McLean Connection

Festive Fourth at Langley High

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Andy Pittman and his daughter Kenna, 2, get some quality time with a beach ball at the McLean Fourth of July celebration Monday at Langley High School.

Photo by Alex McVeigh/The Connection

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McLean Connection Editor Kemal Kurspahic
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Thousands watch Last Train Home on the Langley football field during the McLean Fourth of July celebration Monday.

Photos by Alex McVeigh/The Connection

Guests watch the fireworks at Langley High School Monday, part of the annual McLean Fourth of July celebration, sponsored by the McLean Community Center.

Festive Fourth at Langley High

Annual celebration brings thousands for fun and fireworks.

By Alex McVeigh
The Connection

Everyone entering Langley High School for McLean's annual Fourth of July celebration got one thing: an inflatable red, white and blue beach ball. While it seemed simple enough, the thousands that attended the celebration found dozens of uses for it.

"The ball makes a great pillow," said Ben Bruney of McLean. "We always remember to bring blankets, but it's hard laying flat. I think it will serve me well when the fireworks start, that is, if the kids ever stop kicking it around."

Lying on the grass of the Langley football field was only one way guests spent most of their Fourth of July evening. The annual celebration, sponsored by the McLean Community Center, featured live music from Last Train Home, children's games and a fireworks show that rivaled any show in the past 34 years of MCC sponsorship.

"I've been hearing rumors that this year is going to be the best show they've ever done," said Salib Grazni of McLean. "In past years I've liked that it's kind of short and sweet, but knowing how well the McLean Community Center works, I think this one is going to be incredible."

THE FIREWORKS got off to a little bit of a late start, but when they started, most people seemed to think the wait was well worth it. The show went on for more than half an hour, and featured fireworks of all kinds and colors.

But the festivities officially started at 6 p.m., when the Langley field opened. Children could enjoy a moon bounce, or a gyroscope like device that spun them upside down. After 7 p.m., another section opened up where children could play laser tag, jump in a bubble pool or play something called "Booger Ball."

"I don't even want to know the details of that one," said Melissa Shane of Great Falls. "All I saw was two big giant noses and kids throwing around green beanbags, and I prefer to leave it at that. I told my kids they could play it as long as they didn't tell me about it."

The bubble pool proved to be a popular attraction, much to the chagrin of many parents. While the bubbles weren't watery or soapy, it didn't stop many children from covering themselves from head to toe with the bubbles before heading back to their parents.

"At least I can tell my mom I took a bath today," said Shelvin Gertrode, 6, of McLean as he came out of the bubble pool covered in white suds, picked up his shoes and walked to his parent's blanket.

"It certainly will not count as a bath for him, but it looks like he had a lot of fun, which is the whole idea of coming here," said Lisa Gertrode, Shelvin's mother. "But that doesn't mean he's going to get our blanket all sudsy. I think he'll be stuck to a camp chair until we can get him cleaned off."

IN BETWEEN trips to the bubble pool and the laser tag arena, children could pick up loads of candy fired from an air cannon, play video games at an electronics van and use a slingshot to try and make water balloons land in several bins varying distances away.

"As long as he's shooting at boxes, and not our house or the neighbor's, I'm fine with it," said Morris Obermayer of McLean with a laugh as he watched his son Spencer, 9, try to aim his balloons.

Just after 7 p.m. and leading all the way to the fireworks, Last Train Home played country and rock tunes, which many said was the perfect mood-setter.

"It's music you just want to move to, and it just seems to be made to be heard outdoors in a community venue like this," said Ariel Padilla of McLean. "I think it's easy to take for granted how special of a community McLean is as we go about our day to day lives, but events like this really show what a great place we live in."

Andrew Jacobus, 4, gets a running start while preparing to kick his beach ball, which was provided by the McLean Community Center during the annual Fourth of July celebration at Langley High School.

From left, Rand Allen, Leeda Allen, Demetra Matthews and Dale Matthews enjoy a conversation at Salona Friday night, June 24 during the McLean Community Foundation's "A Night at Salona" fundraiser.

Members of the Parklawn Ramblers play at the McLean Community Foundation's "A Night at Salona" fundraiser Friday.

Photos by Alex McVeigh/The Connection

Rip Sullivan, president of the McLean Community Foundation's board of trustees addresses the guests during the foundation's "A Night at Salona" fundraiser Friday, June 24.

New Era For McLean Community Foundation

Salona hosts fundraiser for McLean Community Foundation.

