

# McLean CONNECTION



Joshua Dick (as Robert) gets his comeuppance from his lover (Katie Nigsch-Fairfax, as Jacqueline) in the farce "Don't Dress for Dinner" at 1st Stage in Tysons Corner.

# 1st Stage Focuses on First Opportunities

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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 egregiously 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)**

SEE COUNTY, PAGE 13

## 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."**

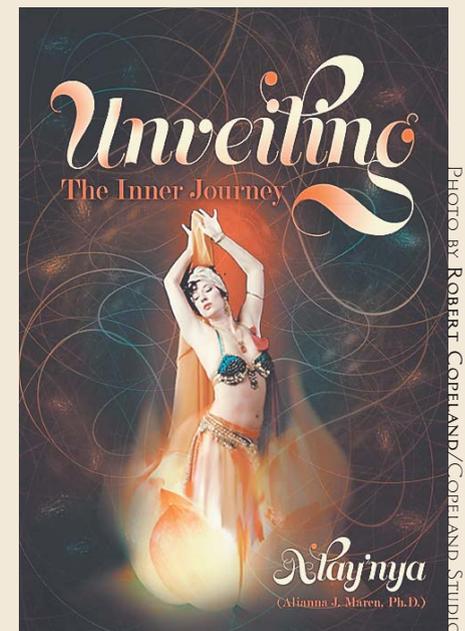


PHOTO BY ROBERT COPELAND/COPELAND STUDIO

**"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>.

# WEEK IN MCLEAN

## Bank Robbery in McLean area

Police are investigating the robbery of the Capital One Bank at 6890 Elm Street in McLean. The robbery took place around 9:30 a.m. on Monday, July 9.

An armed man entered the bank and demanded money from a bank employee. The clerk complied and the man fled. The suspect was last seen heading toward an office building across the street from the bank near Dolly Madison Boulevard.

The suspect is described as black; around 6 feet tall, with a medium build. He wore a ski mask and gloves, a fisherman's hat, a three-quarter length khaki-colored trench coat, and dress pants.

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



**Capital One Bank robbery suspect caught on security camera.**

## 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, Washington 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.

## Exhibition at MPA Closes on Saturday, July 28

Something and Nothing: Activating the Void exhibit runs through July 28. This exhibition, juried by J. W. Mahoney, brings together artists whose work deals with space, inclusion or absence. Many artists pay close attention to the "negative space" in their work, and often what is not included or that which is in-between is just as important as what is. Forty-two artists were selected to show their work from more than one hundred entries.

Also on exhibit is the MPA Adult Student Exhibition in the Ramp Gallery featuring artwork by adult students who take art classes at MPA.

McLean Project for the Arts is located at 1234 Ingleside Avenue in McLean. For more information, visit [www.mpaart.org](http://www.mpaart.org) or call 703-790-1953.



**Jan Auerbach, the Rotary of McLean new president, takes oath of office from Steve Cook, Rotary District Governor.**

## McLean Rotary Club Installs New Officers

On July 11 the Rotary Club of McLean installed officers for the 2012-2013 fiscal year: Jan Auerbach—President, Mike Holleran—Vice-President, Dale Lazar—President-Elect, Lynn Heinrichs—Treasurer, and Paul Sawtell—Secretary. Other members of the board include Immediate Past President Cherry Baumbusch, Sergeant-at-Arms Paul Ward, and Directors Kathy Martin, Steve Richardson, George Sachs, and Bob Nath. Steve Cook, Rotary District Governor, conducted the ceremony. Dranesville District Supervisor John Foust was in attendance, along with about 70 club members and spouses.

Outgoing President Cherry Baumbusch noted the club contributed over \$20,000 in the past year to local and international charitable and educational organization, including Timber Lane Elementary

School, Falls Church McLean Children's Center, Langley Residential Support Services, high school student scholarships, Homestretch, and Rotary's signature project to End Polio Now. Part of the funds were raised at the club's first annual Chocolate Festival which will occur again on Jan. 27, 2013 at McLean High School.

Jan Auerbach has been a member of the Rotary Club for two years. Previously, she served as Chair of the McLean Community Center Governing Board, President of the Safe Community Coalition, and Chair of the Education Committee for the McLean Citizens Association. Currently she also serves as Chair of the 50th anniversary celebration for the Literacy Council of Northern Virginia, for whom she also tutors four students in English.

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

# SCHOOLS

Send School Notes to [mclean@connectionnewspapers.com](mailto:mclean@connectionnewspapers.com). Deadline is Friday.

**Seventeen Fairfax County Public Schools (FCPS) graduates** from the class of 2012 have been named winners of college-sponsored scholarships by the National Merit Scholarship Corporation (NMSC).

Recipients of college-sponsored scholarships from the NMSC, with their probable career fields in parentheses, are:

- ❖ Meron Belayneh of Edison High School (mathematics), National Merit University of Chicago Scholarship.

- ❖ David Kim of Lake Braddock Secondary School (undecided), National Merit Vanderbilt University Scholarship.

