

# Fireworks Go Off At Turner Farm

NEWS, PAGE 11

Visitors to Turner Farm Saturday, July 14 watch the annual fireworks show in Great Falls, which was postponed from July 4.

## Senior Center Hosts Inaugural Event

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## Fairfax County, VDOT File Suit Against EPA

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The County has been at odds with the EPA over management of the 52-square mile Accotink Creek watershed for years.



PHOTO COURTESY OF FAIRFAX COUNTY DEPARTMENT OF PUBLIC WORKS AND ENVIRONMENTAL SERVICES

## Fairfax County, VDOT File Suit Against EPA

New EPA rules will impact homeowners, developers and could cost taxpayers nearly \$500 million.

BY VICTORIA ROSS  
THE CONNECTION

Fairfax County and the state of Virginia filed a federal lawsuit Thursday, June 12, challenging the U.S. Environmental Protection Agency's (EPA) new storm water regulations for the Accotink watershed, claiming the agency's requirements are costly, onerous and vastly exceed its legal authority.

The complaint, filed jointly in U.S. District Court in Alexandria by Fairfax County and by Virginia Attorney General Ken Cuccinelli on behalf of the Virginia Department of Transportation (VDOT), seeks to halt what county officials deem a "massive expansion" of the EPA's regulatory power.

County officials claim the EPA's recent move – to control pollutants in the watershed by requiring the county to further regulate its storm water runoff – goes beyond the agency's "legal authority" under the Clean Water Act (CWA).

"The EPA is way out of control," said Supervisor John Cook (R- Braddock). "We have the best storm water program around, and the EPA's (actions) go too far."

**THE BOARD'S DECISION** in a presidential election year to join forces with Virginia's conservative attorney general – an Obama foe and likely Republican gubernatorial candidate in 2013 – was "politically difficult," Cook said, and shows "just how egregious the EPA's actions are here."

Board Chairman Sharon Bulova (D-At-large) said the Democrat-controlled board believed putting aside partisan politics and joining the state in the legal

action was necessary to strengthen the lawsuit against the EPA.

The County has been at odds with the EPA over management of the 52-square mile Accotink Creek watershed for years. Meeting in closed session during the board's regular meeting on Tuesday, June 10, supervisors decided to take legal action.

In 2011, according to the lawsuit, the EPA established a Total Maximum Daily Load (TMDL) for Accotink Creek to improve the health of the creek's aquatic life. Rather than establish a TMDL for one of the pollutants, such as sediment, the EPA issued a TMDL for a surrogate, the flow of water.

"The EPA literally is treating water itself—the very substance the Clean Water Act was created to protect—as a pollutant," the complaint asserts.

According to the EPA, it has approved or established 3,691 TMDLs since 1995 for sediment - the pollutant actually at issue in Accotink Creek.

The Accotink TMDL is one of the first four so-called "flow TMDLs" established by EPA anywhere in the United States. EPA issued the other three flow TMDLs for waterways in Missouri. All have been challenged in federal court.

To comply with the new EPA-mandated thresholds for water flow means Fairfax County and VDOT would have to find ways to further reduce storm water runoff, in some cases by as much as 50 percent.

Meeting these standards is unrealistic, Bulova said, and could cost Fairfax County taxpayers and property owners hundreds of millions of dollars.

VDOT officials estimate its cost to meet its share of the mandated flow reductions would be \$70 million or more. To comply with the EPA's mandates, VDOT officials said they would be forced to acquire significant amounts of private property to build numerous new storm water management structures.

In addition, county officials said they would have to adopt costly and impractical new standards to reduce storm water runoff, and these measures could ultimately cost the county \$500 million.

County storm water officials said to achieve 50

**"We object to costly regulations that set us up for failure and not get the job done."**

**— Fairfax County Board Chairman Sharon Bulova (D-At-large)**

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## A Roadmap for the Inner Self

McLean author celebrates one year of 'Unveiling the Inner Journey.'

BY LORI BAKER  
THE CONNECTION

McLean resident and author, Alianna Maren, is celebrating an anniversary. This month marks one year since her groundbreaking book, "Unveiling: the Inner Journey," was published. And she is inviting all of McLean to join the celebration.

Though the published book is very young, the concept has been with her for many years. In fact, she began writing it in 1996.

Maren spent the early part of her career as a scientist and student of martial arts, both of which she refers to as rather masculine pursuits. But "something was missing," she said.

"We know in our society that men have a well-defined growth path. We know all about heroes. Most of us know about Luke Skywalker, and how he was coached by his master teachers," she said. "It's a very common movie theme, a very common book theme."

When a friend introduced her to belly dancing, she felt like she was home. In fact, she likened it to the growth path that men know so well. The dancing is one of the vehicles that help women develop a sense of body awareness. "It's a pathway for stress reduction, releasing emotional blockages, and feeling overall just more fit and limber, supple, flexible, and juicy," she said. It is a way of life that she feels strongly about, and one that she likes to share through her book, and through her dance classes.

The book is full of research and stories that Maren hopes will help women "discover and cultivate our playful and prayerful selves, unkink our emotionally stuck stuff, and dis-



PHOTO BY JANICE ZIMMER/AUTUMNCAT STUDIOS

**McLean author and scientist, Alianna Maren, published "Unveiling: The Inner Journey" one year ago. She is also a teacher, inventor, dancer, and "practitioner of mind-body disciplines."**

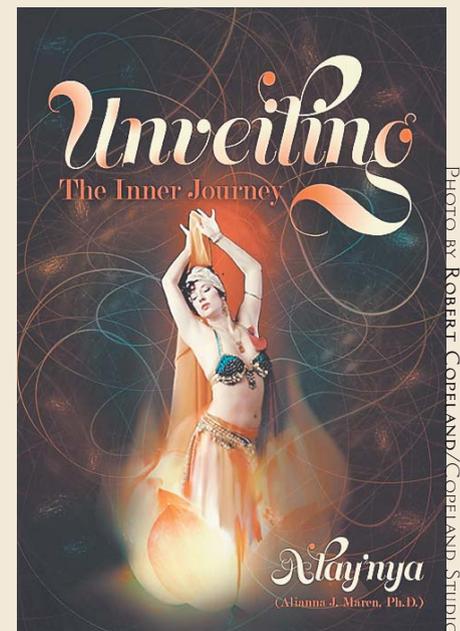


PHOTO BY ROBERT COPPELAND/COPPELAND STUDIO

**"Unveiling: The Inner Journey" by Alay'nya (Alianna J. Maren, Ph.D.)**

cover a fountain of youth through ch'i."

She invites readers to join the online celebration of the Unveiling Journey by visiting the website, [www.theunveilingjourney.com](http://www.theunveilingjourney.com), by visiting "The Unveiling Journey" Facebook page, or by visiting the blog <http://theunveilingjourney.blogspot.com>.

# NEWS

**Guests at the first Great Falls Senior Center Activity enjoy lunch Tuesday, July 10 at the Great Falls United Methodist Church.**



PHOTOS BY ALEX McVEIGH/  
THE CONNECTION

## Senior Center Hosts Inaugural Event

**Great Falls UMC hosts history presentation, vocal performance for local seniors.**

BY ALEX McVEIGH  
THE CONNECTION

The Great Falls Senior Center hosted its first event Tuesday, July 10 at the Great Falls United Methodist Church. The first iteration in the community using the center-without-walls concept (where local buildings host events on a rotating basis in lieu of a specifically designated building) featured a historical presentation, lunch and a performance by mezzo-soprano Heather Crow of Vienna.

"Until a few days ago, we had 38 people RSVP, but in the last three days we had 84 people sign up," said Wayne Foley, a member of the Seniors Group, which is an initiative of the Great Falls Citizens Association. "We got pretty clear ideas of what people wanted through the survey we hosted earlier this year: people wanted it during the day, mid-week, with

educational speakers, entertainment and lunch. So that's what we tried to do."

Kathleen Murphy, president of the Great Falls Historical Society presented a photographic journey through the history of the community. After a lunch of barbecue sandwiches, cole slaw and fruit, Crow performed a variety of tunes from her repertoire.

"I'm coming back from taking a year off to have my twins, so it's nice to go in front of an appreciative crowd," she said. "I usually do a lot of opera, but also some Broadway selections. I'm just glad it's a big room, and I made sure to make some selections they would all know."

The group will spend their August meetings discussing last week's gathering, before holding their second event at the Dranesville Tavern Tuesday, Sept. 11.

"To be honest, I sort of felt like we were dealt a royal flush, every-

thing worked out so well," said Bob Lundegard of the Great Falls Seniors Group. "I think it will be a tough act to follow, but we'll debrief later this week, see what went right and what can be carried over. We'll also be hosting a follow-up survey, which is linked

**"As a small group, we don't have the funding to rent spaces, so we're very grateful to the Great Falls United Methodist Church and the other participants."**

— Sondra Taylor

on the GFCA website, and we're hoping to use those results to shape the future direction of this



**Heather Crow, a mezzo soprano from Vienna, sings at the inaugural Great Falls Senior Center event Tuesday, July 10 at the Great Falls United Methodist Church.**

group."

In the future, Foley said the group will look within the community to find more possibilities for entertainment, as well as address relevant topics for seniors.

"There's a lot of talent hidden in Great Falls," he said. "And a lot of possibilities to discuss. We hope to bring in a group like AARP and the National Association of Home Builders, to discuss ways to physically change the homes to suit people who want to age in place."

Sondra Taylor, a member of the group and a licensed long-term

care administrator who owns Great Falls Manor, said the group could not perform its mission without assistance from the community.

"Right now we're going from church to church, with venues like the Dranesville Tavern thrown in too," she said. "As a small group, we don't have the funding to rent spaces, so we're very grateful to the Great Falls United Methodist Church and the other participants."

The survey can be found at the bottom left of the homepage of [www.gfca.org](http://www.gfca.org).

