



Great Falls CONNECTION

'Dog Days of Summer' Celebrated

NEWS, PAGE 3

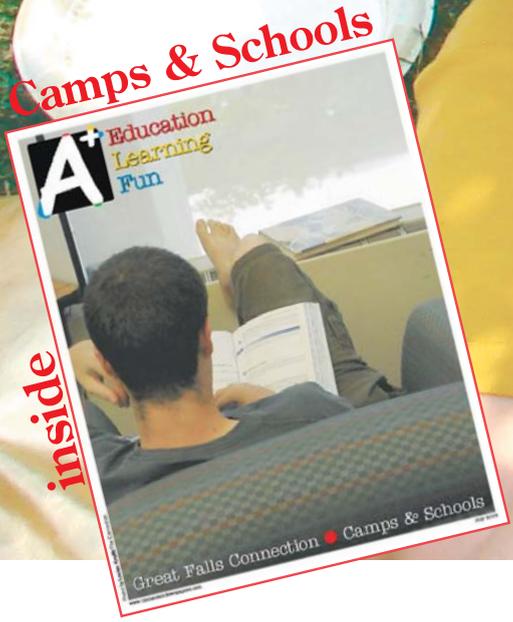
Celebrating 30 Years Of Service

NEWS, PAGE 4

Artist at Work at Great Falls Library

NEWS, PAGE 4

Anne Gavin enjoys the afternoon with her dog, Robbie, while participating in Seneca Hill Animal Hospital Resort and Spa's first 'Dog Days of Summer' on Sunday, July 12 in Great Falls.



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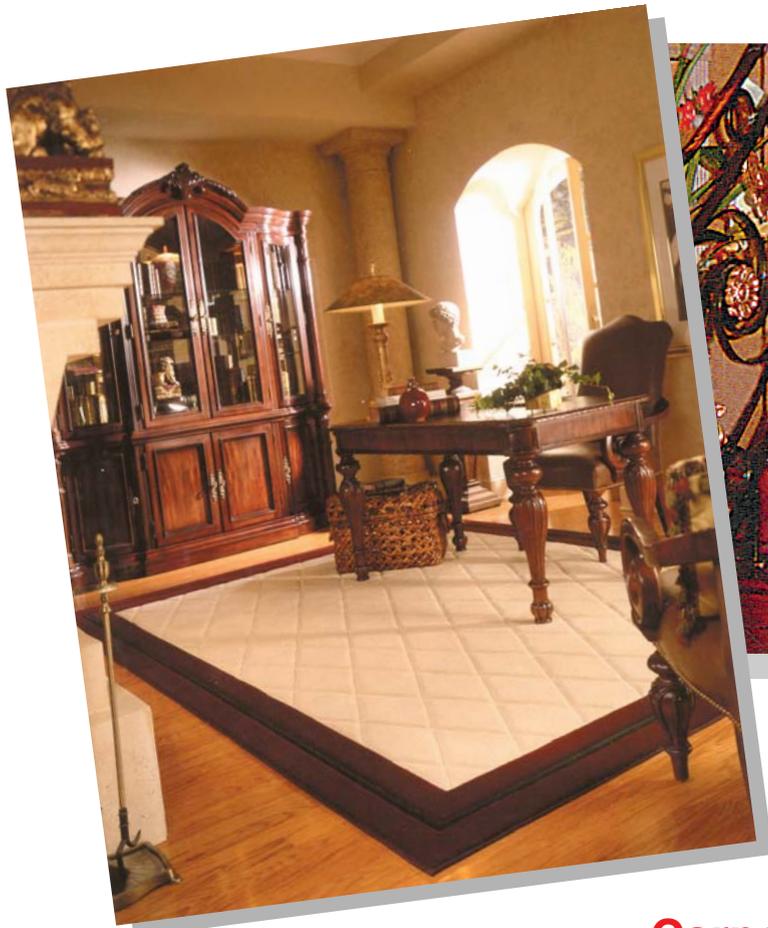
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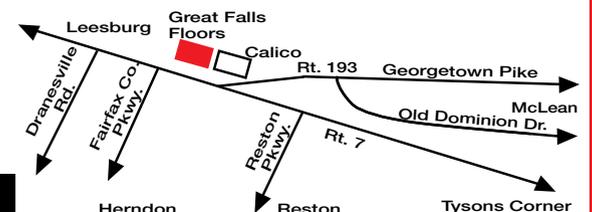
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NEWS

Elite Fitness Owner Cassella Dies

Waterford resident was heavily involved in Great Falls community.

BY MIKE DECCA
THE CONNECTION

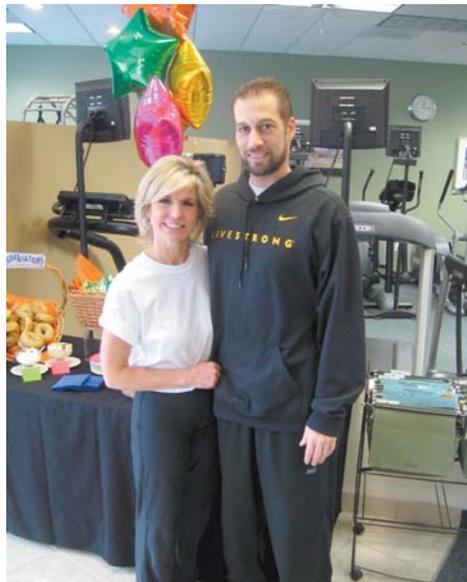
Joe Cassella, who has co-owned and operated Elite Fitness in Great Falls for 10 years, died Saturday, July 11 at the age of 40. He had been diagnosed with an aggressive form of lung cancer in September, shortly before his third child was born.

"The loss is going to be so tremendously felt, not only at the gym but also throughout the community," said Dianna Sievers, who knew Cassella for years as her personal trainer before she began working at the gym a few years ago.

A resident of Waterford, Cassella became involved in the Great Falls community he served. After a local sixth-grader, Peter Choo, died of cancer in 2007, Cassella decided to sponsor an annual race to raise money for the Make-A-Wish Foundation in the boy's name, paying the costs out-of-pocket. He sponsored an additional race in 2008 to help pay medical bills for Nick Cafferky, who was paralyzed in a beach accident when he was a rising senior at Langley High School about two and a half years ago.

CASSELLA was also known to show up and support local sports teams at their games, and he took on high school students as employees, mentoring them and often trying to introduce them to people who might be able to guide them toward future internships or jobs.

"Joe just was the kind of person who put somebody else before himself," said Jason



Joe Cassella poses with employee Dianna Sievers at the Elite Fitness gym's 10th anniversary last December.

Stavish, Cassella's partner at Elite Fitness.

Since word of the diagnosis got out, a number of clients have returned the kindness, taking over some of the day-to-day tasks at the gym to help relieve Cassella during his treatment. Sievers said Cassella's friends and loved ones had also seen to it that he received the best hospital care possible, and the treatment had been aggressive.

While the gym serves clients at all levels of fitness, it has specialized in luring into a healthier lifestyle those who had not been exercising, as well as working with rehabilitation patients.