- ❖ Dylan Kriz of Langley High School (international business), National Merit University of South Carolina Scholarship.

- ❖ Nathaniel Banks of Robinson Secondary School (music), National Merit Vanderbilt University Scholarship.

- ❖ Matthew Ferrell of Thomas Jefferson High School for Science and Technology (TJHSST) (computer science), National Merit University of Alabama Scholarship.

- ❖ Erika Fitzpatrick of TJHSST (undecided), National Merit Carleton College Scholarship.

- ❖ Mingming Hu of TJHSST (computer science), National Merit Georgia Institute of Technology Scholarship.

- ❖ Jerry Li of TJHSST (engineering), National Merit Washington University in St. Louis Scholarship.

- ❖ Aimi Nguyen of TJHSST (dentistry), National Merit University of Texas at Dallas Scholarship.

- ❖ Rithvik Prasannappa of TJHSST (medicine), National Merit Washington University in St. Louis Scholarship.

- ❖ Kelsey Rainey of TJHSST (engineering), National Merit Auburn University Scholarship.

- ❖ Peter Reischer of TJHSST (psychiatry), National Merit University of Alabama Scholarship.

- ❖ Benjamin Torczon of TJHSST (business), National Merit University of Alabama Scholarship.

- ❖ Zachary Williams of TJHSST (business/law), National Merit University of North Carolina at Chapel Hill Scholarship.

- ❖ Kerry Zhang of TJHSST (economics), National Merit University of Chicago Scholarship.

- ❖ Rebecca Holley of Westfield High School (Music/Education), National Merit University of Rochester Scholarship.

- ❖ Ian Van Pelt of Westfield High School (biology), National Merit Virginia Polytechnic Institute and State University Scholarship.

College-sponsored Merit Scholarships provide between \$500 and \$2,000 annually for up to four years of undergraduate study at the institution financing the scholarship. Nationwide, approximately 8,100 students have won Merit Scholarship awards in 2012.

**Julia Diamond** of McLean earned term honors for the 2011 fall semester at Skidmore College. She is the daughter of Robert Diamond and Amy Pullman.

**Hanna Sophia Longwell** of McLean has received the fall 2011 dean's award at Colgate University of Hamilton, N.Y. She is the daughter of George W. Longwell and Jacquyn R. Longwell.

**Philip Deming Stout** of McLean has received the fall 2011 dean's award at Colgate University of Hamilton, N.Y. He is the son of Richard D. Stout and Elizabeth C. Stout.

SEE SCHOOL NOTES, PAGE 6



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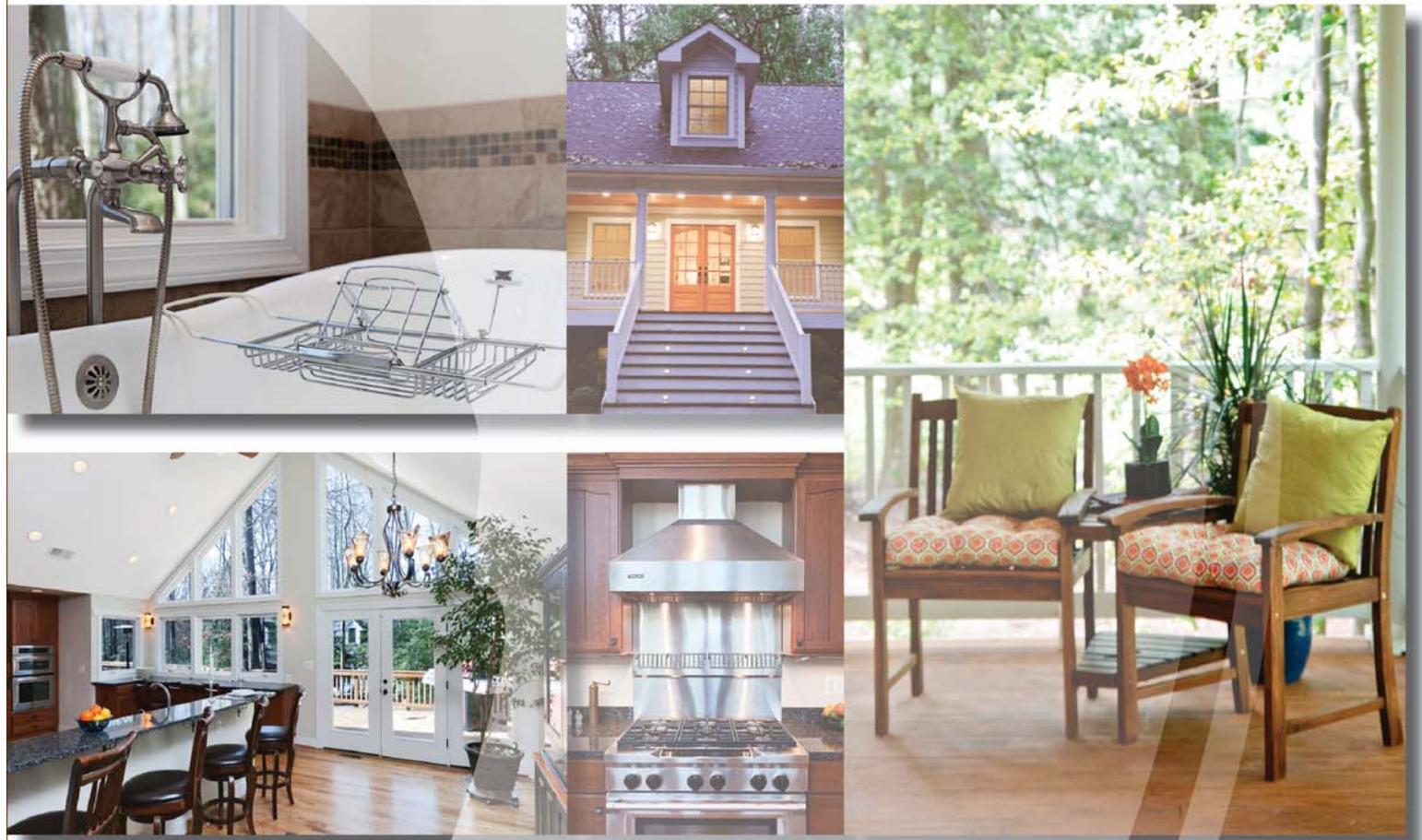
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## NEWS



