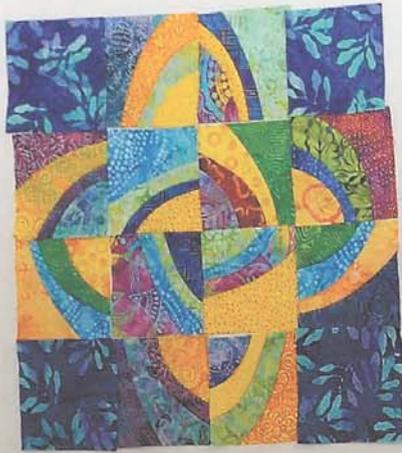


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### 30 Quilts in 30 Days

NEWS, PAGE 5

### Great Falls Studios Tour Oct. 15-16

NEWS, PAGE 3

### Residents Debate Go Ape

NEWS, PAGE 10

Surrounded by brightly-colored contemporary art quilts, Cindy Grisdela shows off her home-based art studio. Grisdela is one of 48 Great Falls artists whose studios or other venues will be open during the Great Falls Studios Tour, October 15 and 16.

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## Comstock, Danner Face Off for 34th

**Democratic challenger Pamela Danner faces incumbent Republican Barbara Comstock for 34th district delegate seat.**

BY ALEX McVEIGH  
THE CONNECTION

**I**ncumbent Barbara Comstock (R) will face Democratic challenger Pamela Danner this Nov. 8 for the 34th delegate district.

Comstock, who was elected in 2009, has served as an aide to U.S. Rep. Frank Wolf (R-10), researcher for the Republican National Committee and director of public affairs for the Department of Justice. As a lawyer, she also served on the U.S. House of Representatives Committee of Government Reform from 1995 to 1999.

"When we came in in 2010, we were faced with a \$6 billion deficit, the budget from the outgoing governor wanted to tax us \$4 billion. As the economic engine of the state, that \$4 billion was aimed at our ZIP codes," she said. "One of the first votes we had was 97-0 to not increase taxes, because given the tough, fragile economy we're in, we, on a bipartisan basis, felt it was important that we learn from businesses. Businesses have to do more with less, stretch those dollars and we wanted to do the same in government."

Comstock pointed to a recent audit of the Virginia Department of Transportation as an example of stretching those dollars.

"We were able to do an audit for VDOT, something that had been resisted for years, but we were able to push that through and found \$1.4 billion that was sitting in that agency. While we were sitting in traffic and closing rest stops, \$1.4 billion was not being used," she said. "That provides the model of what we can do in all our agencies, and that's what we're looking to do now."

**COMSTOCK** also pointed to her work trying to secure more in-state spots for college students, saying that while some work has been done, she is aiming higher.

"We also passed a bipartisan higher education bill that notably gave more in-state spots," she said. "We in the Northern Virginia delegation are still focused on getting more in-state spots for our kids. That was incorporated into that bill, but I still plan to introduce a bill that would cap out of state attendance."

Comstock also said she would like to see the Virginia challenge the Affordable Healthcare Act passed at the national level, believing that its implementation would hurt the small business community.

"Businesses right now are in limbo, because they don't know what's going to be imposed on them. You have capital sitting on the sidelines, people not en-

PHOTOS BY ALEX McVEIGH/THE CONNECTION



**From left, candidates for the 34th district delegate seat Pamela Danner and Barbara Comstock at a meeting of the Great Falls Rotary Club.**

**"We need to have federal government free us up to work at the state level."**

— **Del. Barbara Comstock (R-34)**



**"I am fiscally conservative and socially moderate."**

— **Pamela Danner (D)**

gaging with small businesses because they don't know what additional mandates are going to come down," she said. "What we're doing is try to plan for possible compliance with it, but do it in a way that's best for Virginia and a way that's good for overall reform. We do need reforms for small businesses for healthcare, it's too expensive, it doesn't work. It's just that this is not the solution. We need to have federal government free us up to work at the state level."

According to the Virginia Public Access Project, Comstock has raised \$463,518, with \$423,859 coming from cash contributions of more than \$100, \$22,842 coming from cash donations of less than \$100 and \$16,004 of in-kind donations of more than \$100.

More information is available at [www.comstockfordelagate.com](http://www.comstockfordelagate.com).

**DANNER**, who has a law practice located in McLean, has served as president of the McLean Community Foundation, as well as a member of the

SEE CANDIDATES, PAGE 7



PHOTOS BY AL REITAN

**In her Great Falls art studio, painter Michela Mansuino shows off one of her landscapes from Tuscany. She is also a two-time honorable-mention winner from the Portrait Society of America. Mansuino is one of 48 artists on the Great Falls Studios Tour, Oct. 15 and 16.**

## Great Falls Studios Tour Opens Oct. 15-16

**Annual event has emerged as notable art celebration in northern Virginia.**

**T**he Great Falls Studios Tour, an annual event that has transformed Great Falls into a regional hotspot for the arts, kicks off its eighth year Oct. 15 and 16, as 48 local artists open their studios to the public.

The free tour was established as a local celebration of the arts in 2003 and has grown each year. Visitors drive to studios in private homes, barns, historic structures, converted garages and other venues where they meet artists, watch art demon-

strations and purchase local art. Last year, the event generated 7,300 visits to home-based studios and group venues with multiple artists. Studios are scattered throughout the community on winding back roads made all the more scenic because of displays of autumn color.

"The emergence of Great Falls as an art center was a happy accident," said potter Laura Nichols, president of Great Falls

SEE ART, PAGE 23



**With an image on his computer and another printed out, Richard Suib demonstrates an emerging art form using digital photography processed and recreated in Photoshop. Previously in his career, Suib set up major exhibitions around the world for the U.S. government.**

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NEWS

# Fiber Artist Creates 30 Quilts in 30 Days

In push to become a better artist, Cindy Grisdela wields a fast needle—very fast.

One way to become a better artist is to push hard to impose strict discipline on yourself—which is what Great Falls quilter Cindy Grisdela did last spring when she decided to design 30 contemporary quilts in 30 days.

The local fiber artist, who is making a name for herself in the broader world of contemporary quilters, will show off her handiwork at the upcoming Eighth Annual Great Falls Studios Tour, Oct. 15 and 16. She will be inviting visitors to her house on Seneca Road as part of that event, in which Great Falls residents, along with design-minded visitors from across the region, drive from art studio to art studio in a celebration of creativity centered on 48 Great Falls artists.

In the real world of jobs and careers, Grisdela was a financial reporter. But she was never far away from fabrics and design, and a second career as an artist. “I come from a long line of women who have expressed themselves using a needle and thread,” she said.

Her encounters with quilts began with traditional designs, and her first creation was a queen-sized bed quilt, which she gave to her husband as a wedding gift. Now she is a master of bright colors and abstract patterns and is reinterpreting quilting traditions in ways that evoke more leading-edge painters such as Henri Matisse and Mark Rothko.

**THE IDEA** to generate 30 quilts



PHOTO BY AL REITAN

**Cindy Grisdela's creative tools include this sewing machine. During the tour, she will demonstrate quilt design as well as technical skills with thread and needle.**

in a month was in part an exercise to loosen up and become more spontaneous, something that can happen when self-imposed deadlines push you to make quick decisions. Her one-a-day compositions start when she cuts directly into fabric, then positions the pieces on a design board, something like solving a jigsaw puzzle, except that you create the component parts as you go. The whole idea was to come up with striking contemporary shapes.

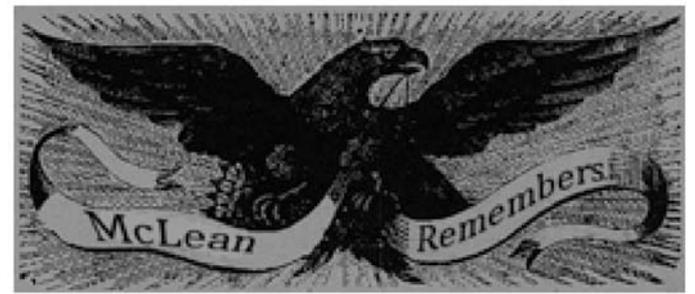
Designing a quilt a day went flawlessly. But actually completing each artwork (they are about 16 x 20 inches) required an additional day so she could add stitching lines to create texture and interest to the overall design. Grisdela works on a sewing machine, where her

speed and skill with the needle is smoking.

The 30-in-a-month quilts, plus another 20 larger samples of her work, will be on display during studio tour when Grisdela plans to transform the entire first floor of her house into a kind of salon where visitors can see what a piece looks like on the wall in a home setting. She'll also be demonstrating how to add texture with a needle and thread, and she'll show off her design board as a way to demonstrate how she comes up with her initial designs.

Grisdela's workspace typifies the other studios on the tour. Each is different, and some are located in converted garages, sheds, historic

SEE ARTIST, PAGE 23



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## NEWS

# From Oz to Great Falls

Breast cancer detective visits River Bend.

BY SHARON ALLEN GILDER  
THE CONNECTION

**R**iver Bend Golf & Country Club was the panoramic setting Sunday, Oct. 2 for world-renowned radiologist Dr. Rachel Brem to address a gathering of 95 women at Lunch & Brem to raise awareness about breast cancer and the importance of screening for early detection.

Rosemary and Michael Laphen underwrote the event hosted by nine women, to support the work of Brem Foundation to Defeat Breast Cancer. Brem, who recently appeared on The Dr. Oz Show as a cancer detective, is director of the Breast Imaging and Interventional Center, vice-chair for research and faculty development, and professor of radiology at George Washington University Medical Center.

Brem Foundation was established in 2004 as a grassroots effort by four women to raise funds for much-needed diagnostic equipment. Today, from that one need, the foundation is answering many needs. The Washington, D.C. area has the highest breast cancer death rate of any other city in the nation.



PHOTO BY SHARON ALLEN GILDER

**Hostess Laurie Owen, Dr. Rachel Brem and sponsor Rosemary Laphen.**

Brem knows firsthand the impact of a breast cancer diagnosis. She was 12 years old when her mother was diagnosed with the disease and had, what was the standard of care at the time, a mutilating mastectomy. "My mother went away and never came back the same person." Brem resolved that she wanted to find a cure for the disease so no other women would have to go through what her mother did.

