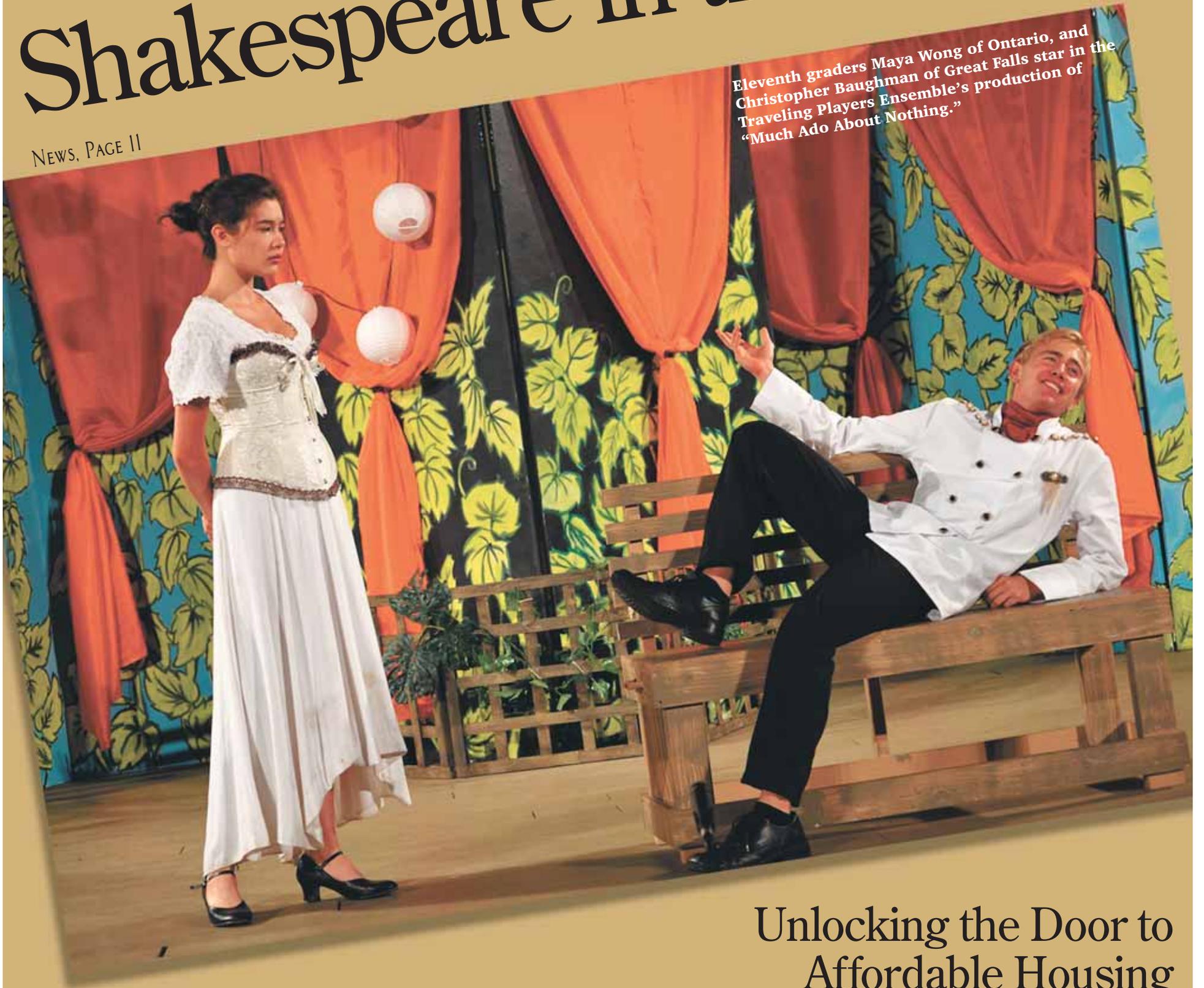


Shakespeare in the Park

NEWS, PAGE 11

Eleventh graders Maya Wong of Ontario, and Christopher Baughman of Great Falls star in the Traveling Players Ensemble's production of "Much Ado About Nothing."



Unlocking the Door to
Affordable Housing

NEWS, PAGE 3

New Trail Sections Opened

NEWS, PAGE 3

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

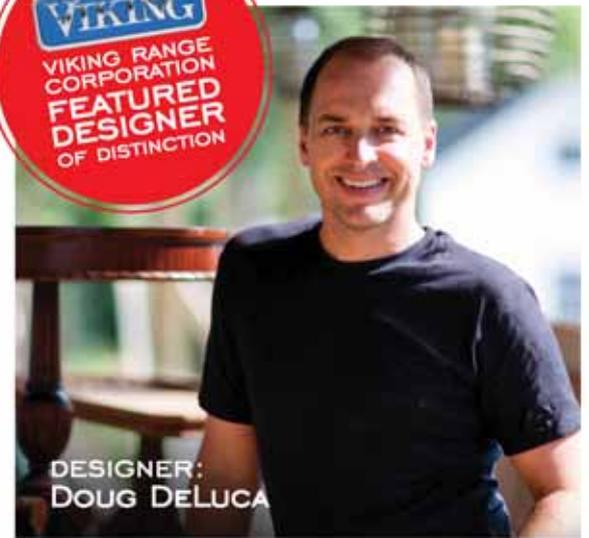
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Unlocking the Door to Affordable Housing

County considers establishment of residential studio option to assist with housing affordability.

By VICTORIA ROSS
THE CONNECTION

Like most areas that have seen explosive growth in the past 30 years, Fairfax County's stock of affordable housing has dwindled as it's grown into one of the nation's wealthiest counties.

One of the obstacles to affordable housing in some cities are zoning regulations that ban what used to be the bottom end of the private housing market—rooming houses, the in-law apartment, student housing and studio apartments. While Fairfax County doesn't have a particular ban on these uses, land values are so high, that the construction of low to moderate housing was essentially pinched out.

Fairfax County Board of Supervisors Chairman Sharon Bulova said Tuesday, July 23, she is "hopeful" the board is ready to move forward on a plan to make housing more affordable throughout the county.

"Our board has been exploring the establishment of residential studio housing for about 10 years. I think it's a good way to provide more affordable housing options for county residents. By advertising this for public hearing, we will initiate the process for engaging the community in the discussion," Bulova said.

She added that the board could advertise for public hearings as early as its July 30 meeting.

"Let me just say, my feeling is we really need to move this forward," Bulova said.

Donna Pesto, the county's senior assistant to the zoning administrator, said the proposal would not change the building codes, and would apply to rental units only.

UNDER THE PROPOSAL, Pesto said there could be no more than 75 residential studio units in a building and a minimum of 80 percent of units have to be affordable to low-income earners, those making about \$45,000 per year or less. The maximum square footage for the units would be 500 square feet, plus a bathroom and kitchen.

"As parts of the county continue to urbanize, higher densities can be achieved, which makes the inclusion of more affordable housing more practical," Pesto said.

"We see the residential studio use to be in the same zoning category as independent living facilities and nursing homes, which are all carefully reviewed and require case-by-case approval by the board," Pesto said. "The standards are pretty stringent."

While many similar developments serve individuals at risk of homelessness, particularly those linked with supportive services, small efficiency apartments



Small and affordable doesn't necessarily mean boring. Many furniture companies, such as IKEA, Target and Macy's, offer trendy furniture and rooms specifically designed for small living spaces, such as studio apartments. This small kitchen space is one of IKEA's recent designs on its website.



The Crossings in Charlottesville, built by Virginia Supportive Housing (VSH), is the type of affordable housing Fairfax County is considering. Hailed as a "game-changer" for homelessness and a regional solution to affordable housing, the Crossings has 60 small studio apartments with support services in a mixed-income community.

also provide an affordable housing option for seniors, students, recent graduates and single professionals, providing diversity and vibrancy to communities.

