

Storms Leave 2 Dead, Power Out

NEWS, PAGE 3

Vienna Police PIO Retires

NEWS, PAGE 4

**Vienna Police Department
Public Information Officer
Bill Murray hands over the
SUV and the police reports
to fellow officer MPO Gary
Lose on July 1. Murray
retired from his position on
June 30 and Lose takes over
the position of VPD PIO.**

Summer Stories, Song And Sprinklers Kick Off

NEWS, PAGE 8

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OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 8 ♦ SPORTS, PAGE 12 ♦ CLASSIFIEDS, PAGE 14

PHOTO BY DONNA MANZ/THE CONNECTION

Enjoy the Atmosphere and Great Food Open for Breakfast, Lunch and Dinner

Stop in for Breakfast this Summer M-F 7-11 a.m.

Breakfast

- *One Egg, Home Fries and Toast
Choice of Sausage, Scrapple, Bacon or Ham
- *Two Eggs, Home Fries and Toast
Choice of Sausage, Scrapple, Bacon or Ham
- *Three Eggs, Home Fries and Toast
Choice of Sausage, Scrapple, Bacon or Ham
- *Egg Beaters, Home Fries and Toast
- *Country Ham and Two Eggs, Home Fries and Toast
- *Tenderloin Steak and Two Eggs, Home Fries and Toast
- Cream Chipped Beef on Toast or Home Fries
- *Salami and Two Eggs Scrambled, Home Fries and Toast
- Fat French Toast
- Hotcakes (made the old-fashioned way)
- Chocolate Chip Hotcakes
(Sorry- No poached eggs)

Sandwiches

- *Egg on Toast with Cheese
Choice of Sausage, Scrapple, Bacon or Ham.
- Steak & Egg Sandwich with Provolone
(Sorry- No special orders)

Beverages

Apple, V8, Cranberry, Grapefruit, Orange Juice
Hot Tea, Hot Chocolate and Coffee

Our high mountain blend, hazelnut and decaffeinated coffees are freshly ground.

Breakfast Served
Monday - Friday
7am - 11am
Saturday: 7am - Noon
Sunday: 9am - Noon

All menu items available for Carry-Out
T: 703-938-9548 F: 703-938-9546
Visit our website at www.viennainn.com

Omelettes

Our omelettes are made with two large Grade A eggs and are with home fries and toast.

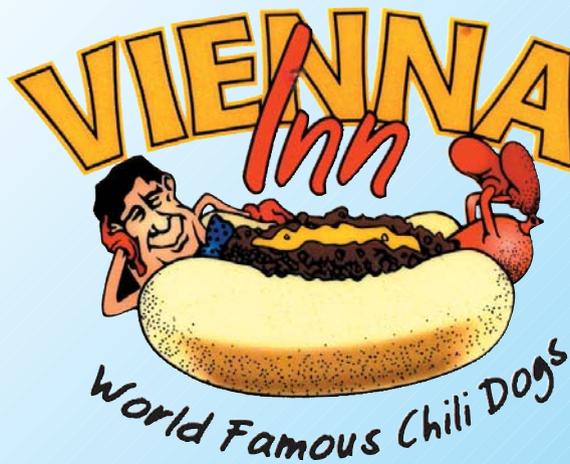
- Cheese Omelette
Choice of American, Cheddar, Jack, Provolone or Alpine Lace Swiss.
- Ham and Cheese Omelette
- Tex Mex Omelette
With cheddar cheese and salsa.
- Western Omelette
With peppers, onions, and ham, add cheese (extra)
- Veggie Omelette
With tomatoes, onions, peppers and cheese.

Side Orders

- *One Egg
- *Two Egg
- Toast
- Home Fries
- Bacon, Ham, Sausage or Scrapple
- Country Ham
- Grits

Danish

- Apple
- Cinnamon-Raisin
- Raspberry



Breakfast Served
Mon-Fri 7am - 11am
Sat: 7am - Noon
Sun: 9am - Noon

Appetizers

- Buffalo Chicken Wings
With carrots, celery, and bleu cheese dressing (Hot or Extra Hot).
- Boneless Wings
- Buffalo Shrimp
Battered shrimp with our wing sauce with carrots, celery and bleu cheese dressing.
- Fried Red Chili Peppers
With our habanero sauce.
- Fried Mozzarella Sticks
With marinara sauce.
- Fried Mushrooms
With ranch dressing.
- Fried Zucchini
With ranch dressing.
- Quesadillas
With Grilled Chicken Breast (extra)
- Nachos
Hummus with veggies and warm pita.
- Fresh Made Potato Chips
with bleu cheese dressing.

Chili (Sorry, No bean or veggie chili on dogs)

- Chili-Dog
Mustard, sliced onions and chili
- Chili-Cheese Dog
- Chili with Red Beans
Cheddar Cheese and diced onions.
- Vegetarian Chili
Made with five different Heribon beans and vegetables, with cheddar cheese and diced onions.
- Chili-Mac
Spaghetti topped with your choice of regular or vegetarian chili without beans, topped with cheddar cheese and diced onions.

Soup

- New England Clam Chowder
- Soup of the Day

Sides

- French Fries
- Cheese Fries
- Chili Cheese Fries
- Gravy Fries
- Beer-battered Onion Rings
- Potato Salad
- Cole Slaw
- Sweet Potato Fries

Entrée

- *Filet Mignon 5 oz. tenderloin with mashed potatoes and vegetables.
- *Fish of the Day
With rice and vegetables.

Salads

- Green Salad
Red leaf and romaine lettuce with fresh vegetables and choice of cheddar or feta cheese tossed in balsamic vinaigrette.
- Caesar Salad
Romaine, Parmesan cheese, croutons and Caesar dressing with Grilled Chicken Breast (extra).
- Taco Salad
In a crispy fried tortilla shell with sour cream, fresh-made salsa and your choice of chili topped with cheddar cheese.

Specialty Sandwiches

- *Chicken Fajita
Grilled chicken breast, peppers and onions wrapped in a red pepper flour tortilla with salsa and sour cream.
- *Blackened Tuna Sandwich
on a seeded roll with potato salad.
- Smoked Bratwurst
on a potato roll with sauerkraut and potato salad.
- *Hot Beef Brisket
An open sandwich of braised brisket of beef with mashed potatoes and gravy.
- Hot Roast Turkey
An open sandwich with mashed potatoes and gravy.
- Grilled Reuben
on rye bread with lean corned beef brisket, Swiss cheese, sauerkraut and Russian dressing.
- North Carolina BBQ
on a potato roll with fries.
- Hot Pastrami
on rye bread with provolone cheese and cole slaw.
- Beef BBQ Sandwich
Braised lean beef brisket simmered in barbecue sauce on a roll with cole slaw.
- *Steak and Provolone
Grilled Certified Angus Beef sirloin steak with onions on a hearty roll with lettuce and tomato.
- Italian Cold Cut Sub
Spicy capicola ham, salami, pepperoni and provolone cheese with lettuce, tomato, onions and Italian dressing.

Burgers

We serve only the finest 1/3 lb. Certified Angus Beef® chuck burgers with shredded lettuce, tomato, red onion and pickles.

- *Sliders with Fries
- *Hamburger
- *Cheeseburger - Choice of Swiss, Cheddar, Provolone or American Cheese
- *Chili-Cheeseburger
- *Bacon-Cheeseburger
- *Turkey Burger
Skillet turkey breast freshly ground blended with onions, garlic and spices, with potato salad.

Baskets

- Chicken Tenders
With honey mustard and french fries.
- Fried Honey Stung Chicken
With fries.
- Fried Clams
With slaw and fries.
- Fried Shrimp
With slaw and fries.
- Mahi Tacos
With slaw and fries.

Sandwiches

- Bacon, Lettuce and Tomato
- Grilled Cheese with Fries
- Grilled Chicken Breast
With lettuce and tomato.
- Mexican Chicken Sandwich
Grilled boneless skinless chicken breast with salsa and cheddar.
- Buffalo Chicken Sandwich
- Classic Turkey Club
- Tuna Salad Pita with Fries
Pita bread with lettuce and tomato using solid white albacore tuna.
- Tuna Melt with Fries
Tuna on a English muffin with tomatoes and Swiss cheese.
- Catfish Sandwich
Breaded farm raised catfish with slaw.
- Hot Ham and Swiss
Thinly sliced ham steamed with Alpine Lace Swiss cheese.
- Gardenburger Zesty Bean
A spicy black bean vegetable patty with lettuce and tomato.