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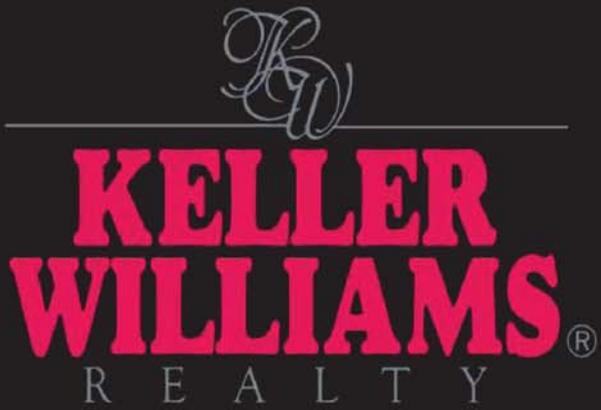
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## 9th Asian Festival Celebrating The Year of the Dragon

This year, the 9th Asian Food and Tennis Festival is celebrating the year of dragon. The Festival is a two-day, free admission event to promote greater understanding of the Asian countries and cultures. It will be held at the George Mason University on July 21, Saturday, from 10 a.m. to 9 p.m., and on July 22, Sunday, from 10 a.m. to 7 p.m. It is open to the public.

This year, the theme is "The Year of Dragon" where you will discover the dragon lord of the heavens and rain maker's representation of their

own cultural heritage in four different showcase areas: Heritage India, It's More Fun In Philippines, Image Of China, and Amazing Thailand.

Besides the usual diverse vendors and exhibitions, there will be an interactive area with carnival rides and games for children. More than 200 multi-cultural vendors and exhibitions will also serve the event; including 35 multi-cultural food, product vendors, among them Chinese, Vietnamese, Indian, Japanese, Korean, Thai, Laotian and Philippine cuisine and handi

SEE FESTIVAL, PAGE 7

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## AREA ROUNDUPS

### Helicopter Noise Forum in McLean

U.S. Rep. Frank Wolf (R-10), Del. Barbara Comstock (R-34), Supervisor John Foust (D-Dranesville) and Behram Shroff, McLean Hamlet Citizen Association are hosting a Helicopter Noise Forum in McLean on Thursday, July 26, 7:30 p.m., at the McLean Community Center, 1234 Ingleside Drive in McLean.

Those expected to attend include FAA Regional Administrator, FAA Air Traffic Organization, Air Traffic Control Management, Reagan National Airport, Washing-

ton Flight Standards District Office, Department of Defense Representative, Fairfax County Police Helicopter Division and PHI Air Medical (Medivac)

Wolf has worked in recent months to ensure that residents of Fairfax County get to meet with those responsible for controlling the region's airspace, those directing aircraft from regional airports, as well as those operating low-flying helicopters. The representatives listed above will make a presentation informing residents about how the region's airspace accommodates helicopters, what organizations are flying in the region and address questions from the audience.

### 9th Asian Festival

FROM PAGE 6  
crafts.

The Festival will also showcase an all-day prize money tennis tournament, stage performances, contests, interactive demonstrations, children interactive area—as well as “Destination Asia,” where Asian embassies and organizations exhibit their cultures, arts, and cooking demonstration.

This year, the Thai Tennis Organization in America (TTOA) will again partner with Singha Beer and the United States Tennis Association Virginia to bring this Festival to Asian American families and the general public.

For more information, contact George Duangmanee at [info@asianfestivaldc.com](mailto:info@asianfestivaldc.com) or Bing C. Branigin at [bing@asianfestivaldc.com](mailto:bing@asianfestivaldc.com).

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# OPINION

## Leaving Millions on the Table

Virginia should embrace opportunity for more health care coverage for poor residents.

Chances are that if you are reading this, you have employer-provided health insurance. While you might worry about the young adults in your family or the lower wage workers in your organization, you also know that if you are sick, you can go to the doctor.

Incredibly, 144,873 residents of Fairfax County have no health insurance. That's more than 13 percent of the slightly more than 1 million people who live in the wealthiest county in the nation. Household income in Fairfax County averages more than \$122,000 a year.

Under the health care reform act, many of Virginia's uninsured residents could be covered by an expansion of Medicaid that would be paid for almost entirely by federal funds. But while the reform act itself was upheld by the U.S. Supreme Court, the court also opened a door for states to opt out of the expansion of Medicaid.

From a practical perspective, declining federal money to provide healthcare to uninsured Virginians makes no more sense than declining federal funds for transportation because you don't like the feds telling you to wear your seatbelt.

But Gov. Bob McDonnell says expanding Medicaid is a terrible idea.

The state's refusal to be included in the program would deny health insurance coverage to a quarter-million Virginians, said U.S. Rep. Gerry Connolly and others in urging McDonnell to accept the expanded coverage.

Medical care for uninsured Virginians adds up to \$1.65 billion a year in uncompensated costs. Medicare expansion would help reduce that by \$860 million per year, according to the Virginia Health Reform Initiative Advisory Council.

Virginia stands to lose more than \$9.2 billion in federal funds over the first five years of the new law if it opts out of the provision that expands Medicaid to individuals and families with incomes up to 133 percent of the poverty level, \$14,856 for an individual; \$30,656 for a family of four, Connolly said.

A revealing look at the possible local role of the health care reform act appears in this week's Mount Vernon Gazette, written by Del. Scott Surovell (D-44).

Surovell represents a district of 80,000 residents with stark differences between wealthy and poor in Fairfax County. The Mount Vernon area district is tied for the highest percentage of Medicaid beneficiaries in Fairfax County. One in seven people in the 44th District re-

ceive health insurance from Medicaid; 74 percent of these are children, 5 percent are pregnant, 6 percent are poor adults, with the rest elderly residents and people with disabilities. Surovell reports the largest number of Medicaid births at any hospital in Virginia occurs at Fairfax INOVA Hospital. The 44th District has a higher percentage of uninsured individuals compared with the rest of Fairfax County.

Surovell argues that his district desperately needs the help that would come with the expansion of Medicaid and other provisions under the new law.

Here is how he explains the mechanism: Health insurance reform would expand coverage by two means. First, if states expand their Medicaid programs to all individuals at 133 percent of Federal Poverty Level, the federal government picks up 100 percent of the cost in 2014-2016, and 90 percent after 2020. Second, states are required to set up healthcare exchanges to make more affordable health insurance available for individuals without employer health insurance benefits, and individuals with incomes between 100-400 percent of the federal poverty level receive a tax credit to help with the cost. Coverage was also expanded by banning coverage denials based on pre-existing conditions and requiring companies to cover college students through age 26.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

### LETTERS TO THE EDITOR

#### Making Care Affordable

To the Editor:

Many people have personal reasons for being glad that the Supreme Court has upheld President Obama's Affordable Care Act, and for hoping that his opponents will not be able to repeal it. I have a couple of my own:

First, a Virginia carpenter whom I deeply respect came to me as he was battling colon cancer. He had no health insurance. His biggest fear was not death but the debts he had amassed in fighting the disease. He had reached financial ruin and was about to lose his house. There was no job that was too hard or too menial for him to do. In the strength of his manhood he had done them all. Yet he cried like a baby from the shame he perceived in having to ask me for money. It is uncivilized and inhumane to have more than 30 million Americans who have no insurance, cannot get it, and face financial ruin if they get sick like my carpenter friend. President Obama's Affordable Care Act, when fully implemented, will basically solve this problem.

Second, my brother Dr. Donald

M. Vickery got me to introduce in the Virginia House of Delegates some of the first wellness, preventative care legislation some thirty five years ago. The legislation failed, but Donnie went on to write a series of books advocating wellness and health care. Don has now passed away, but President Obama's Affordable Care Act puts into effect wellness and preventative care as a national health priority. My brother would have been proud.

I believe that when most Americans think about it, they will have their own personal reasons to be in favor of President Obama's Affordable Care Act. These reasons will range from banning denial of coverage because of pre-existing conditions, fixing gaps in prescription drug coverage, ending insurance discrimination against women, to allowing young adults to stay on their parents coverage.

Now that there have been positive decisions from the judicial, legislative, and executive branches of government, it is time to recognize the benefits of President Obama's Affordable Care Act, put partisan attacks behind us, and move on.

**Raymond E. Vickery, Jr.**  
Vienna

#### A 'Key Reason' Overlooked

To the Editor:

I was disappointed in Mr. Horrock's commentary on the Silver Line [Silver Line Gets 'Green Light' The Connection, July 11-17, 2012].

I had hoped it would provide more facts, and less opinion.

I support Mr. Horrock espousing his political views, but I'd prefer not to read them as part of a news item.

Conspicuous by its absence in Mr. Horrock's piece was one key reason for the hold-up of the Silver Line by both Loudoun County as well as the Governor.

That issue was the requirement that contractors for the construction of the Silver Line extension would have to be Union Shops — meaning that companies would have to hire union labor to win their contracts.

Since Virginia's economy has grown quite well without union organizers and the strife which usually attends that process, neither the Governor nor the Loudoun County Board was interested in promoting a union foothold via the Silver Line. Governor

McDonnell ended that problem by firing Dennis Martire — whom his Democratic predecessor [Tim Kaine] had appointed to the WMATA.

Martire was/is the Vice President of the Laborers' International Union of North America and had inserted the "project labor agreement" Union clause into WMATA's requirements against Governor McDonnell's instructions, and in contradiction to Virginia's Right to Work law.

I believe Mr. Martire is still under investigation for his profligate spending [\$38,000] which he charged to WMATA and Virginia; his \$10,586 tab for nine days in Sardinia to attend a one-day conference on airport security caused concern that he was perhaps abusing his expense account.

I, and other readers of the Reston Connection, would appreciate it if your reporters would follow Joe Friday's advice: "Just the facts, ma'am."

If we want a politicized slant on news that affects us, we can turn to the Washington Post.

We expect better from the Reston Connection.

**Greg Davis**  
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**Kemal Kurspahic**  
Editor ♦ 703-778-9414  
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**Amna Rehmatulla**  
Editorial Assistant  
703-778-9410 ext.427  
arehmatulla@connectionnewspapers.com

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

**Victoria Ross**  
County Reporter ♦ 301-502-6027  
rosspinning@yahoo.com

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

**ADVERTISING:**  
For advertising information  
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703-778-9411  
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**Debbie Funk**  
National Sales  
703-778-9444  
debfunk@connectionnewspapers.com

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

**Executive Vice President**  
Jerry Vernon  
jvernon@connectionnewspapers.com

**Editor in Chief**  
Steven Mauren  
**Managing Editor**  
Kemal Kurspahic  
**Photography:**  
Deb Cobb, Louise Krafft,  
Craig Sterbutzel  
**Art/Design:**  
Laurence Foong, John Heinly  
**Production Manager:**  
Jean Card  
Geovani Flores

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

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

## PEOPLE

# Amanda Tiede Named Woman of the Year

## The Leukemia & Lymphoma Society honors contributions to blood cancer research.

**T**ommy Cleaver, CBRE executive, and Amanda Tiede, a Vice President at Cassidy Turley, were named the National Capital Area Chapter's 2012 Man & Woman of the Year at the Grand Finale Gala at The Ritz-Carlton in Washington, D.C. The 21st Anniversary campaign featured 18 candidates who collectively raised over \$1,144,000—the most ever raised in the history of this campaign across all of The Leukemia & Lymphoma Society's (LLS) chapters.

