

Jackson Bartlett of Vienna turned four on April 29 and got his bicycle for his birthday. He and Vienna Police Officer Steve Simon are taking the rodeo course seriously.

Safety and Bike Rodeo Teaches Healthy Habits

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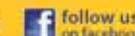
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A Vienna Farmers Market food favorite, Mama's Donuts, always had a customer waiting for the hot donuts coming out.



PHOTOS BY DONNA MANZ/THE CONNECTION



Thirteen-month-old Joshua MacLean strolled through the farmers market in style ... in a wagon pulled by mom Helena.

Vienna Farmers Market Opens in New Home

Spring produce and family activities marked opening day.

BY DONNA MANZ
THE CONNECTION

Opening day of the Vienna Farmers Market—in its new home on Center Street—looked as much like a spring fair as it did farmers market. May 4 was sunny and warm and shoppers turned out by the dozens and dozens to enjoy the initial rites of spring, from baseball at Waters Field to the food and fun at the farmers market.

Operated and sponsored by the Optimists Club of Greater Vienna, the farmers market found a welcome on the grounds of Faith Baptist Church, across the street from Waters Field and caddy-corner from the firehouse.

On opening day, 20 vendors sold fresh produce, plants, pork and beef from pasture-raised pigs and cows, and a diversity of prepared foods, from Mama's Donuts—a market favorite—to exotic organic mushrooms. Beginning May 11, six additional vendors will be on-site, including freshly ground coffee and gourmet tea from Vienna community coffeehouse Caffe Amouri and fresh dairy products from Everona Dairy.

The children had the opportunity to jump in the bounce house, have their face painted or enjoy free popcorn, all compliments of Faith Baptist Church. The market's popular balloon-man designed creatures and things for children, too.

Grown-ups toted bags of produce or carried pots of herbs and jars of honey. A lot of people bought honey. The Vienna Farmers Market is a producer-only market and one of its attributes is the opportunity for customers to speak directly with the farmer or producer.

"I like to support local businesses and I always come to the Vienna farmers market," said Kay Goss, owner of Star Beads of Vienna, holding bags of produce and plants. "I bought everything. What didn't I buy?"

IN WINTER OF 2013, the Optimists were advised by the owners of the caboose parking lot that the market had to move and find a new location. Shan-



Kay Goss bought raspberry and heirloom tomato plants to grow her own, wild mushrooms, and produce. "The wild-mushroom lady is going to be a big hit," said Goss.

non Matthews, community outreach director of Faith Baptist Church and wife to church pastor David Matthews, was quick to offer the church's parking lots and green space to the Optimists for the market that runs through the end of October. The church went a step farther by providing fun opportunities for children at the market.

"We were especially grateful for the warm welcome on Saturday by the Faith Baptist Church of Vienna who made us feel quite at home," said market master Sarah Jane Brady.

EARLY SPRING PRODUCE included salad greens, asparagus, mushrooms and beets. Beets sold for about \$3 a bunch, asparagus for \$5 a bunch, honey for about \$6 for a 12-ounce jar, and potted herbs for \$3.50 each. Hot-selling kale sold for about \$2.99 a pound. Meat, from pasture-raised stock, sold at prices competitive to Whole Foods.

Prepared-food vendors sold sweets, freshly made beverages, international food and barbecued meats.

The Vienna Farmers Market is open every Saturday, from 8 a.m. to noon. The complete list of 2013 Vienna Farmers Market vendors and a tentative schedule of activities is at <http://viennafarmersmarket.org/>.

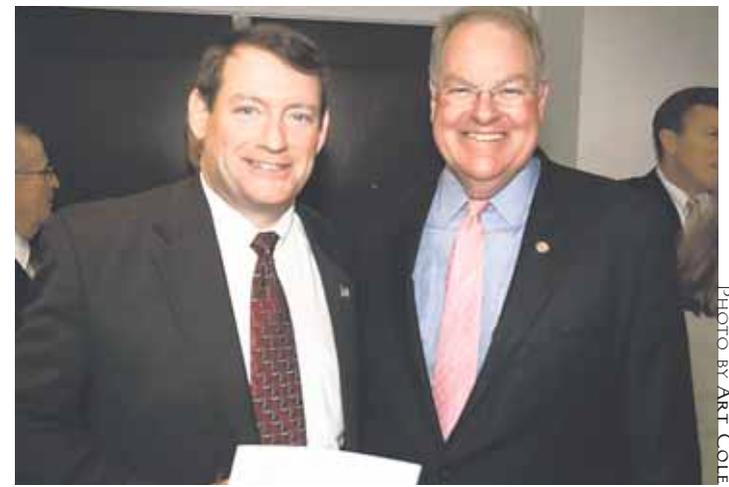


PHOTO BY ART COLE

Supervisor Pat Herrity (R-Springfield) and Virginia Secretary of Health and Human Resources Bill Hazel attended the NVFS "Road to Independence" Gala on Friday, April 26 in Vienna.

Helping Those Who 'Can't Catch a Break'

Community support for Northern Virginia Family Services grows during tough economic times.

More than 500 supporters of Northern Virginia Family Service gathered in Vienna on Friday, April 26, to honor George Lizama and Earle and June Williams at the NVFS "Road to Independence Gala." The event, which is NVFS' largest fundraiser of the year, featured an emotional appeal for donations, as well as live and silent auctions.

Guests were reminded of the very different journeys that NVFS clients take on their Road to Independence. Mary, who stayed at the organization's temporary shelter, SERVE, also went through its workforce development program, Training Futures.

Overcoming a history of family physical abuse, homelessness, and a debilitating injury that eventually led to drug addiction, Mary is not just surviving but thriving. She works in a doctor's office and is an example of how a brief investment to help someone pays dividends for a lifetime.

George Lizama, this year's community champion, credited NVFS for helping the innocent, the humble poor, and those "who can't catch a break." The local business leader known for his marketing accomplishments was instrumental in launching NVFS' Training Futures program. He summarized Mary's experience and that of the 30,000 clients that NVFS

touches each year: "Through self-help comes self-esteem, self-worth and finally, dignity."

Earle Williams, retired BDM International president and CEO, was honored with his wife, June, as "Legends of Northern Virginia." "Most of us here lead privileged lives. You can and should make a difference in Northern Virginia," Williams said.

This year's event broke previous records for sponsorship participation. Attendees publicly affirmed their support for NVFS through pledges of \$100 to \$5,000. Funds raised from the event will support NVFS programs, from head start and emergency shelter to gang intervention and job training, that help the most vulnerable community members chart their "road to independence."

Each year, NVFS helps nearly 30,000 people find safe and stable housing and provides children and youth services, affordable health care, workforce development programs and emergency services through a variety of community-funded programs and initiatives. NVFS has been recognized nationally for its effectiveness in creating sustained financial and social independence for its clients.

For more information about NVFS and its many community-funded programs and initiatives, go to www.nvfs.org.

—VICTORIA ROSS

THE COUNTY LINE



Lani Hay (right), president of Vienna-based Lanmark Technology Inc., made the 2013 Women Presidents' Organization list of fastest-growing women-owned companies in the U.S. In 2011, Lanmark partnered with ELLE Magazine to raise awareness among military families on suicide prevention. At the event, Hay was joined by guests Roberta Myers, editor-in-chief of ELLE Magazine (left), and Creative Coalition President Tim Daly (center).

Senator Tim Kaine (D-Va) honors Christopher and Mary Beth Romani, co-founders of Integrity Management Consulting of McLean, which topped the 2013 Virginia Chamber of Commerce list as the fastest-growing company in the state. The "Fantastic 50" banquet was held April 25 at the Westfields Marriott in Chantilly.



PHOTOS CONTRIBUTED

Women Mean Business

Two fastest-growing woman-led firms in North America call Fairfax County home.

BY VICTORIA ROSS
THE CONNECTION

In the two months since the much-hyped and dreaded sequester took effect, the daily economic forecast has been almost as painful as the slow grinding of bureaucratic wheels.

But here's some good economic news, especially for aspiring female entrepreneurs: the numbers are in your favor.

A recent study by American Express OPEN, the small-business division of American Express, determined the number of women-owned businesses nationwide has increased 59 percent since 1997. In the United States, there are an estimated 8.1 million women-owned businesses that contribute \$1.3 trillion to the national economy and employ 7.7 million people, according to Forbes magazine.

Fairfax County businesswomen are part of that trend.

Two Fairfax County-based companies made the 2013 list of the 50 fastest-growing woman-owned or led companies in North America by the Women Presidents' Organization (WPO)—a peer advisory organization for women entrepreneurs.

One is Vienna-based Lanmark Technology Inc. (number nine on the list), whose president and CEO is Lani Hay. The other is Chantilly-based Ampcus, Inc. (number 36 on the list), founded by Anjali "Ann" Ramakumaran.

