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Georgetown Pike Repaving Underway

Most work will be done at night.

BY REENA SINGH
THE CONNECTION

An eight mile strip of Georgetown Pike will be repaved for the next two months. The \$3.2 million project, a late summer effort to smooth roads before winter hits again, may not have a significant traffic pattern impact on the already congested historic road.

"We rank all of our roads based on how much they have deteriorated," said Virginia Department of Transportation spokesperson Joan Morris. "This is at the top of our list and it was time to get it done."

Many of the delays will be at night, where drivers can expect single lane closures. From 9 p.m. to 5 a.m. Sunday through Thursday and 9 p.m. to 9 a.m. Friday and Saturday, the strip of Georgetown Pike between I-495 and Springvale Road will be milled and re-asphalted. The project started on Sunday.

The road project known as the Walker



Georgetown Pike will be repaved until mid-November.

Road diet was recently completed in late March. Road work to widen Route 7 is still underway to make way for the surge of traffic expected in the next few years as the Silver Line becomes more popular with Loudoun County commuters.

Great Falls Citizens Association said the repaving project is necessary to complete this year.

"Georgetown Pike has become one long stretch of patched and unpatched potholes, poorly repaved utility work, and crumbling

road shoulders which make the road even narrower," said GFCA Transportation Committee Co-Chair Scott Knight. "This work is past due because most of the bumps in the road are temporary repairs that have been allowed to remain for several years. Given the amount of traffic that goes through Great Falls and the fact that Georgetown Pike operates well above its designed capacity, this road's maintenance should be given a higher priority."

He said the project is not just important to local citizens; it has an impact on commuters throughout Northern Fairfax County, Loudoun County and even Maryland.

"A bumpy road like this is both unpleasant and unsafe," said Knight. "It makes it more difficult to stop and easier to drive off the road."

Although the Transportation Committee supports the project, Knight acknowledged some of the downsides to the night repaving.

"The work will be performed during the night, so some of us who live on Georgetown Pike will likely be losing some sleep," Knight said.

PHOTO BY REENA SINGH / CONNECTION NEWSPAPERS

Teen Drone Expert Teen's love for technology turns into drone expertise.

BY REENA SINGH
THE CONNECTION

Arthur Tisseront, 16, held a massive controller in his hand as he peered to the sky.

His hexacopter, a six propellered drone, was buzzing loudly above him and his Great Falls home.

The teen, a rising junior at Thomas Jefferson High School for Science and Technology [TJHSST], has become a local drone expert since his interest was sparked about a year ago.

Before that, he knew he was interested in technology and participated in First Lego League for three years. He also collects instruction manuals to find out about the inner workings of the technology in his home.

"My interest was peaked when I heard about Amazon Prime Air," he said. "My thought process, then was, 'That is so cool. I want to try it.'"

Since then, he has built two drones, started a website for an aerial photography business and is going to South Africa's iMfolozi Game Reserve in September as a U.S. delegate to find a way to end rhinoceros poaching. In October, he will be going to the Wildlife Unmanned Aerial Vehicle Challenge to represent local Kashmir Foundation.

HIS OWN DRONE can fly two kilometers into the sky, but the Federal Aviation Administration limits drone flight to 400 feet. With a digital camera

strapped on for the ride, Arthur Tisseront is able to get a live feed of what his house's property looks like - a view only familiar to Google Maps users.

Before takeoffs and landings, Arthur makes sure everyone in the area is about 20 feet away from the drone for safety reasons.

"The whole thing to stress is safety, because they're dangerous if they aren't handled properly," he said.

His mother, Astrid, stressed the safety aspect as well.

"As a mom, I'm really happy he's learning how to fly it safely. Watching him build it, you know, it's a hobby, but it's also a serious toy," she said. "You have to know what you're doing. At this age, 16, they're ready to understand safety."

In addition to helping to monitor African national forests for poachers, Astrid said drones have the potential to help local law enforcement find key evidence or an escaped suspect.

The hexacopter was built using a \$400 kit, but with all the customization he has done to it - and because it was a learning process since he was doing this on his own with his father's help - it is about \$2,500 in equipment.

Although he created a website for a photography business, he is waiting for the FAA to hopefully have regulations that would allow him to fly his drone for more than a hobby.

"Because the regulations are in a constant state of fluctuation week to week, I don't want to start anything official until the FAA



Arthur Tisseront, 16, stresses safety with drones.

puts out something official," he said.

Arthur plans to start a Drone Club at TJHSST to teach other students what he taught himself and hopefully fly their drones in the school's fields and participate in competitions.

HE PLANS to make drones a long-term plan in his life. With dreams of heading to California Institute of Technology or Mas-

sachusetts Institute of Technology, he sees this new technology as something that is not going to go away anytime soon.

"I'm hoping it will lead me to at least some good connections in the technology field and in the drone world," he said. "It's both educational and fun, which you don't often see. It's nice to have."

PHOTO BY REENA SINGH / CONNECTION NEWSPAPERS

Heads Up Football Flourishing in Fairfax County

Program reduces concussion risk by teaching players to take the “head” out of tackling.

BY VICTORIA ROSS
THE CONNECTION

It wasn't that long ago when youth football coaches believed a player's toughness was measured by his ability to play through the pain. Concussions and other serious injuries were just “part of the game.”

“When I was playing football for W.T. Woodson in the late 1960s, you had two practices a day in the heat and humidity of August. There were no water breaks except before and after practice,” said state Sen. Dave Marsden (D-37). “Coaches thought drinking water would make you sick.”

