

Great Falls CONNECTION

Churning Up Some Fun

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Grace Chuang and Melissa E take turns churning the ice cream at Colvin Run Mill Family Fun Day.



'Dog Days Of Summer'

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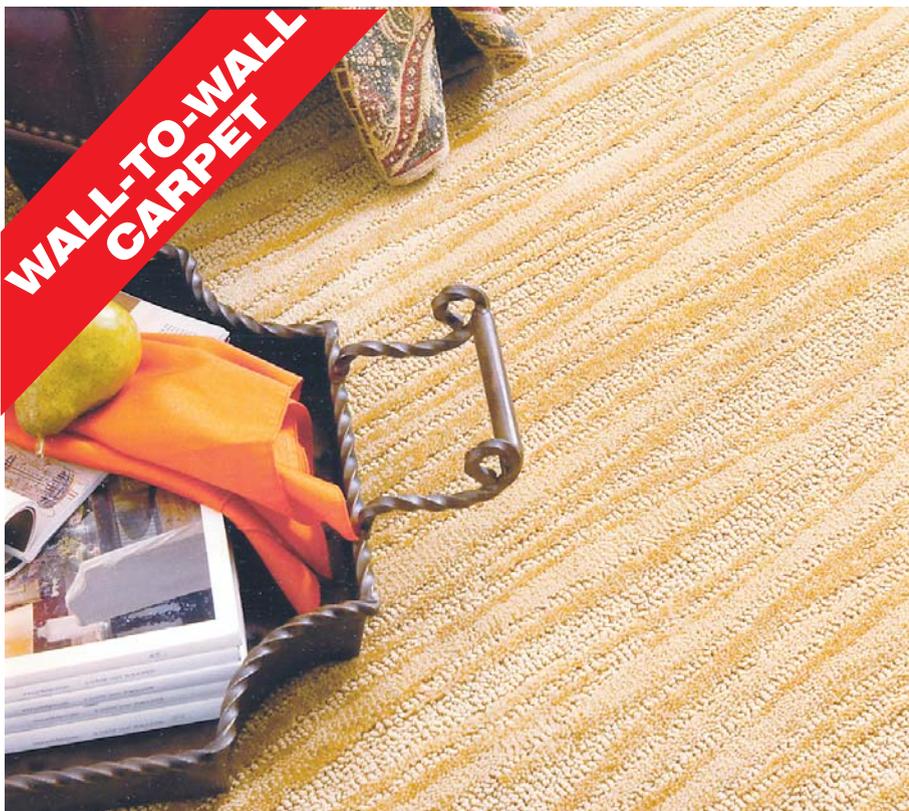
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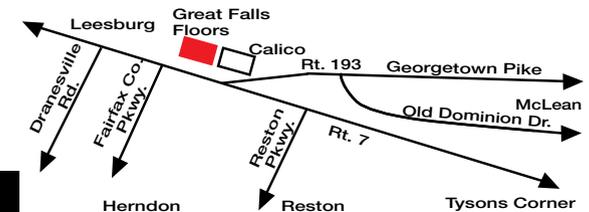
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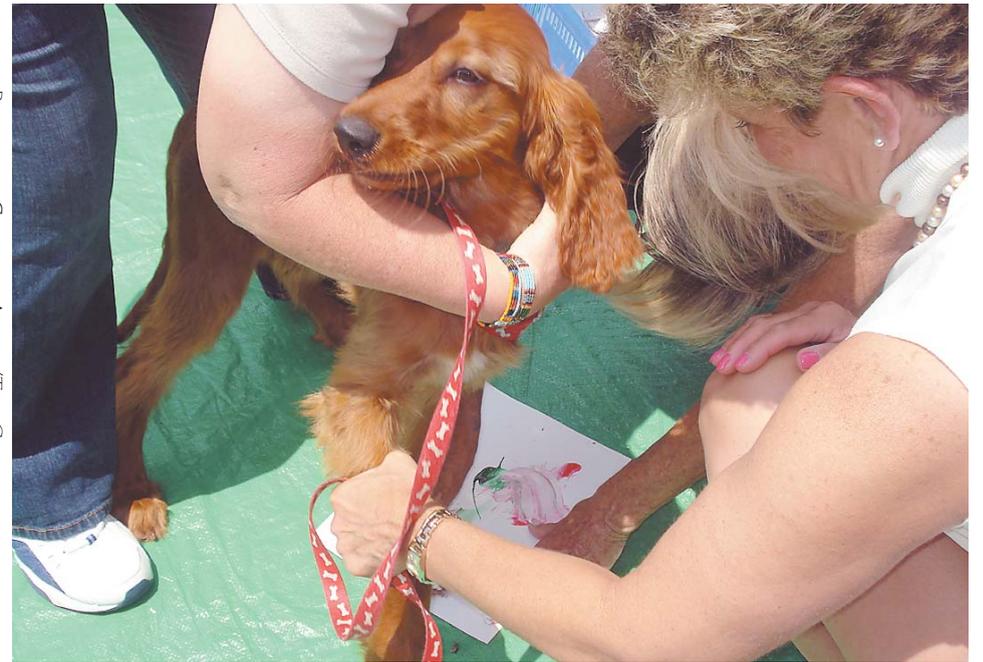
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PHOTOS BY CAROLINE ADAMS/THE CONNECTION

Janet and Katie Evans shop for the dogs at the boutique sale.



Paw painting helped raise money for the Marshall Legacy Institute.

'Dog Days of Summer'

Seneca Hill Animal Hospital Resort and Spa held its first "Dog Days of Summer" on Sunday, July 12: they thanked their current clients, spoiled the dogs, and raised money for the Marshall Legacy Institute. Marty Veron, father of Dr. Janice Homan, the owner of the animal hospital, said, "We are holding the event to honor our staff, thank our clients, and to show off to new clients because we are very proud." The Dog Days of Summer offered a variety of activities like swimming; various clinics on topics like tooth brushing and training; a 45-percent-off sidewalk sale; paw

painting; and face painting for children.

The event also supported the Marshall Legacy Institute that trains mine-detection animals. Seneca Hill Animal Hospital donates money throughout the year anytime one of their animals dies that is a client of the hospital. Seneca Hill Animal Hospital has been in Great Falls since 1981 when the business was in a 1,200-square-foot space. The construction of the new building, that includes the resort and spa for animals, started in 2000 and has been in use since 2004.

— CAROLINE ADAMS



Anne Gavin enjoys the afternoon with her dog, Robbie.

Horse Facilities Open at Turner Farm

Arena and pony pen are open, project nearly complete.

Construction of new equestrian facilities at Turner Farm is nearly complete, with the recent opening of a large, fenced-in horse arena and a small pony pen, as well as improvements to the parking lot, landscaping and storm water management system.

