

Great Falls CONNECTION

Josephine and Molly Murphy, 4, take part in the Little Patriot Parade in Great Falls Monday.

Festive Fourth in Great Falls

NEWS, PAGE 3



PHOTO BY ALEX McVEIGH/THE CONNECTION

VDOT Seeks Beach Mill Bridge Input
NEWS, PAGE 4

Of Diets And Dieticians
WELLBEING, PAGE 11

JULY 6-12, 2011

ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL
REQUESTED IN HOME 7-11
POSTAL CUSTOMER
ECR WSS

PRSR STD
U.S. POSTAGE
PAID
EASTON, MD
PERMIT #322

CIRCULATION VERIFICATION COUNCIL

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

MAISON ET JARDIN, LTD.



**OUTDOOR FURNITURE • PLANTERS & FOUNTAINS • HOME
ACCESSORIES & TABLE TOP • ARTIFICIAL FLORALS &
TREES • PICTURE FRAMES • WALL DÉCOR
INTERIOR ACCENT FURNITURE AND MORE!**

**AUTHORIZED DEALER OF
SUMMER CLASSICS OUTDOOR FURNITURE
& HADDONSTONE GARDEN ORNAMENTS**

**9867 GEORGETOWN PIKE, GREAT FALLS, VA 703.759.2825
www.MaisonEtJardinLtd.com**

The Celebrate Great Falls float, featuring live music from John Jendzurski and a replica of the gazebo on the Village Green, is part of the Great Falls Fourth of July parade. Celebrate Great Falls, which formed earlier this year, coordinated the day's events.



PHOTOS BY
ALEX McVEIGH/
THE CONNECTION

Festive Fourth in Great Falls

Little Patriot Parade, float contest highlight revamped Fourth of July celebration.

BY ALEX McVEIGH
THE CONNECTION

When a group of musically oriented current and former Langley High School students wanted to make a splash during this year's Fourth of July parade in Great Falls, they decided to keep it simple. Eight of them decided that they would bring their instruments on the float, and just do what came naturally to them: make some rhythm.

"It's hard to make a good sound when you don't have space for many musicians on the float, so we just brought along our drums," said Craig Hunter, a Langley alum who currently attends the University of Virginia. "It was hard planning what to do for a single float, so we just messed around, brought out some of our old marching band stuff and improvised."

The musicians, playing a drum kit, snare drums and other percussion instruments, christened themselves the "USS Beat Boat," and were rewarded for their efforts with the first trophy from Celebrate Great Falls for best neighborhood float. Laura Grems, a junior at Langley who played on the float, had a simpler reason for their success.

"There's just nothing better than drums," said Grems, who played a snare drum. "It was a great experience, at least it was until we stopped and I fell over a bit."

This year's Great Falls Fourth of July parade featured float entries from neighborhoods, business and organizations from around the community. The parade is now run under the auspices of Celebrate Great Falls, which formed earlier this year, and was geared towards more community involvement.

CELEBRATE GREAT FALLS has a float in the parade as well, but since they organized the event and picked the judges, they were not eligible to win the prize. That didn't stop them from putting forth an impressive effort though, as their float featured a replica of the gazebo in the Great Falls Village Green, as well as John Jendzurski playing guitar and sing-

ing, paying homage to the annual Concerts on the Green that take place at the gazebo every summer.

"They came up with the idea for the parade, and they wanted to make it better than ever before," Jendzurski said. "And they did a great job. I think it was the first time I've actually played on a moving stage."

SGB Landscapes took the award for the best business float, as they turned theirs into a piece of landscape art that stood on its own. The float contained mulch, plants, chairs and even a barbecue grill that wasn't fired up, but it did have a stereo playing music on top of it.

Eric Partee of Celebrate Great Falls said he was very pleased with the increased community participation in the parade this year.

"It's great fun, and I think it's only going to get better in the years to come," he said. "When you look at the people gathered up and down the parade route, you really think to yourself, this is what small town is all about, and we did it in a big town kind of way."

The third parade float prize was awarded to the best organization's float. The Great Falls Newcomers and Women's Club took that award home with their Little Patriot float, featuring the winners of the Little Patriot Parade from earlier in the morning.

CHILDREN from newborns to kindergarten age, as well as their families marched a few laps around the village green in their most patriotic attire. While many sported red, white and blue, others took it further and went with powdered wigs and overcoats to pay tribute to America's founding fathers.

Participants walked, rode their bicycles or tricycles and the lucky ones were able to ride in a carriage or wagon powered by their parents.

"The Little Patriot Parade was absolutely adorable, who knew they made powdered wigs to fit such tiny heads?" said Janice Masters of Vienna, who came for the big parade, but ended up watching the Little Patriots as well. "It's such a creative idea, but to see so many families that took the idea and ran with it is really heart-warming."

Jackie Culhane of the Great Falls Women's Club suggested that the club enter a float.

"Since I made the suggestion, I got the job," she said with a laugh. "But the whole crew put the parade together, we wanted to make something that would be patriotic and show people united, and the float worked perfectly."



Uncle Sam, played by Bill Canis of Great Falls, waves to people along the parade route Monday in Great Falls.



Marilyn and Dorothy Young, 3, take part in the Little Patriots Parade in Great Falls Monday.

Shop Great Falls

Great Falls Village Centre

www.gfvcca.com

A&E Collective, P.C.....	703-757-0107
Ackerman & Assoc.....	703-759-4707
Acustream.....	703-345-4012
Adeler Jewelers.....	703-759-4076
AdGen Telecom.....	703-757-6757
Allstate Insurance/Doug White.....	703-759-7700
Aquarian LLC.....	703-438-8838
Arc Partners, Inc.....	703-880-4873
Capitol Realty Services.....	703-759-4900
Cathy's Corner.....	703-759-4975
Deli Italiano.....	703-759-6782
Dominion First, Inc.....	571-278-0772
Dr. C. Ayers.....	703-757-6445
Dr. M Tamulevich.....	703-757-6445
Executive Suites at Great Falls.....	703-865-2500
Expressions with Intent.....	703-757-4600
Falls Hardware.....	703-438-1700
Falls Salon, The.....	703-759-4758
First Line Financial, Inc.....	703-757-7393
Fresh Catch Seafood Market.....	703-759-4950
Georgetown Learning Centers.....	703-759-3624
Grandmother's Back Room.....	703-759-2680
Helms Briscoe.....	703-759-1160
H2O Pools.....	703-250-5585
Jinny Beyer Studio.....	703-759-0250
Katie's Coffee House.....	703-759-2759
King Creole Catering.....	703-759-7306
Kloman*McDonald Const.....	703-759-7662
Knowlera Media.....	703-757-5444
Loebig Chiropractic.....	703-757-5817
Maison Du Vin.....	703-759-9880
Nextel.....	443-904-9305
New Paradigm Capital Mgmt.....	703-757-4802
Old Brogue.....	703-759-3309
Peking Delight.....	703-759-5040
Roundhouse Design Consult.....	703-582-9403
Robert Mobley, AIA Architect.....	703-759-1927
School of Theatrical Dance.....	703-759-5652
Technique Dental Ceramics, Inc.....	703-757-3838
Teel Construction.....	703-759-4754
Troon, LLC.....	703-675-2823
True Ventures/John Burke.....	
U.S. Appraisal, LLC.....	703-759-9100
Village Centre Mgmt Office.....	703-759-2485
Village Retreat/Massage Therapy.....	703-638-4852
Wachovia Bank.....	703-757-1040
Yoshi Toshi.....	703-759-3338

Great Falls Farmers Market
Saturdays 9:00 AM - 1:00 PM
At Village Green Day School

Concerts on The Green

Sundays 6-8 pm

June 5 June 19 July 3 July 17 July 31
June 12 June 26 July 10 July 24

Proud Host of:

"Spring Festival" • "Tree Lighting Ceremony"
"4th of July Parade" "Concerts on the Green"
"Taste of Great Falls"
"Halloween Spooktacular"

The Great Falls Village Centre
776 Walker Road • Great Falls, VA
703-759-2485 • gfvcca@aol.com

Village Centre
Shops Restaurants Offices

NEWS

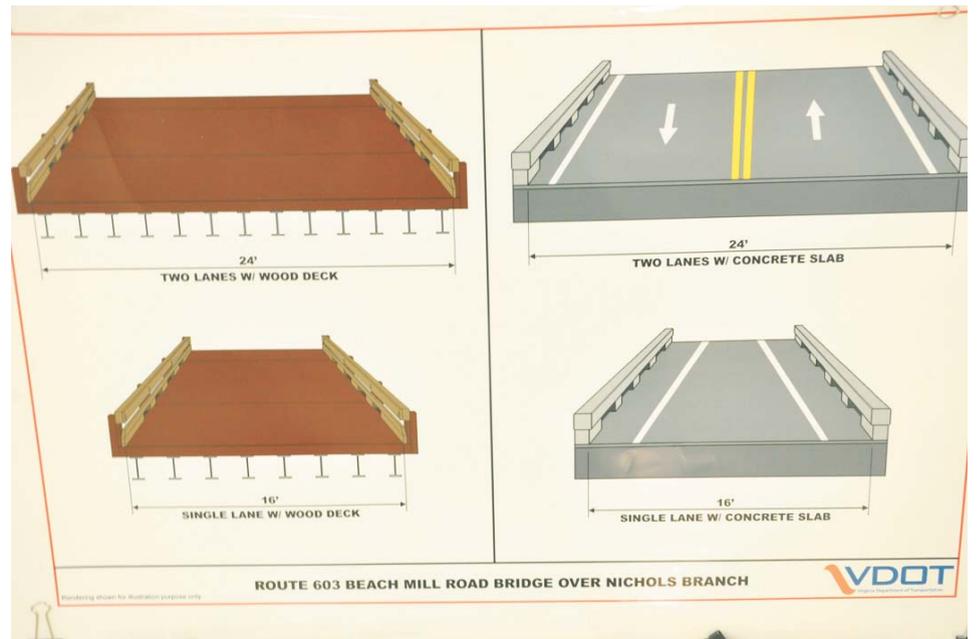


PHOTO CONTRIBUTED

The Virginia Department of Transportation is taking public input on the design of the replacement bridge over Nichols Run on Beach Mill Road. The materials used, as well as whether the bridge should be one lane or two, are two main questions.

VDOT Seeks Beach Mill Bridge Input

Comments sought on materials, lane configuration.

The existing bridge was built in 1940, and is rated 43.8 on a scale of one to 100, with one being the poorest, according to VDOT. Nicholas Roper, Northern Virginia bridge engineer for VDOT, said the corrosion of the steel beams that support the bridge is the reason for the replacement.

BY ALEX McVEIGH
THE CONNECTION

As the Virginia Department of Transportation is planning a replacement for the 37-foot bridge that carries Beach Mill Road over Nichols Run, they are seeking public input on the bridge design. Questions are whether the new bridge should be one lane or two, as well as if it should be designed with wood or concrete.

"Our foremost objective is to replace a structurally deficient bridge and construct a new bridge that's safe and meets all the need for all users now and in the future," he said. "The service life is expected to be 50 to 75 years."

Since Beach Mill Road is a two-lane road, standard VDOT procedure would be to make the new bridge a two-lane bridge. However, many local residents believe that

SEE COMMENTS, PAGE 15

Who begins too much accomplishes little.

—German proverb

OPEN HOUSE LISTINGS

Will Return Next Week



To add your Realtor represented Open House to these weekly listings, please call 703-778-9410

NEWS

Son Charged in Father's Stabbing Death

Casey Emmer, 25, charged after Monday night report.

Casey Emmer, 25, has been charged with homicide in the stabbing death of his father Lawrence Emmer, 62, of Great Falls. Fairfax County Police Spokesman Pfc. Bud Walker said Casey Emmer called police the night of July 4 to report a break-in and stabbing at the house.

Police responded to the 1200 block of Colvin Meadows Lane at approximately 10:15 p.m. Monday night and discovered the body of Lawrence Emmer with trauma to the upper body. Officers were able to determine that no break-in had occurred and charged Casey Emmer with homicide.

According to Fairfax County Po-



Casey Emmer

lice, this is the sixth homicide in the county this year. Lawrence Emmer is also survived by his wife, Dorothy and son Geoffrey, 22.

Riverbend Park Offers Wagon Rides

Riverbend Park's scenic location along the banks of the Potomac River above Great Falls has long been a favorite hiking and boating destination for visitors from around the region. Now weekend visitors can leave their boots and paddles behind and board a tractor-pulled wagon for a naturalist-led tour of the park. With the addition of free scavenger hunt sheets, visitors will experience the park in a whole new way.