As his business celebrated its 10th anni-

In Lieu of Flowers

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The Cassella Children's Education Trust
c/o Thomas Richardson, Esq.
555 12th St., N.W.
Washington, DC 20004-1206

versary in December, Cassella said his favorite part of the job had been helping clients who were trying to regain their quality of life, noting that many cancer patients had been rehabilitated there.

"He was one of those people who could make you want to turn around and change your life," Sievers said, noting that he had helped her alter her lifestyle. "Part of his legacy to us is that he made so many of us keep coming back," she said. "He just had that golden touch that made you feel so special."

Stavish said Cassella's demeanor made the gym an easy place to work, as well as exercise. "It didn't even feel like Joe was the boss. It was like he was one of the employees," he said.

CLIENTS and other members of the community were in disbelief over Cassella's death, said Sievers. "He was the epitome of strength and good health and fitness." She said the gym was being flooded with cards and flowers.

Sievers said the business had closed on Sunday but that Cassella, who was "not big on pomp and circumstance," would have wanted his staff to resume business as usual. "Our gym is strong," she said. "We will carry on in the spirit that this gym was founded on."

Funeral services for Joe Cassella are Wednesday, July 15 at St. John the Apostle Roman Catholic Church, 101 Oakcrest Manor Drive N.E., Leesburg. Mass is expected to begin at approximately 4 p.m.

OBITUARY

Joseph F. Cassella, 40

Joseph F. Cassella, 40, our devoted father, husband, son, brother and friend died surrounded by his family and friends on July 11, after a courageous battle with cancer. Joe grew up in Frankfort, N.Y. and moved to Virginia in 1993 most recently settling in Waterford, Va. with his wife, Gina and their three children, Nicole, Joey and Ava.

Joe "Juice" attended Frankfort-Schuyler High School and SUNY at Brockport, Rochester, N.Y. Joe then focused on a dream. The creation of Elite Fitness Concepts, a Health and Fitness Club in Great Falls, in 1998 fulfilled his dream to share his philosophy of "New Day, New Chance." Joe was an outstanding personal trainer and friend who motivated in simple ways that touched and strengthened us all.

Joe is survived by his beloved wife Gina and their three children, Nicole Marie, Joseph Rocco and Ava Nicole. Also surviving are his parents, Joseph and Angela Cassella, sister and brother-in-law Dina and Jeff DeSarro and their children Gianna, Jeffrey and Angelo, and brother and sister-in-law Frank and Vivi Cassella. Also surviving are his in-laws, Frank and Donna DeRocco, brother-in-law and sister-in-law Frank and Nicole DeRocco, brother-in-law and fiancé Vincent DeRocco and Krystal Bensen, and brother-in-law Patrick DeRocco. He also leaves behind many aunts, uncles and cousins that will truly miss him.

Joe is predeceased by his grandparents, Vincent and Anna Bono, Frank and Louise Cassella, Netty DeRocco, Al Conte and cousin Erica Bono.

Teen's Essay Wins European Tour

Paper focused on Girl Scouts' advancement of gender equality.

When her troop leader told the group about the Girl Scout Global Citizens Essay Contest, "It didn't seem like an interesting thing at first," said 15-year-old Great Falls resident Meghan Anand. Now, Anand is touring Europe as one of six winners in the contest's 15- to 17-year-old age group.

Entrants were asked to write 500 words or less about ways in which Girl Scouts are addressing the United Nation's eight Millennium Development Goals, set at the Millennium Summit in 2000. When she started looking into those objectives, she said, she became interested. "I like learning about the UN and international policy and government." She chose the third goal, which was to promote gender equality and empowerment of women.

As an Indian, she said, she was exposed first-hand to gender inequality whenever she visited her grandparents in India, where women are often uneducated and relegated to housekeeping and other menial, low-paying jobs.

"I wanted to look at and research how Girl Scouts were working to combat such an important issue," Anand said.

She found a number of examples, from a collaborative effort with the UN's Division for the Advancement of Women to help underprivileged women enter the field of information technology, to the Girl Scouts' Congressional Aide Program and the Ms. President Patch, which prepare girls in the United States to take leadership roles.

The essay was due on March 25, and Anand and the five other winners in her age

group left for Europe on July 11. They will visit international centers for Girl Guides — as the Scouts are called in many other countries — in London and in Lucerne, Switzerland and will also spend time in Paris, returning next Thursday, July 23.

Winners in the 12- to 14-year-old age group are taking a trip to New York City.

"I'm just really excited to visit the Girl Guide centers and see what they do," Anand said, adding that she was also curious to meet Scouts of other countries and learn about their culture.

A rising sophomore at Thomas Jefferson High School for Science and Technology, Anand also mentors and tutors students at two local elementary schools, is a member of her school's Spanish Honor Society and earned letters on the school's boys varsity



Meghan Anand

golf team. Last year, she played in the state high school golf championship. Anand is currently working on her Girl Scouts Gold Award.

— MIKE DICICCO

PHOTOS BY CAROLINE ADAMS/THE CONNECTION



Jill Banks is painting live model, Michelle Anonick.

Artist at Work at Great Falls Library

Jill Banks displays her paintings, talent.

BY CAROLINE ADAMS
THE CONNECTION

Jill Banks is exhibiting more than 20 oil paintings at the Great Falls Library. On Saturday, July 11, she also exhibited her talent at work as she painted a live model in front of an audience. Banks spoke to the audience, discussing her choice of color, brush stroke techniques, and her lighting choices, and even joked around saying, "When I make a mistake, I am used to doing it privately. That will not be the case today. You all get to experience my mistakes with me."

Banks later told us about her exhibit, "This is my second time coming to Great Falls Library. I have not been professionally painting for that long and I have been receiving so much support

within the community. It is nice to be in a local venue and share my work. This exhibit is a market series that stemmed from a trip to Venice. It has splashes of color and is a combination from all my travels."

Also among the audience were several of Bank's students. Mike Pahner has just started his third session with Banks saying, "Jill will take ordinary objects that you would hardly notice otherwise and arrange them so that certain colors will pop. She will arrange a set up varying the backdrops and objects used in order to expand the range of colors. Colors that normally wouldn't stand out, Jill will manipulate so that they are the focus."

Linda Rosen, a member of the Great Falls community, spoke of her pleasure of the Great Falls community's support of local artists. "We have a huge diversity of local artists in the Great Falls area and people don't realize that. These events recognize the local talent and Jill is one of my favorite painters," Rosen said.



The audience observes as Banks employs a diverse palette of colors.



School vice president Ian Simmons, school founder and president Lynn Simmons and Head of School Sylvia Ghorbani display their 30th anniversary banner.

PHOTOS BY KENNETH BURCHFIEL/THE CONNECTION

Celebrating 30 Years of Service

Village Green Day School to host 30th anniversary event.

BY KENNETH BURCHFIEL
THE CONNECTION

After three decades of service as a preschool and childcare center, the Great Falls Village Green Day School has become an integral part of the community: The school plans to mark its years of service on July 19 with a 30th anniversary celebration.

"It's going to be a great love fest," said school president and founder Lynne Simmons.