Fairfax County Park Authority spokeswoman Judy Pedersen said some landscaping and runoff management work still had to be done, and there would be no grand opening until late September or early October, but the facilities are open to the public.

A price tag of \$1.2 million was approved for the project in a 2004 bond referendum, and Pedersen said it was coming in under-budget, with only \$900,000 spent and most of the work completed. She said the savings

came largely through the use of in-house equipment and park staff to do the work. "Our park operations staff was out there doing a lot of the work themselves," Pedersen said. Also, she said, the Friends of Turner Farm contributed \$10,000 for equipment and the surfacing of the horse arena.

The parking lot needed to be improved to accommodate horse trailers, and the storm water management system will now include infiltration trenches that will collect water, particularly from the parking lot, and release it underground.

Turner farm already offered a cross-country trail for horseback riders.

Pedersen said park officials were not actively inviting riders to use the new facilities, nor were they discouraging them, as a "soft opening" period would help to identify any issues before the official opening. Nonetheless, she said, "People are really enthusiastic and excited about the project."

— MIKE DICICCO



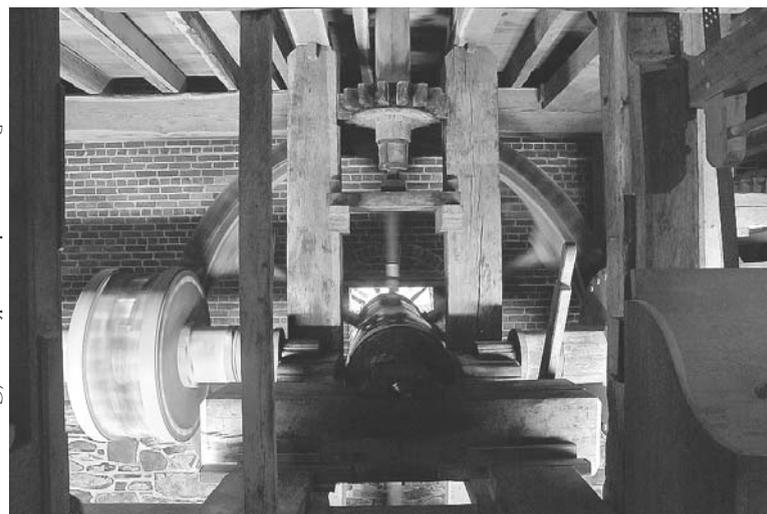
PHOTO BY MIKE DICICCO/THE CONNECTION

The new riding arena at Turner Farm Park is now open to the public.

Virginia Tech student Sarah Crosset on staff with the park for summer break introduces Anna, the Suffolk's lamb to the young visitors. The lamb and other farm animals were on loan from Frying Pan Park.



PHOTOS BY LOUISE KRAFT/CONNECTION



The giant wheels turn inside the mill causing the mill stones to grind the wheat and corn into flour and meal.

Families Enjoy Day at the Colvin Run Mill

BY BRITTANY JOHNSON
THE CONNECTION

From the mill grinding tour to the free woodcarving lessons, petting zoo, and other activities, the children and parents enjoyed the Colvin Run Mill Family Fun Day on Saturday, July 19. One of the most popular

events seemed to be the wood-carving lessons: The Northern Virginia Woodcarvers come to the mill twice a month and hold free carving lessons. "Eight to ten a year" carver Richard Sniffen said. Besides visiting the Colvin Run Mill and other community centers, they visit the Walter Reid Hospital where they hold free lessons for the wounded war veterans. Sniffen said

that carving is "soothing for the soldiers" and allows them to get their mind off of the stressful times they have been going through. In addition to traveling around the Northern Virginia area to hold lessons, the carvers also have their own "wood relief" and meet every Thursday at the Woodcraft Center out in Springfield.

Children enjoyed learning how to

carve mostly animal-like figures. At the mill grinding tour, families learned how the mill business works and also were able to take home some of the products from the mill such as cornmeal, grits, and wheat. Families were also able to pet newly born baby sheep and other animals that were displayed outside of the mill.

Day School Turns 30

Parents, teachers and students attend Village Green Day School anniversary.

BY KENNETH BURCHIEL
THE CONNECTION

The Village Green Day School (VGDS) celebrated its 30th anniversary at the Village Green Center in Great Falls, drawing faculty and families together.

The celebration, held on Sunday, July 19, under a partly cloudy sky, featured live music by Pat Budwig and the band Standing Room Only. Children kept themselves entertained with a bubble machine, painting, hula hoops and dancing. While some attendees came for the concert itself, many turned out to support the school.

Former VGDS teacher Susan Stinson, a Reston resident, had the chance to see former students "who were a lot taller than when I last saw them." Stinson planned to stay and enjoy the concert — with some food, of course.

"A concert without chocolate is like a day without sunshine," she said.

ONE SIDE of the Village Green Center featured memorabilia posters from the school's 30 years as a preschool and day care center, allowing parents and students to look back at its history. The Center's lawn offered room for picnic blankets and children's play.



Nate Paier pictured next to his 7-year-old son, Gabe, who helped create the artwork on the sheet. The Village Green Day School anniversary and concert featured entertainment for children.

The ongoing concert, according to VGDS founder and president Lynne Simmons, was the "largest ever in the Center's weekly Summer Concerts on the Green series." Both



Susan Stinson (left), a former Village Green Day School teacher, and Becky Roland, who currently teaches at the school, watch the concert performance by Standing Room Only.

the Village Green Day School and Great Falls Construction sponsored the music.

Renee Tayal arrived with her daughter, four-year-old Emily, "to support the school." She enjoyed a picnic as Emily played by the bubble machine and danced.

"A good school will stand the test of time," she said. As for Emily, a student, "she wakes up every day and can't wait to go [to the VGDS]," Tayal said.

Carly Guy, assistant head of school, said that the Day School had made note of its

anniversary a number of times over the past year, including an event on "Constitution Day," where students drafted their own set of rules, and the Winter Social.

THE VILLAGE GREEN DAY SCHOOL will begin its 31st year this September. Until then, the crowd at the concert had the first 30 to reflect on.

"Anything that lasts 30 years is pretty impressive in this day and age," Stinson said.

NEWS

Classic Theater in the Outdoors

Traveling Players Ensemble offers an alternative to the average summer camp.

BY ABIGAIL ALBRIGHT
THE CONNECTION

Summer camps often revolve around the outdoors and nature, but it is rare for a theater camp to do so. Enter the Traveling Players Ensemble.

TPE, which was started in 2003, brings kids out of the auditorium and into nature. The summer camp is a day camp with one weekly overnight, where campers ward off bugs and rain while perfecting their trait.