After departing from the visitor center, the wagon passes through shady woods to an open meadow bursting with wild-life. As the wagon loops around the

meadow the naturalist points out seasonal highlights such as butterflies and bluebirds. Riders are offered free scavenger hunt sheets featuring pictures of animals and other highlights that may be seen along the route.

Bright orange butterfly weed is currently in full bloom. Tiger swallowtail and zebra swallowtail butterflies are often seen sipping nectar from these colorful plants. Bluebird boxes were constructed around the meadow as part of a nationwide program to provide good habitat for bluebirds to nest and raise young. The bluebirds are now nest-

ing and may be seen gathering food. Their bright cobalt feathers delight riders as they flit around the sunny meadow.

Rides are offered every Saturday and Sunday at 12:30, 2, and 3:30 p.m. The cost is \$4 per person; children ages two and younger ride free. Rides run approximately 30-45 minutes. Reservations are not necessary.

Riverbend Park is located at 8700 Potomac Hills Street in Great Falls. For more information about the park, visit www.fairfaxcounty.gov/parks/riverbend, or call 703-759-9018.



Great Falls

\$1,250,000

Spectacular and spacious contemporary rambler with sun-drenched rooms and exciting architecture! Huge rooms, e.g. 34' x 20' living room, 5 bedrooms, 4.5 bathrooms. Home is sited on beautifully landscaped lot in the heart of Great Falls. A real beauty!

"Client Satisfaction" isn't just my slogan...it's my business!

Casey Thompson
Realtor®, GRI, CRS
703-795-3852



ENERGY UP, PRICES DOWN

NOW AT MCLEAN GNC

GNC Live Well!



EVERYONE HAS A RESOLUTION

REACH YOUR GOAL IN A HEALTHY WAY



GNC McLean
703-734-6133

6831 Redmond Dr., McLean, VA 22101



More on Summer Food

Fairfax County is constantly working to expand the number of sites offering meals to needy children in summertime.

In the summer of 2008, the county served 60,000 meals at 37 sites.

In the summer of 2010, approximately 105,000 meals were served at 47 sites, a 75 percent increase in meals served and 27 percent increase in the number of sites providing services.

Alexandria City has 46 summer meals sites, and Arlington County hosts seven summer meals sites, according to the No Kid Hungry campaign in Virginia.

An editorial last month, relying on information from the Fairfax County Public Schools, understated the number of sites available for summer meals.

Fairfax County has more than 44,000 students enrolled who are poor enough to qualify for subsidized meals who, during the school year receive breakfast and/or lunch at the county's 141 elementary schools, 26 middle

schools, 30 high schools and secondary schools either for free or at very low cost. That's nearly 200 places where students go every day that can help provide for their nutritional needs.

While 105,000 meals at 47 is a great improvement, it's still fewer than three meals per needy student for the entire summer.

The No Kid Hungry campaign is promoting summer meals programs in Virginia and increasing awareness by distributing statewide nearly 55,000

pieces of outreach materials including postcards, yard signs, direct mail, posters, and banners. Calls are also being made to needy families to let them know about summer meals sites. See www.strength.org

Anyone can find the closest site in Virginia for summer meals by calling 211.

Anyone in Fairfax County who would like to volunteer or host a meal site can visit <http://www.fairfaxcounty.gov/rec/summermeals/> or call Brent Quarles, Department of Community and Neighborhood Services, at 703-324-5330, TTY 711, for more information.

EDITORIALS

LETTERS TO THE EDITOR

Out of Touch

To the Editor:

Del. Barbara Comstock (R-34) again has voted for legislation that caters to downstate interests at the expense of Northern Virginia. The new state law that she helped pass allows air guns to be discharged on private property, even if next to a school or busy road. Such guns may be appropriate for use in rural areas, but they are downright dangerous in suburban areas where homes are a few feet apart.

Make no mistake about it, these guns can inflict significant harm; they pose a particularly serious risk for small children and pets. Manufacturers tout these guns for hunting squirrels, rabbits, and small game. The US Consumer Product Safety Commission warns that their use can cause serious injury or death. With a range of 100 yards or more, a pneumatic weapon can shoot across a neighboring yard or street.

Fairfax County has treated these guns as regular firearms under the Fairfax County code.

County officials and members of the Board of Supervisors have expressed concern with this new law and have sought changes. In spite of these efforts by our local officials, the change in the state law will most likely go into effect unchanged on July 1.

It is unfortunate that Delegate Comstock votes for downstate interests of her party, rather than those of her constituents in McLean, Great Falls, and through-

out the 34th district. With the new apportionment, Northern Virginia will gain representation in the General Assembly. Gaining seats means little, however, if our representatives are unable or unwilling to protect our interests.

We need to send a delegation to Richmond that stands up to the entrenched forces that have spurned Northern Virginia for decades. We can start by replacing Barbara Comstock with Pamela Danner who is running to be our delegate in November and who has served our neighborhoods for nearly three decades as a community leader. Danner understands our legitimate concerns for public safety. Moreover, she has the fortitude and political skill to stand up to those who threaten the interests of Northern Virginians.

Shelley R. Slade
McLean

Shocking Policy

To the Editor:

I am writing about the recent discipline reform movement in Fairfax County public schools. Hundreds of parents recently protested the fact that our children are not protected by the Fifth Amendment and can be forced to confess without parental notification. The School Board decided that it was more important to wave the rights of kids and to force a confession at all costs. They claim that the rest of the kids would be safer this way. I'm not

sure how my child would be safer if another child committed a crime and was detained by the principal until that child's parent was notified. There are cell phones, blackberries and computers – instantaneous access to parents. I have yet to meet a parent that disapproved of parental notification and are shocked that this policy still exists today. We need new leadership that brings sanity back into our school system and protects all of our children. Please consider voting in new School Board members, like Louise Epstein, who will overturn this arcane, ridiculous policy that the current School Board supports.

Kim Farrell
Parent of two FCPS students
North Vienna

Constitution Applies

To the Editor:

The recent controversy surrounding Fairfax County Public Schools' discipline policy, particularly parent notification, needs some clarity. Some parents have claimed that student's Fifth Amendment rights would be violated if parents are not notified before disciplinary action is taken. It is true students keep their constitutional rights even after entering the school building and they should not be coerced to incriminate themselves. However these rights pertain to violations of school and criminal rules and not

Primary Election Aug. 23

Several key races in Arlington, Alexandria and Fairfax County are likely to be decided in the primary election next month. Because they are in heavily Democratic districts, the winner of the primary will be the favorite to prevail in November.

To vote on Aug. 23, you must be registered to vote by Aug. 1. If you think you might be on vacation, you can apply now for an absentee ballot.

The deadline to register for the Aug. 23 primary is Monday, Aug. 1.

Primary Election Day, Tuesday, Aug. 23

General Election Day, Tuesday, Nov. 8

Monday, Oct. 17 is the deadline to register to vote or update one's address for the Nov. 8 General Election.

For more information, see <http://www.sbe.virginia.gov>

to school infractions, like tardiness and cheating, in this case Fifth Amendment rights would not be involved.

So in the case of violations of school and criminal rules, a student must not be coerced to incriminate themselves, that would be in violation of their Fifth Amendment rights, and therefore one could claim that their parent should be notified before action is taken.

Lawrence Bussey
Reston

How Sad Can it Get?

To the Editor

We read in newspapers that, in Maryland, camp counselors must get written parental consent for the use of sun screens on their charges. Furthermore; regulations state that "Camp staff should limit touching the camper as much as possible."

In Reston a friend of mine was preparing to take a photo of a bunch of campers to add to his collection of Lake Anne Plaza shots. The camp counselor accompanying the kids intervened saying that my friend could not take the photos because he, the counselor, did not have disclaimers from the parents of all the campers.

Without further comment.

Bob Simon
Reston

THE CONNECTION

www.ConnectionNewspapers.com

Newspaper of
Great Falls

An independent, locally owned weekly newspaper delivered to homes and businesses.

1606 King Street
Alexandria, Virginia 22314

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

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

Alex McVeigh
Community Reporter
703-778-9441
amcveigh@connectionnewspapers.com

Nick Horrock
County & Projects
nhorrock@connectionnewspapers.com

Rich Sanders
Sports Editor ♦ 703-224-3031
rsanders@connectionnewspapers.com

ADVERTISING:
To place an advertisement, call the ad department between 9 a.m. and 5 p.m., Monday - Friday.

Display ads 703-778-9410
Classified ads 703-778-9411
Employment ads 703-778-9413

Salome Howard-Gaibler
Display Advertising
703-778-9421
salome@connectionnewspapers.com

Andrea Smith
Classified Advertising
703-778-9411
classified@connectionnewspapers.com

Barbara Parkinson
Employment Advertising
703-778-9413
classified@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editors
Michael O'Connell, Kemal Kurspahic
Photography:
Louise Krafft,
Craig Sterbutzel
Art/Design:
Geovani Flores, Laurence Foong,
John Heinly, John Smith
Production Manager:
Jean Card

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

CONNECTION NEWSPAPERS, L.L.C.
Peter Labovitz
President/CEO

Mary Kimm
Publisher/Chief Operating Officer
703-778-9433
mkimm@connectionnewspapers.com

Jerry Vernon
Executive Vice President
jvernon@connectionnewspapers.com

Wesley DeBrosse
Controller

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

Jeanne Theismann
Special Assistant to the Publisher
703-778-9436
jtheismann@connectionnewspapers.com

BULLETIN BOARD

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

SATURDAY/JULY 9

The Smart Split: Legal Aspects of Separation and Divorce. 10 a.m. McLean Government Center, 1437 Balls Hill Road, McLean. Learn the rights and responsibilities of parties involved in separation and divorce from experienced practicing family law attorneys. Learn how the legal process works in the Virginia courts and how to work with your lawyer. A support group will be available. \$55 non-members, \$45 members. Register at www.thewomenscenter.org.

AAUW Used Book Collection. 10 a.m.-4 p.m. Sun Trust Bank, 515 Maple Ave. East, Vienna. Gently used books, CDs, tapes, DVDs and software are needed. Records and textbooks are not accepted. This collection is in preparation for the 42nd AAUW Used Book Sale to be held on Sept. 16-18. 703-527-4206.

MONDAY/JULY 11

First Monday with Supervisor Hudgins. 1-3 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Redistricting: How Our Boundaries Changed. Residents in the Colvin precinct and part of the Nottoway precinct new to the Hunter Mill District are invited to come and meet Supervisor Hudgins. 703-938-0405.

Family Abuse: What Is It and What Can You Do About It? 7 p.m. The Women's Center, 127 Park St. N.E., Vienna. Identify and learn how to most effectively deal with the pattern of coercive behaviors associated with family abuse, including physical and sexual violence, threats of violence, emotional and psychological intimidation, verbal abuse, economic and financial control, spiritual abuse, and destruction of property. Free. Registration required at www.thewomenscenter.org.

Starshine Theater Open House. 12 p.m. at the School of Theatrical Dance in Great Falls. Now enrolling student actors age 7-19 for its 18th annual Summer Camp production. Roles for both boys and girls are available. Starshine Theater's "Shakespeare" camp rehearses July 11-22, with a performance at The Great Falls Grange Theater on Saturday, July 23. 703-790-9050 or Pat@StarshineTheater.com.

WEDNESDAY/JULY 13

Pauline Shirley Toastmasters Club Meeting. 6:45 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Meets second and fourth Wednesdays of the month. 703-893-5506 or paulineshirley.freetoasthost.info.

Reclaiming Your Future: Financial Planning During Separation & Divorce. 7 p.m. Investment & Resource Planning Associates, Inc., 4400 Fair Lakes Court #70, Fairfax. A comprehensive seminar covering all financial components of the property settlement agreement, from preparing documents for your attorney to signing agreements. \$50 non-members, \$40 members. Register at www.thewomenscenter.org

FRIDAY/JULY 15

LifeLine Screening. American Legion Post 270, 1355 Balls Hill Road, McLean. Stroke, bone density and osteoporosis screenings. Package prices from \$139. Appointments required. Reserve at 877-237-1287 or www.lifelinescreening.com.



PHOTO BY ALEX McVEIGH/THE CONNECTION

Parading on Fourth

Marta Anvelt, 4, pushes her carriage during the Great Falls Little Patriot Parade Monday.