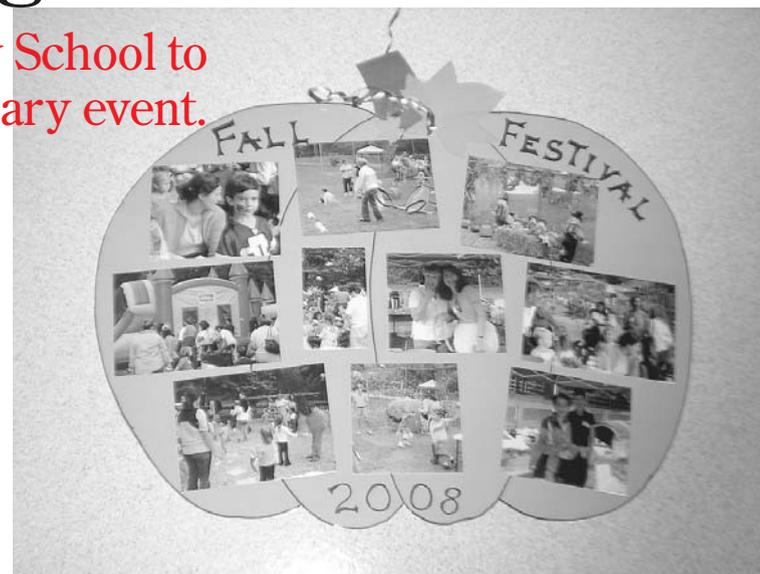
The Village Green Day School, a preschool in Great Falls with a current enrollment of 250 students, arose out of Simmons' desire to provide childcare to working professionals. Its teaching model is based on the "Core Knowledge" curriculum developed by E.D. Hirsch, according to Head of School Sylvia Ghorbani. Their past and present preschool enrollment, which spans the D.C. Metro area, includes the children of diplomats, senators and royalty.

"We have a very wonderful international culture here," Simmons said.

THE JULY 19 EVENT, scheduled to take place at the Great Falls Village Center and open to the public, is a chance "for us to say thank you to the community," school vice president Ian Simmons said. It will begin at 5:30 p.m. with a children's concert led by Pat Budwig, a former music director, followed by the Standing Room Only band performing within the Great Falls Summer Concerts on the Green series, featuring music from the last 30 years.

"It is quite a milestone," said Lynne Simmons.

The school's curriculum includes a variety of programs. Paula Shapiro, the school's director of curriculum, has organized events such as Constitution Day and "heritage week," in which students examine the progression of technology from the past decades to the present. Also notable is the school's Halloween parade.



Village Green Day School hosts a number of special events for its students, such as the 'Fall Festival' displayed here.

"That's a neat school-wide event that's just grown," said Ian Simmons.

The Village Green Day School also hosted an international picnic for students and family, in which parents dressed in their native clothing and prepared international cuisine.

"We try to build and retain childhood memories," Lynne Simmons said.

THE ANNIVERSARY EVENT will be co-sponsored by the Great Falls Construction Company, co-founded by Larry Simmons, the deceased husband of Lynne Simmons. The company builds homes in the Northern Virginia area.

Ghorbani is focusing on the future years as well as the past. She announced that the school plans to obtain "Promethean Boards," special electronic boards used in the classroom environment. She also hopes to make the school more environmentally friendly.

With every year, the Village Green Day School sends more preschoolers on to elementary schools and beyond. Lynne Simmons knows exactly what motivates her to help lead the school.

"You do this because you love children," she said.

Parents interested in more event information can send requests to Vgds30@vgdsva.com or visit the celebration's Facebook page.

REAL ESTATE

To have real estate information listed in the Connection, send to greatfalls@connectionnewspapers.com or 7913 Westpark Drive, McLean, VA 22102. Deadline is Friday.

Beth Putman was the top producer and the top lister at the Great Falls Long & Foster office. Michelina Queri was the agent with the most new listings (seven) and Ali Saghafi was the top seller.

Weichert Realtor's Erin A Mendenhall and the Mclean/Old Dominion office individually were recognized with regional awards for industry success in 2008. Neighborhood specialist Mendenhall led the region in new homes sales for the year. Additionally, under the leadership of manager Steve Gaskins, the entire sales team led the region in listings sold, sales, resales and combined units. Mclean/Dolley Madison's office and several employees were also recognized. Pamela "Penny" Yerks led the region in dollar volume, new homes dollar volume, new home listings, and resale dollar volume for the year. J.D. Callander lead the region in listings, resales listings, listings sold, combined units, and resale revenue units for the year. Additionally, under the leadership of manager Janet Hewitt, the entire sales team led the region in dollar volume, new homes dollar volume, listings, new home listings, resale listings, and resale dollar volume.

Penny Yerks of Weichert Realtors' Mclean/Dolley Madison office was recognized with company awards for industry success in 2008. Yerks led all Weichert sales associates in resale dollar volume for the year.

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Community College To Lead the Way

Options for students looking for a way to get into top schools while saving money.

Northern Virginia Community College offers many local students of all ages an accessible and affordable path to success.

In the Connection this week, education reporter Julia O'Donoghue highlights one little known program at NVCC that the region's top students should carefully consider.

Competition is so steep to get into Virginia's top colleges and universities, like the University of Virginia and the College of William and Mary, that students with excellent grades and SAT scores, plus many other accomplishments, still have been unable to win acceptance to the schools of their dreams.

But those students who really want a degree from a particular Virginia school can control their own fate by first enrolling at Northern Virginia Community College.

The process is not simple; students and their families must carefully study all of the requirements. But if a student gets their associate degree while taking the required classes set by the college where they would like to transfer, achieving the required grade point average, filing the letters of intent with the state college of their choice, then that student is guaranteed acceptance as a transfer student.

EDITORIAL

Students who make use of this program can graduate from a top Virginia college or university in four years, and they will have saved thousands of dollars in tuition along the way.

Another advantage of attending NVCC for two years is evident for the many students who have taken International Baccalaureate courses. NVCC will accept those classes (with passing test scores) for credit; then four-year

colleges will accept the NVCC credits. For many students, the Advanced Placement and International Baccalaureate credits they carry forward into college can save a full year of college, and college tuition, for some students saving as much as \$40,000.

NVCC also offers degree and certification programs in myriad fields that meet the needs of older students and students who are not headed for a four-year degree.

Demand is surging at NVCC, not surprisingly. The institution will need funding and flexibility going forward.

Read our story, Northern Virginia Community College "Guarantees," inside our July issue of our new monthly camps and schools section, A+: Education, Learning, Fun in this issue or online at www.ConnectionNewspapers.com. Click on "print editions online" in the red bar at the top of the page.

Let us know your thoughts and experiences.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

Battling the Threat of Lyme Disease

BY BARBARA COMSTOCK



Over the past several years, cases of Lyme disease have soared in our area, with reported cases more than doubling in Virginia between 2006 and 2007 (357 to 959). But even that troubling number may significantly underestimate the prevalence of the disease that often goes undetected because of its flu-like symptoms — headaches, fever, muscle aches and fatigue. Lyme disease can be misdiagnosed as multiple sclerosis, rheumatoid arthritis, fibromyalgia, lupus or other autoimmune and neurodegenerative diseases, because of similar symptoms.