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Tree crushes cars along Rt. 123 in Oakton. Storms uprooted mature trees, blew down limbs, brought down numerous power lines and also broke power poles.



PHOTO BY VICTORIA ROSS/
THE CONNECTION

Storms Leave 2 Dead, Power Out

At least two dead in Fairfax; 285,000 residents still without power after Friday night's hurricane force winds.

BY KEN MOORE
THE CONNECTION

Winds of more than 70 miles per hour swept through Fairfax County Friday night. Power went out as the storm blew into the area around 10:30 p.m. with hurricane force winds sounding like a freight train.

The sound made some residents think a tornado was upon them, and many took refuge in basements.

THERE WERE AT LEAST TWO DEATHS in Fairfax County, both in the West Springfield area.

A 27-year-old Burke man, Khiet Huyen, died when a tree fell directly on top of his car on Old Keene Mill Road near Bauer Drive, according to Fairfax Police. He was declared dead at the scene of the accident.

A 90-year-old West Springfield woman who was lying in bed died when a tree fell on her home on Carr Street at 11 p.m. Friday night. Another person in the home called 911 but was unable to reach the woman. Police and fire and rescue units responded to the home, but they needed a construction crane and specialized tree removal equipment to continue the recovery operation.

On Saturday early morning, 429,868 of Dominion Power's Northern Virginia 831,900 customers were without power. Among those affected was the Fairfax County emergency 911 service.

The Fairfax County emergency 911 phone system was down around noon Saturday, according to the Fairfax County Emergency Alert system. "Many other forms of communications to include cellular, land line and texting are intermittent. If you have an emergency, we ask that you go to your local police or fire station for assistance," according to Fairfax County officials.

Emergency 911 service was working by Sunday,



PHOTO BY ANNA REHMATULLA/
THE CONNECTION

One person was killed while driving at the intersection of Old Keene Mill Road and Bauer Drive in Springfield.

and police ask that residents call 911 only in a true emergency, and to call the Fairfax County non-emergency numbers, 703-691-7561 and 703-691-3680 to report less urgent public safety problems. These are not the numbers to call to report a power outage; call Dominion at 866-366-4357.

Many traffic signals are out throughout the region. In Fairfax County, 130 traffic signals were without power on Saturday, according to county officials, who remind drivers to treat any intersection with a dark signal as a four-way stop sign.

Residents who get their water from the Falls Church Water system in portions of Tysons, McLean, Vienna, Dunn Loring and Merrifield were advised to boil their water before drinking it. Multiple water pumping plants throughout the region were without power, leading to calls for water conservation.

It will take at least several days, possibly as long as a week, to restore power to most customers, Dominion power warned.

By Saturday night, there were about 340,000 Dominion customers in Northern Virginia still without power. By Sunday morning, that number was down to 285,000 households.

With temperatures predicted to be 100 degrees or greater, there were hyperthermia concerns about residents who are older or with disabilities.

STORMS UPROOTED mature trees, blew down limbs, brought down numerous power lines and also broke power poles.

Neighbors were urged to check on seniors and those with disabilities.

Call 911 for reports of "hot" or sparking electrical wires, especially those on roadways.

Call Dominion Power to report outages at 1-866-366-4357.



PHOTO BY VICTORIA ROSS/
THE CONNECTION

Two cars parked in a townhouse development on Route 123 in Oakton were smashed by a tree uprooted by high winds and lightning during a wave of violent storms that struck the area Friday, June 29.

Thousands Without Power In Vienna and Oakton

Violent storms down trees and power lines.

BY VICTORIA ROSS
THE CONNECTION

Downed trees and power lines kept crews working around the clock Sunday in Vienna and Oakton to restore electricity and clear roads of debris after a wave of violent storms barreled through the region Friday, June 29.

By Sunday, July 1, thousands of local residents were still without power, and Town of Vienna officials announced that Vienna Community Center will be open throughout the week for residents to cool off.

Several roads also remained closed due to downed power lines and trees, including:

- ❖ Ayr Hill between East Street and Beulah Road
- ❖ Frederick Street at Meadow Lane is closed
- ❖ Druid Hill Road at Beulah Road is closed

Officials also warned drivers on Sunday to avoid driving on parts of Moore Street, Orleans Circle and the 500 block of Mashie Drive because of low-hanging power lines.

Friday's storms struck with a swiftness and ferocity that surprised many local residents.

"I can't believe some of the damage," said Janice Dejard, who was taking photos of downed trees in her Oakton neighborhood on Saturday. "The storm caught us by surprise."

"It felt like I was in a horror movie," said Enisa Poskovic, 21,

an au pair who lives in Vienna's Cedar Run neighborhood.

Poskovic said she was leaving the Vienna Metro Station around 10 p.m. on Friday when hail started pelting her car.

"I couldn't see, and then one tree almost fell on the car when I was driving down Hunter Mill Road," Poskovic said. "I just wanted to get home, because cars were swerving all over the road, trying to avoid the trees and branches that were coming down...It was crazy."

Steve Whittaker, a parent volunteer with Vienna Boy Scout Troop 13, said about 40 boys were settling down for their last night of camping along the Rappahannock River Friday when high winds and thunderstorms struck the campsite. "Several of the boys didn't want to sleep in their tents because it was so hot," said Whittaker, who was with his 11-year-old son, Conrad, and other scouts from Oakton Elementary School. "They had moved their cots out of their tents when the wind and rain started. Of course they got drenched, but then the winds got under the tents, so tents were flying through the air and boys were all running around...It's pretty funny when I think about it now."

Whittaker said downed trees along Hunter Mill Road delayed the troops' homecoming on Saturday. "All the boys eventually made it home, but it was an adventure we didn't expect," he said.

Philip Anton was in Wisconsin when the storms hit his Hunter Mill Forest neighborhood, but he kept in touch with his neighbors by forwarding alerts from Fairfax County's Emergency Alert Network.



PHOTOS BY DONNA MANZ/THE CONNECTION



Vienna Police Department Public Information Officer Bill Murray speaks to reporters outside the Vienna Inn on July 26, 2008. A man with a vendetta stabbed a Vienna Inn kitchen worker earlier in the morning.

MPO Gary Lose (right) takes over as Public Information Officer on July 1. MPO Bill Murray retired from the Vienna Police Department, and his position as PIO, on June 30.

Memorable Moments in PIO Bill Murray's Weekly Highlights

Bill Murray refers to these as some of his "favorite summaries." Can you remember others?

- ❖ A citizen called to inquire as to why the Virginia DMV would mail her a set of "equals" signs for her license plates. A dispatcher informed her that if she turned the stickers 90 degrees they would probably be "11"s for 2011.
- ❖ Vienna Police were called regarding a civil dispute involving an all-you-can-eat steak promotion. The customer had been served a steak. He consumed it and wanted more. He was then told that it would take 30 minutes to cook. The customer felt this was a deceptive practice and simply a way to get him to eat off of the buffet instead of consuming more steak. The restaurant manager reduced the amount of the customer's check and banned him from the property. The still-hungry customer left without incident.
- ❖ A dog was found wandering aimlessly. The dog was captured by an officer but refused to provide any information so it had to be transported to the animal shelter.
- ❖ A woman reported that she and her husband are getting divorced. On one occasion both passed in the hallway. He bumped into her with his belly and told her to move out of his way.
- ❖ A resident reported that a squirrel was refusing to get off of the top of his truck tire. MPO Sheeran was able to convince the squirrel to leave the area. He did so without incident.
- ❖ A citizen arrived home to find her house sealed off with police tape. She called the police after becoming concerned. Further investigation determined that her husband had thrown her a surprise party with a CSI theme.
- ❖ A woman reported that her parents were asking her to leave their home and return to her apartment. (Her apartment does not have cable TV.) The adult daughter stated that she could not return to her apartment as she was unable to live without cable TV.

Vienna Police PIO Retires

Bill Murray looks back on 23 years with Vienna Police Department.

BY DONNA MANZ
THE CONNECTION

After 23 years with the Vienna Police Department, five of which were spent as Public Information Officer for the department, MPO Bill Murray is retiring from the police force, effective June 30. His weekly police highlights, charged with wit and quirkiness, attracted fans from the community and local, metropolitan and national media.

"I've had a great career in law enforcement," said Murray. "Done everything I wanted to do ... I have the opportunity to have a safety net for the rest of my life and to try different things now."

Murray is not retiring from the workforce. He joins the Northern Virginia Cigarette Tax Board [NVCTB] as an investigator, working with County, State and local jurisdictions.

