

Great Theatre
In Great Falls
ENTERTAINMENT, PAGE 8

Station
Remediation
Plan Nears
Completion

NEWS, PAGE 3

Dancers on
Display at
Great Falls
Library

NEWS, PAGE 5

From left, Great Falls dance students Sydney Parks and Dylan Murphy pose for a painting at artist Jill Banks' workshop at the Great Falls Library Saturday, Aug. 10.

Home Life Style
PAGE 11

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Station Remediation Plan Nears Completion

Department of Environmental Quality prepares to receive report on remediation of gasoline contaminants.

BY ALEX MCVEIGH
THE CONNECTION

A corrective action plan (CAP) addressing the remediation of gasoline constituents in the ground underneath the property of the former Great Falls Exxon station is in the final stages of preparation.

The Virginia Department of Environmental Quality was informed in August 2009 of the presence of gasoline constituents in the potable well on the property, specifically, methyl tertiary-butyl ether (MTBE).

By March 2010, site analysis, as well as monitoring of nearby properties began, with the eventual goal to produce the corrective action plan. Kleinfelder, an architecture, science and engineering firm, was hired by Fairfax Petroleum, owners of the site, to prepare the report, which must then be approved by the Virginia DEQ.

"Basically we're going in there with the idea that the CAP is how we'll solve the problem," said Kurt Kochan, a remediation specialist with the DEQ. "Our goal is to protect human health and the environment, and in this case, that's defined as protecting all the potable wells."

They are currently monitoring wells onsite, as well as other sites within a quarter-mile of the station. Kochan said that, despite some concerns from the community, the radius of testing will not be expanded beyond a quarter mile.

"We have not discussed expanding the radius. If something in the data suggests a need, we will," he said. "But based on what we're seeing, we feel we are monitoring a reasonable amount of wells."

THE EXCEPTION is the wells immediately south of the station, whose owners have not given permission for the wells to be tested.

"We have been denied access to the wells immediately surrounding the property to the south," said Mark Steele, an environmental scientist with Kleinfelder. "We can't get that data as of right now, so the CAP will have holes in it. We were also denied access to the property at the northeast of the intersection, so it won't be in the CAP, but it could be added in the future."

Steele did say that what they have seen so far indicates that contamination is not spreading.

"We have seen declining MBTE numbers in the onsite wells, which we think may be due to natural attenuation," he said. "Because we haven't seen high numbers in the offsite wells, we feel that could be the case."

Jeff Hale, a hydrologist with Kleinfelder says so far, the data is promising.

"The fact that we haven't seen detections in the receptor wells is favorable," he said. "But we're not hanging our hat on that, which is why the CAP is going to have a plan for remediation. ... We know we had a release at the station, and we're examining pathways by which the contamination could spread.



The potable well at the former Great Falls Exxon station has tested positive for MTBE, a gasoline constituent, and a plan for remediation is currently being formulated.

We're looking at lateral pathways, as well as ones within the bedrock, and they will be fully fleshed out with the release of the CAP."

Kochan said that the reason they are pushing for the report in the absence of access to certain properties is so the remediation can begin as soon as possible.

"There is a sense of urgency in getting the CAP in, because it never hurts to reduce the contaminants that are in the ground," he said.

MEMBERS OF THE COMMUNITY had expressed concern that one of the remediation options would be to simply flush the site with water, thereby diluting and eventually flushing the MTBE.

Cynthia Sale, regional remediation manager with DEQ said that though they do not have the draft report yet, pumping and dilution "is not an option."

Kochan pointed out that the CAP is a "living document," things can be adjusted as needed should more data become available, such as new access to properties south of the station.

"When the report is approved, we will still receive quarterly reports," he said. "In fact, there will be testing of the 23 potable wells Aug. 14 and 15, done by a state contractor, to give us the latest data."

Hale said he expected the CAP would be completed "in the coming weeks," most likely shortly after Labor Day. The Great Falls Citizens Association's newly formed committee on the matter will be presented with a draft, and will give a few comments over a period of no more than two weeks.

Any needed changes will be made, and then there will be a 30-day public comment period on the report.

The GFCA's special committee was formed earlier in the summer, in order to engage the stakeholders prior to the release of the report, and they will coordinate public meetings and comment during the review process.

Members of the committee are currently compiling a FAQ document about the process, and once the answers are received, it will be posted on the GFCA website.



Don't expect to see political signs in the medians of Fairfax County this election season. Crews of nonviolent offenders are out four days a week confiscating the placards thanks to a new arrangement with the Virginia Department of Transportation.

The Median Has No Message

BY MICHAEL LEE POPE
THE CONNECTION

Some people call them flowers of democracy. Others call them weeds of political pollution. Whatever one thinks of the campaign signs and placards that appear along the roads of Fairfax County, expect to see a lot fewer of them. Last month, county officials launched a new program in which nonviolent inmates at the county jail hit the streets four days a week to remove illegal signs.

With apologies to Marshall McLuhan, the message is no longer in the median.

Anger and resentment has been rising over the issue of roadside political signs for years, and campaigns frequently go to war with each other to see which side can plant or steal or deface the largest number of placards. Unlike Prince William County, which had an agreement with the Virginia Department of Transportation that allows the local government to collect the signs and fine violators, Fairfax was caught in a bind. Part of the Virginia code made it illegal for the county to remove the signs in Fairfax County until after an election. Until now.

Last year, Del. David Albo (R-42) introduced House Bill 34. The legislation amended Virginia law specific to Fairfax County, allowing the commissioner of highways to enter into an agreement with the Board of Supervisors. Instead of waiting for the Virginia Department of Transportation to enforce the law against signs in the medians, the new law allows Fairfax County to enter into an agreement similar to the one that already exists in Prince William

allowing the local government to collect the signs and issue a \$100 fine for each violation.

"Once you do it a couple of times, then nobody does it anymore," said Albo. "Politicians are running to write laws, and they don't want to break them."

ALBO SAYS the 2011 campaign was the last straw. As the election for state Senate approached, the roadsides of Fairfax County were littered with thousands of signs for every candidate under the sun. Because two different attorneys general issued conflicting opinions about whether or not political signs constituted free speech, Albo said, candidates could argue the practice was legal. Albo's bill this year ended that ambiguity, clarifying the law even as it gave new authority to Fairfax County.

"This is something that has bothered people for a number of years," said Springfield Supervisor Pat Herrity. "The county has tried before to address it, but we've clearly got it addressed this time."

Back in February, the supervisors approved a contract with VDOT. Now, as a result of Albo's legislation and the supervisors' agreement, Fairfax County has a contract to enforce VDOT's rules. The new program launched on July 1, and the clean-up crew of inmates has been out every Tuesday to Friday since that time. County leaders say the weekends are still fair game.

