercer Hutchens heard screams in the night. A neighbor told her the screams were from a holocaust survivor who had nightmares, but wasn't being hurt and was fine.

"We were all moved by it," she said. "I began thinking about it and I went to a graveyard for cars and I sort of fell in love with them. I put them together with the survivors and they were beautiful, even if they were rusty and old."

**ONCE AT COLLEGE** at Northwestern University, Mercer Hutchens continued her focus on cars and began painting large automobile cutouts. She did this for 30 years.

But living in Great Falls, about two years ago, Mercer Hutchens started noticing the history of local places. She began painting locations in the area that she saw stories in.

"I've always been drawn to antique things, slow to change maybe," she said. "I'm probably sentimental, nostalgic."

This nostalgia led to her next project. About two years ago Mercer Hutchens began painting 8 by 10 inch landscapes of historical places around Fairfax County.

She began with "The Leigh House," an old house that was going to be torn down. "I was just shocked. Mr. Leigh was a doctor and he built that home himself. He treated blacks free. Well, that impressed me, and they were going to build all these office



PHOTO BY TALIA ROTH/THE CONNECTION

Pat Mercer Hutchens's art is on display in the meeting room of the Great Falls Library as well as at the Great Falls Tavern.



CONTRIBUTED

Great Falls artist Pat Mercer Hutchens says she does "as much as humanly possible" to keep her painting historically accurate.

## Art on Display

Pat Mercer Hutchens's art is on display in the meeting room of the Great Falls Library until the end of August. The paintings at the Great Falls Tavern have been on display for about three months. All the paintings are 8 by 10 inches and are for sale for \$800.

buildings," she said.

A journalist asked her what she was doing. "I started crying," Mercer Hutchens said. "She [the journalist] wrote an article about it and they ended up not tearing it down. I was thrilled," she said. "I felt like I'd saved a building."

**MERCER HUTCHENS** said she doesn't know how she chooses what places to paint. "Sometimes they chose me," she said, as she got up to talk about the story of another painting.

The Library of Congress has old photos, Mercer Hutchens takes photos, she also gets old photos from her friends or the owners of the places.

She spends lots of time researching each painting. She goes to the library, online, buys books and talks to people knowledgeable about the places.

"I may change something if I want to. I do as much as humanly possible" to keep her painting historically accurate.

"What if there was a storm and they were all blown up next week," Mercer Hutchens said of the places she paints. "It would've been worth it to paint them. Think of all the stuff that's gone."

She has almost 50 paintings completed and recently made 100 her goal. When the paintings are completed, Mercer Hutchens wants to compile a children's book with the paintings. She also plans to sell them and has had offers.

## Great Falls Student Attends Leadership Summit



CONTRIBUTED  
Kyle Hainline

Kyle Hainline, a student at Langley High School, attended the 2008 Global Leadership Summit, sponsored by LeadAmerica, at American University in Washington, D.C. and Fordham University in New York City. The Global Leadership Summit is a college-accredited invitational leadership program for academically talented and promising young leaders from across the United States and internationally. Exceptional high school students with a record of academic achievement and extracurricular or community involvement, are invited to participate in this summer program.

At the Global Leadership Summit, students explored leadership on a global level and the factors that affect the international balance of power and peace. In a hands-on learning environment, Hainline and fellow students were presented with real-life international crises or disruptions of peace and tackled the issues acting as a head of government, an emissary from an international organization or a representative of a special interest group.



PHOTOBOAT.COM

Skipper Othmar Mueller von Blumencron, of Great Falls, sails along with crew during the 35<sup>th</sup> annual St. Mary's College of Maryland Governor's Cup Yacht Race.

## Great Falls Skipper Wins in Governor's Race

Under a brilliant Milky Way, participants of the 35<sup>th</sup> St. Mary's College of Maryland (SMCM) Governor's Cup Yacht Race began to make their way down the Chesapeake Bay Friday night, Aug. 1, ending at the shores of St. Mary's City on Saturday, Aug. 2. Great Falls skipper Othmar Mueller von Blumencron was awarded second place for his win aboard "Dame Blanche" in the PHRF A-1 class, with a corrected elapsed time of 0/12:39:05.0.

"I have participated in Governor's Cup four times ... We like the race. It's always great to do it — very special. It's one of the best highlights of the sailing season," said Mueller von Blumencron.

The Governor's Cup was founded in 1973 by three St. Mary's College of Maryland students with the support of then president Renwick Jackson. It has been sailed every summer since. The first race, held in 1974, attracted 47 boats.

# Board Identifies 'Four Concerns'

FROM PAGE 3

there, although he said he doubted that so many would be approved.

Coleman Bean, a resident of the adjacent Marmota Farm neighborhood, said he had talked to his neighbors about the proposal. "And I have to say, they're up in arms about it," he said. Bean pointed out that the same survey that had identified the desire for independent living for seniors had stated as its first priority the maintenance of Great Falls' low-density, semi-rural, historic character.

**DUE TO A MISUNDERSTANDING**, Bean and his neighbors, including Marmota Farm Homeowners Association President Elliot Burka, had thought such a rezoning would allow up to 110 units on the land in question, but they remained adamantly against the idea of 44 units as well.

"I just want you to know, you're in for a battle on this one," said Burka, adding that he and his neighbors had received no notice of the proposal and that such a development would devalue their properties.

Neighbor Glenn Youngkin pointed out that the development would mean more traffic on the already heavily traveled Georgetown Pike.

The board voted to drop the proposal.

Board member Kathleen Murphy said the site had been chosen in part because many seniors had expressed a desire to be within walking distance of the Village Center, but she said the project could be taken up elsewhere.

A remaining proposal for the Comprehensive Plan would change plan language to say an independent living and/or assisted living community zoned at one unit per acre would be an option

**"I just want you to know, you're in for a battle on this one."**

— Elliot Burka

for 36 acres east of Downey Drive on Route 7. The land is currently zoned at one-fifth unit per acre, meaning each house must have a five-acre lot.

**A PROPOSAL** to update the Colvin Run Mill Historic Area Master Plan was also kept. The amendment would limit commercial areas to their existing boundaries around Walker Road's intersections with Colvin Run Road and Georgetown Pike and would also restrict them to community-serving functions. It would also have the Colvin Run Miller's House restored, the Colvin Run Community House preserved and maintained, and the Leigh House maintained as a community landmark.

The proposed amendments will be the subject of future community discussion before they are brought before the Board of Supervisors.

The Executive Board also discussed its immediate priorities for the coming year, some of which came out of a focus group of about half the board a week earlier. The group had identified four concerns it wanted to address in the near future — the perception that it has become more difficult to engage the community and mobilize residents to action, the fact that people living around the Village Center say the shopping center's septic field stinks, the difficulties of traveling Great Falls on foot and the fact that the area's residents have relatively large "carbon footprints."

Not all of these came from the 2020 Vision Survey. For example, said Murphy, "The survey did not

show that Great Falls people are eager to lower their footprint." But she said she hoped this would become a priority if it were encouraged.

Joe Sartiano pointed out that Great Falls residents work to preserve trees and streams and said he thought they should protect the larger environment as well. "It's the next step," he said.

David Kondner's suggestion of an energy efficiency education program was met agreeably.

At the urging of Steve Gray, the board decided that the use of county water and sewage would be discouraged, if not prohibited, in dealing with the Village Center's sewage problem.

Transportation Committee Co-Chair Eric Knudsen offered to bring trails related to pedestrian connectivity under his jurisdiction, while nature trails will continue to be the responsibility of the Environment, Parks and Trails Committee.

**THE BOARD** also took interest in Environment, Parks and Trails Committee Co-Chair Stella Koch's suggestion for a project that would illustrate the character of Great Falls by laying out a map of the community that would identify its landmarks and history.

Jim Luce, the association's new president, said he was interested in finding out how much county money was being spent in Great Falls, as opposed to other localities, and it was decided that the board would try to find out how much money Great Falls sends the county in tax dollars and how much of that money it gets back.

The Safe the Pike initiative to manage the volume, speed and safety of Georgetown Pike traffic was also added to the list of priorities.

Luce said he hoped to create committees to deal with all of the issues identified in the next couple of weeks.

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# OPINION

## Local Olympians

Kudos to them, every one, for being there.

