

Spring Hill Elementary rising sixth grader Anisa Ardeishar cuddles with her fluffy new bunny named Shadow.

One of the Cutest Pets in McLean

PET CONNECTION, PAGES 1-4

Foust,
Comstock
Battle
Women's
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Foust, Comstock Battle Women's Issues

Hot button topic is discussed in wake of Hobby Lobby decision.

BY REENA SINGH
THE CONNECTION

One of the hotbed issues of the last month was triggered when the Supreme Court decided that for-profit corporations can be exempt from a law if the owner objects for religious reasons.

The reason? Contraceptives.

Women's health issues are among the issues that Supervisor John Foust (D-Dranesville) and Del. Barbara Comstock (R-34) – candidates for 10th District Congressional seat — butt heads on.

"The court should not be deciding on women's health issues," said Foust. "Women should be making those decisions by themselves."

He said that women that choose to make their own health decisions are "constantly under attack" by their peers and lawmakers, and that these decisions should only be between a woman and her health care provider.

SEVERAL DEMOCRATIC LEGISLA-



John Foust

TORS, including state Sen. Janet Howell (D-32) and state Sen. Barbara Favola (D-31), held a press call to talk about Comstock's record on women's health. The call was sponsored by the 10th District Democratic Committee.

According to Comstock's campaign press secretary, Johanna Persing, Comstock was not available for comment. Persing provided Comstock's record on contraceptives, stating that Foust is "running a negative campaign."

"As to Foust's playing of birth control politics: he is purposely promoting false information to divide women and politicize this



Barbara Comstock

issue instead of finding a common sense solution. In contrast, Delegate Comstock spearheaded the effort in Virginia to find a common sense solution to end birth control politics by making birth control pills available over the counter as recommended by the American College of Obstetrics and Gynecology."

During the press call, several of the forum speakers talked about other bills Comstock voted for, including one supporting a transvaginal ultrasound for women considering abortion. They claimed Comstock hopes to overturn Roe Vs Wade if elected. Comstock's press secretary did

not comment about these claims.

"Now, I'm old enough to remember what it was like in the bad old days, before Roe vs. Wade, and I think if anyone who thinks that overturning Roe vs. Wade would do anything positive for a woman's health, they're sadly mistaken," said Sen. Howell.

State Sen. Jennifer Wexton (D-33) said she hoped that women voting between Comstock and Foust do not believe that Comstock is in favor of women's health issues just because she is a woman.

"Barbara Comstock was right there at the center, kind of the standard bearer for those divisive social issues," said Wexton. "That is not what the government should be doing. People told me again and again that they do not want the government micromanaging women's healthcare and family planning decisions"

PERSING SAID that, in addition to helping women get contraceptives more easily over the counter, Comstock has passed legislation to secure job growth in technology fields and was awarded the "Competitiveness Award" and "Free Enterprise Award" for her competitive bidding bill.

"John Foust has never passed a single jobs bill or authored any jobs initiative," said Persing in the email statement. "Barbara also has authored major legislation to crack down on human trafficking, legislation to improve Lyme Disease testing and legislation to require lifesaving testing for congenital heart defects for newborns."

Realtors: Numbers Indicate Stable Housing Market

June home listings climb, with slight dip in sales

The Northern Virginia market recorded increased inventories, providing buyers with more choices. Nonetheless, buyers are challenged by affordability and accessing credit.

The June market in Northern Virginia continues the trend of sales numbers coming in just under those from one year ago at this time, but the signs of a stable market have led to an increase in sellers planting signs on their lawns.

"It is all about managing expectations," said Lorraine Arora, Managing Broker at Long & Foster Real Estate in Springfield. "Some buyers are nervous. When houses are priced correctly, homes will sell."

Arora explained that since there was

no activity in winter months, there was pent up demand for this region's early spring season. Now, she explained, prices are higher but not all sellers are getting their full price. Buyers are less willing to engage in bidding wars.

The housing affordability may continue to be a challenge in the region, said Mary Bayat, 2014 chair elect of the Northern Virginia Association of Realtors. "While the slightly rising home prices indicate an improving market, people are just not making quick decisions to buy." Bayat, a broker/owner of Bayat Realty in Alexandria, also noted that the current tight mortgage regulations have been a drag on buyers' loan process. She noted that mortgage standards are under scrutiny by industry and housing groups at this time.

The Northern Virginia Association of Realtors reported on June 2014 home sales activity for Fairfax and Arlington counties, the cities of Alexandria, Fairfax and Falls Church and the towns of Vienna, Herndon and Clifton.

A total of 2,174 homes were sold in June

2014, a 12.90 percent decrease below June 2013 home sales of 2,496.

Active listings continued to show an increase this month compared with 2013. Listings were up 47 percent over last year, with 4,777 active listings in June, compared with 3,247 homes available in June 2013. The average days on market for homes in June 2014 was 30 days, an increase of 25 percent compared to the 24 days on market for homes in June 2013.

Average home sale prices increased slightly this June to \$580,013. This is up 3 percent compared to June 2013, when the average price was \$563,223.

The median sold price of homes this June, which is \$505,000, rose by 1 percent compared to the median price of \$499,900 in June 2013.

The 2,047 new pending home sales in Northern Virginia in June is a decrease of 9.62 percent compared with 2,265 contracts that were pending in June of last year.

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needed throughout Northern Virginia. Contact the Northern Virginia Long-Term Care Ombudsman Program at www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/, email or email Lisa.Callahan@fairfaxcounty.gov or call 703-324-5861, TTY 711.

*** Meals on Wheels** needs drivers in Franconia, Reston, McLean and Falls Church and substitute drivers throughout the county. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

*** The Lewinsville Adult Day Health Care Center** in McLean needs a front desk volunteer on Wednesdays, 2-3 p.m. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

*** Fairfax County needs volunteers** to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Paycheck Gender Wars?

Across Northern Virginia, men pull larger paychecks than women; disparities larger than national average.

BY MICHAEL LEE POPE
THE CONNECTION

When Lola Arce de Quintela first moved to Oakton 20 years ago, she noticed something about the way men and women arranged their professional careers around their family lives in Northern Virginia. Men took high-powered jobs with large paychecks, while women often dropped out of the workforce to take care of growing families. If women had full-time jobs, she says, they would often select positions that were not as demanding so they could focus their time and attention on their children while husbands and fathers pulled in six-figure salaries.

"The other women who live on my block are teachers," said de Quintela, a freelance translator. "Their husbands are attorneys or they work for the World Bank."

On a national basis, women make 77 cents for every dollar men make. But here in Northern Virginia the disparities are greater, especially in wealthier areas. Nowhere is this trend higher than 22124, the suburb of Oakton, where the average median income for full-time female workers is \$77,000. The men in that ZIP code pull in almost \$130,000. That means women who live in Oakton and are full-time, permanent workers earn 60 percent of what men earn.

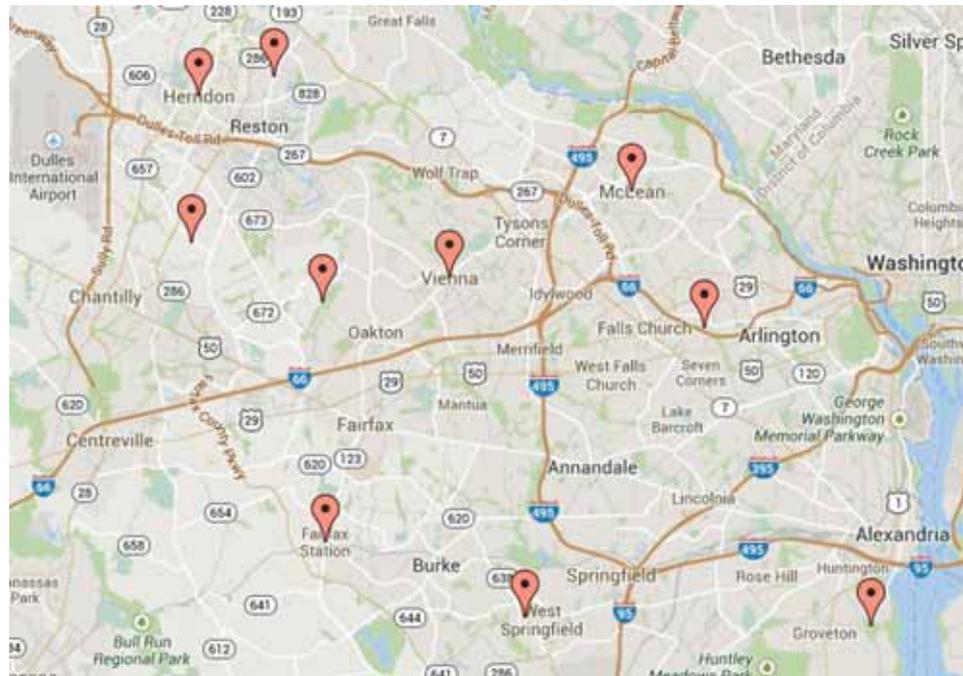
"It's very difficult to have a family and raise kids when you have two people with high-powered careers that demand a lot of time and attention," said de Quintela. "So a lot of women tend to find work that's more flexible and not as demanding, which means they earn less money. It's a trade off."