Marsden, a wide receiver for Woodson, said injuries were minimized.

“When someone had disorienting head trauma, we'd say ‘you got your bell rung,’ or ‘he was shaken up by the play.’ Coaches clearly expected you to go right back in the game.”

During football's heyday, players and coaches alike looked up to legends like Paul “Bear” Bryant who left a legacy of 37 winning seasons and five Associated Press national championships at Alabama.

Bryant was also known as a strict disciplinarian: His first training camp as Texas A&M coach did much to write his legacy as a “tough” coach when Bryant took his “Junction Boys” to a small Texas town and ran a boot camp in which more than two-thirds of his players quit. As a player at Alabama, Bryant demonstrated his own toughness by playing against Tennessee with a broken leg.

“There was this thing that coaches had all been taught, that it took that kind of toughness to win ...,” Marsden said. “It was ridiculous, and we know better now.”

TWO YEARS AGO, as concussions were getting more attention in the NFL, USA Football — the national governing body for the sport and its youth outreach arm — created a program to teach safe tackling to youngsters called “Heads Up.” Heads Up Football is based on a style of tackling that puts emphasis on striking a blow with the shoulders instead of the head.

At the same time, Marsden received a call from his son Connor, who had played football at the University of Richmond. “He asked me to watch a Bryant Gumbel special regarding head injuries in football and said, ‘Dad you have to do something,’ he told me.”

Marsden thought about legislation, but realized there was a more efficient way to get the program off the ground: In 2013 he introduced a bill in the Virginia Senate to



State Sen. Dave Marsden (D-37) attended the VYI Mom's football camp for Vienna-Oakton area on Friday, Aug. 1, to talk football safety with parents and coaches. Marsden, center, is standing with VYI commissioner and coach Dr. Todd Casey and moms who sweated it out during football camp.



Craig Richardson, chair of Communications for the Fairfax County Youth Football League and former president and commissioner of McLean Youth Football, is shown coaching his McLean team last season.

reduce the amount of full-contact practice allowed in high school football programs in Virginia.

Then he asked that his own legislation be tabled.

Marsden knew the chances of his legislation moving forward during a session that involved a contentious gubernatorial race — and the imminent implosion of popular Republican Gov. Bob McDonnell, who was making national headlines as the target of an FBI probe — were slim to none.

So he introduced his bill, then asked that it be tabled in favor of a letter to the Virginia High School League (VHSL) by the Education and Health Committee chairman asking that the matter be studied.

“A letter signed by the members of the Virginia Senate worked just as well,” Marsden said, smiling.

A task force was established and — after a year of meetings — significant reductions in full contact were written into regulations governing high school football in Virginia. VHSL Executive Director Ken Tilley presented the task force's action to the Senate at the 2014 session. Their actions also made “Heads Up Football” the standard of instruc-

tion.

Last year, Fairfax County became the first high school district in the country to adopt Heads Up Football.

Craig Richardson, the vice chair of Communications for the Fairfax County Youth Football League (FCYFL) and former president and commissioner of McLean Youth Football, said Heads Up football has become a key component of all Fairfax County clubs.

FCYFL is the umbrella organization comprising the 22 clubs that serve Arlington, Fairfax, Loudoun, Prince William and the City of Alexandria. Last season, FCYFL fielded more than 300 teams, with 1,200 coaches and more than 6,000 players.

When USA Football created Heads Up in 2012, it hoped to reach a few hundred of the nearly 11,000 leagues in the U.S.

IN ONE YEAR, Heads Up Football was adopted by nearly 2,800 groups.

The NFL noticed.

This year, the NFL provided USA Football with a five-year, \$45 million grant. And USA Football is in the process of hiring more master trainers, expecting to add between 50 and 70 to the first-year roster of about

30.

Heads Up football simplifies many safety techniques into six key components:

- ❖ education and certification
- ❖ equipment fitting
- ❖ concussion education and response
- ❖ heat and hydration
- ❖ the establishment of a player safety coach
- ❖ and tackling with the head up — and out of contact.

“The FCYFL has been on the forefront of making football the safest it can be for years,” Richardson said.

“For example, our age/weight matrix is the model that football programs across the county now follow. Every year, we weigh in every single one of the 6,000 or so players in our league, and they are placed within a particularly weight-class depending on their age and weight. The younger a player is in the weight-class, the more they can weigh, Richardson said.

Richardson also noted that — because there are three skill levels within each weight class — players are matched up appropriately.

“Finally, we require all coaches to be USA Football certified, which requires completion of an extensive online training course including a module on concussions and other safety issues, and they must complete a background check by a professional screening company,” he said.

Richardson said there was some initial hesitation from coaches, particularly those who had been around for a while.

“They had their own way of doing things, and they were a bit resistant to making changes to their approach to teaching. Once they saw the Heads-up football program, how it works, its safety benefits, and the ease in understanding it from the players perspective, all were converted and are now outspoken advocates for the program,” Richardson said.

“Parents are obviously concerned given the extensive negative publicity primarily at the NFL level, and are excited that at the youth level we were proactively addressing the issue,” he added. “The Heads-up program also requires significant parent involvement, so they are included in the training process and are an integral component of its success.”

As more than 6,000 local youth began football camps in every area of the county last week, Richardson said the FCYFL reminded players, coaches and parents that Fairfax County is a Heads Up organization.

“We take player safety seriously. Our number one rule stipulates that there's no physical contact for any player during the first three days of practice, and that each player must have at least three practice periods of conditioning and training before engaging in any contact drills or scrimmages.”