"Signs will be removed from selected highways, not all neighborhood streets," said Troy Manos, communications director for Bulova. "Basically that means if you are having a garage sale and you want to put a sign at the end of a small residential street, that would be OK."



The Claude Moore Colonial Farm, in McLean, is the only national park run by a non-profit organization. The 1771 farm offers a glimpse of what life was like for a poor farm family, just before the Revolutionary War.

Preserving History's Jewels

Fairfax County considers new "resident curator" program to save historic properties.

BY VICTORIA ROSS
THE CONNECTION

George Washington slept here. He really did. And Mount Vernon, the first president's historic Northern Virginia estate, is the nation's most-visited historic home.

While not many properties can compete historically with Mount Vernon, Fairfax County is the site of many historic homes, farms and estates, from the Revolutionary War era through the American Civil War. But preserving historic homes can be prohibitively expensive, and are not for the financially timid.

In an effort to preserve publicly owned historic buildings, Fairfax County is currently drafting a plan for a resident curator program. If established, the county would make history as the first locality in the state to implement one.

THE FUNDAMENTAL IDEA behind the resident curator program is to take some of the burden of maintaining historic properties off taxpayers by offering individuals and entities the opportunity to rehabilitate and maintain deteriorating buildings, at their own expense, in exchange for a long-term lease for little or no rent.

"A successful resident curator program would allow the county to restore, maintain and protect important historic properties at little or no cost to the public," said Cindy Walsh, Fairfax County Park Authority's Resource Management Division director. "In return, a curator will have an opportunity to live or conduct business in a property in Fairfax County that perhaps offers a great lesson in the history of the county."

In addition to preserving significant historic buildings, Walsh said they could be put to practical use as residential, office or commercial space depending on

how they are planned and zoned, community input and other factors.

Under the program, curators would be required to provide opportunities for the public to visit and tour the properties in order to appreciate and understand their historic and architectural significance.

"Fairfax County, through a variety of means, continues to demonstrate its commitment to cultural stewardship and the preservation of historic places," Walsh said.

The county has hired a historic preservation firm to develop the plan, and will hold two initial public meetings later this month to gather public input to determine how the program should operate.

After the resident curator plan is developed, the Fairfax County Board of Supervisors will determine the next steps for the proposed program.

"We encourage interested parties to join in the discussion and attend one of the two meetings," Walsh said. "We are interested in diverse viewpoints and suggestions and hope in the long run we will find the perfect blend of past and present."

The county hired John Milner Associates Inc. to write the plan, which is expected to be completed by May 2014. It will address a number of issues, including candidate properties and selection criteria; how the program should be administered; potential tax incentives; and responsibilities for potential curators and the county.

IN 2011, the Fairfax County Board of Supervisors directed staff to work with the History Commission to evaluate a Resident Curator Program. In conjunction with the commission, the Fairfax County Department of Planning and Zoning and Fairfax County Park Authority are jointly managing this study.

For more information, visit the Resident Curator Implementation Study web page, or call the Park Authority Public Information Office at 703-324-8662, TTY 711.

WEEK IN GREAT FALLS

Sept. 11 Ceremony At Freedom Memorial

On Wednesday, Sept. 11, at 7 p.m., the Great Falls Freedom Memorial Committee will hold its annual 9/11 Ceremony at the site of the Freedom Memorial (behind the Great Falls Library at 9830 Georgetown Pike). This ceremony especially remembers the six citizens of the Great Falls community who died when Flight 77 crashed into the Pentagon on Sept. 11, 2001. The speaker will be Robert J. Zoldos, a member of the Fairfax County Fire and Rescue Department for 20 years and currently operations deputy chief of A-Shift. On Sept. 11, 2001, he served as a Rescue Squad officer with Virginia Task Force One, responding to the attack at the Pentagon. Chief Zoldos will share his experiences and the work of his team. Members of the St. Thomas a Becket Family Choir will join at the ceremony.

This ceremony is open to all and ample parking is available in the library parking lot. In case of rain, the ceremony will move into the library's meeting room.

Senior Center Begins Search for Board Nominees

The Great Falls Senior Center (GFSC) is preparing for its first elections of Board of Directors in December by asking for interested individuals to apply for nomination.

GFSC will be governed and managed by an elected board of directors of between five and 13 members. The board members must be members of the GFSC, and the majority must live in Great Falls. Each director will be elected for a two-year term beginning Jan. 1, 2014.

GFSC's sole mission is to enrich the lives of older residents in the Great Falls area. Board members must be committed to that mission and be passionate about working with seniors. Individuals who feel they can contribute to GFSC's goals and future can receive an application from Carol Blackwell, nominations chair, via e-mail at lovriver@aol.com; by postal mail at 1034 Cup Leaf Holly Court, Great Falls, VA 22066; or by phone at 571-236-6933.

Applications will close on Sept. 13, 2013. A slate of nominees will be presented at the November event. Nominees and qualifications will be presented at the December membership meeting. Only GFSC members can vote. To become a GFSC member, contact Bob Lundegard at boblund@verizon.net or call 703-759-2626.

Fairfax County Police Officers Win Gold in Darts at World Games

Fairfax County Police officers Mike Tucker and Mark Kidd won gold medals in the darts competition at the 2013 World Police & Fire Games in Belfast. The pair defeated dart throwers from numerous other countries in "501" doubles.

"I thought coming to Northern Ireland we'd have much greater competition because in Ireland and the UK, dart is more their pastime," Kidd said. "And we did."

The World Police & Fire Games are one of the largest multi-sport, multi-venue athletic events in the world, drawing more than 12,000 competitors from police, fire and public safety agencies from more than 70 countries. The games will be hosted by Fairfax County in the National Capital Region in 2015.

The atmosphere was one of camaraderie and good times among old friends, and the people of Belfast were very friendly and helpful, Tucker said. "One of the best things here, competition put aside, is just meeting all the different people from all the jurisdictions," he said.

Tucker and Kidd are among a group of about 60 men and women from the National Capital Region who are part of a large contingent of American competitors at the 2013 Games in Belfast.

As liaisons to Fairfax 2015, Kidd and Tucker hope to bring the lessons they've learned competing against the world's best fire and police dart throwers when the games come to the National Capital Region in two years. The two police officers won bronze when they competed in the 2011 World Fire & Police Games held in New York.

"Darts is really a worldwide competition especially when it comes to the UK, Australia and South Africa. When we come to Fairfax, we are going to make sure it's done, and done right and make sure we please everyone across the globe," Kidd said.

The 2013 darts competition was held at the Newforge Country Club in south Belfast, home to the Police Athletic Association of Northern Ireland.

FAIRFAX 2015 is a nonprofit organization established by Fairfax County to organize, manage and operate all activities related to hosting the 2015 World Police & Fire Games. The 2015 games will take place in more than 40 venues throughout the National Capital Region (VA, DC and MD) from June 26 to July 5, 2015.