The 2012 Man of the Year, Tommy Cleaver, of Washington, D.C. was diagnosed with chronic myelogenous leukemia (CML) ten years ago while attending Middlebury College. Because of his body's tremendous response to Gleevec, a then-recently approved oral chemotherapy drug, he was able to lead a relatively normal life and keep his diagnosis close, telling only his family and dearest friends. He voluntarily revealed his experience during this campaign explaining, "I realize that I have been blessed with the opportunity to share my story. I want to do everything that I can to help provide that opportunity to others." Cleaver continued, "With the help of The Leukemia & Lymphoma Society (LLS), I have found the perfect way to do so."

Cleaver, a rising-star at CBRE, is now living proof of the difference that can be made through fundraising initiatives and research advancements in science and medicine. First runner-up Michael Effron, of Arlington, and second runner-up Gene Thomas, of Washington, D.C. were also celebrated for their selfless and immense efforts.

The 2012 Woman of the Year, Amanda Tiede, of Vienna, raised more than double her initial goal with the help of a committee of dedicated leaders and the region's high-powered CEOs. After accepting the nomination in honor of James Madison University classmate Patrick Kelly, who lost a seven-year battle with lymphoma brain cancer in January, Amanda rallied the support of her friends, family and the business community to create an enormous impact on blood cancer research.

"We came into this campaign with a challenging goal," said Tiede. "Our campaign team was overwhelmed by the support we received and what we were able to achieve. We never imagined we would reach these heights, and we

could not have without the support of our influential networks."

Tiede also drew motivation from Isaac Duck and Sophia Becraft, the 2012 Boy & Girl of the Year, and used them as a constant reminder of those who count their blessings daily because of the progress that has come from fundraising and

research. First runner-up Meghan Haven-Buske, of Bethesda, Md., and Erin Kirkpatrick, of Arlington, also raised remarkable funds for the mission of LLS: to find a cure for leukemia, lymphoma, Hodgkin's disease and myeloma, and to improve the quality of life of patients and their families

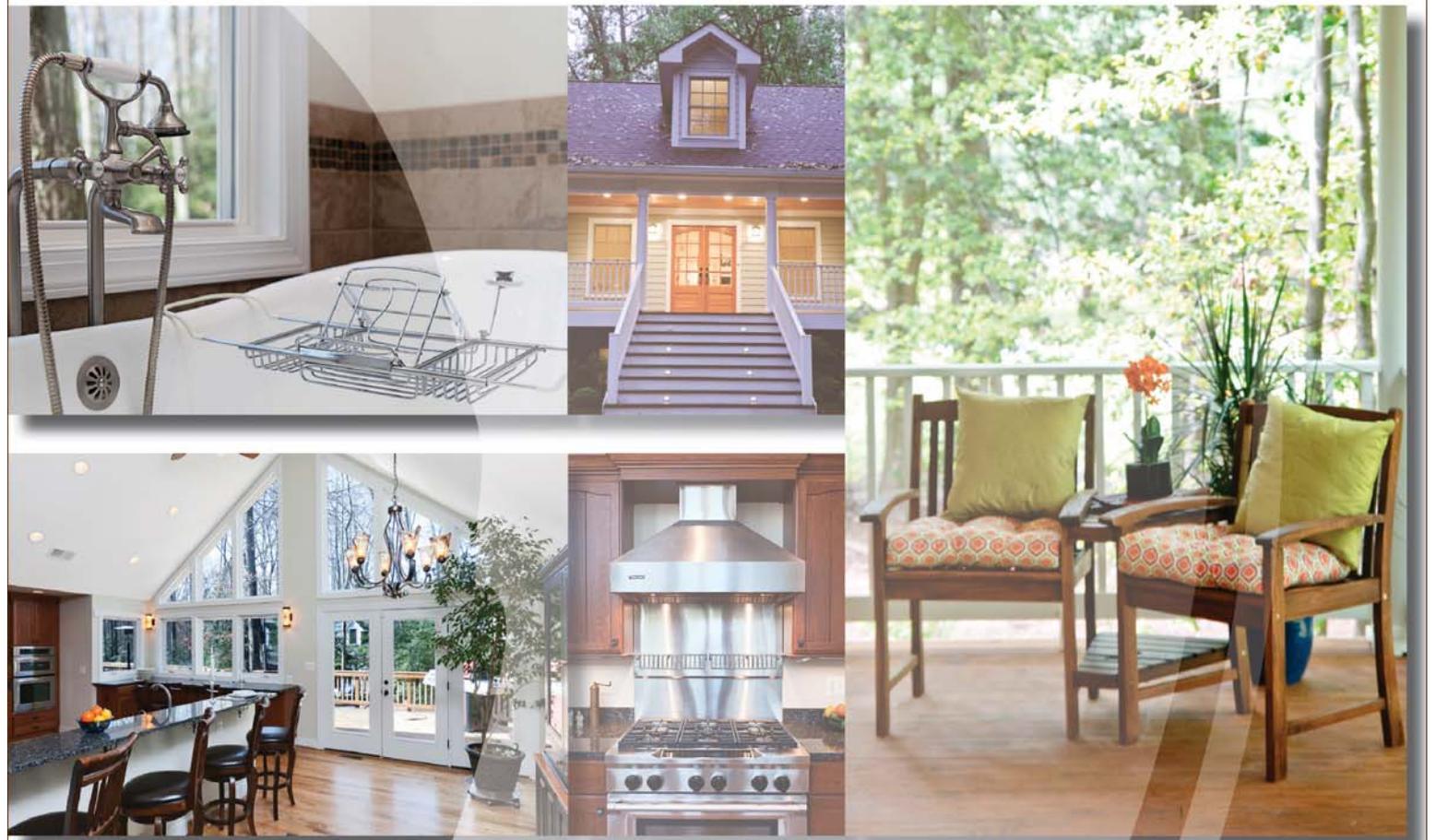


Tommy Cleaver and Amanda Tiede

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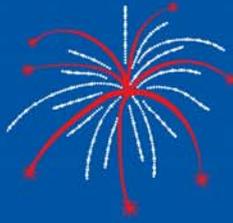
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Please email [fireworks@neighborsfoundation.org](mailto:fireworks@neighborsfoundation.org)  
or call 703.759.2102 for donation information.

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*Thanks for helping us light the sky this 4th of July, once again! See you in 2013!*



Neighbors Foundation is a registered 501(c) (3) corporation. Donations are tax deductible to the extent allowed by law.

Guests watch fireworks on the lawn at Turner Farm Saturday, July 14.



# Fireworks Go Off at Turner Farm

Annual show was postponed from July 4.

BY ALEX McVEIGH  
THE CONNECTION

While going a week without power meant no video games or television for Jeremie Johnson, 7, of Great Falls, it did some with one perk.

"Because the fireworks were put off by a week, we got to go to the show at Langley [High School] and then come to Turner Farm, so we got double the fireworks this year," he said. "Last week was pretty hard, but I think I could do it again for two fireworks shows instead of one."

His father Scott disagreed, saying "he talks big now, but he was crawling the walls all week last week, he had fun at the fireworks show at Langley, but went right back to being hot and miserable when we got home."

The annual Great Falls fireworks show was postponed 10 days due to the blackouts caused by the storms the weekend before. That didn't seem to affect attendance, as shortly after the gates opened at Turner Farm Saturday, July 14, cars began streaming in.



Turner Farm hosts the annual Great Falls fireworks celebration Saturday, July 14.

PHOTOS BY ALEX McVEIGH/THE CONNECTION

"I'm really proud of the organizers that they were able to get the word out so effectively about the change in date, and that they stuck with the idea of putting on the show."

— Amy Lennon of Great Falls

"I'm really proud of the organizers that they were able to get the word out so effectively about the change in date, and that they stuck with the idea of putting on the show," said Amy

Lennon of Great Falls. "Sure, it's just a fireworks show, but I also think it shows the resiliency of this community when it comes to facing tough times. We went without power for so long, but that only made us more determined to come out and have a good time together."

Visitors set up their blankets and chairs from the observatory next to Springvale Road all the way to the horse-riding course.

"Part of me thinks it might have worked out for the best for my kids," said Jon Putnam of Great Falls. "Sometimes the kids get too tired at the parade and games on the green, and we don't end up making it to the fireworks. This year we could space it out a little bit and hit both with plenty of energy. I think it made both events more enjoyable."

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or complete our online form at [greatfallsconnection.com](http://greatfallsconnection.com)

Be sure to include your name, address and phone number, and identify all people and pets in photos. Submission deadline is July 20.

## Summer Concert on the Green



Sunday, July 22

6pm to 8pm

Great Falls Village Centre Green at the Gazebo



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"Everyone in my row leaned forward, for Daryl Davis was pumping the keys like a reborn Jerry Lee Lewis, rattling Boogie Woogie rolls out of all 88 keys!"

- Geoffrey Himes, *The Washington Post*

### Summer Concerts on the Green

Concerts are held weekly every Sunday during June and July. Come out with your picnic baskets and chairs for an entertaining evening of live, free music.

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

A big thank you to this week's Sponsor



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Students at St. Stephen's & St. Agnes School participate in an after school "Kids in Motion" class. Experts say extracurricular activities offer social interactions, which are important to a child's development.



PHOTOS COURTESY OF ST. STEPHEN'S & ST. AGNES SCHOOL

Instructor Matthew Gehlhoff leads student at St. Stephen's & St. Agnes School in an after school fencing class. "If a parent notices that a child has a gift for piano or soccer, they should encourage it," said Rich Leichtweis, PhD, Senior Director of the Inova Kellar Center

# Childhood Hobbies: Finding the Right Fit

Experts offer suggestions for choosing extracurricular activities for the fall.

BY MARILYN CAMPBELL  
THE CONNECTION

While many are still basking in the lazy days of summer, Anna Faust is planning her 5-year-old son's after-school activity schedule for the fall. On his agenda: baseball, soccer, gymnastics, and tennis lessons.