"There's a lot of buzz now about micro-units that are 300-500 square feet," Bulova said.

"Small apartments have become the hot housing product in U.S. cities, where many places are marketing them under the name 'micro-units,'" Pesto said.

She added that Virginia Supportive Housing (VSH), based in Charlottesville, has built studio apartments similar to what Fairfax County is considering.

LAST YEAR, VSH unveiled The Crossings in Charlottesville, hailed as a "game-changer" for homelessness and a regional solution to affordable housing. Opened in March 2012, the Crossings has 60 studio apartments with support services in a mixed-income community. Thirty units are designated for homeless clients and 30 units are available to individuals earning 50 percent or less of the area median income.

Each unit is approximately 360 square feet and contains a kitchenette with full refrigerator and range oven, full bathroom, and closet. The building has an extensive security system, secure bike storage, off-street parking, access to public transportation and is in close proximity to the central business district.

"This is exactly the type of affordable rental housing we are trying to make available in Fairfax County," Pesto said. "It is most definitely a kind of development that we would permit under the Residential Studio amendment. ... That's one of their newer developments and I think it's a good looking building!"

For more information on Virginia Supportive Housing, go to virginiassupportivehousing.org.

New Trail Sections Opened

Lewinsville Road trail, Ingleside Avenue-Churchill Road add sections.

By ALEX McVEIGH
THE CONNECTION

The last few months have seen new trail connectivity in McLean, giving cyclists and pedestrians easier paths, without putting them in close proximity to cars.

One of the final sections of the trail along Lewinsville Road was opened in late June. The section provides a paved trail that connects Windy Hill Road and Scotts Run Road, just east of the Lewinsville Road bridge over the Beltway.

"It's nice to have an official path there, before it was just an uneven, grassy patch of land," said John Chamberlain, a nearby resident. "If you were running, you took your chances with a twisted ankle, or you took your chances running closer to the heavy traffic on Lewinsville."

Supervisor John Foust (D-Dranesville) said the recently completed section of trail is one of the final pieces of a full trail along Lewinsville Road between Dolley Madison Boulevard and Spring Hill Road.

"Piece by piece we are putting together safe routes for pedestrians to reach both the McLean and Spring Hill Metro stations," he said.

The new section connects the trail on Lewinsville Road to the Lewinsville Road bridge, which was rebuilt as part of the construction for the 495 Express Lanes and features lanes for cyclists and pedestrians.

The final piece of the trail, which would run between Snow Meadow Lane and Elsinore Avenue, just west of the Beltway, is scheduled to be completed by the end of the year.

The Fairfax County Park Authority recently completed a new asphalt trail that connects Churchill Road and Ingleside Avenue. The original trail starts



The section of trail along Lewinsville Road, which runs from Windy Hill Road to Scotts Run Road, is the next-to-last piece of trail that will connect Dolley Madison Boulevard and Spring Hill Road along Lewinsville Road.

at McLean Central Park and moves north parallel with Ingleside Avenue through the Dead Run Stream Valley Park.

"Before this last section of trail was completed, I would go from McLean Central Park to Churchill Road, and then have to go along the windy downhill part of Ingleside to get to Baron Road," said Dan Biggio of McLean. "Now I feel much more comfortable doing my circuit from the park to Baron Road to Kensington Road, then to Dolley Madison back to the park. The only street I cross is Old Dominion when I'm coming from my house, and that's got much better visibility."

The process for building the last section of trail began in May 2011, when resident Julie Kerlin submitted a petition with 47 signatures to Foust's office, which specifically called for the trail to provide "safe and direct access to the community center, library and all the assets of the park."

The land the trail is on is owned by the county and park authority, so no acquisition was necessary during the process.

'Regionality' of Transportation Projects Questioned

Transportation Authority approves FY2014 Project List.

BY ANDREA WORKER
THE CONNECTION

Tonight we acted to address one of the greatest threats to our region: Congestion." So spoke Marty Nohe, chairman of the Northern Virginia Transportation Authority (NVTA) and Coles District supervisor for Prince William County. Despite numerous calls to slow down the process by speakers at the public hearing before the Authority, on Wednesday, July 24, the NVTA approved the FY2014 proposed regional multimodal project list as presented and vetted by the NVTA's Project Implementation Working Group (PIWG) headed by Authority member (and Arlington County Board Member) Christopher Zimmerman.

"NVTA's approval ... is a great first step toward improving transportation in Northern Virginia," stated Fairfax County Board of Supervisors Chairman Sharon Bulova in a press release. Bulova, who represents Fairfax County on the NVTA added, "Infrastructure improvements are critical to the continued success of our region. This initial package of projects will make a difference in people's lives across the region." The Authority approved first year Pay-As-You-Go projects valued at \$116 million, as well as voting for a bond package to fund an additional \$93 million worth of projects.

The NVTA was established by the General Assembly in 2002 to provide a common voice on transportation for the counties of Arlington, Fairfax, Loudoun and Prince William, as well as the cities of Alexandria, Fairfax, Falls Church, Manassas and Manassas Park. Their mandate includes developing immediate and long-term plans and selecting projects that address the transportation needs of the entire region. Since its creation, there have been plans aplenty, most recently revised and published as TransAction 2040 with page upon page of proposed transportation improvements. The only thing missing was how to pay for the enormous project wish list contained in the well-researched and presented plan.

THE PASSAGE of HB2313 earlier during the General Assembly session, with a new sales tax and a variety of other taxes and fee increases earmarked specifically for transportation, finally gave the NVTA, and the residents of Northern Virginia, the means to start tackling the area's congestion problems as a whole, rather than in a piecemeal fashion. An estimated \$1.9 billion will be dedicated to Northern Virginia transportation needs over the next six years, with 70 percent of the funds to be allocated by the NVTA for regional projects, and the remaining 30 percent going directly to the individual jurisdictions for local projects.

When it became clear that the NVTA would actually be able to fund and initiate



The members of the Northern Virginia Transportation Authority listen to testimony during the public hearing portion of their meeting on July 24. Twenty-one speakers addressed the Authority before the members proceeded to vote on a list of transportation projects to be funded and initiated in FY2014.

Projects Approved

Some of the projects approved for first year funding include widening sections of Route 28 to eight lanes, the purchase of additional VRE railcars, Herndon Parkway intersection improvements, Innovation Center Metrorail Station, Chain Bridge Road widening and Alexandria DASH bus expansion, representing 59 percent road projects to 41 percent transit/multimodal projects funded by Pay-As-You-Go, and 45 percent road versus 55 percent transit/multimodal for projects to be funded by bonds. The NVTA urges citizens to keep informed by frequently visiting their website at www.thenovaauthority.org, where all of the related documents and a complete list of the approved projects and their costs can be found.

transportation projects as early as July 1, the start of Fiscal Year 2014, the Authority went into high gear to solidify plans and solicit public opinion. Hearings were held throughout the region and the public was given opportunities to study the proposals and comment by testimony before the Authority, and by other written and electronic means. Over 200 public comments were received and considered by the PWIG between June 6 and July 22. On the night of the final public hearing, an additional 21 speakers added their testimony before the Authority.

At the previous public assembly in June, many of the speakers used their allotted time to either praise or protest specific proposals. At this pre-vote public hearing there was acknowledgement of the efforts of the Authority and the many others who worked to obtain this funding and to bring the projects to the table, but a large number of speakers recommended that the Authority not approve the project list without further study and consideration.

Virginia Delegate Bob Marshall (R-13)

was one speaker who advised a slower approach and a clearer explanation of how the projects were chosen and vetted. "I have re-read the law ... the NVTA is not required to spend any funds made available in fiscal year 2014 in the year of 2014. "Marshall's conclusions suggested that the Authority consider saving funds toward more long-range projects that

"NVTA's approval ... is a great first step toward improving transportation in Northern Virginia."