CENSUS RECORDS show disparities tend to be greatest where people earn the most money. In the Fairfax Station ZIP code 22039, for example, the average annual male median salary is \$134,000. That's one of the highest in Northern Virginia. By contrast, women in this area earn \$86,000 a year. That's still a high salary for the region, but women who live in Fairfax Station earn 64 cents for every \$1 the men who live there make.

Demographers say some of this may be explained by a concept they call "labor force attachment," which essentially means that women are less attached to the labor force than men.

"Given the traditional understandings about who cares for children or aging parents, what we often see is that women take

zip code	location	median female salary	median male salary	percentage women's median salary is of men's
22124	Oakton	\$77,421	\$128,808	60%
20171	Herndon	\$63,577	\$104,495	61%
22205	Arlington	\$70,755	\$115,729	61%
22152	Springfield	\$57,177	\$93,125	61%
22039	Fairfax Station	\$86,085	\$134,133	64%
20170	Herndon	\$49,325	\$74,714	66%
22102	McLean	\$71,113	\$105,995	67%
22182	Vienna	\$86,875	\$127,994	68%
22307	Alexandria	\$65,243	\$93,883	69%
20194	Reston	\$78,398	\$111,942	70%



"If you're looking at why men are earning more, it's because in those cases women who might have a higher earning potential are not in the labor force, they are staying home to raise a family."

—David Versel, senior research associate at the Center for Regional Analysis

on those roles," said Annie Rorem, policy associate in the demographics research group at Weldon Cooper Center for Public Service at the University of Virginia. "We often see differences in female and male earnings that are related to, although I would not necessarily say caused by, family structure."

This trend is less evident in ZIP codes where salaries are lower, and the roles are

even reversed in some of areas with the lowest salaries. In Bailey's Crossroads, for example, women earn \$59,000. But men earn \$46,000, the lowest salary of any Fairfax County ZIP code. That means men earn about 22 percent less than women here, a phenomenon that indicates workers here are attached to the labor force in a way that's different from people at the top of the earnings scale.

"What we are probably seeing in Bailey's Crossroads is women who are nannies of families that make a lot of money," said Veronique de Rugy, a senior research fellow at the Mercatus Center at George Mason University. "They make a lot more money than their male counterparts who are working in construction or putting up drywall."

ACADEMICS WHO look at these numbers say the imbalance of salaries between men and women can be explained by looking at how the genders participate in the labor force differently. A recent study by the George Mason School for Regional Analysis concluded that Arlington County has the highest labor force participation rate for women in the region while the District of Columbia has the lowest. Meanwhile, suburban areas of Fairfax County have much lower female participation rates than urban areas such as Arlington or Alexandria.

"If you're looking at why men are earning more, it's because in those cases women who might have a higher earning potential are not in the labor force, they are staying home to raise a family," said David Versel, senior research associate at the Center for Regional Analysis. "That's obviously less true than it was a generation or two ago, but that's the easiest way of looking at this."

Although the disparity between salaries earned by men and women are glaring, researchers who look at the data warn not to jump to conclusions about gender inequality. These numbers show that men and women who live in the same ZIP codes earn different salaries, it does not say that they receive different salaries for doing the same work. They probably say more about how women and men approach the labor force differently than how employers choose to compensate their employees.

"This doesn't necessarily mean that we are talking about any active gender inequality in the sense of discrimination or men and women being paid different amounts for the exact same labor," said Rorem. "One thing that's important to keep in mind when you are looking at all full-time year-round workers is that one thing you don't pick up is experience between workers."

Eight FCPS Students Win College-Sponsored Merit Scholarships

Eight Fairfax County Public Schools (FCPS) graduates from the class of 2014 have been named winners of college-sponsored scholarships by the National Merit Scholarship Corporation (NMSC).

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

- ❖ Celia Islam of Vienna, Marshall High School (medicine), National Merit George Washington University Scholarship.

- ❖ Brian Clark of Burke, Thomas Jefferson High School for Science and

- Technology (TJHSST) (engineering), National Merit Case Western Reserve University Scholarship.

- ❖ Adam Friedman of Fairfax, TJHSST (environmental science), National Merit Emory University Scholarship.

- ❖ Nicholas Jones of Round Hill, TJHSST (aerospace engineering), National Merit University of Central Florida Scholarship.

- ❖ Thomas Lunn of Potomac Falls, TJHSST (international relations), National Merit Bowdoin College Scholarship.

- ❖ Timothy Ruiter of Centreville, TJHSST (biomedical engineering), National Merit

- University of Georgia Scholarship.

- ❖ Vishal Talasani of Alexandria, TJHSST (economics), National Merit University of Chicago Scholarship.

- ❖ Tony Xiao of Herndon, TJHSST (film production), National Merit Vanderbilt University Scholarship.

College-sponsored Merit Scholarships provide between \$500 and \$2,000 annually for up to four years of undergraduate study at the institution financing the scholarship. Nationwide, approximately 7,600 students have won Merit Scholarship awards in 2014.

MCC Governing Board to Hold a Special August Meeting

The Governing Board of the McLean Community Center (MCC) will hold a special meeting at 7:30 p.m. on Wednesday, Aug. 20. The board schedule does not usually include an August or November meeting, but the Board has decided to hold this special meeting to allow it to work on some time-sensitive projects, such as a proposed renovation and expansion and the FY 2016 budget proposal. The meeting will be held at the Center, which is located at 1234 Ingleside Avenue.

Tax district residents (Small District One A-Dranesville) who wish to speak during the "Citizen Comment" portion of the meeting are asked to call the Center at 703-790-0123, TTY: 711, to be placed on the agenda.

For more information, call the Center at 703-790-0123, or visit the Center's website, www.mcleancenter.org.

SEE WEEK, PAGE 13

The faculty and staff of the Montessori School of McLean (MSM) wish to extend our most sincere gratitude to United Arab Emirates Ambassador to the United States Yousef Al Otaiba and Mrs. Abeer Al Otaiba for hosting this year's annual fundraising gala.

The "Arabian Nights" gala was held at the Embassy of the United Arab Emirates (UAE) in Washington, D.C. At the event, MSM faculty, staff and guests were treated to a spectacular evening, featuring Arab music, food, art and culture. Guests also had the opportunity to enjoy traditional Arabic shisha under the stars, food and hookah bar.

The gala was made possible through a wonderful collaboration between the UAE Embassy and the MSM Parent Association gala committee, and was the most well-attended and successful event in the school's history.

Again, we thank Ambassador and Mrs. Al Otaiba, and the entire Embassy staff for this memorable event.

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OPINION

Tragic Consequences

Money lost by refusal to expand health coverage, but also life, health and livelihood.

The Virginia General Assembly's refusal to expand Medicaid, extending health coverage to as many as 400,000 Virginians has resulted in the loss of about \$1 billion in direct payments.

But that understates the loss, failing to calculate the cost of the lost health

EDITORIAL

of thousands of Virginians. Consider one relatively young man, treated by the Health Wagon, who is losing his vision to untreated diabetes because he has no health coverage, his diabetes went undetected for years and can't afford monitoring or medicine. Once diabetes begins to take its toll, it cannot be reversed. Once the man is blind and unable to work, he will likely be covered by Medicaid because he is permanently disabled.

The Centers for Disease Control says chronic illnesses are "the nation's leading causes of death and disability, leav[ing] in their wake deaths that could have been prevented, lifelong disability, compromised quality of life, and burgeoning health care costs. ... Heart disease, stroke, cancer, diabetes, obesity, and arthritis are among the most common, costly, and preventable of all health problems."

Consider the hundreds or thousands of Virginians who are not receiving routine care or screenings of any kind, whose cancer or high blood pressure or heart disease or diabetes, or even mental illness, rob them over time of their ability to work, to care for themselves or their families. Many will die of illnesses that could have been prevented or treated. The human toll is incalculable, unbearable and unnecessary.