“Our mission is ‘to bring great theater into the great outdoors,’” said Jeanne Harrison, TPE’s Founder and Producing Artistic Director. “This is our seventh summer, and we are based here in residence at The Madeira School. We do classical theater, we do Moliere and Shakespeare, and generally we perform outdoors.”

AFTER FOUR WEEKS of learning classical theater, TPE presented a festival of three classical plays on July 17. The middle school ensemble performed Moliere’s “The Imaginary Invalid” and “The Bour-



PHOTO BY ABIGAIL ALBRIGHT/THE CONNECTION

A scene of Shakespeare’s “All’s Well That Ends Well,” which was performed by the high school ensemble of the Traveling Players Ensemble summer camp on July 17.

geois Gentleman,” while the high school ensemble performed Shakespeare’s “All’s Well That Ends Well.”

The festival was scheduled to be held outside, as per TPE’s motto, but, due to the threat of inclement weather, was held inside Madeira’s Chapel/Auditorium.

There are around 50 campers at a time at TPE, giving a one-to-four staff-to-camper ratio.

The camp focuses on teaching classical theater and Shakespearean English, rehearsal techniques, movement, and vocalization, as well as how to take care

SEE CLASSIC THEATRE, PAGE 7



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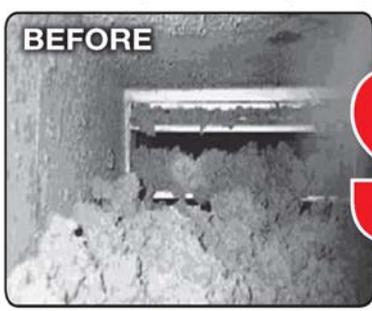
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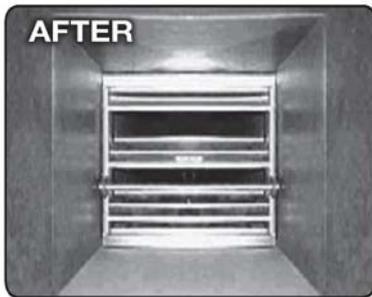
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Some Swine Flu Risks

If you're sick, stay home from work; if the children are sick, keep them home from school.

According to the Centers for Disease Control, Virginia has had more than 300 confirmed or probable cases of swine flu, and two deaths from the swine flu, including one in Arlington. A 27-year-old Alexandria man, hospitalized with a confirmed case of H1N1 flu, died in June.

We suspect the actual number of cases of swine flu in Virginia to be much higher, given the example of other states, e.g. Wisconsin, which reports more than 6,000 probably or confirmed cases of swine flu, but just eight deaths.

Cases have spiked in Virginia in recent weeks according to the Virginia Department of Health, during a time when health officials say anyone with flu symptoms of sore throat, fever and cough almost certainly is infected with swine flu. The regular, seasonal flu is almost unheard of this time of year. The CDC identifies the level of infection in Virginia as "regional," with the level of infection in Maryland as "widespread."

Overall, so far swine flu has been more mild than feared, with most people recovering without hospitalization. Seasonal flu, as differentiated from swine flu, kills about 36,000 people nationwide each year; about 1,000 people die in Virginia each year from influenza and pneumonia.

The CDC is predicting that swine flu will continue to spread through the summer and into the fall and winter, and will be a significant complicating factor when the seasonal influenza strikes when the weather gets cold.

The CDC reports: "The novel H1N1 virus, in conjunction with regular seasonal influenza viruses, poses the potential to cause significant illness with associated hospitalizations and deaths during the U.S. influenza season."

The primary method to avoid the spread of the swine flu is to tell people who are sick to stay home from work, keep sick children home from school or camp. Call your doctor's office, let them know you have flu symptoms (fever, cough, sore throat), so your doctor can determine if you would benefit from an antiviral medication. People who have had the swine flu are deemed contagious for seven days after the onset of symptoms, or until all symptoms have disappeared, whichever is longer.

All of our health in the coming year will depend on people following the advice to stay home if sick and seeking the right medical attention from a doctor's office, not the emergency room.

But what about the millions of workers who have no (or very limited) paid sick leave? What about the millions of people who have no health insurance and have no doctor to consult by phone?

According to a new report from an advocacy group, Health Care for America Now, in Virginia, about 12 percent of whites, 17 percent of African Americans and 45 percent of Latinos lack health insurance.

According to the National Partnership for Women and Families, about half of workers (excluding those who work for government) have no paid sick leave.

EDITORIAL

Frequently Asked Questions New H1N1 Virus (Swine Influenza)

What are the symptoms?

Symptoms in people are similar to the symptoms of regular human flu: fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported vomiting and diarrhea.

What is the incubation period after exposure?

About 1-4 days. If a week has gone by from when you know you were exposed, it's not likely you will get sick.

Are there medicines to treat the new H1N1 virus?

Antivirals don't cure you of flu, but they do work to lessen the duration and severity of symptoms. ... Influenza antiviral drugs work best when started soon after symptoms appear, usually within two days. You must have a prescription to receive these medications.

How can people decrease the spread of the new (H1N1) virus?

Taking the following steps can decrease the spread of flu: frequent hand washing; covering coughs; having ill persons stay home, except to seek medical care; minimizing contact with others; having household members of cases minimize contact in the community, to the extent possible; reducing unnecessary social contacts; avoiding crowded settings, when possible; keeping children home from school if they are ill. If you are sick, stay home and call your doctor, wash your hands often.

SOURCE: Virginia Department of Health
<http://www.vdh.state.va.us/news/Alerts/SwineFlu/index.htm>

The rest of us who are blessed with access to health care and paid sick days are at risk as other workers are under intense financial pressure to go to work even when they are sick, or their children are sick.

There are no simple answers, but it's also important to recognize the growing costs of the status quo on health care.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Flawed Assessment

To the Editor:

For a number of years, I have had concerns about my assessment. I first raised my concern at a meeting 3-4 years ago at a grade school a little off Route 7 towards Tysons Corner (I live in Great Falls). The meeting was attended by the county exec and the chairman of the supervisors. After expressing my reservations, I was asked for my contact info which I provided. I'm still waiting. In March 2008, I contacted my supervisor and I did not find his response very helpful or understanding. He did provide an email address for a county employee. I sent an email to that address during early April 2008.

Since I did not get an "undeliverable" message, I conclude that the email arrived. I'm still waiting for a reply on that too. I just tried to email the county executive

about this issue but after typing out the history/details, the site said I was limited to 2000 characters — I missed the part where the ability to petition one's government is limited to 2000 characters. Perhaps Fairfax County predates its process for stonewalling on the Nixon White House.