— Fairfax County Board of Supervisors Chairman Sharon Bulova

could better use the money in terms of efficiency and moving more people." Marshall also indicated that in a review of the documents on the NVTA website he was unable to find any clear objective scoring by which each project was selected. (Member Zimmerman later remarked that explanations could be found in the appendices of the TransAction 2040 Plan.)

Delegate Jim LeMunyon (R-67) echoed some of the sentiments expressed by his colleague. He praised the cost per benefit substantiation of two of the proposed projects but stated his concern that 95 percent of the proposals did not carry the same level of analysis. "It's a qualitative 'yeah, it'll get traffic moving a little bit better.'" When

it comes to stating the benefits of a project, LeMunyon says the Authority is missing a word. "It's not how will the project reduce congestion. It's how much," he said, suggesting that the Authority consider these analyses before approving their final project list. "Until you answer the 'how much' question I don't think you can comply with the law."

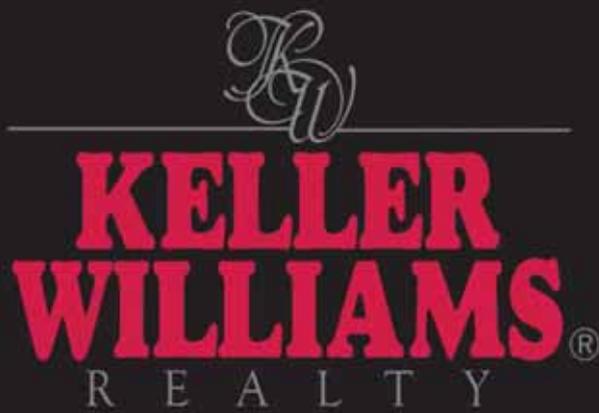
QUESTIONS WERE RAISED about the "regionality" of some of the projects, like bus shelters and improvements to pedestrian pathways. Eileen Curtis, representing the Dulles Regional Chamber asked that a formal definition of the term "regional" be added and applied to the workings of the Authority. Brian Gordon, representing the Apartment and Office Building Association of Metropolitan Washington also called for additional project selection criteria going forward to ensure that chosen projects were truly regional in their scope and impact, as did Leo Schefer, president of the Washington Airports Task Force. Others, like Mark Scheufler of Manassas Park, commented on projects that appeared to benefit locales outside the Authority's jurisdiction. "Why is the NVTA accelerating the schedule of a funded VDOT project to help a jurisdiction that is not in the NVTA tax district?" questioned Scheufler. "If these are the best projects in the queue," he added, "I am not sure why there was such a dire need to raise the sales tax in Northern Virginia."

Several speakers also cautioned the Authority on its plans to fund projects through a bond package. David Birtwistle, CEO of the Northern Virginia Transportation Alliance urged the Authority to wait until long-range plans were reviewed and better defined as regionally significant before moving forward with the issuance of bonds.

When the last speaker concluded his remarks, the Authority listened to presentations from its working groups and consultants. Zimmerman, as head of the Projects Implementation Working Group, took this time to review the history of the NVTA and to defend the regionality and selection process of the projects recommended for implementation in the first year. Zimmerman referred to TransAction 2040, the Authority's long term planning document, saying that it contained within its technical indices the quantitative measuring methods applied to the more than 200 projects outlined in the plan, with additional information regarding the regional merits of each proposal.

In addition to approving the proposed project list in its entirety, the NVTA also approved the funding methods—both Pay-As-You-Go and by Bond as recommended. They approved the authorization for the initiation of a bond validation proceeding, the appointment of the FY2014 Technical Advisory Committee members, bond counsel, and John Mason, former mayor of the city of Fairfax as the interim executive director. Mason had previously served as the Authority's executive director in 2007-2008.

PHOTO BY ANDREA WORKER/THE CONNECTION



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Enjoy Tax Holiday, Donate School Supplies

Good timing to help those in need.

It is debatable whether recurring tax holidays for different seasonal needs are good policy. But since this weekend is Virginia's tax holiday on school supplies and clothing, it makes sense to take advantage of the savings, and to spread the wealth around. The savings are more significant this year with the new sales tax increases in effect as of July 1.

This year the tax holiday is Aug. 2-4. During this three-day period, school supplies selling for \$20 or less per item, and clothing and footwear selling for \$100 or less per item will be

EDITORIAL

exempt from Virginia sales tax. There are some items that do not qualify, for example digital school supplies. See <http://www.tax.virginia.gov/> for more details.

When you are buying school supplies for your family, buy extra to donate to local families who are not able to afford to do the same. In Fairfax County, more than 40,000 students are poor enough to qualify for free or reduced price meals at school.

In Fairfax County, local nonprofits, Fairfax County Public Schools and corporate partners are collecting school supplies and backpacks. Monetary donations and backpacks are being accepted by eight local nonprofits and through local Apple and Northwest Federal Credit Union Branches, as well as online at <http://collectforkids.org/donate/>

through Aug. 23. Last year the drive provided supplies for nearly 20,000 students. A \$10 cash donation goes a long way.

Nonprofits partnering in this collection effort include Koinonia, New Hope Church, Northern Virginia Family Service, Our Daily Bread, Reston Interfaith, United Community Ministries, Western Fairfax Christian Ministries.

For more ideas, see the Collect for Kids website at <http://collectforkids.org>.

FACETS is also collecting contributions of money, school supplies and backpacks. Last year, FACETS gave backpacks filled with supplies to more than 300 needy students. Contact Liz Griffith, Development Coordinator at 703-352-3268 or lgriffith@facetscares.org. See <http://facetscares.org/wp-content/uploads/2011/07/SchoolSupplyFlyerFY14.pdf>.

New Lyme Disease Legislation Now in Effect

BY BARBARA COMSTOCK
STATE DELEGATE (R-34)



On July 1, the Lyme Disease Testing Information Disclosure Act that I sponsored this year went into effect. Virginia is now the first state in the nation to disseminate information about testing problems directly to those who are suffering from Lyme Disease. This patient-centered measure enables patients to seek additional testing, if necessary, as well as receive appropriate and timely treatment. I've already seen this information posted in doctors' offices around our area, in compliance with the new law, and other states impacted are looking to take action too.

We modeled our Lyme legislation on an earlier bill we passed which provided information to women about problems in identifying breast cancer in women with dense breast tissue. In both cases, getting more information to patients both empowers and helps them seek additional treatments or information to help them battle these diseases.

I've heard from so many people in our community who are battling Lyme. Since I first took office, I have worked with leaders throughout Northern Virginia, including our Congressman Frank Wolf and Lyme Disease prevention advocates, to increase public awareness of this public health threat. In 2011, I passed a resolution to permanently designate May as Lyme Disease Awareness Month in Virginia.

The Lyme Disease Testing Information Disclosure Act that we passed this year simply requires health care providers to notify those tested for Lyme Disease that tests can produce a high rate of false negative results. The tests for Lyme only

become more accurate the longer the disease is in your body. We worked with McLean's Monte Skall and members of the National Capital Lyme Disease Association and were assisted by many of their volunteers who worked tirelessly to get their stories about failing to detect Lyme to legislators throughout Northern Virginia and the Commonwealth. It was the grassroots support and these stories that generated the winning bipartisan margin. Sharon Rainey of Great Falls, another tireless advocate who helps those in our community with Lyme Disease, was also a leader who worked with us to make this legislation a reality.

We need better and more accurate testing to help promote earlier diagnosis and treatment for this devastating illness, and are fortunate that the medical community in our area is working to find solutions. For example, in May, I joined some of my colleagues for a meeting with researchers from George Mason University's Center for Applied Proteomics and Molecular Medicine (CAPMM) and business partner Ceres Nanoscience to learn more about a new technology that will dramatically improve detection of Lyme Disease.