It is unfair that health coverage depends on what state you happen to live in, that an ideologically driven General Assembly can determine your fate. If you are poor and live in a state that has chosen to accept expansion of health care with Medicaid, you have health insurance, for example in the bordering states of West Virginia, Kentucky and Maryland. But if you are poor and live in Virginia, or one of the other states that has refused to expand Medicaid, you are out of luck, out of health and possibly out of life.

Business groups and chambers of commerce around Virginia, including the Fairfax County Chamber of Commerce, support the expansion of Medicaid in Virginia under the Affordable

Care Act. One persuasive factor for the business community is that expansion would create an estimated 30,000 jobs and pump hundreds of millions of dollars into Virginia's economy. Hospitals support expanding Medicaid which would offset many of the costs of caring for uninsured populations.

In Virginia, Medicaid eligibility for adults without disability is almost nonexistent, limited to parents with incomes below 51 percent of poverty, or about \$11,900 a year for a family of four, according to the Kaiser Family Foundation. Adults without dependent children remain ineligible regardless of their income.

Under the Affordable Care Act, people with incomes 100 - 400 percent of poverty qualify for subsidies on their health insurance premiums when they purchase coverage through a Marketplace. Because the Affordable Care Act envisioned low-income people receiving coverage through Medicaid, people below poverty are not eligible for Marketplace subsidies. As many as 400,000 adults in Virginia fall into the coverage gap because they don't qualify for Medicaid under Virginia's rules, among the most stringent in the nation, but earn less than the poverty rate, so not enough to qualify for subsidies.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

'Living Wage' Tough to Achieve in Northern Virginia

Housing and job opportunities needed to relieve poverty.

BY MARY AGEE

NORTHERN VIRGINIA FAMILY SERVICE PRESIDENT AND CEO

On the surface, Martha Ordon is living the typical Northern Virginian life. She works as a medical receptionist at a doctor's office in Fairfax, and talks proudly about her 16 year-old daughter, a socially-active junior who plans to study business in college when she graduates. The reality is a little bit more complicated.

Martha and her daughter moved to Fairfax in 2008 from Louisiana. Her friend had urged her to make the move to Northern Virginia, telling her about the fantastic quality of life: the great schools, the strong job market and the sense of community. What her friend hadn't mentioned was the high cost of living. In Louisiana, Martha had worked as a cook in a Catholic school and always made



PHOTO CONTRIBUTED

Training Futures is a free program for adults who are determined to gain the skills to excel in professional, administrative roles.

enough to pay her bills. In Fairfax, she took a full-time job as a cook making \$10.50 an hour and a part-time job as a retail sales associate making \$8 an hour. With two jobs, Martha could pay her bills, but she rarely got to see her daughter. When Martha lost her job as a

cook, she began working retail full-time but could no longer make ends meet.

In 2012, Martha and her daughter were evicted from their apartment. They lived in a hotel until a space became available at a local family shelter. Martha recognized

that in order to pull her life back together and provide a stable home for her daughter, she would need a living-wage job. She also realized that her previous experience as a cook was not going to

SEE OPPORTUNITIES, PAGE 7

McLean
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LETTERS

Following the Rule of Honor

To the Editor:

The recent story in McLean Connection about Governor Terry McAuliffe signing special legislation that would focus on helping military personnel and their families underscored the importance of what these fine Americans do for our country. A grateful nation and state should acknowledge their sacrifice by helping them when possible.

All too often we focus on the rule of money and self-interest. We forget that our freedoms are not free. They must be defended in a hostile world. These Americans have stepped up to the plate and served

our nation. The rule of honor, not money, is what motivates them. I believe that our country would be much better off if this same concept of honor could extend beyond the military and permeate all aspects of our lives.

In my book, Return to Order (which I will be presenting at Book-A-Million on July 26 in McLean), I discuss this need to return to honor, order and all those things that really matter. Actions like that of Governor McAuliffe are a very good beginning.

John Horvat
McLean

Creating Opportunities

FROM PAGE 6

help her rise above the poverty line. During her shelter stay, Martha discovered Training Futures, the nationally-recognized, workforce development solution of Northern Virginia Family Service.

Training Futures is a free program for adults who are determined to gain the skills to excel in professional, administrative roles. The 6-month curriculum not only teaches college-level administrative skills such as the Microsoft Office Suite, customer service, records management, medical terminology, business English and business math, but also through a partnership with Northern Virginia Community College, offers eligible trainees the opportunity to earn up to 21 college credits and a Career Studies Certificate in Business Information Technology.

Trainees come to Training Futures Monday – Friday, 9 a.m. – 2 p.m., and often arrive early and stay late to master course work. They are outfitted in the Training Futures Clothing Closet and expected to wear business professional clothes every day. Each trainee reports to a “supervisor,” or staff member, who coaches them around attitude and business habits, encourages them and above all else, holds them to high “corporate” expectations. When trainees arrive for their first day at their new professional, administrative job, they not only have the skills to add value, but also look and act the part of an excellent employee. Martha knew she had found the pathway to the life she imagined for herself and her daughter. Within five weeks of graduating from this exciting program, Martha landed her position as a medical receptionist, making \$14 an hour.

While at the shelter, Martha was also referred to the Bridging Affordability Program. Bridging Affordability is administered by Northern Virginia Family Service in partnership with Fairfax County Department of Housing & Community Development. The program combines rental subsidies and case management supportive services with the intent of moving families forward toward self-sufficiency. Bridging Affordability has given Martha the time and financial breathing room to attend Training Futures and work towards a living wage. As Martha nears the end of her time in Bridging Affordability she is paying down debt which will allow her to purchase a car and further broaden her housing options. She has increased her income 57 percent since starting the program, thanks to the training and subsequent employment she found following Training Futures, but still needs to consider affordable housing options, which are rare in this area.

The comprehensive nature of NVFS programs, including Workforce Development and Housing Services, provide clients with a unique opportunity to achieve several substantial goals at one time. NVFS has made the investment to ensure that when clients who seek our services for one issue may access the full range of our programs to increase the odds of achieving self-sufficiency. In the community, NVFS has been working with partners in both the nonprofit and government sectors who recognize the cross section between these two service areas. Families will not be able to maintain stable housing without living wages, and our efforts to solve the housing program in Northern Virginia are contingent upon holistic solutions that address both of these issues, together.

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NEWS

PHOTO BY VERONICA BRUNO/THE CONNECTION



America Eats Tavern Officially Opens

America Eats Tavern in the Ritz-Carlton, Tysons Corner, held its opening party last Thursday, July 10. Pictured here are ThinkFoodGroup's Culinary Operations Director Joe Raffa with Head Chef Nate Waugaman and sous chef Aaron Helfand.

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U.S. News: Inova Fairfax Hospital Tops in D.C. Metro Area

For the third year in a row, Inova Fairfax Medical Campus has been ranked as the top hospital in the Washington, D.C. metropolitan area by U.S. News & World Report. Inova Fairfax also jumped in rankings to second in the state, and earned national recognition as No.33 in the country in Gynecology and No. 42 in Neonatology. The annual U.S. News Best Hospitals rankings, now in their 25th year, recognize hospitals that excel in treating the most challenging patients.

“Three years in a row as No. 1 is an outstanding accomplishment and we are proud of our hospital’s dedicated physicians and

staff who provide the best of care to our patients every day. I’d like to congratulate our staff, particularly within Inova Women’s and Children’s for their impressive and well-deserved national rankings,” said Patrick Christiansen, PhD, chief executive officer, Inova Fairfax Medical Campus.

Inova Fairfax Medical Campus also earned high-performing rankings in 11 specialties:

- ❖ Cancer
- ❖ Cardiology and Heart Surgery
- ❖ Diabetes and Endocrinology
- ❖ Ear, Nose and Throat
- ❖ Gastroenterology & GI Surgery,

- ❖ Geriatrics
- ❖ Nephrology
- ❖ Neurology and Neurosurgery
- ❖ Orthopedics
- ❖ Pulmonology
- ❖ Urology

In the recently released U.S. News Best Children’s Hospital Rankings, Inova Children’s Hospital was named 42nd in the nation for Neonatology.

U.S. News publishes Best Hospitals to help guide patients who need a high level of care because they face particularly difficult surgery, a challenging condition or extra risk because of age or multiple health problems.

Objective measures such as patient survival and safety data, adequacy of nurse staffing levels and other data largely determined the rankings in most specialties.

The rankings are available at <http://health.usnews.com/best-hospitals> and will appear in the U.S. News “Best Hospitals 2015” guidebook, available in August.