For more information, go to: www.Fairfax2015.com or www.wpf2015.com.



Artist Jill Banks hosts a painting demonstration at the Great Falls Library Saturday, Aug. 10.

Dancers on Display At Great Falls Library

Artist Jill Banks hosts workshop.

BY ALEX McVEIGH
THE CONNECTION

The conference room at the Great Falls Library was transformed into a studio of sorts Saturday, Aug. 10. Artist Jill Banks hosted a painting demonstration featuring two local dancers, and welcomed visitors and other artists throughout the day.

"I watched one of the dance classes at the school Friday, and it was amazing to not only see their movements, but to see a whole group listen to their instructor and then move as one unit," Banks said.

Dylan Murphy, 15, and Sydney Parks, 15, both of Great Falls, are students at the School of Theatrical Dance. Banks approached the studio in previous weeks to see if dancers were interested in modeling.

"It was fun, but a little harder than I expected," Parks said. "Some of the poses we held are fine when they're part of a dance, and you're moving, but to hold them for a long time was tough."

The dancers posed for two separate paintings, one standing next

to a ballet barre, and the other a more casual pose, with Murphy sitting sideways over an easy chair and Parks sitting on the ground, having just taken off one of her slippers.

Though the positions might have been a little painful for the dancers, they posed for 20 minutes at a time before being able to take a five-minute break.

"It was tough, but fun to do, and fun to watch the way she would watch us, then paint, it was clear she paints with a lot of concentration," Murphy said. "I was surprised at how quickly she was able to create those beautiful paintings as well."

While posing for the second photo, Banks and the dancers were able to try out a few different chairs, starting with the stackable chairs normally in the conference room, then moving to a wooden reading chair, before settling on the padded easy chair.

Murphy wore a black leotard, while Parks wore a white one with slight black accents. As Banks painted, she explained her process to the audience.

SEE BANKS, PAGE 7



From left, dancers Sydney Parks and Dylan Murphy pose for a painting at the Great Falls Library Saturday, Aug. 10.



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Library Mission

Further cuts to library budget must be analyzed for impacts on families in need.

The current proposal to “streamline” services at Fairfax County Public Libraries comes on top of disproportionate, and some would say Draconian, cuts since 2009.

Here is a summary of those cuts from the library department’s own strategic plan:

“In FY 2010, ... the library’s budget was reduced by 15 percent. Drastic adjustments to staffing levels occurred. Virtually all of the library’s exempt part-time staff were lost and with them, the flexibility needed to operate libraries under existing hours of operation. Consequently, hours of operation were reduced 19 percent. ... In FY 2011, the library’s budget was reduced an additional 6 percent. Additional staff were lost and operating hours reduced again by 9 percent. ... With a more stable budget outlook, the focus has shifted from survival, to becoming as vital to the lives of Fairfax County residents as possible.”

In 2012, Fairfax County libraries welcomed 5,246,854 visitors to library branches, and loaned 13,034,816 items.

In Fairfax County, where nearly 20 percent of the households have annual income of under \$50,000, about 8 percent live below the poverty line and more than 47,000 public school students are poor enough to qualify for subsidized meals, the public libraries are indispensable. Access to library resources goes beyond books, and includes the very digital

access that many people cite as a threat to libraries. Public access to computers and to the Internet for those who do not have other access is a critical service.

According to a 2010 report, Opportunity for All: How the American Public Benefits from Internet Access at U.S. Libraries, funded by the Bill and Melinda Gates Foundation:

❖ 44 percent of people in households living below the federal poverty line (\$22,000 a year for a family of four) used public library computers and Internet access.

❖ Among young adults (14–24 years of age) in households below the federal poverty line, 61 percent used public library computers and Internet for educational purposes.

❖ Among seniors (65 and older) living in poverty, 54 percent used public library computers for health or wellness needs. “People of all ages, incomes, races, and levels of education go to the library for Internet access

“This access has also proven to be critical in times of disaster, where libraries may be the only access point still operating that can provide a delivery point for government and social services to those displaced.”

Budgeting and restructuring must take into consideration the disproportionate effect of cutting library services on lower income households especially. But it is also true that the li-

braries are vital to all residents.

On Federal Dollars in Virginia

We received some emails and phone calls about the expansion of Medicaid in response to last week’s editorial. Many asserted that Virginia should not accept federal dollars for its residents without health insurance in order to help control federal spending.

Virginia already receives more federal money per capita than any other state except Alaska. Virginia received \$136 billion in federal funds in 2010, more than \$17,000 from the feds per capita, and paid \$2,807 per capita in federal income taxes. (Data from Consolidated Federal Funds Report for Fiscal Year 2010 by State and County from the Census Bureau, analyzed by 247wallst.com)

Two examples: \$1.3 billion in federal transportation money came to Virginia. Virginia was on the receiving end of more than \$5,000 per capita in defense spending. Do the people (who almost certainly have their own health insurance) who think that we should turn away federal money to expand Medicaid think we should lobby to reduce defense and transportation spending in Virginia to help control federal spending?

— MARY KIMM,
MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Skeptical on Medicaid

Judging by your editorial [“Issues That Matter: Mental health services discussion gives insight into real differences between candidates,” Connection, August 7-13, 2013], gubernatorial candidate Ken Cuccinelli has a real problem with a key demographic: voters who believe in Santa Claus, the Tooth Fairy and the Easter Bunny. You fault Ken for being skeptical of what you see as Virginia’s opportunity to expand health care for poor residents, with the bill paid by the federal government. Would that it were so.

Ken is trained as an engineer

and given the opportunity will be Virginia’s Innovation Governor. By training and experience he knows what works and what doesn’t in the real world.

Yes, the federal government is supposed to pay the full cost for Medicaid expansion during the first three years (2014-16) but the costsharing rate would be reduced from 100 percent to 92.8 percent by 2019.

Medicaid is already the largest budget item for the states, accounting for 22 percent of their budget expenditures as of 2010, and recent studies such as that by

Jagadeesh Gokhale of the Cato Institute suggest that for some states, even without any expansion, Medicaid expenditures are already unsustainable. Moreover, the unprecedented federal budget deficits projected through 2019 and beyond put Medicaid support for states and all other general revenue-supported federal programs at risk. Therefore, perhaps you will forgive Ken for looking forward a bit and being skeptical of what you apparently regard as free money.

With respect to mental health, Ken has an outstanding, demonstrated record of personal dedica-

tion. He has served on the Virginia Supreme Court Commission on Mental Health in the Justice System and has personally represented individuals in Virginia’s civil, involuntary commitment process.

Finally, perhaps we should be at least a little careful as to what we wish for. A University of Virginia study shows that surgical patients on Medicaid are 13 percent more likely to die than those without any health insurance at all.