Vienna Youth football commissioner Todd Casey ran a “Football Moms” camp last week at Oakton High School specifically to give parents the opportunity to experience and understand what their sons encounter dur-

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Focus on Concussion Prevention

FROM PAGE 4

ing football practice . The camp was organized by VYI Football Moms, and nearly 50 Oakton and Vienna moms attended the Friday evening camp.

Tami Chadwick, whose son plays VYI football and whose daughter is an OHS cheerleader, said she is more concerned about the possibility of injuries in other sports.

"We have a great organization with involved coaches and parents," Chadwick said. "It's clear from day one that coaches are concerned with safety. For example, there is no way they let your son play with a helmet that does not fit properly."

"We coach with safety in mind," Casey said. "Fairfax County youth football is an incredible community that has a ridiculously large impact on the lives of those who play."

Casey said Heads Up has not detracted from staying competitive and continuing to compete in play-offs.

Greg Dunlap, a 15-year-old player from Lake Braddock, said the changes have made playing football "smarter and safer."

"You understand what you're doing more. It's not just blindly running and hitting the guy with the football," Dunlap said.

According to the National Federation of State High School Associations, participation in high school football was down 2.3 percent in the 2012-13 season compared to the 2008-09 season.

Some of that drop-off is attributed to parents' concerns about safety in football. Former NFL running back Merrill Hoge, now a member of USA Football's

board of directors, said Heads Up Football is having a positive impact on the game and addressing parents' concerns. "The ultimate objective is to educate everyone who needs to know more about the trauma in sport, and when it happens, that the right action takes place," Hoge says.

TO FAIRFAX COUNTY COACHES like Richardson and Casey, Heads Up Football benefits all coaches, whether they are working with pee wees starting out in football, or high schoolers with college scholarships in sight.

Marsden added that Heads Up shifts the emphasis from treatment to prevention.

"In the past so much of the focus has been on treating a player after a big hit. This is the first time we saw there was something we could do on the front end that makes the game safer," Marsden said.

"At the end of the day, prevention is always the best place to end up, whether it's medicine, crime or sports. Prevention is always better than the cure," Marsden said. Marsden sees the connection to high school football as essential.

"The high school coach is critical to this program, not only continuing to succeed, but grow," Marsden said. "The high school coach in the area is the guy who supports the youth programs, the guy who is looked up to on every level, the guy the kids want to play for some day. The more high schools applied to the program, it will legitimize the program even more. They prepare their kids for high school. If this is part of the high school curriculum, we will see more youth coaches embrace it."

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Homelessness: Source of Trauma for Children

Nearly 700 children live in emergency homeless shelters in Fairfax County at some point during the year.

BY DEAN KLEIN



Dean Klein

Summer vacation is wrapping up; kids everywhere are gearing up for the return to school. Stores are filled with school supplies; back-to-school advertising fills our TVs, radio and mailboxes. Many families are hustling from store to store getting supplies, backpacks, clothes and haircuts. As children, while we hated to see summer end, we fondly remember the yearly ritual and the excitement and anticipation of getting all those new things.

GUEST EDITORIAL

Unfortunately, not all families and children in Fairfax County experience the new school year this way. It may be hard to imagine that in a county as wealthy as Fairfax there are hundreds of children that do not have a home to call their own. In 2013, almost 700 children resided in emergency homeless shelters at some point during the year. This uncertain existence is a constant source of trauma for children.

While Fairfax County does have strong programs and initiatives provided by its local government, its public school system and commu-

nity non-profits to support these children, they are not enough. Permanent housing is a critical and basic need of everyone and research has consistently shown that unless children's most basic needs are met in a safe and consistent manner, their social, emotional, physical and cognitive development is often delayed.

Believe it or not, in a county where the median household income is in excess of \$100,000, housing costs are prohibitive for many. There is often a misconception about homeless families and it is not uncommon to hear, "they need to work like the rest of us."

The truth is they do. The vast majority of families in homeless shelters are employed and they are doing everything they can to move themselves to self-sufficiency and support their families. The problem is not with their motivation to support themselves. The challenge is that there is not housing available to them that they can afford.

While the median household income may be in the six figures, for many it is much lower. Using the accepted formula of spending one third of gross income on housing, a rent of \$1,200/month requires an approximate annual income of \$44,000. That equates to about \$21 an hour. People who work in the service industry and the stores and businesses we rely on each and every day earn much less than that.

The vast majority of families in homeless shelters are employed. The challenge is that there is not housing available to them that they can afford.

As stated in the Ten Year Plan to Prevent and End Homelessness adopted by our community in 2008, we need to have affordable housing that is accessible to all its hardworking members. While it is also imperative that we as a community continue to ensure that children have school supplies, access to good nutrition at school, clothing etc., without a home to call their own, they will continue to live in a perpetual state of fear and stress. If we genuinely want them to succeed, that is too heavy a load for the youngest and most vulnerable in our community.

If you would like to be a part of helping these families, please contact one of our non-profit partners working so hard to find and provide housing for them or the Fairfax County Public Schools Homeless Liaison Office working diligently to make sure these children receive the services they are entitled to and need. Visit <http://www.fairfaxcounty.gov/homeless/partnerupdate/community-partners.htm> and <http://www.fcps.edu/dss/ips/homelessinfo/HomelessBrochure.pdf> for more.

Dean Klein is director of the Fairfax County Office to Prevent and End Homelessness.

LETTERS TO THE EDITOR

Global Warming Is Impacting Us Now

To the Editor:

On Wednesday, July 30, I joined hundreds in Washington, D.C. to show my support for the Environmental Protection Agency's Clean Power Plan by testifying at the public hearing.