Lost somewhere in the quest for gold and medal counts and world records of the Olympics is appreciation for the effort and talent it takes to qualify, to go, to be an Olympian, whether or not an athlete comes home with a medal of any color.

Last week, we celebrated Justin Spring of Burke who contributed to U.S. winning bronze in men's team

EDITORIAL

gymnastics. We're proud of Kate Ziegler of Great Falls, who showed wisdom beyond her years in interviews after she failed to make the finals of either of her two events. The 20-year-old George Mason University student was disappointed, but smiled and said: "Even though I had disappointing swims, I still am an Olympian. ... I went to the Olympics. I'm going to enjoy my experience. This is ... the end of this four-year chapter, but I feel like I'm just ... beginning on my way."

Ziegler's best event actually isn't even an Olympic sanctioned race. The four-time world record holder shattered Janet Evans' 18-year world record time by 10 seconds in the 1,500 in October 2007. (The 1,500 is only for men

in the Olympics.)

Two McLean High graduates, **Giuseppe Lanzone and Sam Stitt**, are both members of the U.S. Rowing Team and are rowing in the Olympic Games in Beijing, China.

The two were McLean Highlander rowing team members during the spring of 2000. The Highlanders finished undefeated that season and earned several medals in several major regattas.

Lanzone, an All-Met rower that season, went on to row collegiately at the University of Washington. Stitt, meanwhile, competed in the sport at Rutgers University. Lanzone came to the United States from Peru and eventually became a U.S. citizen.

These two young men spent 10 years of hard work in hopes of making the 2008 Olympics' Team.

**Kara Lawson**, who enjoyed a standout career at West Springfield and who was named among the Connection's Top-100 Athletes of all time, is on U.S. Women's Olympic basketball team.

Lawson, a 5-foot-10 guard for the WNBA's

Sacramento Monarchs, will make her first Olympic appearance. She is a Tennessee graduate.

At West Springfield, she led the Spartans to the 1997 and 1998 Virginia Class AAA state crowns and perfect 30-0 seasons. In college, she led the Lady Vols to a 126-17 (.881) record, four Southeastern Conference (SEC) regular season titles, the 2000 SEC Tournament crown, and four NCAA Tournaments where UT advanced to the 2001 Sweet Sixteen, 2002 Final Four and 2000 and 2003 championship games.

And Northern Virginia will be represented by at least two athletes in Beijing this year. Tyler Byers of Sterling and Josh George of Herndon were the first two American finishers in the wheelchair division of the L.A. Marathon in March, making them automatic competitors in the marathon event of the Paralympics, which will follow the Olympic games in September.

If you know of local Olympic athletes we've failed to mention (and we're sure there are), please let me know.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM.  
703-917-6416

## Challenge of Running in China

BY JOHN RICHARDS

I've always been a fan of running. Running, along with eating right helped me lose about 40 pounds as I approached my senior year in high school. I tend to sleep better after days that I run versus days I don't. So when I made the decision to spend my junior year of college studying in Beijing, China, I wondered would I be able to keep my daily routine and stay healthy?

As an International Studies major with a focus on China, I had heard the pollution was significant. Personal tales such as "horrendous", "it's like L.A." and oddly, "nothing but clear 'blue sky' days" had me wondering what my experience would be like.

Soon after arriving in Beijing I discovered that everything I heard was quite true, depending on the day that is. The weather during the first few weeks in Beijing appeared to be not too bad and such that I could indeed see blue sky, while the days following consisted of a gray, mist-like haze that never burned off. Throughout the year this pattern continued and was often affected most by wind and rain that had a cleansing effect. However, even on the "blue sky" days there was a coating in my mouth that I couldn't get rid of, something similar to that taste you

have in the morning after a late night out and you forgot to brush your teeth when you went to bed.

Well, I was determined to stay in shape but as the weeks wore on, my lungs ached after finishing every run and I retained a nagging cough for days after. Hearing about a new workout space in a building at my school (Beijing University), I decided to give it a try. I had the same problem but not from the air outside. The gym was located in a basement with no windows, no air vents for circulation, and enough dust to satisfy any attic, so you get the picture. Realizing the consequences, I decided to stop running for the rest of my year in Beijing.

China's pollution is a result of a legitimate desire to improve their

economic status. All countries struggle with consequences of economic growth choices. My reflection about the pollution in Beijing represents the most challenging aspect of my year. I am anxious to return to China for future study

and work as well. The Chinese people I met were fascinating, hospitable and very generous. Overall, I had a wonderful experience in China but I have to say, it's good to be home.

*The writer is a Vienna resident.*



John Richards on the Great Wall just north of Beijing.

LETTERS TO THE EDITOR

### Don't Water Down TJ

To the Editor:

I am writing in response to the July 31 article entitled "Seeking More Diversity at TJ."

As a parent of grade school and middle school children, I would like them to have the same chance at getting into Thomas Jefferson High School for Science and Technology as anyone else. All students should be judged on the same

scale. If quotas were established requiring a certain number of students to be selected from each middle school, then the candidates with the highest qualifications wouldn't necessarily be the ones chosen to attend TJ. The same thing would happen if race quotas were established. Students should not be discriminated against just because they are white or go to a certain middle school where there are several highly qualified applicants.

Also, TJ certainly should have

strict rules about the performance of its students in order to maintain their enrollment. A 3.0 GPA seems like a very fair rule. If a student can't perform up to that level, there should be no shame at transferring to their local neighborhood high school.

Let's not undermine or water down the high quality of the Thomas Jefferson High School student body.

**Charlie Peterson**  
Springfield

THE CONNECTION

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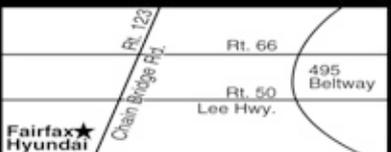
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The Wiggles

The Pop Go The Wiggles Live! Tour will be at the George Mason in Fairfax Aug. 20, with a special Wiggles giveaway for some of the lucky people in the 'hot potato' seats.

CALENDAR

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.

WEDNESDAY/AUG. 20

Pop Go The Wiggles Live! Tour. 3 p.m. and 6:30 p.m. Patriot Center, 4400 University Drive, Fairfax. The Wiggles are setting out on a rhythmic adventure as they invite fans to "Romp Bomp A Stomp," do "The Monkey Dance," and "Move like an Emu." Join The Wiggles, Captain Feathersword, Dorothy the Dinosaur, Henry the Octopus, Wags the Dog and all the Wiggly Dancers as part of the new live concert tour, "Pop Go The Wiggles!" Prices from \$18-\$38; the \$38 tickets will be in the "hot potato seats" and will include a Wiggles giveaway. Visit www.ticketmaster.com or call 202-397-7328.

Book Discussion Group. Call for the book title. Adults. No registration is required. 7:15 p.m. Oakton Madison Library, 1244 Oak Ridge Avenue, McLean, Tel: 703-938-0770.

Book Discussion Group. The Sea by John Banville. Adults. No registration is required. 7:15 p.m. Oakton Library, 10304 Lynnhaven Pl, Oakton, 703-242-4020.

Kenny Rogers and the Oak Ridge Boys. 7:30 p.m. \$40 in house, \$25 lawn. The Filene Center, Wolftrap Foundation for the Performing Arts, 1645 Trap Road, Vienna. www.wolftrap.org.

THURSDAY/AUGUST 21

Chris Isaak. 8 p.m. \$40 in house, \$22 lawn. The Filene Center, Wolftrap Foundation for the Performing Arts, 1645 Trap Road, Vienna. www.wolftrap.org.



Azalea 'Secret Wish'

The Northern Virginia Azalea Society is conducting a public auction of rare, native and evergreen hybridized azaleas on Sunday, Aug. 24. at the Merrifield Garden Center in Fairfax.

Cathy Ponton King (Blues/Sweet Ballads). A Washington, D.C. singer has a brand new CD, "Under Tow," featuring all new originals plus blues. Free. 7:30-8:30 p.m. Nottoway Park, 9601 Courthouse Road, Vienna.

FRIDAY/AUGUST 22

Pokemon League. Learn and play! Age 5-18. No registration is required. 3 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna, Tel: 703-938-0405.

U.S. Navy Country Currents Band. 6:30 p.m. Free. Concerts on the Green, at the Vienna Town Green, 144 Maple Ave. E., Vienna. Call to register, 703-255-6360.