Burton Jay Rubin
Burke

BULLETIN BOARD

To have community events listed in the Connection, send to greatfalls@connectionnewspapers.com. The deadline for submissions is the Friday prior to publication.

WEDNESDAYS/AUG. 14-28

Dulles University Success Series. 1-5 p.m., at 1934 Old Gallows Road, Suite 510, Vienna. All the Buzz and Dulles University offer marketing managers, salespeople and other marketers a series of hand-on marketing workshops with practical, immediate takeaways. \$199 per workshop. 703-688-2899 or <http://allthebuzzcreative.wordpress.com>.

MONDAY/AUG. 19

MCC Fall Course Registration for Dranesville at The McLean Community Center, 1234 Ingleside Ave., McLean. Infants through senior

adults residing in Small District 1A-Dranesville may register for continuing, affordable education classes (more than 80 options) aligning with various interests. Full listing of courses and 24-hour registration is online. 703-790-0123, TTY: 711 or www.mcleancenter.org/classes-trips.

MONDAY/AUG. 26

MCC Non-Resident Open Fall Registration at The McLean Community Center, 1234 Ingleside Ave., McLean. Infants through senior adults who are non-residents of Small District 1A-Dranesville may register for continuing, affordable education classes (more than 80 options) aligning

with various interests. Full listing of courses and 24-hour registration is online. 703-790-0123, TTY: 711 or www.mcleancenter.org/classes-trips.

WEDNESDAY/AUG. 28

Alzheimer’s Family Day Center’s Music and Memory Program Fundraiser. 5-10 p.m. Merrifield Silver Diner, 8150 Porter Road, Falls Church. The Silver Diner will donate a portion of the night’s proceeds to the center’s effective program uses music to help those with Alzheimer’s. www.alzheimersfdc.org.

THURSDAY/AUG. 29

American Red Cross Blood Drive. 10 a.m.-4 p.m. Cordial Partners, 8229 Boone Blvd., Vienna. The organization’s Greater Chesapeake and Potomac Blood Services Region is taking blood donations. Schedule a donation appointment at 1-800-733-2767 or redcrossblood.org.

SATURDAY/SEPT. 7

Household Hazardous Waste Disposal. 9 a.m.-2 p.m., McLean Community Center, 1234 Ingleside Ave., McLean. The Fairfax County HHW Program accepts and discards or recycles hazardous materials from Fairfax County residents according to all legal regulations. www.fairfaxcounty.gov/dpwes/trash/disphhw.htm.

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Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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NEWS

Banks Holds Workshop at Library

FROM PAGE 5

"I always want to paint what's in front of me, and I move the canvas up and down a lot, because that's how I get to different parts of the painting. I'll also adjust it if I feel one part is getting too intense, moving the canvas helps to shake it up a little," she said. "With a scene like this, I also have to take

it in as a whole, to see how it all will fit together."

Banks is a Reston resident and member of Great Falls Studios. She teaches at the Great Falls Foundation for the Arts School of Arts and works at the Artists' Atelier.

"I've been painting professionally for about 10 years, and what inspired me was looking at paintings I liked, and wondering if it

was something I could do," she said. "The most important thing I've learned is to keep working, if you make mistakes, be patient with yourself, and recognize the successes as they come."

Her exhibit "Serendipity," featuring 26 paintings of scenes from local streets and around the world, is on display at the Great Falls Library through Aug. 31.

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ENTERTAINMENT

Cast/crew of the Traveling Players Middle School Ensemble, including assistant directors Henry Hoagland and Patrick Smith, Ellie Robb, Clarke Paty, Emma Flye and Soven Bhagat, celebrate after the production.

Great Theatre In Great Falls

Traveling Players Ensemble presents two plays at Madeira School.

By LORI BAKER
THE CONNECTION

The Great Falls-based Traveling Players Ensemble concluded two of its summer programs last weekend with two productions at the Madeira School. The nearly full auditorium was treated to Shakespeare's "Much Ado About Nothing" as well as an original work, "Ariadne's Thread," written by TPE Visiting Director Judy W. White.

Traveling Players Ensemble was founded 11 years ago by Producing Artistic Director Jeanne Harrison. The group's mission is to bring "great theatre to the great outdoors." And in fact, had it not been for a threat of storms, last weekend's productions would have taken place outdoors on the Madeira School campus.

"Much Ado About Nothing," one of Shakespeare's well-known comedic plays, also features a bit of underlying drama.

The story revolves around two sets of young lovers. There are the two star-crossed innocent lovers who fall victim to a devious plot to tear them apart; and two outlandishly independent adversaries who have sworn off love and who trade barbs throughout. They, of course, discover that they love each other with the help of trickery from

"Honestly, Traveling Players is the best thing that ever happened to me. The experience is something to remember for the rest of your life."

—Molly Jane McClelland, 11th grader

friends. Woven throughout the story is a parade of various funny, loveable or despicable characters. All ends well, making it an entertaining play for all ages.

THE CAST, made up of mostly local high school students (one of the cast members is from Ontario), rehearsed the play for five weeks before taking the production on a

two-week tour. Cast members auditioned for this production in January. One of the features of the Traveling Troupe is that they perform mainly in outdoor venues across Virginia, and into West Virginia. And they camp out for the entire two weeks. Last weekend's performance was the Traveling Troupe's closing night.

pire novels of its day. But it's also deeply philosophical and talks amazingly about the human condition," she said.

The TPE Middle School Ensemble last weekend warmed up the audience by presenting the original work, "Ariadne's Thread." The Middle School Ensemble practices during a shorter, two-week summer camp. Campers spend two weeks rehearsing a play and going through various drills and games to enhance their drama skills.

For a group that only had two weeks to rehearse, the actors skillfully conveyed the dream-like story of a young Theseus in search of his two mythical fathers.

"I thought it was really fun to do," said Arlington sixth grader Henry Hoagland, who played the Minotaur in the production. "We got to learn a lot of new stuff and play games, and just make new friends," he added.

TPE has a variety of drama camps and offerings during the summer and throughout the year. Eleventh grader Molly Jane McClelland has been working on a play with the Comedia troupe this summer. "Honestly, Traveling Players is the best thing that ever happened to me," she said. "The experience is something to remember for the rest of your life." The Comedia troupe is presenting an original work called "The Great War" Friday, Aug. 16 as part of an outdoor theatre festival at the Madeira School. The festival will also feature Moliere's "The Doctor in Spite of Himself" and Shakespeare's "The Merry Wives of Windsor."



PHOTO BY LORI BAKER/THE CONNECTION

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

Care To Lunch. 11:30 a.m.-1 p.m. Marriott Tyson's Corner, Shuttles Restaurant, 8028 Leesburg Pike, Vienna. Yoni Kalin discusses his experiences as the teenage founder of the Color My World Project, which inspires lessons of recycling and social responsibility at this luncheon. \$25, free validated parking. www.caretolunch.org.