By Alex McVeigh
The Connection

In the 30 years since its founding, the McLean Community Foundation has provided $1,079,075 to support arts, schools, public safety, and environmental causes, as well as those with intellectual and physical disabilities. Friday, June 24 they kicked off a new era at Salona, one that Rip Sullivan, president of the foundation's board of trustees, says he hopes is a much more public one.

"We're trying to raise our profile, and we're always trying to raise money as well as find people who need the grants we offer," he said. "There's nothing more frustrating than to find we've only gotten one or two proposals. Our general mission is to nurture McLean as a community and as our home."

The foundation hosted "A Night at Salona" fundraiser Friday to show guests what they have been up to for the past 30 years, and to give them a glimpse of the organization's plans for the future.

The MCF funds have gone to many organizations around the community for things such as computer equipment for the Falls Church-McLean Children's Center, a van for McLean Little League, a renovation for Kent Gardens Elementary School's playground and funds for Clemyjontri park among others.

It was known until last year as the McLean Citizens Foundation, but Sullivan said the name change was appropriate because "the word 'community' describes much more clearly what we're about."

Nancy Perry, executive director of the McLean Project for the Arts, said the MCF has sponsored them for the past four years. The MCF also sponsors the Children's Art Walk, which features work from 17 local elementary schools during the annual MPA ArtFest.

"They've provided us with a wonderful sponsorship opportunity, which helps us keep the ArtFest a free event for everyone who attends," she said. "As both a McLean resident and director of the McLean Project for the Arts, the foundation has provided a really important source of funding for projects that are important to the citizens of McLean."

THE MCLEAN VOLUNTEER FIRE DEPARTMENT has received $122,335 in grants over the past 30 years for lifesaving equipment and more.

"It's been a fantastic partnership that allows McLean to get things that we otherwise couldn't provide," said Steve Arner, president of the McLean VFD. "As the cost of units go up, it becomes harder and harder to purchase them without help, and we've gotten a lot of help from the McLean Community Foundation."

Victor Kimm of Share, Inc., a local nonprofit that provides food, clothing, furniture and other emergency assistance, says the foundation has helped Share purchase many much needed items.

"They've been very supportive of everything we've done," he said. "They helped us buy three trucks to help our furniture program, and they paid for our first computer automation system."

Sullivan said the choice to hold the event at Salona was no accident, as the property remains one of the cornerstones of the community.

"Salona has been an anchor of McLean for the past 200 years," he said. "And [Salona owners] Karen and Dan DuVal, in my book, are national treasures. If there's a good cause in McLean, they're a part of it. It was above and beyond for them to invite us into their home."

Dan DuVal, who along with his wife serves on the Leadership Council of the foundation, said it was his pleasure to host the event at his house.

"The McLean Community Foundation is one of the most important groups in this community," he said. "They pick good causes every year, and they're always very thorough in reviewing their grant applications. Having a foundation focused on providing grants that are needed is great."

MORE INFORMATION on the McLean Community Foundation can be found at www.mcleancommunityfoundation.org.

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Fatal Motorcycle Crash in McLean

A 58-year-old Hyattsville, Md. man died when the motorcycle he was riding was hit head-on. The 1999 Triumph motorcycle was traveling east on Georgetown Pike approaching the intersection of Centrillion Drive shortly after 11 p.m. on Wednesday, June 29. A 2001 Mercedes, driven by 30-year-old Sterling resident, was traveling west and apparently crossed the center line of the roadway and struck the motorcycle.

Brian Benson, the rider of the motorcycle, was transported to a local hospital and was pronounced dead shortly before midnight.

A Sterling man was charged with reckless driving.

Georgetown Pike was closed in both directions for several hours while crash reconstruction detectives conducted their investigation.

Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text "TIP187" plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

Outdoor Theatre Festival at Madeira

After four weeks of learning classical theatre, practicing movement and vocalizing, and fending off ticks and mosquitoes, Traveling Players teen ensembles will present a festival of three classical plays on July 15, at 4:30 p.m. at The Madeira School in McLean. The festival is free and open to the public.

The outdoor festival is the final stop on a tour by each ensemble, and features performances of Moliere's "Sganarelle" and "The Forced Marriage," and Shakespeare's "Comedy of Errors."

Traveling Players Ensemble's mission is to bring great theatre into the great outdoors. To do this, they offer summer camps for Middle and High School students, where they learn to practice their craft with the barest of props, directed by experienced theatre professionals. They also spend most of their time outdoors, even camping out once a week.