Eddie from Ohio. 7:30 p.m. \$32 in house, \$22 lawn. The Filene Center, Wolftrap Foundation for the

lawn. The Filene Center, Wolftrap Foundation for the Performing Arts, 1645 Trap Road, Vienna. www.wolftrap.org.

Batala Percussion Band. 6-8 p.m. Free. Afro-Brazilian and samba-reggae rhythms. Palladium Civic Green, 1445 Laughlin Ave., McLean. Call 703-288-9505.

SUNDAY/AUGUST 24

Auction of Rare and Unusual Azaleas. The Northern Virginia Azalea Society is conducting a public auction of rare, native, and evergreen hybridized azaleas. A slide show will provide pictures of most of the azaleas being auctioned. Refreshments served. 1:30 p.m., at Merrifield Garden Center, 12101 Lee Highway, Fairfax, in the second floor meeting room. Call Rick Bauer 703-455-4850 or Eve Harrison 540-778-1945.



The Irish Tenors: Anthony Kearns, Karl Scully, Finbar Wright, will perform on Aug. 24 at the Filene Center, Wolftrap Foundation for the Performing Arts.

colonial farm wife shows how to combine salt, water and homemade vinegar to preserve summer crops. The Claude Moore Colonial Farm at Turkey Run is a living history museum that authentically portrays family life on a pre-Revolutionary War era working farm, using interactive educational programs to further understanding of everyday life and agriculture in 18th century Virginia. Regular admission: \$3 adults; \$2 children and senior citizens. Complimentary admission with Claude Moore Colonial Farm membership. Weather permitting. The Claude Moore Colonial Farm, 6310 Georgetown Pike, McLean. Call 703-442-7557 or visit www.1771.org/directions.htm.

MONDAY/AUGUST 25

Game On Afternoon Edition. Come play DDR and Wii and have some snacks. Age 10-18. No registration is required. 4 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna, Tel: 703-938-0405. UB40. 7:30 p.m. \$40 in house, \$22 lawn. The Filene



The U.S. Navy Country Currents Band performs at the Aug. 22 Concert on the Green at the Vienna Town Green.

WEDNESDAY, AUGUST 27

Alphabet Adventures. Fun with letters. Age 2-5 with adult. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean, Tel: 703-356-0770. Ice Cream Social! Celebrate the end of the Summer Reading Program and win a candy jar by guessing how much candy it holds. 2 p.m. Cosponsored by the Friends of the Great Falls Library. 703-757-8560. Stories Under the Stars Bedtime Program. Come in your jammies and enjoy some of our favorite bedtime stories. All ages, 7 p.m. Oakton Library, 10304 Lynnhaven Pl, Oakton, 703-242-4020.

THURSDAY/AUGUST 28

Book Discussion Group. Bangkok 8 by John Burdett. Adults. 1 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna, Tel: 703-938-0405. Duct Tape Mania. Come ready to make duct tape roses, wallets, and other things. Age 12-18. 3 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna, Tel: 703-938-0405. Summer Camp Battle of the Bands. The culmination of the Jammin Java summer camp program. All summer camp bands play for the Top Band trophy. Audience reaction will factor into our overall scores. 6 p.m. at Jammin Java, 227 Maple Ave E, Vienna. Tickets \$10. Passafire, Lionize and Three Legged Fox. Reggae/dub/rock. 9:30 p.m. \$10. Jammin Java, 227 Maple Ave. E., Vienna. Call 703-255-1566 or visit www.jamminjava.com.

FRIDAY/AUGUST 29

Pokemon League. Learn and play! Age 5-18. No registration is required. 3 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna, Tel: 703-938-0405. U.S. Navy Band Cruisers. 6:30 p.m. Free. Classic covers. Concerts on the Green, at the Vienna Town Green, 144 Maple Ave. E., Vienna. Call to register, 703-255-6360. Les Miserables. Tickets from \$25 to \$80. The Filene Center, Wolftrap Foundation for the Performing Arts, 1645 Trap Road, Vienna. www.wolftrap.org.

Enjoy a family movie outdoors at Vienna's Glyndon Park at sundown, about 8:45 p.m. Free. Bring lawn chairs or blankets for seating. For information on which G-rated film will be shown, call 703-255-7842 after noon on August 27 and for weather information on the day of the show.

TUESDAY/AUGUST 26

Regeneration Tour: The Human League, Belinda Carlisle, ABC, A Flock of Seagulls, Naked Eyes. 7 p.m. \$42 in house, \$25 lawn. The Filene Center, Wolftrap Foundation for the Performing Arts, 1645 Trap Road, Vienna. www.wolftrap.org. Matinee with Mommy. Bring your picnic lunch and enjoy a movie matinee every Tuesday in July and August. Call for titles. Cosponsored by the Friends of the Oakton Library. Age 3-5 with adult. 11:30 a.m. Oakton Library, 10304 Lynnhaven Pl, Oakton, 703-242-4020.

Richard Walton Group. 6:30 p.m. Free. Jazz band. Concerts on the Green, at the Vienna Town Green, 144 Maple Ave. E., Vienna. Call to register, 703-255-6360. Greenberg's Train and Toy Show. 10 a.m.-4 p.m. Model and toy train experts, exhibits and demonstrations. Operating train layouts in various sizes and scales; how-to demonstrations, videos and publications; scenery supplies, hobby tools, train parts, accessories and more. \$7 adults; children 11 and under free. Dulles Expo Center, Chantilly. Visit www.GreenbergShows.com.

The Irish Tenors: Anthony Kearns, Karl Scully, Finbar Wright. 8 p.m. Tickets \$22 to \$52. The Filene Center, Wolftrap Foundation for the Performing Arts, 1645 Trap Road, Vienna. www.wolftrap.org. The Claude Moore Colonial Farm Pickling Produce: Participatory Event. 1-4 p.m. Crisp, salty pickles from the kitchen garden will bring flavor to the colonial farm family's winter meals. Help prepare vegetables for pickling as the

Alden Theatre Announces Exciting Season

The Alden Theatre in McLean is offering the best acts in music, comedy, dance and theatre with its 2008-2009 Professional Artist Series. Beginning with the New York Cast of For-

bidden Broadway on Oct. 29, and ending with a heart-stopping (or is that stomping?) performance by Grand Dérangement on May 2, the series boasts not-to-be-missed opportunities to see such diverse performers as Les Ballets

Trockadero de Monte Carlo, local favorite John Eaton, The Hot Club of San Francisco to 70s songstress Janice Ian. The Alden Theatre Box Office will open at noon on Tuesday, Sept. 2. The theatre is located at 1234 Ingleside Avenue.

Professional Artist Series

Forbidden Broadway - New York cast; Wednesday, Oct. 29 and Thursday, Oct. 30, 2008 at 8 p.m. - Tickets: \$37/\$30 McLean tax district residents.

Juggernaut Jug Band - Saturday, Nov. 1, 2008 at 8 p.m. - \$29/\$23 McLean tax district residents.

The Capitol Steps - Friday, Jan. 2 and Saturday, Jan. 3, 2009 at 8 p.m. - \$42/\$36 McLean tax district residents.

Riders in the Sky - Saturday, Jan. 17, 2009 at 2 p.m. and 8 p.m. - \$30/\$25 McLean tax district residents.

Performing Arts, 1645 Trap Road, Vienna. www.wolftrap.org.

SATURDAY/AUGUST 23

Greenberg's Train and Toy Show. 10 a.m.-4 p.m. Model and toy train experts, exhibits and demonstrations. Operating train layouts in various sizes and scales; how-to demonstrations, videos and publications; scenery supplies, hobby tools, train parts, accessories and more. \$7 adults; children 11 and under free. Dulles Expo Center, Chantilly. Visit www.GreenbergShows.com. Catch the Music Bug! Join Tracey Eldridge in this interactive introduction to music program. Cosponsored by the Friends of the Oakton Library. Age 3-5. 10:30 a.m. Oakton Library, 10304 Lynnhaven Pl, Oakton, 703-242-4020.