With increasingly powerful storms bringing down trees and

flooding our roads, global warming isn't a distant threat for Virginia. It's impacting us now.

We need to act now to make this planet cleaner and healthier, while we have the opportunity.

The EPA's Clean Power Plan will reduce carbon pollution from power plants—the largest source

of global warming pollution in the U.S.

Unfortunately, some members of Congress are working actively to block the EPA's authority under the Clean Air Act to limit dangerous carbon pollution. With so much at stake, we need leaders to stand up to the polluters.

Virginia's Senators Mark Warner and Tim Kaine should stand up for Virginia and push back against polluters' attacks on this critical step to tackle global warming. Our children's future depends on it.

Erin Hodge
Great Falls

Residents Support Important Step Forward White Oaks Planting

To the Editor:

The Connection coverage last month of the Great Falls legacy white oak planting program was very thorough. Since then, nearly a dozen residents have contributed to the local parks and the library so white oaks can be planted this fall. In addition, residents are signing up to have white oaks planted in their yards and at local churches. The deadline for signing up for this fall's white oak plantings is Aug. 25. Residents can find details at www.gfca.org.

Bill Canis
Great Falls

To the Editor:

On Tuesday, July 29, we had the privilege of attending the ribbon cutting for the new Community Residences, Inc. (CRI) High Support Needs home at 9332 Burke Road, Fairfax. The home, especially tailored for those with intense needs, will serve six individuals with intellectual disabilities. Some will move to this home from the Northern Virginia Training Center, and others will transfer from other CRI homes in the area that are not equipped to provide the same level of support.

It is a brand new single-level home in a residential area with an open floor plan and ample room for its residents. The doors are wide, and the bathrooms and kitchen are adapted for those with physical as well as intellectual and devel-

opmental disabilities. Each resident will have an individual, personally designed and decorated room.

Kudos to Community Residences, the Virginia Department of Behavioral Health and Developmental Services, the Community Services Boards, the County of Fairfax, the Virginia Housing Development Authority and to all the financial institutions and non-profit organizations who worked together to negotiate the red tape, the permits, and the funding streams to make the home a reality.

Time will tell whether the supports available in this new home are truly "comparable" to those received by our loved ones at NVTC, as required by SB 627, signed into law by Governor McAuliffe

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LETTERS

FROM PAGE 6

on April 4. However, while this model is not the only possible solution for individuals with intensive needs currently in Training Centers or for those who have waited for too many years on community waiting lists, it is a very significant step in finding ways to serve these vulnerable populations safely and responsibly. Many more homes of this type and quality need to be built so that families can keep their loved ones in close proximity. It is important to note that this is not a waiver home, but rather a home for individuals with high support needs, so that the funding streams and the staffing are need-based rather than arbitrarily capped and subject to the uncertainties of budgeting in the General Assembly. The residents will have day programs as well as access to medical and dental care, plus many additional supports that their disabilities require but that cannot be accommodated by the funding stream available to a waiver group home.

Until the community has adequate placements for those with the most intensive support needs, please do not force NVTC residents out of their homes. Build the necessary accommodations and supports first or, better yet, maintain a right-sized NVTC in a smaller footprint on a portion of the present site, regardless of how many years it takes. We can do this in Northern Virginia: bring the various stakeholders together, as we did in 2010 with the proposed NoVA Regional Plan, to accomplish solutions that make sense for those who are medically fragile and behaviorally challenged. Let us keep our loved ones here in Northern Virginia, providing the care they need now and into the future, when appropriate alternatives are built and ready. "First, do no harm."

Jane Anthony and Judith Korf,
Co-Presidents
Parents and Associates
of the Northern Virginia
Training Center

Back to School with Asthma

To the Editor:

Back to school season is upon us! For many families, there's more to do than sign up for activities and shop for supplies: 2,277 kids in Alexandria, 3,155 in Arlington, 417 in Fairfax City, and 23,441 in Fairfax County have asthma. Asthma accounts for more than 10 million missed days of school each year, so if your child has the disease, add a few extra items to your to-do list to help keep them healthy at school this year.

First, call or visit the school nurse. Find out what forms you need to fill out, how to provide your child's medication, and what you have to do to make sure your child is allowed to carry and use his or her inhaler at school.

Next, take your child to his or her healthcare provider for a check-up, and work together to complete an asthma action plan (<http://virginiaasthmacoalition.org/asthmaactionplan.html>). Filling out this form with your child's triggers and medication, and keeping copies at home and at school, en-

sures that everyone will know what to do if your child starts experiencing asthma symptoms.

Also, back-to-school season is also flu season, and kids with asthma are at particular risk – respiratory diseases like the flu are big asthma triggers. Make sure all your kids get a flu shot to help keep your whole family healthy.

Finally, check your local air quality in the morning. Kids with asthma are especially vulnerable to soot and smog, which we sometimes see in high quantities here. If there's an air quality alert in the forecast, your child might need to take it easy at recess, P.E., or sports practice.

Asthma doesn't have to keep your child from having a safe and healthy school year. For more tips and resources, visit <http://www.lung.org/about-us/our-impact/top-stories/prepare-to-go-back-to-school-with-asthma.html>.