All five of Inova’s hospitals were recognized again this year in the top 15 best hospitals in the Washington, DC, metropolitan area, and top 20 in Virginia. To learn more about Inova Fairfax Medical Campus, visit www.inova.org/ifh.

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CALENDAR

Send announcements to mclean@connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encouraged.

FRIDAY/JULY 25

Playdate Cafe. 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Play area and toys for children. Coffee and conversation for grown-ups. For ages 0 and up with a parent or caregiver. 703-757-8560.

Pokemon League. 3 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Learn and play. Ages 5 to 18. 703-930-0405.

Bizet Carmen. 8:15 p.m. Wolf Trap, 1645 Trap Road, Vienna. Wolf Trap Opera and the National Symphony Orchestra in a thrilling tale of love, lust, and desire. New production, fully staged and costumed with custom video projection design. Sung in French with English supertitles. Tickets: \$25-\$75. www.wolftrap.org/

Look at the Stars! Observatory Open. 7:30-10:30 p.m. Turner Farm Park, Springvale Road, Great Falls. Come to the observatory park for Friday Night viewings! www.analemma.org.

SATURDAY/JULY 26

Sarah McLachlan. 8 p.m. Wolf Trap, 1645 Trap Road, Vienna. With emotional ballads and ethereal vocals, this Grammy-winning "Angel" has become "pop's voice of compassion and consolation" (The New York Times). Tickets: \$30-\$70. www.wolftrap.org/

Cars & Coffee. 7-9 a.m. Katie's Coffee House, 760 Walker Road Great Falls. Come find an amazing gathering of antique, custom, hotrods, exotic and sports cars; they're all here. 703-759-

2759.

Great Falls Farmers Market. 9 a.m.-1 p.m. Great Falls Village next to the Wells Fargo Bank, 778 Walker Road, Great Falls. Don't forget to bring your recyclable bag! www.greatfallsfarmersmarket.org.

Guys and Dolls. 2 and 8 p.m. Alden Theater, 1234 Ingleside Ave, McLean. The McLean Community Players present one of the most enduring works of musical comedy, set in Runyon's mythical New York City. \$18-20. 866-811-4111. www.mcleanplayers.org

SATURDAY/JULY 26-SATURDAY/AUG. 9

McLean AAUW 45th Annual Used Book Collections. 9 a.m. - 1:30 p.m. Sun Trust Bank, 515 Maple Avenue East, Vienna. Bring book, CD and DVD contributions for the 45th Annual Used Book Sale in September. Email aauwbookfair@gmail.com or call 703-527-4206 for information.

SUNDAY/JULY 27

Summer Sunday Concerts in the Park. 5 p.m. McLean Central Park, 1468 Dolley Madison Boulevard, McLean. Multiple Washington Area Music (WAMMIE) Award-winner and bluesman extraordinaire, Tom Principato sets the telecaster on fire and makes having the blues so good.

Tom Principato. 5 p.m. McLean Central Gazebo, 1468 Dolley Madison Blvd., McLean. Guitarist Tom Principato combines blues and high-energy rock. 703-790-0123.

MONDAY/JULY 28

Tiny Tot Time. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Songs, rhymes, activities and a story. Age 13-23 months with adult. 703-356-0770.

Reptiles Alive. 7 p.m. Oakton Library, 10304 Lynnhaven Pl., Oakton. See how these amazing animals cling,

climb and chase in the wild. Ages 6 to 12. 703-242-4020.

Great Falls Library Read to the Dog. 4:30-5:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Beginning readers can practice reading to a furry friend. Call 703-757-8560 to sign up.

McLean & Great Falls Celebrate Virginia Meeting. 5:30 p.m. McLean Community Center, 1234 Ingleside Avenue, McLean. The group will be finalizing plans for their August 24 event, An Afternoon with the Madisons, commemorating the bicentennial of the burning of the nation's Capitol during the War of 1812. 703-356-8223.

TUESDAY/JULY 29

Colvin Run Dance Lessons. 6:30-10:30 p.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Weekly Dance/Lesson Series with Ed Cottrell & the NVA Dance Crew. \$12. 703-435-5620.

WEDNESDAY/JULY 30

Splish and Splash. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Stories, songs and activities about wash day. Ages 2 to 5 with an adult. 703-356-0770.

Preschool Storytime. 10:30 a.m. Oakton Library, 10304 Lynnhaven Pl., Oakton. Stories and songs for children and adults. Ages 3 to 5 with adult. 703-242-4020.

Pokemon League. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Come play Pokemon with your friends. 703-757-8560.

Jazz at Lincoln Center Orchestra with Wynton Marsalis. 8 p.m. Wolf Trap, 1645 Trap Road, Vienna. Grammy-winning jazz master Wynton Marsalis and an all-star orchestra. Tickets: \$25-\$48.

SEE CALENDAR, PAGE 11



Multiple Washington Area Music (WAMMIE) Award-winner and bluesman extraordinaire, Tom Principato sets the telecaster on fire and makes having the blues so good. See him at McLean's Summer Sunday Concerts in the Park on July 27 at McLean Central Park.

Trees for McLean Neighborhoods

Homeowners who enjoy trees can now plant a tree in their front yard this fall or next spring with the help of the McLean Trees Foundation. The McLean Neighborhood Tree Program, a new initiative of MTF, is funded in part by the McLean Community Foundation and encourages homeowners to become actively engaged in the selection, planting, and care of their trees.

The program, the first of its kind in McLean, is similar to existing tree programs in Falls Church, Arlington, and Washington D.C. The program emphasizes homeowner involvement and long-term restoration of a quality tree canopy rather than short-term quantity planting.

"To plant a tree and see it thrive and grow over a period of time is a joyful and positive experience," said Joyce Harris, Chairman of the McLean Trees Foundation. "Trees improve our environment, contribute to our health and well-being, and enhance the character and beauty of our community."

MTF has traditionally planted trees on public and private prop-



PHOTO CONTRIBUTED

From left: Janet Tysee, MCF Trustee; Alan Denko, MTF Board Member; Ameer Burgoyne, President of MCF; Joyce Harris, Chairman of MTF; Rip Sullivan, MCF Trustee; Bob Koenig, MTF Board Member; and Joann Berkson, Vice President of MCF.

erty, but this is the first MTF program designed to encourage homeowner involvement and to educate homeowners about the environmental, health, aesthetic, and economic benefits of trees.

"Trees impact our lives and the environment in many ways, but some homeowners may not realize that there are significant economic benefits to be gained from planting trees on their property," said Harris. "For example, trees increase property values by 10 to 15 percent; homes with trees sell more quickly and for higher prices than homes without trees; and one mature 25-foot tree reduces annual heating

and cooling costs of a typical residence by 8 to 12 percent."

AN ADDITIONAL GOAL of the program is to help restore and diversify the tree canopy in McLean.

"To fully enhance the tree canopy in Fairfax County, tree planting must occur on privately-owned residential lots, as county-owned and commonly-owned open spaces are limited," said Keith Cline, Director of the Fairfax County Urban Forest Management Division. "Residential lots have the most space for planting new trees in Fairfax County and trees are more likely to thrive with a homeowner caring for them." "A program like this

benefits the environment, neighborhoods, homeowners, and the community," said Jim McGlone, Urban Forest Conservationist with the Department of Urban Forestry in Northern Virginia, and a consultant to the program. "A healthy tree population projects a positive community image and improves the quality of life for all of us."

To join the program, homeowners must complete an application that can be found online and pay a \$50 fee that helps to supplement program costs. Once an application has been received, MTF volunteers will visit the homeowner's property to discuss the program, review their property, and recommend tree species and planting locations.

MTF volunteers will work with the homeowner to properly plant the tree and guide the homeowner on watering and maintaining the tree. A follow-up visit to the property will be carried out by an MTF volunteer one to six months after the planting.

Planting dates can be scheduled for the fall or spring. Applications are accepted year round.

MTF offers a selection of native one-inch caliper (diameter) understory and canopy trees. Trees of this size have a high survival rate and are easy

for volunteers to handle. The selection of trees include Oaks, Black Gum, Elm, American Holly, Bald Cypress, Eastern Red Cedar, Sweet Gum, Fringe Tree, Redbud, American Hornbeam, Sweetbay Magnolia, and Serviceberry.

"This is an experience that the whole family can participate in, including children," said Harris. "It's an experience that will stay with you for life."

Unlike other neighboring tree programs, MTF receives no jurisdictional funding and is solely dependent on fees, grants, and contributions to support its program.

