

# McLean CONNECTION

# Seeing Visions Of 1771

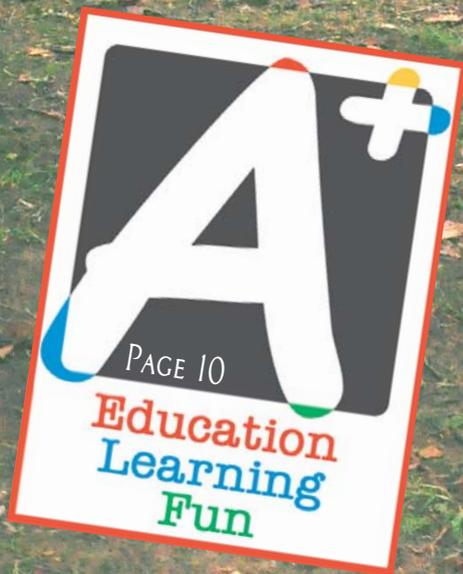
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PHOTO BY ALEX McVEIGH/THE CONNECTION



Signora Bella, Le Bellezza dell'Equilibrio (the Beauty of Balance), juggles three pins while standing on a ball at the Claude Moore Colonial Farm Summer Market Fair Sunday.



## Coaching Champions

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## Spreading Healthy Lifestyles

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**Rotarian John Rosenbaum (right) received the McLean Rotarian of the Year Award from the Rotary Club of McLean President Glenn Yarborough.**



PHOTO COURTESY OF TOM MANGAN

## McLean Rotary Honors Two Members, Business Executive

**John Rosenbaum, Jan Auerbach and Mark Lowham are recognized for community service.**

**T**he Rotary Club of McLean honored three local residents last month for their commitment to the Northern Virginia area and their dedication to community service.

John Rosenbaum was honored with the McLean Rotarian of the Year Award and Jan Auerbach received the club's Service Above Self Award. Additionally, local real estate executive Mark Lowham was honored with the McLean Businessman of the Year Award.

An Arlington resident, Rosenbaum received the McLean Rotarian of the Year award for exemplifying the principles of Rotary International coupled with his commitment to community service. He is a real estate developer with Bedrock Development Inc.

Since 2003 Rosenbaum has served as Rotary's McLean Day chair. He is responsible for organizing the club's food-and-beverage fundraiser at the annual May community festival. The community-service effort raises more than \$2,000 each year, which is used to support local projects.

**AUERBACH RECEIVED** the Service Above Self Award for her exemplary humanitarian service with a focus on active involvement in helping others through the McLean club and Rotary International.

A McLean resident, Auerbach serves as the chair of the Club Foundation's Grants Committee and is webmaster of the McLean Rotary website. She also is active in the club's literacy program with Timber Lane Elementary, as well as its work with the Literacy Council of Northern Virginia. Auerbach will be McLean Rotary president from July 2012 to June 2013.



COURTESY OF CHERRY BAUMBUSCH

**Rotarian Jan Auerbach received the Service Above Self Award from the Rotary Club of McLean. Here, outgoing McLean Rotary President Glenn Yarborough presents Auerbach with the honor.**



PHOTO COURTESY OF TOM MANGAN

**Local real estate expert Mark Lowham received the McLean Businessman of the Year Award from the Rotary Club of McLean last month. Here, Rotarian Sam Agarwal presents Lowham with the honor.**

**LOWHAM, A MCLEAN RESIDENT,** received the McLean Businessman of the Year Award for his professional successes and his community service work. He has been an investor and managing partner with TTR/Sotheby's International Realty and previously served as executive vice president with WEST GROUP for more than 20 years.

Lowham is a long-standing supporter of a number of regional charitable organizations. He is the chairman of INOVA's Life with Cancer Program, a member of the Executive Committee of CharityWorks, and a member of the Board of Trustees of the Medical Care for Partnership Foundation. He is also an Honorary Trustee of the McLean Community Foundation and an active supporter of The Trust for the National Mall.



**Margi Vanderhaye and Mark Lowham, co-chairs for MPAartfest, with Director of MPAartfest Amy Swaak.**

## Vanderhaye, Lowham To Co-chair MPAartfest

**M**argi Vanderhaye, McLean Project for the Arts (MPA) board member and former Virginia State Delegate and Mark Lowham, Managing Partner with TTR Sotheby's International Realty, will co-chair the fifth annual MPAartfest which will be held on Sunday, Oct. 2 in McLean Central Park. MPAartfest turns McLean Central Park into a family friendly arts event featuring the sale of fine art and crafts of more than 40 juried artists and drawing thousands of art-lovers to the park.

"My family and I have attended MPAartfest every year. I have watched it grow to become an important part of life in McLean," said Lowham. "MPA has done a stellar job of connecting art and community and it is vital that we support McLean's only fine arts festival. Co-chairing MPAartfest with Margi Vanderhaye will be a pleasure."

Vanderhaye said, "MPA really makes the connection between creativity and community, innovation and involvement. That is why I feel so honored to co-chair this year's MPAartfest and so fortunate to have business leader Mark Lowham as a partner. Our annual MPAartfest in McLean's Central Park is the

best kind of celebration; we enjoy an outstanding arts festival and bring together our McLean neighbors and families of all ages for a day of art, creativity and fun."

In addition to the fine artists and craftsmen, MPAartfest will also highlight the Children's ArtWalk, sponsored by the McLean Community Foundation, featuring the art from elementary school students throughout McLean, figure drawing demonstrations from

**"MPA really makes the connection between creativity and community, innovation and involvement."**

**— Margi Vanderhaye**

MPA's Open Studio, and Innovation Station, sponsored by TTR Sotheby's International Realty, where children can explore the connection between the arts and innovative thinking. Delicious food and music help complete the experience.

MPAartfest is dependent on corporate and individual sponsors for support. There are many levels of sponsorship opportunities available. For more information about MPAartfest sponsorship opportunities, call Debbie Jardot at 703-790-1953 or visit [www.mpaart.org](http://www.mpaart.org).

McLean Project for the Arts is located at 1234 Ingleside Avenue in the McLean Community Center.

Hours are Tuesday - Friday 10 a.m. - 4 p.m. and Saturday 1 - 5 p.m.

**Ken Stewart, who runs the Fuel Café at the Regency Sport and Health Club in McLean, was inspired to live a healthy life after losing his mother and grandmother in a matter of days.**

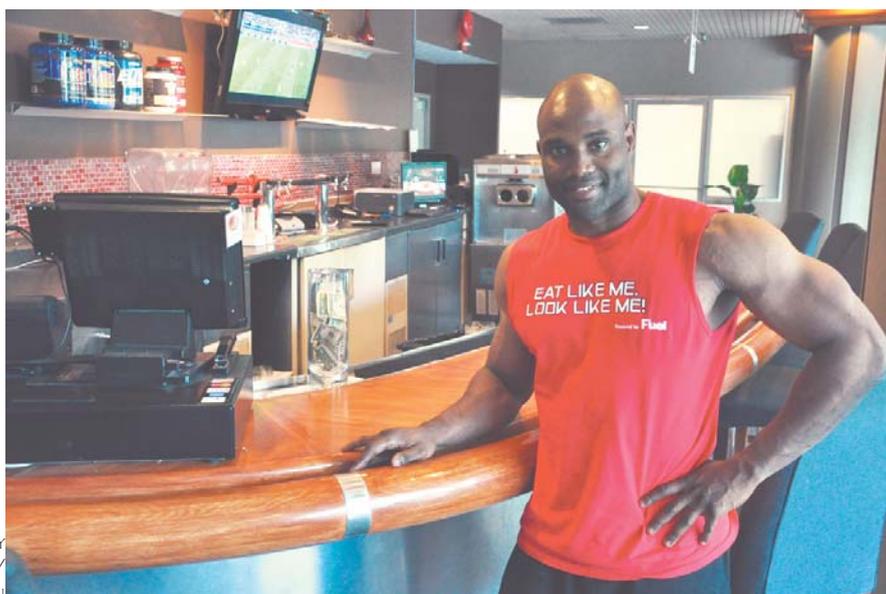


PHOTO BY  
ALEX McVEIGH/  
THE CONNECTION

## Spreading Healthy Lifestyle

**Ken Stewart spends professional, personal life dedicated to healthy living.**

BY ALEX McVEIGH  
THE CONNECTION

**W**hen it comes to being healthy, Ken Stewart doesn't take shortcuts. At his day job, he helps hundreds eat right and get healthy through proper nutrition. During his "time off" he puts his money where his mouth is, competing in bodybuilding competitions around the country.