Last summer when Rep. Frank Wolf (R-10) held a forum on Lyme disease, nearly 300 people turned out to learn more about the disease, hear from local experts, and share their experiences. Some local residents — young high school students, for example — had been reduced to using wheelchairs due to the impact of Lyme, which when not treated early enough can lead to heart and joint problems, Bell's palsy or arthritis and be profoundly debilitating. The disease has spread along the East Coast, starting in Connecticut where a group of cases was first identified in Lyme in 1975. The spread of infected ticks in our region has in-

creased as more farmland has become residential areas and deer — the primary hosts for ticks — have become more commonly found wandering through our back yards, local parks or common areas.

While Congressman Wolf is working to get more federal attention and funding to address Lyme disease, ongoing public education efforts about the presence of Lyme in Virginia are important to insure that the disease is better understood and better reported. Next week, on July 22, Supervisors Herrity and Frey will be hosting experts at a Town Hall Meeting at Centreville High School to raise awareness of the dangers of Lyme disease and the practical steps that can be taken to reduce the risk of contracting the disease.

In addition, Virginia might also look to legislation recently passed in Connecticut, where Gov. Jodi Rell signed the Lyme disease doctor protection bill, which will protect Lyme disease treating physicians from prosecution by the State Medical Examining Board solely on the basis of a clinical diagnosis and /or for treatment of long-term Lyme disease.

According to the advocates of this legislation, one of the burdens of Lyme disease is finding treatment from physicians who are knowledgeable about Lyme dis-

ease. While there is disagreement among medical experts about treatments and even the existence of long-term Lyme disease, the Connecticut State Medical Society supported the legislation because it frees physicians from undue liability threats in evaluating the disease and providing a variety of treatment options. "Doctors will have the right to use treatment guidelines based on their clinical experience and best medical judgment," Governor Rell said. "This bill does not, however, shield any physician who provides substandard care."

Connecticut is only the third state in the nation to have a law that protects physicians who treat Lyme disease long term, but with Virginia's incidence of Lyme disease increasing, we should continue to look for ways we can improve reporting and education efforts, as well as find ways we can provide our physicians the ability to meet the treatment needs of their patients without undue liability threats.

Barbara Comstock is a resident of McLean and the Republican candidate for the 34th District House of Delegates seat.

Highway Robbery At Toll Road

To the Editor:

At the risk of seeming frivolous, my opinion of our public officials deciding to fund the lion's share of the cost of building a rail line to Dulles Airport on the backs of Dulles Toll Road users is highway robbery ["Toll Increase Supports Metrorail," Connection, July 8-14, 2009]. I believed this before I commuted daily on the toll road, especially after reading about studies finding that the rail line would not appreciably decrease traffic congestion. Now that I own a video game store just off the toll road in Herndon and I travel there seven days a week from Great Falls, my opinion has only got-

ten stronger. The public officials you quote seem to agree that the decision to raise tolls is arbitrary but consider it necessary. However, I am reminded of Germanic barons in the Middle Ages who strung chains from their castles across the Rhine and Ruhr rivers and extorted tolls from traders moving their wares by boat. Commuters on the toll road are just such an easy target. Hopefully they will rise up as the traders did in the Middle Ages and force a more equitable solution than ever-increasing tolls.

Arthur Kingdom III
Great Falls

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Horowitz, Lempel Wed

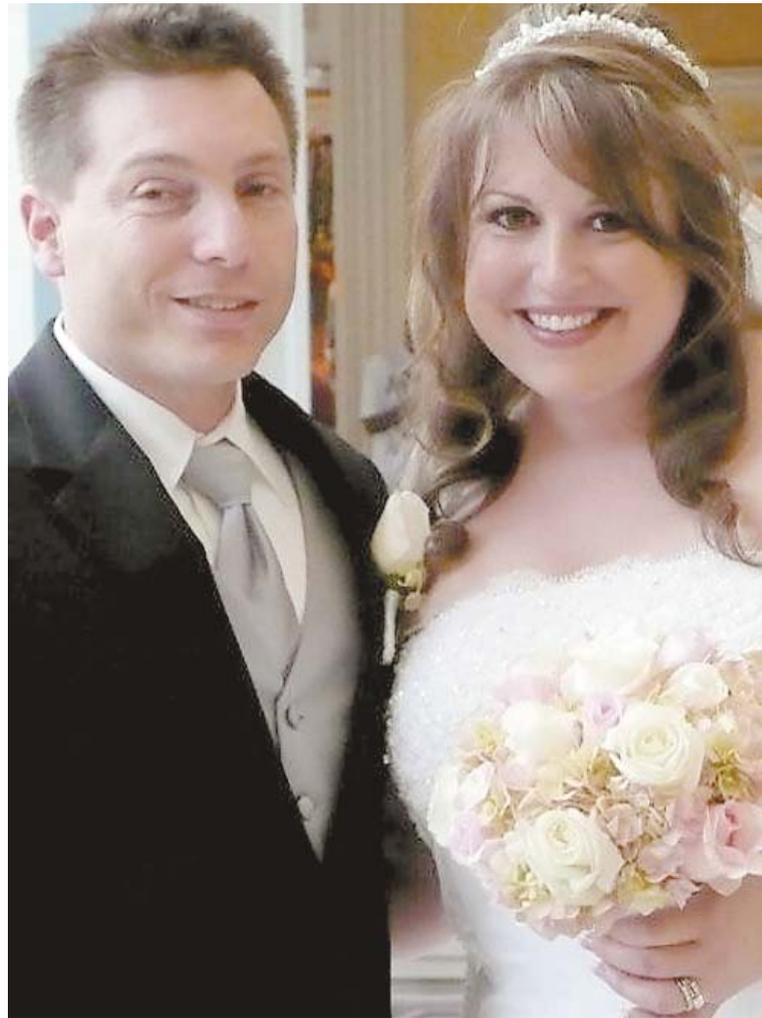
Deborah Lynn Horowitz and Marcus Jacob Lempel of San Diego, Calif., were married on May 24, at the Bellagio Hotel in Las Vegas, Nev.

The bride is the daughter of Vivian and Joe Horowitz of Escondido, Calif., formerly of Burke. Deborah is a graduate of Lake Braddock Secondary School and James Madison University. She received a law degree from Catholic University in Washington, D.C. and is currently employed as a consumer law attorney in San Diego.

The groom is the son of Rita and Harvey Lempel of Great Falls. Marcus is a graduate of Langley High School and Virginia Tech University. He is currently a senior computer security consultant in San Diego.

Present at the wedding were the parents, Marcus' brother Stuart Lempel and Kelly Dangelmaier of Reston, and Deborah's brother Michael Horowitz and his wife, Heather, of Tampa, Fla.

The couple spent their honeymoon in Waikiki and Maui, Hawaii. They will continue to reside in San Diego.