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**St. Mark Catholic School Cadettes who earned the Silver Award.**

### St. Mark's Cadette Scouts Earn Silver Award

BY CINDI MCLEAN  
ST. MARK CADETTE SCOUT LEADER

Many of St. Mark Catholic School Cadettes have been busy working towards the highest award a Cadette can earn – the Silver Award. Earning this award is not an easy task – each girl identified an aspect of her community where she could work to make a difference. Next, each girl needed to develop a Take Action Plan then spend at least 50 hours carrying out her plan. To complete a Silver Award, the girls needed to Carry Their Plan Forward which they did by leaving a How To Manual for their sister scouts at St. Mark that can be used to repeat their activity. The manuals will be stored in the St. Mark Library for future troops to use.

Now these busy scouts are thinking ahead to high school where they will complete their Silver Trefoil Award and begin their Gold Awards.

\*The following students completed their Girl Scout Silver Award this year: (from left) Alyson Speier, 8th grade, for raising awareness for CHINS (CHildren In Need of

Smiles); Amy Creel, 8th grade, for starting the tradition of a girl led Father-Daughter Dance; Isabela Valdes, 8th grade, for organizing A Safer Place safety course; Molly Weaver, 8th grade, - 100 Years of Scouts Camping Activity; Shehani Peiris, 8th grade, (with Isabela Valdes) for organizing A Safer Place safety course; Jenell Glover, 7th grade, for raising community awareness on affordable living in Northern VA. Back row, from left: Olivia Baker, 7th grade, for creating awareness on the upkeep of horses; Mary Griffin, 8th grade, (with Molly Weaver) - 100 Years of Scouts Camping Activity;

Katherine Waggoner, 8th grade, for organizing the Outdoor Adventure for Daisies and Brownies; Danielle Fortunato, 8th grade, (with Katherine Waggoner) for organizing the Outdoor Adventure for Daisies and Brownies; Kathleen McLean, 8th grade, (with Amy Creel) for starting the tradition of a girl led Father-Daughter Dance; Kara Coxe, 8th grade, for organizing a Career Fair for St. Mark Middle School students; Maggie Weaver for organizing collection efforts for 4Paws Adoptions.

### SCHOOL NOTES

FROM PAGE 5

McLean residents **Elizabeth McCune** (Poetry), **YouNa An** (Poetry), **Jordan Goodson** (Personal Essay/Memoir), **Seon Kim** (Science Fiction/Fantasy), **Sung jin Kim** (Science Fiction/Fantasy), **Rishi Malhotra** (Dramatic Script), **Rebecca Oh** (Short Story), **Francesca O'Hop** (Dramatic Script) and **Madeline Reinsel** (Poetry) have won regional recognition in the 2012 Scholastic Writing Awards.

McLean residents **Kate Connelly**, **Jack Connelly** and **Bridget Connelly** have been named to the fall 2011 dean's list at The College of the Holy Cross, Worcester, Mass. They are the children of John and Margaret Connelly.

Army Spec. **William A. Haig** has graduated from Basic Combat Training at Fort Sill, Lawton, Okla., as an Honor Graduate and received a Letter of Commendation. Haig achieved a score of 298 on the Army Physical Fitness Test; the highest score in his basic combat training class. He is the son of Wendy A. and Alexander P. Haig of Harithy Drive, Dunn Loring. The 2005 graduate of McLean High School earned a bachelor's degree in 2009 from Rice University, Houston, Texas.

**Stephan Mecklenburg** of McLean has been named to the fall 2011 dean's list at Susquehanna University of Selinsgrove, Pa. He is the son of Kathy Mecklenburg and the late Steve Mecklenburg.