"We are very proud to be the home of Ampcus and Lanmark Technology and their leadership. Anyone can become a successful business person in Fairfax County," said Gerald L. Gordon, president and CEO of the Fairfax County Economic Development Au-

thority (FCEDA).

"It requires talent, a good business plan, and plenty of hard work. Irrelevant factors such as gender are just that: irrelevant. It is part of what makes Fairfax County such a great place to live and work," Gordon added.

More than 34,000 women-owned businesses exist in Fairfax County, including more than 4,400 firms with paid employees, according to the Survey of Women-Owned Businesses. Women-owned businesses generated \$4.7 billion in sales revenue in 2007 alone, based on data from the U.S. Census Bureau.

IN INCREASING NUMBERS, women-owned companies are making their mark and competing nationally in traditionally male-dominated industries, such as cybersecurity, homeland defense, biometrics and scientific program development, such as Lanmark and Ampcus, both high-tech consulting firms.

"Having this kind of dynamic and entrepreneurial business community yields job opportunities and further enhances the quality of life in Fairfax County," said Gerald L. Gordon, president and CEO of the Fairfax County Economic Development Authority (FCEDA).

All companies that submitted nominations for the WPO list were ranked according to a sales growth formula that combines percentage and absolute growth. To be qualified for the ranking, businesses were required to be privately held, woman-owned or led companies in the U.S. or Canada and have annual revenue of at least \$500,000 in 2007 and \$2 million in 2012.

During the past decade or two, organizations have formed to help women entrepreneurs build the networks they need to succeed as high-growth companies. Women Presidents' Organization is a peer advisory group for women presidents of multimillion-dollar companies. In February, the WPO launched a Northern Virginia chapter in McLean during which WPO Founder and President Marsha Firestone hosted a

roundtable discussion.

"I am confident this chapter of powerful women will help the region's women business leaders accelerate the growth of their businesses through peer support from women like themselves and promote economic security for themselves and their employees," Firestone said during the launch.

Women-owned businesses are also doing well across the state. The Virginia Chamber of Commerce recently announced its "Fantastic 50" ranking of the fastest-growing businesses in Virginia, and many of those on the list are women-owned businesses, including Kore Federal, RFID Global Solution, Knowledge Link and Trusted Mission Solutions. Twenty-five Fairfax County companies were listed on the "Fantastic 50" list.

The Virginia Chamber honored all 50 companies at a banquet held April 25 at the Westfields Marriott in Chantilly.

"This list is one indicator that Fairfax County continues to be an exceptional location for companies that are growing and becoming increasingly successful," Gordon said.

Integrity Management Consulting of McLean, which supports federal agencies with acquisition and program management, topped the list as the fastest-growing company in the state. Between 2008 and 2011, Integrity posted a growth rate of 2,165 percent.

Founded in 2006 by Christopher and Mary Beth Romani, Integrity has grown from two to almost 100 employees and now has a satellite office in Fort Worth, Texas.

"As a life-long Virginian, the Fantastic 50 Vanguard Award means so much to me," said Chris Romani.

"It's gratifying that our small business is able to contribute to the economic growth of our region and create jobs that sustain families and communities, while at the same time supporting customer missions of na-

FAIRFAX COUNTY COMPANIES ON THE 2013 FANTASTIC 50 LIST

1. Integrity Management Consulting, Inc. Tysons Corner
3. Veris Group, LLC Tysons Corner
6. 3Pillar Global Fairfax
7. Kore Federal Tysons Corner
13. Octo Consulting Group Tysons Corner
14. First Virginia Community Bank Fairfax
17. XLA Springfield
18. Agilex Technologies Inc. Chantilly
19. Three Wire Systems, LLC Falls Church
20. RFID Global Solution, Inc. Reston
22. Zantech IT Services, Inc. Tysons Corner
24. C2 Solutions Group, Inc. Reston
26. Knowledge Link, Inc. Herndon
27. Technatomy Corporation Fairfax
28. Data Networks Corporation Reston
29. ConceptSolutions, LLC Reston
30. Eagle Ray Inc. Chantilly
33. MetroStar Systems Reston
34. Kinsey Technical Services, Inc. Chantilly
35. TeraThink Corporation Reston
38. Cetrom Information Technology, Inc. Tysons Corner
42. National Corporate Housing Herndon
43. Trusted Mission Solutions Inc. Tysons Corner
46. Search Technologies Herndon
47. U.S. Information Technologies Corporation Chantilly

tional importance," said Mary Beth Romani.

THE VIRGINIA "FANTASTIC 50" is the only statewide awards program to rank leading businesses across the commonwealth in all types of industries. Companies must be privately held with headquarters in Virginia, and demonstrate positive year-over-year revenue growth and net income when judged on four-year sales revenue history.

"We are immensely proud to be recognized as the leading company for growth in the state, and it's especially meaningful to achieve continued growth at a time when there remains uncertainty in the economy and in federal spending," said Christopher Romani. "We have remained focused on doing excellent work and recruiting top talent to support our customers. We've succeeded by competing on our strengths."

"The entire Commonwealth of Virginia benefits from the success of these businesses through additional income taxes that support programs statewide," said Gordon, a member of the Virginia Chamber Board of Directors.

For the complete Virginia "Fantastic 50" list, visit www.virginiabusiness.com. For information on membership in the WPO, contact Chapter Chair Renee Lewis at renee.lewis@pensaregroup.com or 301-332-4677 or go to www.womenpresidentsorg.com.



Tammy Barker; Chief Jim Morris, Vienna Police Department; Rotarian George Creed.



Jonathan Wooden and Mark Sherwood



From left, Judi Medwedeff; Anthony Stancampiana, VVFD president; Chief John Morrison, VVFD chief.

PHOTOS CONTRIBUTED

Town Employees Honored for Service to the Community

On April 24, three Town of Vienna employees received Rotary Club of Vienna's 2013 "Service Above Self" award. Mark Sherwood, operations superintendent, and Jonathan Wooden, sanitation supervisor with the Department of Public Works, and Tammy Barker, dispatcher with the Vienna Police Department, received the awards for their dedication and service to the Vienna community.

Each year, the Rotary Club of Vienna honors one town employee, Police Department employee and Vienna Volunteer Fire Department member with this award. The award recognizes individuals within the town government who represent the club's motto of "Service Above Self" and demonstrates the club's four-way test.

This year's award went to two town employees for their partnership in revamping the town's refuse collection program last year and streamlining trash, recycling, bulk and brush pickup. The new

program has resulted in a cleaner community and an easier collection schedule for residents. Both long-time employees with over 60 years of collective town service between them, Sherwood and Wooden dedicated numerous hours to working with the town council, staff and citizens to develop a comprehensive plan that would reduce cost and increase quality of service to town residents.

Tammy Barker, a dispatcher in the Vienna Police Department, was

nominated due to her dedication to the job and the pride she takes in her work. She goes above and beyond her assigned duties by assisting the records section with data entry, thus allowing the division to tend to other duties. Barker is also an active member in her church and participated in a church mission to assist the community of Boise, Idaho for 18 months. In addition, she and her sister crocheted over 100 hats and scarves to be donated to needy children in the community, as well

as donated over 100 Chemo Caps to a cancer hospital for children undergoing chemotherapy.

Vienna Volunteer Fire Department (VVFD) volunteer Judi Medwedeff also received Rotary's Service Above Self Award. Since joining the VVFD in 2011, she has contributed over 700 hours to the organization and has taken on several major projects including the annual fund drive and the community outreach committee. Her efforts have resulted in an increased community presence for the de-

partment.

During the program, the Rotary Club of Vienna awarded the town's Parks and Recreation Department with funds to support the town Summer Camp program and class scholarships, and awarded the Vienna Police Department with a donation to purchase ballistic vest covers and support the Rape Aggression Defense program. In addition, the Vienna Volunteer Fire Department received a donation in support of the new Pierce Velocity fire truck.

FAITH NOTES

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

Charles Wesley United Methodist Church, 6817 Dean Drive, McLean, holds an annual church yard sale on Saturday, May 11, inside from 9 a.m.-3 p.m., rain or shine, with an aggregation of items from several families, with everything from electronics to glassware featured; hot dog lunch served midday. <http://www.TheHungerChurch.org>.

First Baptist Church, 450 Orchard Street, Vienna, will present a Women's Mission Conference on Saturday, May 18, from 8:30 to 4 p.m. Registration of \$15 includes session materials, continental breakfast and lunch. The theme is "Women Conforming to the Image of Christ, Shining Our Light." Speakers and presenters include Rev. Arica Cox, Rev. Jacquelyn Jones, Rev. Flai Richardson and Rev. Willita Hawkins. 703-938-8525.