The lead researcher on the project is George Mason Assistant Professor, Dr. Alessandra Luchini, recently named as one of the "Brilliant 10" scientists under the age of 40 by Popular Science magazine. Her team and their partners at Ceres Nanoscience have been dedicated to refining their work on a new technology called a Nanotrap that will dramatically improve detection of Lyme Disease at much earlier stages. This testing also could lead to earlier cancer testing.

Dr. Chip Petricoin, Co-Director of CAPMM and Director of Science at Ceres Nanoscience explained the Nanotrap as a "vacuum cleaner for

infectious disease markers", able to "identify evidence of the disease when it is 2000 times smaller" than what can be identified with current testing processes.

Dr. Lance Liotta, also co-director of CAPMM and Director of Science at Ceres Nanoscience, noted that use of the Nanotrap test will "dramatically reduce the false negatives of current testing processes and lead to earlier and greatly improved treatment outcomes for those suffering from Lyme Disease."

I look forward to continuing to work with doctors, members of the Lyme community, neighbors, family and friends to increase public awareness of Lyme Disease and to ensure patient-centered medical care for all Virginians.

Lyme disease is the most commonly reported "vector-borne" illness in the United States. ("Vector" refers to a toxic microbe in the blood caused by a bug bite, such as a tick bite.) The Virginia Department of Health reports that there were an estimated 1,110 cases of Lyme disease in the state in 2012, up 9 percent from 2011. And cases were reported in all regions of Virginia.

Early symptoms of Lyme disease may include headache, stiff neck, fever, muscle aches and fatigue. If left untreated or if treatment is delayed, the disease can become chronic with serious, debilitating complications, such as joint pain and swelling, heart disease, neurological problems (e.g., Bell's palsy), dizziness, irritability, ADHD-like symptoms, cognitive dysfunction, muscle weakness and neuropathy.

For more information about Lyme you can check the following resources:

<http://wolf.house.gov/index.cfm?sectionid=223§iontree=7,223>
<http://natcaplyme.org/lyme-topics/overview.html>

lawyers and a public relations professional to help him formulate the words that he hopes will influence the way he is seen and thus improve his image. But his actions have already spoken for him.

Rebecca Horahan
McLean

LETTERS TO THE EDITOR

Actions vs. Words

To the Editor:

It is well known that a person's actions speak louder than their words. To really know someone we must examine what they do, not what they say. Governor McDonnell has given us much to examine from

the moment he ran for office. During his election campaign he said that he had a plan that would solve Virginia's transportation problems. Over three years later that plan seems to have been to raise our taxes, and with the help of our elected officials that is just what he did. Some plan. He tried to sell a money-mak-

ing entity, the ABC stores, to private interests. Good thing that did not happen. During his time in office he and his family received monetary and other gifts from a wealthy businessman seeking political access. He has returned some of the gifts as well as paid back tax payer money spent on personal expenses. Now he has

PEOPLE

From left: William Whitesell, Democratic candidate, Delegate Kathleen Murphy, Rob Abbot, State Sen. Favola, Ivy Main, Rick Keller, Steven Bruckner, Mark Pamerleau and William Jennings.



PHOTO CONTRIBUTED

Sierra Club Honors Favola

For the first time, the Virginia Chapter of the Sierra Club voted to recognize members of the General Assembly with awards lauding their work in the legislature. The chapter's Legislative Committee voted unanimously to honor State Sen. Barbara Favola (D-31) with the Energy Freedom Award to recognize her work on energy policy.

"I am delighted to have earned such recognition from the Virginia Chapter of the Sierra Club. My legislative success was possible because members of the Sierra Club worked to educate lawmakers on the public benefits associated with good environmental policies," Favola said.

The senator, who represents parts of Arlington, Fairfax and Loudoun Counties, passed a bill requir-

ing electric utilities including Dominion Virginia Power to assess the effects of their pricing model on energy conservation, energy efficiency and equity. If utilities find that current price structures place an undue burden on small energy users, a different rate structure can be considered that will encourage a smaller carbon footprint.

"Senator Favola made a valiant effort to bring greater fairness into the Dominion rate structure. Currently residents who use less energy pay a higher rate overall than the people who use the most energy. In effect, the poor subsidize the rich, and the efficient subsidize the wasteful. This legislation will require a re-evaluation of the rate structure," said Susan Stillman, the legislative chair of the Virginia Chapter Sierra Club.

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WEDNESDAY/JULY 31

Timbaloo. 10:30 a.m., at Filene Center, 1551 Trap Road, Vienna. Oran Etkin, with Clara the Clarinet and Big Mama Tuba introduce children to world music and jazz through storytelling and songs. \$8. http://www.wolftrap.org/Filene_Center.aspx.

SOJA With John Butler Trio. 7 p.m., at the Filene Center at Wolf Trap National Park, 1551 Trap Road, Vienna. Reggae-rockers perform tracks from their Bob Marley-inspired album *Strength to Survive*; the locally-based band that has collaborated with Dave Matthews Band, Matisyahu and more performs with the John Butler Trio, a guitar-drum-bass outfit presenting Celtic, Indian, folk, blues and reggae roots from their latest album, *Tin Shed Tales*. www.wolftrap.org.

THURSDAY/AUG. 1

Robbie Schaefer. 10:30 a.m., at Filene Center, 1551 Trap Road, Vienna. Robbie Schaefer performs tunes from his CD, *Songs for Kids Like Us*, while also performing latest songs. \$10. http://www.wolftrap.org/Filene_Center.aspx.

Mystic Warriors. 7:30-8:30 p.m., at Nottoway Park, 9537 Courthouse Road, Vienna. The mixture of various flutes, strings and percussion instruments gives Mystic Warriors a unique sound. www.mysticwarriors.com.



"Seated by the Window: Montmartre," oil by Jill Banks, 24" h x 36" w, by Jill Banks. Banks will be giving a fun, educational painting demonstration with two dancers from the School of Theatrical Dance in Great Falls modeling 1-4 p.m. Aug. 10. During the show, Banks invites all guests willing to try their hand at putting what they see to paper to participate in a sketching session with provided pencils or crayons.; RSVP to 703-403-7435.

Warner Bros. presents Bugs Bunny at the Symphony II. 8:30 p.m., at Filene Center, 1551 Trap Road, Vienna. Bugs Bunny and his friends come to life with cartoons shown on the huge screens in-house and on the lawn while the score is played live by the NSO, conducted by George Daugherty. \$22-\$55. http://www.wolftrap.org/Filene_Center.aspx.

FRIDAY/AUG. 2

Doctor Kaboom! 10:30 a.m., at Filene Center, 1551 Trap Road, Vienna. Science wiz demonstrates explosive

comedy in an interactive show that explores scientific process through experiments. \$10. http://www.wolftrap.org/Filene_Center.aspx.
Clarence Buffalo. 6:30 p.m., at 144 Maple Ave. E., Vienna. Listen to Clarence Buffalo play soul rock on the green. <http://www.viennava.gov>.
Warner Bros. presents Bugs Bunny at the Symphony II. 8:30 p.m., at Filene Center, 1551 Trap Road, Vienna. Bugs Bunny and his friends come to life with cartoons shown on the huge screens in-house and on the lawn while the score is played live by the NSO, conducted by George

Daugherty. \$22-\$55. http://www.wolftrap.org/Filene_Center.aspx.

SATURDAY/AUG. 3

Doctor Kaboom! 10:30 a.m., at Filene Center, 1551 Trap Road, Vienna. Science wiz demonstrates explosive comedy in an interactive show that explores scientific process through experiments. \$10. http://www.wolftrap.org/Filene_Center.aspx.

Richard Walton Group. 6:30 p.m., at the Town Green, 144 Maple Ave. E., Vienna. Rescheduled from June 30, jazz group the Richard Walton Group will perform at the Town Green as part of the Summer on the Green Concert Series. www.viennava.gov/index.aspx?NID=879.