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## PEOPLE

### Dr. Kitay Joins PartnerMD's McLean Practice

PartnerMD, a subsidiary of Markel Ventures of Richmond, announces the addition of a new doctor to its McLean practice. Dr. Kaleen Kitay, formerly of Prosperity Internal Medicine, will join PartnerMD on Aug. 1.

The addition of Kitay to the McLean practice is the first step to the expansion of PartnerMD in the Northern Virginia market. More locations are planned for the market in the coming months. Previously, PartnerMD expanded its Executive Health program with the addition of Dr. Jeffrey M. Graves, formerly of The Greenbrier Clinic, to the Richmond and McLean practices.

"Dr. Kitay is a great fit to join and help grow our practice in McLean. We're excited to move forward with the expansion plans, especially when we find quality doctors who share in our overall mission to provide exceptional customer service," said Linda Nash, CEO & Founder.

Kitay will join Dr. Sandy Ibrahim to provide state-of-the-art health screenings, in-depth consultations and physician-directed analysis and coaching of health goals for PartnerMD's members in McLean.

"Moving my practice to PartnerMD allows me to practice medicine in an environment that promotes quality physician-patient relationships," said Dr. Kitay.



**Dr. Kaleen Kitay**

Kitay is board-certified in internal medicine and is licensed by the Commonwealth of Virginia. She is also a volunteer physician with the Arlington Free Clinic. She received her bachelor's degree from State University of New York at Binghamton and her medical degree from State University of New York Health Science Center at Brooklyn.

PartnerMD provides membership medical care, executive physicals and corporate wellness programs. PartnerMD serves more than 4,200 members in three locations, with more planned for the coming months.

Visit PartnerMD on the web at [www.partnermd.com](http://www.partnermd.com).

# Amanda Tiede of Vienna Named Woman of the Year

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

Tommy 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 Saturday's 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 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 cre-



**Tommy Cleaver and Amanda Tiede**

ate 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.

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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**  
Reston

McLean  
**CONNECTION**

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# 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, Upper 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



PHOTO 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

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 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.

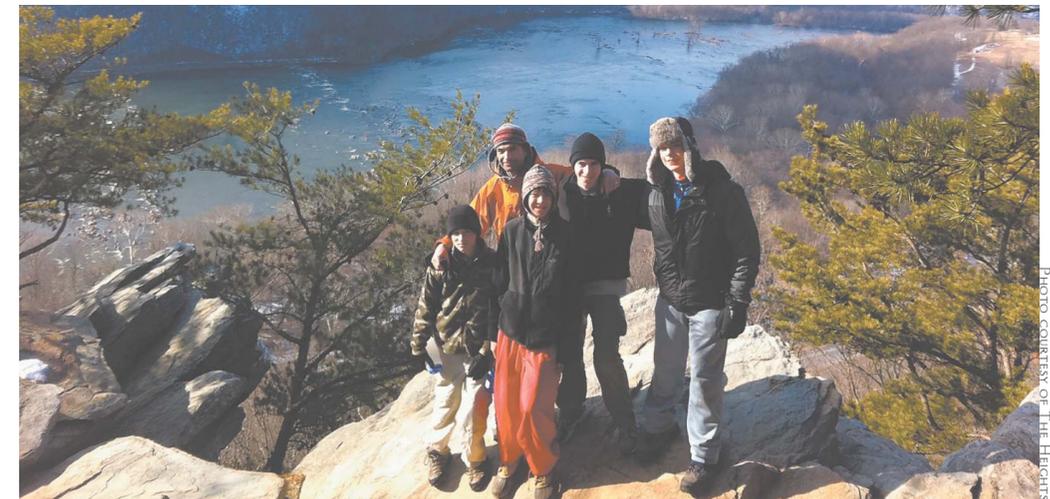


PHOTO COURTESY OF THE HEIGHTS  
Heights students embark on a 30-mile hike along the Appalachian Trail. Experts say children can continue activities like hiking, biking and running into adulthood.

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### Matthew Ryan, MA, LPC, NCC

ADD / ADHD & Anxiety Specialist

Matthew is a Licensed Professional Counselor and a National Certified Counselor. As a native of McLean, Virginia, Matthew Ryan provides counseling for adults and adolescents, specializing in results-oriented Cognitive Behavioral Therapy (CBT) and Crisis Intervention.



**Thelma Bowles of Fair Oaks is happy to hear the president speak.**

PHOTO BY BONNIE HOBBS/  
THE CONNECTION



**President meets an enthusiastic crowd.**

PHOTOS BY DEB COBB/THE CONNECTION



**President Obama speaks at Centreville High: "We understood that the economy in this country works best when it works for everybody," Obama said.**

# 'I Like the Kind of Man He Is'

**Residents flock to Centreville High to hear president Obama speak.**

BY BONNIE HOBBS  
THE CONNECTION

**T**hey came, they waited and, more than three hours later, they entered Centreville High's gym. Hundreds and hundreds of people from the local community, as well as from Loudoun and Prince William counties, stood in humid, 96-degree heat Saturday afternoon to see President Barack Obama in person and hear him speak at a grassroots campaign rally.