Laura Kate Bender
Vienna

Write

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

Letters to the Editor
The Connection
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Alexandria VA 22314
Call: 703-917-6444.
By e-mail: info@connectionnewspapers.com

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Local REAL ESTATE

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

June, 2014 Top Sales in Great Falls and McLean

IN JUNE 2014, 19 GREAT FALLS HOMES SOLD BETWEEN \$2,673,000-\$579,000 AND 110 HOMES SOLD BETWEEN \$6,500,000-\$139,000 IN THE MCLEAN AND FALLS CHURCH AREA.



1 904 Chinquapin Road, McLean — \$6,500,000



2 828 Mackall Avenue, McLean — \$3,875,000



3 888 Alvermar Ridge Drive, McLean — \$3,460,000



4 8103 Spring Hill Farm Drive, McLean — \$3,450,000



8 909 Chinquapin Road, McLean — \$2,637,000



10 7010 Elizabeth Drive, McLean — \$2,425,000

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
1 904 CHINQUAPIN RD	7	7	4	MCLEAN	\$6,500,000	Detached	3.80	22102	CHINQUAPIN	06/20/14	
2 828 MACKALL AVE	6	7	2	MCLEAN	\$3,875,000	Detached	1.19	22101	LANGLEY FOREST	06/27/14	
3 888 ALVERMAR RIDGE DR	6	6	2	MCLEAN	\$3,460,000	Detached	0.83	22102	THE RESERVE	06/05/14	
4 8103 SPRING HILL FARM DR	5	5	2	MCLEAN	\$3,450,000	Detached	1.01	22102	SPRING HILL FARM	06/06/14	
5 906 GEORGETOWN RIDGE CT	5	5	1	MCLEAN	\$3,295,000	Detached	0.83	22102	GEORGETOWN RIDGE	06/30/14	
6 831 DOLLEY MADISON BLVD	8	7	2	MCLEAN	\$2,975,000	Detached	0.98	22101	PART OF LOT 1 THOMAS H. WOLFE PPTY	06/24/14	
7 470 RIVER BEND RD	6	7	3	GREAT FALLS	\$2,673,000	Detached	5.92	22066	LAYLIN FAMILY TRUST	06/23/14	
8 909 CHINQUAPIN RD	6	4	2	MCLEAN	\$2,637,000	Detached	2.00	22102	CHINQUAPIN	06/27/14	
9 8434 WELLER AVE	6	5	3	MCLEAN	\$2,573,500	Detached	0.95	22102	WOODHAVEN	06/11/14	
10 7010 ELIZABETH DR	6	6	2	MCLEAN	\$2,425,000	Detached	0.30	22101	BROYHILL LANGLEY ESTATES	06/13/14	
11 6515 TOPEKA RD	1	1	0	MCLEAN	\$2,155,000	Detached	0.35	22101	SALONA VILLAGE	06/05/14	
12 1540 BROOKHAVEN DR	7	7	1	MCLEAN	\$2,135,000	Detached	0.46	22101	BROOKHAVEN	06/20/14	

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Keeping School Clutter Under Control

Staying organized this school year.

BY MARILYN CAMPBELL
THE CONNECTION

When summer comes to a grinding halt in a few weeks, a new school year will begin. From alarm clocks and school bells to piles of homework assignments and sports schedules, maintaining a coordinated household can be difficult, however. Local organizers are offering simple suggestions to help make the transition from summer to the start of the school year seamless.

"If you've had a lazy summer and your home is an organizational mess, take a day off from work or at least set aside several hours to spend whipping it back into shape before the first day of school," said Faye English, an organizer from Fairfax. "The school year will be much easier if you get organized from the beginning."

Set aside time for tackling such projects as cleaning out bedroom and coat closets and mudrooms. "Take all of the clothes, jackets, shoes and sports equipment that your kids have outgrown and give them away," said English. "Once you've discarded everything you no longer need, start setting up new storage systems and make sure everything has a place."

One of the most noticeable changes that many families experience after returning to school is an increase in the paper that accumulates at home. "You have to plan the increase in paper work," said Alexandria-based organizer Laura Dando. "Give each child a file folder or a bulletin board where they can keep their important papers, permission slips and homework assignments. To control clutter, clean it out once a week."

Create a space to store or display artwork. "Children enjoy seeing their artwork hanging at home," said Dando. "At the end of the school year you can store some of the artwork in a keepsake box."

Take inventory of each child's school supplies and determine what needs to be purchased and what can be reused. "Once the school sends the list of supplies your child will need, figure out what you already have so you don't feel compelled to blindly buy everything on the list," said English. "If your child [has] a backpack or lunchbox that's in perfectly good condition, consider reusing it."

SET ASIDE A SPACE where children will do homework and make sure each child has a bin with the supplies he or she will need for completing their assignments, said Arlington-based organizer Michelle Stanbury. "The homework space should be quiet, free of distractions and have good lighting," she said.