Deborah Lynn Horowitz and Marcus Jacob Lempel

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Here's What's Happening ABOUT TOWN

Community Events:

• **Sundays thru July 26th** – Summer Concerts on the Green; 6:00-8:00 P.M., Great Falls Village Center; <http://www.gfvcca.com/concerts.htm>
• **Saturdays thru November 21st** – Great Falls Farmers Market 9:00 A.M.- 1:00 P.M., Great Falls Village Center;

gfcharities@aol.com

Member's Events:

• **Thursdays Ongoing** – Guided Wine Tastings 5:30 – 7:30 PM, Maison du Vin (info@maison-duvin.com)
• **October 17th & 18th** – 6th Annual Art Studios Tour, Great Falls Studios (www.greatfallsstudios.com)

Meet our GFBPA Member

By Michael W. Vandergrift – WashingtonFirst Bank

During this recession, choosing where and how you decide to spend your money is important. All of us want a good value and at a fair price, therefore, we will search a little harder during this recession to find it. If it is a good bottle of wine that you are looking for, search no further than a local retailer here in Great Falls, Maison du Vin.

Maison du Vin self-proclaims: "There are wine shops, but then one that defines it. Come and experience what everyone has been talking about! Maison du Vin is your neighborhood fine wine shop in the heart of Great Falls!" and they live up to it. The highly creative and energetic retail store offers over 800 quality small production wines from boutique producers around the world, including many best-sellers under \$10.00. The unique, passionate shop offers each customer the ability to 'try before you buy' with its two Enomatic tasting machines, which features 16 wines for complimentary tastings every day. Not sure what type of wine you need? Maison du Vin experts are close by to help! They can even accommodate small to large group tastings events, as well as private or corporate events in your home or office. Maison du Vin has an after hours wine emergency phone number for those last-minute needs!

Vital Hiek, founder, has had a passion for wine and success his entire life. As a social wine drinker, Vital took a greater and deeper interest in wine, which turned into a hobby and lead him to become an entrepreneur. His fervent drive has lead him to put himself through school, start a family and save enough money to open two retail stores. Anyone who has met Vital for the first time is immediately overwhelmed by his big smile, firm hand shake, positive energy and excitement for life. Once you become Vital's friend, you come to love even more about him: his straightforwardness, positive attitude, follow-through and his commitment to you.

Vital completed his undergraduate work in 1994 at the University of George Washington, with a focus on Accounting. He also is a certified public accountant and consultant with one of the "Big Four" accounting firms. He is married with two beautiful, young children and when he has the time, enjoys landscaping. As a long time resident of Great Falls, Vital was proud to have opened his first retail store in Great Falls. In August, that store will be celebrating its first anniversary. Vital also plays a vital and active role as a member of the Great Falls Business and Professional Association.

Let's support our GFBPA member, local resident and retailer, Vital Hiek and his store Maison du Vin! Check out his website at www.maison-duvin.com or his store Maison du Vin at 756 Walker Road, Suite D, Great Falls, Virginia. Phone 703-759-9880.



Vital Hiek, founder, Maison du Vin

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Great Falls Business & Professional Association



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For more information, contact Stephen Dulaney, V.P. of Membership, at 703-759-4155 or e-mail g.s.dulaney.bv7f@statefarm.com.
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Brought to you by GFBPA

Great Falls Business & Professional Association



GFBPA Activities

• **Thursday, August 27th** – GFBPA Barbeque
• **Wednesday, September 16th** – GFBPA Breakfast Meeting Featuring C. Russell Rowzie, President of Trimark Corp., a full-service commercial real estate firm –

7:30-9:00 AM, Executive Suites at Great Falls

Future Events: GFBPA Board Meeting Wednesday, October 21st, All members welcome • GFBPA Breakfast Wednesday, November 18th • GFBPA Holiday Party, December

Tell Us Your

GREAT FALLS SERVICE STORIES

Many locals know that Great Falls businesses provide great service. The GFBPA would like everyone to know, and we want to use this space to spread the word. So give us your input! If you've had a great service experience, gotten a great deal or found a great find at any Great Falls business, please e-mail markvonk@neweyesconsulting.com or mvandergrift@washingtonfirstbank.com with the particulars. The GFBPA and your great local merchants THANK YOU.

Coming Next Month:

GREAT FALLS BUSINESS SURVEY!

Watch your mailbox in August for our 2009 survey of business conditions in Great Falls.

We need your input. Let us know how you're doing, how the current economic climate is affecting you, and what it's like to do business here. This will, in turn, help us target our efforts to raise awareness of Great Falls businesses with the local community and develop programs to help encourage local residents and others to do more business with you.

The GFBPA is committed to playing an increasingly active role in promoting a vibrant business climate in our community, and your help with this survey will greatly assist us in charting our course for the future.

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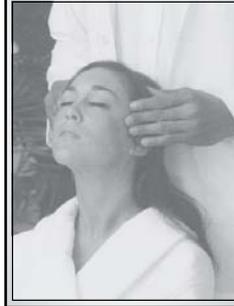
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PEOPLE



Lewis Named to Pepperdine Board

Dennis "Denny" Lewis of Great Falls, along with Michelle Hiepler and Danny Phillips, has been named to the Pepperdine University's 40-member Board of Regents. "Pepperdine has benefited greatly over the years from the collective wisdom, will, and generosity of our regents," Pepperdine President Andrew K. Benton said.

Lewis (GPC '65) is president and owner of WorldTravelService, a nationwide travel management company specializing in corporate, government and leisure travel markets with offices located throughout the mid-Atlantic. Lewis earned his bachelor's degree from Pepperdine College in 1965 and completed graduate studies at Northern Illinois University in Chicago. He was honored as a Distinguished Alumnus of Seaver College in 2007. "In many respects it's nice to come full circle," said Lewis. "As a graduate of Pepperdine's first campus in Los Angeles, and also having two daughters who are Pepperdine alumni, it is wonderful to continue my association with the University."

Lewis resides in Great Falls, with his wife, Keri. They are the national co-chairs for Pepperdine's Seaver College Parents Council and have three children. He is an active member of the Fairfax Church of Christ and serves as a coach for girl's soccer and basketball leagues in the Great Falls-McLean community.

FAITH

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

Charity Baptist Church - 1328 Spring Hill Rd., McLean presents Polar Extremes! Join the Extreme Adventure with Bible Stories, crafts, games, skits, snacks and prizes. Bring your friends ages K-4 - 6th grade each day starting July 13-17 from 6:45 - 8:45 p.m. For more information call 703-893-2177 and visit the church website at: charity2u.org

CALENDAR

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

THURSDAY/JULY 16

Children's Concert in the Park. 2-3 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Spread a blanket under the trees and listen to the Fairfax Symphony Percussion Duo on a journey through "What is Rhythm?" Free. 703-759-2771.

Mid-Atlantic Band Battle. 7 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or www.jamminjava.com.

FRIDAY/JULY 17

Luke Brindley and Parliament Hill. 8 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or www.jamminjava.com.

42nd Street. 8 p.m. at the Filene Center. \$20 - \$70. Wolf Trap Foundation for the Performing Arts, 1645 Trap Road, Vienna. 1-877-WOLFTRAP.

Wolf Trap National Park for the Performing Arts Junior Ranger Day. 12-3 p.m. Includes activity books, scavenger hunt and a variety of ranger programs with topics including costumes, musical instruments, recycling, puppets, and park history. Free; for ages 5-12. www.nps.gov/wotr/forkids or 703-255-1893.