"I always said I wanted to do something for a living that I would do for free, and there's nothing more rewarding than seeing people change their lifestyle," said Stewart, who runs the Fuel Café at the Regency Sport and Health Club in McLean. "It's never been cool or sexy to read nutrition labels, and in this economy people have a lot more to worry about than nutrition. But with the internet there's a lot of information out there than people can put into practice."

**STEWART LOST** two of the most important women in his life within days of each other in 2001. His mother passed away of colorectal cancer and several days later, while en route to his mother's funeral, his grandmother suffered a massive heart attack and died in the limousine. Believing both suffered because of poor diet, Stewart has since been a man with a mission.

In addition to running the Fuel Café, he runs a meal delivery service that provides nutritious meals right to his customer's doors.

Stewart began FUEL (Fitness and Food Used for Energy and Life) in 2003. He says he got the idea while working as a personal trainer in college, when a client saw him eating and said "if only you could cook for me, I'd have no problem losing weight." He has run the Fuel Café since 2008.

"We have great chefs, I basically come up with the ideas and they figure it out," said Stewart, who graduated from Howard University in 2001 with a degree in Nutrition.

Every Friday, Stewart and his chefs run a test kitchen, experimenting with dishes, using research and customer feedback to form their recipes. They rotate menus every six weeks, and for every season.

Stewart says he has many customers that have been

getting their meals from him for the past eight years. His website is filled with testimonials of people who have used the meals to drop large amounts of weight or just those last few pounds.

"When I met Ken, he guided me through the whole nutrition process and made it so simple. I never imagined I would have gotten this far and my body has totally changed," wrote Aimee Schwinabart. "I am looking forward to my first figure competition and other fitness endeavors. Ken has taken me to a new fitness level. He made it so easy even with my busy schedule."

Stewart says the key to his business is keeping nutritious meals convenient. While the easiest dinner option might seem like hitting the drive-through, often the consequences outweigh the alleged convenience.

"The convenience factor is huge, it's what keeps people buying meals even after they've lost the weight they wanted to," he said. "Once the meals are no longer convenient, I'm no longer in business."

Stewart says 75 to 80 percent of being healthy is eating well, which doesn't include fad diets or other radical solutions.

"All too often people are looking for a quick fix, to lose weight before a reunion or a wedding or the beach, but it's a complete lifestyle change that's needed," he said. "I always say, you don't have to get ready if you stay ready."

If Stewart spends 75 to 80 percent of his life making sure his customers are living and eating well, he spends the rest of his time living up to his own example.

**AS A BODYBUILDER**, Stewart won the light heavy-weight division at the world championships in Las Vegas last month. He does not use any performance-enhancing drugs or steroids, though he said both are regularly used in competition.

"Sure, if I started using I'd probably get bigger, but at the end of the day, I've always chosen to stay on the path I walk, and I really have no other choice," he said. "But I run a business based on healthy food and changing your lifestyle. What kind of hypocrite would that make me?"

Stewart, 37, says as he gets older he hopes to move into the education field, and he wants to teach children with a clean conscience.

"How can I be a role model if I do that stuff?" he said. "I want to be an educator one day, and my ace in the hole will always be that I did it my way, the right way, all the way."

## WEEK IN MCLEAN



### Visiting McLean Hardware Store

**McLean Hardware store hosted the children from Peter Piper Preschool on a tour of the store recently when they completed their unit on the 'Three Little Pigs and their Great Big Buildings.'**

### School Board Elects Strauss as Chairman

The Fairfax County School Board has elected Janie Strauss (Dranesville District) as chairman and Ilryong Moon (at-large) as vice chairman for 2011-12. The chair and vice chair assumed office at the July 14 School Board meeting.

Strauss served on the School Board from 1991 to 1993 and from 1996 to the present. She was elected chair in 2001 and served as vice chair in 2000. Strauss, a former elementary and preschool teacher, served as president of the Fairfax County Council of PTAs and as PTA president at Franklin Sherman Elementary School as well as on numerous education and youth affairs committees, including the FCPS Career and Technical Preparation Task Force and the Citizens Bond Committee. She holds a master of arts in teaching degree from the Harvard

Graduate School of Education and a bachelor's from George Washington University.

Moon has served on the School Board from 1995-1999 and from January 2004 to the present. He was elected vice chairman in 2006 and served as vice chairman in 2005. A partner with the law firm of Moon, Park, and Associates, he is a former member of the Fairfax County Planning Commission, the Governor's Urban Policy Task Force, and the Virginia Advisory Committee of the U.S. Civil Rights Commission. Moon earned his juris doctor degree from the William and Mary Law School and his bachelor's degree from Harvard University.

The chairman and vice chairman of the School Board are elected by School Board members during the Board's annual organizational meeting.

For more information about the Fairfax County School Board, including contact information, visit <http://www.fcps.edu/schlbld/members.htm>.

## OBITUARY

### Conor Robert Tierney, 10, Dies

Conor Robert Tierney, 10, of McLean, passed away July 6, 2011.

Conor was born on May 31, 2001 in Ft. Campbell, Ky. He was a member of Scout Troop 667 in McLean. He was in the fourth grade at Franklin Sherman Elementary School in McLean. Conor was on the McLean Lions wrestling team and just completed training which he was so proud of to become 5th grade safety patrol for the "Kiss and Ride" student drop off. He was an avid fan of SpongeBob SquarePants and all things chocolate. One specific thing Conor enjoyed so much was flying his grandfather's J-3 Cub airplane. Conor made such an impact on everyone's life. He will be greatly missed by his family and all his friends.

Survivors include his parents Pat and Sandy Tierney; brothers, Ryan and

Burke and sister, Kaitlin. Also surviving are his grandparents Robert and Eleanor Jenkins of Plainville, Ga. and Bill and Judie Harmon of Clarksville, Ga.

A memorial service for Conor was conducted Saturday July 16, 2011 in the Griffin Memorial Chapel of Daniel's Funeral Home, Rome, Ga.

The Tierney family respectfully requests that in lieu of sending flowers contributions be sent to the Franklin Sherman Elementary School "Conor Tierney Memorial Project."

Make checks payable to: Franklin Sherman Elementary School, Care of Mrs. Kathleen Clark, 6633 Brawner Street, McLean, VA 22101.

Daniel's Funeral Home, Rome, Ga. was in charge of the funeral arrangements for Conor Robert Tierney.

# NEWS

## Joann Berkson Receives 'Friend in Deed' Award

The Friends of the McLean Community Center organization has named Joann Berkson the recipient of its 2011 "Friend in Deed" award.

Berkson is the 18th person to receive this recognition "with gratitude for outstanding leadership and support of the McLean Community Center." She received a plaque at the Friends June meeting, which was held at the Center. In addition, a plaque with her name will be added to the "Friend in Deed" wall in the Center's main lobby. The Center is located at 1234 Ingleside Avenue.

Berkson has served as the president of the Friends of MCC organization for four years. In that time, she has been instrumental in increasing the group's involvement in Center initiatives. The Friends organization has cosponsored the Dancing under the Stars and Rockin' into Spring community dances and the Oktoberfest Dinner. It also has held receptions for Alden Theatre audiences.