Art of Fine Framing Seminar. 6:30 p.m., at Color Wheel Gallery 65, 1374 Chain Bridge Road, McLean. Join Color Wheel Gallery 65 together with Color Wheel's award winning Fine Framing for creative ideas for custom framing for your artwork to be preserved, archivally safe, and of course, beautiful.

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 hits "You Raise Me Up" and "You're Still You" 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>.

"Point of View" Awards Reception. 7-9 p.m., at Vienna Art Center, 115 Pleasant St. N.W., Vienna. Juror Cory Hiltz judges the Vienna Arts Society's annual photography exhibition, showcasing more than 30 photographers from around the region. Enjoy music and light refreshments; normal show hours are Tuesdays-Saturdays 10 a.m.-4 p.m. and Sundays noon-4 p.m., Aug. 6-Sept. 1. 703-319-3971 or www.ViennaArtsSociety.org.

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.

Country Western Dance Extravaganza. 4:30-10 p.m. Colvin Run Schoolhouse, 10201 Colvin Run Road, Great Falls. Country western world champions Dale and Anita Strawser teach lessons at this social dance event, featuring the West Coast swing, East Coast swing, cha-cha, and more. No partner needed, all skill levels welcome. 703-435-5620 or www.colvinrun.org.

Bill Emerson and the Sweet Dixie Band. 6:30 p.m., at 144 Maple Ave. E., Vienna. Listen to bluegrass music on the green. <http://www.viennava.gov>.

MONDAY/AUG. 19

Chicago. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Chicago has become one of the most commercially successful bands of all time with 21 top 10 singles on the Billboard charts and a Grammy Award for Best Pop Performance for "If You Leave Me Now." \$30-\$48. 1-877-965-3872 or <http://www.wolftrap.org>.

TUESDAY/AUG. 20

Pat Benatar, Neil Giraldo and Cheap Trick. 7:30 p.m., at Filene Center, 1551 Trap Road, Vienna. Four-time Grammy winner Pat Benatar, guitarist Neil Giraldo and Cheap Trick, come to Wolf Trap to perform their hits. Special guest Brynn Marie also performs. \$25-\$42. 1-877-965-3872 or <http://www.wolftrap.org>.

THURSDAY/AUG. 22

Cheryl Wheeler. 7:30-8:30 p.m., at Nottoway Park, 9537 Courthouse Road, Vienna. You may not be familiar with Cheryl, but you have probably heard her music. She is a respected songwriter by her peers, and many record her songs. www.cherylwheeler.com.

The Albert Lee Band. 8 p.m. Jammin' Java, 227 Maple Avenue E., Vienna. The two-time Grammy Award-winning guitarist performs as part of his national tour. Forward Motion will open the show. \$25. jamminjava.com

THURSDAY-SUNDAY/AUG. 22-25

Cancelled: Jennifer Holliday in "Dreamgirls" Performances. Visit <http://www.wolftrap.org> for more information.

FRIDAY/AUG. 23

Barboursville Vineyards Wine Dinner. 6:30 p.m. Wildfire, Tysons Galleria, 2001 International Drive, McLean. Chef Eddie Ishaq creates a custom menu for a four course dinner paired with wine from Barboursville Vineyards. Jason Tesaro of Barboursville Vineyards will speak about the wines. \$75 per person, plus tax and gratuity. 703-442-9110.

SATURDAY/AUG. 24

Global Camps Africa's Shop for a Cause. 10 a.m.-9:30 p.m., at Tyson's Corner Macy's, 8000 Tyson's Corner Center, McLean. Macy's customers with a Global Camps Africa shopping pass receive special shopping discounts and benefit Global Camps Africa of Reston with pass proceeds.

SUNDAY/AUG. 25

Providence House of Bounce. 2-4 p.m., at Providence Baptist Church,



"This time Around," by Heather Elliott, is featured in the "Point of View" exhibition, the Vienna Arts Society's annual judged photography exhibition showcasing more than 30 photographers from the area. Hours: Tuesdays-Saturdays, 10 a.m.-4 p.m. and Sundays, noon-4 p.m., through Sept. 1.

8980 Brook Road, McLean. A day of giant inflatables, Wii games and snacks to make children jump for joy inside the church gym.

WEDNESDAY/AUG. 28

The Post + Jason Brown. 6:30 p.m., at Jammin Java, 227 Maple Ave. E., Vienna. New artists on the Washington, D.C. Metropolitan music scene, soulful folk-rock band The Post headlines with indie gospel singer/songwriter Jason Brown and his band; Ethan Schaefer and Mariah Maxwell open for special guest Amy Andrews. \$10. <https://jamminjava.com/events/august28>.
Carly Rae Jepsen and Hot Chelle

Rae. 7 p.m., at Filene Center, 1551 Trap Road, Vienna. Carly Rae Jepsen plays her dance-pop tunes such as "Call Me Maybe" and "Good Time," along with Nashville-based foursome Hot Chelle Rae. \$30-\$42. 1-877-965-3872 or <http://www.wolftrap.org>.

THURSDAY/AUG. 29

Lyle Lovett and His Large Band. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Texan singer/songwriter Lyle Lovett and his band fuse country music with hints of blues, gospel, and swing. \$24-\$42. 1-877-965-3872 or <http://www.wolftrap.org>.



"Green Earth, Beautiful US"

Children's Environmental Color Bottle Exhibition

Free Classes: August 21st - September 11th, 2013
Exhibition Dates: September 14th - September 21st, 2013

Location: YMM Art Space
8216 Old Courthouse Road, Suite C, Vienna, VA 22182

Have you ever thought of doing something creative with your old bottles? This is a great opportunity for your kids to explore & express their appreciation for our environment! Join us in making something beautiful!

How it Works:

1. Exhibition Theme: "Green Earth, Beautiful US"
2. Eligible Participants: Children and young adults from 5 to 18 years old. Bring your own bottle (plastic or glass).
3. Paint Your Bottle Classes: August 21st - September 11th, children are welcome to join our teachers in drawing their designs onto the bottles.

Class Times:

- 5-11 years old 9am-10:30am; After 9/4 5pm-6:30pm (Wed-Fri)
- 9am-12:30pm (Sat-Sun)
- 12-18 years old 11am-12:30pm; After 9/4 3:30pm-5pm (Wed-Fri)
- 1-2:30pm (Sat-Sun)

4. We welcome any submission of artwork with our theme before September 11th.

Awards Ceremony:

September 21st, 2013 (11:00am to 12:00pm). The best artworks will be chosen by our jury panel and the winners will receive free classes and other exciting prizes from YMM Art Space. Artworks will be judged base on creativity and execution of 2 age groups: 5-11 and 12-18.