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Northern Virginia Christian Fellowship ... 703-242-9001
Vienna Seventh Day Adventists ... 703-938-8383

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Emmaus United Church of Christ ... 703-938-1555

Unity
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OPINION

Some Limits, More Disclosure

Virginia does not benefit from elected officials being awash in cash donations and gifts.

It seems prescient now. Virginia's "corruption risk report card" in March 2012 ranked the state 47 out of 50, with an overall grade of "F." That's "F" for failing, mostly because Virginia is one of four states that place no limits on political contributions at all.

Virginia got a failing grade for vulnerability to corruption. Corruption in the commonwealth is probably not any more rampant than voter fraud, as we said last year. But in terms of practices that could undermine trust, Virginia has vast room for improvement.

It turns out that unlimited contributions and gifts with some reporting loopholes is not good for government, not good for the public, especially not good for elected officials as recent news about state elected officials and gifts well demonstrate. It could be better for businesses to have some limits as well.

The National Conference of State Legislatures www.ncsl.org summarizes how states handle contributions: "States commonly place limits on contributions to candidates from various sources, and also on contributions to political action committees and political parties. Just four states — Missouri, Oregon, Utah and Virginia — place no limits on contributions at all. Another seven states — Alabama, Indiana, Iowa, Mississippi, North Dakota, Pennsylvania, and Texas — have minimal contribution limits. These states limit or prohibit contributions by corporations and unions to candidates, but leave contributions from all other sources unlimited. In the remaining 39 states, contributions to candidates from individuals, political

parties, PACs, corporations and unions are typically limited or, in the case of corporations and unions, prohibited outright."

In Maryland, individuals can give \$4,000 to any one candidate and \$10,000 total in a four-year election cycle. You don't have corporations and CEOs giving \$100,000 and more in an election cycle.

From 2009-2013, Dominion has made \$2,838,506 in political contributions to candidates and committees, 58 percent of it to Republicans, 39 percent to Democrats, according to the Virginia Public Access Project www.vpap.org.

In 2012, Pepco donated \$2,000 to Friends of Martin O'Malley, Maryland's governor, \$10,000 to the state Democratic committee and \$5,000 to the state Republican committee.

In 2013, Pepco's total contributions currently reported are \$2,000.

In 2013, Dominion Resources' total contributions currently reported are \$450,000.

In 2010, Pepco donated \$4,000 each to Friends of O'Malley and Friends of Anthony Brown, his running mate. In 2008, Pepco donated \$10,000 to state Democratic committee and \$10,000 to the state Republican committee. (Pepco contributions are according to the Maryland Campaign Finance Reporting System.)

Dominion donated \$52,500 to McDonnell's campaign and another \$50,000 to his inaugural committee. Dominion also gave \$80,000 to the campaign of state Sen. Dick Saslaw (D), \$26,500 to Ken Plum (D) for delegate, \$25,000 to Mark Sickles (D) for delegate, \$18,500 to

Toddy Puller (D) for Senate, \$17,000 to Mark Herring (D) for Senate, \$14,157 to Tim Hugo (R) for delegate, \$12,000 to Tom Rust (R) for delegate and \$11,000 to Janet Howell (D) for Senate, just to cover some of the larger, local contributions.

Does it matter? Given the history of power outages, it's unlikely anyone would want to trade service from Dominion for service from Pepco.

Gifts are another question. In Virginia, even if an official does violate the very limited rules on gifts, the code states that "Violations of this subdivision shall not be subject to criminal law penalties."

Call us naive, but we would have bet that neither Attorney General Ken Cuccinelli nor Gov. Bob McDonnell would be susceptible to taking gifts under dubious circumstances, yet both are in the news for having failed to report gifts totaling tens of thousands of dollars. McDonnell says disclosure of gifts to his immediate family members are not required. Cuccinelli says he forgot about some gifts he received.

The State Integrity Investigation is "designed to expose practices that undermine trust in state capitols — and spotlight the states that are doing things right." See <http://www.stateintegrity.org/virginia>

Virginia's access to information on campaign finance is overshadowed by "lax oversight rules, weak consumer representation protections, dwindling capitol press corps and coziness between political and economic elites. ... Meanwhile, the few ethics and disclosure requirements that do exist tend to be flawed, limited or fraught with exemptions and qualifications," according to the report.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIAL

LETTERS TO THE EDITOR

How to 'Make Life Greener?'

To the Editor:

It was fantastic to read about Vienna's commitment to more sustainable living ["Making Life 'Greener' in Vienna" (The Vienna and Oakton Connection, April 24-30, 2013)]. The Green Expo highlighted the need for less polluting forms of transportation. Our excess of cars on the road is a real threat to our health.

I work for the American Lung Association, and just last week we released our 2013 "State of the Air" report. This report looks at levels of soot and smog pollution in cities and counties across the country, and ranks and grades each community for its air quality. The news wasn't great for Northern Virginia. Fairfax County had fewer days with unhealthy levels of smog, or ozone, than in

last year's report. However, we still got an "F" for ozone pollution.

The entire DC metro area suffers from too much smog—it's the ninth smoggiest area in the country, in fact. And that's truly dangerous for our health. The effects of ozone are like a sunburn to our lungs. Anyone can suffer from the health effects, like shortness of breath and long-term lung damage. Among the most vulnerable, though, are Fairfax County's 265,000 children, 112,000 elderly adults, 50,000 people with COPD, and 95,000 people with asthma.

Cleaning up our transportation is key to combating these negative health effects. Vienna's showcase of cleaner cars is an important step. The U.S. Environmental Protection Agency has also proposed another milestone: new standards that would clean up our gasoline and vehicles. The standard would not only make future cars less polluting, it would also make our

gasoline cleaner, which would allow all the cars currently on the road to be less polluting as well.

These standards would clean up the air equivalent to taking 33 million cars off the road, and prevent thousands of asthma attacks and lost work days and hundreds of premature deaths each year, according to the National Association of Clean Air Agencies. And not only are public health and environmental groups supportive of the standards, but major auto manufacturers are on board, too.

As we take local steps to clear our air, take a minute to weigh in favor of these lifesaving standards at www.fightingforair.org. Finalizing them would go a long way toward making Fairfax a healthier place to breathe.

Laura Kate Anderson Bender
Falls Church

The writer is the coordinator for the Virginia Healthy Air Coalition of the American Lung Association in Virginia.

Write

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

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314
Call: 703-917-6444.

By e-mail: vienna@connectionnewspapers.com

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Vienna Student Receives Governor's Award

Andrea Shao-yin Li of Vienna, a junior at Thomas Jefferson High School, was awarded The Governor's Award and Grand Prize First Place at the 28th Annual Virginia State Science and Engineering Fair held on April 6 at Virginia Military Academy in Lexington, Va.

More than 280 projects competed for the prize at the annual state science and engineering fair.

On behalf of Governor Robert F. McDonnell, Virginia's Secretary of Technology James D. Duffey, Jr. presented the award to Andrea, recognizing her project titled "Interferon- 2b: Targeting the STAT1 Pathway and Minimizing Breast Cancer and Leukemia Cell Proliferation."

The project investigated the potential of interferon as an effective treatment option for breast cancer and demonstrated that an optimal treatment concentration exists for leukemia, in consideration of the



PHOTO CONTRIBUTED

Virginia Secretary of Technology James D. Duffey presented Vienna student Andrea Shao-yin Li the Governor's Award and Grand Prize First Place at the 28th Annual Virginia State Science and Engineering Fair held April 6 at Virginia Military Academy in Lexington.

anti-proliferative STAT1 pathway.

This summer, Andrea plans to continue the biomedical research

she conducted at her school in the National Institutes of Health Summer Research Program.

WEEK IN VIENNA

Invasive Plants Removal Day at Northside Park

Interested in keeping Vienna's Northside Park free of invasive plants? The Vienna Parks and Recreation Department is seeking volunteers to help remove invasive plants in Northside Park on Saturday, May 11, from 9 a.m. to 11 a.m. Meet on the Glyndon Street side of the park (dead end of Glyndon Street N.E.)

Invasive management is more than just pulling weeds. The main goal is to reduce invasive plants in the park and to maintain a healthy habitat for native plants and wildlife. This volunteer-led program gives citizens an opportunity to connect with their neighbors while taking care of this valuable natural resource.

Find out how you or your organization can participate in this project year-round. No registration is required; just plan to attend and be willing to learn about invasive plants and how to eradicate them from Northside Park. Bring gloves and wear comfortable protective clothing such as long-sleeved shirts and long pants. For more information, contact Vienna Parks and Recreation Director Cathy Salgado at csalgado@viennava.gov or 703-255-6356.