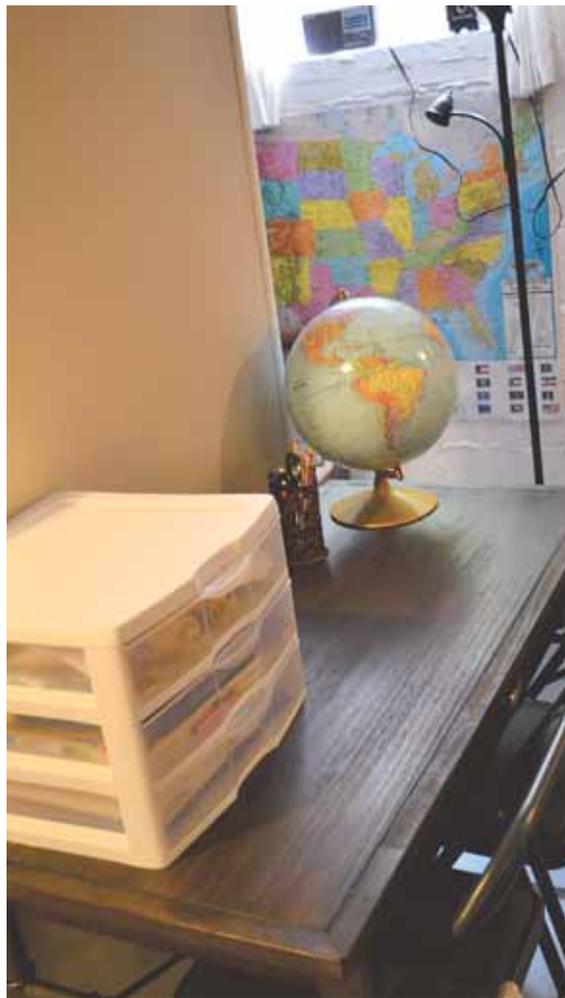


PHOTO BY MARILYN CAMPBELL

Designating a place in one's home for papers and homework supplies is one way to stay organized during the school year.

Keep a large family calendar that includes each child's events. "It can even be a dry erase board," said Stanbury. "But it should include sports schedules, club meetings, field trip dates and other events. Use a different color marker for each child. This way everyone in the family knows everyone else's schedule."

Encourage children to begin choosing their outfits for school before going to bed at night. "This will save a lot of time and fights when children are getting ready for school in the morning," said Dando. "With younger children, it also helps if, when you're school shopping, you buy clothes that all coordinate together and match. This is especially useful for children who like to pick out their own outfits for school."

Designate a place in your home where children hang up and store their coats and backpacks. "As parents, sometimes it feels easier to hang up our children's clothes for them," said English. "But if kids are trained to hang up their coats, backpacks and lunchboxes as soon as they come in the door from school, it will be less stressful for everyone."

— Laura Dando

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Please arrive at 4:45pm for check-in.

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Send school notes to greatfalls@connectionnewspapers.com by Friday.

Andrew Hwang, of Great Falls, was named to the Dean's list for academic excellence for the spring 2014 semester at Johns Hopkins University.

Kristen Ashley Wolaver, daughter of John and Barbara Wolaver of Great Falls, and graduate of Langley High School Class of 2013, completed her freshman year at the University of Pittsburgh, Dietrich School of Arts and Sciences. Kristen has accepted membership in The National Society of Collegiate Scholars (NSCS).

Whitney Elizabeth Wolaver, daughter of John and Barbara Wolaver of Great Falls, and graduate of Langley High School Class of 2010, earned a Bachelor of Science Degree Cum Laude in Neuroscience with a minor in Chemistry and a Certificate of Conceptual Foundations of Medicine during the spring commencement exercises in April 2014 at the University of Pittsburgh, Dietrich School of Arts and Sciences. Whitney will begin the Graduate Program in Anatomical and Translational Sciences at George Washington University in August 2014.

William Gralley, son of Craig and Janet Gralley of Great Falls, earned a Bachelor of Science degree in criminal justice during the spring commencement exercises at Radford University.

Angela Wertz, daughter of Daniel and Lori Wertz of McLean, and a former student of Langley High School, has graduated from Duquesne University's Rangos School of Health Sciences. Angela will be attending the twelve month Accelerated Nursing Program this year at George Mason University.

Grayson Smith, of Great Falls, earned a Bachelor of Science Degree in accounting, cum laude, during the spring commencement exercises at Auburn University. He is currently enrolled in Auburn's Master's of Accounting Program.

Courtney Cross, of Great Falls, graduated from Bishop O'Connell high school. She is a sophomore at Villanova University and was named to the Dean's List for the fall semester of 2013.

Curtis A. Khol, Jr., of Vienna, graduated from the United States Naval Academy in May 2014 and was commissioned as an Ensign in the United States Navy. Ensign Khol graduated with Distinction (top 10 percent) and received a Bachelor of Science Degree from the Systems Engineering Honors Program.

Matthew Kent, of Vienna, was named to the Dean's List at Carnegie Mellon University for the fall semester of 2013.

Lindsay Weber, a 2010 graduate of James Madison High School, has been named to the Dean's List for the fall semester of 2013 at Radford University.

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

THURSDAY/AUG. 14

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. 15

The Whiskey Switch. 7:30 p.m. Jammin' Java, 227 Maple Ave E, Vienna. Luke Brindley is a critically acclaimed songwriter and guitarist and one of the owners of Jammin' Java. He is releasing a new album, *The Whiskey Switch*, with a special show. Purchase tickets at jamminjava.com.

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>.

Great Falls Library Drop-In Chess. 1-5 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play chess. All skill levels and ages welcome. 703-757-8560.

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.

Drop-In-Chess. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. All skill levels welcome. 703-757-8560.

Play Date Cafe. 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Cafe and play area for children. 703-757-8560.

SATURDAY/AUG. 16

Ballroom Dance. 8-11:30 p.m. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. 8-9pm Mambo lesson; 9-11:30 pm dance with favorite dance tunes from the 1930s to today. Attire is ballroom casual. \$15. 703-759-2685.

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>.