"My plan is to expose him to as many activities as possible and hope that he chooses one and excels," said Faust. "Sometimes, though I can't tell if he's going along happily because all of his friends are doing it or because he really likes it."

Child development experts say deciding which and how many extracurricular activities are best for children is a dilemma that many parents face. Factors such as expense and time can make the process a delicate balancing act.

If a child wants to join a traveling hockey team, how does a parent know if his or her desire to play matches the necessary investment of pricey equipment? Should a parent coax a reluctant child into taking piano lessons hoping to transform an unwilling tot into a musical prodigy? And how much is too much when it comes to hobbies? Local child development experts say the answers vary on a case-by-case basis.

"The key to balancing one's schedule between school work, extracurricular interests, family and friends is reached not so much by seeing these goods as necessarily in competition, but rather in seeing all of the time that we have been given as a great treasure that we have to use in the best possible way," said Michael Moynihan, Up-

per School Head of The Heights School in Potomac.

Extracurricular activities are an important part of a child's development, and finding the right fit is worth the effort. "They expose children to a variety of experiences and peers. For older children, they are a venue for healthy social interaction as opposed to participating in undesirable behavior," said Rich Leichtweis, PhD, Senior Director of the Inova Kellar Center in Fairfax, "If kids are on the computer or watching television from the time they get home from school until dinner and then back on again until they go to bed, they are missing critical social opportunities that extra curricular activities can provide."

Assessing a true attraction to an activity versus a passing fancy can be tricky. "Parents should first ask their children what they might be interested in before signing them up, and they should be careful in monitoring how their children continue to feel about participating in these activities," wrote Chantilly resident Maria Londono, a mental health therapist for Fairfax Community Health Care Network in Reston, Falls Church and Alexandria, in an email.

While older children are able to express an opinion about activities, younger children might need more guidance. "If a child has a strength or interest we can build on that," said Leichtweis. "If parents notice that a child has a gift for piano or soccer, they should encourage it."

One pitfall, say experts, is following the pack. "Parents get pulled into activities because they think everybody else is doing it. Before you know it, those activities pile up and can be stressful," said McLean resident

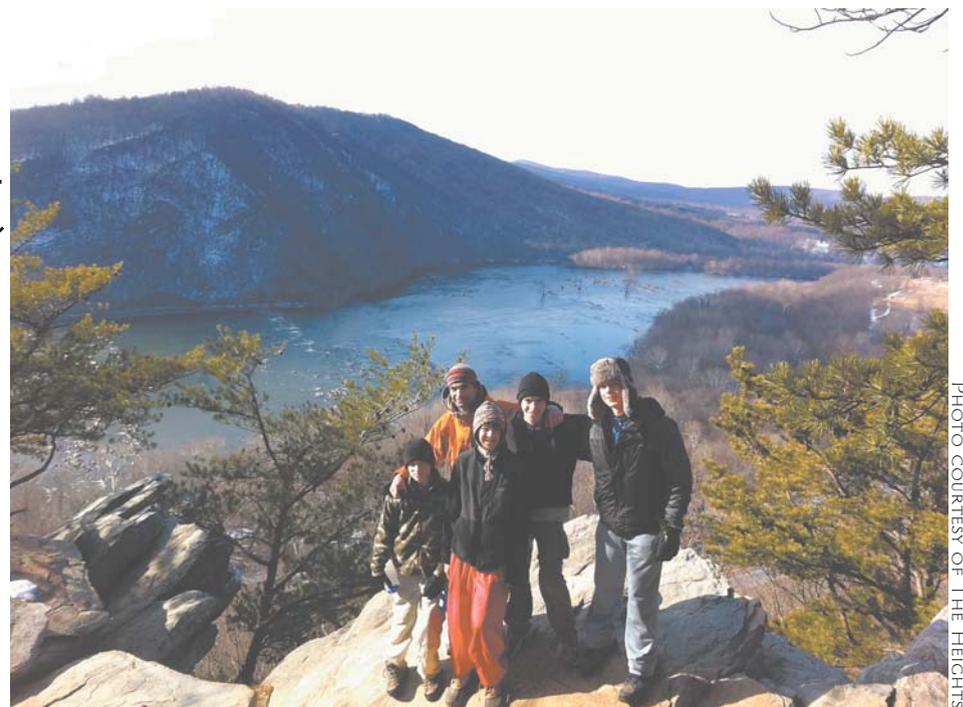


PHOTO COURTESY OF THE HEIGHTS

Heights students embark on a 30-mile hike along the Appalachian Trail. Experts say children can continue activities like hiking, biking and running into adulthood.

Michele Garofalo, EdD, Assistant Chair, Department of Counseling and Associate Professor of Psychology at Marymount University in Arlington.

How does a parent know if a child is overscheduled? "Some kids are ok with a lot of activities," said Leichtweis. "If a child is involved in a lot and they're doing well in school, getting adequate rest and there are no significant disruptions, then it's probably ok. But if there is a change in behavior, their grades slip, they're not getting enough rest and they're in eight different activities, then it is time to make a change."

Experts say there are warning signs that a parent might be pushing a child too hard. "When a child says 'I don't want to go to this activity' or 'I don't like the kids there' or if they are pouting or agitated when it's time to go, those are signals that they need a change," said Garofalo. "If extracurricular activities are fun and kids enjoy them, they can build a child's self-esteem and give them a place to shine, and children need a place to shine."

Parents should also consider the family's

overall schedule. "Look at your calendar and think about the benefit versus the cost, time and energy involved in the activity. How much stress will it put on the family?" said Garofalo.

"Parents can set limits and help kids prioritize. We can listen to the kids, but it's our responsibility to set limits. A well-balanced child is a healthy child," said Leichtweis.

Make sure to set aside time for rest. "Children need downtime and a break from organized activity," noted Susan DeLaurentis, Director of Counseling, St. Stephen's & St. Agnes School in Alexandria. "I think that is important to recognize that if children have been in school all day they've put in a lot."

Finally, experts say encourage activities that children can continue into adulthood like swimming, hiking or running. "With extracurricular activities, what we're doing is setting a foundation for life. It is part of developing well-rounded and balanced community members. We want a child who knows how to work and play," said Leichtweis.

## BULLETIN BOARD

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

### WEDNESDAY/JULY 18

**Faith and Spirituality as a Therapeutic Resource in Abuse Recovery.** 6-10 p.m. Vienna Presbyterian Church. Committed to Freedom provides holistic empowerment and spiritual tools to help people move beyond abuse and sexual trauma. Free. [www.viennapres.org/SallieCulbreth](http://www.viennapres.org/SallieCulbreth).

### THURSDAY/JULY 19

**Greater McLean Chamber of Commerce Non-Profit Education Series.** 7:30 a.m. Microsoft Store, Tysons Corner Center, 1961 Chain Bridge Road, Tysons Corner. Sponsored by Cardinal Bank. 703-356-5424 or [www.mcleanchamber.org](http://www.mcleanchamber.org).

**Goldy Bears and the Three Locks.** 7 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue McLean. Bears, babysitting and magic in this Blue Sky Puppet Theatre show. All ages.

**Express Lanes Transportation Event.** 11 a.m.-1 p.m. 1710 SAIC drive which is at the corner of Greensboro and Solutions Drive. The event will be fun for employees but also include an educational element to ensure employees know how to take advantage of new transportation options.

**"Social Savvy" for NonProfits: Quick Tips and Easy Techniques to Build Brand, Bucks and Buzz.** 7:30-9:30 a.m. Seasons 52, Tysons Corner Mall across from Coastal Flats. Free. 703-356-5424

### FRIDAY/JULY 20

**Cat Adoptions.** 6:30-8:30 p.m. PetSmart, 8204 Leesburg Pike, Vienna. Every Friday. Sponsored by Lost Dog & Cat Rescue Foundation.

## FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to [vienna@connectionnewspapers.com](mailto: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](http://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](http://www.jssa.org/growth-learning).

**HAVEN of Northern Virginia** offers a variety of free bereavement support groups, meeting on a weekly

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

### MONDAY/JULY 23

**Week-long Chess Camp.** Vienna Community Center, 120 Cherry St. S.E., Vienna. Learn from Silver Knights chess coaches: basic rules to advanced tournament strategies. All chess supplies provided. 703-255-6360 or [www.viennava.gov](http://www.viennava.gov).

**Canon Gideon Byamugisha.** 7 p.m. Patrick Henry Library, 101 Maple Avenue E., Vienna. Canon Gideon Byamugisha, an Anglican priest from Uganda and the first African religious leader to publicly declare his HIV positive status, will discuss his human rights advocacy work for people with HIV/AIDS. Free. 703-321-7499.

**Tiny Tot Time.** 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue McLean. Songs, rhymes and activities. Age 13-23 months with adult.

### TUESDAY/JULY 24

**Creature Teacher.** 2:30 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue McLean. Meet and learn about all kinds of animals. All ages.

### WEDNESDAY/JULY 25

**Blood Drive.** 11 a.m.- 5 p.m. NVAR Fairfax, 8407 Pennell Street, Fairfax. Come donate blood and give someone the "gift of life." Must bring donor card, drivers license/names of medication currently taking. 703-207-3200.

**Volunteer Management Boot Camp.** 9 a.m.- 12 p.m. 10530 Page Avenue, Fairfax. Learn more about volunteer management and program planning. \$40 Registration fee per person. Register at <http://volunteerfairfax.civicore.com/>

basis. Contact 703-941-7000 or [www.havenofnova.org](http://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](mailto: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](http://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.

**Vienna Assembly of God** has a ministry to children on Wednesdays, 7-8 p.m. at the corner of Center N and Ayr Hill Avenue, N.E. Children's Church on Sundays also available. 703-938-7736 or [www.ViennaAG.com](http://www.ViennaAG.com).

**Vienna Christian Healing Rooms,** every Saturday, 1-5 p.m., at 8200 Bell Lane. A team of Christians is available to anyone requesting prayer. Free and open to the public. 703-698-9779 or [www.viennachristianhealingrooms.com](http://www.viennachristianhealingrooms.com).

# NEWS

## County Opposes 'Costly Regulations'

FROM PAGE 3

percent flow reduction called for in the TMDL rules for a developed watershed such as Accotink, homeowners as well as commercial property owners would be required to capture and retain, or reuse, storm water runoff from their roof, driveway and other impervious areas on their property.