The schedule for the day is:

4:30 - 6:30 Sganarelle and The Forced Marriage

6:30 - 7:30 Break for Dinner (picnicking is welcome)

7:30 - 9:00 The Comedy of Errors (High School Ensemble)

Guests may want to bring picnic items, lawn chairs, insect spray, and flash lights. Camping chairs will be available for rent.

Traveling Players is in residence at The Madeira School in McLean, where they will host a second festival on Friday, Aug. 12. Also, on Aug. 5, Traveling Players' most experienced performers will perform Shakespeare's "Romeo & Juliet" at Riverbend Park. All performances are free and open to the public.

For more information, visit www.travelingplayers.org or call 703-987-1712.

Northern Virginia Regional Park Authority

PUBLIC NOTICE

AMENDMENT TO THE FAIRFAX COUNTY PARK AUTHORITY REGULATIONS, SECTION 1.16-1, AND THE NORTHERN VIRGINIA REGIONAL PARK AUTHORITY REGULATIONS, SECTION 1.16-1.

Notice is hereby given that the Fairfax County Park Authority (FCPA) will hold a public hearing on Wednesday, July 13, 2011, at 7:30 p.m. in room 941 at the Herrity Building at 12055 Government Center Parkway, Fairfax, VA, to receive public comments on a proposed amendment to FCPA Regulations, Section 1.16-1 Athletic Field Use.

Notice is hereby given that the Northern Virginia Regional Park Authority (NVRPA) will hold a public hearing on Thursday, July 21, 2011, at 7:30 p.m. at 5400 Ox Road, Fairfax Station, VA to receive public comments on a proposed amendment to the NVRPA Regulations, Section 1.16-1, Athletic Field Use.

The full text of the proposed amendment to the FCPA Regulations Section 1.16-1, Athletic Field Use, is on file and available for public inspection and copying during regular office hours of the Fairfax County Park Authority, 12055 Government Center Parkway, Suite 927, Fairfax, VA. For the convenience of the public, the full text of the proposed amendment to Section 1.16-1, Athletic Field Use, is available for review at www.fairfaxcounty.gov/parks/press/html/pr073.htm

The full text of the proposed amendment to the NVRPA Regulations, Section 1.16-1, Athletic Field Use, is on file and available for public inspection and copying during regular office hours of the Northern Virginia Regional Park Authority, Public Information Office, 5400 Ox Road, Fairfax Station, VA. For the convenience of the public, the full text of the proposed amendment to Section 1.16-1, Athletic Field Use, is available for review at www.nvrpa.org

All persons wishing to speak on this subject at the FCPA public hearing may call the Public Information Office at 703-324-8662, to be placed on the Speakers' List. Person's interested in speaking at the NVRPA public hearing may call Chris Pauley, Park Operations Director, at 703-359-4613 to be placed on the Speaker's List. Individuals are not required to register in advance, and may also sign up to speak at the public hearing.

For more information, call 703-324-8662 (FCPA) or 703-359-4603 (NVRPA).

If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least ten working days in advance of the registration deadline or event. TTY (703) 803-3354 703-324-8700 • ONLINE : www.fairfaxcounty.gov/parks • E-mail: parkmail@fairfaxcounty.gov

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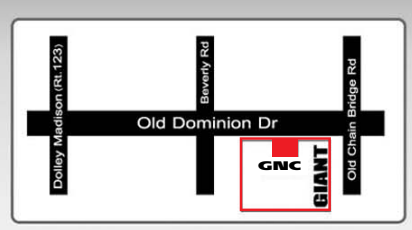

Opinion

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

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

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 throughout 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 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 students 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

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Bulletin Board

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

SATURDAY/JULY 9

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.

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.

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.

SATURDAY/JULY 16

Avoiding Divorce Court I– How to Negotiate or Mediate a Property Settlement Agreement. 10 a.m. The Women's Center, 127 Park St., NE, Vienna. A comparison of mediation and negotiation, strategies and pitfalls to avoid and a general discussion of the issues commonly addressed in an Agreement, from property to support to custody. $45 non-members, $35 members; $85 non-member couples, $60 member couples. Register at www.thewomenscenter.org

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- A+ Education Learning Fun, publishes July 20, closes July 14
- Pet Connection, publishes July 27, closes July 21
- Wellbeing, publishes Aug. 3, closes July 27
- 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

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McLean Library Reopens

Newly-designed and expanded Dolley Madison Library will reopen July 9.