SATURDAY/JULY 18

Claude Moore Colonial Farm 18th Century Summer Market Fair. 11 a.m.-4:30 p.m. at 6310 Georgetown Pike, McLean. Traditional dancing and singing. Muster with the Colonial Militia and try hands-on crafts. Enjoy local ale and porter at the Tavern. Period wares, food and beverages available. Costumed re-enactors, chickens, turkeys and more. Adults \$5, children 3-12 and seniors \$2.50. Weather permitting; call 703-903-9330 day of event. Free parking. www.1771.org/directions.htm.

42nd Street. 2 p.m. and 8 p.m. at the Filene Center. \$20 - \$70. Wolf Trap Foundation for the Performing Arts, 1645 Trap Road, Vienna. 1-877-WOLFTRAP.

Luke Brindley and Seth Glier. 8 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or www.jamminjava.com.

"On the Bright Side" Exhibit and Artist's Reception. 3-6 p.m. at the Great Falls Library, 9830 Georgetown Pike, Great Falls. View over 20 oil paintings and drawings. 703-403-7435.

Family Fun Weekends at Colvin Run Mill. 10017 Colvin Run Road, Great Falls. 12-3 p.m. Hand-crank ice cream then sample your efforts for \$1.25 a cup. Watch grinding while on a mill tour, \$6 adults, \$4 children and seniors. Visit the farm animals on loan from Frying Pan Farm Park and play old-fashioned games. 703-759-2771.

David Davol. 8 p.m. at the Great Falls Tavern, 9835 Georgetown Pike, Great Falls. 703-757-4770.

McLean Orchestra Community FunFest. 1-6 p.m. at the St. Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. Featuring Red, Hot & Blue Barbecue and The Parklawn Ramblers Bluegrass Band. \$25 per person, \$50 per family. Children under 10 free. All proceeds will benefit the McLean Orchestra and the McLean Youth Orchestra. www.mclean-orchestra.org

SUNDAY/JULY 19

42nd Street. 2 p.m. and 8 p.m. at the Filene Center. \$20 - \$70. Wolf Trap Foundation for the Performing Arts,

1645 Trap Road, Vienna. 1-877-WOLFTRAP.

Curtis Peoples (full band), Keaton Simons (full band). 8 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or www.jamminjava.com.

Family Fun Weekends at Colvin Run Mill. 10017 Colvin Run Road, Great Falls. 12-3 p.m. The Northern Virginia Wood Carvers will teach free carving lessons with a nominal charge for wood blanks. Watch grinding while on a mill tour, \$6 adults, \$4 children and seniors. Visit the farm animals on loan from Frying Pan Farm Park and play old-fashioned games. 703-759-2771.

Claude Moore Colonial Farm 18th Century Summer Market Fair. 11 a.m.-4:30 p.m. at 6310 Georgetown Pike, McLean. Period wares, food and beverages available for purchase. Adults \$5, children 3-12 and seniors \$2.50. Weather permitting; call 703-903-9330 day of event. Free parking. www.1771.org/directions.htm.

St. John's Episcopal Church Friends of Music Benefit Concert. 4 p.m. at St. John's Church, 6715 Georgetown Pike, McLean. Chuck Seipp and Christian Hinkle on trumpets playing The William Tell Overture, La chi darem La Mano from Don Giovanni by Mozart, Loudoun Lyric Opera's soprano Teri Bickham and baritone Rob Thomson. The concert benefit church music programs. No tickets required. Donations accepted. 703-356-4902 or www.stjohnsmclean.org.

Great Falls Summer Concerts 2009. Emma Bailey & SRO. 6-8 p.m. at the Great Falls Village Green Centre.

The Woodshedders. 3 p.m., McLean Central Park, at the intersection of

Old Dominion and Dolley Madison (Route 123). The character and charisma of the Jazz Age, old-time, bluegrass, celtic, country, rap, rock, and rhythm and blues are brought forward by this talented bunch. Free. 703-790-0123.

MONDAY/JULY 20

Trachtenburg Family Slideshow Players. 8 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or www.jamminjava.com.

TUESDAY/JULY 21

The Waybacks, Devon Sproule and Carsie Blanton. 7 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or www.jamminjava.com.

Book Discussion. 10:30 a.m. at the Great Falls Library, 9830 Georgetown Pike, Great Falls. Call for title. Adults. 703-757-8560.

WEDNESDAY/JULY 22

Read Yourself Silly With Flow Circus. 7 p.m. at the Great Falls Library, 9830 Georgetown Pike, Great Falls. Juggling, magic and more. Age 6-12. 703-757-8560.

THURSDAY/JULY 23

The BBQ Across America Tour with Ace Enders & A Million Different People. Person L, The Gay Blades, The Dangerous Summer and School Boy Humor. 6:30 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or www.jamminjava.com.

Rick Beck Exhibition. 507:30 p.m. at the Habatat Galleries, 8020 Towers Crescent Drive, Tysons Corner. Cast

glass implements and sculptural groupings. 703-989-7110 or www.habatatgalleries.com/va.

FRIDAY/JULY 24

"Split Personality" Shane Hines and the Trance. 7 p.m. and 10 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or www.jamminjava.com.

Jazz on the Green, with the U.S. Navy Commodores. 6:30 p.m. at the Vienna Town Green, 144 Maple Ave., E., Vienna. Free. Bring a lawn chair or blanket for seating. 703-255-6360 or www.viennava.gov.

Movie in the Park. Enjoy a favorite family movie outdoors at Vienna's

Glyndon Park at dusk, 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 July 22.

SATURDAY/JULY 25

Civil War Camp for ages 8 to 13, at Vienna's historic Freeman House, 131 Church St., N.E. 9:15 a.m. to 1:15 p.m. "Recruits" will learn about basic soldiering and camp life. The day will also include music and games. \$30 for Town of Vienna residents, \$37.50 for out-of-town participants, includes 'rations' and a souvenir. 703-255-6360 or www.viennava.gov.

OPEN HOUSES

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Call Specific Agents to Confirm Dates & Times.

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517 RIVER BEND RD	\$1,750,000	Sun 1-4	Deborah Pietras	McEanearney	703-967-2400
9603 GEORGETOWN PIKE	\$3,485,000	Sun 1-4	Malihe Karimi	Weichert	703-623-4889

Falls Church					
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7437 TIMBEROCK RD	\$460,000	Sun 1-4	Eve Shapiro	Weichert	703-517-7511
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SPORTS



PHOTO BY SUSAN SHAPERO

The Great Falls AAA Pirates and team staff stand on the infield after their victory in the Wayne Starlipier tournament championship. Bottom row (from left): Connor Havermann, Kyle Novak, Jack Prior, Jacob Shapero, Lucas Donlon and Jared Helman. Top row (from left): Papa Wayne Starlipier, Coach Jeff Osburn, Jake Osburn, Timmy Conforti, Reid Weitzel, Coach Scott Shapero, Drew Hawley, Max "Maco" Trautwein, Nakul Dar and Manager Ryan Novak.

'Pirates' Capture League, Tournament Victories

Great Falls AAA team goes 21 and 1 for the year.