A 24-year resident of McLean, Berkson and her husband, Jon, reared their three children in the community. She was recently elected a board member of the McLean Community Foundation.

For more information, call the Center at 703-790-0123, TTY: 711, or visit: [www.mcleancenter.org](http://www.mcleancenter.org).



**Friends of the McLean Community Center presented Joann Berkson (left) with its 2011 Friend in Deed award. Berkson, who served as the organization's president, was presented the award by Sandy Bremer, vice president.**

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### From the CEO

Statement of Peter C. Labovitz,  
President and Chief Executive Officer,  
Connection Newspapers, LLC

JULY 19, 2011

For more than 20 years I have been honored to be President and Chief Executive Officer of the Connection Newspapers, which serve the people of Northern Virginia and suburban Maryland. Since The Alexandria Gazette was founded in 1784, our organization's journalism has played an essential role in our communities.

But like all American newspapers, in recent years the Connection Newspapers have faced daunting technological and economic challenges. We have weathered repeated crises that killed or crippled many others in the news media. I am proud that we have kept these vital community voices alive.

After the 9/11 terrorist attacks, when the country came to a virtual standstill, our revenues temporarily plummeted. And when the severe recession began in 2007, our revenues plunged again, often failing to cover our operating costs.

During these two periods of great financial duress, our organization filed all of our required tax returns but did not pay all of its federal payroll taxes in full. We initially fell behind after 9/11. Most of the payroll taxes in this period were paid, but some balances remained due. For several quarters in 2007-2008, we again fell short.

As President and Chief Executive Officer of Connection Newspapers, I take personal responsibility for this significant failure in oversight and in the organization's management systems. I am deeply sorry this happened.

I am personally making arrangements to pay the most recent shortfalls in full. We have changed our organization's processes to ensure that nothing like this happens again. We have been current on our payroll taxes for more than three years. No employee of Connection Newspapers has suffered any financial loss whatsoever because of this.

On July 19, 2011, I pled guilty to two misdemeanor charges of failure to make timely payments of payroll taxes in the U.S. District Court in Alexandria. To our employees, our readers, our communities and local and federal governments, I apologize. I understand that newspapers are a public trust and I know our entire organization works hard every day to earn that trust. I will do all I can to sustain that trust as we go forward.

It's my privilege and responsibility to serve as steward of these historic and vital newspapers. I hope to continue in this role. I am committed to doing whatever I can to ensure the Connection Newspapers adapt to these very difficult and challenging times and continue serving our communities for years to come.

### Maximum Flexibility

To the Editor:

In her letter to the editor [Notifying Before Questioning, McLean Connection, June 29-July 5, 2011] Louise Epstein claims that "FCPS School Board incumbent Jane Strauss voted never to require Fairfax County public schools to notify parents before their children are questioned by school officials." In fact, nothing could be further from the truth. Ms. Strauss and the School Board actually strengthened the parental notification policy. Now, principals must notify parents as soon as possible once they become aware that a student has violated the student behavior code. Whether Ms. Epstein's statement is deliberately misleading or not, at the very least it shows a lack of understanding of the parental notification policy.

The Supreme Court case cited by Ms. Epstein did not address any school discipline issues. In fact, the courts have consistently supported the efforts of school administrators who work to keep schools safe for all children. The FCPS parental notification policy, as it now stands, is intended to give principals maximum flexibility in deal-

ing with situations as they arise. If there is a medical emergency or a situation in which student safety is threatened, isn't it only reasonable to allow the administrator to address the emergency or safety issue immediately, and notify the parents as soon thereafter as possible? Ms. Epstein seems to argue that all situations should be dealt with in the same fashion, regardless of the degree of severity. That would automatically raise every stupid mistake to the level of a serious infraction: do we really want to do that to our kids?

We all want the same thing: to protect our children. The FCPS School Board voted unanimously to adopt a parental notification policy that would protect our children while at the same time allowing school administrators to act quickly in emergencies. It does all of us a disservice to spread fear and misinformation about this sensitive subject.

**Sherry Wells**  
McLean

*The writer is former Longfellow PTA President and parent of four FCPS graduates.*

### Sunshine in November?

To the Editor:

It would seem there are strange and questionable things taking place here in Fairfax County Schools. So questionable, in fact, that it is time for an outside forensic audit to be conducted. That audit needs to go back three years and forward two years.

In an article in the Evening Star newspaper from March 1971, alarm was raised because the Fairfax County Public School Superintendent took a week to respond to a series of questions by the Fairfax County Executive. That slow response by the Fairfax County School Superintendent may have been the beginning of our school administration misery.

What have we wrought in 30 years of fiscal mismanagement? I can tell you.

We have a Fairfax County School Superintendent who now runs the schools and the School Board with an iron hand doling out retribution and favors to subdue those who would question and or confront him. Not only are they now slow in responding, they obfuscate and equivocate in their responses. Additionally, today the citizens apparently have no serious path of appeal.

The School Board has been sued unsuccessfully every year since 2007 by the Citizens of Fairfax County. If anyone thinks these

suits are initiated and carried out at huge expense lightly, they are grossly mistaken. There are very serious concerns across the whole of Fairfax County about our schools and their management.

We have a schools administration that has lied to the voters and taxpayers in the little town of Clifton, Va. and the Fairfax County Board of Supervisors about reasons to close the Clifton award-winning elementary school.

The School Administration reported reasons, in the aggregate, have become the material of legend for their turpitude. There are those who would argue the underlying purpose was to redirect the \$10M, previously allocated to refurbish Clifton Elementary School, to another application. Unbelievably, among the Fairfax County Public School administration's advertised reasons was to save millions of dollars. To that I would say pshaw. We are already approaching or have exceeded \$15M in costs that can be indirectly and directly attributable to the redistribution of the students who formerly attended a community revered Clifton Elementary School.

Maybe November will bring new school board representation and a little sunshine to the process.

**Bruce Bennett**  
Vienna

### Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor  
The Connection  
1606 King St.  
Alexandria VA 22314  
Call: 703-778-9410.

By e-mail: mclean@connectionnewspapers.com

# PEOPLE

Jane Willner, second from right, with her parents Keith and Jan Willner, and brother Rourke Willner.



PHOTO COURTESY OF JANE WILLNER

## Golden Girl

Jane Willner of McLean honored for her contribution to the deaf community.

By JULIE INGLIS  
THE CONNECTION

### Personal

NAME: JANE WILLNER

Age: 18

Neighborhood: McLean

Prospective School: University of Virginia

Favorite way to spend free time: "I really enjoy music. I sing in choir, I love writing songs, I play a little bit of piano and guitar but not a lot. I love learning languages. [I like] hanging out with friends, seeing movies...I guess usual stuff."



Jane Willner

Four years ago, a freshman joined the American Sign Language (ASL) Club at Thomas Jefferson High School for Science and Technology and discovered her love for American Sign Language. This month, newly graduated senior Jane Willner became a Distinguished Finalist at a Prudential Spirit of Community Awards ceremony, thanks to her service to the deaf in her community.

After starting to attend the ASL club at Thomas Jefferson High School in ninth grade, Willner spent the next school year and the next summer learning American Sign Language via "the county—night classes" and Gallaudet University.

When Willner considered what she wanted to pursue for her Girl Scout Gold Award, she determined to hold a workshop. "I decided to have a workshop to educate people about—well actually about a lot of things—about just awareness of the deaf community," Willner reminisced.

"I told people about the technology that they [the deaf] use, about careers involving ASL. I just want to educate people about it and sort of help bridge the gap. That was basically what the goal of the project was."

**WILLNER'S PROJECT ADVISOR**, Kathleen Dameo, shared additional details about Willner's workshop: "It was a combination of literacy information about the deaf, sign language instruction for the deaf, in a very high school kid kind of friendly way. She asked people to come in and talk from their personal knowledge about working with deaf people and what were the issues."