"It's been great working in the town I grew up in," said Murray. "Every day, I bump into someone I know."

"It's good to protect people I know personally."

MURRAY RECALLED THE EERINESS OF 9/11. "No airplanes in the sky. We were on higher security alert which was typical of all police departments throughout the country, but we also have buildings around

here that other places don't have."

One of Murray's "most rewarding" assignments was that at the Fairfax County police academy, teaching recruits. "A lot of them still stay in touch," he said.

Riding with the motorcycle squad was fun. "I got paid to do what other people do for fun." Murray rode a police motorcycle from 1990 until 2001. "It was mostly fun, except in the winter, when I came down the hill and saw the thermometer at the bank. I prayed it would stay over 40 degrees."

He remembers the presidents who came to the Town of Vienna ... Bush the elder and Bush the younger, Clinton and Reagan.

The lowest point in Murray's career was when fellow motorcycle officer Lieutenant Ben Andrews was injured in a motorcycle crash, becoming paralyzed. It was in November of 2000 and then-39-year-old Andrews was chasing a violator. He crashed and became paralyzed from the waist down. "He was one of our own," said Murray.

VPD CHIEF ROBERT CARLISLE is among the many who say they will miss Murray, calling Murray a "great communicator," in print and speaking. "He's such a high-quality person, so energetic, and for us, he just fit the role so well," Carlisle said. "Bill communicates well with the public and the media. With his experience in law enforcement for 20 plus years, he can com-

municate about police department activities at a depth we had never been able to do before he took the job."

Murray took it upon himself to collect updates on crimes and to report the updates in his weekly report to the public. The public, Carlisle said, has an interest in follow-up to cases. The human interest element, whether it's dogs who do not identify themselves to a responding officer or families who fight over yogurt in the refrigerator, has engaged the community in readership and re-posting on Facebook. Late-night talk show hosts, as well as Washington, D.C. media, have picked up Murray's summaries for broadcasts.

Carlisle characterized the role of VPD PIO as "critical" to the police department's mission. "Our citizens really want to stay informed," said Carlisle. "And the more-informed the community is, the safer they are because it's more effective to prevent crime than to solve it after it happens."

MPO GARY LOSE TAKES OVER as the Vienna police department's Public Information Officer on July 1. He and Murray partner well, supporting one another and even ribbing one another. Lose, a 15-year Vienna officer, applied for the newly-vacated PIO position when Murray announced his retirement.

"He [Lose] said that nobody else wanted to work with me for a month training," said Murray.

Asked if he planned on any immediate changes to the office, Lose said, laughing,

"I'm not allowed to do things differently from Bill."

"I haven't had a chance to really thinking about changes because he's involved in so many things," Lose said. "He's still trying to bring me up to speed."

"Once I figure out how to manage all these existing things, then I'll think of newer things or ways that Bill would want me to do."

Actually, Lose has been backing up Murray as PIO for a while. While Lose is discovering his own print voice, it's clear that he echoes Murray's wit in many ways. Lose's tomato assault summary in a June weekly highlights report made it to residents' Facebook pages.

Like Murray, Lose wants residents to feel they can call on him whenever they want to and ask him whatever they want. "I may not have the answer immediately at-hand, but, I'll do whatever I can to find out and get back to you."

Lose repeats the VPD mantra. "If it's any incident, no matter how foolish it appears, call us. That's why we're here."

"WE HAVE A UNIQUE POLICE DEPARTMENT in that the people in Vienna love us," said Murray. "The relationship residents have with its local police department is unique in the nation."

"They're always bringing us cakes, goodies. They stop to talk to us."

"It's fun to police when you have that relationship with the community."

WEEK IN VIENNA

Town Receives Historically Low Rate On Bonds

During a special Town Council meeting, the Town of Vienna received a 1.71 percent interest rate on the sale of its Series 2012 Public Improvement Bonds in the amount of \$6,450,000. The interest rate at which the bonds were sold is almost a third less than the previous lowest rate of 2.49 percent of the 2010 bond issue.

In preparation for the June 26 bond sale, The Town's AAA and AAA bond ratings were re-affirmed by Standard & Poor's and Moody's, respectively; however, a "negative outlook" remains in place due to the Town's proximity to the nation's capital. These excellent bond ratings have enabled the Town to sell bonds at more favorable interest rates compared with those of municipalities not so highly rated, resulting in substantial savings for Vienna taxpayers over the life of the bonds.

Bond financing spreads the cost of major capital projects over a period of many years, rather than charging the full cost to today's taxpayers. By having such a low interest rate, the Town will see substantial savings over the life of the bond, ultimately saving taxpayer money.

The Series 2012 Public Improvement Bonds will finance several projects contained within the Town's Capital Improvements Plan (CIP) including street improvements, storm drainage improvements, facilities improvements, and water and sewer system improvements. A copy of the Town's CIP is available on the Town's website at www.viennava.gov/index.aspx?nid=242. For more information, contact the Finance Department at 703-255-5752.

Pear Tree Cottage Celebrates Anniversary Sale

Pear Tree Cottage has announced its 4th Anniversary Sale throughout the month of July. Beginning July 5-July 29 all full priced items will be 25 percent off and some other discounts of up to 50 percent off. For more information, visit www.thepartreecottage.com.



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New Laws, Assault on Freedom?

Voting restrictions, abortion restrictions, DUI restrictions, fewer gun restrictions, more go into effect July 1.

A plethora of new laws will go into effect in the Commonwealth on July 1, including restrictive new procedures for voting, and the loosening of multiple gun regulations.

Drivers convicted of driving while very intoxicated and anyone convicted of DUI for the second time will now be required to have ignition locks installed on their vehicles which will check their blood alcohol levels and keep them from driving if they have been drinking. Hopefully this technology will keep drunk drivers from getting behind the wheel.

Women seeking abortions will be required to have a sonogram 48 hours before the abortion. The debate over this bill was one of the most publicized pieces of state legislation in the nation, and the focus of many jokes, protests and outrage. But still the bill passed and the Governor signed it into law.

Voters will be required to present identification, and if they arrive at the polling place without identification, they will cast a provisional ballot that will only be counted if the voter attends a meeting of the electoral board the next day to present his or her identification. Previously signing an affidavit swearing to your identity was sufficient.

LETTERS TO THE EDITOR

Fourth of July Celebration

To the Editor:

As a former federal worker with 11 years of service at the Department of Defense, the Fourth of July is an important day for me. Since the dawn of our nation, federal workers have played a significant role in America's achievements.

The contributions of federal workers will be very much in evidence this week as Americans prepare to celebrate our nation's birthday. Millions of Americans will check a weather report prepared by the National Weather Service, grill meat inspected by the U.S. Department of Agriculture, and fly in skies kept safe by the Federal Aviation Administration and the Transportation Security Administration. Others will enjoy time outdoors in our National Parks, travel with children protected by car seats inspected by the Consumer Product Safety Commission, and visit post offices to mail letters and packages to loved

ones serving in the military.

My fellow federal workers and I are proud of the jobs we've done for America for the last 236 years. We wish you, and the nation we love, a happy Independence Day.

Lawrence Goldschmidt
Springfield

Carbon Monoxide Alarms Can Help Prevent Tragedies

To the Editor:

Four adults and five children were hospitalized on June 14 after experiencing the effects of carbon monoxide poisoning in their apartment in Oakton. Luckily, these lives were saved, but this isn't always the case.

Carbon monoxide (CO) poisoning is the leading cause of accidental poisoning deaths in America. According to the Centers for Disease Control and Prevention, CO

Fortunately, your concealed weapons permit will count as your voter identification. But the law provides less sanction for carrying your concealed weapon without having your concealed weapons permit in your possession (\$25 civil fine) than for not having your identification to vote in your possession (disenfranchised, your vote is not counted).

These two provisions, counting concealed weapons permit as voter identification and limiting the penalty for not having your permit with you while carrying your concealed weapon, were just a few of the laws passed that lessen restrictions on guns in commonwealth. Some examples, effective July 1: Eliminate the prohibition on purchasing more than one handgun in a 30-day period (there are no limits now); provide that nothing in the Emergency Services and Disaster Law shall limit or prohibit the otherwise law-

Independence Day Coverage Online, Next Week

This week's Connection papers were printed on Monday and Tuesday July 1-2 because of the timing of the July 4/Independence Day holiday.