Any new impervious areas, such as home additions or new development, could be required to retain all storm water runoff from any expanded impervious area.

"This topic is extremely important to both developers of future sites and owners of existing sites in the watershed," said Eric Dobson, director of government relations for the Northern Virginia NAIOP, a national trade association for commercial real estate developers, owners and investors. "Our members are very committed to the environment and continuing to do the right thing."

Dobson said the engineers estimate the cost of meeting the EPA's new requirements, "if even possible to do, is a multiple factor in cost to what is required today."

"We don't want regulations that set us up for failure," said Penny Gross, the board's vice chairman and Environment Committee Chair.

"The county believes that a more comprehensive approach will provide the sustainable improvements needed to improve the habitat of our streams and lead to restoration of the bay," Gross said. "We continue to work together with the environmental community, homeowners and builders toward that."

"This is a new type of storm water enforcement action," said James Patteson, director of Public Works and Environmental Services. "While we are not sure why we and a handful of localities in the country were selected, we feel an obligation to other municipalities, businesses and entities to ensure that enacted regulations are fair, attainable and environmentally sound."

**FAIRFAX COUNTY'S RECORD** includes more than \$300 million in wastewater system improvements and dedicated annual funding for storm water system improvements since 2006. In 2009 the county instituted a dedicated tax for storm water and has since increased it to a current rate of \$.02 per \$100 assessed value, or \$100 per year for the median home. The countywide tax funds the \$40 million budgeted storm water program in fiscal year 2013.

Bulova said Fairfax County has, for the past six decades, "demonstrated a strong and unwavering commitment" to water quality and environmental stewardship. "However, we believe that regulations, whether federally or state imposed, must effectively address the targeted problem and be fiscally sound and realistic.

"To clean up our streams requires long-term sustainable solutions that will enlist the cooperation of everyone," Bulova said in an email on Saturday. "Fairfax County has demonstrated that we are committed to moving forward. We object to costly regulations that set us up for failure and not get the job done."

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**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



Jessica Shearer Wilson (as Suzanne) lets her lover (Evan Crump, as Bernard) know of her displeasure in the farce "Don't Dress for Dinner" at 1st Stage in Tysons Corner.



Evan Crump (left, as Bernard) confronts Joshua Dick (as Robert) in the farce "Don't Dress for Dinner" at 1st Stage in Tysons Corner.

## 1<sup>st</sup> Stage Focuses on First Opportunities

Tysons Corner theater looks to become 'new theater for new city.'

BY ALEX McVEIGH  
THE CONNECTION

Members of the Marshall High School community, two teachers and five former students, created 1<sup>st</sup> Stage Theatre in 2008 in Tysons Corner with an eye on the future. They opened just as the first concrete for the new Tysons Metrorail was being poured, but also at the start of the economic recession.

"We're drawn to firsts. It's our mission to help emerging actors and designers to get their first experience with a professional theatre," said Eileen Mandell, managing director. "Our mission is all about first chances, and we've survived these tough times by sheer, careful operation."

Mandell likes to say there isn't a bad seat in the 110-seat arena, it just depends on the audience member's preference.

"Some people love to sit in the front row, right at the stage, with nothing in between, others like to get more of the whole experience by sitting in the back and taking everything in," she said. "One man sits in the back row in the aisle seat for every show he comes to."

**1<sup>ST</sup> STAGE** is preparing for their fifth season, with a variety of shows designed to show off a wide range of type. "Suite Surrender" is a comical farce that pays tribute to the films of the 30s and 40s, while "Altar Boyz" tells the story of a fictitious Christian boy band. The



Matt Dewberry, left, as Jeeves, and Edward C. Nagle as Bertie Wooster, his employer, try to untangle a set of multiple mistaken identities in the musical comedy "By Jeeves" at 1st Stage in Tysons Corner.

shows also can take more serious notes, with an upcoming performance of "Never the Sinner," the story of the trial of murderers Nathan Leopold and Richard Loeb.

"We're looking forward to another great season, and we'll probably add in another children's show as well," Mandell said. "We try and go with a loose theme for each season, and this one's is spirituality. That's not to say it's going to be heavy, but there will be some heavy plays. 'Never the Sinner' is an especially thought provoking play that deals with a lot of tough

concepts in the courtroom."

Before performances, the theater often hosts art showings when possible, curated by mostly local artists, and most of their shows feature local actors.

"Our theatre works like a teaching hospital. Young actors, students, interns, residents, at various stages in their development as professionals are given an opportunity to be surrounded, taught, influenced, protected by some very seasoned professionals," said Mark Krikstan, the artistic director.

**THEIR WORK** has already garnered some heavy praise in the theater community. Terry Teachout, the Wall Street Journal theater critic, gave them a rave review for their production of "Side Man" in April. Teachout said their production was deserving of comparison to the original New York production.

"1st Stage is not yet on the regional theater map, but the 100-seat theater in which it performs is both comfortable and well equipped, and the plays produced there are a shrewd mix of the surprising ... and the sensible," he wrote. "Judging by 'Side Man,' 1st Stage is well on its way to establishing itself as a significant player on the Washington-area theater scene."

Becoming a significant player, as well as a more convenient, affordable, more accessible version of esteemed venues like the Kennedy Center, is what Mandell says they

are shooting for.

"We want to be a part of Tysons' future. The keyword for the future seems to be 'innovation,' and that's what we're all about," Mandell said. "We hope to be a new theater for this new city."

One of the ways the theater is garnering support from the community is their "Theatre-by-the-square-foot" fundraiser, where donors can underwrite a square foot (or multiple) of the theater for \$20, which is the estimated cost per square foot per season to operate the theater.

1<sup>st</sup> Stage is currently showing a children's play, "The Prince and the Troubadour," which was written by two local playwrights. The show, which lasts about 45 minutes, is meant to appeal to children and their parents.

"They really know how to put on a show for the whole family. My wife and I thought the show was very witty, and the kids loved it too," said Meyers Brock of Vienna. "It was so creative of them to do the two programs, the kids loved theirs, and I think they'll hold onto it as a memento from their trip here."

"The Prince and the Troubadour" will be shown Saturdays and Sundays at noon and 2 p.m. through July 29.

The theater will also host a free reading this weekend of "Travlin" a musical based on songs of the Harlem Renaissance of the 20s and 30s. Shows will be Saturday, July 21 at 8 p.m. and Sunday, July 22 at 7:30 p.m. Tickets are free, but must be reserved on the website.

More information is available at [www.1ststageTysons.org](http://www.1ststageTysons.org).

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)

### WEDNESDAY/JULY 18

**Wilco with Lee Ranaldo Band (of Sonic Youth).** 7 p.m. Filene Center, 1551 Trap Road, Vienna. \$45 in-house, \$35 lawn. [www.wolftrap.com](http://www.wolftrap.com).  
**Wine Tasting.** 5:30-8:30 p.m. Wine Bar & Lounge at Entyse, Ritz Carlton 1700 Tysons Boulevard, McLean. Come sample Sommelier Vincent Feraud's hand selected wines or create your own seafood tasting. 703-506-4300.

### THURSDAY/JULY 19

**Robbie Schaefer.** 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. Guitarist from folk-pop group Eddie From Ohio and host of Sirius XM radio's Kids Place Live. \$8-\$10 at 1-877-WOLFTRAP or [www.wolftrap.org/TITW](http://www.wolftrap.org/TITW).  
**An Evening of Women in Music** featuring Mama's Black Sheep & Christine Havrilla. 5:30 p.m. - Lobby Bar opens. 6:30 p.m. - Doors. 7:30 p.m. - Show. Jammin Java, 227 Maple Avenue East Vienna. All ages. Tickets: \$15. [www.jamminjava.com](http://www.jamminjava.com).  
**The B-52s, Squeeze.** 8 p.m. 1551 Trap Road, Vienna. \$42 in-house, \$25 lawn. [www.wolftrap.org](http://www.wolftrap.org)  
**Sushi.** 5:30-8:30 p.m. Wine Bar & Lounge at Entyse, Ritz Carlton 1700 Tysons Boulevard, McLean. Watch as expert chef creates sushi and enjoy drinks. 703-506-4300.  
**Goldy Bears and the Three Locks.** 7 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue McLean. Bears, babysitting and magic in this Blue Sky Puppet Theatre show. All ages.

### FRIDAY/JULY 20

**Movies in the Park.** 8:45 p.m. Glyndon Park, 300 Glyndon St. N.E., Vienna. "The Lion King." Free. In case of inclement weather, call 703-255-7842 two hours before show time.  
**Kirov Academy of Ballet of Washington D.C.** 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. The secrets, techniques, and history of one of the art forms. \$8-\$10 at 1-877-WOLFTRAP or [www.wolftrap.org/TITW](http://www.wolftrap.org/TITW).  
**"Legally Blonde - the Musical"** 8 p.m. McLean Community Center's Alden Theatre-1234 Ingleside Ave, McLean, VA 2210. \$18-\$20. [www.mcleanplayers.org](http://www.mcleanplayers.org).  
**Johnny Mathis with Special Guest: Brad Upton.** 8 p.m. 1551 Trap Road, Vienna. \$45 in-house, \$25 lawn. [www.wolftrap.org](http://www.wolftrap.org)  
**The Christopher Linman Jazz Ensemble.** 8:30 p.m.- 12 a.m. Wine Bar & Lounge at Entyse, Ritz Carlton 1700 Tysons Boulevard, McLean. Enjoy food and wine as jazz trio plays for your musical entertainment. 703-506-4300.

### SATURDAY/JULY 21

**Kirov Academy of Ballet of Washington D.C.** 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. The secrets, techniques, and history of one of the art forms. \$8-\$10 at 1-877-WOLFTRAP or [www.wolftrap.org/TITW](http://www.wolftrap.org/TITW).  
**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](http://www.colvinrun.org).  
**Children's Shows: The Diggity Dudes.** 10:30 a.m. Jammin' Java, 227 Maple Ave. E., Vienna. [www.jamminjava.com](http://www.jamminjava.com).

SEE ENTERTAINMENT, PAGE 15

# ENTERTAINMENT

FROM PAGE XX

**"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@1ststagetysons.org](mailto:boxoffice@1ststagetysons.org).

**"Legally Blonde - the Musical"** 8

p.m. McLean Community Center's Alden Theatre-1234 Ingleside Ave, McLean, VA 2210. \$18-\$20. [www.mcleanplayers.org](http://www.mcleanplayers.org).