SEE BREAST CANCER, PAGE 11

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**Fall Open House:** Sunday, October 23, 1:00-3:00 p.m.

# Candidates Debate Area Priorities

FROM PAGE 3

McLean Community Center's governing board, where she helped establish the Old Firehouse Teen Center and incorporated the McLean Project for the Arts. She also served on the Tysons Corner Land Use Task Force and the Fairfax County Water Authority Board as chair of their finance committee.

"I am fiscally conservative and socially moderate," she said. "When I served on the McLean Community Center governing board, I proposed a 10 percent tax cut to our tax district, and this saved McLean citizens a million dollars."

Danner said that the recently passed \$4 billion transportation package was not benefiting Northern Virginia enough.

"This package unfortunately has not provided Northern Virginia with many funds," she said. "I support rail to Dulles, and at this stage for Phase Two, there is not a dollar in terms of state funding. If we have this \$4 billion package, we need to get funding for our transportation needs. We have no funding for our secondary roads."

She said her experience on the Tysons Land Use Task Force made her examine the accessibility issues that come with the new Metrorail station.

"I advocated and continue to advocate for walk, bike, sidewalks, bus shuttles to our new Metro stops," she said. "We need to make sure our community can access these new stops."

Danner also said she would like to see more in-

state spots at Virginia universities, especially since the previously passed bill didn't address the area of greatest need."

"I also support increasing the slots in our public universities," she said. "The bill that was passed this last session increases the slots by 6,000, however 4,000 of those slots went to our community colleges. I'm very supportive of our community college, however I don't think the issue is people coming from out of state to our community colleges. We need to get increased slots in our four-year colleges."

Danner said she was not in favor of challenging the national healthcare act, believing to do so would cost the state too much money.

"I think we have spent far too much money in our government funds fighting this case," she said. "I think we need to move on. I think it's very important that we use the money the federal government is providing in terms of grants to help us be part of the exchange. I think we need to get ready for this, and there needs to be incentives to help out small businesses to help them get money from the Affordable Health Care Act."

Danner's campaign has raised \$174,308 so far, according to the Virginia Public Access Project. Of that, \$118,922 has been in cash contributions of more than \$100, \$23,287 has been in cash contributions of \$100 or less and \$29,527 has been in in-kind contributions of more than \$100.

More information can be found at [www.dannerfordelegate.com](http://www.dannerfordelegate.com).



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# OPINION

## A Few Days Left To Register To Vote

**Vote now, who knows what Election Day could bring.**

**T**he turnout was so miniscule for Primary Election Day that you might not remember that it was also Earthquake Day, and that if you were planning to vote when you got home from work, you probably wouldn't have had the chance. Traffic came to a halt, and many commutes took many hours.

Imagine what would happen if we had a repeat of a historic early snow: On Nov. 11, 1987, a foot of snow fell at National Airport. On Nov. 6 and 7, 1953, this area had more than seven inches of snow, according to the National

Weather Service. Seven inches fell in November, 1938. In November, 1904, the area had three inches of snow; November 1910, the area had five inches of snow.

So far, 2011 has been a year of extremes, so is it worth preparing for the great Election Day blizzard? Or possibly just the great Election Day traffic jam?

You can vote in person from now until Nov. 5 if you think that there is any chance you could be away from home for 10 hours on Election Day. Remember that some people spent 10 hours on the GW Parkway one day last winter.

There are only a few days left to register to vote to participate in the Nov. 8 general election if you have not already done so.

Some important dates to remember:

Monday, Oct. 17, 2011 is the deadline to register to vote, either in person or mailed registration postmarked by that date to vote in the

Nov. 8 General Election.

Tuesday, Nov. 1 is the deadline to apply for an absentee ballot by mail.

Saturday, Nov. 5 is the last day to vote early, absentee ballot in-person.

Tuesday, Nov. 8 is Election Day.

For more election information:

Alexandria Board of Elections, 703-746-4050, <http://alexandriava.gov/Elections>

Fairfax County Board of Elections, 703-324-4700, [www.fairfaxcounty.gov/eb/](http://www.fairfaxcounty.gov/eb/)

Arlington Board of Elections, 703-228-3456, <http://www.arlingtonva.us/departments/voterregistration/voterregistrationmain.aspx>

City of Fairfax General Registrar, 703-385-7890, <http://www.fairfaxva.gov/Registrar/GeneralRegistrar.asp>

— MARY KIMM,

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM), ON

TWITTER @MARYKIMM

### EDITORIAL

### LETTERS TO THE EDITOR

## Groundless Fears

To the Editor:

In a recent candidates' forum, Dranesville Supervisor John Foust called the completion of Phase II of the Silver line to Dulles Airport crucial to our region's economic health. Recently, controversy has arisen over the proposal to mandate the use of a Project Labor Agreement ("PLA") by the lead contractor for Phase II of the Metro extension project. As someone familiar with the use of PLAs, I can tell you that the use of a PLA is in all of our best interest, and questions over the use of this labor agreement must not be allowed to slow down or stop Phase II of this project.

PLAs are pre-hire collective bargaining agreements that set wage and benefit rates for a specific project. They are increasingly common for large, complex construction projects to ensure that they are built safely by a trained workforce within budget and on schedule. Criticism of these agreements has centered on three points: that the PLA will discriminate against non-union workers, discourage competition, and increase costs. Phase I of the Dulles Rail project gives ample evidence that these fears are groundless.

The fact is that PLAs do not require union membership and are not in conflict with Virginia's right to work laws. In fact, both union and non-union labor are being used on Phase I. The agreement merely sets the standards and ground rules for bidding on the project.

The fact is that PLAs do not discourage competition. Studies

show that non-union contractors can and do bid on PLA projects and win them. By setting competitive wage and benefit rates, PLAs make it easier for contractors to attract and retain skilled labor for the duration of the project.

The fact is that PLAs do not add costs, in fact they keep the project on time and on budget (even, in some cases, under budget). As Phase I has shown, PLAs' set ground rules prevent expensive cost overruns, and provide a safe and stable work force that mitigates against costly delays. However, if you want to compare Phase I with another local, non-PLA construction project, you need only look at the Springfield Bypass project, which was 300 percent over budget, years late, and involved multiple worker fatalities.

By mandating the use of a PLA, the Metropolitan Washington Airports Authority ("MWAA") is attempting to do what we all want: ensure that this crucial project will be completed safely, in a timely manner, and within budget. The MWAA's experience with Phase I has shown that a PLA is essential to that goal. The PLA is good for local workers, and by extension, for the local economy. PLAs are also commonly known as "Community Workforce Agreements," because they funnel money back into the community in the form of family-supporting jobs, skill training and apprenticeships. This is not a partisan Republican or Democratic issue, it is about efficiency. The inclusion of a PLA for Phase II is fiscally responsible, and taxpayers deserve nothing less.

**Joseph Guerrieri Jr.**  
McLean

## Standard of Excellence

To the Editor:

A recent editorial, "A Lesson in Civil Discourse?" [Connection, Sept. 21-27, 2011], urged voters to put emotions aside and take a thoughtful look at the candidates in the hotly contested Fairfax County School Board race. The education of our children is of utmost importance to all of us, and for that reason alone School Board elections should receive a lot of our attention. We all want our School Board to listen to parent concerns and find workable solutions to the problems facing our schools. If you do as the editorial suggests and examine her record, you will find that Dranesville district candidate Janie Strauss has been doing just that for years, and I urge you to keep her on the School Board.

During the past year, anger seems to have overshadowed what should be a serious discussion about composition of the School Board and its future direction. As the editorial notes, with half the Board leaving office and with the Superintendent having given notice of his retirement, we are presented with "an opportunity for real and meaningful change." I would add the caveat that change must be "meaningful" to be productive. With the Board undergoing so much turnover at once, experience and ability will be more important than ever to ensure that our Fairfax County schools remain the gold standard of excellence.

Plain and simple: Fairfax County schools could not have reached their current level of excellence

without the help of the School Board. Janie Strauss has repeatedly proven her willingness to listen and ability to work the system to benefit the whole community, not just those with the loudest voices. For just one example: Janie Strauss was the first to meet with the parents proposing the changes to the grading system, which became known as Fairgrade. She not only shepherded their idea through the system to adoption, but also made sure that the new system was implemented in time for seniors' college applications that very year.

To reiterate the advice given in the editorial, take the time to investigate the candidates for School Board. Vote for ability, thoughtfulness, leadership, and experience. In Dranesville, the choice is clear: vote for Janie Strauss.

**Eric Boll**  
Herndon

## 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  
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**Kemal Kurspahic**  
Editor ♦ 703-778-9414  
[kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com)

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Community Reporter  
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Mary Kimm  
703-778-9433  
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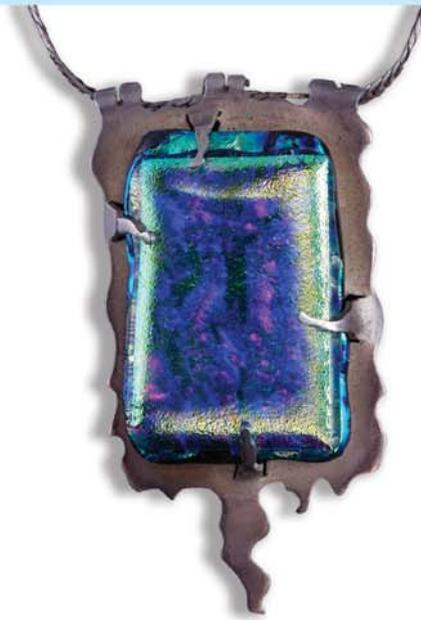
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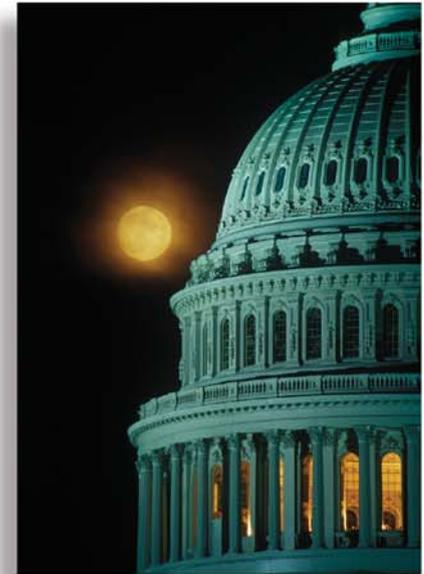
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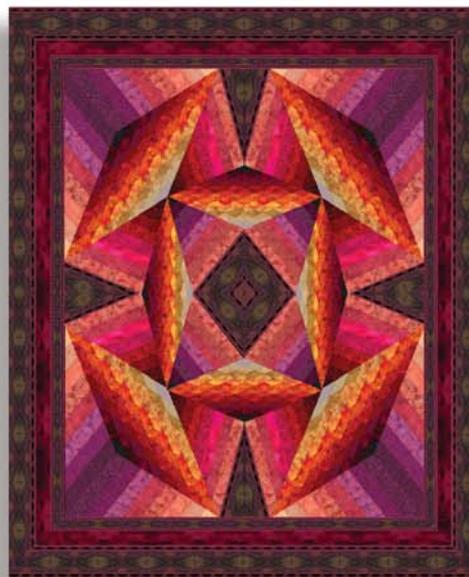
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# NEWS