On Monday, at least half of our readers were still without power after Friday night's 80-mile-per-hour wind storm, and at our office, we are coping with intermittent power and related computer problems. Our website has been updated with storm information, www.ConnectionNewspapers.com, and our twitter accounts kept followers up to date during the aftermath.

While the hard copy of our papers won't get to readers until after the Wednesday holiday,

ful possession, carrying, transportation, sale, or transfer of firearms; provide that any locality that participates in any gun-buyback program offer the firearms acquired for sale by public auction or sealed bids to a person licensed as a dealer; allow local government employees to store a lawfully possessed firearm and ammunition in a locked private motor vehicle; remove the option for a locality to require that an applicant for a concealed handgun permit submit fingerprints as part of the application.

And something that will affect all of us, although it does not go into effect until September 2013, a new law that will require Virginians to pay sales tax on purchases from Amazon. This is only fair to local retailers.

The Virginia General Assembly enacted more than 700 new laws in 2012, many of them worthy of discussion.

those papers will not include coverage of independence day events, which will hopefully all be held despite the ongoing cleanup.

Digital replica (free) subscribers will receive their papers before July 4. Digital subscriptions are available without charge. Sign up at connectionnewspapers.com/subscribe

Our website is updated daily, www.ConnectionNewspapers.com. We would love to get your storm photos, email your name, town name and what's happening in the photo to editors@connectionnewspapers.com.

— MARY KIMM,
MKIMM@CONNECTIONNEWSPAPERS.COM

you have fuel-burning appliances inspected, never idle your vehicle in an attached garage or operate a generator indoors, and remember to install CO alarms in your home. For more information, visit <http://www.fairfaxva.gov/firesafety/AboutCO.asp>.

Dave Rohr
Fire Chief
City of Fairfax Fire Department

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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By e-mail:
vienna@connectionnewspapers.com



PHOTO CONTRIBUTED

Pictured above (from left) at the 2012 Vienna Tysons Regional Chamber of Commerce Business and Service Awards are Dr. Gerald Gordon, Master of Ceremonies and President and CEO of the Economic Development Authority in Fairfax County; Michelle Scott, Executive Director of the Shepherd's Center of Oakton-Vienna and recipient of the 2012 Vienna Tysons Regional Chamber of Commerce Nonprofit of the Year Award; Kevin McCoy, Board Chair of the Vienna Tysons Regional Chamber of Commerce and an attorney with Kruchko and Fries in McLean.

Shepherd's Center Receives 2012 Nonprofit of the Year Award

The Shepherd's Center of Oakton-Vienna (SCOV) was recently presented with the 2012 Nonprofit of the Year Award from the Vienna Tysons Regional Chamber of Commerce for their outstanding service to the community during the past year. In 2011 the agency's 190 volunteers provided 10,000 hours of service for older adults 50+. In the past six months alone SCOV saw a sharp increase in new clients needing the services they provide.

SCOV provides care and support to seniors in the Oakton and Vienna community. In addition, the agency also serves seniors in Reston and Fairfax. Founded in 1997, SCOV is a volunteer-based organization dedicated to providing opportunities for senior adults

to seek rewarding lives and to live independently in their homes for as long as possible. The Shepherd's Center provides volunteer and participation opportunities for adults 50+ to live fulfilling lives through lifelong learning, social programs and service to the community. SCOV's dedicated group of volunteers give their time, talent and commitment to serve the elderly who are no longer able to drive. Volunteers drive seniors to medical appointments or to purchase groceries, visiting or calling those who are homebound and providing vital office assistance. These services are always provided free of charge. In addition to these services, continuing education is a vital part of the Shepherd's Center mission to keep seniors engaged and active. Some of the

classes offered include bridge, t'ai chi, health seminars and topics highlighting current affairs. The bi-monthly Caregivers Support Group offers caregivers a compassionate place to share similar stories and challenges as they care for an adult family member. The Shepherd's Center of Oakton-Vienna receives no government support and depends on the generosity of supporting congregations, businesses, civic groups and individual donors. Volunteers are the heart of this organization and many volunteer opportunities are available.

To learn more about the Shepherd's Center or to volunteer, visit their website at www.scov.org or contact Michelle Scott, Executive Director at 703-281-0538 or director@scov.org.

THE JAMES MADISON HIGH SCHOOL CLASS OF 2012 ALL NIGHT GRADUATION CELEBRATION

would like to extend a heartfelt thank you to our community for making our past event a success. Special thanks to all of our JMHS parents, faculty & staff for your constant support and to our local merchants, businesses and national sponsors for advertising and/or generous donations

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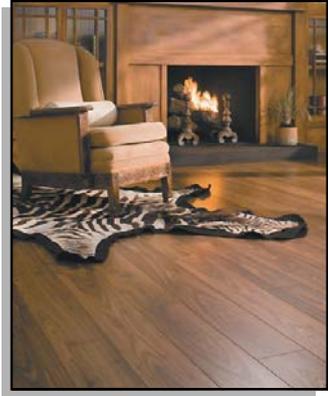
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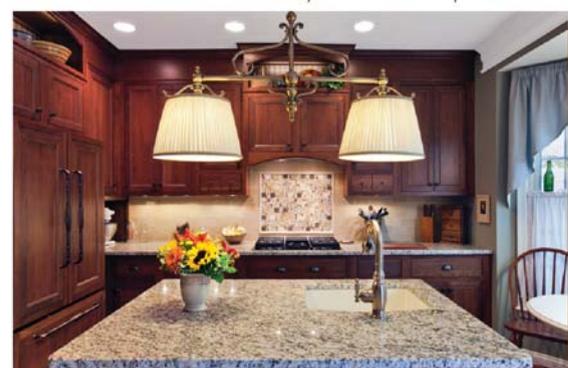
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Retired school teacher and "professional volunteer" Kathy Tugendhat leads preschoolers in story and song.



PHOTO BY DONNA MANZ/ THE CONNECTION

Summer Stories, Song and Sprinklers Kick Off on Town Green

Weekly Wednesday fun starts at 1 p.m. behind Freeman House on the Town Green.

For children, one of the great joys of summer is running through sprinklers. Preface that with a story and fun songs, like the Hokey Pokey, and you have an old-fashioned country-style afternoon. Historic Vienna, Inc. partners with the Town of Vienna Department of Parks and Recreation every Wednesday to provide music and sprinkler-power on the Town Green.

More than 20 youngsters showed up at 1 p.m. for the kick-off behind Freeman House on June 27. Under expansive shade trees, "professional volunteer" Kathy Tugendhat - as the retired school teacher calls herself - led the preschoolers in song, accompanying herself on guitar. The children listened and danced and posed for photos.

Shortly after 1:30 p.m., sprinklers - from the ordinary to the kid-friendly - were turned on. The grass needs to be watered, anyway ... why not turn it into a fun family activity?

Many of the children were returnees from last year. Some, like Cassie Geer, 3 1/2, loves the singing, but the sprinklers are her favorite, said her mom, Andrea Dahl. On opening day, Cassie brought her neighbors, the Lockard kids, with her. "In this weather, the sprinklers will be a nice relief," said Dahl.

Alison Lockard was happy her two children, Erin, 5, and Jack, 4, were enjoying the day without their older siblings. "They love music," said Lockard. "The guitar is a plus."

Summer stories, song and sprinklers take over the Town Green on Wednesdays, June 27 through August 15, beginning at 1 p.m. Story and song at 1 p.m., followed by sprinkler-fest at 1:30 p.m.

— DONNA MANZ



PHOTOS BY ANDREA DAHL

Erinn Lockard, Cassie Geer and Anna Schustereder towel up after running through sprinklers on the Town Green.



Anyone can run through a sprinkler, but, it's also cool to conquer the sprinkler, as three little kids playfully discover.



Cassie Geer, 3-1/2, and 2-1/2-year-old Anna Schustereder face off with a water-sprinkling ball.

ENTERTAINMENT

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

WEDNESDAY/JULY 4

4th of July Fireworks Celebration. 8 p.m. Langley High School, 6520 Georgetown Pike, McLean. See Northern Virginia's best fireworks display to honor our nation's 236th birthday. Receive an American flag from McLean American Legion Post 270. Shuttle buses available from St. John's Lutheran Church on Douglass St. and Georgetown Pike and the McLean Community Center.

25th Annual International Holy Convocation of the New Born Lighthouse Church of the Apostolic Faith, Inc. Services at 10 a.m. and 7 p.m. The Sheraton Premiere at Tyson's Corner, 8661 Leesburg Pike, Vienna. www.nblichurch.org or 301-499-2105.