**Colonial Summer Market Fair.** 11

a.m.-4:30 p.m. Claude Moore Colonial Farm, 6310 Georgetown Pike, McLean. Adults \$6; Children 3-12 and Senior Citizens \$3. 703-903-9330.

**"The Odyssey."** 7 p.m. The Grange

Theater, °Great Falls. \$10 for students, \$20 for adults. Advance Reservations are needed, tickets will not be sold at the door. 703.790.9050 or [Pat@StarshineTheater.com](mailto:Pat@StarshineTheater.com).

**SUNDAY/JULY 22**

**Wolf Trap Opera Company: Aria**

**Jukebox.** 3 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. Opera highlights. Preshow talk one hour before performance. [www.wolftrap.org](http://www.wolftrap.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@1ststagetysons.org](mailto:boxoffice@1ststagetysons.org).

**"Legally Blonde - the Musical"** 2

p.m. McLean Community Center's Alden Theatre-1234 Ingleside Ave, McLean, VA 2210. \$18-\$20. [www.mcleanplayers.org](http://www.mcleanplayers.org).

**"Alden Park" Bandshell Concert.** 5

p.m. Performance by the Alden Park.

**Elle Woods (Kate Merryman) and Bruiser (Gobi) prepare for Harvard Law in the upcoming**

**McLean Community Players' production of "Legally Blonde, The Musical." Performances through July 29, Fridays and Saturdays at 8 p.m.**

**Sunday Matinees at 2 p.m. at Alden Theatre, 1234 Ingleside Ave in McLean.**

**Tickets: \$ 18-\$20. Call 703-790-9223 or visit**

**[www.mcleanplayers.org](http://www.mcleanplayers.org)**



PHOTO BY TRACI J. BROOKS PHOTOGRAPHY

1234 Ingleside Ave, McLean. **An Evening with John Tesh: Big Band LIVE!** 8 p.m. 1551 Trap Road, Vienna. \$42 in-house, \$25 lawn. [www.wolftrap.org](http://www.wolftrap.org)

**Colonial Summer Market Fair.** 11 a.m.-4:30 p.m. Claude Moore Colonial Farm, 6310 Georgetown Pike, McLean. Adults \$6; Children 3-12 and Senior Citizens \$3. 703-903-9330.

**MONDAY/JULY 23**

**Jackson Browne with Sara Watkins.** 8 p.m. Filene Center, 1551 Trap Road, Vienna. \$50 in-house,

\$30 lawn. [www.wolftrap.com](http://www.wolftrap.com). **Reflect on AIDS with a real-life hero.** 7 p.m. Patrick Henry Library, 101 Maple Avenue E., Vienna. Canon Gideon Byamugisha, an Anglican priest from Uganda and the first African religious leader to publicly declare his HIV positive status, will discuss his human rights advocacy work for people with HIV/AIDS. Free. 703-321-749.

**Tiny Tot Time.** 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue McLean. Songs, rhymes and activities. Age 13-23 months with adult.

**Foxen 5 Course Wine Dinner with**

**Vineyard Owner Dick Dore.** 6:30 p.m. Bazin's on Church, 111 Church St N., Vienna. \$100 Person (excluding tax and gratuity). Seating is limited and reservations can be made by calling 703.255.7212 or online at [www.bazinsonchurch.com](http://www.bazinsonchurch.com).

**TUESDAY/JULY 24**

**Matthias Kuchta.** 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. The Brothers Grimm fairytale, The Wolf and the Seven Little Goats. German puppeteer Matthias Kuchta uses life-size puppets to share the story of seven little goats that let a wicked wolf into their home. \$8-\$10 at 1-877-WOLFTRAP or [www.wolftrap.org/TITW](http://www.wolftrap.org/TITW).

**Rufus Wainwright and Ingrid Michaelson.** 8 p.m. Filene Center, 1551 Trap Road, Vienna. \$40 in-house, \$30 lawn. [www.wolftrap.com](http://www.wolftrap.com).

**Creature Teacher.** 2:30 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue McLean. Meet and learn about all kinds of animals. All ages.

**WEDNESDAY/JULY 25**

**"The Wizard of Oz."** 1:30 p.m. and 7:30 p.m. Alden Theatre, McLean Community Center, 1234 Ingleside Ave., McLean. This is a non-musical version of the show. [sabrina.anwah@fairfaxcounty.gov](mailto:sabrina.anwah@fairfaxcounty.gov).

**Matthias Kuchta.** 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. The Brothers Grimm fairytale, The Wolf and the Seven Little Goats. German puppeteer Matthias Kuchta uses life-size puppets to share the story of seven little goats that let a wicked wolf into their home. \$8-\$10 at 1-877-WOLFTRAP or [www.wolftrap.org/TITW](http://www.wolftrap.org/TITW).

**Wine Tasting.** 5:30-8:30 p.m. Wine Bar & Lounge at Entyse, Ritz Carlton 1700 Tyson's Boulevard, McLean. Come sample Sommelier Vincent Feraud's hand selected wines or create your own seafood tasting. 703-506-4300.

**Summerland Featuring: Everclear, Sugar Ray, Gin Blossoms, Lit and Marcy Playground.** 7 p.m. Wolf Trap, 1551 Trap Road, Vienna. \$42 in-house, \$25 lawn. [www.wolftrap.org](http://www.wolftrap.org)

**THURSDAY/JULY 26**

**Sushi.** 5:30-8:30 p.m. Wine Bar & Lounge at Entyse, Ritz Carlton 1700 Tyson's Boulevard, McLean. Watch as expert chef creates sushi and enjoy drinks. 703-506-4300.

**Matthias Kuchta.** 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. The Brothers Grimm fairytale, The Wolf and the Seven Little Goats. German puppeteer Matthias Kuchta uses life-size puppets to share the story of seven little goats that let a wicked wolf into their home. \$8-\$10 at 1-877-WOLFTRAP or [www.wolftrap.org/TITW](http://www.wolftrap.org/TITW).

**Free Summer Concert Series: Toubab Krewe.** 7:30 - 8:30 p.m. Nottoway Park, Vienna. Free. <http://toubabkrewe.com/>

**FRIDAY/JULY 27**

**Matthias Kuchta.** 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. The Brothers Grimm fairytale, The Wolf and the Seven Little Goats. German puppeteer Matthias Kuchta uses life-size puppets to share the story of seven little goats that let a wicked wolf into their home. \$8-\$10 at 1-877-WOLFTRAP or [www.wolftrap.org/TITW](http://www.wolftrap.org/TITW).

McLEAN COMMUNITY PLAYERS

# LEGALLY BLONDE

*The Musical™*

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BASED ON THE NOVEL BY AMANDA BROWN AND THE METRO-GOLDWYN-MAYER MOTION PICTURE

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## CHAIN BRIDGE VIKINGS

13U/14U BASEBALL

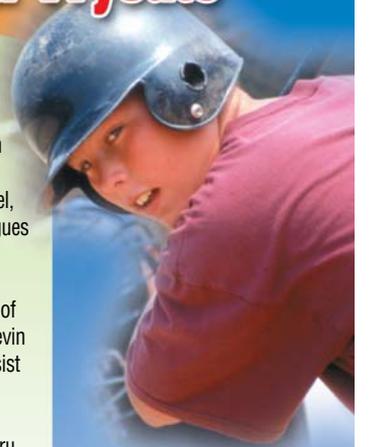
### Fall Season Tryouts

The Chain Bridge Vikings is a program that works together with the local McLean/Great Falls youth baseball programs. Its aim is to expose rising players to instruction from high school coaches, to transition from Little League by gaining the skills required to be successful and compete at the high school level, and to bolster achievement for the local youth leagues in district play.

There will be a 13U team coached by Matt Gilman of Langley High School and 14U team coached by Kevin Healy of Langley High School. Each team will consist of 13 players.

The Fall Season will run from the end of August thru the end of October playing approximately 24 games. Time commitments will consist of a weekday practice, one mid-week game, and doubleheader on weekends, optional weekly hitting practice. Both teams will play in a local Columbus Day Weekend tournament.

The Spring/Summer Season will run March-July. The schedule will be similar to the Fall Season except that players will also play **McLean Great Falls Babe Ruth (MGFBR)** with the opportunity to be selected for the MGFBR All-Stars for post-season play.



**July 28 & August 4**

at **Langley High School** at 10am both days

Interested players should contact **Kevin Healy** at [Kevin.Healy@fcps.edu](mailto:Kevin.Healy@fcps.edu)

For more information on Chain Bridge Vikings please contact Coach Healy via email at [Kevin.Healy@fcps.edu](mailto:Kevin.Healy@fcps.edu)

For more information on McLean Great Falls Babe Ruth please visit the website at <http://mgf.baberuthonline.com>. Fall season registration will open on the website in July.

# SPORTS

**RiverBend's Mixed Age (18&U) / Mixed Gender 400M Free Relay Team of (left to right) Katherine Allen, Sarah Allen, Pearce Bloom, Ryan Windus, Carter Bennett, Will Koeppen, Micaela Grassi and Anna Takis (4:02.59) broke an existing League Record — lowering the mark from 4:09.65 to 4:02.59.**



## RiverBend Winning Streak Continues

In Dominion Country Club League (DCCL) action, the RiverBend StingRays (4-0) continued their winning streak with a 279-239 win over Trump National.

The Boys 9-18 200M Freestyle Relay Team of Will Koeppen, Ryan Windus, Carter Bennett, and Pearce Bloom (1:58.84) broke a League Record. Will Koeppen, Carter Bennett and Micaela Grassi each won four events. Carter Bennett and Thomas Youngkin won three events while Katherine Allen won two events. Other first place winners included: Connor Smith, Olivia Franke, Sara Bailey Zeiller, Colin O'Connor, Natalie Peele and Julian Villacorta.

### 2012 DCCL Relay Carnival

For the fourth consecutive year, the River Bend StingRays won the DCCL Relay Carnival (Blue Division). There were four new League Records set at

## Langley Wildthings Continue Wildly Successful Season

The Langley Wildthings' winning streak continued in a busy week that included two Division 5 meets and the Division 5 Relay Carnival. The Wildthings' record is now 4-0, with one contest left to swim next week against the division's other undefeated team, Hunter Mill.