"We thought, if the president was this close to our house, there was no excuse not to make an effort to be here," said Susan Woodruff of Little Rocky Run. "I have two nephews, 11 and 4, here from Charlotte, N.C., and we're excited for them to have a once-in-a-lifetime chance to see the president."

Concerned about "the extremism and the lack of bipartisanship in our government," she said, "I'm definitely going to vote for him."

**SPORTING A T-SHIRT** with several pictures of Obama on it, Centreville High freshman Miles Brooks didn't mind the long wait outside. "It's worth it to see the first black president of the United States," he said. "So far, he's done a good job running this country, trying to keep it together."

Agreeing, Virginia Run's Gay Crosby – whose son Jason teaches history at Centreville High – said Obama "doesn't get enough credit" for all the good things he's done. "I've been involved in politics all my life, working on different campaigns," she said. "But this is the most important election in my lifetime – because it's to save the middle class. It keeps going down, along with the salaries."

Thelma Bowles of Fair Oaks is an Obama campaign volunteer, but she was there last Saturday, July 14, as a resident and a supporter. "I am in – and I was in 2008, too," she said. "I like the kind of man he is – honorable and intelligent, and someone who can talk to all kinds of people. He's also a good, family man."

She said Obama's worked hard to get things accomplished for the country, but "a broken Congress has blocked him from achieving all the things he promised us. But in a second term – which he will get – I do believe he'll come from a different place and push through the things he wasn't able to before."

Fairfax's Paul Burgess wanted "to see and support the president in any way I can. I took off work early, Thursday, and stood in line for two-and-a-half hours to get tickets." He said the economy and jobs are the most important issues in the upcoming election. And, he added, "Hopefully, with the changes in Congress, this time around he can get something done, other

than executive orders."

But if Republican candidate Mitt Romney becomes president, said Burgess, "My greatest fear is that our country will just go to hell in a hand basket. I fear it'll spread the two extremes even more; and more people will drop out from the middle class into the lower class and we'll be headed for another calamity."

Also looking forward to hearing Obama speak was Ed Neugass, 68, of Herndon. "This'll be the first president I've seen in person," he said. "I think he knows who we are – we have each other's back – which is to say we're connected." And like Bowles, he said the big issue is "getting past Republican blocking on the economy and jobs."

Regarding Romney, Neugass said, "He has a great problem with the truth, so I'm fearful people will rely on what he says and we'll suffer as a result. People will lose their jobs and houses and will be pitted against each other. I'm also concerned that the regulators of our banks will not regulate, and the greedy people within them will figure out a way to bring down our banking system again."

Troy Carpenter of Centreville's Centre Ridge community wanted his children, 16 and 12, to see their president and learn what it's like to be involved in the political process. Saying he shares the same views for this country as Obama does, Carpenter said, "This will be a critical election. The president's trying hard to help the ones who've not been able to get help before. The Democrats tend to have more of those values that I strongly support."

He, too, said jobs and the economy are the crucial issues in this election. "It's not just about Obama getting elected," said Carpenter. "It's about people of like mind also getting into office and being able to move his agenda forward."

**ALSO WAITING IN LINE** was Shannon Mancini of Clifton's Union Mill community. "I think the president's done a great job, these past four years, with the economy and health care, and I want to see him continue for four more," she said. "All around, I think he's brought unity to this country."

If Romney's elected, said Mancini, "I fear that we'll go deeper into deficit and women won't have the rights they deserve. I think this country will just break apart. I don't think Romney cares about people's needs."

Volunteers frequently passed out cold water to the people standing in line in Saturday's summer heat. And now and then, a campaign worker shouted, "Fire up!" through a bullhorn, while Obama supporters responded, "Ready to go!"

The only discordant note for them came from the vocal Romney backers standing across from the school along Union Mill Road. But even their words and presence couldn't dampen this crowd's enthusiasm. When Romney supporters yelled, "Repeal Obamacare," those in line to see the president shouted back, "Four more years!"



**U.S. Rep. Gerry Connolly (D-11) addresses the crowd at Centreville High School Saturday afternoon.**



**President's arrival is greeted with cheers and applause.**



**Area residents take pictures with the President.**

## 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.civcore.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."

## Visit These Houses of Worship

Join A Club, Make New Friends, or Expand Your Horizons...

**Anglican**  
Restoration Anglican Church...703-527-2720  
**Assemblies of God**  
Arlington Assembly of God...703-524-1667  
Calvary Gospel Church...703-525-6636  
**Baptist**  
Arlington Baptist Church...703-979-7344  
Bon Air Baptist Church...703-525-8079  
Cherrydale Baptist Church...703-525-8210  
First Baptist of Ballston...703-525-7824  
McLean Baptist Church...703-356-8080  
Memorial Baptist Church...703-538-7000  
Mt. Zion Baptist Church...703-979-7411  
**Baptist-Free Will**  
Bloss Memorial Free Will Baptist Church...703-527-7040  
**Brethren**  
Church of The Brethren...703-524-4100  
**Buddhist**  
The Vajrayogini Buddhist Center...202-331-2122  
**Catholic**  
St. Agnes Catholic Church...703-525-1166  
Cathedral of St Thomas More...703-525-1300  
Holy Transfiguration Melkite Greek Catholic Church...703-734-9566  
Our Lady of Lourdes...703-684-9261  
Our Lady Queen of Peace Catholic...703-979-5580  
St Ann Catholic Church...703-528-6276  
St. Charles Catholic Church...703-527-5500