Third Annual Dog Days of Summer

Sunday - July 17th from 12pm to 5pm

- Free Hot Dogs & Soft drinks
- Free Frosty Paws
- Sidewalk Sale
- Boutique Sale
- Frontline Sale – 8 Doses \$75, any size
- Hospital and Resort Tours
- Cool off Laps in Our Pool – For the Pups



Seneca Hill Animal Hospital, Resort & Spa

11415 Georgetown Pike
Great Falls, VA 22066

www.senecahillvet.com
703-450-6760

Tom Principato July 10, 2011

Concert
on the
Green



6:00-
8:00 p.m.
Village
Centre

Sponsored by: Drs. Loza/Loza & Hill Signature Portraits



Be Part of The Pet Connection in July

Send Your Photos & Stories Now to
greatfalls@connectionnewspapers.com
Be sure to include your name, address and phone number, and identify all people and pets in photos. Submission deadline is July 22.



DENTAL
HEALTH & WELLNESS

Great Falls



Dr. Juan Loza & Dr. Jose Loza

0% Financing

FREE For First 25 New Patients*
Take-Home (A \$550 Value)
Whitening

We File All Insurances for You!

Spring Cleaning? Call to schedule
your appointment today.

Loza Dental 25 years practicing family
and cosmetic Dentistry

WE TREAT YOU LIKE FAMILY
703-759-3011

Open Monday — Friday. Early hours available.
737 Walker Road, Suite 6, Great Falls, VA 22066





PHOTOS BY ALEX McVEIGH/THE CONNECTION

From left, Gillian Aiken, 10, and her horse Highland's Paris, Saddletry owner Sarah Kirk and Erin Gill, 9, and her horse My Guy at the Great Falls Hunter Show Saturday, June 25 at Turner Farm Park. Aiken won the Pony Hunter division, and Gill won the Green Pony Hunter division. The show helped raise money for Turner Farm Park.



Ashley DeWoolfson rides her horse Dust Off at the Great Falls Hunter Show Saturday, June 25 at Turner Farm Park.

Showing For a Cause at Turner Farm

Horse show raises funds for Turner Farm Park.

By ALEX McVEIGH
THE CONNECTION

Horse enthusiasts from around Great Falls gathered at Turner Farm Park Saturday, June 25 for the first Great Falls Hunter Show to demonstrate their skills and raise money for the park. Turner Farm Park, which features an equestrian course, horse trails and an arena, is a favorite among locals who ride, but the park's budget often doesn't allow for the amount of maintenance and upkeep the riders prefer.

"The park's budget only allows for the arena to be dragged twice a year, but many other facilities do it once a week," said Sarah Kirk, owner of The Saddletry in Great Falls and one of the coordinators of the event. "Dragging the arena regularly helps create better footing, which makes it a better place to ride."

The fundraising also helps pay for maintenance of the jumps in the arena, placement of several porta-potties and more.

For many of the riders, it was a chance to perform in their own community and with their



Erin Gill, 9, rides My Guy at the Great Falls Hunter Show Saturday, June 25 at Turner Farm Park.

friends. Gillian Aiken, 10, has been riding for almost five years, and said she enjoyed riding with her friends.

"I started riding horses after seeing the movie 'Felicity,' and I like everything about it," said Aiken, who won the Pony Hunter division at the show. "I haven't gotten to do a show with my friends in a while, which was really nice because they're all here to support me."

Erin Gill, 9, said she loved having a show "close to my barn." She has been riding for six years, and

was the Green Pony Hunter champion in her first year with her horse My Guy.

"I've always loved horses, and I hope to just keep riding and do more shows," Gill said. For Madeline Tran, 10, this was a learning experience since she's been riding for about a year and a half. She placed 2nd in the Reserve Pony Medal class.

"I like how I've started out, I wasn't so good at first, but I kept trying and I'm getting better," she said. "I really like the experience, because with ponies and horses,

Ashley DeWoolfson makes a jump with her horse Dust Off at the Great Falls Hunter Show Saturday at Turner Farm Park.

you never know what's coming next."

She remembers a show where she was on her pony when it was attacked by another pony.

"It started running, and I just held on to its neck for dear life, but then I realized I just had to fall off," she said. "It didn't scare me away though, I had a show the next day, and it went really well."

Tran rode the horse Rolling Woods Easy Come Easy Go, which was trained by Aiken, her friend.

ENTERTAINMENT

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

WEDNESDAY/JULY 6

Jammin Java's Mid-Atlantic Band Battle 5. 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.
k.d. lang and The Siss Boom Bang with The Belle Brigade. 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. Alternative rock. \$45 in-house, \$25 lawn. www.wolftrap.org.

THURSDAY/JULY 7

Jammin Java's Mid-Atlantic Band Battle 5. 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.
"Mastering the Plein Air Experience." 7:15 p.m., Vienna Art Center, 115 Pleasant St., NW, Vienna. A DVD featuring Stephen Quiller, winner of the Ralph Smith Memorial Award at the American Watercolor Society exhibition. Free and open to the public. 703-319-3971 or www.ViennaArtsociety.org.

Play Ball. 2:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Discover the science in sports. Presented by Maryland Science Center. Age 6-12. 703-757-8560.
National Symphony Orchestra: Cheers for Tchaikovsky! 8:15 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. With Pietari Inkinen, conductor, and Caroline Goulding, violin. The all-Tchaikovsky program includes Suite No. 1 from The Nutcracker and ends with the thunderous 1812 Overture. Tickets \$20-52. www.wolftrap.org.

Fairfax County Master Gardeners Association, Inc. 10 a.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Horticultural tips, information, techniques and advice to home gardeners. Adults. 703-293-6227.
Plant Clinic. 10 a.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Masters Gardeners from the Fairfax County Cooperative Extension answer gardening questions. Adults. 703-790-8088.
Summer Movies at the Library. 1 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Watch a movie at the library. Call for title. Ages 16 and up. 703-790-8088.

National Symphony Orchestra: Three Broadway Divas. 8:15 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. With Emil de Cou, conductor, and Debbie Gravitte, Christiane Noll, and Jan Horvath. Broadway music from Gypsy, The Music Man, A Chorus Line, My Fair Lady, Wicked, Mamma Mia! and Evita. Tickets \$20-52. www.wolftrap.org.

FRIDAY/JULY 8

Jammin Java's Mid-Atlantic Band Battle 5. 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.
American Legion Post 180 Dinner. 5:45-8:30 p.m. American Legion Hall downstairs social room, 330 N. Center St., Vienna. Meatloaf dinner \$6. Open to the public. Parties larger than 8 call 703-938-9535.

What in the World. 2:30 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Magic and mystery from around the globe with magician Mike Rose. Age 6-12. 703-790-8088.
National Symphony Orchestra: Play! A Video Game Symphony. 8:30 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. With Andy Brick, conductor. Accompanied by music from Super Mario Brothers, World of Warcraft, Final Fantasy, the Legend of Zelda, Halo, Battlefield 1942 and more, scenes from these video games projected onto massive screens. Tickets \$20-52. www.wolftrap.org.

SATURDAY/JULY 9
Daylily Walking Tour. 10 a.m. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. A walking tour of Meadowlark's daylilies. Daylily cultivation and care will be discussed. Free and open to the public. Reserve at 703-255-3631.
Horsemanship Demo, Classes and Fundraiser. 9 a.m.-3 p.m. Turner Farm Park, 925 Springvale Road, Great Falls. Lessons for adults and children. Concessions for sale. Sponsored by Somerset Stables. Portion of proceeds to benefit Humane Society of Culpeper. pam_swinger@yahoo.com.
The Tommy Lepson Band. 5 p.m. Outdoor at the Palladium Civic Place

FRIDAY/JULY 8
Jammin Java's Mid-Atlantic Band Battle 5. 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.
American Legion Post 180 Dinner. 5:45-8:30 p.m. American Legion Hall downstairs social room, 330 N. Center St., Vienna. Meatloaf dinner \$6. Open to the public. Parties larger than 8 call 703-938-9535.
What in the World. 2:30 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Magic and mystery from around the globe with magician Mike Rose. Age 6-12. 703-790-8088.
National Symphony Orchestra: Play! A Video Game Symphony. 8:30 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. With Andy Brick, conductor. Accompanied by music from Super Mario Brothers, World of Warcraft, Final Fantasy, the Legend of Zelda, Halo, Battlefield 1942 and more, scenes from these video games projected onto massive screens. Tickets \$20-52. www.wolftrap.org.

SUNDAY, JULY 10
Tom Principato. 6 p.m. Concerts on the Green, Great Falls Village Center, Great Falls. Blues. www.gfvcca.com/concerts.
He Is We, Ocean Grove and Andrew Allen. 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.
Adventures of a White House Photographer & Photographing Roses. 2 p.m. Merrifield Garden Center, 12101 Lee Highway, Fairfax. Tracey Attlee & Todd Smith will teach how to take the best rose pictures. Bring cameras and tripods. Pam1Powers@aol.com.
Music Benefit Concert. 4 p.m. St. John's Church, 6715 Georgetown Pike, McLean. "Rejoice in the Lamb," a festival cantata by Benjamin Britten, plus solos from the musical "1776." Concert proceeds help offset the costs of musical programs throughout the year. 703-356-4902, or www.stjohnsmclean.org.
Béla Fleck & The Original Flecktones, with The Carolina Chocolate Drops and Abigail Washburn & The Village. 7 p.m.

FRIDAY/JULY 8
Jammin Java's Mid-Atlantic Band Battle 5. 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.
American Legion Post 180 Dinner. 5:45-8:30 p.m. American Legion Hall downstairs social room, 330 N. Center St., Vienna. Meatloaf dinner \$6. Open to the public. Parties larger than 8 call 703-938-9535.
What in the World. 2:30 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Magic and mystery from around the globe with magician Mike Rose. Age 6-12. 703-790-8088.
National Symphony Orchestra: Play! A Video Game Symphony. 8:30 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. With Andy Brick, conductor. Accompanied by music from Super Mario Brothers, World of Warcraft, Final Fantasy, the Legend of Zelda, Halo, Battlefield 1942 and more, scenes from these video games projected onto massive screens. Tickets \$20-52. www.wolftrap.org.

www.ConnectionNewspapers.com



Green, 1445 Laughlin Ave., McLean, Soul music. Free. 703-288-9505.

Opening Reception and Show. 6-8 p.m. Applegate Gallery & Custom Framing, 101 Church St. N.W., Vienna. Elli Groninger's "Brown Bag Illustrations" in mixed media, using found and recycled materials. Food and refreshments served. 703-281-1364.
Fairfax County Master Gardeners Association, Inc. 10 a.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Horticultural tips, information, techniques and advice to home gardeners. Adults. 703-293-6227.
Plant Clinic. 10 a.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Masters Gardeners from the Fairfax County Cooperative Extension answer gardening questions. Adults. 703-790-8088.
Summer Movies at the Library. 1 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Watch a movie at the library. Call for title. Ages 16 and up. 703-790-8088.

National Symphony Orchestra: Three Broadway Divas. 8:15 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. With Emil de Cou, conductor, and Debbie Gravitte, Christiane Noll, and Jan Horvath. Broadway music from Gypsy, The Music Man, A Chorus Line, My Fair Lady, Wicked, Mamma Mia! and Evita. Tickets \$20-52. www.wolftrap.org.

FRIDAY/JULY 8
Jammin Java's Mid-Atlantic Band Battle 5. 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.
American Legion Post 180 Dinner. 5:45-8:30 p.m. American Legion Hall downstairs social room, 330 N. Center St., Vienna. Meatloaf dinner \$6. Open to the public. Parties larger than 8 call 703-938-9535.
What in the World. 2:30 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Magic and mystery from around the globe with magician Mike Rose. Age 6-12. 703-790-8088.
National Symphony Orchestra: Play! A Video Game Symphony. 8:30 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. With Andy Brick, conductor. Accompanied by music from Super Mario Brothers, World of Warcraft, Final Fantasy, the Legend of Zelda, Halo, Battlefield 1942 and more, scenes from these video games projected onto massive screens. Tickets \$20-52. www.wolftrap.org.

SUNDAY, JULY 10
Tom Principato. 6 p.m. Concerts on the Green, Great Falls Village Center, Great Falls. Blues. www.gfvcca.com/concerts.
He Is We, Ocean Grove and Andrew Allen. 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.
Adventures of a White House Photographer & Photographing Roses. 2 p.m. Merrifield Garden Center, 12101 Lee Highway, Fairfax. Tracey Attlee & Todd Smith will teach how to take the best rose pictures. Bring cameras and tripods. Pam1Powers@aol.com.
Music Benefit Concert. 4 p.m. St. John's Church, 6715 Georgetown Pike, McLean. "Rejoice in the Lamb," a festival cantata by Benjamin Britten, plus solos from the musical "1776." Concert proceeds help offset the costs of musical programs throughout the year. 703-356-4902, or www.stjohnsmclean.org.
Béla Fleck & The Original Flecktones, with The Carolina Chocolate Drops and Abigail Washburn & The Village. 7 p.m.