I have not been able to reconcile the differences between my assessment and neighbors' assessments nor reasons for variations in changes. The county assessment document which I receive annually only reflects the current and previous years assessments. There is no information about methodology or the basis upon which they arrive at the conclusions. All one has is general info about overall assessment changes (a percentage figure) and look at the comparison link on the Web site.

My place (1130 Riva Ridge) is assessed a building value of about \$300K. The neighbor's building at 1128 Riva Ridge is valued at about

\$13K more and the one at 1126 about \$100K less. Anyone can simply look at the three houses and see that mine is similar to 1126, not 1128 (the one at 1128 has three levels and 1126 and 1130 two). I suspect that the county has falsely assumed facts about my property. Since the county does not provide the basis for its calculations in the bill, the apparent cause of the problem was hidden. Also it appears that the county lacks the internal control procedures to check/verify what they enter into their systems. I have no expectation that my assessment will be exactly the same as 1126—I realize there may be some differences. But having my assessment just \$13K less than a building that is about 50 percent larger is not credible (at least to me).

The county government has been singularly unresponsive at all levels. From my perspective, there is the appearance that the county has been cheating me for 25 years.

While not on the Madoff scale, the procedure is the same — take someone's money under false pretenses (assessed value) and hide the facts (don't tell me how you arrived at the figures so I can identify the deficiency).

Will the county ever look into this situation and provide an open explanation? If I'm right, when will I get a refund of the thousands that I paid because the county's bill was deceptive?

Richard P. Collins
Great Falls

Write

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

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Classic Theater in the Outdoors

FROM PAGE 5

of yourself in the outdoors.
 “The people here all instantly feel like family, but the skills they teach are more advanced than anywhere else,” said camper Joanna Miller, 16, of Bethesda. “They are going to help you get places that just your average theater student won’t be able to get to. You come here because it’s fun and family, but it’s also a great place to learn. You come away actually having gained a lot of experience and knowledge about being outside and taking care of yourself, and being on stage and doing what you love, and doing it well.”

This is Miller’s third year attending TPE’s summer camp. Miller and her friend Ellie Robb, 15, of D.C., will be performing in TPE’s most advanced performance of “Macbeth” on Aug. 7 at Riverbend Park.



PHOTO BY ABIGAIL ALBRIGHT/THE CONNECTION

Family and friends of campers take in the scenery between performances for a picnic outside The Madeira School’s auditorium, on July 17.

Upcoming Performances

IN 2007, TPE was selected by the National Endowment for the Arts as one of 25 of the “Summer School in the Arts.”

TPE has been invited to perform at the Kennedy Center’s Millennium Stage, Colonial Williamsburg, Shenandoah National Park, Reston’s Multicultural Festival and the International Children’s Festival at Wolf Trap.

“It’s not just some dinky little theater camp, you

work hard here, but it definitely pays off,” Miller said.

Harrison said that they are welcoming new campers to the upcoming sessions of camp, which includes a combat camp. In addition to camp, TPE teaches classes in Fairfax County, on improv, acting techniques, Shakespeare performance, monologues, auditioning techniques, and

mask.

For more information, visit TPE’s Web site, www.travelingplayers.org, or call 703-987-1712.

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CALENDAR

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THURSDAY/JULY 30

Patrick Henry Book Club. 1 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. The People on Privilege Hill by Jane Gardam and The Geography of Bliss: One Grump's Search for the Happiest Places in the World, by Eric Weiner. Adults. 703-938-0405.

The Vineyard Wine and Beer Tasting for Singles. 6:30-9 p.m. at 1445 Laughlin Ave, McLean. \$20. More than twenty wines, a variety of beers and a sampling of cheeses and charcuterie. Reserve at jessica@thevineyardva.com.

"You're a Good Man, Charlie Brown" by the St. Mark Theatre Ministry. 7:30 p.m. at St. Mark's Catholic Church, 9970 Vale Road, Vienna. \$15 adults, \$12 students and seniors. Proceeds support outreach and mission projects. www.stmark.org or 703-938-5656.

Jukebox Serenade 'Bliss' CD Release. 9:15 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. \$10. 703-255-1566 or www.jamminjava.com.

NSO@Wolf Trap with Sarah Chang, violin, and Emil de Cou, conductor. 8:15 p.m. at the Filene Center. Tickets \$20-\$48. Wolf Trap Foundation for the Performing Arts, 1645 Trap Road, Vienna. 1-877-WOLFTRAP.

Parents Can Fish With Children at Night. 6-7:30 p.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. This section of the Potomac has bass, sunfish, and more. Boats, life jackets and bait provided; fishing rods available for rental. Maximum capacity is three people per boat; at least one person in each boat must be 16 years of age or older. \$20 per boat. Prepaid reservations required. 703-759-9018.

Nottoway Nights Concert with Stella Mira. 7:30 p.m. at Nottoway Park, 9601 Courthouse Road, Vienna. Bring a picnic dinner, blankets and lawn chairs. For rain cancellation, call the Fairfax County Park Authority after 6 p.m. at 703-324-7469 or www.fairfaxcounty.gov/parks/ performances.

FRIDAY/JULY 31

Dairy Days, 1-4 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Churn butter, crank an ice cream freezer, and play 18th century games. Children must be accompanied by adult. \$5. 703-437-1794 or www.fairfaxcounty.gov/parks/sully.

English Conversation. 10 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Group for non-native English speakers of all levels. Adults. 703-938-0405.

Pokemon League. 3 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Learn and play. Age 5-18. 703-938-0405.

"You're a Good Man, Charlie Brown" by the St. Mark Theatre Ministry. 7:30 p.m. at St. Mark's Catholic Church, 9970 Vale Road, Vienna. \$15 adults, \$12 students and seniors. Proceeds support outreach and mission projects. www.stmark.org or 703-938-5656.

Thomas at 6 p.m., **bob and Almost Kings** at 10 p.m. At Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or www.jamminjava.com.

Mike Thornton and the Thad Wilson Jazz Orchestra. 7 p.m. at Bangkok Blues, 926 West Broad St., Falls Church. www.bangkokblues.com/calendar.

SATURDAY/AUG. 1

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.

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.

"You're a Good Man, Charlie Brown" by the St. Mark Theatre Ministry. 7:30 p.m. at St. Mark's Catholic Church, 9970 Vale Road, Vienna. \$15 adults, \$12 students and seniors. Proceeds support outreach and mission projects. www.stmark.org or 703-938-5656.

NSO@Wolf Trap: Broadway Rocks! With Randall Craig Fleisher, conductor. 8:15 p.m. at the Filene Center. Tickets \$20-\$48. Wolf Trap Foundation for the Performing Arts, 1645 Trap Road, Vienna. 1-877-WOLFTRAP.