Vienna at Your Service Features New Police Chief

The next meeting of Vienna at Your Service (VAYS) will be Tuesday, May 14, at 7:30 p.m. in the Vienna Town Hall Council Chambers, 127 Center St. S.

This meeting will feature a presentation by the new Vienna Police Chief Colonel Jim Morris who will share his previous experience in public safety and his vision for the Vienna Police Department.

The meeting will also feature a presentation by members of the Vienna Police Department on recent department happenings and relevant statistics. In addition, representatives from area civic and non-profit organizations will provide updates and information on upcoming events and activities.

Vienna at Your Service is designed to give citizens the opportunity to learn more about their commu-

nity. This event is free and open to the public; no registration required. For more information, contact the mayor's office at 703-255-6311, at mayor@viennava.gov or visit www.viennava.gov/index.aspx?nid=748.

Support the Arts and Sponsor a Concert

The free Summer on the Green concerts available at the Vienna Town Green are made possible through the generosity of many local organizations and community members. This year over 30 different performances are planned for all ages and tastes. In order to continue this program, continued support from the community is needed.

There are several ways the community can help support Town Green programs including donations and sponsorships. Businesses, non-profit, community groups and individuals can sponsor concerts and have their name and logo on display for the up to 300 individuals who attend the popular summer concerts. In addition, sponsors have the opportunity to have a booth at their sponsored concert and discuss their product and business with concert-goers. Individuals can help by sending donations in any amount to the Vienna Parks and Recreation Department throughout the year. All donations and sponsorships go to support the Summer on the Green concert series.

Individuals and businesses can also become a "Friend" of the Vienna Town Green, which was established to help support free concerts and performances. Annual membership fees are \$30 for individuals, \$50 for families and \$100 for businesses and organizations. To join, download, complete and mail the membership form available on the town's website at www.viennava.gov/index.aspx?NID=108.

Sponsorships are still available for the 2013 Summer on the Green concert series. View this summer's concert schedule online at www.viennava.gov/index.aspx?NID=879.

For more information on how to become a sponsor or a Friend of the Town Green, call the Vienna Parks and Recreation Department at 703-255-6360.

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PHOTOS BY DONNA MANZ/THE CONNECTION

Ladies and gentlemen, start your pedals... a member of the W&OD bike patrol paces youngsters negotiating lanes.

Safety and Bike Rodeo Teaches Healthy Habits

Child-centered activities held on Town Green on May 4.

Those children on Mill Street on Saturday, the ones in the parking lot across from the Town Green surrounded by Vienna police officers, were not being charged with a traffic violation. They were, instead, being guided around a training course by Vienna police in Vienna's 2nd Annual W&OD Safety and Bike Rodeo sponsored by the Town of Vienna Bicycle Advisory Committee, Friends of the W&OD and local civic groups and businesses.

While sponsor tents were set up on the Town Green, the bike rodeo itself was conducted across Mill Street in a parking lot of Vienna Presbyterian Church. Cones and marked lines delineated courses that challenged the concentration of the children participating. Both Vienna police officers and W&OD bike patrol members worked with the children.

Besides the rodeo, activities included a trail safety mini-workshop for women run by the Vienna Police

Department and a team scavenger hunt on the Town Green.

THE BIKE RODEO offered free things to children, as well as free activities. Safe Kids USA, through INOVA Trauma Center, fitted and gave out 200 new bicycle helmets to children. Whole Foods of Vienna handed out healthy-food bag lunches to children free of charge. Elevation Burger and Diamond Spa awarded prizes to activity winners.

Counted among the sponsors of the Town of Vienna's BAC rodeo were Bikes@Vienna, Extreme Pizza, Friends of W&OD Bike Patrol, Healthy Kids Coalition, NVRPA, Safe Kids USA, Whole Foods, Vienna Police Department, the Vienna Volunteer Fire Department and other Vienna businesses. To learn more about the town's Bicycle Advisory Committee, go to www.ViennaBAC.com.

—DONNA MANZ



Andrew Claussen, 4, and his 2-year-old sister show off their new bicycle helmets given to them by SafeKids USA/INOVA Trauma Center.



Four-year-old Sonia Khianey gets encouragement from her dad Ashish. She really likes pink.



Commander Ron Patterson, of Post 180 Vienna, presents a check for Operation Comfort Warriors to American Legion National Commander Jim Koutz.

National Commander Visits Vienna American Legion

The national commander of the American Legion has visited Vienna before, but this was a special visit to American Legion Dyer-Gunnell Post 180 Vienna to have breakfast and meet local area members during his busy travel schedule. American Legion Post 180 hosted National Commander James Koutz in a Monday morning breakfast event on April 1 that included officers from the Department of Virginia in Richmond and members and their families from several Virginia American Legion posts including Alexandria, Arlington, Fairfax, Lorton, Newport News and Winchester.

Koutz, a Vietnam War veteran, has only a few months left of his one-year term to travel around and he took this opportunity to talk about the programs of the American Legion that take care of veterans. The four major programs that members call the four pillars of the American Legion are Veterans Affairs and Rehabilitation, National Security, Children and Youth, and Americanism.



Pictured left to right: Rich Duesterhaus, board chair, SCOV; Michelle Scott, executive director, SCOV; Mike Collins of Rep. Gerry Connolly's office and Del. Mark L. Keam (D-35).

Shepherd's Center Volunteer Appreciation Luncheon

Each year more than 200 volunteers at Shepherd's Center of Oakton-Vienna (SCOV) serve as medical drivers, companion drivers, friendly callers and visitors, health and wellness counselors, fundraisers and grant writers. These volunteers run programs such as Lunch n' Life, Adventures in Learning, trips and outings, special events and caregivers' support groups. These services are available to anyone age 50 or over who lives in the Oakton and Vienna community. In addition, the agency also serves seniors in Reston and Fairfax. Quoting the proclamation directly, "the services and programs offered by this extraordinary organization (SCOV) help to ensure that our seniors stay connected to the community through promotion of active lifestyles, ongoing social integration, and availability of resources for older residents to use their experience, training and skills in significant roles in society."

In 2012, SCOV's volunteers provided 9,000 hours of service for older adults of 50 or more years. To learn more about the Shepherd's Center of Oakton Vienna, visit their website at www.scov.org or contact Michelle Scott, executive director at 703-281-0538 or director@scov.org.

BULLETIN BOARD

To have community events listed in the Connection, send to vienna@connectionnewspapers.com. Deadline is Friday.

THURSDAY/MAY 9

Understanding and Dealing With Bullying. 7-9 p.m., at The Women's Center, 127 Park St. N.E., Vienna. Learn how to recognize, understand and cope with bullying through this important workshop. \$35. or 703-281-2657x276 or www.thewomenscenter.org.

Vienna Arts Society's May Meeting. 7:30 p.m., at Vienna Art Center, 115 Pleasant St., N.W., Vienna. Linda Jones will demonstrate her impressionistic/realistic painting style. 703-319-3971 or www.ViennaArtsSociety.org.

SATURDAY/MAY 11

Annual Yard Sale and Flea Market. 8 a.m.-2 p.m., at the Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls. Church is organizing its annual yard sale and flea market. Reservation required for vendors (\$20). 703-582-1640 or c.wright@longandfoster.com.

Healthy Responses to Anger. 9:30 a.m.-12:30 p.m., at The Women's Center, 127 Park St. N.E., Vienna. Understanding the sources of anger, recognizing the associated feelings and thoughts and developing effective responses are the overall goals of this program. \$45. 703-281-2657 x276 or www.thewomenscenter.org.

Used Bicycle Collection. 10 a.m.-1 p.m., at The Potomac School of McLean, 1301 Potomac School Road, McLean. Donate a bike to benefit Bikes for the World, a non-profit organization that collects thousands of unwanted bicycles for re-use in developing countries. \$10 donations requested to help with shipping costs. www.bikesfortheworld.org.

SUNDAY/MAY 12

The 16 Inner Art Series: The Art of Organizing. 11:30 a.m.-1:30 p.m., 8020 Georgetown Pike, McLean. This workshop will help sort out what keeps you cluttered. <http://www.eventbrite.com/event/6199066575>.

MONDAY/MAY 13

Resume Development Workshop. 10 a.m.-noon, at The Women's Center, 127 Park St. N.E., Vienna. This workshop identifies the ingredients and format of a successful federal or private sector resumé. \$35. [thewomenscenter.org](http://www.thewomenscenter.org).

TUESDAY/MAY 14

Avoiding Divorce Court I. 6:30-9:30 p.m., at The Women's Center, 127 Park St. N.E., Vienna. A divorce attorney will compare mediation and negotiation, and cover strategies and pitfalls to avoid. \$40. thewomenscenter.org.