**Vatican II Catholic Community**  
NOVA Catholic Community...703-852-7907  
**Church of Christ**  
Arlington Church of Christ...703-528-0535  
**Church of God - Anderson, Indiana**  
Church of God...703-671-6726  
**Christian Science**  
McLean - First Church of Christ, Scientist...703-356-1391  
First Church of Christ, Scientist, Arlington...703-534-0020  
**Episcopal**  
St. Andrew Episcopal Church...703-522-1600  
St. George Episcopal Church...703-525-8286  
St Johns Episcopal Church...703-671-6834  
St Mary Episcopal Church...703-527-6800  
St Michael S Episcopal Church...703-241-2474  
St Paul Episcopal Church...703-820-2625  
St Peter's Episcopal Church...703-536-6606  
St Thomas Episcopal Church...703-442-0330  
Trinity Episcopal Church...703-920-7077  
**Lutheran(ELCA)**  
Advent Lutheran Church...703-521-7010  
Faith Lutheran Church...703-525-9283  
German Lutheran Church...703-276-8952  
Lutheran Church of The Redeemer...703-356-3346  
Resurrection Lutheran Church...703-532-5991  
**Lutheran (Missouri Synod)**  
Our Savior Lutheran Church...703-892-4846

**Nazarene**  
Arlington First Church of the Nazarene...703-525-2516  
**Non-Denominational**  
New Life Christian Church - McLean Campus...571-294-8306  
Celebration Center for Spiritual Living...703-560-2030  
**Metaphysical**  
Arlington Metaphysical Chapel...703-276-8738  
**Presbyterian**  
Arlington Presbyterian Church...703-920-5660  
Church of the Covenant...703-524-4115  
Clarendon Presbyterian Church...703-527-9513  
Little Falls Presbyterian Church...703-538-5230  
Trinity Presbyterian Church...703-536-5600  
Westminster Presbyterian...703-549-4766  
**Presbyterian Church in America**  
Christ Church of Arlington...703-527-0420  
**Synagogues - Conservative**  
Congregation Etz Hayim...703-979-4466  
**Synagogues - Orthodox**  
Fort Myer Minyan...703-863-4520  
Chabad Lubavitch of Alexandria-Arlington...703-370-2774  
**Synagogues - Reconstructionist**  
Kol Ami, the Northern Virginia Reconstructionist Community...571-271-8387  
**Unitarian Universalist**  
Unitarian Universalist Church of Arlington...703-892-2565  
**United Methodist**  
Arlington United Methodist Church...703-979-7527  
Trinity United Methodist Church of McLean...703-356-3312  
Charles Wesley United Methodist...703-356-6336  
Calvary United Methodist...703-892-5185  
Cherrydale United Methodist...703-527-2621  
Chesterbrook United Methodist...703-356-7100  
Clarendon United Methodist...703-527-8574  
Community United Methodist...703-527-1085  
Mt. Olivet United Methodist...703-527-3934  
Walker Chapel United Methodist...703-538-5200  
**United Church of Christ**  
Bethel United Church of Christ...703-528-0937  
Rock Spring Congregational United Church of Christ...703-538-4886

### Saint Ann Catholic Church

#### SUNDAY LITURGY SCHEDULE:

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

#### DAILY EUCHARIST:

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

All Are Welcome!

PARISH WEBSITE:  
[www.rc.net/arlington/stann](http://www.rc.net/arlington/stann)



To highlight your Faith Community, call Karen at 703-778-9422



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

### WEDNESDAY/JULY 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

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

# 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**



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).

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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

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.

## 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

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.