Sgt. Pepper's Lonely Hearts Club Tribute. With Todd Rundgren, Lou Gramm, Bo Bice, Christopher Cross and Denny Laine. 8 p.m. \$40 in house, \$25

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**Approximately 200 people turned out for U.S. Rep. Frank Wolf's (R-10) forum on Lyme disease, Aug. 5.**



PHOTO BY JULIA O'DONOGHUE/  
THE CONNECTION

## Lyme Disease on the Rise

### Surge in cases in western Fairfax.

BY JULIA O'DONOGHUE  
THE CONNECTION

**Z**oe Schelonko looked as perky as any other 16-year-old girl during a recent lunch interview at Neisha Thai in Tysons Corner. The Ashburn teenager with chin length, dyed red hair chatted about how much she hates gym class and likes the trendy British clothing store H&M.

So it was hard to believe that the teenager had been confined to her home for the past four years.

Schelonko said she has chronic Lyme disease, an illness that can seem "invisible" to onlookers. She has not attended school full-time since the sixth grade.

Jennifer Duncan, a Great Falls resident, said she and two daughters all have Lyme disease. Like Schelonko, her older daughter used a wheelchair during a portion of her sophomore year of high school. Her younger daughter has a difficult time participating in after-school activities because attending a full day of school wears her out, Duncan said.

"In the beginning, I wouldn't complain because people didn't believe me. They thought I was a hypochondriac," said Schelonko, of the sickness that caused head and joint aches in early elementary school.

Sam Shor, a Reston doctor who specializes in infectious diseases and spoke at Wolf's forum, said he has successfully treated patients with chronic fatigue/chronic Lyme disease by keeping them on antibiotics prescribed for Lyme over a longer period of time.

"This is real phenomena. There are people who have an illness that warrants treatment," said Shor, who is hoping to find money to study chronic Lyme disease treatment further.

The 16-year-old has been known to use a wheelchair while hanging out with friends at the mall or an amusement park. Standing up for long periods of time exhausts her.

"She was home bound for most of sixth grade and, in seventh grade, she tried to go to school but only lasted seven weeks," said Schelonko's mother, Brenda, at a recent support group meeting organized by members of the National Capital Lyme and Tick-Borne Disease Association.

Zoe Schelonko is far from the only person with Lyme disease complications in the area.

**APPROXIMATELY 200** people, many with Lyme disease, attended U.S. Rep. Frank Wolf's (R-10) forum on Lyme disease earlier this month.

A few animal hospitals are also reporting a high rate of Lyme disease in dogs. The Great Falls Animal Hospital routinely tests dogs for Lyme and said approximately 30 to 35 come back positive for exposure.

Lyme disease is generally contracted in Virginia through a deer tick, according to officials from Fairfax and Loudoun counties. The deer tick generally attaches itself to deer, which can then bring infection to residents and their pets when they wander into backyards and gardens.

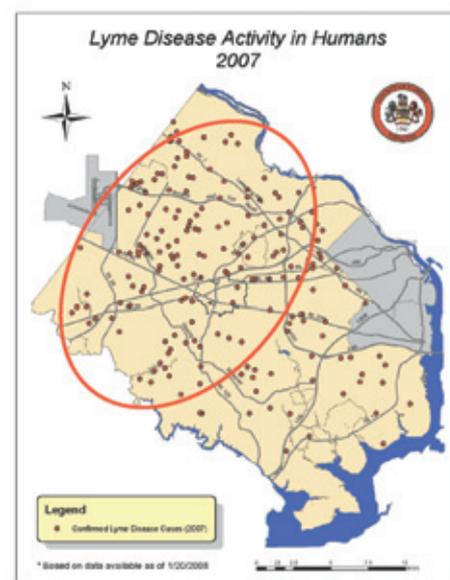
"Think of the deer as a tick Metro system. It is better than the Metro system because the deer can take ticks all over the county," said Jorge Arias, with the Fairfax County Health Department.

In Fairfax, the rate of confirmed Lyme disease cases rose from about 4.5 per 100,000 residents in 2006 to over 12 per 100,000 residents in 2007, Arias said.

In Loudoun, the number of reported Lyme disease cases rose from 29 in 1999 to over 500 in 2007, said Dr. David Goodfriend, director of the Loudoun County Health Department.

"Lyme is expanding into Northern Virginia and becoming more of an endemic," said Arias, during a presentation.

Most people who are contracting Lyme disease in Fairfax County live on the west-



COURTESY OF FAIRFAX COUNTY HEALTH DEPARTMENT

### Residents in western Fairfax County reported more cases of Lyme disease last year.

ern side of the county. In Fairfax, Arias also said females are infected at a rate higher than males.

In Loudoun County, approximately 75 percent of the people infected picked up Lyme disease on their own property. About 25 percent thought they got the disease from a tick originally on their pet, Goodfriend said.

"The number of chronic Lyme sufferers in Loudoun County continues to increase. Interventions taken to date have not blunted this trend," Goodfriend said.

Some local elected officials are taking action. The Loudoun County Board of Supervisors recently voted to allocate more resources to Lyme disease prevention. Wolf, who represents both Loudoun and Fairfax counties, has co-sponsored legislation that would raise awareness and promote education about the disease.

**SOME LOCALS** with Lyme disease said they hope area doctors gain more expertise about the illness. Several said they were

### Preventing Lyme Disease:

Courtesy of the Fairfax County Health Department

- ❖ Dress to Protect Yourself – Tie back long hair and wear a hat; wear long, loose, light-colored clothing; tuck pant legs into socks.
- ❖ Always Wear Insect Repellent – Sprays with DEET and oil of lemon mixtures work against ticks.
- ❖ Avoid Tick Habitats – avoid low lying vegetation; avoid forests and woodlands where deer are present; stick to the middle of trails; avoid tall grass and brush.
- ❖ Perform Regular Tick Checks – Look immediately and several hours after field activities; check in hidden and hairy areas; use a friend or mirror to check hard to see areas.
- ❖ Protect Your Pet – Use a treated collar; use a spot treatment; consult your veterinarian; beware of Lyme disease in dogs.
- ❖ Make Your Yard A Tick Free Zone – create a sunny, dry area; remove leaf litter and tall grass; lay down wood chips and gravel; keep playground equipment and decks away from yard edge and trees; use fences.
- ❖ Use Chemical Control – Use a spray with permethrin to control ticks in your yard, apply for the first time in late March, April or May. Reapply as directed.
- ❖ Discourage Deer – Remove plants that attract deer; plant deer resistant plants; construct physical barriers to deer – deer can jump eight feet but will not jump over a fence they can't see over.

### Signs and Symptoms of Lyme Disease

Courtesy of the Loudoun County Health Department

- ❖ Early Signs (Three to 30 days after infection)
  - ❖ Flu-like feelings – headache, stiff neck, fever, muscle aches and fatigue
  - ❖ Erythem Migrans rash – starts as a small, reddish bump about one-half inch in diameter but expands outward.
- ❖ Late Manifestations (Days to Months Later)
  - ❖ Bell's palsy
  - ❖ Meningitis
  - ❖ Shooting pains
  - ❖ Changes in heart rhythm
  - ❖ Recurrent joint swelling
  - ❖ Arthritis

sent to multiple specialists — including neurologists, orthopedic surgeons and psychiatrists — before a correct diagnosis.

There is some national controversy over whether "chronic" Lyme disease exists.

Many residents infected with Lyme disease and a handful of local doctors have argued that Lyme disease can be a chronic, long-term illness.

But some mainstream medical organizations, including the Infectious Disease Society of America, do not believe people suffer from Lyme disease over a period of months or years after they have been treated.

"My original infectious disease doctor told me that if you aren't better after four weeks of treatment, you don't have Lyme disease," said Duncan, who disagrees.

**"Lyme is expanding into Northern Virginia and becoming more of an endemic."**

— Jorge Arias, Fairfax County Health Department

**"Think of the deer as a tick Metro system ... the deer can take ticks all over the county."**

— Jorge Arias, Fairfax County Health Department

## REAL ESTATE

# Six Commandments

How to design and build your home without going crazy or broke or both.

**B**uilding a home is a journey. For some it is a glorious expression of who they are, while others tackle it to find a comfortable place to sit alone with their thoughts or their family. In either case, building a home is more than square footage, blue prints, and bricks. It is a chance to change the way you live. It is a chance to tell the world who you are.

Whether you are remodeling, adding on to you current house or building from scratch, the basic steps are the same. In each case, the goal is a Good House. Whether modest or grand, your success will depend on following these six commandments.