WEDNESDAY/MAY 15

Vienna Woman's Club Scholarship & Education Ceremony. 7 p.m., Vienna Community Center Auditorium, 120 Cherry St. S.E., Vienna. For the 51st year the Vienna Woman's Club will award three \$1,000 scholarships to local high school seniors. 703-698-1237.

THURSDAY/MAY 16

Avoiding Divorce Court II. 6:30-9:30p.m., at The Women's Center, 127 Park St. N.E., Vienna. Information regarding both standard provisions and unique. \$40. www.thewomenscenter.org.

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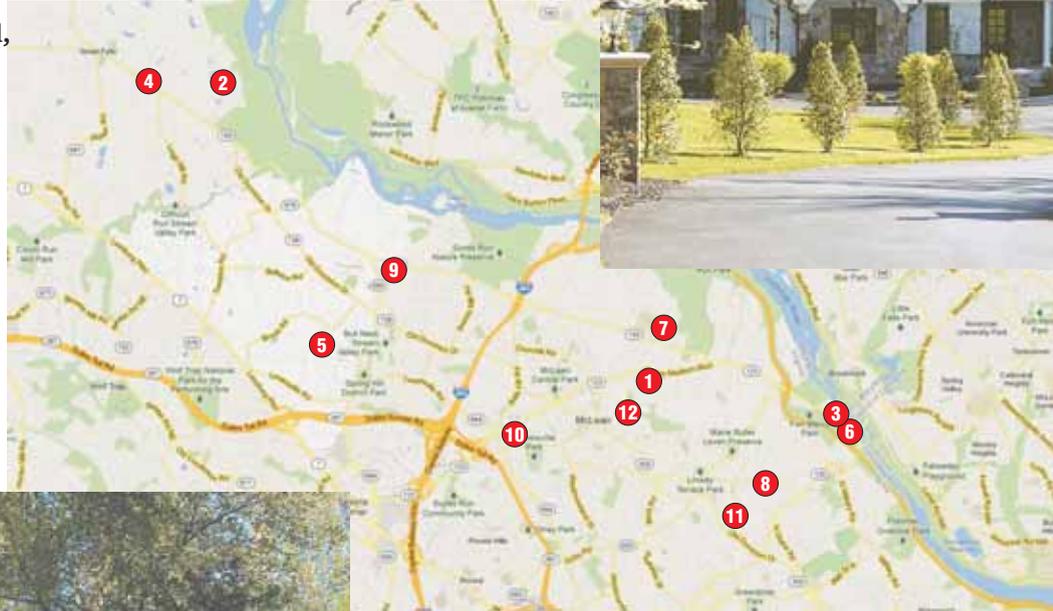
2 633 River Bend Road, Great Falls — \$5,634,180



3 626 Chain Bridge Road, McLean — \$5,175,000



4 9601 Georgetown Pike, Great Falls — \$3,850,000



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5 1165 Orlo Drive, McLean — \$3,675,000

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2 633 RIVER BEND RD	7	7	3	GREAT FALLS		\$5,634,180	Detached	5.00	22066	GREAT FALLS HEIGHTS	03/29/13
3 626 CHAIN BRIDGE RD	5	7	3	MCLEAN		\$5,175,000	Detached	1.00	22101	CHAIN BRIDGE	03/21/13
4 9601 GEORGETOWN PIKE	6	6	3	GREAT FALLS		\$3,850,000	Detached	4.80	22066	NEW HOME	03/08/13
5 1165 ORLO DR	7	8	2	MCLEAN		\$3,675,000	Detached	0.99	22102	WOODLEA MILL	03/25/13
6 407 CHAIN BRIDGE RD	5	5	2	MCLEAN		\$3,600,000	Detached	1.92	22101	ARLINGWOOD	03/19/13
7 1005 TURKEY RUN RD	5	5	3	MCLEAN		\$3,500,000	Detached	0.99	22101	LANGLEY HILL	03/25/13
8 1700 FOREST LN	6	5	3	MCLEAN		\$2,620,000	Detached	0.51	22101	CHESTERBROOK WOODS	03/11/13
9 903 GEORGETOWN RIDGE CT	4	5	2	MCLEAN		\$2,400,000	Detached	0.85	22102	GEORGETOWN RIDGE	03/29/13
10 1485 EVANS FARM DR	5	4	1	MCLEAN		\$2,395,000	Detached	0.14	22101	EVANS FARM	03/11/13
11 0 FRANKLIN PARK RD	5	5	0	MCLEAN		\$2,250,000	Detached	1.22	22101	COUNTRY ACRES	03/13/13
12 6520 TOPEKA RD	5	5	1	MCLEAN		\$2,100,000	Detached	0.40	22101	SALONA VILLAGE	03/29/13

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HomeLifeStyle

Mother's Day Gift Ideas

Suggestions for honoring mom on her special day.

BY MARILYN CAMPBELL
THE CONNECTION

Mother's Day is less than a week away. For some, choosing the perfect gift for mom can be a nerve-wracking exercise. If you're still looking for the perfect present, local style gurus offer suggestions that they say will please even the most discerning of women.

For stylish mothers, Allison Priebe Brooks of Queen Bee Designs in Alexandria, recommends the sentimentality of matching parent-child jewelry: "It is fun to match or coordinate fashions with your child, especially on Mother's Day," she said. "You can do that with dresses or bold prints, but you can also do it with your jew-

elry. Little girls love to dress up and match their mothers, and jewelry is one thing that just about always fits and it can be passed down from generation to generation."

A spa day at home will give exhausted moms a chance to unwind, says Courtney Thomas of The Picket Fence in Burke. "Treat Mom to a spa day at home [with] a new line bath line from The Charleston Soap Chef [which includes] lotion, hand and body wash, body butter and sugar scrub. We've been encouraging customers to put a few pieces together and pamper Mom without having to go to a spa."

Hands creams by Pre de Provence, rich in shea butter and available in crisp scents like lavender and verbena, are luxurious choices, said said Angela Phelps, of Le Village Marche in Arlington. "Every woman can use a good hand crème in her purse," she said. She recommends creams by Pre de Provence.

Ann O'Shields, of The Nest Egg in Fairfax, said, "Perfumes, lotions

and candles from lines including Lollia, Tocca and Niven Morgan are a luxurious treat for moms.

For those thinking ahead to summer, O'Shields suggests a brightly hued tote bag. "Scout bags are the perfect accessory for summer at the beach, baseball games and every day." She also suggests colorful handbags, wallets and tech accessories.

MOMS WITH SOPHISTICATED palates might enjoy sipping from a hand-painted wine glass. "For moms who enjoy relaxing with a glass of wine, hand-painted wine glasses are a great gift," said Thomas. "They are all hand-painted by a local artist and are available in a variety of colors and designs."

For moms who love jewelry, O'Shields suggests putting a ring on it — or even a bracelet. "Jewelry ranging from bangles and charm bracelets ... are great for Mother's Day." For a personal

SEE MOTHER'S DAY, PAGE 13



PHOTO COURTESY OF QUEEN BEE DESIGNS

Allison Priebe Brooks, of Queen Bee Designs in Alexandria, recommends color-coordinated, mother-daughter jewelry and clothing on Mother's Day.



PHOTOS COURTESY OF THE PICKET FENCE

Courtney Thomas, of The Picket Fence in Burke, suggests presenting mom with an array of bath and body treats to create a spa experience at home.



Courtney Thomas, of The Picket Fence in Burke, recommends buying "The Gathering of Friends" cookbooks for mothers with a penchant for cooking and entertaining.

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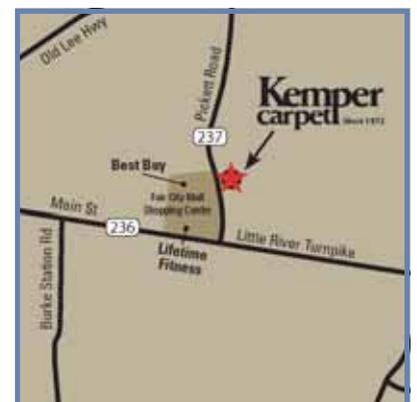
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Creating Serene, Relaxing Spaces

Local interior designer talks color and comfort.

By MARILYN CAMPBELL
THE CONNECTION

Even when Arlington-based interior designer Andrea Houck was a toddler, she seemed to have an eye for detail. When her parents updated their bedroom with new wallpaper, for example, it was their young daughter who noticed the pattern had been hung upside down.

After beginning a career in art direction and advertising, the North Carolina native shifted gears and turned childhood flair for detail into an interior design business. She began with the renovation of her own home.