FRIDAY/JULY 8
Jammin Java's Mid-Atlantic Band Battle 5. 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.
American Legion Post 180 Dinner. 5:45-8:30 p.m. American Legion Hall downstairs social room, 330 N. Center St., Vienna. Meatloaf dinner \$6. Open to the public. Parties larger than 8 call 703-938-9535.
What in the World. 2:30 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Magic and mystery from around the globe with magician Mike Rose. Age 6-12. 703-790-8088.
National Symphony Orchestra: Play! A Video Game Symphony. 8:30 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. With Andy Brick, conductor. Accompanied by music from Super Mario Brothers, World of Warcraft, Final Fantasy, the Legend of Zelda, Halo, Battlefield 1942 and more, scenes from these video games projected onto massive screens. Tickets \$20-52. www.wolftrap.org.

SUNDAY, JULY 10
Tom Principato. 6 p.m. Concerts on the Green, Great Falls Village Center, Great Falls. Blues. www.gfvcca.com/concerts.
He Is We, Ocean Grove and Andrew Allen. 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.
Adventures of a White House Photographer & Photographing Roses. 2 p.m. Merrifield Garden Center, 12101 Lee Highway, Fairfax. Tracey Attlee & Todd Smith will teach how to take the best rose pictures. Bring cameras and tripods. Pam1Powers@aol.com.
Music Benefit Concert. 4 p.m. St. John's Church, 6715 Georgetown Pike, McLean. "Rejoice in the Lamb," a festival cantata by Benjamin Britten, plus solos from the musical "1776." Concert proceeds help offset the costs of musical programs throughout the year. 703-356-4902, or www.stjohnsmclean.org.
Béla Fleck & The Original Flecktones, with The Carolina Chocolate Drops and Abigail Washburn & The Village. 7 p.m.

SUNDAY, JULY 10
Tom Principato. 6 p.m. Concerts on the Green, Great Falls Village Center, Great Falls. Blues. www.gfvcca.com/concerts.
He Is We, Ocean Grove and Andrew Allen. 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.
Adventures of a White House Photographer & Photographing Roses. 2 p.m. Merrifield Garden Center, 12101 Lee Highway, Fairfax. Tracey Attlee & Todd Smith will teach how to take the best rose pictures. Bring cameras and tripods. Pam1Powers@aol.com.
Music Benefit Concert. 4 p.m. St. John's Church, 6715 Georgetown Pike, McLean. "Rejoice in the Lamb," a festival cantata by Benjamin Britten, plus solos from the musical "1776." Concert proceeds help offset the costs of musical programs throughout the year. 703-356-4902, or www.stjohnsmclean.org.
Béla Fleck & The Original Flecktones, with The Carolina Chocolate Drops and Abigail Washburn & The Village. 7 p.m.

SUNDAY, JULY 10
Tom Principato. 6 p.m. Concerts on the Green, Great Falls Village Center, Great Falls. Blues. www.gfvcca.com/concerts.
He Is We, Ocean Grove and Andrew Allen. 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.
Adventures of a White House Photographer & Photographing Roses. 2 p.m. Merrifield Garden Center, 12101 Lee Highway, Fairfax. Tracey Attlee & Todd Smith will teach how to take the best rose pictures. Bring cameras and tripods. Pam1Powers@aol.com.
Music Benefit Concert. 4 p.m. St. John's Church, 6715 Georgetown Pike, McLean. "Rejoice in the Lamb," a festival cantata by Benjamin Britten, plus solos from the musical "1776." Concert proceeds help offset the costs of musical programs throughout the year. 703-356-4902, or www.stjohnsmclean.org.
Béla Fleck & The Original Flecktones, with The Carolina Chocolate Drops and Abigail Washburn & The Village. 7 p.m.

www.ConnectionNewspapers.com

There will be an Opening Reception and Show for Elli Groninger on Saturday, July 9 from 6-8 p.m. at Applegate Gallery & Custom Framing, 101 Church St. N.W., Vienna. The artist will be on hand to answer questions. Food and refreshments will be served. The show will continue at Applegate through Aug. 10. 703-281-1364.

Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. The Acoustic Planet Tour 2011. \$40 in-house, \$25 lawn. www.wolftrap.org.

MONDAY/JULY 11

The Magic of Hans Christian Andersen. 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Applause Unlimited presents "The Ugly Duckling," "Thumbelina," and "The Emperor's New Clothes" told with puppets and masks. 703-757-8560.
Patrick Henry Bookworms. 3 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Youth book club. Age 9-12. 703-938-0405.
English Conversation. 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. English practice for adult non-native speakers. 703-242-4020.
Reptile Wonders. 7 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Meet and learn about these animals with Reptile Wonders' Nature Center on the Go. Age 6-12. 703-790-8088.

FRIDAY/JULY 8
Jammin Java's Mid-Atlantic Band Battle 5. 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.
American Legion Post 180 Dinner. 5:45-8:30 p.m. American Legion Hall downstairs social room, 330 N. Center St., Vienna. Meatloaf dinner \$6. Open to the public. Parties larger than 8 call 703-938-9535.
What in the World. 2:30 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Magic and mystery from around the globe with magician Mike Rose. Age 6-12. 703-790-8088.
National Symphony Orchestra: Play! A Video Game Symphony. 8:30 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. With Andy Brick, conductor. Accompanied by music from Super Mario Brothers, World of Warcraft, Final Fantasy, the Legend of Zelda, Halo, Battlefield 1942 and more, scenes from these video games projected onto massive screens. Tickets \$20-52. www.wolftrap.org.

SUNDAY, JULY 10
Tom Principato. 6 p.m. Concerts on the Green, Great Falls Village Center, Great Falls. Blues. www.gfvcca.com/concerts.
He Is We, Ocean Grove and Andrew Allen. 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.
Adventures of a White House Photographer & Photographing Roses. 2 p.m. Merrifield Garden Center, 12101 Lee Highway, Fairfax. Tracey Attlee & Todd Smith will teach how to take the best rose pictures. Bring cameras and tripods. Pam1Powers@aol.com.
Music Benefit Concert. 4 p.m. St. John's Church, 6715 Georgetown Pike, McLean. "Rejoice in the Lamb," a festival cantata by Benjamin Britten, plus solos from the musical "1776." Concert proceeds help offset the costs of musical programs throughout the year. 703-356-4902, or www.stjohnsmclean.org.
Béla Fleck & The Original Flecktones, with The Carolina Chocolate Drops and Abigail Washburn & The Village. 7 p.m.

TUESDAY/JULY 12

Soundgarden. 7:30 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Frontman Chris Cornell, guitarist Kim Thayil, bassist Ben Shepherd and drummer Matt Cameron are reuniting for a summer tour. Tickets \$59.50, available at www.ticketmaster.com and 703-573-SEAT. www.soundgardenworld.com or www.patriotcenter.com.
SteveSongs. 11 a.m. Wolf Trap Children's Theatre-in-the-Woods, 1551 Trap Road, Vienna. For ages 2-10. 11AM. Sing and dance with "Mr. Steve," cohost of the PBS KIDS preschool show. \$8 day pass (includes Baba Jamal Koram show at 10 a.m.), under age 3 free. 1-877-WOLFTRAP or www.wolftrap.org/TITW.
Operation Spycraft. 2:30 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Linda McCarthy, CIA veteran, gives you a close-up look at the world of spies and the gadgets they use. 12-18. 703-293-6227.
Introducing Beans-N-Frank. 7 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Sing, dance, and just have fun with rap duo Beans-N-Frank. All ages. 703-938-0405.
Money Matters. 7:15 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Explore the importance of money and the economy at every stage of life. Monthly group discussion focuses on personal finance and investing. Adults. 703-242-4020.
Personalized Internet Training. 2:30 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. A 45-minute one-on-one Internet training session with a technology volunteer. Call for appointment. Adults. 703-790-8088.
Practice Your English. 6:30 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Conversation group for adults learning English. 703-790-8088.

FRIDAY/JULY 8
Jammin Java's Mid-Atlantic Band Battle 5. 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.
American Legion Post 180 Dinner. 5:45-8:30 p.m. American Legion Hall downstairs social room, 330 N. Center St., Vienna. Meatloaf dinner \$6. Open to the public. Parties larger than 8 call 703-938-9535.
What in the World. 2:30 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Magic and mystery from around the globe with magician Mike Rose. Age 6-12. 703-790-8088.
National Symphony Orchestra: Play! A Video Game Symphony. 8:30 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. With Andy Brick, conductor. Accompanied by music from Super Mario Brothers, World of Warcraft, Final Fantasy, the Legend of Zelda, Halo, Battlefield 1942 and more, scenes from these video games projected onto massive screens. Tickets \$20-52. www.wolftrap.org.

SUNDAY, JULY 10
Tom Principato. 6 p.m. Concerts on the Green, Great Falls Village Center, Great Falls. Blues. www.gfvcca.com/concerts.
He Is We, Ocean Grove and Andrew Allen. 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.
Adventures of a White House Photographer & Photographing Roses. 2 p.m. Merrifield Garden Center, 12101 Lee Highway, Fairfax. Tracey Attlee & Todd Smith will teach how to take the best rose pictures. Bring cameras and tripods. Pam1Powers@aol.com.
Music Benefit Concert. 4 p.m. St. John's Church, 6715 Georgetown Pike, McLean. "Rejoice in the Lamb," a festival cantata by Benjamin Britten, plus solos from the musical "1776." Concert proceeds help offset the costs of musical programs throughout the year. 703-356-4902, or www.stjohnsmclean.org.
Béla Fleck & The Original Flecktones, with The Carolina Chocolate Drops and Abigail Washburn & The Village. 7 p.m.

SUNDAY, JULY 10
Tom Principato. 6 p.m. Concerts on the Green, Great Falls Village Center, Great Falls. Blues. www.gfvcca.com/concerts.
He Is We, Ocean Grove and Andrew Allen. 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.
Adventures of a White House Photographer & Photographing Roses. 2 p.m. Merrifield Garden Center, 12101 Lee Highway, Fairfax. Tracey Attlee & Todd Smith will teach how to take the best rose pictures. Bring cameras and tripods. Pam1Powers@aol.com.
Music Benefit Concert. 4 p.m. St. John's Church, 6715 Georgetown Pike, McLean. "Rejoice in the Lamb," a festival cantata by Benjamin Britten, plus solos from the musical "1776." Concert proceeds help offset the costs of musical programs throughout the year. 703-356-4902, or www.stjohnsmclean.org.
Béla Fleck & The Original Flecktones, with The Carolina Chocolate Drops and Abigail Washburn & The Village. 7 p.m.

SUNDAY, JULY 10
Tom Principato. 6 p.m. Concerts on the Green, Great Falls Village Center, Great Falls. Blues. www.gfvcca.com/concerts.
He Is We, Ocean Grove and Andrew Allen. 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.
Adventures of a White House Photographer & Photographing Roses. 2 p.m. Merrifield Garden Center, 12101 Lee Highway, Fairfax. Tracey Attlee & Todd Smith will teach how to take the best rose pictures. Bring cameras and tripods. Pam1Powers@aol.com.
Music Benefit Concert. 4 p.m. St. John's Church, 6715 Georgetown Pike, McLean. "Rejoice in the Lamb," a festival cantata by Benjamin Britten, plus solos from the musical "1776." Concert proceeds help offset the costs of musical programs throughout the year. 703-356-4902, or www.stjohnsmclean.org.
Béla Fleck & The Original Flecktones, with The Carolina Chocolate Drops and Abigail Washburn & The Village. 7 p.m.

WATCH FOR THESE UPCOMING SPECIAL EDITIONS IN THE CONNECTION
Ask about our Summer Specials
For advertising information, call 703-778-9410 or e-mail sales@connectionnewspapers.com

- HomeLifeStyle, publishes July 13, closes July 8
- A+ Education Learning Fun, publishes July 20, closes July 14
- Pet Connection, publishes July 27, closes July 21
- Wellbeing, publishes Aug. 3, closes Aug. 4
- HomeLifeStyle, publishes Aug. 10, closes Aug. 4
- A+ Education Learning Fun, publishes Aug. 17, closes Aug. 11
- Insider's Edition: Community and Newcomer's Guide, publishes Aug. 24, closes Aug. 18

CONNECTION NEWSPAPERS

'Cause you never know what you might run into.