### GOOD HOUSE



WILL DENNEHY

1. Understand and be able to articulate how much money you can spend!
2. Understand what your money can buy. Not what you hope it will buy, but what it will buy!
3. Beware of creeping escalation.
4. Balance adding space with aesthetics and livability! Remember God is in the details.
5. Make decisions about design and construction with dispatch!
6. Understand, that even with meticulous planning, things often go wrong!

### WHAT CAN YOU AFFORD

Nothing will get you into trouble, faster and deeper, than not being honest about what you can afford. First, be honest with yourself. Then be honest with your architect and builder. Rule 1-A for Living and Working with Building Professionals is:

If you are not comfortable discussing your budget with the professional you are working with, you are working with the wrong professional.

If you overstate what you can afford, a great deal of your time and money will be spent designing, or worse, building something you cannot afford.

A design you love could end up stripped of all the features and touches that make it special — that make it your home as opposed to anybody's home. Or the whole design may have to be scrapped. It is hard enough to pay for drawing lines on paper. Imagine how

hard it is to pay for erasing those lines.

If you understate what you can afford you may give up a window seat to watch the sunset and not even know you did it. Your architect can't work with your budget if she doesn't know what it actually is. And if she isn't paying attention to your budget, she isn't listening — fire her.

Let me relate a recent experience. I was hired to design and build a large addition.

When the question of budget arose the husband and wife answered at the same time. Unfortunately, their answers were \$100,000 apart. He said \$300,000. She said \$400,000. How could they be so far

apart on this crucial element of their plans? The road to a happy and successful addition was already heading in the wrong direction.

After I reviewed their program and pointed out some typical costs, they agreed that the higher number was more realistic. At every design meeting they increased the scope of the project, eventually adding several hundred square feet and increasing the cost by tens of thousands dollars. Not surprisingly, their project came in over budget.

Eventually, my clients admitted they deliberately misled me about how much they wanted to spend, believing that they would undercut my price by bidding the job to other less expansive builders. They found out that quality work requires good workmanship and that good workmanship requires good workmen and that good workman are expensive. They are also rare and worth every penny you will pay them.

Know what you can afford. Dream a little and explore options. Work out a budget with your architect and confirm it with your builder.

Don't give up that wonderful window seat for watching the sunset by trying to outsmart the people you hire. After all, you were smart enough to hire them in the first place.

Next column: How much does it cost?  
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Column nine  
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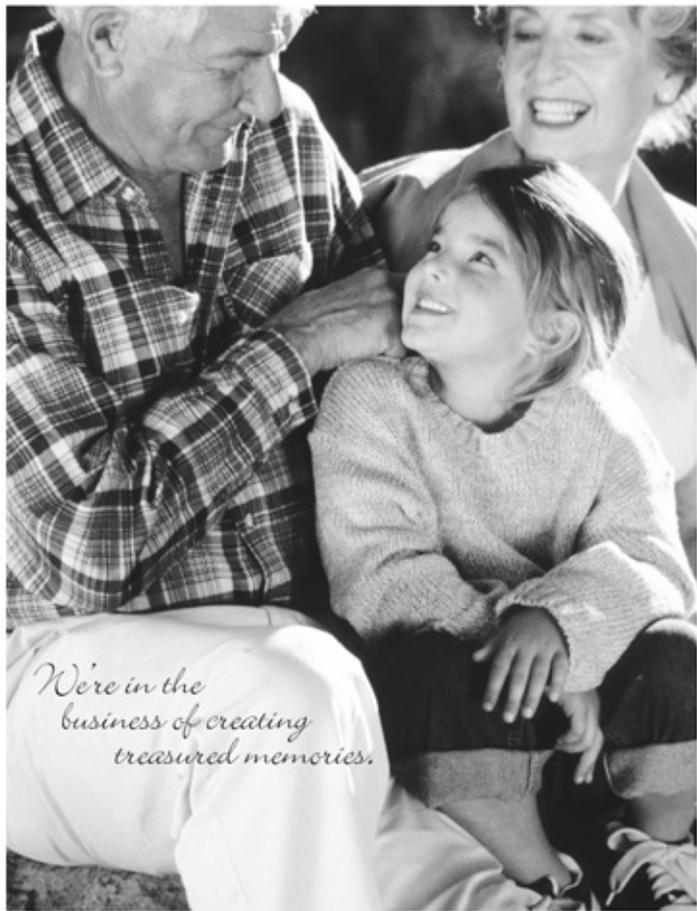


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## SCHOOLS

School Notes are for awards and achievements, as well as special events. Send information to [schools@connectionnewspapers.com](mailto:schools@connectionnewspapers.com), or call 703-917-6434.

**Michael Luca Sponseller** has been named to the spring 2008 dean's list at Vanderbilt University in Nashville, Tenn. Sponseller is the son of Mr. and Mrs. Robert M. Sponseller of Great Falls.

**Elizabeth Frances Frankenfield** has been named to the spring 2008 dean's list at Vanderbilt University in Nashville, Tenn. Frankenfield is the daughter of Mr. and Mrs. Wayne C. Frankenfield of Great Falls.

**Kennedy William Kanagawa** of Great Falls earned a bachelor of arts degree in Theatre during recent commencement exercises at Muhlenberg College. Kanagawa, a Baker Scholarship recipient, received the 2008 Henry Award for Excellence in Performing Arts and was named to the dean's list for the spring semester.

Two local students have been accepted by Hampden-Sydney College and will begin classes in August 2008.

❖ **Gregory Dean Bentz, Jr.** — Greg, enrolling with an Alumni Award, is a graduate of Langley High School and is the son of Dr. and Mrs. Gregory D. Bentz of Great Falls.

❖ **Augustus Jackson Spivey** — Jackson, enrolling as a Patrick Henry Scholar, is a graduate of Langley High School and is the son of Mr. and Mrs. Gregory B. Spivey of Great Falls.

**Nationally renowned psychologist Sam Goldstein** will speak about Raising Resilient Children: Harnessing the Ordinary Magic of Stress Hardiness, on Wednesday, Aug. 27, at 7 p.m. at Oakton High School. Parents and others interested in children's healthful development are invited to attend the free presentation, sponsored by the Fairfax County Public Schools (FCPS) Office of Student Services.

Goldstein will introduce parents to the emerging science of resilience in this multimedia presentation. He will emphasize the critical role of parents in shaping the environment to help children gain happiness, success in school, satisfaction in their lives, solid friendships, and a resilient mindset. Goldstein will also provide a set of strategies and guidelines for parents of young people of all ages, followed by a question-and-answer period.

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Our Lady Queen of Peace Catholic... 703-979-5580  
St. Ann Catholic Church... 703-528-6276  
St. Charles Catholic Church... 703-527-5500  
See Ad at Left

### Church of Christ

Arlington Church of Christ... 703-528-0535

### Church of God- Anderson, Indiana

Church of God... 703-671-6726

### Churches-Episcopal

St Andrew Episcopal Church... 703-522-1600  
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### Churches- United Church of Christ

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Upcoming Community Events:	Service Times:
<p><b>August 16</b> Young at Heart Fun Day 10 a.m.-2 p.m. Come join us for food, fun and games for young and old!</p> <p><b>September 13</b> Spaghetti Dinner / Talent Show. 6:00 p.m. The Arlington Youth Group will be hosting a spaghetti dinner fundraiser. <i>Suggested Donation: \$5 per plate</i></p>	<p><b>Sunday:</b> Bible Study 9:30 a.m. Worship 10:30 a.m.</p> <p><b>Wednesday:</b> Bible Study 7:30 p.m.</p>

# SPORTS

## Area Swimmers Excited, Inspired by Olympics and Michael Phelps



**Krissy O'Malley, 7, Dominion Christian School, Vienna**

"I was watching swimming every night. My mom and dad let me stay up extra late to watch it because I love it so much. Michael Phelps

is my favorite (I even went to Build-a Bear and made a stuffed animal named Phelps), but I love watching the girls like Kate Zeigler and Natalie Coughlin, too. Watching Michael Phelps swim and get his medals really makes me want to keep swimming. I think I'll need to practice a lot and probably will need to swim in the winter too when I get bigger (like when I'm 8 or 9) if I want to win like him. And I do want to win like him ... It's really fun to go fast! It's fun to see how happy his family is when he wins too. He is very cool."