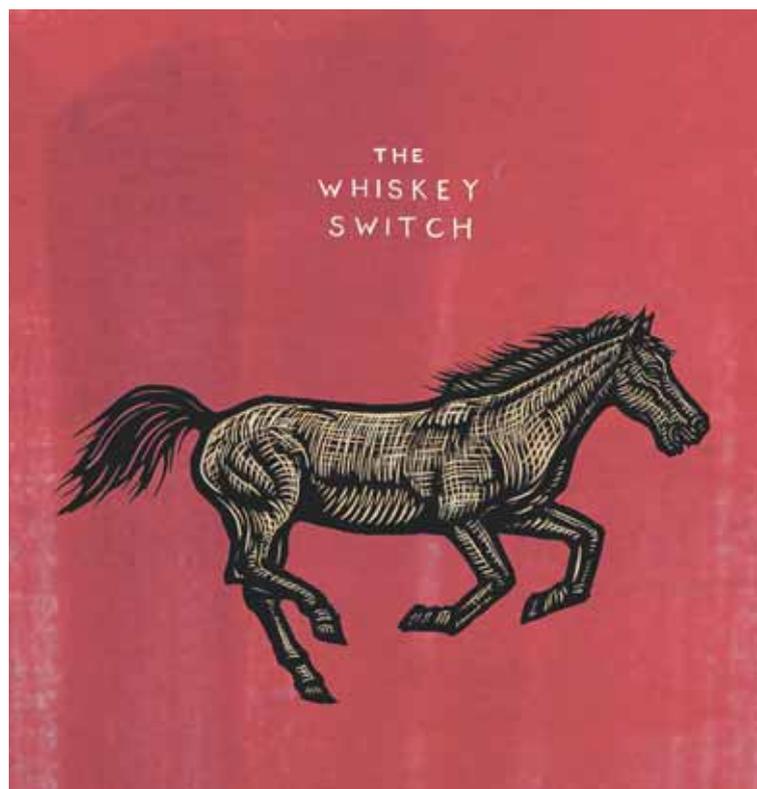
Cars & Coffee. 7-9 a.m. Katie's Coffee House, 760 Walker Road, Great Falls. Early on Saturday mornings you'll find a gathering of cool cars - antique, custom, hotrods, exotic, sports cars, they're all here. 703-759-2759.

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

Colvin Run Social Ballroom. 8 p.m.-12:30 a.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Live music by Mike Surratt and the ECB playing your favorite dance tunes from the 1930s to today. \$20. www.colvinrun.org.

Breakfast Buffet. 8:00 a.m.-12 p.m. Vienna's American Legion Post 180, 330 Center Street N, Vienna. Omelets, scrambled eggs, blueberry pancakes, bacon, sausage, biscuits and sausage gravy, fruit and home fries. \$3-\$8. 703-938-6580.

Tobacco Harvest. 1-4 p.m. Claude Moore Colonial Farm 6310 Georgetown Pike, McLean. Help the



Listen to Luke Brindley's new album, *The Whiskey Switch*, at Jammin' Java in Vienna this Friday at 7:30 p.m.

family clean the leaves, and watch how they cut and split the stems. \$3-\$7. 703-903-9330.

Lego Club. 2 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Ages 3 and up can come and play with legos. 703-757-8560.

SUNDAY/AUG. 17

High Five Worldwide Celebrate Great Falls Concert on the Green. 6-8 p.m. Great Falls Village Centre Green, Georgetown Pike and Walker Road, Great Falls. Come out with your picnic baskets and chairs for an evening of live, free modern pop music. 571-293-0474.

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>.

Colvin Run Mill Grinding Grain. 12-3 p.m. Colvin Run Mill, 10017 Colvin Run Road Great Falls. The miller will be grinding, conditions permitting. 703-759-2771.

Concert on the Green - High Five Worldwide. 6-8 p.m. Great Falls Village Centre, Georgetown Pike & Walker Road, Great Falls. Come out with your picnic baskets and chairs for an entertaining evening of live rock music.

MONDAY/AUG. 18

Preschool Story Time. 10:30. Great Falls Library, 9830 Georgetown Pike, Great Falls. Stories, songs and activities. 703-757-8560.

Kids Book Club. 5:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Ages 8-12 are invited to come read the *White Giraffe* by Lauren St. John. 703-757-8560.

TUESDAY/AUG. 19

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.

Reading Buddies. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Teens read with beginning readers and practice together. 703-757-8560.

Toddlin' Twos. 10:30 a.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Storytime for young children. 703-938-0405.

TUESDAY/AUG. 19 WEDNESDAY/AUG. 20

Josh Groban with Wolf Trap Orchestra. 8 p.m. Wolf Trap - The Filene Center, 1551 Trap Road, Vienna. Vocalist Josh Groban performs pop ballads. \$40-\$125. 703-255-1900.

WEDNESDAY/AUG. 20

Great Falls Library Pokemon League. 4:30-6 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Come play Pokemon with your friends. Ages 5-15. 703-757-8560.

Toddler Tales. 10:30 a.m. Lynnhaven Place, Oakton. Story time for young children. 703-242-4020.

Small Wonders. 10:30 a.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Storytime for young children. 703-938-0405.

THURSDAY/AUG. 21

Robyn + Royksopp. 8 p.m. Wolf Trap - The Filene Center, 1551 Trap Road, Vienna. Pop vocalist Robyn is joined by duo Royksopp. \$30-\$55. 1-877-WOLFTRAP.

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.

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

Classic Books Discussion Group. 1 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Discussion on *Crossing to Safety* by Wallace Stegner. 703-938-0405.

Reading Buddies. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Teens read with beginning readers and practice together. 703-757-8560.

PUBLIC NOTICE

McLean Community Center Governing Board

Public Hearing on FY 2016 Budget
(July 1, 2015-June 30, 2016)

Follows the Finance Committee Meeting of the Whole

Monday, Sept. 15, 2014 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 24 at 7:30 p.m.