The first workshop garnered so much interest, that Willner has since given a second workshop. Dameo said, "There were so many people that she had to turn away [the first time]."

People's response to her workshop surprised Willner. "I didn't know how much interest there would be... there were some points along the process when I was like, 'Am I really helping anyone?'"

But I feel like I really did and it really has made a difference."

Yet Willner was clear that getting credit for her work was not her focus. "The most important thing to me is that the service work gets done. I don't need to put my name on it."

From her workshops, Willner founded the non-profit organization, Listening, which has a similar goal as her workshops—to help speak for the deaf community. She has also served as the president of her schools ASL club for the past two years.

When it came to talking about moral support, Willner commented about how her family has had her back. "I've had so much support from my family—especially about the girl scouting and my project and especially my mom really pushed me to not give up and to do something that I really cared about." She also named Talila Lewis, a woman who has helped Willner with her signing, as "an incredible role model."

Willner shared some of the challenges she faced along the way such as "talking to adults, being able to get up in front of a big group of people and give [a] presentation—just all that stuff. It sounds little, but to me it was a huge deal. And I've gotten so much better at that."

**AS TO FUTURE PLANS**, now that she has graduated high school Willner revealed that she is headed to the University of Virginia and is considering linguistics major. "I definitely want to keep up with my community service...I love it. I'm gonna take ASL in college so I want to keep up with that. And I'm looking for however I can practice."

Dameo communicated her confidence that Willner will work to help others. "I foresee her—if not working specifically with deaf and hard of hearing people—of doing something else in her life that will benefit society as a whole. She's just that kind of girl."

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11305 Walnut Creek Ct.....\$1,325,000..Sun 1-4.....Ashley White.....TTR Sothebys..703-431-1705  
12114 Wayland St.....\$614,900..Sun 1-4.....Lisa Moffett.....Coldwell Banker..703-517-6708  
3179 Summit Sq. #2-A1.....\$225,000..Sun 1-4.....Kari Steinberg.....Long & Foster..703-343-5242

## Reston

1220 Wild Hawthorn Way..No price yet..Sun 1-4...Donny Samson..Samson Properties..703-864-4894  
12153 Purple Sage Ct.....\$308,000..Sun 1-4..Isabelle Brugere.....Weichert..703-244-8788

## Vienna

2701 Bellforest Ct #402.....\$409,000.Sun 1-4 .....Ron Fowler.....Weichert ..703-598-0511  
2701 Bellforest Ct. #409.....\$330,000.Sun 1-4 .....Ron Fowler.....Weichert..703-598-0511  
201 East St., NE.....\$875,000..Sun 1-4...Karen Chipman.....Weichert..703-255-1585  
717 Hillcrest Dr SW.....\$1,075,000..Sun 1-4....Casey Samson..Samson Properties..703-508-2535

To add your FREE Realtor represented Open House to these weekly listings, please contact Trisha at 703-778-9419, or [trisha@connectionnewspapers.com](mailto:trisha@connectionnewspapers.com)  
All listings are due by Monday at 3 P.M.

# ENTERTAINMENT

Send announcements to [mclean@connectionnewspapers.com](mailto:mclean@connectionnewspapers.com). Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit [www.connectionnewspapers.com](http://www.connectionnewspapers.com)

## WEDNESDAY/JULY 20

**Blame Sally, Cindy Lee Berryhill and Rebecca Pronsky.** 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [www.jamminjava.com](http://www.jamminjava.com).

**Michael McDonald and Boz Scaggs.** 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. Blues, ballads and rock. \$42 in-house, \$25 lawn. [www.wolftrap.org](http://www.wolftrap.org).

## THURSDAY/JULY 21

**Larnell Starkey & the Spiritual Seven.** 7 p.m. Nottoway Park, 9601 Courthouse Road, Vienna. African-American Gospel. 703-324-SHOW.

## Main Street Community Band.

8 p.m. Veterans Amphitheater, City Hall, 10455 Armstrong St., Fairfax. Light classical pieces, marches and popular tunes. Weather permitting. Bring a blanket or lawn chair and a picnic basket. Free. 703-757-0220 or [www.fairfaxband.org](http://www.fairfaxband.org).

**Book Discussion Group.** 7:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Call branch for title. Adults. 703-757-8560.

**African Folktales.** 2:30 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Bright Star Theatre presents African tales that have been passed down for generations. All ages. 703-790-8088.

**Murphy's Kids, Irresponsible and Mr. Dr. MC.** 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [www.jamminjava.com](http://www.jamminjava.com).

## FRIDAY/JULY 22

**Movies in the Park.** 8:45 p.m. Glyndon Park, 300 Glyndon St. N.E., Vienna. Call for film and weather information. Free admission, bring lawn chairs or blankets for seating. 703-255-7842.

**Joseph and the Amazing Technicolor Dreamcoat.** 8 p.m. McLean Community Center Alden Theatre, 1234 Ingleside Ave., McLean. \$19 adults, \$17 seniors and students. [www.mcleancenter.org](http://www.mcleancenter.org).

**Local Children's Author Judy Link Cuddehe.** 10:30 a.m. Barnes and Noble Bookstore, 12193 Fair Lakes Promenade Drive, Fairfax. Oak Hill author-illustrator Cuddehe will read from her recent book about fireflies, "Flash Light!" 703-966-2175.

**Artist's Reception.** 7 p.m. The Artists' Atelier, 1144 Walker Road, Suite G, Great Falls. Meet visiting artists Roberta Beasley and Alicia Sommers and fourteen permanent artists. [parent.terri@gmail.com](mailto:parent.terri@gmail.com).

**Dance to Benefit Lymphoma Research.** 7-11 p.m. American Legion Post 180, 330 Center St., North, Vienna. Dance lessons every half hour by Potomac Swing Dancers. Raffles, cash bar, no experience or partner necessary. Advance tickets \$25 at [facebook.com/missionriders](http://facebook.com/missionriders), tickets at the door \$30. [missionriders@gmail.com](mailto:missionriders@gmail.com).

**Sweeney Todd: The Demon Barber of Fleet Street.** 8:15 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. A fully staged production of Stephen Sondheim's musical about



**'Yellow Watermelons and Tamarillos,' by Jill Banks. The Artists' Atelier, 1144 Walker Road, Suite G in Great Falls, will hold an artist's reception for the group show 'Days of Summer' on Friday, July 22 from 7-9 p.m. Meet visiting artists Roberta Beasley and Alicia Sommers as well as the fourteen permanent artists of The Atelier. [parent.terri@gmail.com](mailto:parent.terri@gmail.com).**

Sweeney Todd, a barber on a murderous path for revenge in London. With the National Symphony Orchestra, conducted by James Moore, and the Wolf Trap Opera Company. Tickets \$20-\$70. [www.wolftrap.org](http://www.wolftrap.org).

## SATURDAY/JULY 23

**Martinez & Guthrie.** 5 p.m. Palladium Civic Place Green, 1445 Laughlin Ave., McLean. Free. 703-288-9505.

**8th Annual Asian Food and Tennis Festival.** 10 a.m.-10 p.m. George Mason University, 4400 University Drive, Fairfax. With 35 multi-cultural food and 150 product vendors. Four showcase villages, Heritage India, Wow Philippines, Image of China and Amazing Thailand. Free admission. [info.asianfestivaldc.com](http://info.asianfestivaldc.com).

**Tropical Plants.** 10 a.m. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Join a walk through the gardens to learn how to grow, propagate and over-winter tropical plants. \$5. Reserve at 703-255-3631.

**Horsemanship Demo, Classes and Fundraiser.** 9 a.m.-1 p.m. Turner Farm Park, 925 Springvale Road, Great Falls. Lessons for adults and children. Sponsored by The Saddlery. Portion of proceeds to benefit Turner Farm Park. [pam\\_swinger@yahoo.com](mailto:pam_swinger@yahoo.com).