Kyle Knight Ins Agency Inc
Kyle Knight, Agent
11736 Bowman Green Drive
Across from Reston Town Center
Reston, VA 20190
Bus: 703-435-2300
Fax: 703-435-0630

I'm your agent for that.
Having me as your agent means having a real person there to help you when you need it. So when accidents happen, you have someone you can trust to get the job done right, and right away. Like a good neighbor, State Farm is there. CALL ME TODAY.

State Farm

1001177 State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company • Bloomington, IL

SHOP THE COMPETITION FIRST!
703-938-3160

Then come to us for the best selection of quality products, professional installation all at an affordable price. Our references include your neighbors.

FREE ESTIMATES ON INSTALLATIONS

SE HABLA ESPAÑOL
VIENNA F

'Red, White and Blue' Art Exhibition Opens

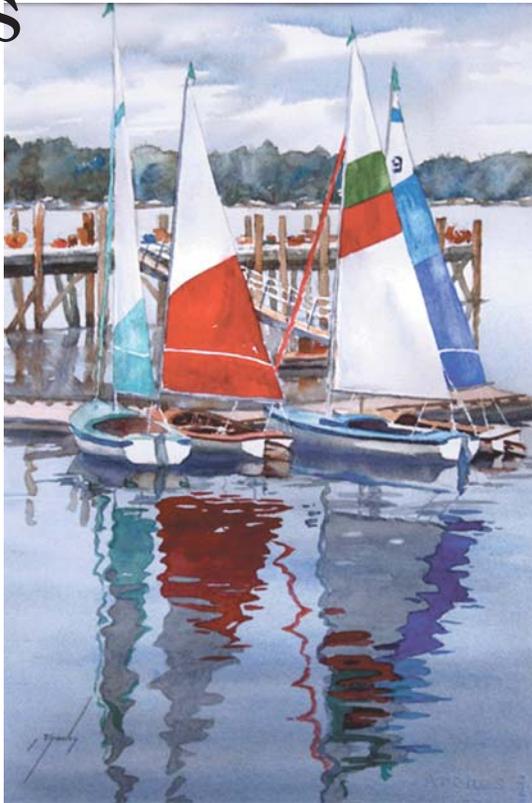
Website show inspired by the Fourth of July features Great Falls artists.

A new virtual art exhibition called "Red, White and Blue—Celebrating Our Colors" opened July 1 at the Great Falls Studios online gallery with an eclectic collection of works by local artists inspired by Independence Day and national colors. Visitors can see it at www.GreatFallsStudios.com.

There are 35 pieces in the exhibit. They include oils, watercolors, ceramics, photography, collage, and a Japanese woodblock print. Subjects range from boats, buildings and birds to flowers, flags fireworks and more.

"Images run the gamut from downright humorous to somber in nature," said Will Tuthill, a printmaker who serves as curator of the gallery for the local arts group Great Falls Studios. "This is perhaps the best show yet to appear in the Great Falls Studios Virtual Gallery."

The exhibit will run through the end of the month, after which a new exhibit will be mounted. Great Falls artists show their work at venues throughout Great Falls, including Katie's Coffee, the Tavern, and the Seneca Hill Animal Hospital, Resort and Spa. The new online gallery is an especially convenient electronic counterpoint and an easy way for residents to catch an online glimpse of the creative output by artists in the community.



'Rentals on the Cape,' a watercolor by Betty Ganley, typifies the celebration of national colors in artworks on display all July at the Great Falls Studios Virtual Gallery online.

SCHOOL NOTES

Send School Notes to greatfalls@connectionnewspapers.com. Deadline is Friday.

Great Falls residents **Megan H. Kent**, **Sarah A. Mendelsohn** and **Natalie E. Might** have been named to the spring 2011 dean's list at the University of Mary Washington in Fredericksburg.

Becky Cooper of Great Falls has graduated from the McIntire School of Commerce at the University of Virginia with an additional major in Spanish. She was the first undergraduate from the school to receive a Fulbright Scholarship. Cooper was a 2007 Langley High School valedictorian.

Ryan Cooper of Great Falls has received a master of science in foreign service from the Edmund A. Walsh School of Foreign Service at Georgetown University. Cooper was a 2003 graduate of Langley High School and a 2007 graduate of the University of Virginia.

Erin Wiltse of Great Falls has been named to the spring 2011 dean's list at Clemson University. She is the daughter of Steven and Mary Wiltse.

Frances E. Ruppe of Great Falls has been named to the spring 2011 dean's list at Bucknell University of Lewisburg, Pa. She is the daughter of Jane Ruppe of Great Falls and David Ruppe of McLean.

John A. Pidgeon III of Great Falls graduated cum laude from Woodberry Forest School, and re-

ceived the Allen A. Goodwyn Award for Choral Music. He is the son of Mr. and Mrs. John A. Pidgeon, Jr.

Rachel Burger of Great Falls graduated cum laude with a bachelor of arts in international relations from Agnes Scott College of Atlanta, Ga. She is the daughter of Eric Burger and Deborah Spear.

Great Falls residents **Nicholas Larounis** and **Caroline Miller** have graduated from Villanova University of Villanova, Pa.

Michael Guberman of Great Falls has graduated from The Governor's Academy in Byfield, Mass. He is the son of Judy Salerno and Robert Guberman.

Alexander Galliher von Fricken of Great Falls has received a juris doctor degree from Washington and Lee University School of Law.

Robert Woods of Great Falls has graduated from Ithaca College's School of Humanities and Sciences. He is the son of Richard Woods and Kathryn Woods.

Tamer H. Hassan of Great Falls has graduated from Colby College of Waterville, Me. The son of Hany and Deborah Hassan majored in environmental studies with a policy concentration and was named to the spring 2011 dean's list.

Visit These Houses of Worship

Join A Club, Make New Friends, or Expand Your Horizons...

SMITH CHAPEL UMC CHURCH

11321 Beach Mill Road
Great Falls, VA 20165

It's like coming home

smithchapel@verizon.net
www.SmithChapelUMC.com

Rev. D. J. Zuchelli, Pastor

WORSHIP HOURS SUNDAY: 11:00 AM

LivingFaith A.M.E. Church

"Serving the People of God"
SHERATON RESTON HOTEL
SUNDAY SCHOOL 9 A.M.
SUNDAY WORSHIP 10 A.M.
LET US WORSHIP GOD TOGETHER

Rev. Dr. Peter G. Taylor, Pastor
703-899-8378 LivingFaith4U.org

FIRST BAPTIST CHURCH OF VIENNA

450 ORCHARD STREET
VIENNA, VA
703-938-8525
fbcvoffice@verizon.net
www.fbcv.org

Dr. KENNY SMITH,
PASTOR



SUNDAY WORSHIP, 7:45 AM & 11:00 AM
MIDWEEK SERVICES, WED. 7:00 PM

Progressive & Welcoming

**ST. ANNE'S
EPISCOPAL
CHURCH • Reston**



8:00 a.m. Holy Eucharist Rite I
10:00 a.m. Holy Eucharist Rite II
Children's Chapel July 10 through Aug 28
5:00 p.m. Come as You Are Contemporary Service
Nursery care provided at 10:00 a.m. Service

The Rev. James Papile, Rector
The Rev. Jacqueline Thomson
The Rev. Denise Trogdon
703-437-6530
www.stannes-reston.org
1700 Wainwright Dr., Reston



Church of the
Holy
Comforter
(Episcopal)

The Rev. Richard A. Lord, Rector, Welcomes you
to worship, learn & enjoy fellowship with us!

SUMMER SERVICE SCHEDULE
Saturday - 5:00 p.m. Holy Eucharist
Sunday - 8:30 a.m., 10:00 a.m. Holy Eucharist
543 Beulah Road, NE Vienna, VA 22180
703-938-6521 www.holycomforter.com

Assembly of God
Vienna Assembly of God ... 703-938-7736
Washington Christian Church
...703-938-7720
Cristo Es Mi Refugio...703-938-7727

Baha'i
Baha'i Faith for Northern Virginia ... 703-821-3345
Baptist
Global Mission Church ... 703-757-0877
Peace Baptist Church ... 703-560-8462



**GOOD SHEPHERD
LUTHERAN CHURCH**

1133 Reston Avenue, Herndon, VA 20170
Summer Worship Hours: 8:30 am and 10:30 am

Rev. Dr. William H. Flammann, Pastor
Church Office: 703.437.5020
Preschool: 703.437.4511
www.gslcva.org

Child care
available at
all services



Bethel Primitive Baptist Church ... 703-757-8134
Cartersville Baptist Church ... 703-255-7075
Fellowship Baptist Church ... 703-385-8516
First Baptist Church ... 703-938-8525
The Light Mission Church ... 703-757-0877

Vienna Baptist Church ... 703-281-4400
New Union Baptist Church... 703-281-2556

Buddhist
Vajrayogini Buddhist Center... 202-331-2122

To Highlight Your Faith Community call Karen at 703- 917-6468

WELLBEING

Of Diets and Dieticians

Sometimes advice from an expert can help achieve weight and nutrition goals.

BY JON ROETMAN
THE CONNECTION

Some people might hesitate to consult with a dietician, whether it's to lose weight or eat healthier. Isn't there a chance the dietician will tell you that you need to do everything differently?

Fairfax-based registered dietician Danielle Omar works with clients ranging from those wanting to lose weight to athletes training for an event. She said anyone interested in working with a dietician should speak with several to find the best fit.

While trying to improve one's diet can involve time, effort and struggle, Omar said someone looking to get healthier shouldn't have to worry about making unreasonably uncomfortable changes.

"Most of us are not going to try to make you something you're not," she said "Don't be scared you're [going to be told] to go to a specific store and buy food you've never heard of."

Omar's initial interaction with a client involves gauging the client's eating habits and establishing goals. The client sends Omar three-to-five day's worth of food logs to help determine what changes need to be made.

If the client has a goal to lose a significant amount of weight, Omar would meet with the person "every two or three weeks for a couple months." If the client simply wants to improve his or her diet, the two will probably meet two or three times and be done. Omar's services do not include long-term counseling.

"I'm not the kind of person," she said, "who meets weekly for several months. I don't drag it out."

Saving money can be another benefit of seeing a

dietician. Omar said some of her clients are people with busy schedules who eat out often. Omar offers healthy alternatives to prepare at home.

"[Eating] out too much can be expensive," she said. "[Some clients] really want to learn how to cook for themselves [so they are] eating healthy."

THE PROCESS of selecting a dietician should involve questioning credentials, Omar said.

"I think there's something to say for gathering information," said Omar, who has a master's degree in health sciences and a bachelor of science in dietetics, according to her Website, foodconfidence.com.

"Maybe you're not sure that working with a dietician is the right thing for you, but you should contact some. ... Tell them what your goals are and see what their approach is. Interview some and see what their approach is and see if it works for you.

"[Becoming a] registered dietitian [requires] a bachelor's degree in dietetics and a 9-to-12-month internship and exam and continuing education every five years," Omar said.

Omar warns that some people who call themselves nutritionists are people who have taken a few classes and possibly lost weight themselves. "They're very good at marketing themselves, but a lot of times they're not really qualified, especially with clinical stuff."

TIME, OR LACK THERE OF, is the greatest deterrent to eating healthy, Omar said.

"Some of the obstacles that people have [involve] their schedule — a lack of time to prepare meals [and] to do what it takes in terms of planning," she said. "A lot of people rely on eating out. It's difficult to eat healthy when you're eating out. You can, but some people don't want to go that route."

Portion size can also be a problem. Some people simply eat too much per serving while others eat too much of one food group in a meal and not enough of another. As far as problem foods go, cheese is a popular culprit.

"People love their cheese," Omar said.

HEALTH NOTES

To have health notes listed in the Connection, send to mclean@connectionnewspapers.com. Deadline is Friday.

THURSDAY/JULY 7

Senior Fall Prevention Classes.

The Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax. Tuesdays and Thursdays from 1:30-2:30 p.m., Mondays and Fridays from 2-3 p.m. Classes are held in a heated indoor pool and are designed to work on balance and core muscles in order to prevent injuries and falls. Instructor now certified in Back and Hip Rehab. \$10 per class. Pre-registration required at 703-667-9800.

SATURDAY/JULY 9

Healthy Responses to Anger.