Northern Virginia Country Western Dance Association, Luther Jackson Middle School, 3020 Gallows Road, Falls Church. Line dance lessons at 7:30 p.m., couples specialty dance lessons at 8 p.m. Open dancing begins 8:30 p.m. NVCWDA members is \$10, nonmembers \$12, ages 16-20 with student ID \$5. www.nvcwda.org or 703-860-4941.

The Adventures of Tom Sawyer and Huck Finn. Local actors, dancers and singers ages 7-18 take the stage at Waddell Theater, NoVa College. Starting at 7:30 p.m. Reserve at 703-790-9050 or StarshineTheater@aol.com.

Susan LaMont Artist's Reception. 6-9 p.m. at Applegate Gallery & Custom Framing, 101 Church St. N.W., Suite C, Vienna. Free. info@applegateframing.com.

Milkshake CD Release. Rock music for children. 11 a.m. at Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or www.jamminjava.com.

The Folsom Prisoners, a classic country/honky tonk band. 6 p.m. at the Paladium Civic Place Green, 1445 Laughlin St., McLean. Free. 703-288-9505.

SUNDAY/AUG. 2

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 Pickling Produce. 1-4 p.m. at the Claude Moore Colonial Farm, 6310 Georgetown Pike, McLean. Help prepare vegetables for pickling as the farm wife shows how she combines salt, water and homemade vinegar to preserve her summer crops. \$3 adults, \$2 children and senior citizens. Weather permitting. www.1771.org or 703-938-5656.

Difficult Run Jazz Band. 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.

"You're a Good Man, Charlie Brown" by the St. Mark Theatre Ministry. 2:30 p.m. at St. Mark's Catholic Church, 9970 Vale Road, Vienna. \$15 adults, \$12 students and seniors. Proceeds support outreach

and mission projects. www.stmark.org or 703-938-5656.

Boys Will Be Boys CD Release, Bobby Faithful, Life on High, Pathway to Providence, McTwist, Ever Since Ebbwood and Cowabunga. 5:30 p.m. At Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or www.jamminjava.com.

MONDAY/AUG. 3

Auditions for the Vienna Theatre Company's fall production of the mystery "Sleuth" will be held at 7 p.m. at the Vienna Community Center, 120 Cherry St., S.E., Vienna. The cast requires two men ages 30-60. Actors should prepare a two-minute monologue; there will also be cold readings from the script. 703-255-6360.

The Vienna Police Department Women's Self-Defense Class Rape Aggression Defense. 7-10 p.m. at the Vienna Community Center, 120 Cherry St., S.E., Vienna. All four sessions (Aug. 3, 5, 10 and 12) \$5 for Town of Vienna residents and \$7.50 for out-of-town participants, plus a \$15 materials fee. 703-255-6360 or www.viennava.gov/Town_Departments/police_women.htm.

Open Mic Showcase hosted by Ron Goad. 7 p.m. At Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or www.jamminjava.com.

TUESDAY/AUG. 4

Middle Distance Runner, Aushua, Sequoyah Prep School and The SkyLife 8 p.m. At Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or www.jamminjava.com.

WEDNESDAY/AUG. 5

Auditions for the Vienna Theatre Company's fall production of the mystery "Sleuth" will be held at 7 p.m. at the Vienna Community Center, 120 Cherry St., S.E., Vienna. The cast requires two men ages 30-60. Actors should prepare a two-minute monologue; there will also be cold readings from the script. 703-255-6360.

Sparks the Rescue, Anarbor, The Narrative and Running with Giants. 7 p.m. At Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or www.jamminjava.com.

THURSDAY/AUG. 6

Wolf Trap National Park for the Performing Arts Junior Ranger Day. 12-2:30 p.m. Activity books, ranger-led programs including costumes, musical instruments, recycling, puppets, and park history. Free. For ages 5-12. www.nps.gov/wotr/forkids or 703-255-1893.

Yorrelle. 7 p.m. At Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or www.jamminjava.com.

FRIDAY/AUG. 7

Celtic Cross. 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.

The Vienna Youth Players present the musical "Children of Eden," 7:30 p.m. at the Vienna Community Center, 120 Cherry St., S.E., Vienna. \$11 adults, \$10 students and senior citizens. 703-255-6360 or www.viennava.gov.

Picnic Night for Vienna area 6th, 7th and 8th graders and their families. 6 p.m. at Club Phoenix Teen Center, in the Vienna Community Center, 120 Cherry St., S.E., Vienna. Free. Families are invited to bring a picnic dinner; each donation of canned food or clothing for a local charity earns a cupcake



Jack Green warms up for a go at the Tuba Toss.



Immediate past president Ann Page, current president Elizabeth McDaniel and vice present Mary Kingman take turns selling raffle tickets at the funfest.

Summer Funfest Supports Orchestra

McLean Orchestra summer fundraiser was held at St. Francis Church.

By SHANNON MCCULLOUGH
THE CONNECTION

"Pull the heart strings for the music strings" were the words from former president and current member of the McLean Orchestra's board of directors, Ann Page.

The McLean Orchestra ran a Community Funfest as its primary summer fundraiser this Saturday, July 18 at the St. Francis Episcopal Church. Their goal is to raise \$60,000 by Sept. 1.

The Funfest included a raffle, an auction, a barbecue, a moon bounce and live music. Various musicians from the orchestra have smaller ensembles, such as Daren Shumate.



McLean Youth Orchestra member Shannon Page paints a picture on Fen Biasi.



Executive director John Huling and orchestra conductor Sylvia Alimena.



Supervisor John Foust (D-Dranesville) talks with Esther and Dick Hinchliff.

in future as well as other events that reach out to the community. Alimena is also plays with the National Symphony.

Many members on the board of directors were also present at the Funfest. Page said that the orchestra "gives the musicians a chance to play in their community." She emphasized the community and the orchestra's interdependence. The McLean orchestra also has a youth orchestra comprising local aspiring musicians. The youth orchestra holds four or five concerts per year.

The musicians themselves were also present at the Funfest. "McLean is a professional orchestra with a great conductor, and I am thrilled to be a principle flute," said Amy Thomas. She elaborated on the quality of the music played by the orchestra. This fundraiser provides the necessary funds to continue their musical tradition.

For more information on the McLean orchestra, visit www.mclean-orchestra.org.

dessert, then teens can stay over for a movie and a best fuzzy slipper contest. 703-255-6360 or www.viennava.gov.

Ammar Malik and Ugly at 6:30 p.m.; **Melodine and Noah Woods** at 10 p.m. At Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or www.jamminjava.com.