Singin' in the Rain. 8:30 p.m., at Filene Center, 1551 Trap Road, Vienna. Watch the remastered film on huge screens in-house and on the lawn as the NSO directed by Emil de Cou play the orchestral score of *Singin' in the Rain*. \$22-\$55. http://www.wolftrap.org/Filene_Center.aspx.

SUNDAY/AUG. 4

SoHo Down. 6:30 p.m., at 144 Maple Ave. E., Vienna. SoHo Down performs country music. <http://www.viennava.gov>.

Bruce Hornsby & the Noisemakers. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Grammy-winning pianist Bruce Hornsby and his touring band showcase their multiple genres and improvisational skills at Wolf Trap. Opening is Americana newgrass band Railroad Earth. \$25-\$42. 1-877-965-3872 or <http://www.wolftrap.org>.

MONDAY/AUG. 5

One Republic, Mayer Hawthorne, and Churchill. 7 p.m., at Filene Center, 1551 Trap Road, Vienna. These performers share the stage in a musically varied evening of rock, retro-soul, and indie acoustic tunes. \$30-\$45. 1-877-965-3872 or <http://www.wolftrap.org>.

TUESDAY/AUG. 6

The Lion's Whiskers. 10:30 a.m., at Filene Center, 1551 Trap Road, Vienna. Catskill Puppet Theatre shares an Ethiopian folktale of a woman who tries to gain love of her new stepson. \$8. http://www.wolftrap.org/Filene_Center.aspx.

Under the Sun Featuring: Smash Mouth, Sugar Ray, Gin Blossoms, Vertical Horizon and Fastball. 7 p.m., at Filene Center, 1551 Trap Road, Vienna. A wave of popular all-rock bands takes over Wolf Trap for a one-night-only performance on their *Under the Sun* tour. \$28-\$42. 1-877-965-3872 or <http://www.wolftrap.org>.

WEDNESDAY/AUG. 7

The Lion's Whiskers. 10:30 a.m., at Filene Center, 1551 Trap Road, Vienna. Catskill Puppet Theatre shares an Ethiopian folktale of a woman who tries to gain love of her new stepson. \$10. http://www.wolftrap.org/Filene_Center.aspx.

Ballroom with a Twist. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Emmy-nominated choreographer Louis van Amstel leads a select group of stars from TV's talent competitions in a performance

that features dance routines set to music hits. \$25-\$48. 1-877-965-3872 or <http://www.wolftrap.org>.

THURSDAY/AUG. 8

Culkin School of Traditional Irish Dance and The Bog Band. 10:30 a.m., at Filene Center, 1551 Trap Road, Vienna. Enjoy the Celtic spirit with Theatre-in-the-Woods favorites, accompanied by Irish melodies of the Bog Band. \$10. http://www.wolftrap.org/Filene_Center.aspx.

Great Falls Writer's Group. 11:30 a.m.-1 p.m., at Great Falls Public Library, 9830 Georgetown Pike, Great Falls. Author and Great Falls resident Kristin Clark Taylor facilitates the newly-formed group of writers, authors and would-be authors in a discussion of the daily practice and joy of writing. www.fairfaxcounty.gov/library/branches/gf/.

The Hula Monsters. 7:30-8:30 p.m., at Nottoway Park, 9537 Courthouse Road, Vienna. The Hula Monsters can be described as a swing band with a Hawaiian flavor. Their repertoire includes Hawaiian, rockabilly, blues, country and jazz standards. www.hulamons.com.

David Daniels Watercolor Demonstration. 7:30 p.m., at the Vienna Art Center, 115 Pleasant St., N.W., Vienna. The nationally known artist and former biologist demonstrates his experimental, impressionistic use of watercolors, using many transparent layers of paint to demonstrate nature's overlooked beauties. 703-319-3971 or www.ViennaArtsociety.org.

Gipsy Kings. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Gipsy Kings put a contemporary twist on traditional flamenco music with

smash hits like "Djoli Djola" and "Bamboleo." \$30-\$42. 1-877-965-3872 or <http://www.wolftrap.org>.

FRIDAY/AUG. 9

Culkin School of Traditional Irish Dance and The Bog Band. 10:30 a.m., at Filene Center, 1551 Trap Road, Vienna. Enjoy the Celtic spirit with Theatre-in-the-Woods favorites, accompanied by Irish melodies of the Bog Band. \$10. http://www.wolftrap.org/Filene_Center.aspx.

Kingsley Winter Band. 6:30 p.m., at 144 Maple Ave. E., Vienna. The Kingsley Winter Band plays original rock music. <http://www.viennava.gov>.

Wildfire Chimay Brewery Beer Dinner. 6:30 p.m., at Wildfire, 2001 International Drive, McLean. Chef Eddie Ishaq has created a custom four-course menu of food and beer pairings and Nick Smith of Chimay Brewery speaks about the beers; reception precedes 7 p.m. seated dinner. \$60. 703-442-9110.

Don McLean and Judy Collins. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Two singer/songwriters share their influential folk and rock anthems. \$22-\$42. 1-877-965-3872 or <http://www.wolftrap.org>.

Falstaff. 8 p.m., The Barns, 1635 Trap Road, Vienna. The artists sing favorite opera highlights from Verdi's *Falstaff* chosen by the audience in Italian with English supertitles. \$35-\$85. <http://www.wolftrap.org/Barns.aspx>.

SATURDAY/AUG. 10

The Dan Zanes Song Gusto Hour. 10:30 a.m., at 1551 Trap Road, Vienna. Dan Zanes performs eclectic and danceable songs that put him at the forefront of the family music

genre. www.wolftrap.org.

Jill Banks' Painting Demonstration. 1-4 p.m., Great Falls Library, 9830 Georgetown Pike, Great Falls. Jill Banks will be doing a public painting demonstration. 703-403-7435 or www.JillBanks.com.

Mary Chapin Carpenter and Shawn Colvin with BeauSoleil avec Michael Doucet. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. D.C. hometown girl Mary Chapin Carpenter and Austin-based singer/songwriter Shawn Colvin perform together as a duo, sharing a wide-range of material that spans their careers; BeauSoleil and Michael Doucet are special guests. \$25-\$42. 1-877-965-3872 or <http://www.wolftrap.org>.

SUNDAY/AUG. 11

Falstaff. 3 p.m., The Barns, 1635 Trap Road, Vienna. The artists sing favorite opera highlights from Verdi's *Falstaff* chosen by the audience in Italian with English supertitles. \$35-\$85. <http://www.wolftrap.org/Barns.aspx>.

Wayne Tympanick. 6:30 p.m., at 144 Maple Ave. E., Vienna. Listen to Wayne Tympanick play jazz and dixieland music. <http://www.viennava.gov>.

Frampton's Guitar Circus Featuring: Peter Frampton and B.B. King. 7:30 p.m., at Filene Center, 1551 Trap Road, Vienna. Frampton, the British rocker behind hits like "Baby, I Love Your Way" and "Show Me the Way," joins fellow guitarist B.B. King. \$30-\$45. 1-877-965-3872 or <http://www.wolftrap.org>.

MONDAY/AUG. 12

Ke\$ha. 8 p.m., at Filene Center, 1551

Trap Road, Vienna. Ke\$ha brings her electro-pop tracks and edgy style to Wolf Trap for the first time. \$38-\$48. 1-877-965-3872 or <http://www.wolftrap.org>.

TUESDAY/AUG. 13

Huey Lewis & The News "Sports" 30th Anniversary Tour. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Grammy-winning and Oscar-nominated, Huey Lewis & The News, play hits including "The Heart of Rock 'n' Roll" and "The Power of Love." \$25-\$42. 1-877-965-3872 or <http://www.wolftrap.org>.