Town of Vienna Celebrates July 4th. 5 p.m. Southside Park, 1315 Ross Drive SW, Vienna. Activities from 11 a.m. to 4 p.m. will include food and drink for sale, games and rides, arts and crafts vendors, community organization booths, antique cars, a chili cook-off and music. Fireworks show will begin at 9:15 p.m. Spectator seating areas open at 5 p.m. www.viennava.gov.

THURSDAY/JULY 5

Elizabeth Mitchell. 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. Smithsonian Folkways Recordings artist. \$8-\$10 at 1-877-WOLFTRAP or www.wolftrap.org/TITW.

Wolf Trap Opera Company: Don Giovanni. 8 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. Preshow talk one hour before performance. www.wolftrap.org.

25th Annual International Holy Convocation of the New Born Lighthouse Church of the Apostolic Faith, Inc. Services at 10 a.m. and 7 p.m. The Sheraton Premiere at Tyson's Corner, 8661 Leesburg Pike, Vienna. www.nblichurch.org or 301-499-2105.

FRIDAY/JULY 6

Elizabeth Mitchell. 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. Smithsonian Folkways Recordings artist. \$8-\$10 at 1-877-WOLFTRAP or www.wolftrap.org/TITW.

25th Annual International Holy Convocation of the New Born Lighthouse Church of the Apostolic Faith, Inc. Services at 10 a.m. and 7 p.m. The Sheraton Premiere at Tyson's Corner, 8661 Leesburg Pike, Vienna. www.nblichurch.org or 301-499-2105.

BULLETIN BOARD

THURSDAY/JULY 5

St. Mark ESL Program & Citizenship Preparation Classes. St. Mark, 9972 Vale Road, Vienna. St. Mark English as a Second Language (ESL) program is seeking new volunteers now for the 2012-13 academic year. st.mark.esl@gmail.com.

TUESDAY/JULY 10

Vienna Tysons Regional Chamber of Commerce TIPS Luncheon. 12:15 p.m. Shula's Steakhouse, 8028 Leesburg Pike, in the Tysons Corner Marriott. Every Tuesday. 703-862-4895.

Tysons Corner Kiwanis Club Meeting. 7:30 p.m. at George C. Marshall High School, Room 124, 7731 Leesburg Pike, Falls Church.



PHOTO COURTESY OF THE 1st STAGE

Doug Wilder and Rex Daugherty in the original production of "The Prince and the Troubadour," playing at the 1st Stage [see listings for Saturday and Sunday].

Broadway Rocks! 8:15 p.m. Filene Center, 1551 Trap Road, Vienna. \$20-\$52. www.wolftrap.org

SATURDAY/JULY 7

Vienna Farmers Market. 8 a.m.-12 p.m. Vienna Caboose, 131 Church St. N.E., Vienna. Producers only. Saturdays through Oct. 27. viennafarmersmarket.com.

Elizabeth Mitchell. 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. Smithsonian Folkways Recordings artist. \$8-\$10 at 1-877-WOLFTRAP or www.wolftrap.org/TITW.

Wolf Trap Opera Company: Don Giovanni. 7 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. Preshow talk one hour before performance.

Meeting is public and individuals looking to volunteer in their community welcome. Meetings the second and fourth Tuesday of the month. www.tysonscornerkiwanis.org.

Avoiding Divorce Court I - How to Negotiate or Mediate a Property Settlement Agreement. 6:30-9:30 p.m. The Women's Center, 127 Park St., NE, Vienna. Learn how to negotiate or mediate your Separation, Custody or Property Settlement Agreement without setting foot in a courtroom. Registration Fee \$40, Members \$30, Couples Registration Fee \$70, Couples Members \$50.

Tuesday/July 10
Vienna Tysons Regional Chamber of Commerce TIPS Luncheon. 12:15 p.m. Shula's Steakhouse, 8028 Leesburg Pike, in the Tysons Corner Marriott. Every Tuesday. 703-862-4895.

Tysons Corner Kiwanis Club Meeting. 7:30 p.m. at George C. Marshall High School, Room 124, 7731 Leesburg Pike, Falls Church.

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"Square" Concert. 5 p.m. 1450 Emerson Avenue, McLean.
Stars & Stripes Ballroom Dance. 8-9 p.m. Colvin Run Community Center. 703-759-2685 or www.colvinrun.org.

SUNDAY/JULY 8

Matisyahu and Dirty Heads. 3 p.m. Filene Center, 1551 Trap Road, Vienna. \$38 in-house, \$29 lawn. www.wolftrap.com.

"The Prince and the Troubadour." 2 p.m. 1st Stage Theater, 1524 Spring Hill Road, McLean. All tickets are for general admission seating. \$10. 703-854-1856 or email boxoffice@1ststage.com.

Hawaiian Music. 5 p.m. 1468 Dolley Madison Blvd, McLean. The Aloha Boys play an acoustic, down-home, backyard-style Hawaiian music, a style that includes everything from the very traditional to contemporary songs and styles.

TUESDAY/JULY 10

Coal Train Railroad. 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. A Nashville, Tennessee ensemble takes children and families into the world of jazz. \$8-\$10 at 1-877-WOLFTRAP or www.wolftrap.org/TITW.

Seal; Special Guest: Macy Gray. 8 p.m. Filene Center, 1551 Trap Road, Vienna. \$30-\$45. www.wolftrap.org.

WEDNESDAY/JULY 11

Coal Train Railroad. 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. A Nashville, Tennessee ensemble takes children and families into the world of jazz. \$8-\$10 at 1-877-WOLFTRAP or www.wolftrap.org/TITW.

Barenaked Ladies, Big Head Todd & The Monsters. 7 p.m. Filene Center, 1551 Trap Road, Vienna. With Ben Harper, Los Lobos, JJ Grey & Mofro, The Lumineers, North Mississippi Allstars, The Wood Brothers, James McCurry, David Lindley, Nathaniel Rateliff, Matthew Curry and more. \$30-\$75. 703-255-1900 or www.wolftrap.org.

THURSDAY/JULY 12

Aaron Nigel Smith. 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. High-energy, interactive shows designed to get kids moving. \$8-\$10 at 1-877-WOLFTRAP or www.wolftrap.org/TITW.

Buddy Guy with Special Guest: John Mayall. 8 p.m. Filene Center, 1551 Trap Road, Vienna. \$25-\$42. www.wolftrap.org.

FRIDAY/JULY 13

Argentine Tango. 7 p.m. Colvin Run Community Hall, 10201 Colvin Run

Property Settlement Agreements. Registration Fee \$40, Members \$30, Couples Registration Fee \$70, Couples Members \$50.

Raising the Bar on Your Board's Financial I.Q. 8:30-11 a.m. Baker Tilly, 8219 Leesburg Pike, Tysons Corner. Raina Rose Tagle, CPA and Partner at Baker Tilly will present a workshop for Executive Directors, CFOs and Board Members. Volunteer Fairfax Members: \$65 per person, non-members: \$8 per person. pbicknell@volunteerfairfax.org or 703-246-3809.

THURSDAY/JULY 12

Greater McLean Chamber of Commerce LeadShare Meeting. 7:30 a.m. Chesterbrook Residences, 2030 Westmoreland St., Falls Church. LeadShare events will be held the 2nd and 4th Thursday of every month. Register at 267-346-1885.

Avoiding Divorce Court II - Provisions of Settlement Agreements. 6:30-9:30 p.m. The Women's Center, 127 Park St., NE, Vienna. This course picks up where Avoiding Divorce Court I leaves off and provides a more thorough discussion of Separation, Custody and

www.ConnectionNewspapers.com

Road, Great Falls. Every Friday. 703-759-2685 or www.colvinrun.org.

Spaghetti Dinner. 5:30 to 8 p.m. Vienna American Legion-330 Center St, N, Vienna. \$8. 703-938-9535.

Hamlisch Goes Gershwin; Marvin Hamlisch, conductor; Melissa Errico, vocalist; Kevin Cole, piano. 8:15 p.m. Filene Center, 1551 Trap Road, Vienna. \$20-\$52. www.wolftrap.org.

"Legally Blonde - the Musical" 8 p.m. McLean Community Center's Alden Theatre-1234 Ingleside Ave, McLean, VA 22110. \$18-\$20. www.mcleanplayers.org.

The Jimmies. Wolf Trap Children's Theatre-in-the-Woods, 1645 Trap Road, Vienna. \$8 - \$10 and children under two are free. 703-319-2300.