Please RSVP:

Call: (703) 942-8677 or E-mail: usa@ymmart.com

For more info please visit www.ymmart.com

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PUBLIC NOTICE

McLean Community Center Governing Board

Public Hearing on FY 2015 Budget
(July 1, 2014-June 30, 2015)
Follows the Finance Committee Meeting of the Whole
Monday, Sept. 16, 2013 at 7:30 p.m. at the Center

Residents who wish to speak at the Public Hearing are asked to call 703-790-0123, TTY: 711, to be placed on the speakers' list. Copies of the draft budget proposal will be available during the committee meeting and public hearing.

Written comments may be delivered to the Center's address (shown below,) marked "Attention: Executive Director," or sent by email to feedback@mcleancenter.org. Written comments must be received prior to the Governing Board's regular September meeting, on Wednesday, September 25 at 7:30 p.m.



The McLean Community Center
1234 Ingleside Ave., McLean VA 22101
703-790-0123/TTY: 711
www.mcleancenter.org

PHOTO BY LORI BAKER/THE CONNECTION



Molly Jane McClelland, an 11th grader from Alexandria, participated in one of the TPE camps this summer.



PHOTO BY NOVA PUGH

Evelyn Leggett, Ben Stein-Lubrano, Rebecca Mazer and Grace Housman in TPE's production of "Much Ado About Nothing."

Local REAL ESTATE

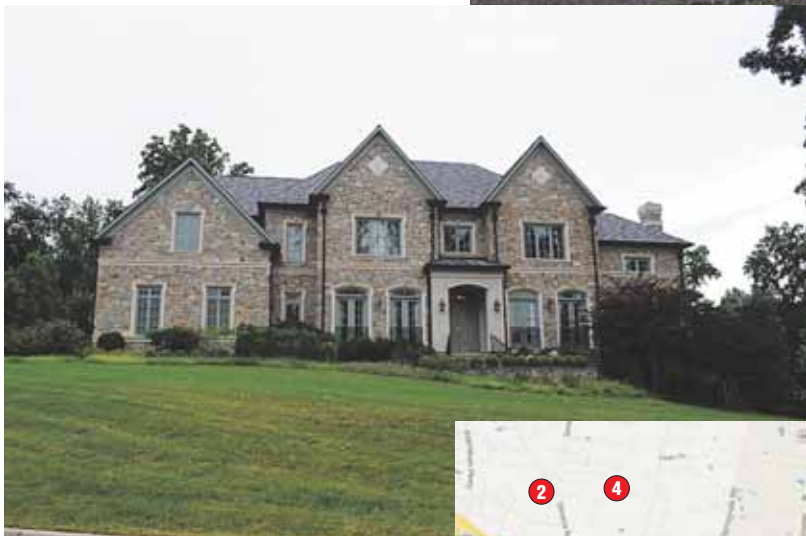
PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

June, 2013 Top Sales in Great Falls and McLean

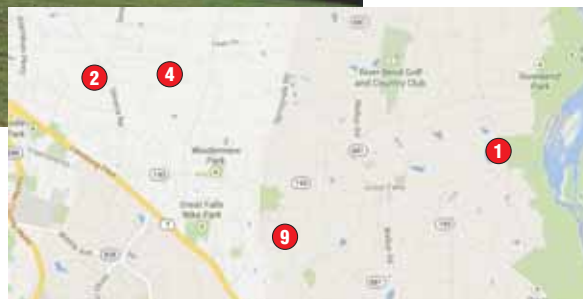
IN JUNE 2013, 38 GREAT FALLS HOMES SOLD BETWEEN \$3,225,000-\$535,000 AND IN MCLEAN, 133 HOMES SOLD BETWEEN \$2,400,000-\$10,000.



2 11610 Meadow Ridge Lane, Great Falls — \$2,850,000

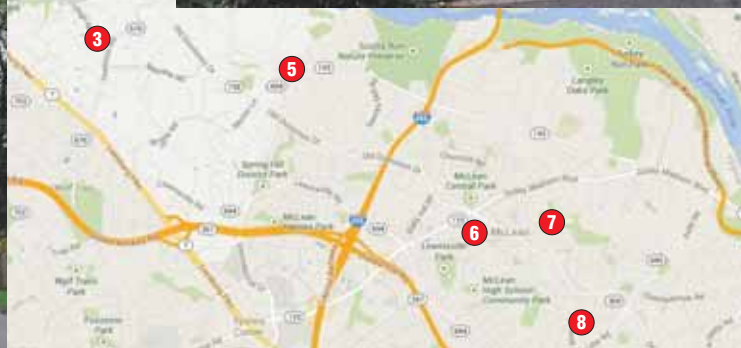


5 901 Georgetown Ridge Court, McLean — \$2,400,000



3 1115 Leigh Mill Road, Great Falls — \$2,750,000

7 1338 Julia Avenue, McLean — \$2,150,000



© Google Map data



8 6421 Divine Street, McLean — \$2,125,000

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3 1115 LEIGH MILL RD	5	..	6	..	2 ... GREAT FALLS ..	\$2,750,000	Detached	2.00	22066	GLENDALE KNOLLS	06/18/13
4 708 CLEAR SPRING RD	5	..	4	..	1 ... GREAT FALLS ..	\$2,550,000	Detached	5.20	22066	VALLEY STREAM	06/17/13
5 901 GEORGETOWN RIDGE CT	5	..	7	..	2 MCLEAN	\$2,400,000	Detached	0.84	22102	GEORGETOWN RIDGE	06/20/13
6 SPRING VALE AVE #1426	5	..	5	..	1 MCLEAN	\$2,276,569	Detached	0.26	22101	WEST MCLEAN	06/20/13
7 1338 JULIA AVE	5	..	6	..	1 MCLEAN	\$2,150,000	Detached	0.45	22101	SALONA VILLAGE	06/25/13
8 6421 DIVINE ST	5	..	5	..	1 MCLEAN	\$2,125,000	Detached	0.52	22101	DIVINE D P	06/28/13
9 10507 WYNFIELD WOODS DR.	6	..	4	..	1 ... GREAT FALLS ..	\$1,950,000	Detached	1.08	22066	FOX RUN	06/21/13

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HomeLifeStyle

Is Your Home Ready for Back-to-School?

Local designers offer tips for creating functional and stylish homework spaces.

BY MARILYN CAMPBELL
THE CONNECTION

Summer will soon come to an end, and children everywhere will be heading back to school and coming home with homework. To keep students engaged and excited, some local designers offer suggestions for creating a space so fun and inviting that your children will want to hang out there — even if that means doing homework.

When embarking on the task of creating a homework space, choosing a location is one of the first considerations.

Bill Millholland, executive vice president of Case Design/Remodeling, Inc. in Bethesda, Md., said, "There are two schools of thought: One is to have the 'homework space' in a public area, ... so that a parent can be involved in the activity. The other school places more emphasis on teaching personal responsibility."