WEDNESDAY/AUG. 14

Diana Ross. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Motown singer Diana Ross returns to Wolf Trap for the first time in over a decade, with No. 1 hits like "You Can't Hurry Love," "I'm Coming Out," and "Ain't No Mountain High Enough." \$30-\$48. 1-877-965-3872 or <http://www.wolftrap.org>.

Falstaff. 8 p.m., The Barns, 1635 Trap Road, Vienna. The artists sing favorite opera highlights from Verdi's *Falstaff* chosen by the audience in Italian with English supertitles. \$35-\$85. <http://www.wolftrap.org/Barns.aspx>.

THURSDAY/AUG. 15

Grace Potter & The Nocturnals with Guest: Trombone Shorty & Orleans Avenue. 7:30 p.m., at Filene Center, 1551 Trap Road, Vienna. Direct from Vermont comes pop-rock band Grace Potter & The Nocturnals, whose music encompasses folk, country, blues, hard and alternative rock. \$30-\$40. 1-877-965-3872 or <http://www.wolftrap.org>.

Seldom Scene. 7:30-8:30 p.m., at Nottoway Park, 9537 Courthouse Road, Vienna. The Seldom Scene has long been one of the most progressive bands in bluegrass and one of this musical genre's finest acts. www.seldomscene.com.

FRIDAY/AUG. 16

US Navy Band Cruisers. 6:30 p.m., at 144 Maple Ave. E., Vienna. Listen to the US Navy Band Cruisers play their rock music on the green. <http://www.viennava.gov>.

Dart Tournament. 6:30-9 p.m. American Legion Post 180, 330 Center St. N., Vienna. Compete against locals in a dart tournament hosted by the American Legion. \$15 per 2-person team. 703-938-9535 or Drjazz777@mac.com.

Josh Groban. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Josh Groban comes to the Filene Center stage with his "You Raise Me Up" and "You're Still Here" in his Wolf Trap debut. \$40-\$95. 1-877-965-3872 or <http://www.wolftrap.org>.

SATURDAY/AUG. 17

Falstaff. 7 p.m., The Barns, 1635 Trap Road, Vienna. The artists sing favorite opera highlights from Verdi's *Falstaff* chosen by the audience in Italian with English supertitles. \$35-\$85. <http://www.wolftrap.org/Barns.aspx>.

SUNDAY/AUG. 18

Breakfast Buffet. 8 a.m.-noon. American Legion, 330 Center St. N., Vienna. Join the American Legion for a breakfast buffet including omelets, scrambled eggs, blueberry pancakes and bacon, etc. Adults \$8, children \$3. 703-938-1379.

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THE CONNECTION
NEWSPAPERS

FAITH

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

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, offers musical, educational, outreach and fellowship ministries in addition to worship services, including a 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.

The summer worship service schedule July 14-Sept. 1 at **Redeemer Lutheran Church**, 1545 Chain Bridge Road, McLean is a 9 a.m. contemporary service and a 10:30 a.m. traditional worship service.

Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton, offers the Religious Exploration (RE) program for all children, from pre-K toddlers through high school seniors, emphasizing exploration of all religious traditions while developing a personal spiritual path. The RE program offers classes on Saturday afternoons and Sunday mornings. 703-281-4230.

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 noon. 703-356-3312 or umtrinity.org.

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

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

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

St. Dunstan's Episcopal Church, 1830 Kirby Road in McLean, holds a third Sunday service every month at 10:15 a.m. which 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 Christian Healing Rooms are open, every Saturday, 1-5 p.m., at 8200 Bell Lane. A team of Christians is available to anyone requesting prayer. 703-698-9779 or www.viennachristianhealingrooms.com.

Chesterbrook United Methodist Church is at 1711 Kirby Road, McLean. Worship service is at 11 a.m. Sunday school is at 9:30 a.m. for adults and children. 703-356-7100 or www.ChesterbrookUMC.org.

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SUMMER FUN

Members of the Rogue Farmers perform at a fundraiser for the McLean Orchestra Sunday, July 21.



PHOTOS BY
ALEX McVEIGH/
THE CONNECTION

Orchestra Hosts Fundraiser

Supporters of McLean Orchestra gather at McLean residence.

BY ALEX McVEIGH
THE CONNECTION

Supporters and friends of the McLean Orchestra came together Sunday, July 20 to reaffirm the commitment they've made to the organization, and to look forward to their upcoming "Season of Festivity," which will begin this fall. Ann Page, past president and board member, hosted several dozen supporters at her McLean home.

"The many supporters of this organization are a special group, businesses and individuals who know how important music is to the fabric of a community," Page said. "We're always so thankful for the people who want to be involved in artistic endeavors."

The McLean Orchestra consists of more than 80 musicians, professional and amateur. They also have several ensembles within the group.

"I believe that arts are the lifeblood of a society," said Lola Reinsch, a supporter of the orchestra. "The McLean Orchestra is just a lovely organization, they bring such beautiful moments that are full of substance, and those of us who support them realize the importance of music."

Jon and Rosalia Williams always considered themselves fans of opera over orchestras when they came to their first McLean Orchestra show several years ago. As regulars to the Kennedy Center, they were blown away by the difference in atmosphere.

"The first time we came, my husband said to me 'it's like having an orchestra in our living room,' that's how intimate the show was," Rosalia Williams said. "They were so friendly, so welcoming, and after the show they held a little reception, where we could talk to the musicians face to face about the performance, it was a great experience."

Jon Williams said he has been impressed with the ambitious nature of the pieces the orchestra performs.

"They perform very challenging pieces, and they come up with very

imaginative themes each season, and then proceed to come up with very diverse ways to explore those themes throughout the year," he said. "They can handle a wide range of music, and they certainly aren't afraid to do so."

Chris Wright, a counselor whose business is based in McLean, says his favorite part about the orchestra is the pure ability they bring to the table.

"They're just incredible, not just a volunteer orchestra, they're filled with a variety of professionals and highly experienced players that can hold their own against any group I can think of," he said.

In addition to the adult musicians, the McLean Orchestra also runs the McLean Youth Orchestra. Founded in 1983, the McLean Youth Orchestra is for players age 12 to 18, and plays three to four concerts per season, sometimes with the main orchestra.

Wayne Sharp, past president of the McLean Orchestra says one of the major reasons the orchestra continues to seek support from the community is so they can continue to support young musicians.

"We're still weathering tough times," he said. "Without our main orchestra, we can't support our children's orchestra, and both are an integral part of this community."

The orchestra is already gearing up for their annual gala, which will be April 26, 2014, at the Austrian Embassy in Washington, D.C.

More information on the McLean Orchestra can be found at www.mclean-orchestra.org.



From right, McLean Orchestra Executive Director John Huling, Pamela Bogdonoff and Chris Payton at a fundraiser for the orchestra Sunday, July 21. Bogdonoff and Payton are co-chairs of the gala, which will be in April 2014 at the Austrian Embassy.



From left, past McLean Orchestra President Wayne Sharp, Supervisor Linda Smyth (D-Providence) and her husband Nigel Smyth at a fundraiser for the McLean Orchestra Sunday, July 21.

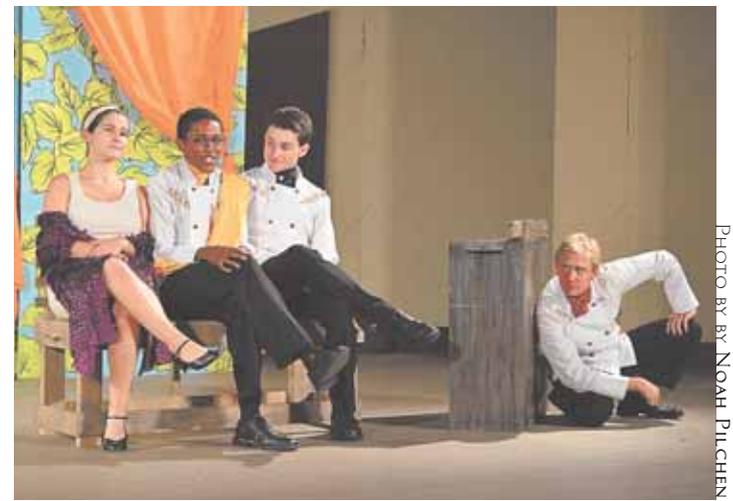


PHOTO BY NOAH PILCHEN

Local high school students, from left, Maresca Brand, Ryan Fields, Ben Stein-Lubrano, and Christopher Baughman, are on the road with the Traveling Players Ensemble production of "Much Ado About Nothing." The troupe will be back in town Friday, Aug. 9 at Madeira School, for the play's closing night.