By Lori Baker
The Connection

Fifty-five years ago the Dolley Madison Library was a small storefront on Elm Street. Though it served its community well, patrons of that original branch would undoubtedly be impressed by the new Dolley Madison library, which will open to the public this Saturday, July 9. The newly-designed and renovated library, located at 1244 Oak Ridge Avenue in McLean, will open following a ribbon-cutting ceremony at 10 a.m. on Saturday.

In 1967 the library moved to its current location on Oak Ridge Avenue. For the past two years, it has undergone a major expansion and renovation. Though the façade of the new library is the same as that of the original 1967 structure, any similarity ends there. Upon entering the new structure, one is surprised not only by the size, but by the light and open feeling of the library. The floor-to-ceiling windows along the back wall draw visitors into the wooded park. "The architectural concept was to bring us into the park and bring the park to us" said Branch Manager, Starr Smith. Smith is looking forward to sharing the new layout, design and features with new and returning library patrons starting this Saturday.

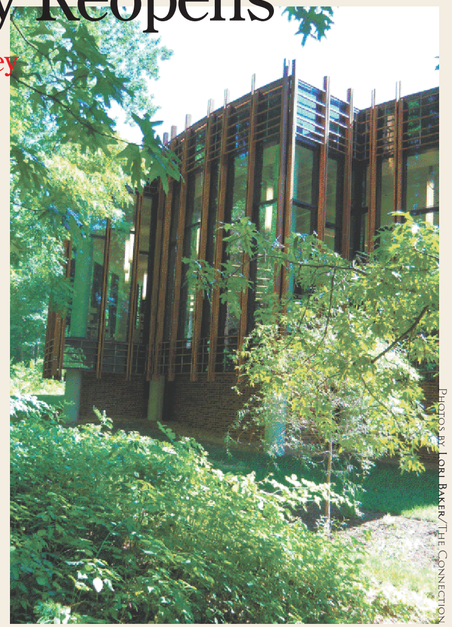
THE LIBRARY FOYER has ample room for community information, and an LCD bulletin board for branch and library system announcements. Continuing past the entrance hallway, visitors will first notice trees, shade, and light. The design of the space makes the prospect of spending time there an enjoyable one. "Staff just loves the colors," remarked Smith. The space features color and design elements that are nature-themed. Bowie Gridley Architects designed the building to take advantage of the heavily wooded site. The new space has a number of environmentally-friendly design features, including occupancy-sensitive lights and temperature controls, and a vegetated "green" roof, designed to direct heat away from the roof in hot summer months.

The entrance to the main room is flanked by two sections for new books; a section for new adult books, and one for new children's books. Regular children's holdings will be in the children's section at the far end of the room. The children's area has a pleasant seating section with a wonderful view of the woods. Continuing around the curved-glass wall, one will find sections for reference books, adult fiction, and a young adult section for teenagers. Smith noted that teens will probably appreciate having their own space, and being farther removed from the children's section.

Longtime volunteer, Nikii Frank, is looking forward to the additional space in the library: 8,400 square feet have been added to the original structure. "I've volunteered for the library for so many years, especially if I would go in the afternoon, it would be jam packed. They definitely needed the space." She is also excited about having a designated space for volunteers to sort books, and a section devoted to the book sale, which Frank helps coordinate. But her favorite thing about the new library is the aesthetics. "I felt as though I was in the middle of the woods," said Frank. "It's just so peaceful."

McLean resident, Joanna Kinney, homeschools her two children. Though she was impressed with how well the temporary site worked, she and her two daughters are looking forward to the library reopening. "We use the library services a lot," she said. "In fact, we were pleased that during the transition we were still able to get everything we needed. It's a big asset to be able to draw from the entire county. I was never not able to find what I was looking for." Still, Kinney says, "we're looking forward to a bigger better library. We're hoping that the branch will have plenty of meeting space. We have home schooling groups that meet regularly. We're looking forward to using the new bigger meeting spaces."

THE NEW LIBRARY has several meeting rooms to offer. There is a conference room for small group meetings, and a meeting room for larger groups. The large meeting room, which can be divided into two smaller rooms, can be used for a variety of community gatherings and library programs. There is even a small kitchenette for light refreshments. But the photographs lining the walls in the large meeting room make it an interesting stop for all library-goers. Framed on the walls are scores of historic photographs of McLean, including a 1960 photo of the original Dolley Madison storefront library on Elm Street.



Photos by Lori Baker/The Connection

The floor-to-ceiling windows help bring nature inside of the newly redesigned Dolley Madison library.