**Joseph and the Amazing Technicolor Dreamcoat.** 8 p.m. McLean Community Center Alden Theatre, 1234 Ingleside Ave., McLean. \$19 adults, \$17 seniors and students. [www.mcleancenter.org](http://www.mcleancenter.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.

**Local Author Jyoti Sondhi.** 2 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Sondhi discusses her book "Lighting the Lamp

Within: Illuminating the Path to Greater Spiritual Awareness." 703-790-8088.

**Emmylou Harris and her Red Dirt Boys.** 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. \$42 in-house, \$25 lawn. [www.wolftrap.org](http://www.wolftrap.org).

## SUNDAY/JULY 24

**Emma Bailey & SRO.** 6 p.m. Concerts on the Green, Great Falls Village Center, Great Falls. Variety. [www.gfcca.com/concerts](http://www.gfcca.com/concerts).

**8th Annual Asian Food and Tennis Festival.** 11 a.m.-6 p.m. George Mason University, 4400 University Drive, Fairfax. With 35 multi-cultural food and 150 product vendors. Four showcase villages, Heritage India, Wow Philippines, Image of China and Amazing Thailand. Free admission. [info.asianfestivaldc.com](http://info.asianfestivaldc.com).

**Joseph and the Amazing Technicolor Dreamcoat.** 3 p.m. McLean Community Center Alden Theatre, 1234 Ingleside Ave., McLean. \$19 adults, \$17 seniors and students. [www.mcleancenter.org](http://www.mcleancenter.org).

**Mindy Smith and Tiffany Thompson.** 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [www.jamminjava.com](http://www.jamminjava.com).

**Golden Dragon Acrobats from China.** 3 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. Acrobatics, traditional dance, spectacular costumes, ancient and contemporary music and more. Tickets \$15-38. [www.wolftrap.org](http://www.wolftrap.org).

## MONDAY/JULY 25

**Johnny Reb and Billy Yank.** 2:30 p.m. Woodrow Wilson Library, 6101 Knollwood Dr., Falls Church. Storyteller Gary Lloyd shares true tales from both sides of the Civil War. Sponsored by the Erie and John Hopkins Educational and Charitable Trust through the Fairfax Library Foundation. Age 6 and up. Free. 703-820-8774.

**Miranda Cosgrove.** 7 p.m. Filene Center, Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. [www.wolftrap.org](http://www.wolftrap.org).

**Chris Barrett, Kalliko and The OK Corral.** 8 p.m. Jammin' Java, 227

Maple Ave. E., Vienna. [www.jamminjava.com](http://www.jamminjava.com).

## TUESDAY/JULY 26

**Amy Lavere "Stranger Me" CD Release.** 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [www.jamminjava.com](http://www.jamminjava.com).

## WEDNESDAY/JULY 27

**Jammin' Beach Party.** 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Cody & Bj take you to a musical beach party with surfing, limbo, singing and dancing. 703-757-8560.

**Atlas, Fight Cloud, No Blitz and Michael Butler.** 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [www.jamminjava.com](http://www.jamminjava.com).

## THURSDAY/JULY 28

**City of Fairfax Concert Band.** 8 p.m. Veterans Amphitheater, City Hall, 10455 Armstrong St., Fairfax. A pop-style concert of light classical, Broadway, jazz, film, and patriotic selections. Weather permitting. Bring a blanket or lawn chair and a picnic basket. Free. 703-757-0220 or [www.fairfaxband.org](http://www.fairfaxband.org).

**Rubblebucket.** 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [www.jamminjava.com](http://www.jamminjava.com).

## FRIDAY/JULY 29

**Joseph and the Amazing Technicolor Dreamcoat.** 8 p.m. McLean Community Center Alden Theatre, 1234 Ingleside Ave., McLean. \$19 adults, \$17 seniors and students. [www.mcleancenter.org](http://www.mcleancenter.org).

**Author Maurita Corcoran.** 7 p.m. Barnes & Noble Tysons Corner, 7851 L Tysons Corner Center. "A House Interrupted," the story of the realization that her successful physician husband was a sex addict. 703-506-2937.

**The Bigger Lights, Divided By Friday and Fourth Quarter Comeback** at 6 p.m., followed by **The Bigger Lights, For The Foxes and Aim For The Weekend** at 9 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [www.jamminjava.com](http://www.jamminjava.com).

## SATURDAY/JULY 30

**Joseph and the Amazing Technicolor Dreamcoat.** 8 p.m. McLean Community Center Alden Theatre, 1234 Ingleside Ave., McLean. \$19 adults, \$17 seniors and students. [www.mcleancenter.org](http://www.mcleancenter.org).

**The Folsom Prisoners.** 5 p.m. Palladium Civic Place Green, 1445 Laughlin Ave., McLean. Free. 703-288-9505.

**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.

**Author Sophia Nelson.** 2 p.m. Barnes & Noble Tysons Corner, 7851 L Tysons Corner Center. "Black Woman Redefined," an intimate look at the stereotypes, lives and images of successful black women. 703-506-2937.

**Summer Lovin': A Hot Night of Cool Stories.** 7 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. Better Said Than Done, a community of professional storytellers, present stories for grownups about summer romance. \$10. [www.bettersaidthandone.com](http://www.bettersaidthandone.com), [www.jamminjava.com](http://www.jamminjava.com) or 703-255-1566.



**Kelly Wynn of the Virginia Fencing Academy teaches young visitors to the Claude Moore Colonial Farm Summer Market Fair how to properly salute with a sword.**



**From left, Ginny Rousseau, Becky Molitor and May Ohman, "the Chicken Ladies" keep an eye on several dozen roasting chickens at the Claude Moore Colonial Farm Summer Market Fair Sunday.**

# Seeing Visions of 1771

## Claude Moore Colonial Farm holds Summer Market Fair.

BY ALEX McVEIGH  
THE CONNECTION

Tim, 13, and Steve Bova, 8, have been coming to the Market Fairs at Claude Moore Colonial Farm since they were babies. Their parents run the produce wagon during the events, which take place three times a year, and for the past few years the boys haven't just been observing the variety of 17th century tasks being performed all around them, they've been a part of them.

"I've been coming since I was born, and about six years ago I started selling. People started buying from me more than the other guy, who was a teenager," Tim Bova said. This year the brothers ran the bread cart, walking through the fair calling "Bread! Bread for sale!" and making quite a few sales. "The most popular this year have been the baguettes, we've had to refill twice."

When Tim Bova says "refill," he means ordering his brother Steve to fetch the requested bread for the customer. The two have developed quite the successful sales strategy. One customer Sunday asked Tim whether he preferred the baguettes or the Danish kernel bread, which is made of 17 different grains.

"I recommend both personally, but if you'd like the Danish kernel bread, more is coming as we speak," Tim Bova told the customer, as Steve hurried back to the cart with an armful of loaves. His customers bought a few loaves of each, causing Tim to thank them. "This is the most anyone's bought all day, now you're a record holder."

While Tim Bova runs the sales department, Steve says he serves as both the accounting department and security.

"I do most of the adding in my head," Steve Bova said. "But I also have to carry a stick and make sure I keep annoying people away."

**THE BOVAS** are just two out of more than 400 volunteers who spent last weekend at the Summer Market Fair at Claude Moore. The



**From right, Tim Bova, 13, sends his brother Steve, 8, for another loaf of Danish kernel bread for a customer during the Claude Moore Colonial Farm Summer Market Fair last weekend. The Bovas were two of hundreds of volunteers that manned the fair throughout the weekend.**

fairs take place three times a year, and show a fully working example of how the farmers in 1771 would have existed.

"These events show a little more than just day to day existence of how farmers would live," said Anna Eberly, director of the farm. "Market Fairs were a chance for the entire community to get together, all the way from the courts to the militia. And it wouldn't be possible without our volunteers."

Eberly says the thrice-yearly events are always "maximum visitation" events. Guests walked into a small clearing filled with the smoke from the many fires required for cooking, blacksmithing and more. The first things guests saw on their right were two giant spits with several dozen chickens roasting over an open fire.