BY KENNETH BURCHFIEL
THE CONNECTION

The youngest Little League team in Great Falls' AAA division went 21 and 1 for the year, then won the multi-league Wayne Starlipier tournament in Falls Church.

The Great Falls Little League AAA Pirates, sponsored by Capitol Environmental Services, Inc., had players as young as eight years old in a division with a maximum age of 12. Even so, they had a scoring record of 224-93 in regular season and playoff games, according to manager Ryan Novak. The team also won the regular season and playoff championships of the Great Falls AAA division.

"Each and every boy became a better ballplayer this year and each and every one

of them contributed to our successes as a team," Novak wrote in an e-mail. "It was an honor to coach such a great group of boys."

The team was coached by Jeff Osburn and Scott Shapero. One of its mottos was "give 110 percent," according to Novak, who added that the team's base running and pitching was strong. He also made note of the Pirates' desire to play.

"The Pirates were the kind of boys where you had to literally pull them off the field after practice ... they wanted more baseball," Novak said.

The Pirates represented Great Falls in the Starlipier tournament, facing teams from Vienna, Arlington, McLean and Alexandria. Jake Osburn hit an inside-the-park home run in tournament play, according to Novak, and pitcher Lucas Donlon, the 8-year-old on the team, only allowed three hits in the championship game. Novak added that the Pirates scored 51 tournament runs and gave up only three.

"This little community of Great Falls is definitely on the Northern Virginia baseball map," wrote Novak.

Breaking Team Record

The RiverBend 8 and Under Freestyle Relay team of, from left, Eliza Pastore, Delaney Bond, Charlotte Bell and Emma Grassi broke the team record which they set earlier this year by lowering the mark to 1:23.22. Their earlier record broke a 12-year-old team record.



COURTESY OF STEVE PASTORE



McLean/ Great Falls Babe Ruth U14 player Colin Cantwell gets ready to pitch.



Coach Scott Tomlinson gives advice to his players during a timeout.

PHOTOS BY BRITTANY JOHNSON/CONNECTION

All Stars Shine in McLean/Great Falls Win

The U14 team wins District Championship.

The U14 McLean/Great Falls Babe Ruth All Star team defeated the Vienna baseball Knights on Saturday, July 11 at Langley High School, winning the 2009 District Championship. That helped them deal with the bitter memories of the last year's loss in the finals. So this year the McLean/Great Falls All Star team was committed to come back for a win. The key to winning this time was, "lots of running, stealing bases, and having a positive attitude no matter what," said coach of two years Scott Tomlinson.

Jonathan Korobkin and Colin Cantwell provided a strong performance throughout the game, complemented by the effort of all of the other teammates, who helped them pull through with a win. "Play hard and don't give up" was the advice that the team was given before a game, said McLean/Great Falls Alex Fishman. Although the team won the championship, Fishman still believes that they could have played better.

— BRITTANY JOHNSON



COURTESY OF JULIE CASSO

McLean/Great Falls U13 All Stars

The McLean/Great Falls 13U Babe Ruth All Stars are, front row, from left, Will Bollinger, Bryan Even, Cal Jadecki, Josh Crummer, Cole Oldenburg and John DeFrest; second row, Kevin Wood, Nick Casso, Jake McSteen, Yuhei Hashimoto, Austin Jenkins and Blake Coolidge. Coaches are, from left, Mark Casso, Troy Allen and Randy Baugh.

Attempted Robbery With a Firearm

On July 11, 2009 at app11:04 p.m. several individuals were walking home along Park Street, SE in Vienna. Near the area of Park Street and Talahi Road,

two armed individuals confronted the group and demanded their belongings.

A short time later during the confrontation one of the victims was struck in the head with a small caliber handgun. The two assailants then fled the area.

The Fairfax County Police Department's helicopter and K-9 units responded and assisted in a search of the area. The assailants were not located.

The two assailants are described as black males, approximately 20 years of age, average build and approximately 5' 10" tall. One subject was wearing a white tee shirt and the other a black one. Both subjects had bandanas covering their faces. One subject was wearing a red bandana, the other a black and white one.

Anyone with any information regarding this incident is asked to call Detective Jim Sheeran at 703-255-7826.

CRIME REPORT

Activities reported by the McLean District of the Fairfax County Police Department through July 10.

BANK ROBBERY/ ARREST

8200 block of Greensboro Drive. A 24-year-old woman was arrested after a bank robbery on Wednesday, July 1. Around 4:05 p.m. a woman entered the Cardinal Bank, located at 8270 Greensboro Drive, and approached two female tellers, 20 and 42 years old, at the counter. She reportedly brandished a handgun and demanded money from the victims. They complied and the suspect fled from the bank. No one required medical assistance. Detectives investigating the bank robbery developed a suspect and in the early morning hours of Thursday, July 2, they arrested a 24 year old female of the 4400 block of Holly Ave. in Fairfax. Further investigation determined she was reportedly responsible for an additional bank robbery on Friday, June 5 at the M&T Bank, located at 11721 Lee Highway in the Fairfax area. The suspect was transported to the Fairfax County Adult Detention Center and charged with two counts of robbery and two counts of the use of a firearm in the commission of a felony.

SPEED TO ELUDE / RECKLESS DRIVING / DRIVING OUTSIDE OF LISTED DRIVER'S LICENSE RESTRICTIONS / ARREST

I-66/Cedar Lane. A man was arrested for reckless driving on Monday, July 6. Around 2:22 a.m., an officer attempted to stop a vehicle for traffic charges near Interstate 66 and Cedar Lane. The vehicle appeared to accelerate away from the officer and a traffic pursuit was initiated. The officer lost sight of the vehicle and the pursuit ended. A short time later, another officer located the suspect driving near I-66 and Arlington Blvd. An investigation determined the suspect allegedly consumed alcohol prior to driving. A 33 year old male of Richmond was transported to the Fairfax County Adult Detention Center and charged with speed to elude, reckless driving, and driving outside of his listed driver's license restrictions.

LARCENIES

- 1900 block of Chain Bridge Road.** Pants stolen from business.
- 1900 block of Chain Bridge Road.** Cash stolen from business.
- 1900 block of Chain Bridge Road.** Learning language course stolen from business.
- 1900 block of Chain Bridge Road.** Clothing stolen from business.
- 1500 block of Evers Drive.** Money stolen from residence.

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Now That's Heavy



By **KENNETH B. LOURIE**

Do you want to know what "heavy" is? I'll tell you what "heavy" is.

"Heavy" is when you ask your oncologist what you perceive to be a rather ordinary question about dental health, as it relates to your ongoing treatment/chemotherapy for stage IV lung cancer and he responds as he knows (and you've told him) how you want him to: honestly and succinctly.

He advises you not to bother spending the money on hardware if a band-aid/temporary solution will work. Specifically responding to the question, now that I'm nearly finished with my primary chemotherapy, if it's OK to have my dentist put in two crowns that we've delayed since I was diagnosed (and had treatment begun).

My oncologist asks how long will the crowns last. I shrug and say I don't know. He guesses/estimates 10 years. I guess back that I suppose that's right. To which he replies that it might not be necessary for me spend money on something that will last 10 years. Puzzled for a moment by his answer, I process the information, then I nod and say: Oh, I get it. I don't have 10 years so why spend money on something that will outlast me. So much for dental work.