"The McLean Neighborhood Tree Program is an innovative environmental program, managed solely by volunteers, and it will help to improve our environment and enhance our neighborhoods," said Ameer Burgoyne, President of the McLean Community Foundation. "We are pleased to partner with MTF"

MORE INFORMATION on the McLean Neighborhood Tree Program can be obtained on MTF's website: McLeanTreesFoundation.org. or call Joyce Harris, Chairman of MTF, at 703-216-5605.



Vienna native Natalie York returns with her Brooklyn, N.Y.-based band and second album PROMISES on Aug. 2 at Jammin' Java.

CALENDAR FROM PAGE 10

www.wolftrap.org/

THURSDAY/JULY 31

Patrick Henry Book Club. 1 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Among the Mad: A Maisie Dobbs novel by Jacqueline Winspear. Adults. 703-938-0405.

Teen Volunteer Sign-up for Reading Buddies. 4:15 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Please report at 4:15 p.m. Teen. 703-757-8560.

Reading Buddies. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Grab a book, grab a buddy! Beginning readers and teens practice reading together. School-age. 703-757-8560.

Happy Birthday, Harry Potter. 7 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Help us celebrate the birthday of favorite literary wizard. Games, trivia, fun. Teens and adults. 703-938-0405.

Rodrigo y Gabriela. 8 p.m. Wolf Trap, 1645 Trap Road, Vienna. Nimble-fingered Mexican guitar duo presents rhythmically supercharged instrumentals, with influences ranging from heavy metal to salsa. Tickets: \$35-\$65. www.wolftrap.org/

Great Falls Rotary Club Weekly Speaker Series. 7:30-8:30 a.m. River Bend Country Club, 375 Walker Road Great Falls. Visit <http://www.rotarygreatfalls.org/> to join.

Artists Meet for Coffee. 8:30-10 a.m. Katie's Coffeehouse, Georgetown Pike, Great Falls. Local Artists meet for Coffee; do drop in! 703-759-2759.

FRIDAY/AUG. 1

Kayak Tour – Moonshine & Mayhem. 5-7 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. What is now Riverbend Park once was a safe haven for illegal whiskey-making operations during the 1920s; kayak past river islands and discover its shady past. Ages 14+. \$59-\$74. Register at <http://www.fairfaxcounty.gov/parks/riverbend-park/kayaktours.htm>.

SATURDAY/AUG. 2

Sunrise Kayak Tour. 7-9 a.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Paddle with a naturalist and learn about the historical and natural beauty of the Potomac. Ages 14+. \$59-\$74. Register at <http://www.fairfaxcounty.gov/parks/riverbend-park/kayaktours.htm>.

Free Tai Chi Beginners' Practice. 8-9 a.m. McLean Central Park basketball court, 1468 Dolley Madison Blvd, McLean. Open to all, including first-timers, every Saturday morning. 703-759-9141 or www.freetaiichi.org/practice.shtml.

Natalie York Band at Jammin' Java. 7 p.m. Jammin' Java, 227

Maple Avenue East, Vienna. Vienna native Natalie York returns with her Brooklyn, NY-based band and second album PROMISES. Tickets available at www.jamminjava.com.

SATURDAY/AUG. 2 - SUNDAY/AUG. 3

Tysons-Pimmit Library Book Sale. 10 a.m. - 4 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Friends of the Tysons-Pimmit Regional Library is holding a book sale to benefit the Tysons-Pimmit Regional Library on August 2 and 3. Choose from a large selection of on Sunday, August 3, from 1:00 p.m. to 4:00 p.m. Donations are welcome.

SUNDAY/AUG. 3

Intro to River Kayaking. 1-1:30 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. This introductory level course covers river hazards, water safety and paddling basics. Ages 14+. \$28-43. Register at <http://www.fairfaxcounty.gov/parks/riverbend-park/kayaktours.htm>.

FRIDAY/AUG. 8

Kayak Tour – Sunset over Riverbend. 5-7 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Experience the end of the day with a tour of the upper Potomac. Ages 14+. \$59-\$74. Register at <http://www.fairfaxcounty.gov/parks/riverbend-park/kayaktours.htm>.

SATURDAY/AUGUST 9

Free Tai Chi Beginners' Practice. 8-9 a.m. McLean Central Park basketball court, 1468 Dolley Madison Blvd, McLean. Open to all, including first-timers, every Saturday morning. 703-759-9141 or www.freetaiichi.org/practice.shtml.

WEDNESDAY/AUG. 13

Kayaking for Fitness. 5-7 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Four beginning kayaking classes that teach flat and moving water kayaking basics while increasing fitness. Ages 14+. \$119-\$134. Register at <http://www.fairfaxcounty.gov/parks/riverbend-park/kayaktours.htm>.

FRIDAY/AUG. 15

Kayak Tour Island Hopping. 5-7 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Explore the upper Potomac River islands by kayak. Ages 14+. \$59-\$74. Register at <http://www.fairfaxcounty.gov/parks/riverbend-park/kayaktours.htm>.

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Guys and Dolls is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTL, 421 West 54th Street, New York, NY 10019. Phone: 212-541-4684 Fax: 212-397-4684 MTIShows.com

Join the McLean Players' Facebook Group

SPORTS

Langley Grad Collier to Play Basketball at Denison

Q&A: Collier enjoys listening to Nas, watching Will Ferrell movies.

As a senior, Garrett Collier was an all-region wide receiver on the highest-scoring offense in Langley football history. He was also a defensive back and an all-conference kick returner and punt returner. A broken collar bone knocked him out of the final game of the season, but Collier played a significant role in helping the Saxons finish 9-3, including a playoff victory over Battlefield.

While Collier had a strong senior season on the football field, his future is on the hardwood. An all-conference basketball player at Langley, Collier signed to play hoops at Denison University in Granville, Ohio. Collier, a three-year varsity football and basketball player at Langley before his 2014 graduation, recently participated in a Q and A via email with The Connection.

*Connection: What made Denison University the right fit for you?

Collier: I developed a solid relationship with the coaching staff, it had the perfect balance of strong academics and social life, a beautiful campus, and I just felt at home when I visited.



CONNECTION FILE PHOTO

Garrett Collier (22) was a standout on the basketball and football teams at Langley.

*Connection: What is your major?

Collier: Economics.

*Connection: At what age did you start playing basketball? When did you realize playing college basketball was a possibility for you?

Collier: As early as I can remember. From a very early age, I always wanted to play college sports, I just wasn't sure if it would be basketball or football.

*Connection: You were also a standout football player at Langley. Did you give any thought to playing football in college? If so, when did you make the choice between football and basketball?

Collier: I didn't expect to have the [senior] season I had in football, so I didn't give much thought to playing in college. By the time I received interest, I had already committed to Denison.

*Connection: You broke your collar bone during football season, correct? In which game did you break it?

Collier: I broke it during our regional quarterfinal game against Stonewall Jackson.

*Connection: How long were you out? How difficult was it to miss time?

Collier: I had surgery a couple days after the game, and was out for about six weeks. I missed the first 10 games of basketball, which was difficult for the team because we were so young. The slow start hurt some of the younger players' confidence, and I believe that was a big reason we weren't able to be as successful as we wanted to.

*Connection: What is your favorite memory of playing high school basketball? What is your favorite football memory?

Collier: My entire junior year basketball season was one great memory in itself. I could say the same about this past football season, but I'd say getting revenge on Chantilly and smashing crosstown rival McLean.

*Connection: If you could go back and

change one thing about your high school athletic career, what would it be?

Collier: I wouldn't have let [Wakefield's] Re'Quan Hopson shoot the buzzer-beater 3-pointer that knocked us out of regionals [in 2013].

*Connection: What are you most looking forward to about the transition from high school to college?

Collier: The step up in competition and the freedom of living on your own.

*Connection: Who is your favorite music artist? Why?

Collier: Nas. No explanation needed. The Rolling Stones are also a favorite.

*Connection: What is your favorite movie?

Collier: 'Pineapple Express,' any Will Ferrell movie and 'Django Unchained.'

*Connection: Do you play video games? If so, which one is your favorite?

Collier: FIFA is life.

*Connection: What is your favorite hobby outside of basketball and football?

Collier: I love to golf and just hang out with friends.

*Connection: What location is the farthest you have traveled from the Washington, D.C. metro area?

Collier: Russia.

*Connection: Are you a pro sports fan? If so, who are your favorite teams?

Collier: All D.C. sports teams. HTTR.

— JON ROETMAN

Madison's Koshuta Returned to Dominance After Torn ACL

Q&A: 6-2 post earned all-state in 2014, committed to Virginia Tech.