Shakespeare in The Park

The Traveling Players Ensemble presenting "Much Ado About Nothing" at The Madeira School.

BY LORI BAKER
THE CONNECTION

The Traveling Players Ensemble will present Shakespeare's "Much Ado About Nothing" Friday, Aug. 9 at The Madeira School in Great Falls. The traveling troupe is currently on a two-week tour, presenting the play throughout Virginia, and into West Virginia. The Madeira School, which serves as the group's home base, will host the closing night of the production.

This Traveling Players troupe, made up of high school students, has been rehearsing the play for five weeks. "It's one of Shakespeare's better plays," said TPE Producing Artistic Director Jeanne Harrison. "People don't suspect that. It's a really good one. It's fun. It's about how scary it is to fall in love. It's a great play to work on with teenagers," she said.

The Traveling Players Ensemble, which was founded by Harrison 11 years ago, has a variety of programs for youth who enjoy drama and the outdoors. The troupe currently on tour with "Much Ado About Nothing," features a cast of 13



PHOTO BY PATRICK SMITH

Maya Chapman Wong and Christopher Baughman in "Much Ado About Nothing."

students who auditioned for the show in January. They were cast in May, and according to Harrison, have been thinking about the show ever since. They travel by backpack, or on the often-sighted TPE purple bus. The troupe will camp during the entire two-week tour, and present its closing night Friday, August 9 at The Madeira School.

Tickets for the Aug. 9 production are \$10. The show will be followed by a silent auction, which will benefit the non-profit Traveling Players Ensemble.

SPORTS

Enjoyable Season at Hamlet

Q&A with Langley High tennis players Pilkinton and Lewis.

By JULIE IANNONE
THE CONNECTION

Following a trip to the tennis state championship last spring, close friends and teammates Will Pilkinton, 15, and Chase Lewis, 17, are bound to lead Langley High School in a gripping 2014 season.

At what age did you start playing tennis?

Pilkinton: I started playing at 3 years old. Seriously.

Lewis: I started playing when I was 11 years old.

What sparked your interest?

Pilkinton: When I was younger I went to the pool and became bored with swimming. I wanted variety, so I went to the tennis courts and started hitting balls against the wall. I made friends there, and the coaches gave me some pointers.

Lewis: My dad played when he was a student at Langley High School. I first took an interest in the game because he plays, and at The Hamlet the coaches made the sport fun.

Describe your most rewarding match.

Pilkinton: I remember winning my first USTA tournament. It was very hot, and I won 6-3 against a higher ranked player.

Lewis: Our Langley team won decisively over McLean High School in the regional semi-finals during my sophomore year.

What have been the highlights of summer training at Hamlet Swim and Tennis Club?

Pilkinton: I have enjoyed becoming friends with the coaches, Darius Firouzgar and Ivan Pizarro, and improving my tennis skills.

Lewis: I have access to great coaches and training facilities at The Hamlet.

What do you think of the tennis opportunities in the McLean area?

Pilkinton: There are great opportunities at The Hamlet, especially having access to both hard and clay surfaces. Darius and Ivan have been great mentors. I have also played in tournaments at The Regency Sport and Health Club, which has great facilities as well.

Lewis: The McLean area presents several opportunities for kids to grow as tennis players. We have the advantage of both hard and clay courts.

What are you looking forward to most for the upcoming school season?

Pilkinton: I look forward to seeing all of the great players next year.

Lewis: I am looking forward to helping lead our team to win the state championship.

What is your favorite memory of playing tennis during high school?

Pilkinton: My favorite memory was watching my team play in the tennis state finals against Thomas Jefferson High School.

Lewis: I remember the fun in playing and getting better as an individual and as a team player with my friends.

How have you improved your game this year?

Pilkinton: I have been practicing every day and working hard.

Lewis: I have strengthened my backhand and overall development in all aspects of the game.



From left: Will Pilkinton, Hamlet coach Ivan Pizarro, Chase Lewis.



Will Pilkinton

Hometown: McLean
Age: 15
School: Langley High School
Favorite subjects: Math and science
Activities/interests: Tennis, soccer, eating, working out and TV.
Tennis experience: This past year was my first year on the Langley High School tennis team where I played doubles matches. I have also played in some USTA (United States Tennis Association) tournaments.



Chase Lewis

Hometown: McLean
Age: 17
School: Langley High School
Favorite subjects: Tennis and math
Activities/interests: I enjoy tennis, hanging out with friends, and making money working on The Hamlet courts and cutting lawns in my neighborhood.
Tennis experience: Last season on Langley High School's team I won 19 matches and lost one. I was named first team all region.

Which skills do you hope to improve in the future?

Pilkinton: I would like to improve my overall consistency in all aspects of the game.

Lewis: I hope to improve my physicality and my serve.

What is the team spirit and camaraderie like at Langley and Hamlet?

Pilkinton: At Langley the players are a great group of guys that work and play well together as a team. We also have a great team at The Hamlet. Everyone pitches in, including the parents, to make the season enjoyable.

Lewis: There is great team spirit at both Langley and The Hamlet, which makes them great environments for playing and for improving my skills.

Do you have tennis aspirations beyond high school?

Pilkinton: I would like to improve my game and apply for a scholarship to play in college.

Lewis: I would love to play throughout college and have it be a life long sport.

Finally, who's your favorite tennis player and why?

Pilkinton: My favorite player is Gael Monfils because he is fun to watch. He is exciting on the court and hits spectacular shots.

Lewis: My favorite player is Gael Monfils because he is so entertaining.

PHOTOS COURTESY OF LES PILKINTON



PHOTOS BY MORGAN SASSER/THE CONNECTION

(From left): Julia Bullock, assistant coach Andrew Hwang, Emmy Mohler (homeschooled, age 12), Maria Baird and Callie Goodwin (Ambleside School, age 12) have all enjoyed summer lessons at Great Falls Swim and Tennis.

Having Fun on the Tennis Court

Great Falls Swim and Tennis Club season comes to an end.

By MORGAN SASSER
THE CONNECTION

At the Great Falls Swim and Tennis Club, young players have found that sweating in the July heat can still be an enjoyable and engaging experience. Through summer lessons and team practices, these students have had the opportunity to improve their skills on the court while making new connections with their fellow players and coaches.

The junior tennis program at the club is directed by coach Alan Graves, who has been coaching for 35 years. Graves also works with Kyle Duncan, the director of adult tennis at the club, as well as several assistant coaches who aid in summer practices. A former Virginia State Doubles Champion, Graves has been with Great Falls Swim and Tennis for a decade and has worked hard to teach his players to share his love for the sport. "They call tennis the sport of a lifetime," he said. "I want [my students] to learn to enjoy it, hopefully for many years."

In the summer, Graves holds practices for the competitive tennis team in the morning, followed by lessons in the afternoon for other students. The GFST tennis team competes in the Northern Virginia Tennis League in the summer; the season begins in June and will conclude with their final practice



Flint Hill student Kate Walker, 12, counters a serve from her coach.

on the first of August.

In addition to team practices, Graves welcomes players of all skill sets and age groups to take lessons in a group, private or semi-private setting. "Our biggest selling point is making sure that it's fun," says Graves. "If it isn't fun, they won't want to continue. I want to see kids feel better about themselves as people through tennis."