9:30 a.m. The Women's Center, 127 Park St. N.E., Vienna. Understanding the sources of anger, recognizing the associated feelings and thoughts and developing effective responses are the overall goals of this program for both women and men. The workshop will emphasize relationship-based anger and include practical exercises to assist in identifying anger sources and managing stress and anger responses. \$45 non-members, \$35

members. 703-281-4928.

WEDNESDAY/JULY 13

Virginia Chronic Pain Support Group Meeting.

1:30 p.m. at Kaplan Center for Integrative Medicine, 6829 Elm St., Suite 300, McLean. Group leader, Jodi Brayton, LCSW. 703-532-4892.

Understanding Bipolar Disorder and Related Conditions: How to Help Yourself or Someone Close to You.

6:30 p.m. The Women's Center, 127 Park St. N.E., Vienna. Symptoms of mood disorders in adults, variables influencing the course of bipolar disorder, effective treatment approaches for bipolar disorder, how to begin a treatment strategy for yourself and how to support a struggling loved one. \$35 non-members, \$25 members. Register at www.thewomenscenter.org

Multiple Sclerosis Support Group.

7 p.m. Vienna Presbyterian Church, 124 Park St., NE, Vienna, VA. A group for anyone with multiple sclerosis, their family and friends. Sponsored by the National Capital Chapter of the MS Society. The group meets the 2nd Wednesday of every month. Free. 703-768-4841.

FRIDAY/JULY 15

LifeLine Screening. American Legion Post 270, 1355 Balls Hill Road,

McLean. Stroke, bone density and osteoporosis screenings. Package prices from \$139. Appointments required. Reserve at 877-237-1287 or www.lifelinescreening.com.

TUESDAY/AUG. 2

Take Off Pounds Sensibly (TOPS).

6 p.m. St Timothy's Episcopal Church, 432 Van Buren St., Lower Level, Herndon. A noncommercial network of weight-loss support groups with tools and programs for healthy living and weight management. Meetings are Tuesdays. www.tops.org.

WEDNESDAY/AUG. 10

Virginia Chronic Pain Support Group Meeting.

1:30 p.m. at Kaplan Center for Integrative Medicine, 6829 Elm St., Suite 300, McLean. Group leader, Jodi Brayton, LCSW. 703-532-4892.

Multiple Sclerosis Support Group.

7 p.m. Vienna Presbyterian Church, 124 Park St., NE, Vienna, VA. A group for anyone with multiple sclerosis, their family and friends. Sponsored by the National Capital Chapter of the MS Society. The group meets the 2nd Wednesday of every month. Free. 703-768-4841.



Air Treatment Company
Cooling & Heating

Come home to comfort

Seasonal Maintenance Special
Call now for special rates:

\$89 Seasonal Inspection
\$25 off Repairs

Free Estimates on Replacement Equipment

No matter what happens outside, the forecast inside stays



comfortable.

703-938-0550 | Air-Treatment.com

Maintenance Plans • Certified Technicians • Financing Available



Cabinets *for every room of your home*



We design, fabricate and install beautiful storage solutions

- home office
- library
- bookcases
- ent. center
- fireplace area
- closet
- wet bar
- kitchen
- vanity
- family room
- dining room
- wall system
- bedroom
- home theater and more...

cwcabinet.com

review over 300 photos

703-787-9711
local showroom & manufacturing facility by appointment

Contemporary
Woodcrafts, Inc.

since 1984

3656 Centerview Drive, Suite 14 • Chantilly, VA 20151
(703) 787-9711 • cwcabinet.com

MCLEAN/GREAT FALLS SPORTS NOTES

Hebron Academy (Maine) senior Eugene 'Geno' Wentworth of McLean received his diploma recently at the school's 208th Commencement ceremonies. The son of Sarah Wentworth of McLean and Dan Wentworth of Damariscotta, Maine, Wentworth enrolled at Hebron as a sophomore. A three-sport athlete in soccer, basketball, and baseball, he was a member of the Green Key admissions tour guide group, and carried a full course load in his final year, including two Advanced Placement courses, Advanced French, and advanced pre-calculus.

Wentworth was selected by Hebron's residential faculty to be a student proctor, a position awarded to senior students who demonstrate leadership, communication skills, and the ability to work well with their peers. They are instrumental in managing the school's Residential Life Program.

After his first season of baseball at Hebron as a member of the junior varsity team, Wentworth's hard work and dedication earned him a spot on the varsity team as a third baseman/reliever in his junior year. As a senior, he was named captain of the varsity team. For his efforts as starting pitcher and shortstop, he was recognized as an All-Conference player within the Maine Association of Independent School Athletic Directors (MAISAD) league.

Wentworth was named the team's Most Valuable Player for his near-flawless pitching in a 7-1 win over rival Gould Academy to secure the MAISAD League Championship.

"He was the heart and soul of the team this year," said Hebron baseball coach James LeBlanc. "His leadership and commitment to the team are what propelled us to reach our ultimate goal, to win a championship. I



PHOTO BY RICH SANDERS/THE CONNECTION

The Annual District 17 (Northern Virginia) American Legion Baseball All-Star Game took place on Independence Day at Waters Field in Vienna. The game, which began at 10 a.m., brought out the finest players from the nine league teams. The Nationals All-Stars, which included players from Oakton and Madison High Schools, defeated the American All-Stars, 15-6. Members of the Americans included McLean High players Phillip Morse (2012 McLean High graduate) and Bruce Beatty (2011 grad). Here, the ball players, wearing their respective home team uniforms, line up during pre-game ceremonies.

can't think of a better kid I would want to win a championship with than Geno."

Hebron Academy was founded in 1804 and is an independent, co-educational boarding and day school that serves grades six through postgraduate.

Great Falls golfer Chas Bassing gained runner-up honors in the 2011 Virginia Jun-

ior Match Play Championship on June 24 at Haymarket's Piedmont Club. The rising senior at The Heights School in Potomac, Md. lost on the first extra hole to Richmond's Adam Ball.

"I've been working on my game this spring, but I came into the [championship] hoping to have fun and play some good



PHOTO COURTESY/HEBRON ACADEMY

Geno Wentworth of McLean was team MVP of the Hebron Academy baseball team this past spring.

golf," said Bassing afterward. "I wasn't necessarily thinking about winning."

Ball, the 2010 co-player of the year in Virginia junior golf, never led in the 18-hole match. He and Bassing reached the par-5, 18th all square for the sixth time on the back nine. Bassing made his birdie first with a 15-foot putt, and Ball followed with a five-footer to tie.

On the 19th hole, Ball stiffed his approach to 10 inches. When Bassing's 16-foot birdie putt fell short, Ball had the trophy.

Bassing was an honorable mention All-Met selection for the 2011 season.

— MICHAEL K. BOHN

WEEKLY SWIM REPORT

Records, Photo Finishes Mark Swimming Weekend

In Dominion Country Club League (DCCL) action last Saturday, the RiverBend StingRays beat Trump National by a score of 275-234. Micaela Grassi led the way for the StingRays, winning four events — the 50-free, 50-back, 50-fly, and 100-IM. Ryan Bond, Savie Seebald, Will Koeppen, and Eliza Pastore each won three blue ribbons while Carter Bennett, Connor Smith, and Ryan Windus each scored two first-place finishes. Other first place winners included: Sabrina Slavin, Haley Smith, Emma Grassi, Davis Riffe, Devlin Wesolowski, Andrew Kvasnicka, Matthew Dungan, and Jack Hall.

In addition, Jack Hall broke a RiverBend team record with a 28.66 time in the 50-fly as did the boys mixed age (18 and under) 200-free relay team of Ryan Windus, Will Koeppen, Carter Bennett and Hall with a time of 2:03.94.

The Great Falls Rapids, moving up two divisions this summer to Div. 9, had many exciting races with photo finishes in their first summer swim meet on June 25, but lost to the Hollin Meadows Barracudas 240

- 160. Double event winners for the Rapids included Julia Bullock, Mary Liz Elliott, Will Kemmerer, Ana Mulligan, and Alexandra Zeidan. Single first place winners included Veronica Dolan, Eric Eichler, Paige Hall, William Long, Annie Mahoney, John Mulligan, Annie Thomas and Andrew Vinter.

The Langley Wildthings swam against Mosby Woods on Saturday in an NVSL Div. 4 meet. The competition went down to the last few relays, with the Wildthings losing 195 to

207. Even though they lost the team meet, Langley broke several pool records. Those record-breakers were: Jinwon Bailar (11-12 free, 28.12 and fly, 30.44); Elena Shklyar (11-12 fly, 35.24); Schuyler Bailar (15-18 back, 31.83 and breaststroke, 35.60); the girls 8-under free relay team of Audrey Wallach, Kate Walter, Liliana Schone and Addison Collins (1:23.07); and the girls 15-18 medley relay of Meghan Overend, Schuyler Bailar, Sarah Horan and Sarah Woodford (2:13.41).

Double event winners for Langley were Jack Hoeymans, Jinwon Bailar, Emily Wallach and Nathan Johnson. Single winners were Vincent Watson, Kevin Kaldes, Audrey Wallach, Whit Walter, Izzy Schone, Mitchell Farah, Isaac Peress, Katie Robinson, Callan Cramer, Tommy Slade, Meghan Overend and Schuyler Bailar. The Wildthings had one event sweep - that coming in the 8-under boys breaststroke (Kevin Kaldes, Sean Mullery and Matthew Buchanan).

VIENNA SWIM REPORT

The Shouse Village Sharks lost, 207-195, to the Forest Hollow Gators in Div. 8 Northern Virginia Swimming League action over Independence Day weekend. Double winners for the Sharks were Monica Balistrere, Aaron Bremser, Connor Cason, Sinead Eksteen, Annie Springsteen, and Catherine Zysk. Single winners were Evan Bremser, Miles Collins, Heather Geisler, Carlyn Kranking, Ethan

Liu, Kathleen Oakley, Ellie Springsteen, Kathleen Westrick and Andrew Zarazinski.

Sinead Eksteen set a new Girls 10-under 50 free style team record (31.38s); Annie Springsteen set a new Girls 15-18 Backstroke team record (33.18s); and Catherine Zysk, Sinead Eksteen, Rachel Montgomery and Annie Springsteen improved the team's 1982 Girls Mixed Age Relay record.

In Div. 1 action last Saturday, Oakton

gave it their best but fell to Chesterbrook 293 to 109. Laura Branton won first place in both 13-14 Breaststroke and Butterfly events. Single winners for the Otters were Conor Murphy (15-18 Free), Kathleen Smith (15-18 Free), Jodie Koplaski (13-14 Back), Kylie Wilson (8-under Breaststroke), Nick Highman (9-10 Breaststroke), Drew Weber (11-12 Fly), Michael Ambrose (13-14 Fly), and Carter Sharer (15-18 Fly).

The "Canswer" Man



By KENNETH B. LOURIE

If you've ever wandered through or wondered about the slings and arrows of outrageous misfortune that accompanies a totally unexpected – and unprepared for – diagnosis of terminal cancer to an otherwise healthy – and asymptomatic, lifelong non-smoker in his mid-50s, read on and discover even more questions – and occasional answers, about life in the cancer lane, a bumpy road if there ever was one.

I have a very close friend (my writing buddy, as I call him), who has characterized me as an expert with respect to this whole cancer-surviving experience. Not so much having expertise as I know things: facts, figures, doses, pronunciations, protocols, etc., which I don't, really, but more so in that whatever I do know – and have assimilated into my life over these last 30 months. I have outlived my original prognosis ("13 months to two years") and in surviving have become a source of somewhat unique and experiential, if not reliable information: I have in fact been there and done that and so far, have lived through it (and as you regular readers know, have written about it, too).

I don't think I can say with certainty that I'm ready to teach a class on the subject but, I would certainly say I could be a guest speaker for 10 or 15 minutes. Aside from writing the "cancer columns" nearly non-stop as I have, through the passage of these two and one half years – including the original testing/diagnosing, which led to the biopsy/malignancy, I have accumulated a sort of institutional knowledge on being a surviving cancer patient. Living, as they say, is its own reward. And my reward is that I'm still alive and ticking (if John Cameron Swayze were still alive, he'd be doing a Timex watch-type voice-over right here) and as such, have collected, through fits and starts, knowledge and first-hand experiences concerning what cancer treatment can be like, generally (patients/protocols/side effects are all different) and what that patient might feel – and need (and I'm not talking about food when hungry either, I'm talking about aid and comfort during the heat of battle and the throes of depression) to help navigate through this minefield of physical and emotional tumult. It takes a toll; on patient, family, friend (even foe, I would imagine), doctor, health care professional, anyone with whom there's contact. A diagnosis of cancer is the most unwelcome news, the consequences of which are life-changing to say the least, and life-ending to say the most.