## 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).

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, 137 homes sold between \$3,250,000-\$210,000 in the McLean and Falls Church area. This week's list represents those homes sold in the \$3,250,000-\$942,000 range. For the complete list, visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	Postal Code	Subdivision
935 DOUGLASS DR	6	7	3	MCLEAN	\$3,250,000	Detached	1.00	22101	LANGLEY FOREST	
6800 BENJAMIN ST	5	5	2	MCLEAN	\$3,200,000	Detached	0.96	22101	LANGLEY FOREST	
8315 OLD DOMINION DR	7	7	4	MCLEAN	\$3,100,000	Detached	4.05	22102	PROSPECT HILL	
8120 SPRING HILL FARM DR	4	4	2	MCLEAN	\$3,000,000	Detached	0.83	22102	SPRING HILL FARM	
8607 TEBBS LN	6	6	1	MCLEAN	\$2,700,000	Detached	4.70	22102	GEORGETOWN PIKE	
7786 SOLITUDE CT	5	4	1	MCLEAN	\$2,100,000	Detached	1.31	22102	THE RESERVE	
8004 BYRNWOOD CT	6	7	1	MCLEAN	\$1,995,000	Detached	1.00	22102	RAM ESTATES	
7204 CAPITOL VIEW DR	6	5	1	MCLEAN	\$1,965,000	Detached	0.41	22101	OLD DOMINION GARDENS	
1001 DEAD RUN DR	7	7	1	MCLEAN	\$1,870,000	Detached	0.46	22101	BROYHILL LANGLEY ESTATES	
7641 BURFORD DR	6	5	1	MCLEAN	\$1,850,000	Detached	1.27	22102	OLDE SWINKS MILL ESTATES	
1241 INGLESIDE AVE	6	5	1	MCLEAN	\$1,825,000	Detached	0.47	22101	INGLESIDE	
624 LIVE OAK DR	5	5	1	MCLEAN	\$1,760,000	Detached	0.65	22101	RIVER OAKS	
6156 OLD DOMINION DR	5	4	1	MCLEAN	\$1,734,656	Detached	0.46	22101	ESTATES AT FRANKLIN PARK	
2132 POWHATAN ST	6	6	2	FALLS CHURCH	\$1,675,000	Detached	0.26	22043	SIGMONA PARK	
6302 KENSINGTON ST	6	6	1	MCLEAN	\$1,653,100	Detached	0.26	22101	FRANKLIN PARK	
1731 MELBOURNE DR	5	4	2	MCLEAN	\$1,600,000	Detached	0.35	22101	HILLSIDE MINOR	
6193 ADELIN COURT	5	4	1	MCLEAN	\$1,545,000	Detached	0.24	22101	HASTINGS ESTATES	
7104 OLD DOMINION DR	7	4	2	MCLEAN	\$1,540,000	Detached	0.37	22101	MCLEAN	
1606 MADDUX LN	5	4	1	MCLEAN	\$1,525,000	Detached	0.35	22101	CHESTERBROOK FARM	
1225 STUART ROBESON DR	3	4	2	MCLEAN	\$1,525,000	Townhouse	0.08	22101	MERRYHILL	
1521 LONGFELLOW ST	5	5	2	MCLEAN	\$1,475,000	Detached	0.25	22101	BRYN MAWR	
6052 RAMSHORN PL	4	5	1	MCLEAN	\$1,450,000	Detached	0.84	22101	MCLEAN	
1011 EATON DR	5	5	0	MCLEAN	\$1,420,000	Detached	0.83	22102	THE GREAT HAMPTONS	
1212 INGLESIDE AVE	5	4	1	MCLEAN	\$1,400,000	Detached	0.42	22101	INGLESIDE	
8001 ALGARVE ST	5	5	1	MCLEAN	\$1,400,000	Detached	0.57	22102	MEADOW RUN	
6600 HEIDI CT	5	4	1	MCLEAN	\$1,370,000	Detached	0.50	22101	LANGLEY OAKS	
6523 HITT AVE	5	4	1	MCLEAN	\$1,305,000	Detached	0.39	22101	PIMMIT PARK	
1936 VALLEY WOOD RD	4	4	1	MCLEAN	\$1,260,000	Detached	0.19	22101	FRANKLIN PARK	
7287 HIGHLAND ESTATES PL	5	5	1	FALLS CHURCH	\$1,250,000	Detached	0.25	22043	HIGHLAND ESTATES	
7722 GEORGETOWN PIKE	5	4	0	MCLEAN	\$1,250,000	Detached	5.00	22102	RIVINUS	
6618 WEATHEPFORD CT	5	5	0	MCLEAN	\$1,210,000	Detached	0.64	22101	LANGLEY OAKS	
1343 KIRBY RD	5	4	1	MCLEAN	\$1,200,000	Detached	0.36	22101	KIRBY WOODS	
734 RIDGE DR	5	3	1	MCLEAN	\$1,180,000	Detached	0.46	22101	LANGLEY OAKS	
1908 ARMAND CT	6	4	1	FALLS CHURCH	\$1,160,000	Detached	0.15	22043	LAMBIANCE OF MCLEAN	
7901 BIRNAM WOOD DR	5	3	1	MCLEAN	\$1,150,000	Detached	0.35	22102	MCLEAN HAMLET	
1120 BROOK VALLEY LN	5	3	0	MCLEAN	\$1,130,000	Detached	1.74	22102	WOODSIDE	
8005 ALGARVE ST	5	4	1	MCLEAN	\$1,125,000	Detached	0.65	22102	MEADOW RUN	
1924 RHODE ISLAND AVE	4	3	0	MCLEAN	\$1,103,000	Detached	0.24	22101	FRANKLIN PARK	
1075 SPRING HILL RD	4	3	1	MCLEAN	\$1,100,000	Detached	0.60	22102	CEDARS OF MCLEAN	
7821 OLD DOMINION DR	5	3	1	MCLEAN	\$1,050,000	Detached	1.13	22102	JEWELL KIRBY KEROHER	
1938 ROCKINGHAM ST	4	3	1	MCLEAN	\$1,029,000	Detached	0.38	22101	FRANKLIN PARK	
1005 NORTHWOODS TRL	4	4	0	MCLEAN	\$1,010,000	Detached	0.58	22102	MCLEAN COUNTRY ESTATES	
2103 ELLIOTT AVE	5	3	0	MCLEAN	\$1,008,000	Detached	0.48	22101	FRANKLIN PARK	
1201 OLD STABLE RD	5	3	1	MCLEAN	\$1,000,000	Detached	0.34	22102	MCLEAN HUNT	
1917 MACARTHUR DR	4	2	1	MCLEAN	\$975,000	Detached	0.46	22101	KENBARGAN	
1724 OAK LN	4	3	0	MCLEAN	\$950,000	Detached	0.30	22101	BRIGGS AND HOOPERS	
6344 CHOWNING PL	4	3	1	MCLEAN	\$945,000	Detached	0.31	22101	GLOUCESTER PLACE	
6335 LINWAY TER #0	5	5	1	MCLEAN	\$942,000	Detached	0.60	22101	DIVINES CHESTERBROOK	