SATURDAY/JULY 14

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. Free, donations accepted. www.nvmr.org or 703-938-5157.

West Coast Swing Dances. 7 p.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Second and third Saturday every month. 703-759-2685 or www.colvinrun.org.

"The Prince and the Troubadour." 2 p.m. 1st Stage Theater, 1524 Spring Hill Road, McLean. All tickets are for general admission seating. \$10. 703-854-1856 or email boxoffice@1ststage.com.

The Wizard of Oz. 8:30 p.m. Filene Center, 1551 Trap Road, Vienna. \$20-\$52. www.wolftrap.org.

Emy Tseng - Brazilian Jazz. 5-7 p.m. The Palladium Civic Place Green, 1445 Laughlin Avenue, McLean. Free. 703-288-9505.

"Legally Blonde - the Musical" 8 p.m. McLean Community Center's Alden Theatre-1234 Ingleside Ave, McLean, VA 22110. \$18-\$20. www.mcleanplayers.org.

The McLean Branch of the American Association of University Women will collect used books, CDs, DVD's and software at the Sun Trust Bank, 515 Maple Avenue East in Vienna. 10 a.m. - 4 p.m. No records, tapes, textbooks, encyclopedias (except Encyclopedia Britannica), magazines, or books in poor condition will be accepted. 703-527-4206 or www.mcleanaauw.org

SUNDAY/JULY 15

Wolf Trap Opera Company: From Bel Canto to Can Canto. 3 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. Recital with Steven Blier and singers from the 2012 Wolf Trap Opera Company. Preshow talk one hour before performance. www.wolftrap.org.

Registration Fee \$40, Members \$30, Couples Registration Fee \$70, Couples Members \$50.

Raising the Bar on Your Board's Financial I.Q. 8:30-11 a.m. Baker Tilly, 8219 Leesburg Pike, Tysons Corner. Raina Rose Tagle, CPA and Partner at Baker Tilly will present a workshop for Executive Directors, CFOs and Board Members. Volunteer Fairfax Members: \$65 per person, non-members: \$8 per person. pbicknell@volunteerfairfax.org or 703-246-3809.

SATURDAY/JULY 14

Brinker Toastmasters. 9:30 a.m. at Vienna Presbyterian Church, 124 Park St. N.E., Vienna. Meets second and fourth Saturday of the month. brinker.wordpress.com.

Property Settlement Agreements. Registration Fee \$40, Members \$30, Couples Registration Fee \$70, Couples Members \$50.

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Providence Lord and Lady Named

Vivian Morgan-Mendez, Mark Meana honored for volunteer efforts.

BY ALEX McVEIGH
THE CONNECTION

Mark Meana and Vivian Morgan-Mendez of Vienna were named Lord and Lady Fairfax for the Providence District. They were nominated by Supervisor Linda Smyth (D-Providence).

"I've worked with both for a number of years, and both have done a lot of work that has benefited this community," Smyth said. "Their work has helped in different ways, which was the idea in choosing them. They have coordinated an amazing array of volunteers and they really get the idea of how labor intensive it is to organize everybody from school-children to corporate employees."

Morgan-Mendez was honored for her work at Nottoway Park, which includes creating the Friends of Nottoway. The group is dedicated to preserving the 80-

plus-acre park in Vienna and its variety of athletic, historic and natural resources.

"I spent my professional career in an office, so I wanted a chance to get outside, work with kids and meet as many different kinds of people as I could," Morgan-Mendez said.

Morgan-Mendez's volunteerism stretches back to her freshman year in college, when she volunteered in the inner city of Columbus, Ohio. Later, she joined the Peace Corps.

THE FRIENDS OF NOTTOWAY coordinate the Nottoway Nights concert series and the annual Easter Egg Hunt, as well as gardening around Hunter House, a historic home located at Nottoway Park.

"I was at the opening night at Nottoway just last night, and here it was 95 degrees and Vivian is there along with the Friends greeting everybody there with fans and

programs," Smyth said. "That's just the latest example of what she means to the park."

Morgan-Mendez also serves as site leader for a renovation of more than an acre of parkland, which she has done since 2006. She also helped coordinate invasive plant removal at the park.

"The work we were able to do was just a drop in the bucket really, we did about five acres," she said.

Smyth credited Morgan-Mendez's efforts combating invasive species with changing the face of the park.

"She has coordinated so many volunteers to pull out the invasive plants that were overtaking the forests in the park," she said. "She's kept up that program for years, and it's had quite a dramatic effect."

Morgan-Mendez says she hopes to increase the volunteer presence at the park in the future. She also said she hopes to continue her favorite activity.

"I love the community garden plots," she said. "I love meeting the other gardeners, and I love when kids walk by and ask what certain

plants are. But the groundhogs, I don't love them much."

Meana was recognized for his years of service with youth athletics in Fairfax and Vienna. He has been a part of the Fairfax County Youth Football League for more than 30 years, and has served on the USA Football Committee, the sport's national governing body in the United States, since 2008. He currently serves as the head coach of the U.S. Under 15 Development Team.

AFTER SEEING FEES imposed on parents of athletes to maintain grass fields, as well as the playing time that can be lost due to rain or other weather, he has helped usher in synthetic turf fields to the district. This has increased the ability for youth to use the fields, thereby limiting the late nights and long travel that were sometimes required to give everyone a spot on the field.

"With turf fields, you can use them in anything except for lightning, and instead of disrupting literally hundreds of people lives with canceling and postponing games, we're getting on the fields,"



PHOTO CONTRIBUTED

Supervisor Linda Smyth (D-Providence) with 2012 Lord and Lady Fairfax for Providence District, Vivian Morgan-Mendez and Mark Meana.

he said. "When you add lights and turf to a field, you can get 60 percent more use out of it."

Though his primary involvement had been with football, Meana says that it quickly became apparent that all sports leagues needed to band together.

Now there are about 40 turf fields in the district, and Meana says the next priority has been finding space for fields in the Tysons Corner redevelopment.

"We wanted to make sure that fields were added to the plans or Tysons, that they weren't just

SEE VOLUNTEERS, PAGE 11



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Vienna Baptist Church ... 703-281-4400
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Volunteers Honored

FROM PAGE 10

pushed to the outskirts,” he said. “It took some dynamic thinking, such as putting fields on the top of buildings, but we’ve had some smart people that were willing to look for solutions, because we can’t ignore the problem.”

Smyth credited Meana’s work with helping young athletes get

time on the fields despite the increasing population.

“As part of the Athletic Fields Task Force, Mark has taken on a lot of projects, and when he started we didn’t have any turf fields in the district,” Smyth said. “Mark has done a lot of hard work and used a lot of resources to get them. He’s a key part of the athletic community and has done a

lot to further youth athletics.”

Meana says while they can always use more space for fields, he takes a pragmatic approach.

“My philosophy is the redevelop anything we can without having to resort to knocking down trees or buying expensive properties,” he said. “We need to maximize how we use what we’ve already got.”

FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to vienna@connectionnewspapers.com. Deadline is Friday.

Redeemer Lutheran Church, 1545 Chain Bridge Road, McLean, offers a 9 a.m. traditional service and a 10:30 a.m. contemporary service on Sundays. Also offers two services during the summer – both of which will include children’s sermons. 703-356-3346.

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, offers three Sunday services and a host of musical, educational, outreach, and fellowship ministries to enrich spiritual growth. 7:45 a.m. Worship Service without music; 9 a.m. Worship Service, Children’s Chapel and Children’s Choirs; 10 a.m. Sunday School and Adult Forum; and 11 a.m. Worship Service with Adult Choir. 703-759-2082.

Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean, Sunday worship services are at 8:30 and 10:30 a.m. Sunday School for adults is at 9:30 a.m. and for children during the 10:30 a.m. worship service. Youth Group for grades 7-12 meets Sundays at 6 p.m. A 20-minute service of Holy Communion is held each Wednesday at 12 p.m. 703-356-3312 or umtrinity.org.

The Jewish Social Services Agency (JSSA) offers a wide variety of support groups for those with emotional, social, and physical challenges. www.jssa.org/growth-learning.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

McLean Bible Church Fitness Class at Body & Soul Fitness. Balance is key, energy is renewed and strength is gained. 9:45 a.m. Mondays and Fridays. Free childcare for registered students. bodyandsoul@mcleanbible.org.

Vajrayogini Buddhist Center offers ongoing classes on meditation and Buddhist philosophy, Mondays at 7 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. \$10 per class. 202-331-2122 or www.meditation-dc.org.