According to Jean P. Freeman, associate professor of interior design at Marymount University in Ar-

lington, homework space should be "away from television, but near an adult for any questions that need to be answered. It should be quiet for concentration, but having a window where the child can look up and out at the world is soothing."

Potomac, Md. resident Susan Matus, a senior project designer with Case Design/Remodeling, adds that the location of the homework area is dependent upon a child's age. "Elementary school kids seem to do quite well getting things done in a location that is close to parents," she said. "Middle schoolers are more independent and seem to prefer more private locations with less distractions and less input from parents. A family office that can be closed off or even a bedroom work-space [work well]. High schoolers just need a comfortable space to get it done."

Designers say the kitchen is one such popular public area for completing homework assignments.

"Often connected to the kitchen is a family area," said Kai Tong, AIA, director of Potomac, Md., based Hopkins & Porter Inc.'s architecture department. "Parents want to have a line of sight to their kids, especially if they are going to be on the Internet. What adds to the kids' experience is having a lot of counter space or layout space."

Evelyn Nicely, president of Nicely Done Kitchens in Springfield, said, "A design option is the designated computer or desk area, typically found on the perimeter of the kitchen, so school work is kept out

SEE TIPS, PAGE 12



PHOTO COURTESY OF CASE DESIGN/REMODELING, INC.

An under-the-staircase nook, designed by Case Design/Remodeling, Inc. for a McLean home creates a quiet place for reading or studying.

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THE CONNECTION
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Tips for Functional Homework Spaces

FROM PAGE 11

of the way. But the most popular homework space we design is at the island. This casual seating appeals to children and gives them a stylish, yet functional, open space to do their work without isolating them."

Arlington resident Christie Doebel, lead designer at Sun Design Inc., which has offices in both Burke and McLean, says she gets frequent requests for a space that allows for multitasking. "Very often we are looking to create the kind of environment where a parent can make dinner while still rehearsing words for the spelling bee."

ONCE A SPACE IS CHOSEN, it's time to select the fixtures that will fill the space. Good indoor lighting with a window for sunlight is essential, said designers. Freeman said the most obvious components of a homework space are electrical outlets, a Wi-Fi connection and a comfortable, adjustable chair.

Designers suggest investing in a chair that fits your child's needs. "Don't use dad's old chair ... or pull a chair from the dining room table," said Deborah Wiener, owner of Designing Solutions in Silver Spring, Md. "If the back of the chair hits the back of their

head, it is too tall. If their feet are dangling, the chair is too big. One of the many reasons kids tire when doing homework is that they don't get back support. ... It's a mistake to skimp on a chair."

"The chair should support the student's back and posture, and adjust to the growing needs of the student," added Freeman. "There should be an adequate work surface to accommodate books, computer, writing pad and task lighting, [as well as] storage."

Lisa Magee, project designer at Case Design/Remodeling, Inc., adds, "A place with upright seating — no swivel chairs or recliners — is best for learning. Good lighting ... helps children stay focused on their work and also keeps them alert."

Centreville resident Liz Lee, a senior designer at Sun Design Inc., encourages parents to ensure that the homework area has "functional types of storage, [such as] file cabinets, baskets for crayons [and] scissors, so all of the supplies they need are right there."

Bruce Wentworth, president of Wentworth, Inc. in Chevy Chase, Md., said, "A simple counter top with bookcases is very practical. A large work surface for laptops, printers and scanners is desirable, and grommets help hide the cords below the



PHOTO COURTESY OF CASE DESIGN/REMODELING, INC.

Lisa Magee of Case Design/Remodeling, Inc. says upright seating, like the desk chair in this McLean home, rather than swivel chairs or recliners, is best for learning.

work surface." Wentworth also suggests adding custom-built drawers and filing cabinets to homework spaces.

Arlington resident Allie Mann, project manager, Case Design/Remodeling, Inc., said "A fun or personalized calendar to teach time management," she said. "Along those lines, have a clock nearby."

Marika Meyer of Marika Meyer Interiors in Bethesda, Md., said, "One thing I always love to incorporate is a custom tack board. We choose a fun fabric that the children help pick out and then have [it] sized to fit specific workspace."

WHEN DESIGNING A SPACE that is both functional and stylish, Moira Gannon

Denson, an assistant professor of interior design at Marymount University, suggests using the elements and principles of design — color, shape, pattern and scale — to set the tone. This will allow the space to evolve as the child grows, she says: "Save the TV characters and cartoons for the stickers [for] their notebooks. ... Too much 'trending' can mean replacing in a year."

When creating a space that is appealing to both children and their parents, Doebel does suggest teamwork, however. "It's fun when a kid gets involved in the design process," she said. "They are drawn to contrast and comfort [like] bold, bright colors [and] soft, warm surfaces. They are always honest about what they see and how they feel."

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SPORTS

Langley Remains Strong Up Front

Saxons look to continue tradition of quality O-line play.

BY JON ROETMAN
THE CONNECTION

The Langley football team enters the 2013 season with limited speed at the skill positions and not much in the way of depth.

So what's new?

The Saxons' key to offensive success this year will once again be the boys up front. Despite the loss of all-state right guard Jack Howerton, who now plays for Stetson University, Langley's offensive line figures to once again be solid and provide the Saxons with a strong running game.

The group is led by senior center Alex Kolencik and senior Brooks Norris, who will move to the right guard position formerly held by Howerton. Senior tight end Philip Antypas also returns for the Saxons.

"We definitely have to grind it out," Norris said of Langley's offensive approach. "That's why we're working in the weight room every day. Coach Howerton's working real well with us in the



Langley quarterbacks and receivers participate in a drill during practice.

PHOTO BY JON ROETMAN/THE CONNECTION

weight room. We've got to be kind of the leaders of the offense and clear holes for the running back."

Head coach John Howerton, who enters his 12th season with Langley, said the Saxons have had 16 linemen go on to play at the Division I level during his tenure. Norris, who stands 6 feet 4 and weighs 300 pounds, could be next in line.

"He's a big body, he's experienced [and] he's really put the time in," Howerton said. "He's a Division I recruit [and a] very

strong student."

While not as big, the 6-foot-1, 230-pound Kolencik has started at center since his sophomore season.

"He's a very tough kid — hard-nosed," Howerton said. "He's been a good player for the last two years."

Norris and Kolencik will line up side-by-side this season. Close friends off the field, Kolencik said the two should have no problem with communication.

"The linemen are definitely

fiercely proud, especially us seniors, knowing that we carry a lot of the offensive work," Kolencik said. "Since we really don't have the [team] speed, we pride ourselves on just being bigger and stronger than everybody else."

While Langley lacks vertical burners, the Saxons still have athletes who can make plays. Senior quarterback Nick Casso returns for his third season (second full season) as the varsity starter.