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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.  
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6010 Balsam Dr.....\$1,024,000.....Sun 1-4.....Jane Price.....Weichert..703-628-0470  
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**Oakton**  
2110 Twin Mill Ln.....\$799,000.....Sun 1-4..Robin McKibbin Waugh..TTR Sotheby's..202-333-1212

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

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21766 Cypress Valley Terr...\$425,000.....Sun 1-4.....Diane Miller...Keller Williams..703-636-7320  
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**Stone Ridge**  
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To add your **FREE** Realtor represented Open House to these weekly listings, please contact Trisha at 703-778-9419, or [trisha@connectionnewspapers.com](mailto:trisha@connectionnewspapers.com)  
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**THE CONNECTION**  
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# 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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-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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<b>Zone 3:</b> The Alexandria Gazette Packet The Mount Vernon Gazette	<b>Zone 6:</b> The Arlington Connection The Vienna/Oakton Connection The McLean Connection The Great Falls Connection

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1519 Highwood Drive, McLean...Listed for \$1,225,000

**\*\*\*FABULOUS\*\*\*** 4br/3.5 bath, 3-level colonial on lovely quarter-acre lot in sought-after Chain Bridge Forest location! This spacious and lovely home includes upgrades; elegant living room and formal dining room; 2 fireplaces; 2-car garage; McLean Schools!

**JUST LISTED IN McLEAN & OPEN THIS SUNDAY!**



1841 Birch Road, McLean...Listed for \$799,000

**Wonderful** 3 bedroom plus den/3 full bath home on 2 levels with numerous outstanding updates! Roof replaced in 2010; updated HVAC in 2008; remodeled kitchen and baths in 2008; updated windows in 2005; Chesterbrook, Longfellow, McLean schools!

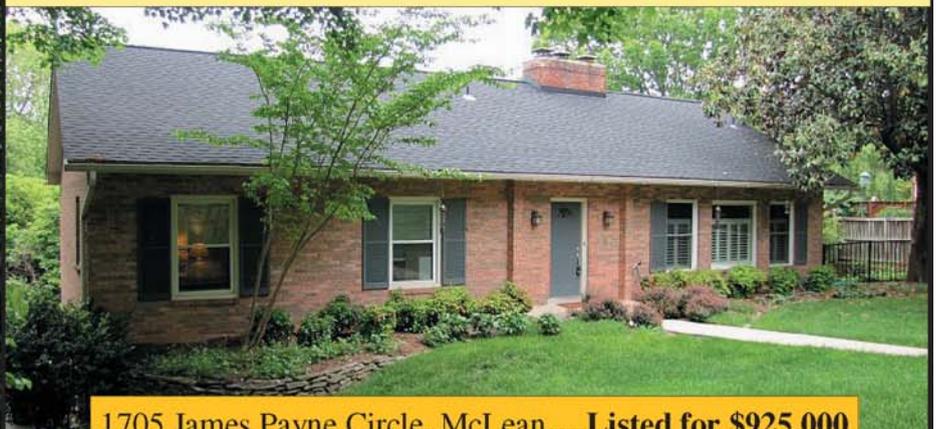
**BEAUTIFUL DOMINION HILL COLONIAL!**



1567 Dominion Hill Court, McLean...Listed for \$1,169,000

**GORGEOUS** 4br/4.5 bath colonial on 3 finished levels with daylight, walkout lower level! Incredible island kitchen with granite and stainless steel; step down fam. rm off kitchen w/ built-ins & gas fireplace; screened porch overlooking private backyard; lots of updates!

**LOVELY, RENOVATED McLEAN HOME!**



1705 James Payne Circle, McLean...Listed for \$925,000

**STUNNING** 5br/3 full bath 2-level rambler in sought-after **Chesterbrook!** This wonderful home features stunning island kitchen with granite & stainless steel; gorgeous sunroom; elegant liv room with picture window; large walkout/sun-filled LL rec room; cul-de-sac!

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