## Residents Debate Go Ape

### Ropes course proposed for Riverbend Park.

BY ALEX McVEIGH  
THE CONNECTION

**R**iverbend Park is the site of a proposed Go Ape ropes course, which would provide visitors a chance to climb and crawl their way across various obstacles located about 30 feet above the ground. On July 21, the Fairfax County Park Department of Purchasing and Supply Management provided Go Ape with an award for the development and operation of the ropes course program.

While the project has been approved by the Friends of Riverbend Park, the Great Falls Citizens Association and the Great Falls Trailblazers, many local neighbors have concerns about the impact of a commercial entity at Riverbend.

The course would be placed in the seven acres surrounding the

manager's house on Potomac Hills Street in the Park. The house is already scheduled for demolition. Go Ape would build a small cabin, a parking lot for 45 cars and restrooms as part of the project.

Most of the course would be 30-50 feet aboveground on the trees, with platforms surrounding trees connected to each other via a network of wires, poles and other obstacles. Visitors to Go Ape climb up a tree (which is protected by a fence and electronic lock) navigate obstacles, take a zip line to the ground and then move onto the next station.

Dan D'Agostino, one of the operators of Go Ape says the project will not result in the removal of any full grown trees, just the occasional sapling, bushes and some brush. The seven acres are located away from environmental sensitivities, according to the Park Authority.

D'Agostino also said that the 28 courses located around the world are built on about 350 total trees, whose health are monitored by an independent arborist to make sure no harm is being done.

"We hope to develop a partner-

ship with local groups to create interpretive signage and educational programs designed specifically for Riverbend Park," D'Agostino said.

GO APE WILL FUND the \$600,000 in costs required to build the course, and will share revenue with Riverbend Park. The Fairfax County Park Authority estimated that the course would generate around \$75,000 per year for the park. The course would be open from mid-March to mid-November.

Serena Wilson, president of the Friends of Riverbend Park, says natural resource parks like Riverbend, which do not bring in much direct revenue, are always in need of funding.

"We've seen a 25 percent Park Authority Budget cut over the past four years, and during the 2010 cycle, we lost a third of the park staff," Wilson said. "Almost 390,000 people come to the park every year, and without looking for ways to bring money into the park, we're not going to have it."

SEE GO APE, PAGE 19



PHOTO BY ALEX McVEIGH/THE CONNECTION

Visitors explore the Go Ape ropes course at Rock Creek Regional Park in Rockville, Md. A course has been proposed for Riverbend Park.



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# Breast Cancer Detective Comes to Great Falls

FROM PAGE 6

**FIFTEEN YEARS AGO**, while testing equipment, Brem discovered her own breast cancer. “The hardest part for women is not the diagnosis, it’s the wait. Not knowing is purgatory,” Brem said. She performs same day, minimally invasive biopsies and has minimized the wait for results to reduce the number of sleepless nights a woman has to endure. “Biopsies should be done with a needle and not with a knife. Today, no woman should go to the operating room for a breast biopsy,” said Brem.

Brem emphasized breast cancer is not a death sentence if it is found early. “Every single person in the United States has been affected by breast cancer. One in eight women will be diagnosed with breast cancer in her lifetime,” Brem said.

In an effort to reduce that rate, she directs GW’s Mammovan, an outreach mobile mammography unit, that visits African-American, Asian and Latino communities in areas where women normally “fall through the cracks” due to lack of medical care and insurance. One of the foundation’s goals is to increase the number of days per month the life-saving resource goes to underserved communities. Funds are needed to support the Mammovan’s \$4,500 per day cost.

**A TARGETED** Biopsy and Diagnostic Fund remains a life-saving component of the foundation that pays for biopsies for uninsured and underinsured women who would have no other resource. “There is a population of women who cannot be served by other programs that are out there,” said Brem.

Vienna resident Juliana Zoto reflected on Brem’s unequivocal messages including the importance of getting an annual mammogram: “It’s really about empowering yourself, being an advocate for yourself. Until today, I hadn’t heard that you must have a digital mammogram instead of analog and, not waiting, demanding to know results. Ask, ask, it’s not rude. For their children, women are banging down doors, but not for themselves.”

Brem said, “We live in very exciting times. The breast cancer death rate has been reduced 23 percent in the United States. One half of that is due to better chemotherapy and the other half is due to better screening.”

The event raised more than \$9,000 that will be used for foundation projects to help at-risk populations. Laphen said, “This isn’t just about raising money. We could save a life today.”

For more information visit: [www.bremfoundation.org](http://www.bremfoundation.org)



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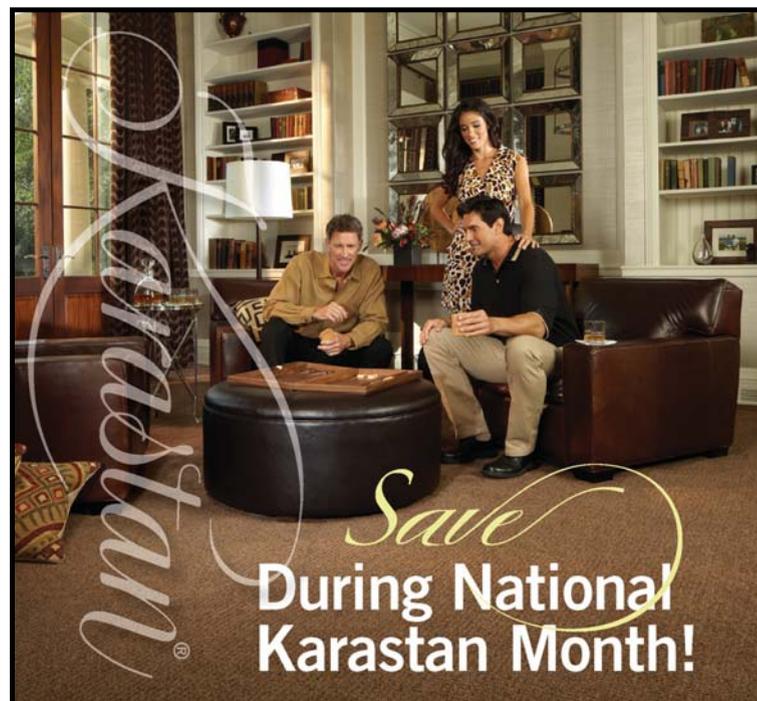
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# Home Life Style

## The Next Generation of Green Living

Cutting edge green home design emerges in the region.

BY MARILYN CAMPBELL  
THE CONNECTION

Imagine a home that is so well insulated that a furnace is obsolete. Picture the elimination of rooms that run hot during the summer and basements and tile floors that are frosty during the winter. Visualize trimming your energy bill by 90 percent.

Meet the passive house, dubbed the next generation of green living, and named one of the top green building trends of 2011 by the Earth Advantage Institute, a nonprofit organization that promotes sustainable building practices.

The region's first passive house, a five-bedroom, four-and-a-half bathroom home in Bethesda, was designed by Alexandria-based architect David Peabody of Peabody Architects and built by Potomac-area builder Brendan O'Neill Sr. of O'Neill Development. The home, which sold recently, had a price tag of \$1.4 million.

"This home gets all the heat it needs on the same amount of energy it would take to run two hairdryers," said Peabody. "We

wanted to demonstrate that an approach that reduces basic energy demand is far more cost-effective than an approach that relies on adding expensive technology."

The project began when Peabody, an award-winning pioneer of green architecture, approached O'Neill. Skeptical at first, O'Neill and his son Brendan O'Neill Jr. flew to Illinois to tour the first passive house ever built in the U.S.

"As luck would have it, my son and I arrived during a snow storm," said O'Neill. "We were blown away by the warmth and temperate conditions inside that house. It was incredible. We said, if this is what a passive house can do under extreme conditions, we're going to try one."

**MOUNT VERNON**-based architect Christine Kelly of Crafted Architecture and Falls Church-based contractor Tom Chapa of Potts and Chapa Construction, Inc. incorporated passive solar design into the recent renovation of the Mount



PHOTO BY ANICE HOACHLANDER/O'NEILL DEVELOPMENT

Architect David Peabody and builder Brendan O'Neill Sr. incorporated green design into this home's plans.

"This home gets all the heat it needs on the same amount of energy it would take to run two hairdryers."

- David Peabody, Peabody Architects

during the demolition, salvaged it and then designed a new sunroom with large windows that are facing south so that as the sun comes into the room, the floor is heated and retains heat and makes it a very comfortable space in the winter time without the use of mechanical systems. A stone floor can be designed to collect heat during the day and then radiate it into the room at night to help keep the space warm."

The Hinsons noticed a difference. "As the weather got chilly and it was going down into the high-40s at night recently, we didn't have to turn our heater on at all. The house never got below 71 degrees," said Enid Hinson.

The Hinsons' remodel received a National Green Building Certification from the National Association of Home Builders (NAHB) for meeting NAHB green building standards.

"A green certification is not necessarily a certification that comes with a ton of expenses," said Chapa. "The important thing about certifying a project green is

building smart, not necessarily building expensive. The green inspection is basically certifying that all of the applications [e.g., windows, insulation and duct work] are done tight, efficiently and without any air gaps so that everything can perform at its optimal level."