The Langley Club hosted Sully Station on July 14, and won the meet with a final score of 231-189. Swimmers with double wins were: Luke Watson, Elena Shklyar, Jinwon Bailar, Emily Wallach, Nathan Johnson and Schuyler Bailar. Single ribbon winners were: Kate Walter, JJ Bellaschi, Zach Thompson, Katie Bellaschi, Christopher Paul, Helena Swaak, Nate Buchanan, Liliana Schone, Vincent Watson, Derek Proxmire and Tatiana Bennett.

Three Club records were broken in this meet: Schuyler Bailar bested her own record in the Girls 15-18 50M Butterfly, shaving it down to 30.35; Nathan Johnson beat his own Boys 13-14 Backstroke

## Kent Gardens Defeats Cottontail

Kent Gardens had an impressive win over Division 10 rival Cottontail, 233-187. The KGRC point total was the highest in Division 10 this week.

Kent Gardens victory was led by strong performances from its graduating seniors, who were honored between the individual and relay portions of the meet. Dan Byrne, and Dale Darjuan were both double event winners, while Erica Shipley won Breaststroke and added a point in butterfly. At the opposite end of the age spectrum, two KGRC 8 & under swimmers, Mason Weinstock (Free and Fly) and Olivia Baptiste (Backstroke and Breaststroke) were also double winners along with 12-year-old Ed Walters (Free & Back).

the Relay Carnival — all by RiverBend Relay Teams, including the 9-10 100M Medley Relay Team of Will Koeppen, Colin O'Conner, Michael Djourup and Carson Volanth (1:13.61), the 9-10 200M Free Relay Team of Colin O'Conner, Ryan Bond, Carson Volanth and Will Koeppen (2:20.81), the 9-18 Boys 200M Free Relay Team of Ryan Windus, Will Koeppen, Carter Bennett and Pearce Bloom (1:54.56) and the Mixed Age (18&U) / Mixed Gender 400M Free Relay Team of Micaela Grassi, Sarah Allen, Anna Takis, Katherine Allen, Ryan Windus, Will Koeppen, Carter Bennett and Pearce Bloom (4:02.59). In addition, the 9-18 Girls 200 Free Relay Team of Micaela Grassi, Katherine Allen, Anna Takis and Sarah Allen also set a RiverBend team record (2:07.32). Other first place relay team members included: Austin Zeiller, Thomas Youngkin, Grayson Harkness, Luke Buroker, Eliza Pastore, Emma Grassi, Delaney Bond and Aiden Bond.

record by swimming a 30.58, and Jinwon Bailar took down his former Boys 13-14 Butterfly record with a new time of 28.53.

Last Sunday, July 8 the Wildthings won their rescheduled meet with Cardinal Hill. This nail biter of a meet came down to the final event. Langley's 15-18 Girls won their relay for a come-from-behind victory. The final score was 212-208. Double wins were accomplished by: Jack Hoeymans, Elena Shklyar, Jinwon Bailar, Helena Swaak, Nathan Johnson and Schuyler Bailar. Single blue ribbon winners were: Izzy Schone, Whit Walter, Emily Wallach, Luke Watson, Kate Walter, Addison Collins, Derek Proxmire and Maggie Bellaschi.

In the July 11 Division 5 Relay Carnival at Sully Station in Centreville, the Langley Club's 8 and Under Girls set a new NVSL record in the 100M Medley. Kate Walter, Helena Swaak, Liliana Schone and Natalie Schmanske hold the record with a time of 1.23:94.

In another remarkable performance, 9-year-old Flavia Carcani broke a 27-year-old team record in the 9-10 girls 50 yd Freestyle, while swimming up with the 11 & 12 girls.

Other event winners included Sadie Keating, Garrett Bataille, Diana Liddell, Aidan Mcinerney, Samantha Wayne, Mason Lidell, Mark Bauer, Fiona Carcani, Louis Tucker and Serena Wood.

Although the outcome of the meet was no longer in doubt by the final event, the morning still had an exciting conclusion as the 200 yard girls mixed-aged relay was won by Kent Gardens with a margin of victory of only .03 seconds.

## Golf Marathon for a Cause

**Hidden Creek Golf pro to play a Marathon Golf Session in support of wounded veterans.**

BY AMIEE FREEMAN  
THE CONNECTION

Hidden Creek golf pro, Josh Marr, plans to play 15 hours of golf Monday, July 23 for a good cause. Marr will start at Hole 1 on the Hidden Creek course in Reston around 5 a.m. and will play the course all day until dark. In 15 hours, Marr thinks he can play 125 holes of golf.

Marr is seeking pledges per hole played. In addition to collecting pledges per hole, supporters can caddy Marr around the course for \$100 per hour. The money raised will go to Troops First Foundation, a national foundation that helps with the rehabilitation of combat-wounded veterans. Marr hopes to raise \$10,000, all of which will go to Troops First.

Marr said a few years ago he was involved with a golf marathon fundraiser for cancer research. This year when he started thinking of doing another charity event, he thought he would couple his fundraising efforts with that of Hidden Creek. On August 4, Hidden Creek will be hosting another fundraiser also to support Troops First. Marr said he will add the funds he raises to what the Club raises in August. Last year, Hidden Creek was able to raise over \$30,000 for Troops First. Marr hopes that with his fundraising efforts, the Club can reach a goal of \$50,000.

Marr, who has been the golf pro at Hidden Creek since December 2010, was not in the military himself, but comes from a family with strong military ties. His father served in Desert Storm and his grandfather in World War II, Korea and Vietnam. At Hidden Creek, many of the members are military or former military. Marr says that he has received great support from Hidden Creek members.

"It has been a real pleasure planning this event. Everybody wants to pitch in and support it," said Marr.

"As a retired military member, having flown more than 200 combat missions and personally



PHOTO BY AMIEE FREEMAN/THE CONNECTION

**Josh Marr hopes to play 125 holes of golf on Monday, July 23. Marr is participating in this marathon golf event to raise funds for Troops First Foundation, which helps rehabilitate combat-wounded veterans.**

**"It has been a real pleasure planning this event. Everybody wants to pitch in and support it."**

— Josh Marr

coming in contact, almost monthly, with many of those wounded in combat at the Walter Reed National Military Medical Center, I am gratified by Josh's efforts," said Hidden Creek member and fundraiser supporter, Col. Jerry Volloy. "Fundraising initiatives such as these mean so very much to those heroes that have been wounded in combat and to help them to deal with the future life challenges they face."

If all goes well on Monday, Marr will play the Hidden Creek course nearly seven times. Marr says he has been trying to plan his day.

"I can't wait. I'm going to stock up on power bars and energy drinks and play as much golf as possible," Marr said.

# HOME SALES

In June 2012, 25 Great Falls homes sold between \$1,806,000-\$540,000.

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision
760 STRAWFIELD LN	5	6	3	GREAT FALLS	\$1,806,000	Detached	1.76	22066	RIVERBEND
9807 MILL RUN DR	5	4	2	GREAT FALLS	\$1,806,000	Detached	1.03	22066	MILL RUN ACRES
750 STRAWFIELD LN	5	5	2	GREAT FALLS	\$1,600,000	Detached	1.75	22066	RIVERBEND
11521 GREAT FALLS WAY	6	4	1	GREAT FALLS	\$1,600,000	Detached	1.83	22066	GREAT FALLS WEST
614 DEERFIELD POND CT	7	4	1	GREAT FALLS	\$1,390,000	Detached	1.75	22066	DEERFIELD POND
612 WALKER HILL LN	4	4	1	GREAT FALLS	\$1,389,000	Detached	2.00	22066	WALKER HILL ESTATES
1105 AMANDA DR	5	4	1	GREAT FALLS	\$1,230,000	Detached	0.83	22066	GREAT FALLS HUNT
801 GOULDMAN LN	6	4	0	GREAT FALLS	\$1,230,000	Detached	2.27	22066	GOULDMAN ACRES
10321 ECLIPSE LN	4	4	1	GREAT FALLS	\$1,222,000	Detached	2.00	22066	BROWNS CHAPEL
1008 KIMBERLY PL	4	4	1	GREAT FALLS	\$1,180,000	Detached	0.80	22066	TIMBERLAKE ESTATES SOUTH
1124 AMANDA DR	4	3	1	GREAT FALLS	\$1,140,000	Detached	1.34	22066	GREAT FALLS HUNT
10818 NICHOLS RIDGE RD	5	4	1	GREAT FALLS	\$1,100,000	Detached	5.01	22066	ROLLING MEADOWS
1095 MCCUE CT	5	3	1	GREAT FALLS	\$1,065,000	Detached	1.04	22066	TIMBERLAKE ESTATES SOUTH
11124 BOWEN AVE	5	3	1	GREAT FALLS	\$957,500	Detached	0.58	22066	TIMBERLAKE ESTATES SOUTH
11285 ENGLISH MILL DR	5	4	1	GREAT FALLS	\$949,000	Detached	0.92	22066	OLD MILL ESTATES
916 CONSTELLATION DR	4	4	1	GREAT FALLS	\$941,500	Detached	0.51	22066	OLIVER ESTATES
11773 HOLLYVIEW DR	6	4	1	GREAT FALLS	\$917,500	Detached	0.62	22066	HOLLY KNOLL
11224 BEACH MILL RD	5	4	1	GREAT FALLS	\$880,000	Detached	2.21	22066	SENECA
9404 FAIRPINE LN	5	3	1	GREAT FALLS	\$878,000	Detached	0.46	22066	WOLF TRAP GREEN
11769 HOLLYVIEW DR	5	3	2	GREAT FALLS	\$840,000	Detached	0.81	22066	AMBERWOODS
935 WELHAM GREEN RD	5	3	1	GREAT FALLS	\$825,000	Detached	1.85	22066	WINDERMERE
10907 BELGRAVIA CT	5	3	1	GREAT FALLS	\$815,000	Detached	1.86	22066	GREAT FALLS MEADOWS
312 GREENHILL ST	4	2	0	GREAT FALLS	\$710,000	Detached	1.00	22066	RECTOR
414 RIVER BEND RD	5	3	0	GREAT FALLS	\$615,000	Detached	2.01	22066	LAKECREST
10900 LEEDS CT	4	3	1	GREAT FALLS	\$540,000	Detached	0.25	22066	GREAT FALLS FOREST

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## Winning at Great Falls Farmers Market

Getting to know Farmers Market vendors: An All-Vendor Market Basket.