"I transitioned from the two-dimensional world of art direction to the three-dimensional world of interior design," said Houck. "I always enjoyed the tactile world of



PHOTO BY LYDIA CUTTER

In the great room of this Great Falls home Andrea Houck, of A. Houck Designs, added window treatments to the wall of French doors and hung art over the fireplace to create a functional, but stylish space.

graphic design that included drawings and once everything became so digitally based, I transitioned into interior design."

Houck describes her style as transitional and often eschews neutral colors in favor of lively hues. "I also like color and am not afraid to use it," she said. "And scale is one of the most important

elements to good design. I pride myself on bringing out my client's aesthetic, making the spaces individual for that person. I also offer a range of styles, from traditional to more contemporary. My work reflects my disciplined approach to design as well as each client's personality and lifestyle."

The designer enjoys the challenge of beautifying public spaces, like a living room or dining room, while making them simultaneously chic and functional. She points to one example in the design of a great room in a home in Great Falls.

"This great room had a dual focus: the fireplace and the television," said Houck. "The challenge was updating the space to be family friendly with comfortable fabrics while adding a punch of color. I added window treatments to the wall of French doors, art over the fireplace, and recovered some existing seating."

A master bedroom, study and porch that she designed for an Arlington family reflects her ability, said Houck, to incorporate a client's needs into a chic design. "The busy couple wanted a serene setting, so I updated the space with more storage, added a custom desk, dual chest of drawers with his and hers mirrors, upholstered headboard, seating with ottoman, wallpaper, lighting and custom colored rug."

The bedroom and bathroom of a Fairfax home also shows that she is not afraid to add a touch of whimsy. "In the bedroom, I removed carpet and installed hardwood flooring, updated the tray ceiling with moldings and chandelier. ... The bath was updated with a new tub with jets, new vanity ... hand-painted tiles and marble floor."

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Mother's Day Gift Ideas

FROM PAGE 11

touch, she adds, "Engraved monogrammed charms and necklaces with children's initials are a special way to give Mom jewelry that reminds her of family. Precious Metal Prints include a kit for making a fingerprint mold that is then mailed to the artisan to transfer to a charm."

Epicureans with a penchant for entertaining would relish a cookbook line called "The Gathering of Friends," says Thomas. "It ... comes in five volumes, complete with table-setting ideas, shopping lists and beautiful photography. They are more than your typical cookbook."

Another idea for mothers who enjoy all things culinary: kitchen accessories. "If mom still has dishtowels from 40 years ago, why not swap them out for some new ones?" said Phelps of Le Village



PHOTOS COURTESY OF THE NEST EGG

Ann O'Shields, of The Nest Egg in Fairfax, says jewelry like bangles and charm bracelets are great for Mother's Day.

Marche. "I love...vibrantly colored French towels from Jean Vier. Coming from the Basque region and made of 100 percent cotton jacquard, these oversized tea towels [32 inches by 23 inches] are beautifully and delicately woven. They can be machine-washed and dry wonderfully with no need for ironing."

For moms who enjoy photographing their offspring, O'Shields recommends the book "Photographing Your Children: A Hand-



Ann O'Shields, of The Nest Egg in Fairfax, suggests colorful tote bags for moms who are ready for summer.

book of Style and Instruction" by Jen Altman.

And for displaying those photographs, Thomas said, "We [have] ... frames ... that all have a sentimental words and saying and are a step beyond the traditional frame. They also have 'memory magnets' with a clip to attach a picture ... great for hanging pictures, notes and favorite art."

O'Shields said, "Picture frames make a wonderful gift and they are even more special when you take the time to have a picture printed and include it in the frame when you give the gift."

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10500 Samaga Dr.....\$998,500...Sun 1-4.....Evelyn Petros.....Long & Foster...301-229-4000

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8203 Taunton Pl.....\$549,950...Sun 1-4.....Kathleen Quintarelli.....Weichert...703-862-8808
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4 Newland Ct.....\$399,900...Sun 12-3.....Patrick Seville....Samson Props...703-297-5855

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To add your FREE Realtor represented Open House to these weekly listings, please contact Don Park at 703-778-9420, or donpark@connectionnewspapers.com

All listings are due by Monday at 3 P.M.



Oakton junior forward Ben Cisse scored the lone goal in a 1-0 win over Westfield on Monday.



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Oakton's Christian Ollen (8) and Westfield's Matt Lazor battle for the ball while Oakton's Patrick Moore (7) looks on during Monday's contest at Oakton High School.

Oakton Boys' Soccer Finishes Regular Season Undefeated

Cougars beat Westfield on senior night.

BY JON ROETMAN
THE CONNECTION

The Oakton boys' soccer team completed an undefeated regular season on Monday with a 1-0 victory against Westfield at Oakton High School.

While compiling an 11-0-2 record is a notable achievement, head coach Todd Spitalny said the Cougars hadn't talked about remaining unbeaten, instead choosing to focus on larger goals. In fact, the aspect of Monday's victory most likely to help Oakton's cause was simply the contest's competitive nature.

Prior to facing Westfield, the Cougars won five of their previous six games by at least three goals. Oakton was often able to relax late in games with victory all but assured.

On Monday, the Cougars were locked in a scoreless tie with the Bulldogs until junior forward Ben Cisse found the back of the net in the 68th minute.

"We haven't thought about the undefeated record once this year," Spitalny said. "That's not our goal. ... Our goal was to win the regular season and go after the district title [and] give ourselves a shot in the regional [tournament] and go from there. ... We're just starting to get guys back healthy so we're trying to mix guys back in, still. We're scoring a lot of goals, but part of our problem is we have not had to play our guys a full

"To grind out a game like this, this is really good for our team. We've been able to step back for the last 30, 40 minutes of each game, but this game, we really had to fight to the last whistle."

—Oakton senior Patrick Moore

game yet—other than [during ties against] Lake Braddock and Herndon—so tonight was great because we finally had to play the guys full force."

Prior to the Westfield win, Oakton's last five victories came against Wakefield, Centreville, Chantilly, Robinson and Yorktown by a combined score of 23-6.

"To grind out a game like this, this is really good for our team," senior midfielder Patrick Moore said. "We've been able to step back for the last 30, 40 minutes of each game. But this game, we really had to fight to the last whistle."

Westfield finished the regular season 3-7-3. "I thought we played really well,"

Westfield head coach Sean Lanigan said. "... Our goal was to stop [Oakton senior midfielder] Patrick [Moore]. He was their big playmaker—and Christian [Ollen]—so we man-marked him with my captain and I thought he did an outstanding job. Patrick was not a factor in this game at all."

The Cougars earned the Concorde District's No. 1 seed. They will have a bye in the first round of the district tournament and are automatically in the Northern Region tournament.

Monday was senior night for Oakton. Defender Eddie Gerow, forward Jared Schulman, midfielders Moore and Ollen, defenders Sep Zomorodi and Jay Bundren and midfielder Daniel Helms were honored.

Sophomore forward Armand Jeffris is Oakton's leading goal-scorer.

With the arrival of the postseason, the Cougars have already reached some of their goals—and they just happened to be undefeated, as well.

"We have unfinished business," Spitalny said.

SPORTS BRIEFS

Madison Girls' Soccer Beats Lee

The Madison girls' soccer team lost to McLean 1-0 on May 2 but bounced back with a 5-0 victory against Lee on Monday. The win improved the Warhawks' record to 7-4 overall.

Madison has a 3-2 mark in the Liberty District with two games remaining. The Warhawks will travel to face Fairfax at 7 p.m. on Wednesday, May 8, and will host Marshall at 7 p.m. on Thursday, May 9.



Junior midfielder Kirsten Morehouse (5) and the Madison girls' soccer team lost 1-0 to McLean on May 2.

Madison Girls Lacrosse Wins Liberty District Quarter Final Game

and Katherine Klein also notched one goal apiece. Madison's Sigourney Heerink was the winning goaltender.

The Lady Warhawks faced Thomas Jefferson in the semifinals on Tuesday night, May 7, after The Connection's deadline. The Liberty District championship game is scheduled for 8 p.m. on Friday, May 10 at Langley High School.

—COURTESY OF MADISON LACROSSE

Oakton Girls' Lacrosse Receives Bye

The Oakton girls' lacrosse team finished second in the Concorde District regular season standings and received a first-round bye in the district tournament, meaning the Cougars automatically qualified for the Northern Region tournament.

Oakton played its district tournament semifinal contest on Tuesday, May 7, after The Connection's deadline.

Oakton Boys' Lacrosse Falls to Westfield

The Oakton boys' lacrosse team lost to Westfield 8-7 in the opening round of the Concorde District tournament on May 3, ending its season.

The Cougars finished 9-4.