Kelly says that when it comes to green design, she begins with the basics. "I like taking what was already in the house and repurposing it that so that a lot of materials don't go into the landfills. And then I like to move to insulating. Not only do I like to insulate the new addition, but I like to go back and examine the existing house and figure out how to make that

SEE BENEFITS, PAGE 14



PHOTO BY MARILYN CAMPBELL

Alexandria architect David Peabody designed the Washington-region's first passive house. The home runs on 90 percent less energy than a traditional home.

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PHOTO COURTESY OF CRAFTED ARCHITECTURE

Mount Vernon architect Christine Kelly of Crafted Architecture designed an addition for the Fairfax County home of Enid and Laing Hinson. She salvaged stone from the original home and incorporated it into the new design and used large, energy efficient windows to maximize the natural light. Passive solar energy contributes to the comfort of the home.

Vernon home of Enid and Laing Hinson. The Hinsons had lived in their home in their Mount Vernon neighborhood for 20 years when they decided that it was time to remodel. The couple decided to go green.

"We've always been interested in recycling, and we also knew that we would be living in this house for the next 20 years, so the additional cost that we might have incurred to ensure that it was energy efficient was probably going to be worth it to us in the long run," said Enid Hinson.

"[Passive solar design entails] designing walls, windows and floors to collect or reflect solar energy and then distribute it as heat during the winter months and shade against the heat in the summer months," said Kelly. "[The Hinsons] had a sun room that had a slate floor, and we took up that slate

"I like taking what was already in the house and repurposing it that so that a lot of materials don't go into the landfills."

- Christine Kelly, Crafted Architecture, Mount Vernon

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## HomeLifeStyle



PHOTOS BY MARILYN CAMPBELL

The first passive home in the Washington region runs on the energy it would take to run two hairdryers, says architect David Peabody, who designed the house.

## Benefits of Green Design

FROM PAGE 13

just as tight as well.”

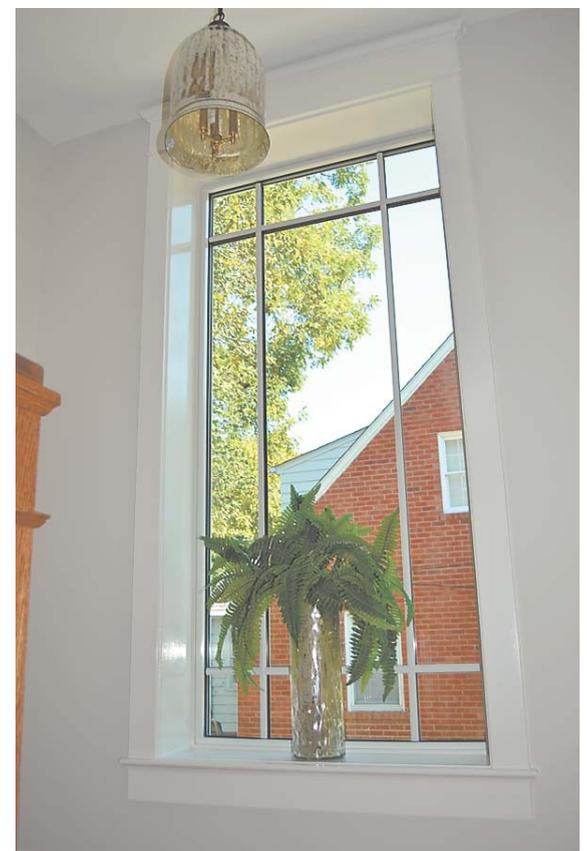
The Hinsons were pleased that they did not have to compromise aesthetic appeal for energy efficiency. “Our house is not bigger; it is just flows better,” said Enid Hinson. “The windows are really energy efficient. We have the [George Washington Parkway] behind our house, and if the doors and windows are closed we cannot hear the traffic noise at all.”

**O’NEILL SAID** his one condition was that the design of the passive house be consistent and compatible with the rest of the homes in the neighborhood. “David hit a home run. We would not have proceeded if the style had not fit in with the others architecturally. It is designed as an integrated system, with site, energy, ventilation, air quality, humidity, health and comfort all taken into account. And yes, you can open the windows.”

Peabody, who is now designing smaller and less expensive passive house models, acknowledges that such homes are more costly to build. “But we’re finding that the marginally higher costs of construction are more than offset by savings in monthly energy bills,” said Peabody. In fact, he says, affordable housing organization Habitat for Humanity is building a passive house in the Washington, D.C., area.

Even though the home is airtight, it is well ventilated. “During heating and cooling seasons, when you don’t want to open the windows, there is an imperceptible but constant flow of fresh air to all the living spaces and exhaust air from all the bathroom and kitchen spaces. Air essentially makes a one-way trip through the house, as opposed to being churned around and around as with standard heating and cooling systems,” said Peabody.

While there are only 23 passive houses in the U.S., in Europe more than 20,000 homes, apartments, offices and schools have been built to passive house standards.



“The important thing about certifying a project green is building smart, not necessarily building expensive.”

- Tom Chapa, Potts and Chapa Construction

Although solar orientation is a factor, it is not the same as a passive solar house. Instead, it uses a robust building envelope to achieve as much as 90 percent savings in energy use.

While the passive house concept is still emerging, passive solar design is more prevalent in the region. Solar orientation is a factor in both, but the passive house uses a building envelope to save energy.

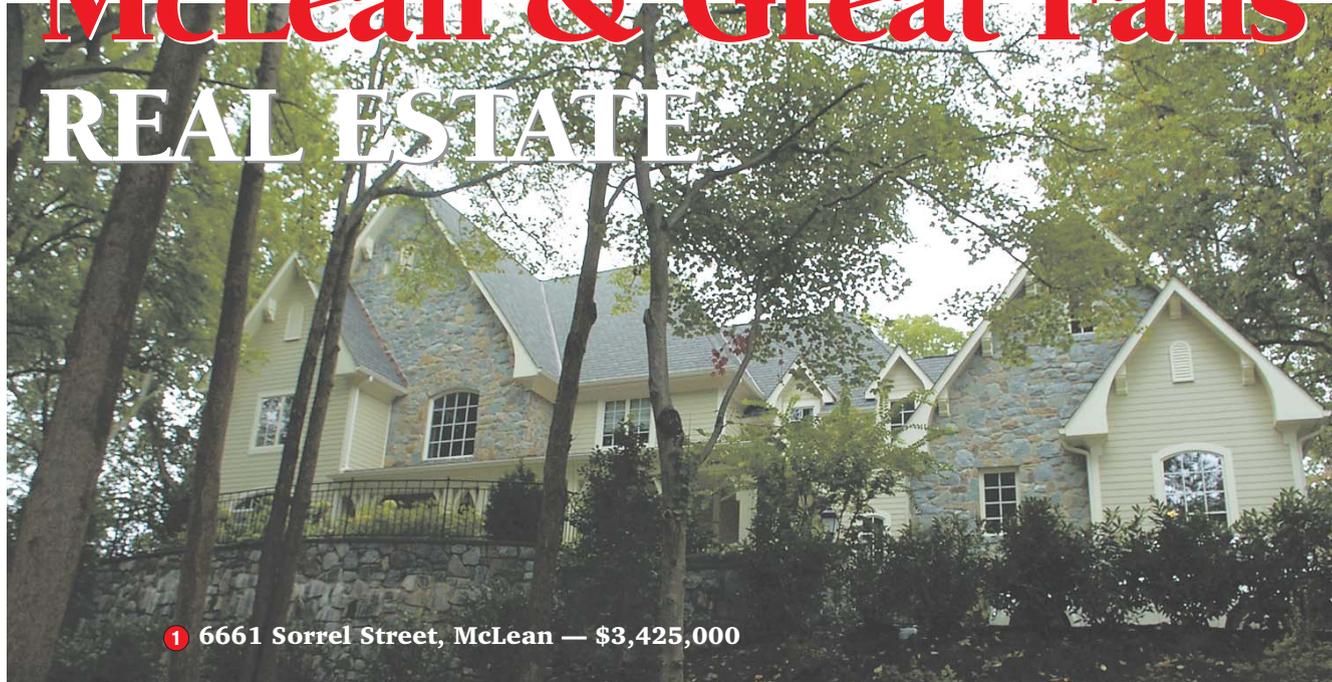
# McLean & Great Falls

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PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

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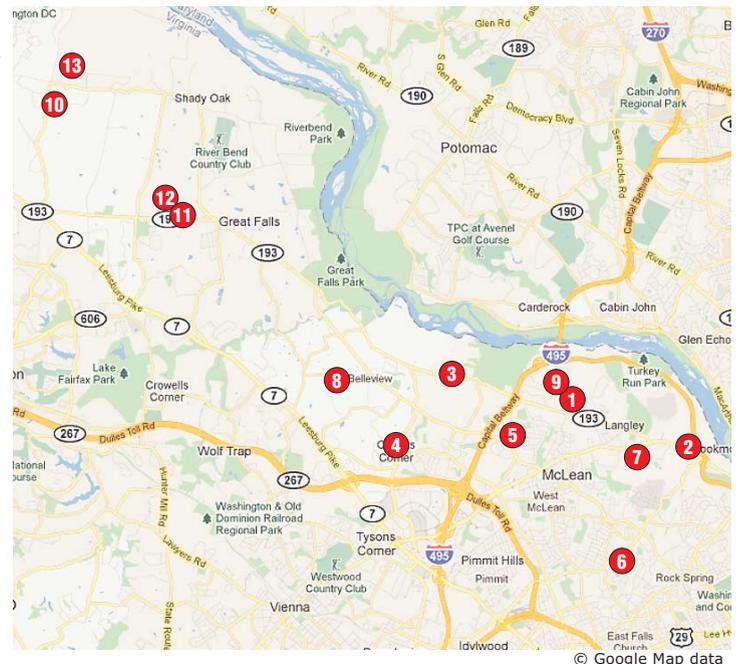
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10 11385 SENECA KNOLL DR	6	5	1	GREAT FALLS	\$1,600,000	Detached	1.73	22066	SENECA KNOLL	08/31/11
11 754 ELLSWORTH AVE	6	5	1	GREAT FALLS	\$1,565,000	Detached	0.71	22066	GREEN ACRES	08/15/11
12 10351 CAROL ST	5	4	3	GREAT FALLS	\$1,550,000	Detached	1.72	22066	TIMBER POINTE	08/19/11
13 11209 RICHLAND GROVE DR	5	5	1	GREAT FALLS	\$1,470,000	Detached	5.06	22066	SENECA FARMS	08/05/11

SOURCE: MRIS, INC. FOR MORE INFORMATION ON MRIS, VISIT WWW.MRIS.COM

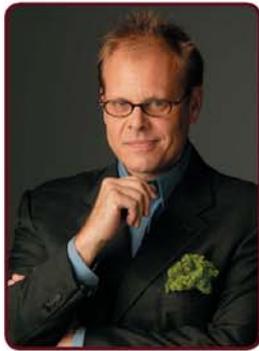




**McLean  
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Center**  
*The Center of It All*



## Here's What's Happening at MCC



### McLean Uncorked

**Saturday, Oct. 15**  
**Tastings & Festival Hours, 10 a.m.-5 p.m.**  
**Wine-and-Dine-Around, 5-10 p.m.**  
Free Admission  
**Wine Taster's Wristband: \$30**

Here's your chance to learn about wines from **around the world**. Featuring, Food Network's Own "Gastrophysicist" Alton Brown and Special Guest Bob Kinkead of Kinkead's Restaurant.