Reopening Saturday

The ribbon-cutting ceremony will begin at 10 a.m. on Saturday, July 9, and will feature a visit from special guest, Dolley Madison (interpreted by Margie Schoenberg). Other special programs during the day include "Dolley Madison Flees the White House" at 11 a.m., with author and historian Carole Herrick; magic storyteller Steve Kissell at 1 p.m.; and music by the Northern Virginia Hammer Dulcimer group. There will also be special souvenir handouts.

Finally, readers who like to take advantage of the library's large newspaper and magazine holdings will be pleased with the quiet section for magazines and newspapers. This quiet reading corner and a Quiet Study room were two of the most frequently requested features in the old building. The Quiet Study room features eight stations for individual study, each of which has electrical outlets for laptops. In fact, all of the tables in the library are equipped with an electrical outlet for each seat. And students will also appreciate the 24 public access computers.

The books throughout the library are stacked on large open shelving, which makes it easier to view books. "The books are housed in a more appealing and attractive way than before…some of the reference books have beautiful covers that we were never able to display before," said Smith.

McLean business owner, Jim Rudd, owns Elm Street Fitness and runs in the McLean park every day. "They did a beautiful job with it," Rudd said. "The ground to two-story glass is beautiful with the wood accents. It looks like a place that will really attract kids, and adults, actually."

But more than anything, Branch Manager Smith is most excited about opening the branch up to the community again. "We all had a good time at the temporary site. But we missed the collection and our customers. Though we enjoyed meeting new customers, and hope they will join us; we want our family and collection back again."

Entertainment

Send announcements to mclean@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.ViennaArtsSociety.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: Tcheers 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.

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

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.

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.

Author Larrie D. Ferreiro. 2 p.m. Barnes & Noble Tysons Corner, 7851 L Tysons Corner Center. The author will sign and discuss "Measure of the Earth: The Enlightment Expedition That Reshaped Our World", an account of Spain and France's joint expedition to uncover the size and shape of the earth. 703-506-2937.

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 Fleecktones, with The Carolina Chocolate Drops and Abigail Washburn & The Village. 7 p.m.

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," "Thumbelisa," 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.

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.

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.

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Photo by Cynthia Cross/The Connection

McLean Historical Society President Jacque-Lynne Schulman offers tour participants her insights.

Gravestones Reveal McLean's History

Historical Society offers tour of McLean Cemetery.

By Cynthia Cross
The Connection

At the intersection of Chain Bridge Road and Great Falls Street Thursday evening, June 9, traffic streamed by the cemetery at the McLean Presbyterian Church. Most passersby were likely unaware that buried within the cemetery's wrought iron gates are some of McLean's most prominent residents and their families.

But participants in that evening's historical walking tour, which was sponsored by the McLean Historical Society and led by church archivist Adrian Steel, had the chance to learn all about those residents and their role in the making of McLean history.

Steel became intrigued with the cemetery's history as former administrator and later archivist of the church and provided tour participants a glimpse into the lives of many of those buried in the cemetery since it began to be used for burials in 1838. Steel pointed out that the land for the church as well as the cemetery was donated in the late 1840s by the family of Dr. Mottram Ball, one of the community's early settlers, to a trust directed by Commodore Thomas Catesby Jones, generally considered the church's founder.

ONE OF THE OLDEST graves, Steel said, is that of William Maffitt, a prominent clergyman who began meeting with a small group of parishioners at his home Salona in 1812. Maffitt was one of the ministers who presided at the funeral of George Washington and is thought to have hosted President James Madison and First Lady Dolley Madison at Salona after the British invaded and burned America's capital city and government leaders were forced to flee into the surrounding countryside. Maffit's grave is not far from

> "For 50 years, the McLean Historical Society has worked to preserve memories of the past and to celebrate the lives of people who have made McLean what it is."
> — Jacque-Lynne Schulman

See Local History, Page 15

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

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Sports

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 7-1win 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 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 Junior 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 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

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.

Photo Courtesy/Hebron Academy

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

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 Zarazinksi.

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 in 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.

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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

ABC LICENSE
Cheesetique, LLC trading as Cheesetique, 4056 Campbell Ave, Arlington, VA 22206. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Wine & Beer On and Off Premises license to sell or manufacture alcoholic beverages. Jill Erber, Owner

21 Announcements

TRUSTEE'S SALE
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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 County, Virginia, the undersigned substitute trustee will offer for sale at public auction at the front entrance of the Judicial Center for Fairfax County 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 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:
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21 Announcements

21 Announcements

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 Bita 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

Local History Revisited

From Page 10

that of Jones' in the cemetery.