Manifest Destiny



By KENNETH B. LOURIE

Are the miscellaneous symptoms I'm feeling, physically, the cancer manifesting itself or rather is it simply yours truly aging semi gracefully and realizing my "Star-Trekkian" destiny: Living long and prospering (I equate above average/unexpected good health with prospering), despite my less-than-encouraging, original NSCLC (stage IV) diagnosis and subsequent "terminal" prognosis? Or am I, as I have said many times before, "a victim of soy-cumstance?" Not one to ever look a gift horse in the mouth or not quote/invoke/refer to Star Trek, The Three Stooges, M*A*S*H or Seinfeld whenever possible; nevertheless, as you regular readers have come to realize about this or perhaps any "terminal" patient with whom you've had any interaction: Being able to control what we think and in turn how we sometimes behave; selfishly, irrationally, illogically; and dare I admit, incoherently, is a bit unrealistic. Although, we try to try; more often than not, we fail (at least I do). Being diagnosed with a type of cancer for which there is, at present, no known cure leads to a sort of emotional incontinence (my made-up phrase): everything doesn't exactly come out as planned and there may not be a Depends-type of solution for it.

I'm not suggesting or implying that "terminal"/diagnosed-with-incurable cancer patients are unable or even unwilling to censor themselves or act responsibly, responsibly, intelligently, etc., in the face of presumptive certain death, it's more that when something (a normal life expectancy) is adversely affected – through the randomness of life, the impact on your brain/thought processes is incalculable. It's akin to attempting to describe the taste of milk: you know what you're supposed to do, but you just can't do it. And what makes this circumstance even more challenging – to me, is the longer I live, post-diagnosis, the less I'm inclined to even care about trying to "do it." When your future/destiny is snatched away from you – unfairly or not, all bets are off and predicting any kind of consistent behavioral adherence to societal norms from us lucky-to-be-alive survivors might be expecting a bit too much.

Oh sure, we'll have our moments – and manners and mores where it appears as if the cancer is having a minimal effect; however, at the end of the day – and night, during those private, only-you-know-what-you're-feeling bouts of depression, control or rather your lack thereof, will likely rear its ugly emotional head. It's not so much traumatic as it is familiar and surely enough, as the old saying goes: This familiarity definitely breeds contempt.

And so it becomes a constant battle. Not exactly good versus evil but more so: What's fact and what's fiction? What's truth and what's a consequence? And most importantly, what's cancer and what's simply being the age you are. I always default to the latter – for obvious reasons, but for all I know, it could be the former.

I suppose at this juncture, given the recent death of Allan Arbus, who played psychiatrist Sidney Freedman on the long-running television show, M*A*S*H, perhaps I should follow his most famous advice: "Pull your pants down and slide on the ice." And chill. Life's too short. (Don't I know it!)

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

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Multi-Family Community Yard Sale

Berryland Farms Oakton. Sat. 5/11, 8-2 Hsehd misc, furn, tools, high end purses, clths., exercise equip. Look for balloons on mailboxes.

Single Family Yard Sale - Saturday, May 11, from 8:00 am to 2:00 pm at 9839 Mill Run Drive, Great Falls, VA.

Tyson's Corner Garage Sale:

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28 Yard Sales

21 Announcements

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OBITUARY

Marilyn Jeannette Lyness Nielsen

On April 13, 2013, Marilyn went home to be with Lord. She leaves behind her children Eric (Theresa) Nielsen, Andrea Peterson, Kevin (Linda) Nielsen, Craig Nielsen, Mark Nielsen, Teri (Mike) Fogleman, Glen (Justine) Nielsen, her sister Phyllis Cook, brother Phillip Lyness, 11 grandchildren and 4 great-grandchildren.

A Celebration Service of Marilyn's life will be held Sat. May, 11 at 6:00pm (with light refreshments following) at Epiphany United Methodist Church, 1014 Country Club Dr. NE, Vienna, VA 22180.

A memorial contribution in Marilyn's memory may be sent to Epiphany United Methodist Church.

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Fairfax Water

FAIRFAX COUNTY WATER AUTHORITY Notice of Public Hearing

Resolution Authorizing Acquisition of Easements Necessary for Public Purposes by Eminent Domain or Other Means

May 23, 2013 at 7:00 p.m.

The Fairfax County Water Authority will hold a public hearing pursuant to Va. Code Ann. § 15.2-1903 on at 7:00 p.m. on Thursday, May 23, 2013, to receive public comments on a proposed Resolution authorizing the acquisition of easements necessary for the improvement and expansion of Fairfax Water's water system infrastructure adjacent to sections of the Richmond Highway (U.S. Route 1) in Fairfax County. The improvement and expansion is required to provide adequate capacity to serve existing and future customers. The necessary easements are to be located across several parcels of land adjacent to U.S. Route 1, more particularly described as Fairfax County Tax Map Parcels 083-3-01-0037, 083-3-01-0038, 083-3-01-0040, 083-3-01-0041, 083-3-08-B, 093-1-01-0019, 093-1-01-0025, 093-1-16-0013, 092-2-18-06-0001A, and 093-1-18A-0001. Following the public hearing, the Water Authority Board may vote on or after June 6, 2013, to adopt the proposed Resolution.

The proposed Resolution and other related information can be viewed at Fairfax Water's Website at <http://www.fairfaxwater.org>.

The public hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA. Those wishing to speak at this hearing or desiring a copy of the proposed resolution should call Eva Catlin at (703) 289-6017. Interested parties also may submit written comments to PublicHearingComments@fairfaxwater.org or mail written comments to:

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All written comments must be received by close of business on Wednesday, May 22, 2013 to be included in the record of the public hearing.

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ENTERTAINMENT

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

THURSDAY/MAY 9

Code 20: Proceed to Improv. 7-9 p.m., at the Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Studio Rep, the only professional teen repertory company in the McLean area, hosts an ongoing event where high school students and adults can watch comedy, join in improv games, perform at an open mic and enjoy entertainment from some of Washington's best improv groups. 703-744-9353 or <http://bit.ly/14Tgz52>.

FRIDAY/MAY 10

Vienna American Legion Dinner. 5:30-8 p.m., at the Vienna American Legion, 330 Center St. N., Vienna. Meatloaf dinner with mashed potatoes, mixed vegetables and a roll. \$8. 703-938-9535.

Vienna Summer on the Green. 6:30 p.m. Vienna Town Green, 144 Maple Ave. E., Vienna. The Summer on the Green is a free performance series presented by the Town of Vienna and a host of concert sponsors; bring chairs or blankets for seating. 703-255-6360 or www.viennava.gov/index.aspx?NID=879 <<http://www.viennava.gov/index.aspx?NID=879>>.

SATURDAY/MAY 11

Great Falls Garden Club Plant Sale. 9 a.m.-1 p.m., Great Falls Library, 9830 Georgetown Pike, Great Falls. The Great Falls Garden Club is selling native and beneficial plants for sun and shade to benefit the Great Falls Library Garden. www.gfgardenclub.org.

Health and Fitness On the Town Green. 10 a.m.-1 p.m., on the Vienna Town Green, 144 Maple Ave. E. The Town of Vienna Parks and Recreation Department will be hosting a wellness and fitness day lead by professional fitness instructors. 703-255-6352 or eguzman@viennava.gov.

Haddad Studio 50th Anniversary Show: Down Memory Lane. 2 p.m., 7 p.m., at The Madeira School, 8328 Georgetown Pike, McLean. Favorite dances of Margaret Haddad Studio of Classical Ballet that have endured across continents and years. \$16 for children; \$18 for seniors and students; \$20 for adults. 703-759-3366 or brownpapertickets.com/event/375301.

SUNDAY/MAY 12

Ben Miller Band and Poor Old Shine. 8 p.m., at Jammin Java, 227 Maple Ave. E., Vienna. Ben Miller Band, a fusion bluegrass-blues-mountain music trio, plays with Roots/Americana band Poor Old Shine. \$10 in advance; \$13 day of. www.jamminjava.com.

THURSDAY/MAY 16

Charity Lunch Series "Care to Lunch." 11:30 a.m.-1 p.m., at Marriott Tysons Corner, 8028 Leesburg Pike, Vienna. The May luncheon is dedicated to children; a speech on vision and mission of the organization accompanies an upscale lunch and networking hour. \$25. www.caretolunch.org.

FRIDAY/MAY 17

Leadership Fairfax Speaker Series: Brian Winterhalter. 8-10 a.m., at LFI Offices, Suite 350, 8230



"Solitude," collage, "15 X 20," by Madeline Chen is part of the Insight and Inspiration exhibit at the Vienna Arts Society Gallery, open Tuesday through Saturdays until June 1.



"Dancing Queens," watercolor, "22 X 28," by Dillian Deal, is one of the prizes at the Vienna Art Society's annual Benefit Raffle and Silent Auction on Saturday, May 18, 4:30-6:30 p.m. A lottery system guarantees participants receive an original work of art while they enjoy light refreshments and wine.