### Fish & Explore Trip

**Saturday, Oct. 15, 12:45-8:30 p.m.**  
\$130/\$110 tax district residents

Catch fish on the Chesapeake Bay with our Coast Guard-certified charter captains.

### Old Firehouse Teen Center 21st Annual Block Party

**Saturday, Oct. 22, 11 a.m.-4 p.m.**  
Free Admission

With live entertainment, amusements, food concessions and the first ever "McLean Teens Got Talent Show," it's sure to be a blast!

### Concerts at The Alden Amy Yang, pianist

**Sunday, Oct. 23, 3 p.m.**  
Free admission

### The Alden, Professional Series Scott Ainslie in Concert

**Saturday, Oct. 29, 8 p.m.**  
\$20, \$15 tax district residents

Ainslie brings the African and American roots, history and bare soul of blues music alive.

**The McLean Community Center**



703-790-0123, TTY: 711  
[www.mcleancenter.org](http://www.mcleancenter.org)



## ENTERTAINMENT

Send announcements to [greatfalls@connectionnewspapers.com](mailto:greatfalls@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)

### THURSDAY/OCT. 13

**Todd Wright & Friends: A Retrospective** featuring members of the Excentrics, The Getaway Car and West Goes East. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [www.jamminjava.com](http://www.jamminjava.com).

**Enter the Haggis.** 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. A Canadian indie/Celtic-rock world-fusion band. \$20. [www.wolftrap.org](http://www.wolftrap.org).

### FRIDAY/OCT. 14

**HoneyHoney and Joshua James.** 6:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [www.jamminjava.com](http://www.jamminjava.com).

**"Auntie Mame."** 7:30 p.m. James Lee Community Center Theater, 2855 Annandale Road, Fall Church. An eccentric aunt introduces her nephew to a life of madcap parties, silly escapades and more. \$128 adults, \$15 students and seniors. [www.providenceplayers.org](http://www.providenceplayers.org) or 703-425-6782.

**Friday Afternoon Chess Group.** 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Players of all levels welcome. No registration necessary. All ages. 703-757-8560, TTY: 711.

**The Ahn Trio: BraziliAhn.** 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Chamber music. \$40. [www.wolftrap.org](http://www.wolftrap.org).

**Lost Dog & Cat Rescue Adoption Event.** 6:30-8:30 p.m. PetSmart, 8204 Leesburg Pike, Tysons Corner. Adoption events every Friday. <http://lostdogrescue.org/> and click on Adoptions.

### SATURDAY/OCT. 15

**Model Railroad (HO Scale) Open House and Display.** 1-5 p.m. Historic Vienna Depot, 231 Dominion Road NE, Vienna. The layout depicts the Western North Carolina Railroad (now a portion of the Norfolk Southern) during the period of transition from steam to diesel. The Open House also features Thomas the Tank Engine and some of his friends. Free, donations accepted. [www.nvmr.org](http://www.nvmr.org) or 703-938-5157.

**McLean Uncorked: Food and Wine Festival.** McLean Community Center, 1234 Ingleside Ave., McLean. With the Food Network's Alton Brown and Washington D.C.'s Chef Bob Kinkead. Seminars, tastings and more. 703-790-0123, TTY 711.

## BULLETIN BOARD

### WEDNESDAY/OCT. 12

**Candidates Night: State Senate and House of Delegates.** 7:30 p.m. Langley High School, 6520 Georgetown Pike, McLean. Hosted by the Greater McLean Chamber of Commerce. [rhjackson@cox.net](mailto:rhjackson@cox.net).

### SATURDAY/OCT. 15

**Creating a Supportive Community For All Ages.** 1:30 p.m. Capitol One Bank, 1680 Capitol One Drive, McLean. Explore innovative community practices for those living with a disability or aging in McLean. Exhibits about county and non-profit resources. Hosted by Dranesville District Supervisor John W. Foust. Sponsored by Fairfax County, AARP, Capitol

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

One Bank, Fairfax Long Term Care Coordinating Council and the Greater McLean Chamber of Commerce. 703-288-5426 or [www.fairfax.gov/dranesville.mcleanlivablecommunity](http://www.fairfax.gov/dranesville.mcleanlivablecommunity).

### Countywide Crime Prevention.

10:30 a.m.-3:30 p.m. Reston Association, 12001 Sunrise Valley Drive, Reston. Seminars and tips, training sessions, and a variety of police equipment displays, including vehicles, robots and more. A moon bounce, McGruff the Crime Dog and officers will be on hand. [www.fairfaxcounty.gov/police](http://www.fairfaxcounty.gov/police).

### Martin Luther King, Jr. Cultural Foundation Outstanding Educator Luncheon.

11 a.m. Hilton McLean Tyson's Corner, 7920 Jones Branch Drive, McLean. Matice Wright, Principal Director, Manufacturing and Industrial Base Policy at the

Department of Defense, will be the Keynote Speaker. Silent auction and a performance of the South Lakes High School Chamber Singers. Purchase tickets at [www.mlkulturalfoundation.org/events.htm](http://www.mlkulturalfoundation.org/events.htm).

### TUESDAY/OCT. 18

**The McLean Branch of the American Association of University Women.** 7 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Dr. Shirley Kenny, retired President of Stony Brook University, will focus on the gains for women in higher education, including their increased presence in administration. 703-536-6498 or [www.mcleanaauw.org](http://www.mcleanaauw.org).



**The GRREAT Golden Retriever Rescue Charity 3K Walk** will begin registration on **Saturday, Oct. 29 at 9:30 a.m.**, with the walk beginning at **10 a.m. from Weber's Pet Supermarket, 11201 Lee Highway, Fairfax.** A portion of the proceeds of every dog's photo taken by **Jim Poor Photography** will benefit **Golden Retriever Rescue Education and Training Incorporated**, a not-for-profit dedicated to finding homes for unwanted, stray, and abandoned Golden Retrievers. **\$20 per human walker. Register online at [www.great.org/walk](http://www.great.org/walk). Includes event t-shirt, refreshments, dog treats and door prizes. [events@great.org](mailto:events@great.org).**

**\*Wine Tasting and Festival.** 10 a.m.-5:30 p.m. Free general admission. \$40 per person/\$30 tax district residents for wine taster's wristband. Souvenir wine glass included. Wine seminars are priced separately and advance registration is required.

**\*Wine-and-Dine-Around.** 5-10:30 p.m. \$85 per person/\$75 tax district

residents; advance registration is required. Registrants must be 21 years or older.

**\*Celebrity Presentations in the Alden.** Alton Brown at 1:30-2:30 p.m. and 3:30-4:30 p.m., Chef Bob Kinkead: 11 a.m.-12 p.m. Alton Brown tickets \$57/\$37 MCC district

SEE ENTERTAINMENT, PAGE 17

# ENTERTAINMENT

FROM PAGE 16

residents; Bob Kinkead tickets \$34/  
\$24 MCC district residents.

### 18th Century Autumn Market Fair.

11 a.m.-4:30 p.m. Claude Moore Colonial Farm at Turkey Run, 6310 Georgetown Pike, McLean. Learn to dip a candle or turn a piece of wood on the carpenter's lathe. Watch a puppet show or make a corn husk doll. See colonial farm family and community members in costume and character as well as turkeys, pigs and other farm animals. Period food and traditional beverages and wares available for purchase. \$6 adults, \$3 children and seniors. 703-442-7557.

### Kids Show: Robbie Schaefer,

**Songs For Kids Like Us.** 10:30 a.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

### Comedian Wanda Sykes.

8 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. \$35-\$45, available online at www.ticketmaster.com or 703-573-SEAT. www.wandasykes.com or www.patriotcenter.com.

### Merrifield Fall Festival.

11 a.m.-4 p.m. Luther Jackson Middle School, 3020 Gallows Road, Falls Church. Food, carnival rides, a fire truck train, face painting, rockwall climb, pumpkin painting, shopping, handmade crafts, and live entertainment. Free admission.

### FOHA Variety Sale.

10 a.m.-5 p.m. Vienna Community Center, 120 Cherry St. S.E., Vienna. Antiques, jewelry, silver, crystal and china, handbags, art, small furniture and appliances, glassware and cookware, craft and holiday items, toys, books, DVD's, CD's, linens, pet boutique and more. Proceeds benefit the Friends of Homeless Animals, a no-kill shelter. 703-765-2475 or www.foha.org.

**Vale Fair.** 12-4 p.m. Vale Schoolhouse, 3124 Foxmill Road, Oakton. Farmers market, artisans, food, agmes, Haunted Woods and more. At 1 p.m. there will be a brief ceremony recognizing the listing of Vale Schoolhouse on the National Register of Historic Places. Free admission. 703-716-1955.