A torn ACL sidelined Kelly Koshuta for her entire sophomore season, but the injury didn't keep the 6-foot-2 Madison basketball standout from returning to dominance. After averaging 19.5 points and 10.8 rebounds as a freshman post, leading the Warhawks to a Liberty District title and a trip to the region semifinals, Koshuta injured her left knee during an AAU game in the summer of 2012. After sitting out as a sophomore, Koshuta returned for her junior campaign and earned all-state honors. Madison reached the region semifinals for the second time in three years, and Koshuta nearly willed the Warhawks to victory and a berth in the state tournament. Facing eventual region champion Stonewall Jackson and 6-foot-2 Wake Forest-bound Nicole Floyd, Koshuta scored a career-high 39 points and grabbed 19 rebounds, but Madison fell short, 78-72.

"She has great hands and she just has the determination to score," Madison head coach Kirsten Stone said about Koshuta entering her junior season. "She knows how to use her body. She's a little bit undersized for a post, but she knows



CONNECTION FILE PHOTO

Madison's Kelly Koshuta scored 39 points and grabbed 19 rebounds during a loss to Stonewall Jackson in the 2014 6A North region semifinals.

how to position herself in a way that she can score."

Koshuta, a rising senior, will have one more season to try and lead Madison to the state playoffs. After high school, Koshuta will play for Virginia Tech after committing

to the Hokies during her junior year.

Koshuta recently participated in a Q and A via email with The Connection.

*Connection: You're committed to Virginia Tech. What made Tech the right fit for you?

Koshuta: Virginia Tech was the first school to offer me, and they called the day after I got injured and believed in me. VT Head Coach Dennis Wolff took over a struggling program and has made improvements every year. The coaches at Virginia Tech believe in me, and they think I will make an immediate impact in the ACC, and that is also attractive to me. I will be playing against some of the best players in the country, not to mention I absolutely love the school, and the campus.

*Connection: At what age did you start playing basketball? Have you always been a post player? When did you realize playing college basketball was a possibility for you?

Koshuta: I started in second grade. I have pretty much been a post player my whole life. I realized college basketball was a possibility when colleges started recruiting me in seventh grade.

*Connection: You missed your sophomore season due to a torn ACL. How has that injury and the work it took to get back affected you as a basketball player and a person?

Koshuta: It motivated me to never take basketball for granted. I realized how much I missed the game when I had to watch my

sophomore season from the bench. I kept training as soon as I could stand, and worked hard on my game all during rehab. As a person, I now reach out to other athletes who get injured and tell them to work hard, and things will get better.

*Connection: Was there ever a time during your rehab that you wanted to give up?

Koshuta: Never. I had a great surgeon, Dr. Chris Annunziata, and an awesome physical therapist named Sam Kang and they were both positive I would make a complete comeback. I also had support from my trainer, Mandy Ronay, and my family. If anything, I worked even harder after my surgery, both in rehab, and training for basketball.

*Connection: You stand 6 feet 2. How often does someone mention your height during a conversation or ask if you play basketball?

Koshuta: People talk about my height all the time, but it's funny: I am actually undersized for a college post player. I have played against girls who are 6-6 and 6-7 during AAU season.

*Connection: What is your favorite athletic moment from your first three years at Madison?

Koshuta: Two things come to mind: beating Paul VI in the Bulldog Bash my freshman year, and winning the Liberty District my freshman year.

— JON ROETMAN

FAITH NOTES

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

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. Free and open to the public. 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.

WEEK FROM PAGE 5

McLean & Great Falls Celebrate Virginia to Meet July 28

McLean & Great Falls Celebrate Virginia will meet Monday, July 28, at 5:30 p.m. at the McLean Community Center, 1234 Ingleside Ave., McLean. The group will be finalizing plans for their Aug. 24, 2 p.m. event, An Afternoon with the Madisons, commemorating the bicentennial of the burning of the nation's Capitol during the War of 1812. Roger Mudd will be the Honorary Chair and the event will be free of charge. If interested in knowing more can contact Carole Herrick at 703-356-8223.

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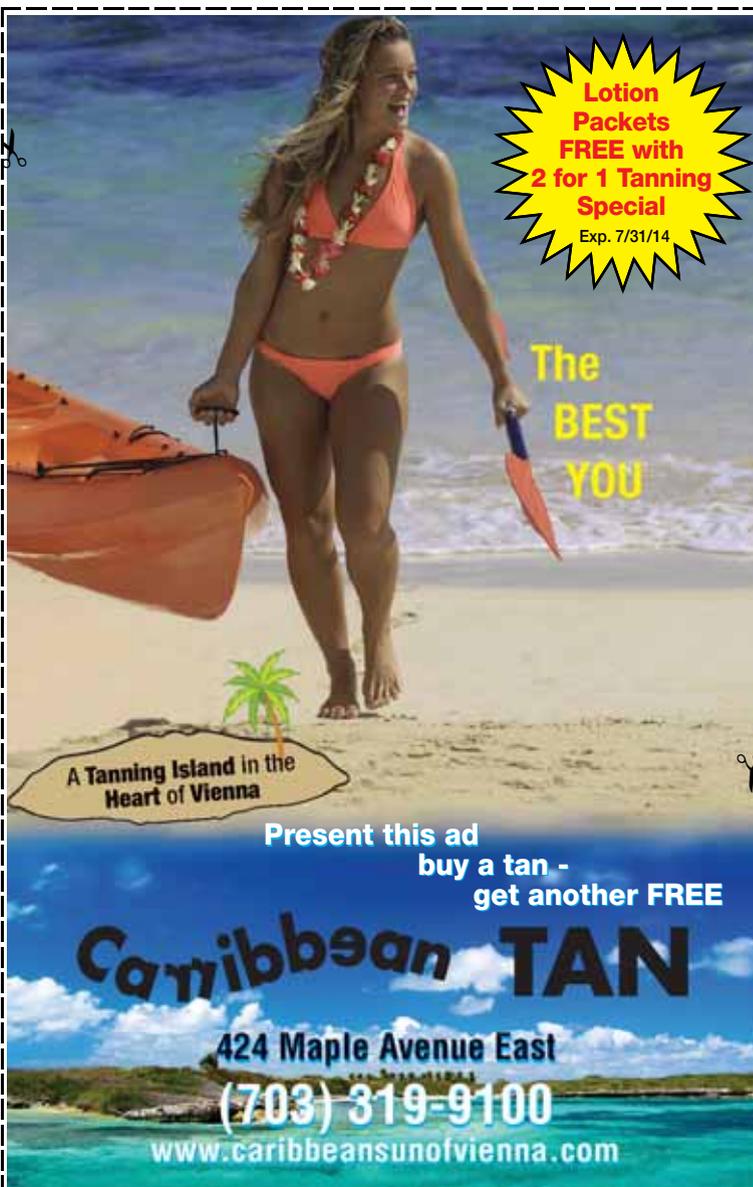
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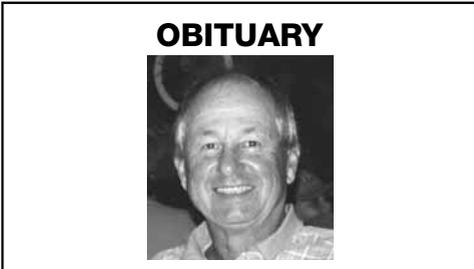
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21 Announcements 21 Announcements



OBITUARY
James E. "Butch" Miller, 76, of Burgess, Virginia went to be with his Lord on July 11, 2014. He is survived by his wife of 50 years, Marlene Miller and their three children, Denise, Scott, and Teague Miller; and two grandchildren, Tristan and Bailey Miller. He is also survived by three sisters, Linda Casciano of Leesburg, Va., Bonnie Bolick of Radford, Va. and Becky Paul of Charlotte, N.C., and ten nieces and nephews. He was predeceased by a brother Curtis Miller.
 Butch was raised in Great Falls, Va. and graduated from Herndon High School in 1956. In 1960, he graduated from Virginia Tech with a degree in Civil Engineering. Following graduation, Butch worked for and rose to become president of Moses-ECCO Construction Company, and he in the early 1970's went to work as Vice President of L.F. Jennings Construction Company, where he worked until his retirement in 2002.
 In 2002, Butch and Marlene began their retirement years by moving from Leesburg, Va. where they had raised their family, to the Northern Neck of VA, where they settled in a home on the banks of The Great Wicomico River. It was important to Butch upon retirement to occupy his time in a worthy pursuit, so he began playing golf on a regular basis. He organized and ran Men's Golf Leagues at the Tartan and King Carter Golf Clubs. He was affectionately known at those two clubs as the "Honorable Commissioner of Golf".
 Butch was a devout Christian his entire life and when he retired to the Northern Neck of VA, he joined the Wesley Presbyterian Church in Weems, Va., where he was a very active member, was chosen to become an Elder, and was Chairman of numerous church committees. He often said that the most important thing in his life was his faith in Jesus Christ.
 In 2007 Butch became a consultant in the reconstruction of seven buildings on the Paxton Campus of the ARC of Loudoun, a charitable corporation which operates a school for autistic children. Butch spent countless hours on these projects, bringing all projects in under budget. The ARC of Loudoun recently honored the contribution and lasting legacy Butch made to the building and the children at Aurora school by naming the building and placement of a plaque which reads: "The J.E. 'Butch' Miller Building, beloved friend of Paxton whose expertise, hard work, and generous spirit brought the dream of this building to life for the children."