Not that any of my insights are particularly unique or proven in any way to soothe the savage cancer beast that appears in cancer patients, occasionally, but denying its existence or doubting its insidious hold would be my first warning shot across the bow – or brow of any caregiver (whomever; family, friend or professional) primarily responsible for the care and feeding of a cancer and/or terminal patient. The physical manifestations of a cancer diagnosis are likely apparent, but it's the psychological/emotional erosion that might not be seen that requires the softest touch.

Thirty months post diagnosis, that's what I still need the most: emotional reinforcement. Not constantly, but certainly regularly. It's almost as if, weakening that emotional resolve compromises my defenses somehow, thereby enabling the cancer to do what all cancer patients fear the most: metastasize. What us cancer patients call "the m word." A slippery slope – make that an avalanche, if there ever was one.

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

ZONE 6: • ARLINGTON • GREAT FALLS
• McLEAN • VIENNA/OAKTON

EMPLOYMENT

703-917-6464

ZONE 6 AD DEADLINE:
TUESDAY 11 A.M.

TELEPHONE A great opportunity to WORK AT HOME!

NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

TELEPHONE A great opportunity to WORK AT HOME!

NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

FULL CHARGE BOOKKEEPER/ACCOUNTANT

Fairfax CPA firm seeks P/T or F/T full-charge bookkeeper/accountant. Ideal candidate should have recent bookkeeping/accounting exp in an office setting, be detail-oriented with strong computer skills, including MS Word, Excel and Quickbooks. 5+ yrs of exp and ability to prepare Federal, state and local payroll, and personal prop returns and business licenses as well as G/L, bank rec's, and A/P. We offer competitive salaries and benefits package. E-mail resume to: resumes@tgccpa.com

EDUCATION TRAINING

Pharmacy Technician Trainees Needed Now!

Pharmacies now hiring. No experience?
Job Training & Placement Assistance Avail.
1-877-240-4524
CTO SCHEV

DENTAL ASSISTANT TRAINEES NEEDED NOW!

Dental Offices now hiring. No experience?
Job Training & Placement Assistance Avail.
1-800-381-1734
CTO SCHEV

MED BILL & CODING Trainees NEEDED NOW

Medical Offices now hiring. No experience?
Job Training & Placement Assistance Avail.
1-800-385-2615
CTO SCHEV

HOW TO SUBMIT ADS TO



CLASSIFIED

DEADLINES
Zones 1, 5, 6.....Mon @ noon
Zones 2, 3, 4.....Tues @ noon
E-mail ad with zone choices to:
classified@connectionnewspapers.com
or call Andrea @ 703-778-9411

EMPLOYMENT

DEADLINES
Zones 5, 6.....Tues @ 11:00
Zones 1, 3.....Tues @ 4:00
Zone 2.....Wed @ 11:00
Zone 4.....Wed @ 1:00
E-mail ad with zone choices to:
classified@connectionnewspapers.com
or call Barbara @ 703-778-9413

ZONES

- Zone 1:** The Reston Connection
The Oak Hill/Herdon Connection
- Zone 2:** The Springfield Connection
The Burke Connection
The Fairfax Connection
The Fairfax Station/Clifton/
Lorton Connection
- Zone 3:** The Alexandria Gazette Packet
The Mount Vernon Gazette
- Zone 4:** Centre View North
Centre View South
- Zone 5:** The Potomac Almanac
- Zone 6:** The Arlington Connection
The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection

Oncology RN-Part-time

Private Practice in Lansdowne, VA.
Chemotherapy administration and mixing.
Friendly staff. Fax resume 703-729-1446
(O) 703-729-6030

Field Data Collector

Fieldwork & computer reporting for industry leader. No exp. Pd. training. Performance based pay, \$15-\$17/hr. FT. Apply at www.muellerreports.com.

BEST CHILDCARE JOBS!

F/T, P/T, On-Call, Top Salaries
No Fees, Must be 21, Legal & Drive
References Req'd
703-838-2100

White House Nannies, Inc

RN/Administrator

Kiddie Country Developmental Learning Center is seeking a Registered Nurse to assist Part Time with the administrative duties at our Schoolhouse Woods Road location. Loving, caring, professional applicants only.
Fax resumes 703-250-7631 or
Phone 703-250-6550
kiddiecountry1@aol.com EOE



Nysmith School Preschool - 8th Grade Hiring for the Fall College Degree Required

- Preschool Co-Teachers
 - Elementary Co-Teachers
Math and Language Arts
 - Middle School Co-Teachers
Social Studies and Language Arts
French Co-Teacher
- Send resumes to: resume@nysmith.com
Fax: 703-713-3336, www.nysmith.com

SUMMER INTERNSHIPS AVAILABLE ONLINE INTERNS

Educational internships available for enthusiastic college students to join our new website launch team. This is an exciting opportunity to help develop content and sections for our new website, due to launch in late spring. Throughout the summer, we'll be adding specifics to our entertainment and events sections, creating special projects and content, and exploring new media. Internships are unpaid, but offer an unusual chance to work with award-winning editors while developing first-rate online presence. Summer internships require a commitment of at least six weeks, 16-40 hours a week. Please e-mail a statement of interest and a resume to internship@connectionnewspapers.com

COMMUNITY NEWS FREELANCE OPPORTUNITY

The Connection Newspapers is looking for one or two writers to cover one or two news stories a week. Work with award-winning editor. On-the-beat training, nominal pay per story. Please send resume, letter of interest to Kemal Kurspahic, kemal@connectionnewspapers.com



HOME & GARDEN

CONNECTIONNEWSPAPERS.COM CONTRACTORS.com

CLEANING

CLEANING

A CLEANING SERVICE

Since 1985/Ins & Bonded

Quality Service at a Fair Price
Satisfaction Guaranteed
Comm/Res. MD VA DC

acleaningserviceinc.com

703-892-8648

CARE MORE CLEANING SOLUTIONS



Residential & Commercial
10% Senior Citizen Discount

703-862-5904

OR
703-780-6749 INSURED
caremorecleaning.com

GUTTER

GUTTER

PINNACLE SERVICES, INC. LAWN SERVICE



MOWING, TRIMMING,
EDGING, MULCHING
& TRIM HEDGES

Group Rates Avail.!

703-802-0483

IMPROVEMENTS

IMPROVEMENTS

Oak Hill BUILDING & REMODELING

Member Nari/NVBA/HBAV
Lead Safe &
Certified Green Builder

Since 1978

Licensed, Bonded and Insured

www.oakhillbuilding.com

703-591-1200

Specializing in:

- Additions
- Kitchens
- Baths
- Basements

R.N. CONTRACTORS, INC.

Remodeling Homes, Flooring,
Kitchen & Bath, Windows,
Siding, Roofing, Additions &
Patios, Custom Deck, Painting

We Accept All Major Credit Cards
Licensed, Insured, Bonded • Free Estimates • Class A Lic
Phone: 703-887-3827 Fax: 703-830-3849
E-mail: rncontractorsinc@gmail.com



R&N Carpentry

◆BASEMENTS ◆BATHS ◆KITCHENS
Foreclosure specialist/Power washing
◆Exterior Wood Rot More!

Deck & Fence repair, Screen Porches

No jobs too large or small

Free est. 37 yrs exp. Licensed, Insured

703-987-5096

The HANDYMAN

A DIVISION OF NURSE CONSTRUCTION

BATHROOM REMODELING, DRYWALL,
PAINTING, CERAMIC TILE, CARPENTRY,
POWER WASHING & MUCH MORE

You have tried the rest - NOW CALL THE BEST!!

Proudly serving Northern VA - 46 yrs. exp.

Licensed Insured We Accept VISA/MC
703-441-8811



IMPROVEMENTS

IMPROVEMENTS

M. C. Lynch
Home Improvement
Family Owned & Operated

Rotten Wood, Wind Damage, Trims, Windows, Doors, Deck, Stairs, Vanity, Basement Framing, Garbage Disposal, Painting, Power Wash, Siding Repairs.

Licensed, Bonded, Insured
703-266-1233

A&S Landscaping

- All Concrete work
- Retaining Walls • Patios
- Decks • Porches (incl. screened) • Erosion & Grading Solutions
- French Drains • Sump Pumps
- Driveway Asphalt Sealing

703-863-7465
LICENSED
Serving All of N. Virginia



Exterior Medics

- ROOFING
- SIDING
- GUTTERS
- WINDOWS
- DOORS

www.exteriormedics.com
703-365-2511

LAWN SERVICE

J.E.S Services
LANDSCAPE & CONSTRUCTION

- Patios • Walkways
- Retaining Walls
- Drainage Problems
- Landscape Makeovers

Call: **703-912-6886**
Free Estimates

GUTTER

AFFORDABLE QUALITY GUTTERS

Repair, Replace, Clean & Screen.
1000s of local Refs.
703-794-8513

PINNACLE SERVICES

- GUTTER CLEANING
- SMALL REPAIRS
- SCREENING
- POWER WASHING

703-802-0483
GROUP RATES AVAILABLE
FREE EST.

LANDSCAPING

J. REYNOLDS
Landscaping LLC

703.919.4456
Free Estimates
Licensed / Insured

www.ReynoldsLandscapingOnline.com

INSTALLATION SPECIALIST **WET BASEMENT / WET YARD**

Paver & Flagstone Patios / Walkways Retaining Walls Stacked Field Stone Plants / Trees / Shrubs

Water Proofing Foundations Standing Yard Water French Drains / Swales Downspout Extensions Dry River Beds

•No sub-contractors, or day laborers. •15 Years Designing and Installing
•The Owner is physically on your job site. •On time and Professional.

MASONRY

BRICK AND STONE

Custom Masonry
703-768-3900
www.custommasonry.info

Patios, Walkways, Stoops, Steps, Driveways
Repairs & New Installs • All Work Guaranteed

One of the Oldest Masonry Companies in NOVA
Owned & Operated by The Cadle Family since the 1950s

MASONRY SPECIALIST, LLC

For All of Your Masonry Needs
Custom Design, Installation, Repairs & Restoration

BRICK - FIELDSTONE
FLAGSTONE - CONCRETE

EP Henry & Belgard Pavers
Patios, Walkways, Driveways
Retaining & Decorative Walls

703-443-2308

See our web site for ideas, pictures & coupons:
www.masonryspecialist.com

All Work Guaranteed - Licensed & Fully Insured
Class A License #VA2705087240A

PAINTING

Paint & Stain
Licensed Contractor
SERVING D.C., VA & MD

Interior Exterior Painting • Custom Painting • Drywall Repair
• Powerwashing • Light Carpentry • Bathroom Remodeling
• Carpet & Hardwood Installation • Deck Cleaning & Sealing
• Wood Replace • Ceramic Tile Installation & Repair • Plumbing

Excellent References • Free estimates • Licensed & Insured

Tel: (703) 464-9366 • Cell: (571) 243-9417
service@paintandstain.com • www.paintandstain.com
Herndon, VA

HAULING

ANGEL'S TRASH REMOVAL

- Junk & Rubbish • Furn.
- Yard, Construction Debris • Mulch & Spring Clean Up

703-863-1086
703-582-3709

AL'S HAULING
Junk & Rubbish

Concrete, furn., office, yard, construction debris

Low Rates NOVA
703-360-4364
703-304-4798 cell

7 DAYS A WEEK

LANDSCAPING

ANGEL'S LAWN MOWING

- Trimming • Leaf & Snow Removal • Yard Cleaning
- Hauling • Tree Work

703-863-1086
703-582-3709

MASONRY

ALBA CONSTRUCTION INC.

CONCRETE WORK
Licensed • Insured

- Driveways • Patios
- Exposed Aggregate Sidewalks • Carports
- Pool Decks • Garages
- Flagstone • Brick Stonework

703-204-0733

PAINTING

PATRIOT PAINTING

www.PatriotPainting.net

Wallpaper Removal, Carpentry, Power Washing, Int/Ext Painting

Free Est. • Satisfaction Guar.!

Lic./Ins. Int./Ext.