Old Courthouse Road, Vienna. An update on the happenings in Tysons from the perspective of a commercial real estate attorney, with a focus on zoning and land use changes. \$30; \$25 for members. 703-752-7518 or danielle@leadershipfairfax.org.

SATURDAY/MAY 18

The Fresh Market's Cupcakes for a Cause. 10 a.m.-3 p.m., at Fresh Market, 150 Branch Road S.E., Vienna. Purchase and decorate a delicious cupcake from The Fresh Market to support No Kid Hungry. \$3.

Mister G at Jammin' Java. 10:30 a.m., at the Jammin' Java, 227 Maple Ave. E., Vienna. Award-winning children's musician Mister G will be returning to perform. jamminjava.com.

Vienna Arts Society's annual Benefit Raffle and Silent Auction. 4:30-6:30 p.m., at Vienna Art Center, 115 Pleasant St., N.W., Vienna. Arts Society is donating a portion of the proceeds to the Committee for Helping Others; wine and light refreshments provided. 703-319-3971 or www.ViennaArtsSociety.org.

Art in 14 Directions. 5:30-8:30 p.m.,

at The Frame Factory, 212 Dominion Road N.E., Vienna. An opening reception featuring the work of 14 studio artists with 60 works in multidisciplinary art ranging from realism and expressionism all the way to encaustics. www.theframefactory1.com.

SUNDAY/MAY 19

Vienna American Legion Breakfast Buffet. 8 a.m.-noon, at 330 Center St. N., Vienna. Includes omelets, scrambled eggs, blueberry pancakes, and bacon. \$8, adults; \$3 for children. 703-938-1379.

18th Century Spring Market Fair. 11 a.m.-4:30 p.m., at The Claude Moore Colonial Farm, 6310 Georgetown Pike, McLean. Celebrate spring at a local museum and working farm's first Market Fair of the season, featuring goods and wares, produce, gifts, colonial characters, animals, dancing and singing, and demonstrations of colonial-era work. \$6; \$3 for children 3-12 years old and seniors. 703-903-9330 or www.1771.org/directions.htm.

SEE ENTERTAINMENT, PAGE 18

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Vote on McLean Day

**McLean Community Center
Governing Board Election**
Saturday, May 18, from 10:30 a.m.-5 p.m.
Lewinsville Park, 1659 Chain Bridge Road

Your Vote is Your Voice!

All qualified residents of Small District 1A
Dranesville are encouraged to vote for members
of the 2013-2014 MCC Governing Board.

- You need not be registered to vote in the general election
- Proof of residence, such as a driver's license, is required

Absentee Ballot

Vote now by absentee ballot and avoid the crowds!
View the candidate statements on the Center's Web site.
Call the Center or send an E-mail message to "elections@mcleancenter.org" to request a ballot package be sent to your home. Or, stop by the Center at 1234 Ingleside Avenue and pick one up. Completed ballots must be received by 5 p.m. on **Wednesday, May 15** to be counted.

The McLean Community Center
703-790-0123/TTY: 711
Sign up for E-mail Updates:
www.mcleancenter.org

ENTERTAINMENT

FROM PAGE 17

Violin Recital: Jehshua

Karunakaran. 3 p.m., at the Alden Theatre, 1234 Ingleside Ave., McLean. The 18-year-old violinist and graduate of the Juilliard School pre-college division, and a senior at Harvard, plays Bach's Partita No. 2, a movement of the Sibelius concerto, a sonata by Ysaye and works by Kreisler, Paganini and Brahms; the concert is sponsored by the Music Friends of the Fairfax Library. 703-620-9535.

Synchrony. 4 p.m., at Saint Luke Catholic Church, 7001 Georgetown Pike, McLean. Edvinas Minkstimas, an emerging European young pianist, joins the Amadeus Orchestra in a performance of Beethoven's Piano Concerto No. 2 in B-flat major; the orchestra also performs Serenade No. 1 by Brahms. \$30; free for students 17 and under. <http://www.amadeusconcerts.com>.

Opera for the People. 4:30 p.m., at Our Lady of Good Counsel in DeSales Hall, 8601 Wolf Trap Road, Vienna. The Vienna Choral Society and The Reston Chorale present an accessible concert of Verdi and Copland. \$25; \$20 for seniors/students; free for youth, 15 and under accompanied by an adult. viennachoralsociety.org.

TUESDAY/MAY 21

Great Falls Coffee Social. 9:30 a.m., at Riverbend Park Visitor's Center, 8700 Potomac Hills St., Great Falls. Celebrate Great Falls will present Friends of Riverbend Park with a \$2,000 donation to help fund their summer internship program at the co-hosted community-building event open to all Great Falls residents and businesses. celebrategreatfalls.org.

THURSDAY/MAY 23

The Vienna American Legion Auxiliary Memorial. 10 a.m., at Flint Hill Cemetery. The Vienna American Legion Auxiliary will place flags on the graves of veterans. 703-938-1379.

SATURDAY/MAY 25

Cathy Ponton King: Blues and Sweet Ballads. 7 p.m., at the Town Green, 144 Maple Ave. E., Vienna. Cathy Ponton King and his team will perform some blues and ballads at VIVA! VIENNA! 703-255-4742 or info@vivavienna.org.

MONDAY/MAY 27

Memorial Day Ceremony. 11 a.m., at the Great Falls Freedom Memorial, 9830 Georgetown Pike, Great Falls. A commemorative event featuring a Marine Corps Color Guard, patriotic songs, remarks from retired Marine Corps Lieutenant Gen. Norman H. Smith, and a reading of the names and bell-ringing for each of the 25 residents who fell in service; a wreath-laying by local dignitaries and raising of the flags by Boy Scout Troop 55 follows. 703-248-0390.

FRIDAY/MAY 31

Postage Stamp Show. 10 a.m.-6 p.m., at the Hilton McLean Tysons Corner, 7920 Jones Branch Dr, McLean. Eighty dealers buying, selling, and appraising stamps and envelopes; 45 exhibits, 10 postal administrations, and a youth table. www.napex.org.

SATURDAY/JUNE 1

Postage Stamp Show. 10 a.m.-6 p.m., at the Hilton McLean Tysons Corner, 7920 Jones Branch Drive, McLean. Eighty dealers buying, selling, and appraising stamps and envelopes; 45 exhibits, 10 postal administrations, and a youth table. www.napex.org.

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MOTHER'S DAY PHOTO GALLERY



Four-year-old Lily Eldridge enjoyed the spring tulips blooming on the Town Green in Vienna by the Freeman House on Wednesday, April 17. Mom Kelly Eldridge snapped a photo to capture the fleeting spring moment with her young daughter.

Mothers

BY BRIDGET FRANK,
6, OF VIENNA

Mothers are a kind, loving parent. They help you through each and every day.

Their heart is pounding with love.

They never stop loving you.

They love and love and love.

My mother likes to read to me, bake yummy treats, and sew me special things.

My mother is really special and I hope one special moment she will have the happiest day of her life.

I hope that she is happy as long as clouds float.

When the clouds drop, cheer up when you read this note and you will always be loved.

Kyle Frank, 10, Bridget Frank, 5, and Barbara Frank of Vienna are shown at Legoland in Florida during their summer vacation in August 2012. They are standing in front of Miniland USA, which shows Washington, D.C. and New York City made out of Legos.



This photo, taken last summer, depicts four generations of moms and daughters enjoying an evening together on a horse farm in Kentucky. From left: Merritt Graham, 9, of Vienna; Anne Lanz, grandmother, of Birmingham, Ala.; Campbell Graham, 7, of Vienna; Jennifer Graham, mother, of Vienna; and Mary Emily Thompson, great-grandmother, of Louisville, Ky.



McLean
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Here's What's Happening at MCC

Jammin Juniors Free Concerts
Farmer Jason

Wednesday, May 8, 12:30 p.m.
McLean Central Park Gazebo



Alden Professional Series
Furia Flamenca

Saturday, May 11, 8 p.m.
\$25/\$18 MCC district residents

Grey Seal Puppets
"Barker Bill's Wagtime Revue"

Sunday, May 12, 2 p.m.
\$15/\$10 MCC district residents

Day Trip
**Springtime in the
Brandywine River Valley**

Tuesday, May 14
\$140/\$135 MCC district residents

Alden Silent Film Series
**John Barrymore is Francois
Villon: "The Beloved Rogue"**

Wednesday, May 15, 7:30 p.m.
\$10/\$6 MCC district residents

Old Firehouse Teen Center
**Open House for
Rising 7th Graders**

Thursday, May 16, 7-8:30 p.m.

It's the Place to Be!
McLean Day 2013

Saturday, May 18
Lewinsville Park

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Home of the Alden Theatre
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