Most lessons begin with a warm-up followed by games that are both entertaining and instructional as students practice specific skills. Homeschooled student Maria Baird, 13, says that her favorite game is "Sleeping Giant."

Those interested in tennis at the club can visit www.gfsant.com to schedule lessons or learn more about the program.



PHOTO COURTESY OF WIHS

Elizabeth Kruse of McLean is the 2013 Youth Ambassador for the Washington International Horse Show.



PHOTO BY LIZA GURSKIS

Natalie Ralston, 15, of Great Falls, with Meredyth von Seelen's horse. Ralston is on the WIHS Junior Committee.

Youth Ambassador

Elizabeth Kruse of McLean named youth ambassador for Washington Horse Show.

The Washington International Horse Show (WIHS), one of the world's most prestigious equestrian events, has chosen Elizabeth Kruse of McLean as youth ambassador of the 2013 show. As WIHS youth ambassador, Kruse is the voice for young equestrians in the Washington, D.C. metro area and she oversees the Junior Committee, which consists of 20 members from the area.

Kruse, 16, is a rising junior at Langley High School who showed for the first time at WIHS last year and competed at the WIHS Regional Horse Show in 2009. She has attended the WIHS for many years with her family and friends and was a member of the Junior Committee in 2012.

As WIHS youth ambassador, Kruse will continue to build youth programs and special opportunities for the Junior Committee and the show in order to engage in the community from young rider events to Barn Night and Kids' Day. The Junior Committee is made up of students from public, charter and private schools and new members join every year as the current students graduate and go to college.

The 2013 Junior Committee includes 20 members, 12 of whom are from the Washington, D.C. metropolitan area: Mary Elizabeth Cordia, 15, of St.

Stephens & St. Agnes School, who started riding on her 7th birthday and won the Laura Pickett Trophy for Excellence in Horsemanship in 2012; Miriam Dupree, 15, of The Potomac School, who started riding at age 3; Olivia McCarren, 13, of Westland Middle School, who started riding at age 7 and is in her second year on the committee; Caroline McGranahan, 16, of Langley High School, who started riding at age 10; Rachel Michael, 14, of The Madeira School, who started riding at age 6 and is in her third year on the committee; Hanna Powers, 16, of the Madeira School, who led the committee as youth ambassador in 2012; Natalie Ralston, 15, of Langley High School, who started riding at age 7; Gaby Ruff, 16, of Thomas Edison High School, who started riding at age 12; Casey Schmitz, 16, of Stone Bridge High School, who started riding at age 5; Jenny Searles, 14, a home-schooled student who has been riding since age 7 and plans to represent the state of Maryland in the 4-H Eastern National Horse Bowl competition in Louisville, Ky. in November; Isabel Stettinius, 14, of Foxcroft School, who started riding at age 5; and Erin Suidikas, 17, of WT Woodson High School, who started riding at age 7 and is in her second year on the committee.



PHOTO BY DEANNE MCGRANAHAN

Caroline McGranahan, 16, Great Falls (Junior Committee).



PHOTO BY PAUL POWERS

Hanna Powers, 16, Great Falls, (WIHS Jr. Committee).



PHOTOS BY GREG STALEY

"Ballerinas I," oil by Jill Banks, with the two dancers from the Nashville Ballet Company who modeled at the gallery where Banks' work was on exhibit this past April. Two paintings from that session are part of Banks' "Serendipity" exhibit.

Jill Banks to Give Free Public Painting Demonstration

"Serendipity," award-winning artist Jill Banks' solo exhibit of over 20 oil paintings created on the streets of Paris and more local spots, figurative works, and those other subjects she was lucky enough to capture on canvas, continues at the Great Falls Library, 9830 Georgetown Pike through Aug. 31. Banks will be giving a free public painting demonstration on Saturday, Aug. 10, 1-4 p.m. and guests will be invited to partici-

pate—sketching with provided pencils or crayons—or just sit back and watch the show. Two dancers from the School of Theatrical Dance in Great Falls will be modeling for that painting session. RSVP for the Aug. 10 event through Banks' website. Seats are limited. The exhibit is open during regular library hours. See www.JillBanks.com for online preview of the exhibit and for more information. 703-403-7435.



"Seat by the Window: Montmartre," oil, by Jill Banks.

"Chemo-Nosabe"



By KENNETH B. LOURIE

Although I've not seen the current "The Lone Ranger" theatrical release, I am of a certain age and generation who grew up watching - on black & white television with NO remote control and only THREE watchable channels - the original "The Lone Ranger" (starring Clayton Moore and Jay Silverheels), along with other weekday-afternoon and Saturday-morning classics like "The Rifleman," "Roy Rogers," "Sky King," "Superman," "Leave It To Beaver" and "Ozzie and Harriet" - in my house, anyway. And though the "effects" weren't nearly as "special" as they are in today's movie/television productions/versions, nevertheless, the effects on me, personally, were far greater. Can you say wholesome goodness? The Golden Rule? Do unto others...

What little I know about life and death and sickness, I wasn't learning from these programs. And since I was raised in an extremely healthy household with an extended family that didn't seem to be too sick, too often, my upbringing had zero exposure to cancer - other than asking a girl for her astrological sign. Even into my adulthood, I had very little experience with this dreaded disease, and when I got married and connected with an entirely new and different set of people/backgrounds, cancer was amazingly still not impacting our lives. Obviously, we were all very lucky.

Well, I certainly know about it now: stage IV, non-small cell lung cancer (the terminal kind) diagnosed at age 54 and a half. Thank God my parents weren't alive when I was diagnosed; I imagine the news would have taken years off their lives. As it was, they lived full lives and died at 87 and 86; my widowed mother having died nearly three months before my diagnosis was confirmed. Certainly my parents would have provided great comfort to me, but predeceasing me was probably the best.

And what's also been for the best, since my diagnosis, is what I've learned about my situation, a situation unlike any with which I've had experience. Previous to my diagnosis, my knowledge on the cancer subject would likely have fit on the head of a pin. Now, it's a bit more, not too much, but more than enough, as you regular readers know. And mostly that knowledge has to do with chemotherapy and targeted treatment, the two primary treatment protocols for stage IV lung cancer patients (stage IV means the cancer has metastasized and is inoperable; there is no stage V).

The most distressing thing I've learned is that chemotherapy/targeted treatment is no friend of mine; more like a necessary evil with no guarantees of success. Though these treatments may be an enemy of the cancer/tumors, they are no silver bullet and no Clayton Moore-type life saver (maybe if my oncologist wore a mask and yelled "Hi-Yo Silver" every time he saw me, my progress would be different). Granted, I've survived way longer than I was originally "prognosed" to do so ("13 months to two years"), for which I'm extremely grateful and fortunate. However, only reruns last forever.

Perhaps the years I spent watching these programs instilled in me a certain positive hopefulness that somehow things would work out OK. So far they have. And even though these shows have mostly disappeared from the airwaves, I haven't. See you next week. I'll be write here.

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

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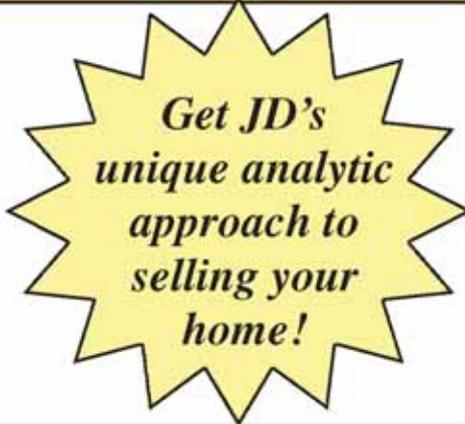


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Falls Church City
\$889,000



FOR SALE!

Falls Church City
\$1,439,000



FOR SALE!

Falls Church City
\$1,099,000

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