SATURDAY/AUG. 8

Ricardo Arjona, 8 p.m. at the George Mason University Patriot Center, 4400 University Drive, Fairfax. Tickets are \$40, available online at www.ticketmaster.com or via Phonecharge at 703-573-SEAT. www.patriotcenter.com.

The Vienna Youth Players present the musical "Children of Eden," 7:30 p.m. at the Vienna Community Center, 120 Cherry St., S.E., Vienna. \$11 adults, \$10 students and senior citizens. 703-255-6360 or www.viennava.gov.

Dining skills and etiquette class for ages 13-17, 9:30-11:30 a.m. at the Vienna Community Center, 120 Cherry St., S.E., Vienna. Silverware savvy, American and continental eating styles, duties of hosts and guests, and many other dos and don'ts. \$40 for Town of Vienna residents and \$50 for out of town participants. 703-255-6360 or www.viennava.gov.

Girl Authority at 12 p.m.; **Gary Jules** at 7 p.m.; **Dreaming Of Eden, Aside Oceans, No Stars Over California** and more at 10 p.m. At Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or www.jamminjava.com.

Woven Green. 6 p.m. at the Paladium Civic Place Green, 1445 Laughlin St., McLean. Free. 703-288-9505.

BUSINESS NOTES

Cucina 39's Executive Chef/President Keaton Hopkins announced that Whole Food Markets will sell four new gluten-free Italian pasta sauces produced by the McLean-based company. The sauces will be sold in 36 Whole Food stores throughout the Mid-Atlantic region, including the tri-state area. The all natural sauces sold in 24-ounce jars will be available in Marinara, Porcini Mushroom, Olive Caper and Garden Vegetable.

Fitness Together Tysons has hired **Brigid McEvilly.** She has an associates degree in general science and is currently pursuing her ACE certification. McEvilly has long been a competitive swimmer and equestrian. Currently she trains in marathon running and has run in the Marine Corp Marathon. She won her age division in 2007 for the DC Road Runners.

The Business Bank has been awarded a 2009 Fairfax Chamber of Commerce's Blue Diamond Award, and Brenda Tucker, the Client Manager of the Bank's McLean Branch, received the 2009 Greater McLean Chamber of Commerce Commitment Award. The company has achieved a Bauer Five Star rating since 2008.

Louise Peabody, Member and CPA, of Watkins, Meegan, Drury & Co. of Vienna received the Founder's Award during the Women in Technology 10th annual Leadership Awards on May 21. The Founder's Award is awarded to a current member who has exemplified the WIT values in her work with the organization and her professional career.

Jim Henry has joined Leapfrog Solutions, Inc. of Oaktown as chief operations officer. In his position, Henry will lead the firm's business development efforts and provide daily leadership and operational oversight.

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NEWS

Looking at Brighter Side

Great Falls girl wins oratorical honors.

Local eighth grade student Aimee Cho, 14, dazzled the judges of the oratorical contest sponsored by the Great Falls Optimist Club this spring, then went on to win the Zone and District Level competitions, receiving a total of \$2,000 in college scholarship funds. Cho bested 12 other winners from eight Optimist International Zone competitions who traveled to Richmond for a shot at the top prize.

The theme of this year's speeches was "To me, optimism is ..." and they were to be between four and five minutes. Five girls and one boy competed in the Club's contest, which was open to public and private school students up to age 16. "I couldn't believe the caliber



Aimee Cho with her father and Optimist International Lt. Governor Jim Stimson.

of the speeches," said Julie Casso, one of the contest organizers. "We were all very pleasantly surprised."

CHO'S SPEECH, which she gave without benefit of written notes,

was about looking past one's troubles to see the brighter side. She gave examples of her little sister who never gave up hope of convincing her mother to let her eat candy, even after she got braces; of a close friend whose goal was to get into Thomas Jefferson High School and who vowed to reapply after being rejected; and of her uncle who still refereed volleyball games and hosted an annual holiday party while battling cancer. She said she was inspired by people in her life who remained optimistic in the face of obstacles, and who managed to see the rose and not the thorns.

JACKIE RYAN, a 13-year old 7th grader who placed third in the local contest, spoke about her older sister's experience with a sports injury that ended her lacrosse career and dashed her hopes for a college scholarship. Seeing her sister rise above her difficulties gave Ryan a commitment to a more positive lifestyle.

"This contest is wonderful on so many levels," said Lisa Jackson. "It's wonderful that the participants have this opportunity to give a speech that they wrote, and to present it to several adult audiences. What great practice for the future. It's wonderful that they win scholarship money. It's also important that they think about what optimism means to them; about the value of an optimistic perspective on life. And, of course, it's especially wonderful for us to know that the winner of our local contest went on to win at the district level. We couldn't be more proud."

CONTRIBUTED



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BULLETIN BOARD

To have community events listed in the Connection, send to greatfalls@connectionnewspapers.com. Deadline is Friday.

SATURDAY, AUG. 1

The Friends of the W&OD 10K race will take place at 6:30 p.m. in Vienna. The race is presented by the Arlington Cooperation Foundation and will run along the

W&OD Trail from Ayr Hill Road to Hunter Mil Road and back. The event will continue its tradition as a "green" race with exhibits from environmental organizations including the Green Spring Master Gardeners, League of Women Voters of the Fairfax Area, the Potomac Appalachian Trail Club and the Northern Virginia Regional Park Authority. Registration for the race is now open at

www.marathoncharitypartners.org/friends.

ONGOING

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Tomlinson: Head First After Olympic Dreams

Great Falls native has spent summer sledding, training for 2010 games.

BY MARK GIANNOTTO
THE CONNECTION

The temperature hovered around 90 degrees this past Sunday morning in the parking lot of South Lakes High School, and yet Great Falls native Keslie Tomlinson had her sled out.

With no snow in sight, though, this was no ordinary sled. Then again, what Tomlinson is attempting to achieve in the next year and a half isn't exactly orthodox. Just ask her trainer, 51-year-old Greg Petrosian, to describe what his pupil is training for.

"She's a crazy woman going head first down a track at 80 miles per hour," he said with a laugh in his Russian accent from the recently renovated weight room in the basement of his Reston home. It serves as Tomlinson's training headquarters for the time being.

An avid horse back rider as a child growing up in the area and a college field hockey and lacrosse player at Denison University, Tomlinson is in the midst of what has become a seven-year quest to qualify for the 2010 Vancouver Winter Olympics in the sport of skeleton.

Skeleton is the competitive form of sledding — or sliding if one goes by the sport's vernacular — in which athletes travel down bobsled courses headfirst on their stomachs at speeds sometimes exceeding 80 mph



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

During the summer, Great Falls native Keslie Tomlinson has to practice her starts on a makeshift skeleton sled in the parking lot at South Lakes High School. She's attempting to qualify for the 2010 Vancouver Winter Olympics in the sport.

while experiencing forces up to 5Gs. A skeleton sled, though, has no steering or braking mechanisms.