"The game has slowed down," Casso said. "I'm letting it come to me more."

Howerton said Casso has the ability to be one of the top quarterbacks in 6A North. The coach is looking for Casso to pass for 1,000 yards and run for 1,000 yards this season.

"He's got to get to where he was at the end of the season," Howerton said, "(and) he needs to get there in a hurry."

Langley operates primarily out of the shotgun in a one-back set. If Casso is effective running the ball, it should open things up for whoever lines up at running back.

Junior Tyler West appears to be the early favorite to take over for standout running back Philip Mun, though senior Tim Sanson should see carries, as well. Howerton and several Saxons praised West's ability.

"Tyler West has all the ability in the world to be as good as we've had," Howerton said about the 5-foot-11, 200-pound back who runs the 40-yard dash between 4.5 and 4.6 seconds. "It's up to him to put the time in and to get it done."

Senior receiver Garrett Collier is the team's most experienced pass-catching threat.

On defense, senior inside linebacker Kevin Fisher was Langley's top tackler last season.

Howerton said the health of his key players is significant due to a lack of depth. With a small junior class in the program, sophomores might be asked to fill reserve roles.

Langley will scrimmage at Woodgrove at 6 p.m. on Aug. 22 and at home against Gar-Field at 7 p.m. on Aug. 29 before opening its season at home against Yorktown at 7:30 p.m. on Sept. 6.

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N.P.O.

By KENNETH B. LOURIE



"Nothing per orem." Which means no food after midnight — with a Latin derivation. And why would I have a clue about "no food after midnight" in Latin or in plain old English? I wouldn't normally, but normally I wouldn't have been admitted to a hospital awaiting surgery to help relieve the terrible difficulty I've had lately speaking/breathing a complete sentence and still having air after the final word had been spoken, catching my breath after walking only a few steps (exerting myself physically as well and/or walking up stairs or at any pace other than snail's has been a further challenge) and finally, and most disturbingly, not being able to perform some of my activities of daily living — without some degree of stress, anyway.

Nevertheless, Friday, Aug. 2 was scheduled to be a chemotherapy day so off my wife, Dina and I went, as usual. Having been infused multiple times over the past four and a half years, I attributed the breathing difficulties that I was experiencing as merely semi-expected side effects (necessary evils) of my lung cancer treatment. However, after I explained — and exhibited, some of these same difficulties to my regular oncology nurse, Ron, he decided to walk me around the unit attached to an oxygen-monitoring machine in order to measure my oxidation rate. It was not good. My number was way too low — and cause for concern.

Ron then returned me to the infusion center where he spent the next 30 minutes attempting to coordinate my next step. It was not to continue chemotherapy, that's for sure. It was to have me evaluated by my H.M.O.'s Clinical Decision Unit, a unit I learned, where serious-type assessments and decisions are made. After being assigned to a room, the process began. I soon had an EKG and a Chest X-Ray. The X-Ray indicated that my left lung was almost entirely filled with fluid; no wonder I couldn't breathe. It was confirmed then: health-wise, I was in a bit of trouble.

Given these results, before too long, a multi-person, multi-hour effort was put forth to get me admitted directly into a room at Holy Cross Hospital with the expectation that my condition warranted surgery that evening to alleviate my discomfort. After having initially arrived at 10:30 a.m. for my infusion (an appointment which typically lasts about two hours and then I'm free to go home), I was quite anxious as the early afternoon passed without any resolution and the late afternoon fast approached. Finally, at approximately 6 p.m., an ambulance arrived and I was transported to the hospital arriving in my room by gurney at 6:45. Since there was a presumption/expectation that surgery would indeed occur that night — to possibly include anesthesia/a narcotic, I was advised not to eat — in English. However, hours later it became obvious that I would not be operated on that evening, and thus was allowed to eat — at 9:30, but subsequently received my first official "NPO" for Saturday, beginning of course at midnight that Friday, the first day of my admission.

I remember seeing the initials NPO printed on the easel on the wall directly in front of my bed, along with the understanding that I wasn't to eat — or drink, anything after 12 o'clock, but I couldn't reconcile the letters (NPO) with the words: "no food or drink after midnight" advisory/direct order. They didn't sync up. It wasn't until Saturday afternoon that I received the medical jargon/Latin connection.

So here I sit/lay in my hospital bed, hungry for a second consecutive day. After the surgery and post-op. recovery, presumably I'll be able to eat. I just hope I'll be able to breathe as well.

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

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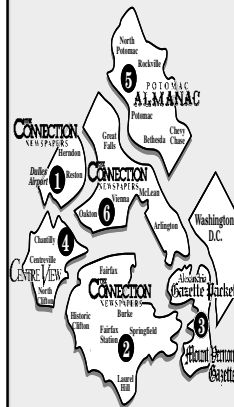
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Paul Frank Elected McLean Orchestra Board President

Paul A. Frank has been elected president of the Board of Trustees of McLean Orchestra. Frank was the unanimous choice of the board and will serve through the 2013-2014



Paul A. Frank.

McLean Orchestra concert season, "A Season of Festivity." Frank is no stranger to the McLean Orchestra, having served on the board from 2002-2007 as a trustee, a treasurer, a gala chair and finally as its president in 2004-2005.

According to John Huling, executive director of the McLean Orchestra, "Paul has been a tremendous supporter and friend of the orchestra for over a decade and we are thrilled to have him back in the family as our president."

Frank is an experienced leader of non-profit organizations, currently serving as executive director and CEO of Collingwood Library and Museum. His current community involvement includes Rotary Club of Alexandria (Fundraising Committee chair) and The Alexandria Arts Forum (former president). He is past president of Rotary Club of McLean, and McLean Orchestra.

Frank is a graduate of George Washington University and attended George Washington University Law School. He is a graduate of Leadership Fairfax Class of 2008 and holds professional fundraising certification with CFRE designation from the Association of Fundraising Professionals.

The Greater McLean Chamber of Commerce recognized Frank with the "President's Award" for "exceptional contribution," and subsequently the "Home Town Hero Award" for raising the largest amount for a single event in chamber history. Frank succeeds Aileen A. Pisciotto who will continue her involvement with the McLean Orchestra as immediate past president. Other elected or appointed orchestra officials for the 2013-2014 season include Wayne Winston Sharp, special advisor to the president; Frank McGovern, VP of administration; Sydnee Stein, VP of development and Pamela Bogdonoff, VP of events. The remaining trustees serving the orchestra are Michael Cardaci, Anthony C. Chang, David Gische, Timothy Hawkins, Marilen King, Shane McLaughlin, Sarah Merservey, Joseph O'Brien, Chris Payton, Jennifer Shatwell and Laura Schuldt. The McLean Orchestra concerts season opens on Oct. 12 at Oakcrest School with a concert of Mozart, Schumann and Brahms.



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