**Sophia Divone, 8, Great Falls Elementary School (swims for Lowes Island Club)**

"I love watching Olympic swimming. Team USA Rocks! Michael Phelps is amazing and inspires me to practice hard and to improve my times."



**Thomas Natal, 9, Great Falls Elementary**

"I love watching the Olympics! Michael Phelps is the best. After watching him swim, I am going to try to swim butterfly just like him and go really fast!"



**Erin Callahan, Age 13, 8th grader Kilmer Middle School, Vienna**

"I watched the Olympics every night at the beach with my best friends. We are all big swimmers, so when we watched the

400 Free Relay and the French swimmer said, "We will smash the Americans," we all started to laugh. Right before Lezak swam the last leg of the relay I thought, 'Oh, boy — I guess the French swimmers were right.' But when the USA won we were jumping up and down and screaming. We probably woke up everyone in Ocean City. I loved it when Phelps started celebrating by roaring and shaking his fists in the air. It was great seeing Michael with so many gold medals hanging over his shoulders. He inspired me because he proved that anything can happen if you want it."

**Will Roeder, 9, Vienna, The Potomac School**

"One of the best parts of watching the Olympics is that we have no bedtime. I have stayed up late every night to watch Michael Phelps. It has been awesome. He has made me want to go faster next year to try to be the top 10 year old. I can hardly wait to get back into the pool."

**Monica Brendsel, 11, Oakton, Flint Hill School (Westwood Country Club and York Swim Club)**

"I have been in five different states (California, Arizona, Nevada, Utah and Wyoming) watching Michael Phelps win all eight of his gold medals. Ever since he stood on the stand for his first gold medal, he has inspired me in so many different ways but primarily by showing me how much he loves his sport and how dedicated he is to it."



**Zachary Roeder, 8, Vienna, The Potomac School**

"One of the best things is that we have no bedtime during the Olympics. We have watched Michael Phelps every night. He inspired me during my All Stars race

because my mom told me that Michael would always go for the gold but if he ended up with the silver and had done his best it would be OK. I went to sleep thinking of that and the next day I went for the gold and won my 8 & under backstroke race. It was awesome watching Michael get his the other night."



**Jenna Buggé, 15, Langley High School, Great Falls**

"As a butterflyer, I love watching other people swim butterfly. There is something awe-inspiring when you watch somebody who does it well.

We've been watching Olympic swimming as a family and Michael Phelps is phenomenal in the water. It is amazing to watch Phelps swim because of his flawless technique and his perseverance in the water. It seems like every time he gets in the water, he is breaking a record. It is hard to comprehend the physical and mental prowess required to do that."

PHOTOS CONTRIBUTED

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# Well Done



By KENNETH B. LOURIE

Not that anybody in a position of decision-making or public relating is listening to me, lowly middle class consumer that I am, but I think I owe the oil companies an apology. As much as I have complained about and criticized their grotesque profits in print (occasionally) and in conversation (frequently), their most recent record-setting quarterly profits have turned me completely around. With the numbers, and variety, of businesses reeling from the high cost of oil (up 72 percent in the last year, as of Aug. 8), and with bankruptcies, foreclosures, store closings, unemployment and inflation all increasing, and with even the possibility of some governments going to a four-day work week to reduce the financial pressures on their thousands of employees, dominating the headlines, a direct result of increased energy costs (as well as all the other collateral costs on down and across the food chain, metaphorically speaking), why is it that the companies who actually import the oil, who themselves have to absorb this unprecedented increase in the cost of their doing business, and who, I would imagine, spend more money on energy costs than most other companies do, are the ones least effected by the escalating costs of these goods and their related services? It has to be management and their business acumen.

When all/everybody else is failing and you are not, it must be a direct result of your brains and perhaps a little brawn. Running a multi-billion dollar company with hundreds of thousands employees spread across nearly the entire universe (that we know of), with offices, platforms, drills, rigging, vehicles, equipment, hardware, software, etc., everywhere, and it all needing to be integrated into some kind of organized business plan that allows for everyone to be paid: management, employees, contractors, sub-contractors, vendors, insurers, attorneys, accountants, public relations and advertising people, researchers and developers and of course, stockholders and bond holders; and have products brought to market in a timely and efficient manner, and still make a profit, even after the main component of their business — oil, has increased by an amount totally out of their control — a 100 percent increase in one year until this most recent fall back, is nothing short of miraculous and worthy of, at the very least, a PBS-type documentary explaining how a company/industry could thrive under such extraordinary and excruciatingly difficult — and challenging — circumstances. Circumstances that have cut so many of their fellow business owners down to the quick.

A quick that has seen many blue chip, blue bloods; some of the best and the brightest, in America and abroad, devastated, suffering indignities and financial losses never before imagined, not just millions or even hundreds of millions, but in some board rooms, losses calculated to be in the billions. That's the real "b" word in today's economy.

But somehow the oil companies muster on, encountering the same fossil fuel-related increases as everyone else, yet still posting record profits. We shouldn't be questioning their success; we should be celebrating it. If only the rest of us could learn, even just a little bit, from the oil companies' success, I'm sure the world would be a much better place, what's left of it anyway.

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

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**21 Announcements**

**21 Announcements**

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**29 Misc. for Sale**

**\$250 KING Pillow Top**  
 Mattress & Box set (3pc)-Brand New, Never Used w/warranty. (Retail \$500+) Deliverable 571-926-1990

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**21 Announcements**

**21 Announcements**

**LEGAL NOTICE**

The medical practice of Dr. Maged Hussein at 2555 Chain Bridge Road has merged with Virginia Nephrology Group (VNG) at 3931 Walnut Street # 101. Dr. Hussein plans to go on an extended sabbatical. VNG is one of the premier nephrology groups in Northern Virginia with multiple convenient office locations and privileges in most local hospitals. To schedule an appointment please call (703)246-9246.

Dr. Hussein would like to thank his patients and the local community for their confidence and support during his years in practice.

**21 Announcements**

**21 Announcements**

**LEGAL NOTICE**

AT&T intends to file an application to construct a cellular telecommunications tower at 1988 Kirby Road, McLean, Virginia 20121. AT&T is publishing this notice in accordance with Federal regulation 37CFR1.1301 et seq, the National Environmental Policy Act and the Advisory Council on Historic Preservation 36 CFR 800. The project referenced as Brllyn Park will consist of constructing a 145-foot tall stealth dead tree pole within a proposed 16-foot by 22-foot fenced compound. In addition, a proposed 12-foot wide gravel access road with a turnaround area will extend from the compound north to Westmoreland Street. A 15-foot RCP culvert will also be installed at the new access entrance. The proposed equipment will be located on an 11-foot by 11-foot concrete pad. Trench lines area assumed to follow the access road. Parties interested in submitting comments or questions regarding any potential effects of the proposed facility on Historic Properties may do so in writing by contacting Carolyn Mitchell, AT&T, at 7150 Standard Drive, Hanover, Maryland 21076 or c/o markos9@atcassociates.com.

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**3 RE for Rent**

**Herndon 5BR+den 2.5BA Col 2Car G \$2200** 571-268-3353

**21 Announcements**

**21 Announcements**

**LEGAL NOTICE**

Cricket Communications, Inc is proposing to install new telecommunications antennas on an existing water tank located at 2400 N. Wakefield St., Arlington, Arlington County, VA. The new facility will consist of mounting three antennas at 150 feet on the water tank catwalk. Support equipment will be placed at ground level within a 10 by 15-foot fenced area. Any party wishing to submit comments regarding potential effects by proposed facility on any historic resources should send comments to: Project 61084753-RAL/c/o EBI Consulting, 6876 Susquehanna Trail S., York, PA 17403 or call 850-284-0240.