Tomlinson, who now resides in Potomac Falls, discovered the sport when it made its return to Olympic competition at the 2002 Salt Lake City games, where she was working for the United States Olympic Committee. Then, in December 2002, Tomlinson made the trek to Lake Placid, N.Y., one of only three skeleton training facilities in the country, to try it out, "not having any intentions of pursuing it," she said. The only instructions given were, "Have fun, hang on, and don't fall out ... It turned out I wasn't too bad at it."

In January 2008, Tomlinson took home the U.S. National Championship for skeleton, and after impressing on several minor skeleton circuits over the years, made her debut on the World Cup Tour this past winter. She was named the 2009 Women's Skeleton Athlete of the Year.

NOW SHE'S BACK in Northern Virginia for the first summer in a long time. It's the offseason in skeleton since there are currently no tracks with ice anywhere in the world. That doesn't mean Tomlinson's taking any time off, though.

She and Petrosian — they met in 2002 and began working together extensively this past April — train six days a week, work-

ing on speed, strength, endurance, and acceleration. Tomlinson spends hours with her makeshift sled on wheels in the parking lot at South Lakes, practicing her starts along the curb since steering can be a problem with "a glorified skateboard" made of plastic and held together with layers of duct tape.

Sometimes she'll take the sled out in her neighborhood, which usually elicits some curious questions from youngsters and adults alike. Tomlinson remembers one parent came up to her and asked where she got the sled because her child would not stop nagging her about getting one.

When she's not rolling around, Tomlinson usually makes the five-minute drive from South Lakes to Petrosian's place. An unassuming house near Southgate Community Center in Reston, a look into the backyard reveals a new addition that houses a split level, two-room basement gym.

Tomlinson will do a litany of exercises there, all aimed at perfecting her race start and fitness.

Aside from the usual array of weights, benches, and elliptical machines, there's a set of bungee cords that Tomlinson hooks herself into so she can simulate bursting

To Help

To make a tax-deductible donation on Keslie Tomlinson's behalf, a check can be made out to the United States Bobsled and Skeleton Federation (USBSF). On a note of letter accompanying the check, request that the donation be put into the Athlete Training Fund of Keslie Tomlinson. Send to the following address and a Tax ID # will be sent back by the USBSF:

Lisa Carlock — USBSF
Athlete Training Fund
1631 Mesa Ave., Copper Bldg.
Suite A
Colorado Springs, CO 80906.

Donations can also be made using PayPal on Tomlinson's Web site, www.GoKeslie.com.

from a kneeling position.

There's also a set of bars in a corner where Tomlinson strengthens her core muscles, including a Petrosian favorite that he brought over from Russia in which his pupil must repeatedly raise her legs completely over her head.

"The goal is not just to make the team," said Petrosian. "My goal and her goal, too, we're going for top three. If she put together everything and finishes strong, she's capable of doing that."

"We spend six months basically training for the first five seconds of the run," said Tomlinson.

BUT THE SACRIFICES Tomlinson has had to make span years, not months. Because there are only three skeleton training facilities in the country (Colorado Springs, Colo., and Chula Vista, Calif., are the others) Tomlinson, who in her down time is also pursuing a master's degree in sports administration at Northwestern, has been forced to live out of a suitcase six months of every year, spending extended periods at national training facilities. Throw

SEE OLYMPIC, PAGE 13



Tomlinson works out six days week in the basement gym of her coach, Reston resident Greg Petrosian.



COURTESY OF CINDY SMITH

The River Bend Boys 8-and-under 100-meter medley relay team of (left to right) John Youngkin, Will Koeppen, Connor Smith and Luke Peele finished first at the Dominion Country Club League (DCCL) 2009 Relay Carnival and set a new league, relay carnival, and team record with a time of 1:27.18 — lowering the previous mark by more than three seconds. They also finished first in the 100-meter freestyle relay with a time of 1:18.35. For more local swim/dive results, go to www.connectionnewspapers.com and click on the Sports tab.

SPORTS



COURTESY OF KESLIE TOMLINSON

This past winter, Tomlinson was named the 2009 Women's Skeleton Athlete of the Year.

Olympic Dreams

FROM PAGE 12

in the fact that she went to a boarding high school in Maryland and it means Tomlinson has been eating dining hall food for the better part of 14 years now.

With qualifying for the games fast approaching beginning in October, Tomlinson swore off alcohol back in February and submitted to a regimented nutritional plan created by Petrosian, a former professional long jumper who has also been a former strength and conditioning coach for D.C. United and at American University.

The money, though, may be the hardest part. Tomlinson estimates she spends around \$25,000 a year on training and competition. The sled she uses in races costs \$8,000 by itself. Tomlinson has had waitress jobs over the years, but that's not nearly enough to cover her expenses. She counts on sponsors, family members, as well as donations to fund her dream.

"I've sacrificed everything from my social life to my best friend's wedding to even just not being home," said Tomlinson, who turned 28 this past Monday. "I can't tell you the last time I've been home for Thanksgiving. But on the flip side of that, my friends and family have been the most supportive people in my life. Every athlete goes through their ups and downs and periods of possibly wanting to hang it up and I've been through that many times and they've kind of kept me going."

This fall and winter, though, is when Tomlinson will truly find out if she can forge ahead in a sport she picked up on a whim one winter. The U.S. National team trials begin in October, with the top three men and women named to the World Cup team. The actual Olympic team is based off the accumulation of points in those World Cup races and will be revealed in January.

Until then, just look for the "crazy woman" with a dream, riding her sled around a high school parking lot.

"I'm not sure why I got involved with a winter sport because I hate the cold," said Tomlinson. "But I think for me, [in an] Olympic year, everything has been put into perspective ... it's all or nothing and I've really embraced that."

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Time I May Have



By KENNETH B. LOURIE

Tick, tick, tick, tick. If I allow myself to think about it (and as a cancer patient with an abbreviated life expectancy, it is something to think about, believe me), I might go crazy. When exactly did the life-expectancy-not-what-it's-supposed-to-be-clock start ticking? Was it the date of my biopsy? The date of my P.E.T. Scan? The date of my CT Scan? The date of my initial chest x-ray? The date when I first felt pain in my side (Dec. 29)? Or was it the date of my first appointment with my oncologist when all the news that I never thought I'd see in print, was printed, spoken and discussed? Talk about a shoe dropping!

But what's the point really? Other than wondering if this day, this weekend, this dinner out, will be the last that I'll remember or even experience. I'm not a "Bucket List" kind of person so I'm not making a list and checking it twice (heck, I'm not making a list at all).