703-502-7840
Cell
571-283-4883

ROOFING

AFFORDABLE QUALITY ROOFING

New Roofs, Tearoffs, Repairs
1000s of local Refs.
703-794-8513

Falcon Roofing
Roofing & Siding
(All Types)

Soffit & Fascia Wrapping
New Gutters
Chimney Crowns
Leaks Repaired
No job too small
703-975-2375

TREE SERVICE

ANGEL'S TREE REMOVAL

- Brush & Yard Debris
- Trimming & Topping
- Gutters & Hauling

Angeltreeslandscaping-hauling.com
703-863-1086
703-582-3709

LANDSCAPING

A&S LANDSCAPING

- Planting • Mulching • Sodding
- Patios • Decks • Driveway Sealing, Asphalt • Retaining Walls
- Erosion Control • Drainage Solutions

703-863-7465

The 9th Green Landscaping

- Lawn Mowing
- Gutter Cleaning
- Bush Pruning
- Sidewalk Edging
- Liming

Licensed & Insured
Marty **703-538-5869**

ANGEL'S LAWN MOWING

- Trimming • Leaf & Snow Removal • Yard Cleaning
- Hauling • Tree Work

703-863-1086
703-582-3709

MASONRY

ALBA CONSTRUCTION INC.

CONCRETE WORK
Licensed • Insured

- Driveways • Patios
- Exposed Aggregate Sidewalks • Carports
- Pool Decks • Garages
- Flagstone • Brick Stonework

703-204-0733

PAINTING

PATRIOT PAINTING

www.PatriotPainting.net

Wallpaper Removal, Carpentry, Power Washing, Int/Ext Painting

Free Est. • Satisfaction Guar.!

Lic./Ins. Int./Ext.

703-502-7840
Cell
571-283-4883

ROOFING

AFFORDABLE QUALITY ROOFING

New Roofs, Tearoffs, Repairs
1000s of local Refs.
703-794-8513

Falcon Roofing
Roofing & Siding
(All Types)

Soffit & Fascia Wrapping
New Gutters
Chimney Crowns
Leaks Repaired
No job too small
703-975-2375

TREE SERVICE

ANGEL'S TREE REMOVAL

- Brush & Yard Debris
- Trimming & Topping
- Gutters & Hauling

Angeltreeslandscaping-hauling.com
703-863-1086
703-582-3709

26 Antiques

We pay top \$ for antique furniture and mid-century Danish/modern teak furniture, STERLING, MEN'S WATCHES, jewelry and costume jewelry, paintings/art glass/clocks.

Schefer Antiques @ 703-241-0790.
Email:theschefer@cox.net

29 Misc. for Sale

Cheap Discount Cabinets!

Reico Clearance Center
7:30am-3pm
6790 Commercial Dr, Springfield
Call: 703-245-8912

104 Entertainment

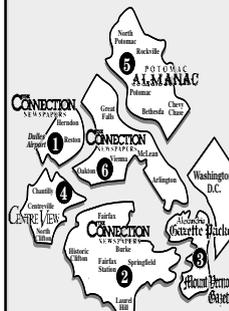
CLASSICAL HARPIS

Avail for weddings/events in the VA/MD/DC area. Classically trained. Exp'd. Call Anna at 703-901-8555.

Employers:

Are your recruiting ads not working in other papers?

Try a better way to fill your employment openings



- Target your best job candidates where they live.
- Reach readers in addition to those who are currently looking for a job.
- Proven readership.
- Proven results.

THE CONNECTION
to your community

703-917-6464

classified@connectionnewspapers.com

Great Papers • Great Readers
Great Results!

21 Announcements

ABC LICENSE

Rocco's of McLean, Inc trading as Rocco's Italian Restaurant, 1357 Chain Bridge Rd, McLean, VA 22101. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a wine, beer, off, mixed beverage on license to sell or manufacture alcoholic beverages. Michael Rocco Juliano 1st vice President

21 Announcements

TRUSTEE'S SALE OF VALUABLE IMPROVED REAL ESTATE

Improved by the premises known as 6616 Melrose Drive, McLean, Virginia

In execution of a Deed of Trust from Ana Maria V. Clarke and Paul F. Clarke, Jr., dated October 18, 2010, and recorded November 20, 2010, in Deed Book 21361 at page 78 among the Land Records of Fairfax County, Virginia, the undersigned substitute trustee will offer for sale at public auction at the front entrance of the Judicial Center for Fairfax County, at 4110 Chain Bridge Road, Fairfax, Virginia, on

Tuesday, July 19, 2011 at 9:30 a.m.

the following property being the property contained in said Deed of Trust, described as follows:

Lots 38, 39 and 40, Section B, Water Heights Subdivision, as per plat thereof recorded in Deed Book T-9 at page 247, among the Land Records of Fairfax County, Virginia.

Commonly known as 6616 Melrose Drive, McLean, Virginia 22101.

TERMS OF SALE: A deposit of \$100,000.00 or ten percent (10%) of the sale price, whichever amount is less, in the form of cash or its equivalent will be required of the purchaser at the time and place of sale; the balance of the purchase money being due and payable within fifteen (15) days after sale, time expressly being of the essence, with interest at the rate of 4.0 percent per annum from date of sale to date of settlement. Provided, however, that if the holder of the secured promissory note is the successful bidder at the sale, no cash deposit shall be required, and part of or the entire indebtedness, including interest and costs, secured by the Deed of Trust, may be set off against the purchase price.

Any defaulting purchaser shall forfeit the deposit and stand the risk and cost of resale.

Sale shall be made subject to all existing easements and restrictive covenants as the same may lawfully affect the real estate. Sale is further subject to mechanic's and/or materialman's liens of record and not of record. The property will be sold subject to all conditions, covenants, restrictions, rights of redemption of federal lienholders or encumbrances, and agreements of record affecting the same, if any.

In the event the undersigned trustee is unable to convey to the purchaser good title, then purchaser's sole and exclusive remedy shall be in the refund of the deposit paid at the time of sale.

The subject property and all improvements thereon will be sold in "as is" condition without warranty of any kind. Purchaser shall be responsible for any and all building and/or zoning code violations whether of record or not of record, as well as for all unpaid and enforceable homeowners' or condominium owners' association dues and assessments, if any. Purchaser also shall be responsible for obtaining possession of the property at his/her expense. Purchaser shall assume the risk of loss and shall be responsible for any damage, vandalism, theft, destruction, or the like, of or to the property occurring after the time of sale. Conveyance will be by special warranty deed. Conveyancing, recording, transfer taxes, notary fees, examination of title, state stamps, and all other costs of conveyance are to be at the expense of purchaser. State and local taxes, public charges, and special or regular assessments, if any, shall be adjusted to the date of sale and thereafter shall be assumed by the purchaser.

The undersigned trustee unconditionally reserves the right: (i) to waive the deposit requirement; (ii) to approve or disapprove the creditworthiness of any bidder and/or purchaser; (iii) to withdraw the property from sale at any time prior to termination of the bidding; (iv) to extend the time for bidding; (v) to reject any or all bids; (vi) to postpone or set over the date or time of sale; and (vii) to extend the period of time for settlement hereunder.

Additional terms and conditions of sale may be announced at the time of sale.

DAVID N. PRENSKY
Substitute Trustee

FOR INFORMATION CONTACT:
David N. Prenskey
Chasen & Chasen
5225 Wisconsin Avenue, N.W. #500
Washington, D.C. 20015
(202) 244-4000

PEOPLE



Yousef Chashi and Suzanne Lloyd

Lloyd, Chashi Married at Library

Suzanne Lloyd and Yousef Chashi were married on May 7, 2011 at the Thomas Jefferson Community Library in Falls Church. The couple met at this library and decided to celebrate their marriage at the place where they met. The Reverend John Hoffmann performed the double-ring ceremony.

The bride is the daughter of Robert and Carol Lloyd of Great Falls. The groom is the son of Hussein Chashi and Ravshan Mozdegir who reside in the Kurdish region of Iran.

Presented in marriage by her father, the bride was attended by Rhonda DiMascio of Mount Laurel, N.J., as Maid of Honor. Kawa Dashtbili of Falls Church was the Best Man. Nowin Dashtbili and Bitu Mushaikhi served as Flower Girls; Robby and Danny Lloyd (nephews of the bride) served as Ring Bearers. Beautiful harp music was provided by Beth Mailand. A reception was held at Clyde's of Tyson's Corner.

The bride is a graduate of Hopewell Valley Central High School in Pennington, N.J., and Lycoming College in Williamsport, Pa. The groom is currently studying at Northern Virginia Community College.

Following a Honeymoon on Captiva Island, Fla., the newlyweds are residing in Falls Church.



Interning on Capitol Hill

Andrew Weller, a rising Elon University junior and a graduate of James Madison High School from Vienna, has completed an internship in the Washington, D.C. office of U.S. Rep. Howard Coble (R-N.C.). Weller is the son of Mark and Katherine Weller of Glencroft Road in Vienna.

NEWS

Comments Sought on Beach Mill Bridge

FROM PAGE 4

the one-lane bridge is the only thing slowing drivers down preventing people from trying to pass along the road.

"By putting a two-lane bridge at that location, we will be providing the only passing opportunity for anybody on Beach Mill Road, and that's not something we want to encourage," said Susan Blakely of Great Falls. "Once you're on that road, you cannot pass, and if you have a two-lane bridge and it's clear ahead, the tendency, I think, would be to increase your speed so you can pass on that bridge. I would hate to see us create that kind of traffic hazard just because we want to build a two-lane bridge on a two-lane road."

KAREN WASHBURN, former Dranesville History Commissioner, said a one-lane bridge would be more fitting with the character of the area.

"I think the idea of having a one-lane bridge is really in keeping with the historic nature of the road. This is one of our oldest roads," she said. "If we do the two-lane bridge, it will be the widest part of the road at any point."

In order for the bridge to be designed as a one-lane bridge, a special exception would need to be granted by VDOT, but Roper said the conditions existed to make the exception possible.

"I feel very comfortable that a one-lane bridge would suffice with the type of traffic volume," he said. "I don't think there's an issue with a single lane bridge being able to handle the type of traffic as it's projected to be."

The bridge carries approximately 1,600 vehicles per day, according to a VDOT traffic study conducted from May 31 to June 2.

The two design options being examined by VDOT are a timber deck supported by steel beams, or a pre-cast concrete bridge with an asphalt surface. The bridge that VDOT recently completed on Leigh Mill Road is an example of the wooden type.

Roper said that he was willing to listen to all community input from individuals in groups about the type of bridge they wanted to see, his personal view that that concrete is a more durable options. He estimated that the wood on the bridge would need to be replaced about every 20 years.

"If I'm looking at a bridge with a service life of 50 to 75 years, I'm going to replace that wood two to three times. That's a lot of potentially additional costs and disruption of traffic," he said. "Concrete is better, especially concrete that comes with a casting yard, where it's cast under controlled conditions. You get excellent durability with concrete products that come from those kinds of conditions. Would I be comfortable with a 50 to 75 service life with concrete?"



The proposed single lane design for the bridge replacement at Beach Mill Road over Nichols Run.

PHOTOS CONTRIBUTED



The proposed double lane design for the bridge replacement at Beach Mill Road over Nichols Run.

Absolutely. It's certainly less susceptible to damage."

He also said that there are many molds, stains and finishes to make a concrete bridge look more rustic.

"I know there's strong preference for a single-lane rustic bridge," Roper said. "I'm perfectly fine with building that. But I would ask that folks consider concrete, give it a chance, because there's a lot of things we can do to make it look better. Stamp it, stain it, give it a rustic appearance. The difference of not having to come back and replace it three times over the course of its life is very appealing to me, but I'm prepared to build what the community wants."

Washburn suggested a concrete bridge

with wooden railings, which would give the bridge a more rustic look while being more durable, and Roper said that should be possible.

THE BRIDGE is estimated to cost between \$1.1 and \$1.3 million depending on final design. VDOT plans to request design-build proposals starting in October, and construction is anticipated to begin in June 2012, and will be completed in August 2012.

Comments are being sought until July 8, and more information on the project and how to comment can be found at www.virginiadot.org/projects/northernvirginia/beach_mill_road_bridge_replacement.asp.



Jan & Dan

www.GreatFallsGreatHomes.com



Great Falls \$1,320,000



McLean \$2,595,000



Great Falls \$997,500



Great Falls \$3,195,000



McLean \$1,165,000



Great Falls \$1,595,000



Great Falls \$1,595,000



Great Falls \$1,695,000



Great Falls \$1,590,000



Great Falls \$1,189,000



Great Falls \$949,000



Great Falls \$997,500



Great Falls \$1,499,000



Great Falls \$1,395,000



Great Falls \$1,635,000



Susan Canis
Buyer Agent



703-759-9190 Office
703-444-1991 Home



Anne Morrow
Buyer Agent