**29 Misc. for Sale**

**29 Misc. for Sale**

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**21 Announcements**

**21 Announcements**

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**4 RE for Sale**

**4 RE for Sale**

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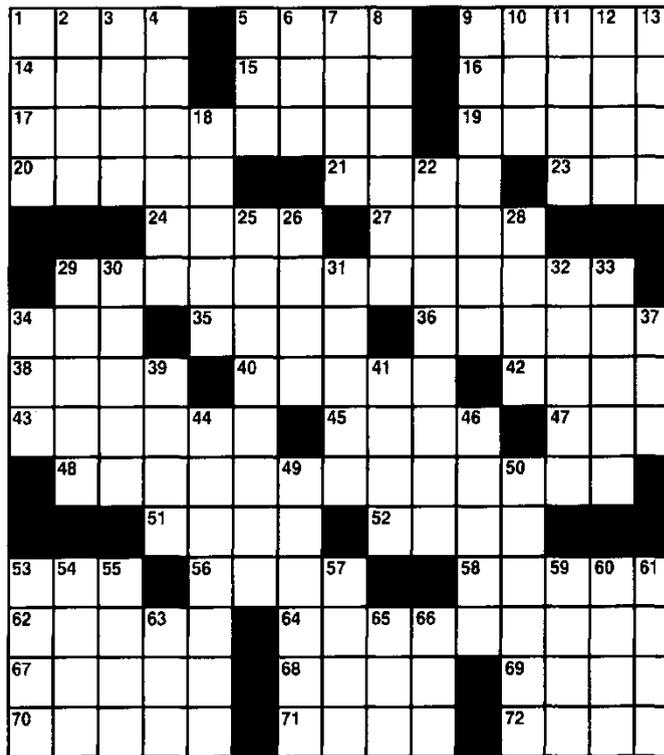
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## NEW YORK TIMES CROSSWORD

Edited by Will Shortz

No. 0324-6



Puzzle by Nancy Salomon

**ACROSS**

- 1 London Fog, e.g.
- 5 Multigenerational story
- 9 Betray, in a way
- 14 Up to the task
- 15 Zippo
- 16 Play hard to get
- 17 Sage lands?
- 19 Torments
- 20 Barfly's roost, perhaps
- 21 "... blackbirds, baked in —"
- 23 Professional suffix
- 24 Do a post-laundry job
- 27 Poet — St. Vincent Millay
- 29 Joe's lands?
- 34 — de mots (pun)
- 35 Feds
- 36 Looked with desire
- 38 Makes a scene?
- 40 Largest Cornhusker city
- 42 Have on
- 43 Hotel Bible
- 45 Peewee people
- 47 One of the "Little Women"

**DOWN**

- 8 Dieters' lands?
- 51 Last name in cruelty
- 52 Took note of
- 53 Pal, rapper-style
- 56 Spot in the Senate
- 58 Arab emirate
- 62 Sly character
- 64 Bad lands?
- 67 Slicker in the winter
- 68 Superior's inferior
- 69 Gold medalist Lipinski
- 70 Insinuate
- 71 Dummy
- 72 Command to a boxer

**12 Words from Wordsworth**

- 13 Catbird seat?
- 18 On high
- 22 Star worship
- 25 Stand buy
- 26 Consider
- 28 Once again
- 29 Mr. Rhodes of Rhodes scholarships
- 30 Better
- 31 Biters
- 32 Hate the thought of
- 33 Tailor's joints
- 34 Bender
- 37 Like some humor
- 39 Uses a Singer
- 41 Crossed fingers symbolize it
- 44 Somewhat
- 46 Like rye, usually
- 49 Kidded around
- 50 Full-price payers
- 53 Sailor's stir
- 54 Gallop
- 55 Forget about
- 57 Dangerous charger
- 59 Go sailing
- 60 Gillette product
- 61 Brit's interjection
- 63 Emmy winner Arthur
- 65 Free
- 66 — Speedwagon

**ANSWER TO PREVIOUS PUZZLE**



**SEE YOUR NAME IN PRINT!**

Be the first person to fax in the correct crossword puzzle answers each week, and we'll put your name here! Fax the completed puzzle with your name and the puzzle number to the Crossword Puzzle Desk, fax #703-917-0998!

The winner of puzzle #0323-6 is:

**The Ambroses**

Note: Due to space limitations, the crossword may not appear from time to time. In that case, you may look on our Web site: [www.connectionnewspapers.com](http://www.connectionnewspapers.com) and click on the "Print Editions" button. It should appear in a newspaper from a different Classifieds zone.