"It's not often you can smell the chickens smoking, see the blacksmith working and watch these craftsmen work as they would have almost 300 years ago," said Ed Arley of McLean. "My favorite part is that it's not all for show, you can eat the chickens, buy some metal goods or any of the other crafts available."

Visitors would watch a few shows throughout the weekend, with members of the Virginia Fencing Academy in Springfield putting on a demonstration that included teaching children how to properly salute with a sword. Academy member Kelly Wynn also demonstrated how to cut watermelons as they were thrown at her. While the watermelons missed, there was often no avoiding the spraying pulp as Wynn cut the melons in mid-air.

"I used to take fencing lessons at the Reston Community Center with Charlie Anderson, who used to perform at these fairs. When he stopped, we were asked if anybody wanted to take his place," she said. "There's a lot of misinformation about how swords were used, and we want to show what kind of use the average Colonial American would get out of their sword."

Many of the young volunteers used throughout the weekend begin coming to full-time community service obligations and just kept coming back.

"I needed community service for school a few years ago and came with my neighbors, and I just keep coming back," said Christopher Willie, 13, of Annandale. "I'm usually the gunsmith's apprentice."

Grace Martin, 12, of Rockville, Md. came one summer with her family, saw there was an apprentice opening, and since then she's performed a variety of tasks.

"It's pretty fun to work almost anywhere, but my favorite is the bakery," she said. "Once the fair is over, there's usually a lot left over and we can eat pretty well."

**CLAUDE MOORE COLONIAL FARM** still operates in much the same way it would have in 1771, when the family who lived there would attend Falls Church every Sunday, which was a four-hour walk.

The Fall Market Fair will take place Oct. 15 and 16. More information is available at [www.1771.org](http://www.1771.org).

## SHILLELAGHS THE TRAVEL CLUB

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# College Can Wait

Some local high school graduates put off going to college for a year to pursue other opportunities.

BY JULIA O'DONOGHUE  
THE CONNECTION

While most of her friends worried about whether they would get along with their freshman year college roommates last summer, Emily Hunt thought about living with a Mexican host family and attending high school classes conducted entirely in Spanish.

After graduating from McLean High School in 2010, Hunt deferred her acceptance to James Madison University for a year so she could live abroad through an exchange program sponsored by Rotary International.

"I didn't really feel ready to jump right into college life. I wanted to take some time to see more of the world and decide what I wanted to study," said Hunt, whose exchange was sponsored by the Rotary Club of McLean.

Over 10 months, she lived with three host families while she attended an extra year of high school in Aguascalientes, Mexico. She returned from Mexico in June and plans to enroll at James Madison as a freshman this fall.

Hunt said there were many tangible benefits to taking time off between high school and college, typically referred to as a gap year.

For example, she speaks fluent Spanish now and spent time with students from many different cultures. Her classmates not only included other Mexicans but also students on Rotary scholarships from Japan and other parts of the world.

"I became so much more mature over the last year. I was away from my parents for an entire year and I had to handle situations all on my own. Now I feel very confident," said Hunt.

Many students who study abroad through Rotary International go during high school but Hunt worried that credits from a foreign high school wouldn't transfer. She wanted to be able to graduate on time from McLean with the rest of her friends, so she decided to go abroad after high school and start college a year late.

"I figured whatever year I started college, I was going to be

able to make friends," she said.

**MANY EUROPEAN** students take a gap year to travel or do community service before starting university, though American students who take time off before college remain an exception to the rule. Fewer than one percent of incoming freshman at Virginia Tech, one of the commonwealth's largest universities, take time off between college and high school, according to the school's admissions office.

Gap years do have some high-profile advocates, including admissions officers at some of the country's most elite universities.

William Fitzsimmons, dean of admissions and financial aide at Harvard College, encourages taking time off between high school and college. Between 50 and 70 students defer admission to Harvard every year and the results have been "uniformly positive" in helping teenagers avoid burn-out in college, wrote Fitzsimmons in article on the university's admissions website.

"Perhaps the best way to get the full benefit of a 'time off' is to postpone entrance to college for a year. For nearly 40 years, Harvard has recommended this option, indeed proposing it in the letter for admission," he wrote.

**YET PARENTS**, other students and faculty can be skeptical of the benefits of taking a gap year.

Bruce Pujanauski said he was a little skeptical of his son taking a year off between high school and college. Kevin Pujanauski won a scholarship with the Congress-Bundestag Youth Exchange to study abroad at a high school in Germany after he graduated from Thomas Jefferson High School for Science and Technology in 2007.

"We weren't really familiar with these programs. His older siblings had graduated from high school and gone directly to college. It just wasn't something we were familiar with," said Bruce Pujanauski, who lives in Oak Hill.

But Bruce Pujanauski said he couldn't think of a better experience for his son, who came back speaking and writing German fluently. Now a student at the Uni-

versity of Virginia, Kevin returned to Germany between his freshman and sophomore years of college to intern in Berlin.

"The whole experience was just fantastic for him. He got everything out of it," said Bruce Pujanauski.

Some of Kevin Pujanauski's peers were also a little confused about his plans to go to Germany.

"My friends were like 'What? Huh? You're still going to be in high school?'...It was strange for most students. At TJ, life is all about getting ahead," he said.

Yet Kevin Pujanauski grew a lot as a person during his year in Germany, where he was the only American in his high school. It allowed him to experience the freedom and responsibilities that come with living on your own before he entered college. The teenager, who had never been outside the United States before, also got to visit 10 or 11 other countries.

The trip was not only good for Kevin Pujanauski's personal growth but his professional and academic development. Kevin Pujanauski still sees the benefits of that growth when he goes on job interviews.

"I think in terms of my maturity, the benefit was two or three fold. I worked out a lot of issues that most people have to deal with when they are freshman in college," he said.

**THE COST OF** gap year can also be a deterrent for some families. Some gap year programs, particularly those that are structured and involve international travel, can cost as much as a year of college itself.

Camille Morrow of Alexandria said her parents told her she will have to attend a public university or college after they help pay for her gap year excursions. She plans to attend Virginia Commonwealth University in the fall of 2012.

Morrow, who graduated from T.C. Williams High School in June, is enrolling with National Outdoor Leadership School (NOLS) program this fall and may be traveling to West Africa in the spring. The costs for NOLS program alone is a little under \$12,000.

"I will need to spend a lot of my free time working but I need to pay them back for some of this," said Morrow, whose parents were very supportive of her taking time off before going to college.

"I've been in school for so long. I felt like it would be nice to take



PHOTO BY JULIA O'DONOGHUE/THE CONNECTION

McLean High School graduate Emily Hunt deferred her admission to James Madison University so she could spend a gap year going to school in Mexico.

## Gap Year Resources

Is your child considering taking a year off between high school and college? Here are some helpful websites and books with information on gap years.

- ❖ <http://www.usagapyearfairs.org> - Look for upcoming local gap year fairs during the 2011-2012 school year at this website.

- ❖ <http://www.gapyear.com> - General information on gap years and gap year programs

- ❖ "The Gap Year Advantage: Helping Your Child Benefit From Time Off Before Or During College," by Karl Haigler and Rae Nelson. This book has general tips on the gap year process.

- ❖ "The Complete Guide To The Gap Year: The Best Things To Do Between High School and College," by Kristin White. This book is another "tell all" on taking a gap year.

a break. I will pretty much be sleeping on the ground for three months and I am not allowed to have a cell phone," said Morrow, who will backpack, canoe and camp in the Southwest United States. "I definitely think it will be good for me to get away. I think I will come back more attuned to myself."

**NOT ALL** gap year plans require that a family shell out an immense amount of money for tuition.

For example, Hunt and Pujanauski are both receiving full scholarships to study abroad, which assuaged their parents' concerns about the cost of taking a gap year. Volunteer programs like Americorps — where students can assist flood, hurricane and tornado victims for example — also cover room and board for their participants.