Belinda Brown, a slave, is buried in the Ball family plot. According to Steel, historians view the practice of including slaves in family plots as quite uncommon. Brown's tombstone reads, "In loving memory of Belinda Brown, colored, the faithful friend and nurse in the Ball and Judkins familes prior to and during the Civil War and the dark days of Reconstruction. Faithful until death."

Gen. William Whann Mackall, a high-ranking Confederate Army officer, is also buried there, as is Col. Henry Jenkins, an outspoken sympathizer of the Southern cause during the Civil War. Jenkins was among the first in the Lewinsville precinct to vote for secession and flew a Confederate flag at his home, apparently so angering the Federal troops that they burned his home to the ground.

Photo by Cynthia Cross/The Connection

Adrian Steel leads the cemetery tour.

The cemetery includes the grave of Aaron T. Beans, a Confederate soldier and local farmer whose loyalty to the South was so great that sculpted on the top of his tombstone are the images of two books: "Life of Robert E. Lee" and "Lost Cause."

THE MAGARITY FAMILY has several members buried in the cemetery. One of that family's most well known members, Jonathan Magarity, bought Windy Hill Farm and Storm Farm, both located near the church, and Magarity Road is named after him.

McLean Historical Society President Jacque-Lynne Schulman, who organized the tour after Steel addressed an earlier MHS meeting, commented on how the tour served one of the Society's most important purposes.

"For 50 years," she said, "the McLean Historical Society has worked to preserve memories of the past and to celebrate the lives of people who have made McLean what it is. This tour was an example of that effort."

"It was so interesting to see some of the families buried here," said tour participant Bonnie Mampe, "to hear their stories, to see how some of our streets are named after them and how they participated in local history. Just fascinating."

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Arlington First Church of the Nazarene...703-525-2516

Church- Brethren
Church of The Brethren...703-524-4100

Churches-Baptist
Arlington Baptist Church...703-979-7344
Cherrydale Baptist Church...703-525-8210
First Baptist of Ballston...703-525-7824
Mt. Zion Baptist Church...703-979-7411

Churches -Baptist-Free Will
Bloss Memorial Free Will Baptist Church...703-527-7040

Churches -Christian Science
McLean-First Church of Christ, Scientist... ...703-356-1391

Churches- Presbyterian
Arlington Presbyterian Church...703-920-5660
Church of Covenant ...703-524-4115
Clarendon Presbyterian Church 703-527-9513
Little Falls Presbyterian Church 703-538-5230
Trinity Presbyterian Church...703-536-5600
Westminster Presbyterian ... 703-549-4766

Churches- Unitarian Universalist
Unitarian Universalist Church of Arlington 703-892-2565

Churches-United Methodist
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Trinity United Methodist Church of McLean...703-356-3312
Charles Wesley United Methdist ...703-356-6336
Calvary United Methdist...703-892-5185
Cherrydale United Methodist...703-527-2621
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Clarendon United Methodist...703-527-8574
Community United Methodist...703-527-1085
Mt. Olivet United Methodist...703-527-3934
Walker Chapel United Methodist...703-538-5200

Churches- United Church of Christ
Bethel United Church of Christ ...703-528-0937
Rock Spring Congregational United Church of Christ...703-538-4886

Non-Denominational
New Life Christian Church - McLean Campus ...571-294-8306

Metaphysical
Arlington Metaphysical Chapel ...703-276-8738

Presbyterian Church in America Churches
Christ Church of Arlington...703-527-0420

Synagogues - Conservative
Congregation Etz Hayim...703-979-4466

Synagogues - Orthodox
Fort Myer Minyan...703-863-4520
Chabad Luvavitch of Alexandria-Arlington ...703-370-2774

Synagogue - Reconstructionist
Kol Ami, the North Virginia Reconstructionist Community ... 571-271-8387

Saint Ann Catholic Church

SUNDAY LITURGY SCHEDULE:
Saturday Vigil: 5:30 PM
Sunday: 8:00, 9:30, 11:00 AM
1:30 PM Spanish Liturgy
5312 North 10th Street
Arlington Virginia 22205
Parish Office: (703) 528-6276

DAILY EUCHARIST:
Weekdays
Monday-Friday, 6:30 AM & 8:30 AM
Saturday, 8:30 AM

All Are Welcome!

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