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A Battle— Hopefully Not to the Premature Death

By KENNETH B. LOURIE



One of my ongoing major concerns is the origin of the miscellaneous symptoms I irregularly experience. Obviously I don't want to think they're cancer-related, so assessing them becomes minding what potentially matters. Moreover, since I don't want to believe the cancer is actually harming me, convincing myself that what I feel might be important to share with my oncologist is almost a fool's errand. Though I've been in this situation going on nearly five and one half years now, I am still stubborn and stupid about my reality. And though I further realize that pretending doesn't work, and denial is hard to maintain when you receive chemotherapy every three weeks, still, accepting the various symptoms as cancer has been too scary for me to consider; so I haven't/don't.

Perhaps it's the treatment (I tell myself constantly), and the cumulative effect on my body of non-stop chemotherapy every three weeks for five-plus years, save for a year when I was able to take a "targeted therapy" pill, Tarceva, at home every day, that is manifesting itself? As I may have joked, being a cancer patient is all it's cracked up to be. In one delivery system or another, I have been receiving treatment for almost 64 months. It seems only logical that my body would at some juncture begin to feel the effects from that kind of long-term exposure, though my lab work doesn't necessarily reflect it, other than for the kidney and liver issues with which you regular readers are familiar. I would imagine there has to be some wear-and-tear-type fatigue. I mean, 64 months of fairly toxic materials swirling around in your blood system and interacting with all your organs; not exactly a recipe for normalcy. It can't be one big happy family in there, if you know what I mean. There has to be some disagreements. So far, however, apparently not; at least as indicated by my labs and scans, which if certain levels changed would likely warrant a retreat of some kind.

Perhaps what I feel is simply my age. How would I know? I've never been this age before; but certainly it's possible, maybe even probable. For all I know, this is what age 60 feels like. Maybe all that I feel – and all that I worry about – is simply the aging process, and this allows me to rationalize away my worst fears. Or, and this is the worst-case scenario, the age symptoms could be masking the cancer symptoms, and yours truly continuing to do nothing about either is way past pretending and denying; it's almost irresponsible, and disrespectful even, to the efforts being made – by myself and others, to keep me alive. After all, keeping a stage IV, non small cell lung cancer/terminal patient alive for as long as I've survived doesn't exactly happen by accident. Stage IV lung cancer is a killer, almost always, and one's amazing good fortune shouldn't be taken for granted.

Shouldn't I be paying closer attention here? If I feel something, shouldn't I allow my oncologist the opportunity to evaluate me? Who am I, a writer/salesperson, to determine what is medically significant (cancer-related), and what is not (age-related)? As I've said a hundred times in my life, I know about two things: sports and chocolate, neither of which has much to do with cancer and its treatment. Concerning science and medicine, I know very little. Usually at least, I know enough to follow directions. Therefore, if I've been told to do something (by my doctor/health care team), maybe it's time I did. It's likely to be important living forward, especially considering I've reached an age no one expected me to be.

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

BULLETIN BOARD

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

THURSDAY/JULY 24

Computer One-on-One. 11 a.m. Oakton Library, 10304 Lynnhaven Pl., Oakton. Internet, Microsoft Word, Excel and Powerpoint. Adult. 703-242-4020.

FRIDAY/JULY 25

English Conversation Group. 10 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Practice your English conversation skills in a group. Adults. 703-938-0405.

MONDAY/JULY 28

English Conversation. 10:30 a.m. Oakton Library,

10304 Lynnhaven Pl., Oakton. English practice for non-native speakers. Adults. 703-242-4020.

Spanish Conversation Group. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Practice Spanish as a foreign language in this casual conversation group. Adult. 703-757-8560.

TUESDAY/JULY 29

Computer One-on-One. 11 a.m. Oakton Library, 10304 Lynnhaven Pl., Oakton. Internet, Microsoft Word, Excel and Powerpoint. Adult. 703-242-4020.

Improve Your English Skills. 11 a.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Get focused help with reading, writing, speaking and listening skills. Adults. 703-356-0770.

One-on-One Computer Tutoring. 11 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Work with a volunteer tutor to learn about using the Internet, setting up an email account and using basic software. Adults. 703-938-0404.

English Conversation One-on-One. 1:30 p.m.

Oakton Library, 10304 Lynnhaven Pl., Oakton. English practice for a non-native speaker with a library volunteer. Call for appointment. Adults. 703-242-4020.

WEDNESDAY/JULY 30

Computer One-on-One. 11 a.m. Oakton Library, 10304 Lynnhaven Pl., Oakton. Internet, Microsoft Word, Excel and Powerpoint. Adult. 703-242-4020.

English Conversation Group. 1 p.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Practice conversational English in a group setting. Adults. 703-356-0770.

ESL Conversation Group. 2 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Practice English in this casual conversation group. Adult. 703-757-8560.

One-on-One Computer Tutoring. 2 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Work with a volunteer tutor to learn about using the Internet, setting up an email account and using basic software. Adults. 703-938-0404.



SPECIAL PULLOUT TAB

Community & Newcomers Guide

August 27, 2014

The annual Newcomers and Community Guides for each of our 15 communities with inside facts on what makes each community special, their secret places, the real power players, how to get involved and more.

Including the history, schools, parks, libraries, local people, elected officials, county/city offices, how decisions are made, a calendar of events and other vital community information.

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PET CONNECTION

It's All in the Genes

Marlene and Alex Bocast are the happy masters of Ivy, a dog with a story.

Have you ever encountered a dog that was one-quarter Landseer Newfoundland, one-quarter Chinese Shar Pei, and 50 percent undetermined? Although the Bocast family's dog Ivy does have this exceptional genetic complexion, Marlene and Alex Bocast couldn't be happier with their pet.

The Bocasts have had Ivy for over five years, picking her up from a dog rescue organization in West Virginia. They were unsure what breed Ivy was until they tested her DNA, and found that she was a combination of several different and unique breeds from around the world.

However, Marlene Bocast says Ivy's genes are not the only thing special about her uncommon pet. "She has one great trick: When she comes in from the patio, she knows to close the door," Bocast explains. "What's interesting is if you're in another room and you say 'Door', she'll just close the nearest door to you."

— BIJAN TODD

Marlene Bocast relaxes with her dog Ivy, a pet with a unique and complex genetic makeup, on their front porch.



PHOTO BY BIJAN TODD/THE CONNECTION

One of the Cutest Pets in McLean

Anisa Ardeishar, 11, is the proud owner of an all-black Netherland Dwarf bunny.

owner, so it follows me around everywhere," she explains. "He can do some tricks, too. He can follow your finger in the air."

When most children ask their parents for a pet, a dog or cat is usually the first thing that pops into their mind. However, for Anisa Ardeishar, a bunny was her first choice, and her parents were on board with the decision she made.

— BIJAN TODD

When it comes to fluffy, friendly, and obedient pets that would be perfect for children, there is nothing better than a bunny rabbit. In early November of 2013, Anisa Ardeishar, a rising sixth grader at Spring Hill Elementary, decided that a bunny would be the perfect pet for her. And now, eight months later, Ardeishar knows she made the right decision.

Ardeishar got her bunny, named Shadow (an all-black Netherland Dwarf bunny), from a breeder on Nov. 5, 2013. She thought Shadow stood out because of his color, saying, "He was the last one left. I guess no one wanted him because he's all-black, and the others were white and colorful, but I still think he's really cute."

Although a rabbit is a somewhat uncommon pet among children, Ardeishar believes that bunnies are great, and not only for their color. "They form an attachment to their



PHOTO BY BIJAN TODD/THE CONNECTION

Spring Hill Elementary rising sixth grader Anisa Ardeishar cuddles with her fluffy new bunny named Shadow.

McLean
CONNECTION

PET CONNECTION

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PHOTO CONTRIBUTED

Sharon Bulova with her cats. "Animals add so much to your life!" Bulova says.