"I think the fact that I received a full scholarship helped. I think

[the gap year] would have been a much tougher sell if I had been asking my parents to pay for it," said Kevin Pujanauski.

Some young adults also choose to work during their gap year.

Liam Malakoff is working on getting various Red Cross and wilderness first responder certifications so he is better qualified to get a job in Colorado outdoors community. A recent graduate of T.C. Williams, Malakoff would like to be a whitewater rafting, canoeing or camping guide in the western United States during his time off.

"The one rule I set for myself is that I have to do something. There is no point in taking a year off and not doing anything with it," he said.

Malakoff, who just returned from kayaking competition in Wisconsin, is also hoping to organize a whitewater kayaking race series on the East Coast.

# BULLETIN BOARD

To have community events listed in the Connection, send to [vienna@connectionnewspapers.com](mailto:vienna@connectionnewspapers.com). Deadline is Friday.

[www.thewomenscenter.org](http://www.thewomenscenter.org).

## 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](mailto: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](http://www.lifelinescreening.com).

<call> 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](http://www.thewomenscenter.org)

## WEDNESDAY/JULY 20

**Personal Finance in Turbulent Times.** 7 p.m. Edelman Financial Services LLC Headquarters, 4000 Legato Road, 9th Floor, Fairfax. Discover 9 reasons you need to plan, 5 obstacles you'll face, 5 steps that will help put you on the road to financial success, and 4 rules you should follow for managing your investments. \$35 non-members, \$25 members. Register at

## SATURDAY/JULY 23

**Living Fully in Relationships.** 10 a.m. The Women's Center, 127 Park St. N.E., Vienna. A two-part course in how to be more authentic and powerful in our adult significant relationships. The sessions will be highly experiential, including journaling and reflection exercises, small group activities, short lectures to introduce key foundational ideas, skill practice in pairs and discussions. Second session on Saturday, Aug. 6. \$60 non-members, \$50 members. Register at [www.thewomenscenter.org](http://www.thewomenscenter.org)

## MONDAY/JULY 25

**McLean & Great Falls Celebrate Virginia Meeting.** 5:30 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. The group is planning an event for Saturday, Oct. 22, to commemorate the 150th anniversary of the Civil War. 703-356-8223.

## WEDNESDAY/JULY 27

**Peer Support Group for Survivors of Clergy Abuse.** 6:30 p.m. Tysons-Pimmit Hills Regional Library, 7684 Leesburg Pike, Falls Church. Co-sponsored by the Northern Virginia affiliate of Voice of the Faithful, meetings last Wednesday of every month. Free. 703-538-6128.

**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](mailto:paulineshirley.freetoasthost.info).

## SATURDAY/JULY 30

**Balletone.** 8 a.m. Palladium Civic Place Green, 1445 Laughlin Avenue, McLean. Instructed by Maria Spearman. Free. 703-288-9505.

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**The Great Falls Rapids captured first place at the Div. 9 Relay Carnival last week.**

## SWIM REPORT

**The Highlands Whomping Turtles** improved their record to 4-0 with a 229-173 victory over Lee Graham. Double winners from Highlands were Claire Collins, Diego Cruzado, Allison Martin, and Olivia Tripodi. Highlands' single winners were Sophia Benmhend, Scott Callander, Ben Charles, Xenia de Cazotte, Hayden Evans, Colton Heuple, Chris Hylton, Kelsey Isman, Maria McGuire, Sarah Murphy, Olivia Pope, Griffin Romanek, Greer Schuman, and Zach Tripodi.

Diego Cruzado set a new team record in the boys 9-10 50 Freestyle with a time of 32.45 and Claire Collins set a team record in the 13-14 girls 50 Breaststroke with her time of 37.26.

**The RiverBend StingRays** remained undefeated after beating Hidden Creek Country Club, 349-160, on Saturday. Will Koeppen and Eliza Pastore each won four events while Ryan Windus and Micaela Grassi won three events each. Savie Seebald, Conor Wesolowski, Devlin Wesolowski, Tommy Rogers, Anna Phillips and Jack Hall all scored two first-place finishes. Other blue ribbon winners were: Ryan Bond, Emma Grassi, Connor Smith, Olivia McDonnell, Sabrina Slavin, Grant Youngkin, Maggie Duff and Haley Smith. The StingRays swept many events and dominated the relays, winning nine out of 12 events. The StingRays will swim to defend their Division title next week against Westwood.

**The Great Falls Rapids** captured first place in the NVSL Division 9 Relay Carnival with a total score of 206 points, finishing ahead of Hollin Meadows (186), Brookfield Swim Club (162), Kent Gardens (144), Arlington Forest (130) and Fairfax Club Estates (128). Great Falls took first place in 10 of the 22 relays, including: Girls 18-under Mixed Age Freestyle, Boys 8-under Medley and Freestyle, Boys 9-10 Medley and Freestyle, Girls 9-10 Medley, Boys 13-14 Medley and Freestyle, and Girls 15-18 Medley and Freestyle.

The Rapids (2-2), after winning the Div. 9 Relay Carnival earlier in the week, continued their winning streak, beating the Fairfax Club Estates Flippers (0-4) by a score of 221-181 last Saturday. Double first place winners included Julia Bullock, Eric Eichler, Will Kemmerer, Ana Mulligan and Marina Smith. Single first place winners included Carolyn Amano-Dolan, Mary Liz Elliott, Joseph Fallon, Megan Jungers, Annie Kemmerer, William Long, John Mulligan, Stephen



PHOTO BY RITA ROY

**The RiverBend 13-14 Boys celebrate one of their recent victories. From left to right: Carter Bennett, Matthew Dungan, Andrew Kvasnicka, Conor Wesolowski, Grant Youngkin, Thomas Windus and Tommy Rogers.**

Thorsen, Thora Toloczko and Max Wingo.

**Two weeks ago**, Great Falls won its first meet of the season, beating Kent Gardens (1-2) by a score of 212-190 on July 9. Double first place winners for Great Falls included Julia Bullock, Will Kemmerer, Ana Mulligan, Marina Smith, Max Wingo and Alexandra Zeidan. Single first place winners included Eric Eichler, Stephen Eichler, Mary Liz Elliott, Megan Jungers, Tyler Lentine, William Long, Charlotte Smith, Sophie Smith, Annie Thomas and Joseph Thomas.

**The Langley Wildthings** swam in a Div. 4 meet against Dunn Loring on Saturday, but lost the hard-fought competition to the Dolphins, 217 to 185. Double event winners for Langley were Jinwon Bailar, Jack Hoeymans, Meghan Overend, Elena Shklyar and Vincent Watson. Single event winners were Alexandra Cramer, Callan Cramer, Nathan Johnson, Jack Reilly, Katie Robinson, Benjamin Scott and Audrey Wallach. Three Langley records were broken: Overend in the girls 15-18 fly (30.46); the girls' 11-12 relay of Elena Shklyar, Emily Wallach, Tatiana Bennett and Maggie Bellaschi (1:08.64); and the boys 13-14 relay of Nathan Johnson, Callan Cramer, Jinwon Bailar and Sammy Bennett (59.89), breaking a 44-year old record.



PHOTO COURTESY/CREAT FALLS SHARKS

**The Great Falls Sharks 13-under girls' fast pitch softball team, left to right: Morgan Wittrock, Molly Viar, Kerry Bush, Lauren Simons, and Caroline Potteiger. Second row: Coach John Bush, head coach Neal Falkenberg, Eleanor Chinn, Maggie Natal, Jillian Carr, Nicole Verdin, Haley Falkenberg, and coach Greg Potteiger.**

## SPORTS ROUNDUPS

**The Great Falls Sharks** 13U Fastpitch Softball team competed in the Montreal Fastpitch Challenge June 30 through July 3. The Sharks, who won first place in their bracket, competed against teams from Montreal, Toronto, Quebec, and the eastern United States en route to winning the 18th rendition of the annual international event. The Sharks were the only team from the Washington, D.C., area to compete in the tournament.