But when reality creeps in (and it's impossible for it not to), despite the fact that I have been asymptomatic and my oncologist has described me and my minimal side effects as "above average," at the end of the day (heck, at the beginning of the day, too), I am still a stage IV lung cancer patient. At some point, something is going to hit the fan. And when it does, that fan is going to break, big time (metaphorically speaking; although, you have to know, at this point of my diagnosis/life, I have very little patience for electronic devices).

So do I live and let live or do I live like there's no tomorrow when there actually might not be?

If I live like there's no tomorrow, then aren't I sort of assuming that I'm not going to improve and that there really won't be anymore tomorrows? And if that is indeed my attitude, isn't that kind of a self-fulfilling prophesy? I don't want to live like there's no tomorrow. I want to live normally, like there are plenty of tomorrows, plenty of next weekends, plenty of next years. Somehow, I need - and want - to be positive about this very negative situation, and yet be honest about my present and realistic about my future. (And I thought selling newspaper advertising in Washington in August was difficult.)

But how do I manage to serve two masters like that? Denial certainly works. Naivete can play a role. Delusions of not-so-grandeur could help.

But that's no way to live. Pretending that all is well when you are not. Nor is trying to determine when the semi exact start date of your official cancer appearance was, then calculating backwards and now forwards to project and/or predict when your life expectancy might begin to feel the effects of your underlying disease and then act accordingly, whatever that may be.

Who am I kidding? Other than giving myself some mental gymnastics to perform, why do I need to know? (I'll know soon enough, I'm sure.)

What will be, will be. But sometimes, I can't help myself. When I lie in bed, awake, in the middle of the night, with no one to talk to, it's difficult to block out this new math, especially when you consider that I'm pretty good in math. I guess I now know what the point was of learning it back in 10th grade. Little did I know how important it would all become.

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

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Anyone may submit written comments within 30 calendar days of the date of publication of this notice. The comment must be sent simultaneously to C. K. Lee, Regional Director, Office of Thrift Supervision, 225 East John Carpenter Freeway, Suite 500, Irving, Texas 75062-2326 and to the attention of Stephen J. Costas of Beal Bank to its address stated above. Written comments in opposition to establishment of the proposed branch should address the regulatory basis for denial of such application, and be supported by the information specified in 12 C.F.R. Section 516.120(a). You may request a meeting on such application by including a written request for a meeting with your comment to OTS. Your request should describe the nature of the issues or facts to be discussed and the reasons why written submissions are insufficient to adequately address these facts or issues. OTS will grant a meeting request only when it finds that written submissions are insufficient to address the facts or issues raised, or otherwise determines that a meeting will benefit its decision making process.

You may view the non-confidential portions of all comments filed with OTS by contacting the OTS Regional Office listed above. This information is available for public viewing at the appropriate OTS Regional Office during regular business hours. If you have any questions concerning these procedures, contact the OTS Regional Office at (972) 277-9500.

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Keynote speaker Dwight Bashir addresses an audience at the Northern Virginia Baha'i Center on Sunday. The event intended to raise awareness of Iranian Baha'is' persecution for their faith, specifically the seven imprisoned Baha'i leaders pictured behind Bashir.

Spotlight on Persecution

Area faithful gather for imprisoned leaders in Iran.

BY ANSLEY LABARRE
THE CONNECTION

Local Baha'is gathered at the Northern Virginia Baha'i Center on Sunday to promote awareness of their faith's persecution in Iran. The audience of roughly 200 former Iranians and their family and friends listened to speakers lecturing for equal rights.

The audience was urged to use every channel of communication at their disposal to raise awareness. The biggest concern presented at the meeting is the continued imprisonment of the seven Baha'i leaders, who have been held in Tehran for over a year.

The event's keynote speaker — Dwight Bashir, the associate director for policy and research at the U.S. Commission on International Religious Freedom — called the leaders' imprisonment and continued persecution of Iranian Baha'is a serious human rights violation of international standards.

Bashir acknowledged Iran's need for the separation of church and state. The Baha'i religion works to promote universal rights and global unification but has not been tolerated under Iran's Islamic Republic.

The biggest challenge for the Baha'i message is being heard. The faith's belief system prohibits the participation in any political gathering, so they take their cause to governments who will speak on their behalf.

"We don't picket on the street," said Parisa Haghighi of Great Falls. "We protest through bodies like the United Nations."

Haghighi fled Iran over 20 years ago, like many others at the event, because she was denied basic rights to life as a Baha'i. They could all relate to the situation of their lead-

ers — expulsion from medical school, denial of higher education, and termination from jobs — because of their faith.

Jila Samadani-McQuirk of Sterling endured the shooting execution of her uncle, cousin, and several close friends who were Baha'is.

"When you know the people who are hurt," said Samadani-McQuirk, "it's different."

Bashir views the current place of Baha'is in Iranian society with such fragility, he knows it could take a turn for the worst. The Middle East specialist stresses the importance of holding the Iranian government accountable.

"Without awareness, tragedies can happen," said Bashir, referring to previous human rights violations including Darfur and Rwanda. He hopes pressure on Iran from government entities like the European Union and Congress will prevent escalated persecution.

"The more they're in public view," said Bashir about Iran, "the harder it is for the government to carry out atrocities."

The public is growing increasingly aware, as the event attracted its share of concerned Americans as well. "We're all a part of a bigger system," said Samadani-McQuirk's American husband David, who served as the event's host. "If one part of that system is damaged, all the others will suffer."

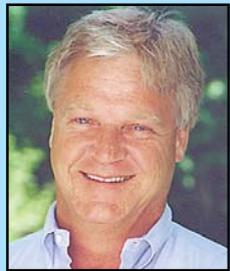
The event concluded with a letter addressed to Fariba Kamalabadi, one of the imprisoned seven, from her daughter. During its reading, an Iranian woman in the audience pulled out a tattered tissue to dab her eyes, and several others hung their heads. While the Baha'is at the event acknowledged the focus was on their seven imprisoned leaders, they do not ignore their fellow followers still persecuted for their faith.

"We are concerned about the seven," said Sohila Rasooly of Fairfax, "but there are more than 300,000 Baha'is under persecution in Iran and every one has a life in danger."

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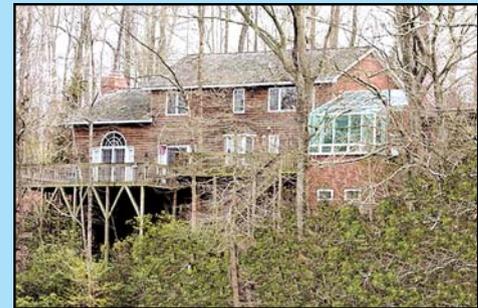
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