Becoming Best Friends

Frodo and Sam have become best friends – sort of. My husband and I adopted Frodo from Home Alone Cat Rescue several years ago. He is part Maine Coon and part American Bobtail, with a funny short tail. He may have been mistreated by a previous owner because he is afraid of everything, especially ceiling fans. He quickly became comfortable in our home as an “only cat”.

We adopted “Sam” in September of 2012. She was an adorable tabby kitten, part of a feral litter living outside of a restaurant in Washington D.C. Lee District School Board Member Tammy Kaufax and her two high school aged kids, Halle and Matthew, were fostering the litter as part of a school project.

Tammy showed me a photo of the kittens in August of 2012 during the Springfield Bridge Walk and I fell in love with the smallest kitten with tiger markings. As soon as Sam had gained enough weight to be adopted we brought her home as a companion for Frodo.

It took a few weeks for the two cats to get used to each other, but now they play together and chase each other around all the time. They are so cute together, especially when Sam hides behind the bedroom door and ambushes Frodo when he walks into the room. Animals add so much to your life!

— SHARON BULOVA, CHAIRMAN,
FAIRFAX COUNTY BOARD OF SUPERVISORS

A Good Citizen

Abby is an 8-year-old Sheltie, an AKC Therapy Dog and Canine Good Citizen, who lives in Great Falls with Kathi and Dan Baker. Abby loves people and most of all visiting with residents at the Sunrise Assisted Living in Reston. Abby and Kathi volunteer there with Fairfax Pets On Wheels, Inc. It is the highlight of her week to go and check on all her friends.



PHOTOS BY JOAN BRADY/JOANBRADYPHOTOGRAPHY.COM

Baby photos of future assistance dogs

Puppies Destined for Important Work

Bred, donated and/or rescued for assistance dog training by paws4people.org, these “baby pictures” will be shared with the children and veterans matched with each dog.

But until then, the puppies will receive comprehensive training. Training begins at the Training Center in Wilmington, Del. The specific training is proprietary, but includes learning how to navigate different surfaces and challenges and how to handle stress. At around 6 weeks, they curl up in a transport van and make the drive to the Puppy Development Center, currently in Georgia. There, they continue with socialization training as they work students who are autistic at the Lionheart school, with both puppies and students getting more comfortable with new situations and people.

At 16 weeks, they pile back into the van and are met by inmate trainers at Lakin Correctional, in West Virginia. It is here that the core of “command set” training happens. Each dog will learn 110 commands before being matched with a “client.”



After 12 - 15 months of socialization and command training, they will each be matched with either a child or a veteran. From that point, the puppies will be trained specifically to meet their new “handler’s” needs.

During that specialized training, the dogs remain in prison. These pictures will help the newly matched children and adults get through that initial separation.

Read more about paws4people assistance dogs at joanbradyphoto.wordpress.com

— JOAN BRADY

Joan Brady is a professional photographer; mentor and advocate for current and former foster children; volunteer with paws4People, Fairfax Families4Kids, and others; and a resident of Great Falls. Reach her at joan@joanbradyphotography.com



Joan Brady and the paws4people puppy named JOAN



PET CONNECTION

Not The Typical Guard Dog

Buffy, a Lhasa Apso and Miniature Poodle mixed dog, has been a McLean resident for over 13 years.

In many cases, dogs are supposed to be great companions for their owners, which occasionally means holding down the fort when master is away, or being a guard dog. Guard dogs exemplify the meaning of “Man’s Best Friend,” providing protection by warding off thieves or other intruders with their menacing looks and overpowering strength. On the outside, Buffy, a teenaged mix of Lhasa Apso and Miniature Poodle, looks more like a cute, charming pooch than a guard dog.

Kimball “Stu” Stuhlmuller has been living in McLean since 1997, and has had Buffy for 13 of those years. “The Lhasa Apso portion of their breeding is a guard dog for Tibetan monasteries and temples,” Stuhlmuller explains. “So she sits in the window and guards our little temple.”

Apart from being a useful protector of the Stuhlmuller residence, Stuhlmuller also describes how Buffy is a great companion for him and his wife



PHOTO BY BIJAN TODD/THE CONNECTION

Kimball “Stu” Stuhlmuller, a long-time McLean homeowner, holds his dog Buffy, a name derived from Buffy the Vampire Slayer.

Debra. They take Buffy with them on all family vacations.

On one side, Buffy is cute and friendly to people she deems non-threatening (which is most everyone), but when she detects danger, she will stand her ground immediately and protect her house.

— BIJAN TODD



PHOTO BY BIJAN TODD/THE CONNECTION

From left — John, Robbie, Andrew, and Ashley King hold their pet Python Zed.

The Snake of Kings

The King Family of six houses Zed, a Royal Python of nearly three feet in length.

Pythons have reputations of being gigantic, ferocious, monstrous snakes with large appetites. However, this menacing outline doesn’t at all fit the description of Zed, a two-and-a-half-foot Royal Python who has been a member of the King family for almost three years.

With a surname that is most appropriate for the type of pet they accommodate, the King family feeds their Royal Python Zed an interesting yet fairly simple diet. “We used to feed it mice, but now that it’s gotten bigger, we feed it rats,” remarked Robbie King, a rising second grader. The Kings added that Zed’s diet plan is not overly difficult to maintain. He only needs to be fed once every 2-3 weeks.

Along with a rodent-filled diet, one of Zed’s most

impressive quirks is his post-meal routine. Due to the fact that Royal Pythons dislocate their jaws to be able to swallow larger foods, after Zed consumes his tasty rat, he will perform an interesting body function. As Denys King illustrates, “After he’s eaten, he has to readjust his jaws, and so he’ll then just yawn this huge yawn. When he does this, you’ll see all the way down his throat.”

It’s fair to say that reptiles are not commonly one of the animal classes that families of six have in their homes. The King family, on the other hand, feels that their pet Python Zed adds an interesting and fun twist to ordinary family life, and for good reason.

— BIJAN TODD

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- 2. not appreciated or understood.
- 3. no longer owned or known



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Meet Cecil, Reilly and Sophie



Cecil, the Siamese cat, of McLean, eating his favorite summertime food: corn-on-the-cob with butter and salt.



Dad and cat Reilly take a snooze together.



Sophie, the snake hunting Siamese. She uses her paws to fish around in the grass and then carries the snakes to the front porch. Often she brings them into the house via the cat door...alive.

Grants to Support Animal Welfare

BY ASHLEY DIETZ
THE CONNECTION

On May 13, The Community Foundation for Northern Virginia's Margery Barkdull Memorial Fund for Animal Welfare announced four winners for the 2014 grant process from a group of 12 applicants. The winners are Friends of Homeless Animals, receiving \$2,000; Prince William Humane Society, receiving \$3,000; The Wildlife Rescue League, receiving \$3,000; and The Wolf Trap Foundation, receiving \$2,000. Each of these organizations are dedicated to the welfare of animals.

The Wolf Trap Foundation will use the grant to develop and expand its apiary program, started by Chris Faessen, the executive chef at Wolf Trap. The money



Chris Faessen checking the honeycomb of one of the hives at Wolf Trap's apiary.

will buy supplies needed to keep the bees healthy, as well as an observation hive for people to visit.

COURTESY OF COMMUNITY FOUNDATION FOR NORTHERN VIRGINIA

2014 Barkdull Memorial Fund winners announced.

"We will display bees and use it as an education opportunity," said Michelle Pendoley, director of public relations.

Friends of Homeless Animals is planning to use this grant money to provide emergency medical relief to animals that do not have a home. Prince William Humane Society's grant will support the Seniors 4 Seniors dog adoption program, which matches older pets with senior citizens. The Wildlife Rescue League will provide rehabilitation supplies to licensed wildlife rehabilitation facilities which will help care for wild animals.

For 501 (c)(3) organizations, such as animal shelters, animal rescue programs, conversation organizations and others, looking to apply for this grant in the future, visit www.cfnova.org/for-grant-seekers/barkdull-animal-welfare-fund. The application for 2015 will open next March and be

due by April 1. Winners will be suggested by a committee of volunteer area experts, people who serve and work with animals and community donors.

The committee will decide who they think the winners should be based on "what type of impact this grant will have on their program," said Tara Nadel, Director of Communications and Events for the Community Foundation. Those suggestions will go to the board of directors, who will either approve or deny those recommended.

The board will then look at how much the organization is requesting and how much they are willing to fund to determine the final winners. The winners will be announced in June and will receive between \$2,000 and \$5,000 to help protect animals.