During pool play, the Sharks went 3-3, facing the highest-ranked teams in the tournament. By relying on great pitching by Haley Falkenberg, Kerry Bush, and Caroline Potteiger, and superb infield defense by Eleanor Chinn, Maggie Natal, and Molly Viar, the team of only 10 players battled through heat and illness struggles that kept the roster at a maximum of nine most of the tournament.

Pool play featured a dramatic 1-0 victory over the NY Lady Bombers — the team that ultimately won the other division in the competition. The Sharks' outfielders — Jillian Carr, Morgan Wittrock, Lauren Simons, and Nicole Verdin — made come clutch plays and catches to hold the opposition at bay during the series of games. The Sharks' bats came alive during the single elimination playoff day when they won three straight games to claim the Cup division championship. The championship run was highlighted by an 18-2 win in the final game.

“Softball in the D.C. area is

very competitive and really prepares a team for competing on a national or international level,” said Mike Sharkey, President of the Great Falls Sharks organization. “We are proud of what the 13U Sharks were able to accomplish in Montreal.”

The Great Falls Sharks Fastpitch Softball program provides girls ages 10 to 16 a bridge of competitive travel softball. The program will include the following teams this fall: 16U, 14U, 13U, and 12U. This growing program seeks additional players at all age levels. Tryouts will be held in early August. Interested parties should visit the Great Falls Sharks website at [www.gfsharks.org](http://www.gfsharks.org).

**McLean Youth Soccer (MYS) Fall 2011 Registration** has begun on MYS' web site at [www.mcleansoccer.org](http://www.mcleansoccer.org) for all returning and new families. MYS offers various programs for children ages 4 thru 18, including Recreation, Travel, McLean Premier Soccer, Travel, U5 for Pre-K players, and TOP Soccer for children with special needs. The season will begin the week of Sept. 12 and extend through mid-November. Register no later than July 31 to take advantage of the early discounted registration fees. Visit the website for Summer Camp information. For more information or questions, contact the MYS Club Administrator at [admin@mcleansoccer.org](mailto:admin@mcleansoccer.org) or call the MYS Office 703-506-8068.

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## Need To Tell



By KENNETH B. LOURIE

Then there are those people who definitely should know about your (mine actually) health status – and whom you want to tell, and tell in an extremely timely and considerate manner. People whose friendship you value, whose counsel you seek, whose understanding and support you need, and whose care and concern you cherish. People in your inner circle who are happy to surround you with open arms and warm embraces – literally and figuratively. These are typically the first people on the list to be told anything, especially things pertaining to your health, given the terminal nature of the original diagnosis (I wouldn't tell them if I had a hang nail, but I might tell them if I had a bloody nose; an occasional side effect of the chemotherapy drug, Avastin, with which I am still infused monthly).

But neglecting to tell them, as innocently and as inadvertently as it may sometimes be, causes its own unique set of problems/anxieties. Since these individuals know most of the details of my original prognosis, they're particularly sensitive to not hearing from me regularly, not receiving prompt call backs and not being kept in the loop. Not so much daily, but frequently enough so that the status of your life is not left to any kind of chance and/or random update/encounter. They want to know, and have a right to know – given the depth and history of their respective relationship with you, so my being casual about what tests I'm having, what results I'm waiting for, what appointments I'm scheduling, etc., may suit my laissez-faire-type approach, but might not suit their respective – and worried – personalities.

All of which doesn't bother me in the least. It matters to me. In fact, it empowers me. However, sometimes it humors me less than others. Sometimes, I don't want to update anybody about anything. Sometimes, I want to mind my own business – literally, and not involve anybody in any of it. Though I respect and appreciate everybody's concern, sometimes I want to make as little as possible about what I'm going through in an attempt to prevent the cancer from consuming my life and freaking me out. And not talking about it, not assessing it in multiple conversations – soon after receiving results, via phone calls, texts, e-mails is almost therapeutic: the less said about it, the better (although I realize one likely has very little to do with the other.) It is my effort, amateurish though it may be, to employ a variety of mind games to manage my emotions and control the spread of my cancer.

It's a real-life version of George Costanza's advice to Jerry Seinfeld on how to beat a Lie Detector test: "It's not a lie, if you believe it." I guess I too am sort of pretending – with conviction, though. If I don't act like my health situation is serious, maybe it won't be serious. And regularly, constantly, communicating with my closest friends and family members – as if something is really wrong with me, might have a harmful effect on me, and since I've already been diagnosed with stage IV lung cancer, I'm hoping that what I don't tell you – as quickly as you want – and deserve – to hear it, won't hurt me.

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

## SPORTS

**Coach Scott Avery's team, Northwestern, won 11 of the last 14 National League Pennants, and seven City Series titles.**



PHOTOS CONTRIBUTED

## Coaching Champions

**McLean Little League's most successful coach Scott Avery retires after 17 years.**

By CHRISTOPHER MUDD  
THE CONNECTION

**W**hen veteran McLean Little League Coach Scott Avery hung up his cap for the last time this June, he left behind a remarkable 17-year career. His team, Northwestern, compiled a remarkable record: 11 of the last 14 National League Pennants, and seven City Series titles. Northwestern never had a losing record in coach Avery's career, and only once finished lower than second in the National League.

Despite this success, for Coach Avery coaching was for the children, not the victories. "I do it because I love to coach and I love kids. We have built a tradition that these kids remember."

**AVERY IS IN THE REAL ESTATE BUSINESS**, currently running Avery-Hess, the firm he co-founded in 1992. A Little League alumnus himself, he played basketball in high school, and briefly for American University.

He began coaching baseball when his son Matt told him that he wanted to play baseball because his best friend wanted to, and they needed a coach. That year Matt and Scott's team won the McLean League AAA championship. When Northwestern drafted 10-year-old Matt to the "majors," in 1994, Scott followed as a coach, and the rest, as they say, is history.

Scott became the winningest coach in McLean, and Matt went on to play at the



**Coach Scott Avery, center, with Wayne Loving on the left and Chris Cooper on the right.**

University of Virginia, and was drafted by the Chicago Cubs in 2005.

His past players believe they received more than just baseball tips from Coach Avery.

Andy Thomas, a three-time National League champion, was a standout for Northwestern from 2000-2002, and went on to play in high school and college. "He taught me how to handle adversity, which is important as a kid. I remember one year in a game a kid behind me messed up in the outfield, and I started to yell at him. Coach Avery benched me for the rest of the game. He didn't believe any one player was more important than the other," Thomas said.

Henry O'Shea played three years for Coach Avery, and took away a similar life lesson: "He taught you to make your own decisions and be confident and stick with them."

**COACHES AND PARENTS** who worked with Coach Avery saw his greatest talent as a baseball coach was his ability to connect with children.

Harry Thomas coached alongside Coach Avery on the Northwestern team for six

years. "He put his heart and soul in to teaching kids how to be better. He put realistic expectations on players and wanted them to meet those expectations and be the best they could be. I think that's very important for kids to learn at a young age. It was never about Scott. It was always about the kids."

Wayne Loving, Northwestern manager since 1991, recognized Coach Avery for not only his passion but also his tremendous baseball knowledge; "He always emphasized 100 percent effort, working hard to improve, to always set goals and to try to meet them. He would tell them you get out of baseball what you put into it. You have to be a good teammate and have strong fundamentals in order to succeed."

As he steps back from his career with Little League, Coach Avery wonders if the pressure from parents and trainers to succeed is becoming bigger than the children who play. "Kids get messages from so many different areas, it makes it hard for a coach to get a message across."

For 17 years, Scott Avery taught his players more than baseball. "Be gracious, win or lose. Things won't always go your way but that's ok, keep your heads up."

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