**Rummage Sale.** 8 a.m.-1 p.m. The Church of the Good Shepherd, 2351 Hunter Mill Rd., Vienna. Proceeds support local and national charities, including Facets Hot Meals and Stop Hunger Now. www.GoodShepherdVA.com.

**English Country Dance.** 7:30 p.m. St. Francis Episcopal Church Parish Hall, 9220 Georgetown Pike, Great Falls. All dances are called, as in square dancing, to live music. Dances are taught, new dancers welcome. No partner required. \$10 admission. TheLeesburgAssembly.org or 703-757-8648

**"Auntie Mame."** 7:30 p.m. James Lee Community Center Theater, 2855 Annandale Road, Fall Church. An eccentric aunt introduces her nephew to a life of madcap parties, silly escapades and more. \$128 adults, \$15 students and seniors. www.providenceplayers.org or 703-425-6782.

**Movie Day at the Library.** 1 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Call for title. Free. Adults. 703-790-8088, TTY: 711.

**Getting to Know the Shepherd Center.** 10 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Information about services, light refreshments. Adults. 703-242-4020, TTY: 711.

**Chaise Lounge.** 7:30 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. A local jazz collective. \$20.

www.wolftrap.org.  
**Fall Photographers' Field Day.** 7 a.m.-7:30 p.m. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Group photo opportunities or take pictures on your own. The Gardens \$5 admission fee; some activities have additional fees associated. www.nvrpa.org.

**Family Fun Literacy Day.** 12-3 p.m. Whole Foods Market, 143 Maple Ave. East, Vienna. Characters from PBS Kids "Super Why" TV show, literacy related activities, hands-on activities and a treasure hunt throughout the store with prizes for the first 200 children. 703-242-5680 or www.playwithwords.

### SUNDAY/OCT. 16

**18th Century Autumn Market Fair.** 11 a.m.-4:30 p.m. Claude Moore Colonial Farm at Turkey Run, 6310 Georgetown Pike, McLean. Learn to dip a candle or turn a piece of wood on the carpenter's lathe. Watch a puppet show or make a corn husk doll. See colonial farm family and community members in costume and character as well as turkeys, pigs and other farm animals. Period food and traditional beverages and wares available for purchase. \$6 adults, \$3 children and seniors. 703-442-7557.

**Paul and Storm.** 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

**"Auntie Mame."** 2 p.m. James Lee Community Center Theater, 2855 Annandale Road, Fall Church. An eccentric aunt introduces her nephew to a life of madcap parties, silly escapades and more. \$128 adults, \$15 students and seniors. www.providenceplayers.org or 703-425-6782.

# 21ST ANNIVERSARY

**Saturday,  
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**11 a.m.-4 p.m.**

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10:25 a.m. Sunday school/Music: grades 3 - 12  
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Vienna Assembly of God ... 703-938-7736  
Washington Christian Church...703-938-7720  
Cristo Es Mi Refugio...703-938-7727

#### Baha'i

Baha'i Faith for Northern Virginia ... 703-821-3345

#### Baptist

Global Mission Church ... 703-757-0877  
Peace Baptist Church ... 703-560-8462  
Bethel Primitive Baptist Church  
... 703-757-8134  
Cartersville Baptist Church ... 703-255-7075

Fellowship Baptist Church ... 703-385-8516  
First Baptist Church ... 703-938-8525  
The Light Mission Church ... 703-757-0877  
Vienna Baptist Church ... 703-281-4400  
New Union Baptist Church... 703-281-2556

#### Buddhist

Vajrayogini Buddhist Center... 202-331-2122  
**Church of the Brethern**  
Oakton Church of the Brethern ... 703-281-4411

#### Catholic

Our Lady of Good Counsel ... 703-938-2828  
St. Athanasius Catholic Church ... 703-759-4555  
St. Mark's Catholic Church ... 703-281-9100

#### Charismatic

Christian Assembly ... 703-698-9777

#### Church of Christ

Berea Church of Christ ... 703-893-7040

#### Disciples of Christ

Antioch Christian Church ... 703-938-6753

#### Episcopal

Church of the Holy Comforter ... 703-938-6521  
Church of the Holy Cross ... 703-698-6991  
St. Francis Episcopal ... 703-759-2082

#### Jehovah's Witness

Jehovah's Witnesses ... 703-759-1579

#### Lutheran

Emmanuel Lutheran Church...703-938-2119

Christ The King Lutheran Church...703-759-6068

St. Athanasius Lutheran Church...703-455-4003

#### Methodist

Andrew Chapel United Methodist ... 703-759-3509  
Church of the Good Shepherd ... 703-281-3987  
The Vine Methodist Church ... 571-434-9680  
Epiphany United Methodist ...  
703-938-3494

Great Falls United Methodist... 703-759-3705  
Oakton United Methodist ... 703-938-1233  
Vale United Methodist ... 703-620-2594  
Smith Chapel United Methodist ... 571-434-9680  
Wesley United Methodist ... 703-938-8700

#### Non-Denominational

Christian Assembly Church ... 703-698-9777

#### Presbyterian

Grace Orthodox Presbyterian Church  
...703-560-6336  
Korean Central Presbyterian ... 703-698-5577  
Vienna Presbyterian ... 703-938-9050

#### Quaker

Langley Hills Friends...703-442-8394  
**Seventh-Day Adventist**  
Northern Virginia Christian Fellowship ... 703-242-9001  
Vienna Seventh Day Adventists ... 703-938-8383

#### Unitarian Universalist

Congregation of Fairfax ... 703-281-4230

#### Unity

Unity of Fairfax ... 703-281-1767



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Fri, Nov 4	Science, 12:15 – 1 pm	Fri, Dec 2	Art, 12:15 – 1 pm
Fri, Nov 11	Library Story Time, 12:15 – 1 pm	RSVP: Bethany Baker • bbaker@w-e-s.org	

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**General Open Houses:**  
Wed, Oct 19 9:00 am  
Fri, Nov 11 9:00 am

## CAMPS & SCHOOLS

**Jonathan Lee Day, a senior student at Langley High School, with the Dean of the Harvard School of Dental Medicine, Dr. Bruce Donoff.**



### Langley High School Senior Participates in Health Summit

Jonathan Lee Day, a senior at Langley High School, participated in the United Nations Summit on Non Communicable Diseases, Sept. 19-20 in New York. He took part in the event “Putting Teeth into NCDs” sponsored by the Government of the United Republic of Tanzania, and cosponsored by the Governments of Australia and Sweden.

Support was also provided by Miracle Corners of the World, the New York University College of Dentistry, the Pan American Health

Organization (PAHO), World Dental Federation, the World Health Organization (WHO), the American Dental Association (ADA) among the many partners.

Day had the opportunity to meet individually with: former Prime Minister of New Zealand Helen Clark; CNN News Anchor, Ali Velshi; Assistant Director of the Pan American Health Organization/World Health Organization, Dr. Socorro Gross; Dean of the Harvard School of Dental Medicine, Dr. Bruce Donoff; Director of

the International Institute for Society and Health, Minister for Health and Ageing, Government of Australia, Honorable Nicola Roxon; and the Secretary of State for Health and Social Affairs of the Government of Sweden, Karin Johansson.

Day has volunteered for various years at the World Health Organization/Pan American Health Organization, and will be applying this fall to college and hopes to continue his studies in premed/inter-national health.

PLEASE JOIN US

**Open House**

October 23  
12:00 p.m. to 2:30 p.m.



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**Light refreshments will be served**

**703-795-6943 • www.safecommunitycoalition.net**

### Best Friends to Play Division I Lacrosse

Ellie Glasgow, 17, of Great Falls, a senior at Langley High School has provided her verbal commitment to play Division I lacrosse for George Washington University.

Courtney Cross, 17, of Great Falls, a senior at Bishop O’Connell High School, has provided her verbal commitment to play Division I lacrosse for Villanova University.

Ellie and Courtney are best friends and have been playing lacrosse since they were 6 years old. They both played for Great Falls Lacrosse and Capital Girls Lacrosse Club. In addition they now help coach Great Falls Girls Lacrosse.



**Courtney Cross and Ellie Glasgow**

# Go Ape at Riverbend Debated

FROM PAGE 10

Wilson says both the Friends and the Park Authority had been looking at ways to bring some kind of ropes course to Riverbend for the past 10 years, but were previously unable to find funding for it.

"There are no trees removed or damaged, and the course can be gone in an instant the second we decide it's unacceptable, and there will not be any lasting damage once it's gone," she said.

Robin Rentsch, co-chair of the GFCA environment committee, also said she supported the addition of the course.

"This is our neighborhood park. I've pulled invasive plants, helped maintain the trails and fought for its survival when we thought it was going to close," she said. "It's hard for natural resources parks to pay their way, and Go Ape will provide a much needed revenue stream."

Bill Waugh, president of the nearby Eaton Park Homeowner's Association, is one of many locals who "vehemently" oppose the addition of the course. He says the course contradicts the Natural Resource Management Plan and the mission statement of the park.

"Go Ape is completely inconsistent with protecting this valuable resource and with



PHOTO BY ALEX McVEIGH/THE CONNECTION

Go Ape co-owner Dan D'Agostino.

the intended use of Riverbend Park," he said. "Go Ape wants to make signs that are in a commercial style, not residential, and the Park Authority has said that's ok. If we're putting up signs, I'd rather they be about local deer or birds, not trying to sell ham-

burgers, hot dogs or T-shirts."

Waugh also cited traffic concerns, saying that Jeffery Road, which leads to Riverbend is congested enough on a normal weekend day with regular park traffic.

"The line of cars on Jeffery Road waiting to enter the park is overwhelming on what is meant to be a small, secondary road," he said. "At current usage rates, Jeffery Road is insufficient even without Go Ape. It's a hazard for kids, walkers, but we put up with it because people are going to enjoy a natural resource, not a commercial venture."

D'Agostino says that Go Ape visitors average about three per car, and 14 people enter the course every half hour. Since the course takes two to three hours to finish, D'Agostino estimates that only 10-14 spaces will be in use at a given time.

**THERE IS CURRENTLY** a Go Ape course at Rock Creek Regional Park in Rockville, Md., and D'Agostino said they encountered similar concerns from neighbors. The course at Rock Creek is about 100 yards from the closest residences, while the proposed Riverbend course would be about 700 yards from the closest residences.