We all had a pretty rough first week of July with the huge storm on Friday night June 30, leaving tree parts strewn over most roadways throughout Great Falls, downing our power lines. We had a limited Farmers Market on Saturday, June 30 as only some produce, bread, oil olive, and pickle vendors were able to make it to the market. Most of our farmers had a struggle to contend with: scurrying to catch goats on the loose because of broken fences; milking a large goat herd by hand, due to the power outage; some free-range chickens toppling over with heat stroke (have no fear, they were disposed of out of the food chain). Our local produce growers survived the storm with little damage.

To celebrate everyone's safe return to the market last week, in spite of the very high temperatures predicted for the day, each vendor at the Great Falls Community Farmers Market contributed a gift toward an all-vendor market basket: Salad greens, tomatoes, cucumbers, peppers, onions, potatoes, sweet corn, squash, goat cheese, Italian sausage, Italian cow cheese, cocoa powder, local honey, strawberry jam, spiced cookies, three pints of different kinds of pickles and one pint of pickled beets – and a huge basket of brownies and cookies. Filling a huge cooler box, with a huge tray of cookies and brownies in a separate package on top, the opportunity to participate in the raffle



Hope Reynolds of Kreative Kids picks the winning raffle ticket while Janet al Hussaini holds the basket of tickets.



Alyx Hazard wins the Great Falls Community Farmers Market's Market Basket of produce and a tray of baked goods.

seemed very worthwhile.

Each shopper was given one raffle ticket as a thank you gift, free of charge, at each vendor they shopped at. The more vendors they visited, the more raffle tickets they could submit and the higher their chances of winning the market basket.

Hope Reynolds, owner of Kreative Kids, who provides arts and crafts activities at the farmers market, pulled the winning raffle ticket, with Janet al Hussaini, Virginia Tech Master Chef Volunteer, holding basket of raffle tickets up high to ensure an objective selection.

We are delighted to announce that Alyx Hazard of Great Falls won the basket. She was thrilled to be the winner – she said she never won anything before – and has

been enjoying the basket all week-end with her family. Buying local and preserving a direct relationship with the producers of our food ensures that we are all winners in bringing the healthiest and most nourishing food to our family table.

We extend our sincere thanks to everyone who braved the heat this past Saturday to shop at the Great Falls Community Farmers Market.

Coming this week: \$5 coupons to the first 20 people who travel to the market by bicycle. You must have a supply of water, a hat, sunglasses, sunscreen, and a way to carry your purchases back to your home safely (i.e. refrigerated foods require some ice, etc.) to be eligible for a coupon.

— KATHLEEN MURPHY/  
MARKET MANAGER

## OPEN HOUSES SATURDAY/SUNDAY, JULY 21 & 22

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com) and click on the "This Week in Real Estate" link. Call Specific Agents to Confirm Dates & Times

### Ashburn

22018 Ayr Hill Ct.....\$814,900.....Sun 1-4.....Bruce Young...Samson Props...571-331-6363

### Chantilly

42344 Astors Beachwood..\$875,000.....Sun 1-4.....Chris Pezzana.....Weichert..703-447-1662

### Fairfax Station

11501 Lilting Ln.....\$875,000.....Sun 2-4.....Pat Fales.....RE/MAX..703-503-4365

7401 Wayfarer Dr.....\$779,990.....Sun 2-4.....Pat Fales.....RE/MAX..703-503-4365

### McLean

6010 Balsam Dr.....\$1,024,000.....Sun 1-4.....Jane Price.....Weichert..703-628-0470

1529 Hardwood Ln.....\$1,050,000.....Sun 1-4.....Jane Price.....Weichert..703-628-0470

### Oakton

2110 Twin Mill Ln.....\$799,000.....Sun 1-4..Robin McKibbin Waugh..TTR Sotheby's..202-333-1212

### Reston

2419 Silver Fox Ln.....\$645,000..Sat/Sun 1-4.....Marnie Schaar...Long & Foster..703-509-3107

### Sterling

21766 Cypress Valley Terr...\$425,000.....Sun 1-4.....Diane Miller...Keller Williams..703-636-7320

44 McPherson Cir.....\$389,900.....Sun 1-4.....Eugene LeBoeuf.....LeBoeuf R.E...703-404-0067

### Stone Ridge

24783 Prairie Grass.....\$585,000.....Sun 1-4.....Chris Pezzana.....Weichert..703-447-1662

### Vienna

1108 Hillcrest.....\$1,039,000.....Sun 1-4.....Casey Samson...Samson Props..703-508-2535

To add your FREE Realtor represented Open House to these weekly listings, please contact Salome Gaibler at 703-778-9421 or [salome@connectionnewspapers.com](mailto:salome@connectionnewspapers.com) All listings are due by Monday at 3 P.M.

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THE CONNECTION NEWSPAPERS

# Circumstances Be Damned



By KENNETH B. LOURIE

If only it were as easy to actually live it as it is to write it. As much as I believe what I write, it's still difficult to ignore certain facts ("the underlying diagnosis," as I often refer to my diagnosis) and the feelings associated with it. Although I'm very good at pretending and ignoring and making light/poking fun at my "circumstances," there is a certain reality to consider. Aside from my never having pitched at Fenway Park for my hometown Boston Red Sox, I'm probably not getting any younger and apparently, not likely to get as old as either of my parents were when they died, ages 86 and 87.

The challenge then, looking forward, is making the best of a bad situation – which is my nature. So on paper, the plan should work, and mostly it does. But occasionally – and more so now (40 months post-diagnosis) than ever, there is some seepage; emotions take hold and all the rational, self-help-type pep talks I give myself fall on deaf ears; I'm listening, but it's hard to hear. As much as I'd like to mind my own business – literally, and steer clear of all this cancer stuff, sometimes I can't. And though I never feel sorry for myself, I do feel a little unmotivated, a bit lethargic and somewhat apathetic. Tasks which once were priorities are now relegated. Maybe not to the dustbin, but low on the totem pole so that I don't even know where the totem pole is, figuratively speaking. But as I'm always myself saying: I have bigger problems, so who cares?

I do, or rather I should, but changing the course of my most recent history, admirable and desirable though it may be, may in turn be creating stresses and unrealistic demands that are counter-productive to who I am and who I want to be. My circumstances/situation/prognosis is bad enough on its own; I don't need to make it any worse.

There's a fine line between accepting your circumstances (you'll note I didn't say fate) and not giving into them. On the one hand, it's knowing your limitations (so as to not make matters worse); on the other, it's doing what makes you happy. Because being diagnosed with stage IV (inoperable/terminal) is all it's cracked up to be. Finding a way, mentally, to navigate through the slings and arrows of this outrageous misfortune (to turn a phrase inside out) is the order of the day. To be a survivor, one has to have a certain ability to not take personally that which is happening to your person. Moreover, the challenge is finding a balance between living for yourself, living for others, living for today and living for tomorrow (very much easier written than actually accomplished).

Cancer is insidious. It affects you physically for sure, but at least for me, emotionally even more. Generally speaking, the treatments are about the physical (tumors) manifestations of the disease. The mental/emotional effects are less obvious and not usually indicated on any of the diagnostic scans oncologists recommend. Interpreting a scan is one thing; reading a patients' mind quite another. No one said this cancer experience was going to be easy; in fact, a close friend, Lynne (a cancer survivor herself) said to me: "This is going to be the toughest thing you've ever done." And of course, she was right. Unfortunately, the experience hasn't made it any easier. Familiar? Yes. Manageable? Mostly. In control? Not so much.

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

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but I never  
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-Abraham Lincoln

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## 21 Announcements

## 21 Announcements

### Obituary

**Dailey L. Poland, age 94** of Great Falls, VA, died peacefully on July 14, 2012. Beloved husband of late Charlotte J. Poland. Devoted father of Barbara Edwards (William) of Purcellville, VA, Robert Poland (Angie) of Dunkirk, MD, Karen Hutchison (Steve) of Herndon, VA, Edgar Poland of Great Falls, VA. Also survived by 2 grandchildren, 1 great-grandchild, numerous other family and friends.

Family will receive guests Wed, July 18 5-8 PM at Adams-Green Funeral Home, 721 Elden St., Herndon, VA. A Masonic service will be held at 7:00 PM. Military Honors will be held at 7:30 PM Graveside service will be held Thursday, July 19 at 12:00 noon at Indian Mound Cemetery, Main Street, Romney, WV.

Memorial donations suggested to American Lung Association.

For additional information and online condolences visit [www.adamsgreen.com](http://www.adamsgreen.com).

## 21 Announcements

## 21 Announcements

### TRUSTEE'S SALE OF VALUABLE IMPROVED REAL ESTATE

Improved by the premises known as  
8894 Windy Ridge Way, McLean, Virginia

In execution of a Deed of Trust from David J. Cho, also known of record as Jae Yong Cho, and Eun Jung Cho, dated July 13, 2007, and recorded July 18, 2007, in Deed Book 19461 at page 918, and re-recorded September 21, 2007, in Deed Book 19577 at page 1053 among the Land Records of Fairfax County, Virginia, the undersigned substitute trustee will offer for sale at public auction at the front entrance of the Judicial Center for Fairfax County, at 4110 Chain Bridge Road, Fairfax, Virginia, on

**Tuesday, JULY 27, 2012 at 11:00 a.m.**

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

Lot 9, Resubdivision of Parcel 1A, FOSTER SUBDIVISION, as the same appears duly dedicated, plotted and recorded in Deed Book 11178 at page 1032, among the Land Records of Fairfax County, Virginia.

Commonly known as 8894 Windy Ridge Way, McLean, Virginia 22102.

**TERMS OF SALE:** A deposit of \$100,000.00 or ten percent (10%) of the sale price, whichever amount is less, in the form of cash or its equivalent will be required of the purchaser at the time and place of sale; the balance of the purchase money being due and payable within fifteen (15) days after sale, time expressly being of the essence, with interest at the rate of 7.125 percent per annum from date of sale to date of settlement. Provided, however, that if the holder of the secured promissory note is the successful bidder at the sale, no cash deposit shall be required, and part of or the entire indebtedness, including interest and costs, secured by the Deed of Trust, may be set off against the purchase price.

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

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

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

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

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

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

DAVID N. PRENSKY  
Substitute Trustee

FOR INFORMATION CONTACT:  
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**703-759-9190 Office**  
**703-444-1991 Home**



**Anne Morrow**  
Realtor