St. Dunstan’s Episcopal Church, 1830 Kirby Road in McLean. The third Sunday service every month at 10:15 a.m. allows children to play active roles in the music and as greeters and ushers. Traditional services are every Sunday at 8:15 and 10:15 a.m.



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SPORTS

Tennis Opportunities Abound in McLean, Great Falls Area

PHOTO CONTRIBUTED

Local clubs tailor instruction for player's individual needs.

BY SANDY JOLLES
THE CONNECTION

Children, teenagers, and adults alike can experience the instruction of certified professionals in McLean and Great Falls tennis facilities. When teachers are not supervising and covering backhands, volleys, serves, overhands, and forehands, players learn the dynamics of team competition and match games.

In the McLean and Great Falls area, there is a range of tennis opportunities for players of all ages and skill levels.

In tennis clubs, like Tuckahoe and McLean Swim and Tennis, clinics and camps tailor to each student's levels of experience. For even the youngest of players, country clubs and tennis camps have developed programs that delve into hand-eye coordination, balance and movement, such as the Munchkins mini-camp at Tuckahoe Recreation Club.

Nick Baker, a pool manager at McLean Swim and Tennis, remembers when he played for the Summer Junior Tennis Team. Though he may not play the same level now, he still carries with him the skills he learned.

AT MCLEAN SWIM AND TENNIS, the Junior Tennis Team nurtures a competitive spirit, as the team plays weekly against other neighboring tennis teams. Baker recalls their most common and recognized opponent: Tuckahoe.

Tuckahoe, and other tennis clubs, recruit certified teaching professionals to lead and supervise each tennis workshop and clinic. Baker notes the collective term that these teachers go by is "tennis pro." Mani Barajas-



Nebryu Retta serves up a ball.

Alexander is the director of tennis at Tuckahoe and is a part of the United States Professional Tennis Association.

Nebryu Retta, the assistant director of Tennis and the assistant coach for the Langley High School tennis teams, is a part of the United States Professional Tennis Association and the Fairfax Racquet Club Multicultural and Diversity Committee.

"I have been a Director at Tuckahoe since its first years alongside Mani B-Alexander. Together, we have been responsible with the formation, development and growth of tennis," Retta said.

Retta focuses on developing player's specific goals and needs with strokes, drills, and lessons tailored to each individual.

"I like to gear my lessons to the specific goals and needs of the player," Retta said.

The instructors, much like Retta, typically endure a 60-80 work week on and off the court.



Students pose for Tuckahoe Tennis Kick-Off.

"Tuckahoe allows me to share my passion for the sport of tennis with those looking to learn the game or sharpen their skills," Retta said.

Griff Lamkin is an instructor at McLean Racquet and Health. Once ranked number one in Virginia, Lamkin grew up on the court, and has continued to share his passion.

A graduate of University of South Florida, Lamkin began teaching junior and adult camps in 1973.

The Army Navy Country Club, All-America Sports Tennis Camps, and Camp Racquet were only a handful of the teaching endeavors he took up.

Following college, Lamkin was forced to make a decision between touring and teaching. In 1977, Lamkin was drawn to Racquet and Health due to the "friendly atmosphere" and the owner, Kevin Tithe.

"The tennis programs here put on these

membership assessments that show where each person needs to improve or how far they've come," Lamkin said. "It gives the club a very individualized feel."

While it offers classes both to young and older children, the styles of teaching differ significantly. For the younger tennis aspirers, teachers apply the Quickstart Program as an introductory device.

Of course, camps or clinics are not the only source for playing tennis. Swim and tennis clubs allow members to reserve courts, and play on their own time and money.

CHESTERBROOK SWIM CLUB, for instance, allows any tennis enthusiast to sign up for a court for the cost of five dollars.

Whether you're a more experienced tennis enthusiast, or just stepping on the court, McLean and Great Falls offer a slew of options and programs.

Bandits Win Kyle's Kamp Tournament

The 10-under Northern Virginia Bandits baseball team outfought a talented SYA Mets team over the Memorial Day weekend to win the Kyle's Kamp Tournament. The Bandits finished third in pool play and then fought through three tough teams to gain the tournament trophy.

In the quarterfinals, the Bandits came back from a 6-0 deficit to oust the Manassas Mad Dogs. In the semifinals, Loudoun South nearly overcame a 6-0 deficit before the Bandits prevailed 8-7 in extra innings. And in the finals, SYA and the Bandits traded the lead five times before the Bandits went ahead for good in the fourth inning and then held on for a tense 6-5 victory.

The Bandits are a regional travel team that includes talented 10-year olds from around Northern Virginia. Players include Zach Perkins, Raden Perry, James Triantos, Brendan Albrittain, Garrett Newsome, Jack Hoeymans, Cal Begeny, Anthony Avvisato, Phlay Moravek, Jack Selman, and Rohan Cherukuri. The team is coached by Jim Triantos (manager) and assistants Frank Avvisato, Chris Albrittain, Leon Newsome, Ryan Perry, Dan Perkins, and Kiran Cherukuri.

Overall, the Bandits are 34-3 and have won 25 games in a row. They are currently in first place in the Future States Prospect Baseball League at 8-0.

The Bandits are made up of players from throughout Northern Virginia.



PHOTO/COURTESY OF THE BANDITS

WELLBEING

Finding a Home For the Golden Years

Experts offer advice on choosing a retirement community.

BY MARILYN CAMPBELL
THE CONNECTION

When Jim Upp's wife Jeannie died in 2006, the Fairfax senior citizen found himself surrounded by a lifetime of memories in the spacious home where the couple had raised three children.

"We lived on a one-acre lot with plenty of trees all by ourselves," said Upp. "I was alone, and there was a large house and an acre of land to take care of. It took me about five days to realize that wasn't where it wanted to spend the rest of my life."

Upp moved to a retirement community, which he called a one-stop center for medical care, activities from bowling to television production, and socializing with people with similar backgrounds.

"I did not know a soul when I came here, but I know hundreds of people now," said Upp. "There are more than 200 activities here on campus. There are five or six doctors here everyday. If I have a problem, I can just go down and see a doctor anytime."

WHILE UPP'S TRANSITION was uncomplicated, methodical and borne out of a self-made decision, other moves are not so seamless.

Deciding that one can no longer live alone, selling a house that has been a home for decades and relocating to retirement facility can be an emotionally charged and physically challenging feat. Recognizing the warning signs that a change might be necessary and developing a plan can help make the move less complicated.

"There is usually a crisis that bring someone into a facility," said Catharine A. Kopac, Ph.D., a certified geriatric nurse practitioner and chair of the graduate nursing program at Marymount University in Arlington. "Often the family gets no counseling and the move is made in a hurry."

Knowing when it is time to transition to a professionally run living environment is a decision with which many struggle. Gerontology professionals say there are a few red flags. Topping the list is the risk of vulnerability. "Is the person safe?" asked Andrew Carle, executive-in-residence, at George Mason University's Program in Senior Housing Administration. "Are they are on [multiple] medications and it's hard for them to manage? Are they at risk for falling or do they have Alzheimer's and are at risk of wandering?"

If the answer to any of these questions is "yes," it might be time to move. An inability to perform daily activities such as eating, bathing and driving is another indicator.



Residents at Vinson Hall McLean, participate in water sports. Experts say many people would be happier in an assisted living facility, where they have activities and friends, than they are living alone.

SELECTING THE RIGHT TYPE of facility requires knowing the choices: independent living, assisted living and nursing homes.

Independent living is generally regular housing specifically designed for seniors whereas residents at assisted-living facilities can get aid with daily activities such as bathing and medication management. They often include kitchens, but meals and transportation to medical appointments and other errands are usually provided as well.

"Many people don't understand the difference between a nursing home and assisted living," said Carle. "Unless a person is bedridden, they probably don't need a nursing home."

Identifying a person's specific needs and finding a facility that is equipped to meet those requirements is vital. "If one needs any rehabilitation, then you would want to choose a facility that offers rehab services or therapy," said Dr. Jean Glossa, M.D., medical director for Fairfax County Community Health Care Network and Molina Healthcare. "If one has dementia or Alzheimer's disease, then you would want a facility that has trained and experienced staff in working with patients who suffer from either disease."

Geriatric care specialists, who can be found through the National Association of Geriatric Care Managers, can help assess a person's needs and help match him or her with an appropriate community. The Assisted Living Federation of America is another source for information on facilities, and experts recommend visiting www.medicare.gov when looking for a nursing home.