But I'm not thinking that way. Nor would my oncologist want me to be thinking that way. All things are possible.

Everybody is different and responds to treatment differently. Medications; prescription or otherwise, chemotherapy; approved or experimental, homeopathic, non-western/alternative medicine; what's not effective for persons 1-99 might be perfectly effective and suitable for person 100. And not that I see my self "the one" (the surviving one against all statistical odds and case histories), but as I've written previously, it ain't over simply because the chemotherapy is completed and the "standard of care" sort of says it is (so far as the treatment protocols for the next 12 months are indicated).

Nevertheless, I don't have any reason to believe that I am "the one;" that somehow forces beyond my control (in conjunction with some forces within my control) and somehow unique to me, will physically, spiritually, chemically, anatomically and miraculously combine to track me on an alternative route that will change the course of my recently predicted (abbreviated) life expectancy. However, thinking that all is hopeless and preordained seems foolish and short-sighted.

What will be will be; moreover, what has been diagnosed has been diagnosed and it's my responsibility, my duty, my job, if you will, to see that it becomes prudent and meaningful that I pay the \$700 or so per crown for the more permanent hardware because life is for the living; it's not for the waiting and wondering if.

So I'm going to follow Red's (Morgan Freeman) advice from the 1994 Oscar-nominated film, "The Shawshank Redemption," "Get busy living or get busy dying." Given the alternatives, what choice do I have? What choice would I want to have? Granted, I've been dealt a bit of a bad – and quite unexpected – hand, but so what? It's not like it's my fault.

I didn't cause it; I just got diagnosed with it. I can live with it, hopefully long enough to replace these two crowns with a new pair in another 10 years. Hey, stranger things can happen; after all, a lifelong non-smoker like me was diagnosed with stage IV lung cancer. What's up with that?

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

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Foust Announces Improvements

Funding approved for over twenty intersection, pedestrian, and bicycle projects in the Dranesville District.

Dranesville Supervisor John announced that the Fairfax County Board of Supervisors has approved the funding of over twenty intersection, pedestrian, and bicycle projects in the Dranesville District. These improvements are in addition to several recently completed projects and seven projects previously funded and scheduled for completion this summer or fall.

In selecting these projects, Supervisor Foust listened to the concerns of numerous constituents, Dranesville homeowner associations and civic organizations, the McLean Pedestrian and Bicycle Task Force, as well as the Dranesville representative to the

Fairfax County Trails and Sidewalks Committee.

Supervisor Foust will be vetting and refining several of these projects with well-publicized community meetings.

“Some of the newly-funded projects have been on citizen ‘waiting lists’ for years,” said Supervisor Foust. “I am gratified that in these days of an extremely tight budget, we were able to get funding to move a wide variety of pedestrian and road projects forward in my district.”

For more information please contact Supervisor Foust’s office at 703-356-0551, TTY 711 or by email at dranesville@fairfaxcounty.gov.

NEWLY-FUNDED PROJECTS INCLUDE:

Westmoreland Street– Add sidewalk along north side of Westmoreland between the bridge over Saucy Branch and the property of Redeemer Church

Georgetown Pike– Add flashing beacon warning signal on Georgetown Pike east of Swinks Mill Road.

Ingleside Avenue and Dolley Madison Avenue– Improve intersection.

Old Chesterbrook Road at Westmoreland– Add a median island to help safe pedestrian crossing.

Colvin Run and Route 7– Install ADA compliant pedestrian crossing for cross-county trail, including crossing signals and crosswalk

Old Dominion Drive / Spring Hill Road– Extend shoulder and relocate or cover dangerous ditch

Old Dominion Drive / Towlston Road– Extend shoulder and relocate or cover dangerous ditch

Route 123 and Waverly Way– Extend east bound left turn lane from Route 123 to Waverly

Walker Road– Install traffic calming features and access lanes at business district intersections south of Georgetown Pike.

Fleetwood Road– Add bike route signage from Elm Street to Chain Bridge Road

Kurtz Road and Calder Road– Add bike lane between Dolley Madison Blvd. and Calder Road, and then on Calder Road between Kurtz Road and Brawner Street.

River Bend Road and Beech Mill Road– Add “Share the Road” signs on River Bend Road from Old Dominion Drive to Beech Mill Road and on Beech Mill Road from River Bend Road to the County Line via Brockman Lane – a distance of 7.8 miles.

Chain Bridge Road and Tennyson Drive– Install pedestrian crossing lights at all four corners of Chain Bridge Road and Tennyson Drive

Dolley Madison Blvd and Churchill Road– Add pedestrian signals and upgrade curb ramps on south and east legs.

Georgetown Pike and Balls Hill Road– Add crosswalks, pedestrian signals and curb ramps on north and east legs.

Great Falls Street– Add pedestrian signals and upgrade curb ramps on east leg of Great Falls Street from Grande Lane to Haycock Road.

Leesburg Pike and Lewinsville Road– Add crosswalks, pedestrian signals and curb ramps on north and east legs.

Lewinsville Road– Connect missing link in existing trail along McLean Hundred frontage on Lewinsville Road at curve on Lewinsville Road between Altamira Court and Woodside Drive.

Lewinsville Road– Complete trail segment on south side of Lewinsville Road between Snow Meadow Lane and Elsinore Avenue, and between Scotts Run Road and Windy Hill Road.

Old Dominion Drive and Whittier Avenue– Install pedestrian crossing lights at all four corners

Powhatan Street– Improve pedestrian access on Powhatan Street between Orland and Overbrook Street.

Raymond Avenue– Improve pedestrian access on Raymond Avenue approaching Churchill School.

PROJECTS SCHEDULED FOR

COMPLETION THIS SUMMER OR FALL

Dolley Madison Blvd and Great Falls Street/ Lewinsville Road and Balls Hill Road– Install crosswalks and pedestrian signals and complete missing trail segment on Lewinsville Road from Dolley Madison to Balls Hill.

Route 7 and Dranesville Road– Add signalized crosswalks across west leg of Route 7 and south leg of Dranesville. Add curb ramps, sidewalk and signage.

Route 7 and Magarity Road– Install or upgrade pedestrian ramps, including across Lisle Avenue. Upgrade existing crosswalk across Leesburg Pike and upgrade pedestrian signals.

Seneca Road & Georgetown Pike– Install traffic signal at intersection.

River Bend Road Signal– Traffic light will be installed at intersection of River Bend and Georgetown Pike.

Old Dominion Drive East of Old Gate Court– (construction just completed) Extend east bound shoulder and eliminate dangerous ditch.

Bridge over Clarks Branch, Great Falls– Construct a pedestrian, bike and equestrian bridge over Clarks Branch.

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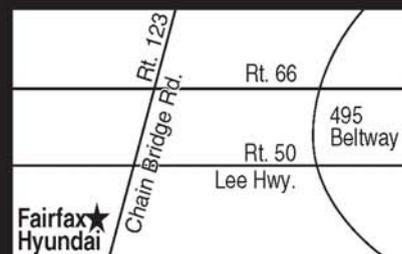


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