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# HOME SALES

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	Date Sold
907 FALLS MANORS CT	6	5	1		GREAT FALLS	\$1,885,000	Detached	1.270546	07/18/08
10563 FOX FOREST DR	4	4	1		GREAT FALLS	\$1,845,000	Detached	0.826446	07/10/08
10204 COLVIN RUN RD	4	3	2		GREAT FALLS	\$1,573,500	Detached	1.752938	07/29/08
10015 WINDY HOLLOW RD	5	4	1		GREAT FALLS	\$1,530,000	Detached	1.738407	07/14/08
10107 NEDRA DR	5	5	1		GREAT FALLS	\$1,475,000	Detached	0.777273	07/28/08
601 BROCKMAN CT	5	4	1		GREAT FALLS	\$1,450,000	Detached	1.904362	07/31/08
947 LEIGH MILL RD	4	3	1		GREAT FALLS	\$1,165,000	Detached	2.568893	07/25/08
9103 WHITE CHIMNEY LN	6	3	1		GREAT FALLS	\$1,135,000	Detached	1.854683	07/28/08
1024 PRESERVE CT	4	4	1		GREAT FALLS	\$1,100,000	Detached	0.905923	07/11/08
11560 HOLLY BRIAR LN	6	4	1		GREAT FALLS	\$996,500	Detached	0.696143	07/31/08
11711 CRIPPEN CT	4	4	1		GREAT FALLS	\$970,000	Detached	0.827824	07/09/08
10818 FAWN DR	5	4	0		GREAT FALLS	\$805,000	Detached	2.216804	07/29/08
1140 BOB O LINK CIR	6	3	0		GREAT FALLS	\$800,000	Detached	1.680005	07/10/08
1092 PENSIVE LN	4	4	0		GREAT FALLS	\$765,000	Detached	0.718779	07/30/08
12001 HOLLY CREST CT	4	3	1		GREAT FALLS	\$755,000	Detached	0.512672	07/18/08
739 UTTERBACK STORE RD	4	3	1		GREAT FALLS	\$650,000	Detached	1.726354	07/31/08
10825 MONTICELLO DR	4	2	1		GREAT FALLS	\$485,000	Detached	0.369995	07/31/08
11209 BIRMINGHAM CT	4	2	1		GREAT FALLS	\$455,000	Detached	0.230005	07/14/08
10502 CAMBRIDGE CT	5	3	0		GREAT FALLS	\$399,900	Detached	0.230005	07/15/08
914 WHANN AVE	6	6	3		MCLEAN	\$3,788,000	Detached	0.57601	07/10/08
1101 INGLESIDE AVE	5	4	1		MCLEAN	\$2,990,000	Detached	0.78168	07/21/08
7786 SOLITUDE CT	5	4	1		MCLEAN	\$2,688,000	Detached	1.311065	07/23/08
1174 WINDROCK DR	5	6	2		MCLEAN	\$2,675,000	Detached	1.741736	07/24/08
1033 FOUNDERS RIDGE LN	5	5	2		MCLEAN	\$2,350,000	Detached	0.966116	07/24/08
7013 ELIZABETH DR	5	5	1		MCLEAN	\$2,303,750	Detached	0.646006	07/09/08
1133 TOWLSTON RD	5	5	2		MCLEAN	\$2,300,000	Detached	1.871901	07/10/08
1117 THERESA ANN	6	6	2		MCLEAN	\$2,294,655	Detached	0.400092	07/21/08
7112 CAPITOL VIEW DR	5	5	2		MCLEAN	\$2,238,000	Detached	0.410376	07/10/08
7104 CAPITOL VIEW DR	6	5	1		MCLEAN	\$2,100,000	Detached	0.372039	07/10/08
1042 BALLS HILL RD	6	6	1		MCLEAN	\$2,000,000	Detached	0.9486	07/22/08
901 LYNTON PL	5	6	1		MCLEAN	\$1,837,500	Detached	0.930556	07/23/08
7115 CAPITOL VIEW DR	5	4	1		MCLEAN	\$1,825,000	Detached	0.468021	07/02/08
8455 PORTLAND PL	4	5	1		MCLEAN	\$1,795,000	Detached	1.004775	07/29/08
987 SPRING HILL RD	5	4	1		MCLEAN	\$1,775,000	Detached	1.167447	07/07/08
1615 FIELDING LEWIS WAY	4	4	1		MCLEAN	\$1,750,000	Detached	0.310147	07/25/08
8700 OLD DOMINION DR	4	4	2		MCLEAN	\$1,565,000	Detached	2.323095	07/01/08
6222 COTTONWOOD ST	5	4	1		MCLEAN	\$1,560,000	Detached	0.5	07/10/08
1810 SOLITAIRE LN	4	4	1		MCLEAN	\$1,525,000	Detached	0.756061	07/02/08
1437 OAKVIEW DR	6	4	2		MCLEAN	\$1,450,000	Detached	0.460468	07/18/08
6360 LYNWOOD HILL RD	4	3	2		MCLEAN	\$1,425,000	Detached	0.432897	07/21/08
6504 HITT AVE	7	5	1		MCLEAN	\$1,410,000	Detached	0.406038	07/24/08
1319 BALLANTRAE LN	2	2	0		MCLEAN	\$1,400,000	Detached	1.689991	07/18/08
1960 KIRBY RD	5	4	1		MCLEAN	\$1,375,000	Detached	0.421671	07/15/08
1705 CHESTERBROOK VALE CT	5	4	1		MCLEAN	\$1,340,000	Detached	0.331084	07/24/08
1622 FOREST LN	6	3	1		MCLEAN	\$1,260,000	Detached	0.488269	07/15/08
1323 LANCIA DR	3	3	1		MCLEAN	\$1,200,000	Detached	0.574151	07/30/08
1803 FRANKLIN AVE	5	4	1		MCLEAN	\$1,165,000	Detached	0.574151	07/14/08
1707 JAMES PAYNE CIR	6	3	1		MCLEAN	\$1,150,000	Detached	0.345868	07/14/08
1356 KIRBY RD	4	3	0		MCLEAN	\$1,100,000	Detached	1.0	07/25/08
1231 MEYER CT	5	3	0		MCLEAN	\$1,090,000	Detached	0.715083	07/29/08
6003 BALSAM DR	5	3	0		MCLEAN	\$1,085,000	Detached	0.425758	07/15/08
6621 FLETCHER LN	3	3	0		MCLEAN	\$1,050,000	Detached	0.689991	07/18/08
2131 HILLTOP PL	5	4	1		FALLS CHURCH	\$1,025,000	Detached	0.243985	07/23/08
1361 WOODSIDE DR	5	3	1		MCLEAN	\$1,000,000	Detached	1.246212	07/03/08
6632 HAMPTON VIEW PL	3	3	1		MCLEAN	\$915,000	Townhouse	0.048646	07/18/08
6794 STOCKWELL MANOR DR	4	3	1		FALLS CHURCH	\$908,885	Townhouse	0.034435	07/24/08
7111 ELIZABETH DR	4	3	0		MCLEAN	\$875,000	Detached	0.401309	07/24/08
1945 FRIENDSHIP PL	4	3	1		FALLS CHURCH	\$851,000	Detached	0.379936	07/14/08
7506 BOX ELDER CT	4	3	0		MCLEAN	\$845,000	Detached	0.526837	07/28/08
7441 CARRIAGE HILLS DR	3	3	2		MCLEAN	\$825,000	Townhouse	0.068871	07/10/08
7015 HECTOR RD	5	3	0		MCLEAN	\$795,000	Detached	0.241047	07/30/08
6620 MADISON MCLEAN DR	3	3	1		MCLEAN	\$790,000	Townhouse	0.08758	07/01/08
2388 HURST ST	4	3	1		FALLS CHURCH	\$785,000	Detached	0.278214	07/11/08
1781 CHAIN BRIDGE RD #204	2	2	0		MCLEAN	\$780,000	Garden 1-4 Floors		07/15/08
1627 LA SALLE AVE	4	4	1		MCLEAN	\$775,000	Detached	0.13028	07/29/08
6508 ENGEL DR	4	3	0		MCLEAN	\$755,000	Detached	0.260308	07/11/08
7610 BRITTANY PARC CT	4	3	1		FALLS CHURCH	\$750,000	Detached	0.140932	07/30/08
6217 KELLOGG DR	4	3	0		MCLEAN	\$740,000	Detached	0.257576	07/16/08
6629 IVY HILL DR	3	2	1		MCLEAN	\$725,000	Detached	0.332254	07/15/08
1633 LA SALLE AVE	4	3	1		MCLEAN	\$722,000	Detached	0.149219	07/09/08
1436 BROOKHAVEN DR	5	2	1		MCLEAN	\$700,000	Detached	0.834298	07/02/08
6820 ROSEMONT DR	5	2	1		MCLEAN	\$693,000	Detached	0.253099	07/30/08
1930 POWHATAN ST	5	3	0		FALLS CHURCH	\$685,000	Detached	0.26281	07/15/08
1823 WESTMORELAND ST	5	4	1		MCLEAN	\$680,000	Detached	0.241047	07/24/08
6822 MCLEAN PROVINCE CIR	3	2	2		FALLS CHURCH	\$672,500	Townhouse	0.068182	07/28/08
7206 WARBLER LN	3	2	0		MCLEAN	\$660,000	Detached	0.324747	07/11/08
1809 SUSQUEHANNOCK DR	4	3	0		MCLEAN	\$658,000	Detached	0.271304	07/01/08
7100 ENTERPRISE AVE	3	2	0		MCLEAN	\$638,000	Detached	0.292195	07/21/08
1812 RUPERT ST	3	2	1		MCLEAN	\$614,000	Detached	0.263085	07/25/08
1900 PIMMIT DR	4	2	1		FALLS CHURCH	\$605,000	Detached	0.262695	07/30/08
7216 DAVIS CT	3	3	0		MCLEAN	\$604,000	Detached	0.310055	07/11/08
1506 PATHFINDER LN	5	2	1		MCLEAN	\$600,000	Detached	0.294376	07/02/08
7228 BURROUGHS LN	3	2	0		FALLS CHURCH	\$600,000	Detached	0.460537	07/22/08
2125 GREENWICH ST	4	3	0		FALLS CHURCH	\$597,750	Detached	0.321396	07/07/08
2230 BEACON LN	3	2	1		FALLS CHURCH	\$563,250	Detached	0.234343	07/23/08
7006 ALICENT PL	3	2	2		MCLEAN	\$557,000	Townhouse	0.040978	07/09/08
8370 GREENSBORO DR #612	3	2	0		MCLEAN	\$550,000	Hi-Rise 9+ Floors		07/11/08
7025 HAYCOCK RD #G	2	2	1		FALLS CHURCH	\$545,000	Other		07/16/08
1551 DUNTERRY PL	3	2	2		MCLEAN	\$535,000	Townhouse	0.039624	07/25/08
2289 IDYLWOOD STATION LN	3	3	1		FALLS CHURCH	\$530,000	Townhouse	0.035744	07/23/08
7027 HAYCOCK RD #507	2	2	1		FALLS CHURCH	\$525,000	Other		07/11/08
1734 GILSON ST	3	3	1		FALLS CHURCH	\$515,000	Detached	0.193595	07/25/08
1800 OLD MEADOW RD #706	3	2	1		MCLEAN	\$500,000	Hi-Rise 9+ Floors		07/18/08
7419 HOWARD CT	4	3	1		FALLS CHURCH	\$450,000	Detached	0.231612	07/31/08
2110 GLENN SPRING CT	3	2	2		FALLS CHURCH	\$440,000	Townhouse	0.03214	07/15/08
1800 OLD MEADOW RD #117	2	2	0		MCLEAN	\$415,000	Hi-Rise 9+ Floors		07/22/08
1749 PIMMIT DR	2	1	1		FALLS CHURCH	\$412,000	Detached	0.269995	07/17/08
1809 PIMMIT DR	2	1	0		FALLS CHURCH	\$377,000	Detached	0.257117	07/21/08
2816 HYSUN LN	4	3	1		FALLS CHURCH	\$370,000	Townhouse	0.045845	07/25/08
8380 GREENSBORO DR #425	2	2	0		MCLEAN	\$355,000	Hi-Rise 9+ Floors		07/08/08
1550 SPRING GATE DR #8413	2	2	0		MCLEAN	\$353,000	Garden 1-4 Floors		07/28/08
1949 FAY PL	3	2	0		FALLS CHURCH	\$350,000	Detached	0.229775	07/02/08
1600 SPRING GATE DR #2202	2	2	0		MCLEAN	\$350,000	Garden 1-4 Floors		07/24/08

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