"CMS [Centers for Medicare & Medicaid Services] has the Nursing Home Compare



Jim Upp displays his late wife's paintings at an art fair at Greenspring, a retirement community in Springfield. Upp downsized from a large home to an independent living facility after his wife died. "I did not know a soul when I came here, but I know hundreds of people now. There are more than 200 activities here," he said.

website, which provides basic data about nursing homes, including staffing, past violations in recent surveys by the licensing agency, quality measures and more," said Glossa.

Experts say it is important to visit multiple communities before making a decision: "You should always tour at least three," said Carle, who lives in Herndon. "It is like test driving a car. You don't just test one car and buy it."

Meet those who run the facility. "A com-

munity is only as good as its administrator," said Carle. "Have the administrator give you a tour. It doesn't matter if the facility has a glass chandelier or a baby grand piano. As you're walking around, if the administrator doesn't know their own employees or residents, that would tell you a whole lot more than any brochure would. Families should look for an administrator who clearly has a love for seniors."

When meeting the staff at retirement facilities or nursing homes, there are key questions to pose. "Ask about the longevity of the staff and the average years of employment in the facility, the community's philosophy on aging in place, transition expectations as the person declines and needs additional services," added Karen Boyce, the administrator at Renaissance Gardens at Greenspring in Springfield. She also recommends staying for lunch or another activity "to experience the sense of community, and staff interactions with other residents and each other."

LOCATION AND ACTIVITIES are other key considerations. "Is the facility close to family?" said Dave DeClark, director of marketing at Vinson Hall in McLean. "Is it close to a social network or former business associates? Is it in a geographic location that they find desirable?"

DeClarke suggests contemplating social aspects. "What type of environment would the individual or the couple really thrive in? What are their outside friends like? What are some of the things that they used to do and would like to continue doing?"

The cost of the facility is important too. "Discussing payment methods in advance also helps alleviate financial issues in the future," said Glossa. "If you or your family member has Medicaid or Medicare, make sure the facility accepts residents on either or both programs."

Experts say such moves require sensitivity and planning. "Don't take control. Leave control in the hands of the elder like when to move, what to take, what to buy new, all the details, no matter how long it takes or how weird it may sound to you," counseled Potomac resident Linda Berg-Cross, Ph.D., a professor of psychology at Howard University.

Carle added that guilt is a common barrier to assisted living or nursing home placement. "Many people feel that they should be taking care of their parents," said Carle. "But families need to be honest with themselves and understand that the world is different now than it was one or two generations ago. Many people would be happier in an assisted living facility where they have activities and friends than they would be living all by themselves. We should look at this as helpful and not something to feel guilty about."



PHOTOS CONTRIBUTED

U.S. Rep. Jim Moran joins local and state officials, community advocates for ribbon cutting.

Pedestrian Bridge Opens at Wolf Trap

Congressman Jim Moran (D-8) spoke at the ribbon cutting ceremony for the new pedestrian bridge over the Dulles Toll Road, connecting the two main facilities at the Wolf Trap Performing Arts Center.

"With roughly 500,000 visitors expected to visit Wolf Trap this season, the new pedestrian bridge is a welcome addition to the area," Rep. Moran said. "Beginning today, Wolf Trap patrons, cyclists and pedestrians can safely travel between the Barns and Filene Center."

Since 2004, Moran has worked to secure more than \$2 million in funding for the project. Last year, the Federal Highway Administration (FHA) released the remaining \$1.5 million funding installment.

Construction began in November. Prior to the pedestrian bridge, Wolf Trap's Barns and Filene Center were separated by a nar-

row road with no sidewalks. The pedestrian bridge will also enable residents to travel to Metro stations currently under construction at Tysons Corner.

"Today's opening shows what government can do for a community when local officials listen to and work with their constituents," Moran continued. "This is the kind of thing

we should be doing all over the country and I'm sure glad we're doing it here."

Wolf Trap Performing Arts Center was established in 1971 to bring important cultural, theatrical, and educational works to the National Capital Region.

Built on land donated by Catherin Filene Shouse, the Filene Center houses a 6,800-seat indoor/outdoor theater

showing an average of 90 performances each year. The Barns at Wolf Trap, a 382-seat indoor venue, serves as a year-round center for the performing arts.

"With roughly 500,000 visitors expected to visit Wolf Trap this season, the new pedestrian bridge is a welcome addition to the area."

— U.S. Rep. Jim Moran (D-8)



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PUBLIC NOTICE:
PROPOSAL TO MODIFY CORRECTIVE ACTIONS AT AN UNDERGROUND STORAGE TANK (UST) SITE. There has been a release from an underground storage tank system at the Former Pentagon Industrial Complex, 1201 South Fern Street, Arlington, Virginia. The Department of Environmental Quality (DEQ) has requested preparation of a Corrective Action Plan Addendum to address cleanup of petroleum fuel contamination at this site. If you have questions regarding the cleanup, please contact: John P. Diehl, Environmental Consultants and Contractors, Inc., 43045 John Mosby Highway, Chantilly, VA 20152, (703) 327-2900. The Corrective Action Plan Addendum was submitted to the Remediation Division of the Northern Regional Office of the DEQ May 17, 2012. If you would like to review or discuss the proposed Corrective Action Plan with the staff of the DEQ, please feel free to contact Mr. Randy Chapman of the DEQ at (703) 583-3816 after the date of the Corrective Action Plan Addendum submittal. The DEQ Remediation Division will consider written comments regarding the proposed Corrective Action Plan Addendum until July 30, 2012, and may decide to hold a public meeting if there is significant public interest. Written comments should be sent to the DEQ at the address listed below. The DEQ requests that all written comments reference the tracking number for this case: PC # 96-3200. Department of Environmental Quality, Remediation Division, 13901 Crown Court, Woodbridge, VA 22193.

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-Dean Acheson

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Writing On!



By KENNETH B. LOURIE

It was June '09 when I published my first column in the Connection Newspapers about being diagnosed with cancer. It was actually a column detailing the diagnostic steps I had taken during the first few months of the year attempting to identify the pain I had initially felt under my right-side rib cage in late December. Once that pain migrated from one side to the other, accompanied by difficulty inhaling and bending, my wife and I decided that a trip to the Emergency Room was warranted. I wasn't in any distress, and it certainly wasn't an emergency; nevertheless, it did seem the sensible thing to do.

During this diagnostic process (which took about two months), I continued to write and publish my regular weekly column as usual (not at all about cancer). Privately, however, I had been writing about this evolving situation ever since it began in the Emergency Room in December. Given all that the diagnostic process had involved, and the range of emotions I had experienced, I had ample feelings on which to write, eventually accumulating more than a handful of columns I have come to characterize as my "cancer columns." These columns remained unpublished until June. My feeling had been that once I published a column about such serious matters, how could I ever again fill my space with the mundane minutiae that had characterized much of its content the previous 10 years, award-winning though some of them had been, as voted on by members of the MDCC Press Association (Maryland/Delaware/D.C.) and the VPA (Virginia Press Association)? Besides, chemotherapy was set to begin in early March, so I just decided to simplify my life and submitted for publication more of the non-cancer columns which I had written during less complicated days. After all, as you regular readers know, if I can write about anything, I can write about my life, its relative interest notwithstanding; so I had a stack of unpublished columns ready to carry me for a few months until I felt better or different and decided to go public with my diagnosis, which eventually I did.

After I published that first column in June: "Dying to Find Out, Sort Of," I just continued with the "cancer columns." It seemed easy enough and I did have a bit of a story to tell/share. Although I had no idea or intention of using my space to chronicle the journey per se, of a terminal cancer patient attempting to survive the emotional, physical and spiritual toll such a diagnosis (stage IV lung cancer) and prognosis ("13-months to two years") can have, apparently, that's exactly what I've done. All I knew then was that writing about my experiences provided me a much-needed outlet. And for all I know now, writing so openly about my life as a cancer patient may have in fact extended that life; I have survived way beyond my oncologist's initial prognosis.

And as I have continued to survive, I have continued to write about having cancer. Once I started (published that first column), I couldn't stop (again, it was my life, so...). Three years later, nearly 150 columns have been published. Occasionally, I'll get off the cancer train (if only it were that easy) and write a non-cancer column but when your life is consumed by something (as much as I wish it weren't and as hard as I try to prevent it), it's sort of difficult to ignore. Writing helps, for me. Part catharsis, part selfish, part greater good, but mostly because it brings me pleasure. And when your diagnosis is terminal, sometimes pleasure is hard to find.

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

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