Richard Parsons, who lives in Derwood, Md. in the residences near the Rock Creek Park said since the park opened in May

2010, they "have noticed no change in the level of traffic coming into or out of the park where it's located."

Dennis Desantis, who lives on Jeffery Road, says he is not in support of the course.

"I think it looks like a fun thing to do, but not at Riverbend," he said. "You look at their proposal, and there's all those buzzwords like 'anti-obesity,' 'job creating' and 'help local business' but this is supposed to be a nature preserve."

Phil Ross, who also lives on Jeffery Road, says he is "offended by the thought of a commercial operation at Riverbend Park."

Waugh and others also decried the process by which the course was approved, without notifying the neighbors.

"I think Fairfax County has done a poor job with transparency here," Waugh said. "Outreach isn't 'we go out and tell you what we're going to do,' it's 'we go and tell people that we'll tell them what we want to do.'"

Judith Pedersen, public information officer for the Park Authority said that Go Ape is a program and not a new facility.

D'Agostino says that if the course is allowed, they would like to be up and running by Spring 2012. He said the course takes about 4-6 weeks to build.

More information can be found at [www.goape.com/new-course](http://www.goape.com/new-course).

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# Highlander Cross Country Gearing For Districts

**McLean girls  
give promising  
showing at  
Octoberfest meet.**

BY RICH SANDERS  
THE CONNECTION

**T**he McLean High girls' cross country team continued what has been a successful season thus far with a top notch showing at the recent Octoberfest Invitational, held on Oct. 1 at Great Meadows course in The Plains.

There, the Highlander girls, competing against some of the better teams across the state, finished an impressive seventh place among a field of 22 teams in the varsity 'A' girls' race.

McLean earned its seventh place with 195 points. The top four team finishers were first place non-Northern Region area teams Morgantown, W.V. (first place), Blacksburg (2nd place), third place Jefferson Forest (Region III), and fourth place Ocean Lakes (Virginia Beach). Fellow Northern Region rivals Madison (175) and T.C. Williams (185) finished just in front of the Highlanders with fifth and sixth place finishes, respectively.

Meanwhile, the McLean boys, in the varsity 'A' race, finished 17th place overall among 29 teams. Other fellow Northern Region teams in that race included W.T. Woodson (8th place), Madison (13th), T.C. Williams (16th), and Marshall (28th).

The Highlander boys, who finished last at the eight-team district championships last year, will look to improve on that standing at the upcoming postseason district championship meet on Oct. 27 at Burke Lake Park.

Jason Simoni, the McLean head coach, has been impressed with the way in which both his boys' and girls' teams have prepared for and competed this fall season.

"The McLean cross country teams have been working harder this season than any other team that I have coached," said Simoni. "During our workouts they constantly push the pace and number of [running] sets that I schedule for them. I am very pleased with their progress athletically as well as how they have gelled as a

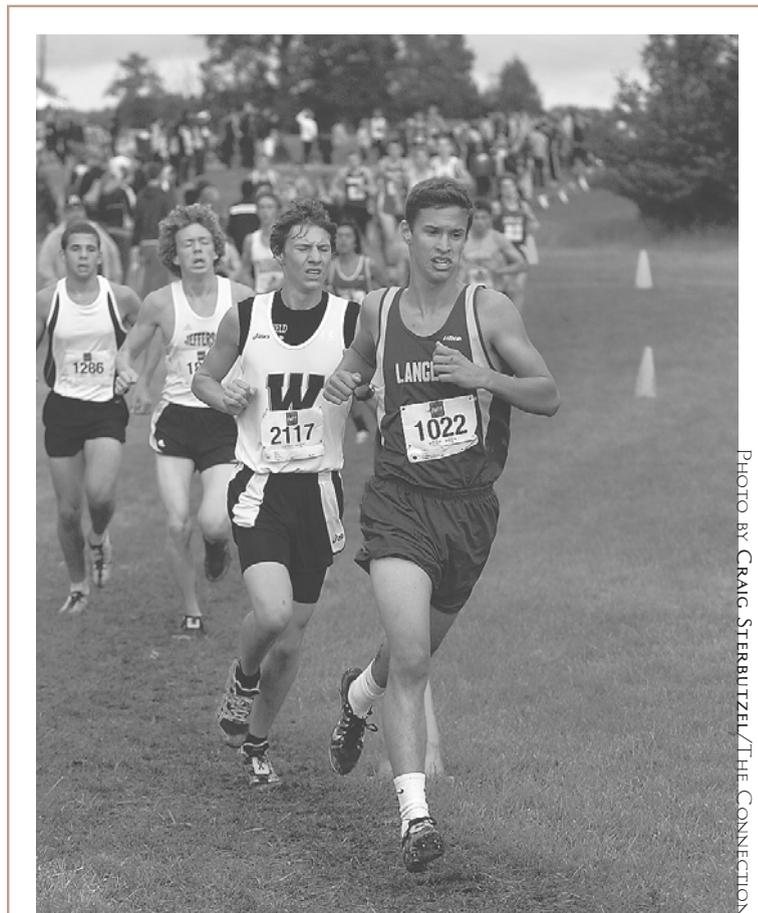


PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

## Saxons Head for District Championships

**Langley's Steven Swayne competes in the varsity seeded boys' race at the Glory Days Invitational. The Saxons, both the boys' and girls' teams, are preparing for the upcoming Liberty District Championships, set for Oct. 27 at Burke Lake Park.**

team."

The McLean girls, a year ago, finished fourth place at the district championships and qualified for the Northern Regionals. The Highlander girls are enjoying another solid season and had a good day with their seventh place finish at Octoberfest in the girls' 'A' race. There, the team's top finisher, among a field of 164 runners, was junior Hannah Dimmick, who earned a top 15 medal with a 14th place overall finish. McLean's other runners who contributed to the good team showing were junior Madalyn Harper (25th place), sophomore Megan McCormack (31st), junior Katie Montgomery (59th), junior Nancy Eveleigh (66th), and sophomore Anna Buser (86th).

"The girls' team has done well all season," said Simoni. "They also face an increasingly competitive group of Liberty District runners and hope to make it to the regional meet as a team. We were very pleased with our fourth place finish [at districts] last year and

hope that we can improve on that."

Two of the district's top girls' teams that McLean and others will have to go up against at districts are Madison and Thomas Jefferson High.

"They both have a ton of depth and talent and we are looking forward to seeing how we stack up against them at the district meet," said Simoni.

**MCLEAN'S TOP BOYS'** finisher in the varsity 'A' race at the Octoberfest was senior Jason Richards, who was 32nd place overall among 232 runners. The Highlanders' next two finishers were juniors Lewis Millholland (73rd place) and Bikal Paudel (86th).

Looking ahead to the postseason, Simoni would love to see his Highlander boys improve on last year's district showing.

"The boys' team is going to face some tough competition at the Liberty District race," he said. "Our team goal is to finish better than

## SPORTS ROUNDUPS

**Langley High** captured the Northern Region golf championship last week with a winning score of 605. The Saxons finished ahead of second place Chantilly (617). The postseason event took place Oct. 3-4 at Twin Lakes Golf Club. Both the Saxons and Chargers, by finishing first and second, respectively, qualified for this week's Virginia State AAA Championships.

Langley's top scorers at regionals were: Will Byrne (148), Matt DiSalvo (151), Chris Brugge (152), Edric Wung (158), Derrick Paxton (163), and Chad Deese (176).

Chantilly's top scorers were: Steve Aanstoos (151), Juhee Bae (152), Mike Gagne (156), Jack Dargle (162), Tim Harwick (162), and Mike Sciorra (163).

The following were the top regional individual finishers and medalist winners: Chris Brugge (148) of Langley; Tyler Spears (150) of Lee High; Keon Ho Song (151) of Centreville High; Steve Aanstoos (151) of Chantilly; and Edric Wung (151) of Langley.

The following were the individual state tournament qualifiers — not including members of the top two region team finishers (Langley and Chantilly): Tyler Spears of Lee; Keon Ho Song of Centreville; Julie Luo of Thomas Jefferson; Matt Ashley of Stone Bridge; Joel Choi of Madison; and Patrick Milkler of Herndon.

**Reston National Golf Course** will host a 'Rally for the Cure' tournament on Thursday, Oct. 27 to benefit the Susan G. Komen Breast Cancer Foundation. The four-person scramble will begin at 9 a.m. and will include greens and cart fees, putting contest, lunch, and prizes. Entry is \$85 per player with proceeds going to the foundation. Sponsorship opportunities are also available.

"Reston National is proud to partner with the Susan G. Komen Breast Cancer Foundation to raise funds which can help eradicate this tragic disease," said Mark Wesolek, General Manager of Reston National. "Increasing awareness and education is critical."

For more information, or to register for the tournament, go to [www.restonnationalgc.com](http://www.restonnationalgc.com), or call 703-620-9333.

**Local figure skaters**, including several from Northern Virginia, will be showcasing their abilities in preparation for the South Atlantic Regional Championships. The skaters will perform programs full of jumps, spins and dance moves in a send-off exhibition on Sunday, Oct. 9, from 2 p.m. to 6 p.m., at the Rockville Ice Arena. There is no admission charge and the public is encouraged to come and support these skaters. A few of the skaters participating in the send-off are: Armin Mabahnzadeh (Great Falls); Oleksiy Melnyk (Reston); Kathryn 'Kit' Albaugh (Arlington); Taylor Hoover (Ashburn); Brianna Laxson (Ashburn); Elise Romola (Ashburn); and Madison Vinci (Ashburn).

**The Northern Virginia Senior Olympics (NVSO)**, held in late September, drew more than 620 participants. The events were held over a 10-day period with more than 40 events at 18 different venues.

"Our new events, cycling, badminton and volleyball, were big successes," said Betsy Bailey, NVSO chairman. "We had three women's volleyball teams and nearly 40 cyclists, all of who competed at venues in Fauquier County, NVSO's newest jurisdictional sponsor."

During the events, nine seniors over 90 years of age won gold medals, including Cora Parsons (Ashburn) and Trong Trongtonil (Alexandria) in eight ball pool; Carla Convery (Alexandria) in frisbee throw and mini javelin; Chester Myslicki (McLean) in freestyle swimming; Ray Kaminski (Springfield) in Wii bowling; and Mike Lowe (Springfield) in standing long jump. A gold medal in the 80-89 age range went to the Heatherwood Hotties line dancing team from the Heatherwood Retirement Community in Burke. For more information about NVSO or to volunteer, call 703-228-4721 or check the website at [www.nvso.us](http://www.nvso.us).

last year. I am confident that the combination of talent and the dedication that they have put in this year should help them achieve this goal."

In the JV underclassmen races at Octoberfest, the McLean boys finished in 12th place overall among 34 teams and the McLean

girls were 14th of 18 teams. The McLean boys' top finishers were freshmen David Russell (12th place) and Corey Blodgett (41st), and sophomore Karim Doumar (46th). The top McLean girls' finishers were sophomore Addison Lloyd (29th) and freshman Ju Hee Baek (47th).

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Mary Marshall Residence in Arlington will be opening in late October. This new Assisted Living property will house 52 seniors. We are seeking applications for the following positions:  
• Housekeepers full & part time – must have an acceptable driving record  
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• Certified Nursing Asst  
If you are interested in any of these positions please send your resumes to [wkohler@voa.org](mailto:wkohler@voa.org). Resumes will be accepted until October 14th 2011

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**-Elizabeth Barret Browing**

**21 Announcements 21 Announcements 21 Announcements**

**NOTICE OF WATER RATE PUBLIC HEARING**

At 6:30 p.m. on Thursday, December 15, 2011, Fairfax Water will conduct a public hearing on its proposed Schedule of Rates, Fees and Charges. The hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA.

The proposed changes, to be effective April 1, 2012, include the following:

1. An increase in the Availability Charge from \$3,600 to \$3,700†.
2. An increase in the Local Facilities Charge from \$8,500 to \$9,000.
3. An increase in the Account Charge from \$32 to \$33.
4. An increase in the base Commodity Charge from \$2.04 to \$2.16 per 1,000 gallons of water.
5. An increase in the Peak Use Charge from \$2.95 to \$3.20 per 1,000 gallons of water.
6. An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the increase in the Commodity Charge and Peak Use Charge.

A copy of the proposed changes can be viewed on our Web site at <http://www.fairfaxwater.org/rates/index.htm>. Those wishing to speak at this hearing or desiring a copy of the proposed changes should call Ms. Eva Catlin at 703-289-6017. Interested parties may submit written comments to [PublicHearingComments@fairfaxwater.org](mailto:PublicHearingComments@fairfaxwater.org) or mail written comments to:

**Fairfax Water**  
Public Hearing Comments  
8570 Executive Park Avenue  
Fairfax, VA 22031

All written comments must be received by close of business on Wednesday, December 14, 2011 to be included in the record of the public hearing.

†Charges reflect fees associated with a standard 5/8" residential meter. Changes in charges for larger residential and commercial meters are reflected in the Proposed Schedule of Rates, Fees, and Charges.

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## An Even Newer Normal

By KENNETH B. LOURIE



The blip-hopefully-not-splat I wrote about last week: lab tests which reveal/maybe even indicate problems that might cause cancer patients (like me) on presumably life-sustaining drugs to consider modifying and/or stopping their treatment altogether, has become the bane of my existence; it's what I live for, if you know what I mean? The problem is, I rarely know/feel anything different until I'm told (the lab results) that something is in fact different. The prudent course of action which usually follows presents a dilemma: do I continue treating the underlying problem (my stage IV lung cancer) if that treatment is harming/compromising other not-directly-related-to organs or do I stop? The medical version of the ever-unpopular, collateral damage.

Thirty months post diagnosis, and thirty-months-plus-one-week when I started chemotherapy (my oncologist's recommendation was not to wait), I am now mindful of, and beginning to seriously worry about, whether my body will allow me to continue the treatment which so far seems to be keeping me alive; the medical vernacular is "tolerate." Diagnosis-to-date, I have been extremely fortunate that my body has "tolerated" the treatment very well, and rarely has any prescribed treatment/schedule been adjusted because of any adverse – but not totally expected, reaction.

Now however, I fear I'll likely be in the adverse-reaction game. A game that I anticipate won't be much fun, but as long as I'm still able to play, I will be grateful. Moreover, the longer I live and the longer I remain on chemotherapy (which diagnosis-to date, I have now become one of my oncologist's longest-living-on-Avastin patients), the greater the chances/likelihood that I'll have more complications. Complications which, amazingly enough, I've not experienced before and which, going forward, have not been studied. Anticipated, maybe? Solvable? Probably not, but possibly manageable. As my oncologist has told me, we're sort of in uncharted territory here. What levels I'm exhibiting may be permanent, and/or may be characteristic of a terminal patient's decline. It's somewhat of a guess, educated, but still a guess. Ergo, my "new normal." Alive and kicking, but what's keeping me alive may very well be what's kicking my butt. Stopping is not an option – in my mind. But in my body, stopping may be the prudent and life-saving – for the moment, course of inaction. However, stopping what treatment I'm currently receiving doesn't seem like a very proactive pursuit. I don't imagine the cancer is going to heal itself. I believe in truth, justice and the American Way but I'm not Superman. I'm average-man, and I don't presume to have any super powers or unique answers – or clues even, to preventing the growth and spread of the tumors already in my lungs. Though I have made a number of changes to my diet and lifestyle since I was diagnosed, I still can't see eliminating medical treatment has part of my future, unless the treatment is doing more harm than good. Is that what these most recent lab results are beginning to indicate?

Whatever tests, lab work, etc., I may have taken for granted previously because the results were usually within reasonably normal parameters might now be changing – for the worse. Certainly I don't know anything definitively, yet (if ever), and future tests could return to normal, and these most recent results may very well just be a blip. Nevertheless, as I consider the past few weeks of stops and starts and re-tests/follow-ups, I can't help but get the feeling that I may be seeing the future – in the present.

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

## NEWS

# Great Falls Celebrates Art

FROM PAGE 3

Studios, a network of local artists that organizes the event. "It turns out that our community was home to talented, creative people working in many media. Grass-roots networking helped us find each other. Today, there are more than 100 artists in our group, representing more than 1.5 percent of the households in Great Falls, and they include some of the finest talents in the D.C. area."

**VISITORS TO THE TOUR** navigate from studio to studio with the help of maps provided by the organizers. You can pick up a free map on tour days at any of 29 venues marked by directional signs. They include the Great Falls Library and the Great Falls United Methodist Church. Alternatively, you can download a map from the organization's website: [www.GreatFallsStudios.com](http://www.GreatFallsStudios.com). While there, you can also register to win one of twenty \$50 gift certificates, called "Art Bucks," or view samples of the work of participating artists and others in the Great Falls group. The tour will be held rain or shine. It opens at 10 a.m. each day, closing at 5 p.m.

Artists on the tour work in many media, and visitors can get a sense of how their workplaces contribute to the creative process. Participants this year consist of a weaver, a printmaker, four potters, a wood carver, two sculptors, two quilters, three mixed-media artists, three jewelry designers, a layered-paper artist, 20 painters and 10 photographers or digital artists. Many display their work at leading galleries and exhibitions on the East Coast, but their studio "habitats" provide special insight into the nature of their artistic expression. For those interested in purchasing art, the organizers suggest bringing a checkbook, since some artists do not have credit card capability.

For the first year, the tour will be backed by a corporate sponsor, Sun Design, a home remodeling company. The firm is simultaneously conducting its own tour to show off two Great Falls homes that it has recently remodeled. Visitors can also have lunch or dinner at four participating local restaurants as part of the tour. Locations of the restaurants and Sun Design venues are also on the tour map.

**IN RECOGNITION** of the importance of

# Artist Shows Off Her Handywork

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outbuildings or in big contemporary houses. But each studio and each artist has something special to say about the creative process, including how artists get their ideas. And each studio is fun to visit.

**THE TOUR STARTS** at 10 a.m. on Satur-



PHOTO BY DON FOWLER

**Surrounded by a forest of lenses, photographer Dean Souleles prepares for visitors to his home-based studio. One of a number of newcomers on the tour this year, Souleles shoots people and places. During the tour, he'll be giving tips on photography.**



PHOTO BY MIKE McDERMOTT

**Looking into a mirror to see the backside of a pot she is throwing on her potter's wheel, Barbara Gatterdam takes visitors into the nitty gritty of her pottery studio. She is one of four potters on the tour. Other artists on the tour work in more than a dozen art mediums.**

the Tour as it contributes to the arts in Virginia, the event is also endorsed by five supporting organizations. They are the Virginia Commission for the Arts, Arts Council of Fairfax County, Virginia Tourism Corporation, Fairfax County Chamber of Commerce and Great Falls Foundation for the Arts. Further financial support is provided by local businesses.

"The tour is family friendly and helps visitors understand how artists work and create," says potter Nichols. "Chatting with the artists is one of the highlights, as is seeing their studios in an unusual community that has become increasingly artful. There's little like it in the D.C. area, and we welcome visitors to help us celebrate creativity. It's free, it's educational, and it's fun."

day and Sunday and finishes at 5 p.m. Visitors can pick up a map at the library or at Great Falls United Methodist church, both venues on the tour, or at any of 27 other studios, most based in an artist's home. For a preview of the participating artists, as well as other artists in Great Falls, visit [www.GreatFallsStudios.com](http://www.GreatFallsStudios.com).

As for Grisdela, her work has been dis-

played in national quilting venues from New York to California and she is now represented by the Chasen Galleries in Richmond. However, she concedes, there's nothing quite like showing off your creative output in your own home, where you can share secrets of the creative process over a cup of tea simmered on your own stove.



# Jan & Dan

www.GreatFallsGreatHomes.com



McLean \$2,595,000



Great Falls \$1,399,000



McLean \$7,950,000



Great Falls \$1,399,000



Great Falls \$3,500,000



Great Falls \$1,189,000



Great Falls \$975,000



Great Falls \$15,000,000



Great Falls \$1,450,000



McLean \$1,125,000



Ashburn \$485,000



Great Falls \$899,000



McLean \$1,499,999



Ashburn \$620,000



Herndon \$1,395,000



Susan Canis  
Buyer Agent



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



Anne Morrow  
Buyer Agent