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



From left: Daniel Cunningham, Will Tennille, and John Waugh.

PHOTO BY NANCY WAUGH

Troop 673 Promotes Three New Eagle Scouts

Daniel Cunningham, Will Tennille, and John Waugh, of Eagle Scouts from Troop 673 in Great Falls — sponsored by the Great Falls United Methodist Men — are the most recent among more than 100 Eagle Scouts developed by the Troop for over 50 years of activity.

❖ Daniel Cunningham, son of Kim Cunningham and Maria Ramos of Great Falls, joined Troop 673 in 2006

after earning the Arrow of Light as a Cub Scout. Since joining the troop, Daniel has served as a Den Chief, Assistant Senior Patrol Leader, Senior Patrol Leader, and Troop Guide. While serving in these positions, he was accepted into the Order of the Arrow; Scouting's National Honor Society, and participated in various trips such as the hike across Maryland – a

SEE NEWS, PAGE 13

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Oakton's Rizzo Committed to South Carolina

Q&A: Infielder led Cougars in batting average as freshman.

Joe Rizzo not only made the Oakton varsity baseball team as a freshman, he was the Cougars' best hitter. Rizzo led Oakton in batting average as a ninth-grader in 2013, earning second-team All-Concorde District honors as a utility player. He helped the Cougars win the district title, finish Northern Region runner-up and win a game at the state tournament. As a sophomore, Rizzo moved from third base to shortstop, where he earned first-team All-Conference 6 honors. He also garnered second-team all-region accolades as a utility player, helping Oakton win a second consecutive district/conference title.

Now a rising junior, Rizzo is committed to play baseball at the University of South Carolina. He recently took part in a Q&A via email with The Connection.

❖Connection: You're committed to the University of South Carolina. What made the Gamecocks the right choice for you?

Rizzo: I was focused on the larger conference (SEC) because of the level of competition, and there was a real fit between my skills and what South Carolina needed. My comfort level was high with South Carolina because the program, the coaching and the university offered the greatest opportunity to grow as a ballplayer and as an individual.

❖Connection: Are you being recruited to play a specific position?

Rizzo: At USC, if you can hit, you're going to play. So even though many schools have seen me as a third baseman, you just never know what is going to happen. But I know that if I'm performing, then I'll have the opportunity to play.

❖Connection: What made you decide to commit prior to your junior year?

Oakton rising junior Joe Rizzo, left, is committed to South Carolina.

CONNECTION
FILE PHOTO



Rizzo: I've noticed that during the recruiting process, schools are starting to recruit earlier and earlier. So this is not an early commit relative to how the process has been sped up.

❖Connection: At what age did you realize playing college baseball was a possibility for you?

Rizzo: I've always had aspirations of playing collegiate baseball, but until colleges have an interest, you don't know if those aspirations will come true. So it was between my freshman and sophomore years in HS that colleges were taking an interest in me, and that's when I knew.

❖Connection: You bat left-handed and throw with your right. At what age did you start batting from the left side? Was it a difficult transition?

Rizzo: From the moment I first picked up a bat I was hitting from the left side. So I've been swinging lefty since when I can remember.

❖Connection: What was it like playing varsity baseball as a freshman?

Rizzo: It was a tremendous experience. I knew my role was not going to be a team leader, but another piece to the team puzzle, so I was there to support my teammates in achieving our team goal of the district and state championship.

❖Connection: What is your favorite baseball moment from your first two years at Oakton?

Rizzo: My favorite baseball moment was

winning the second district championship, because that meant we won two district championships in a row.

❖Connection: Better feeling: getting a clutch hit, or making a highlight-reel defensive play?

Rizzo: They are completely different feelings. The clutch hit is a team accomplishment, where I can drive in runs toward winning a game. A highlight-reel defensive play is an individual accomplishment, which is a completely different feeling. Both feel great!

❖Connection: What is your favorite food? Rizzo: Pasta with meatballs and sausage. Can't get enough.

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

Rizzo: I listen to a variety of artists, from rap to rock to country, and I don't have an individual favorite music artist. However, my parents took me to a Bruce Springsteen concert, and it was the greatest concert I've ever been to.

❖Connection: What is your favorite movie? Why?

Rizzo: I have many favorites such as 'Road to Perdition,' 'Full Metal Jacket' and others, but my favorite is 'Moneyball,' because it involves looking at baseball at a completely different way.

❖Connection: What is your favorite hobby outside of baseball?

Rizzo: I don't know if this is a hobby, but we have barbecues every weekend out in the cul-de-sac with all our neighbors, and that is a great time. We do a whole bunch of things as neighbors: Wiffle Ball, KanJam, and a fire pit.

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

Rizzo: I've been up and down the East Coast, from NYC to Miami, Fla. I hope next year I will be traveling to the West Coast.

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

Rizzo: Baseball: the Nationals and the Yankees; football: the Redskins and the Giants; hockey: the Caps.

— JON ROETMAN

SPORTS ROUNDUPS

Reston to Host Charity Tennis Tournament

The 3rd Annual Rally for a Cause tennis tournament dates are set for Sept. 20-21, 2014 at Reston's Lake Newport tennis courts. The charity event will feature brackets for 3.0, 3.5 and 4.0 and above players, competing in men's and women's doubles and singles matches. The \$30 entry fee guarantees each player two matches with awards, raffle prizes and participation t-shirts. It is through the generosity of presenting sponsor, Dr. Hani Thariani, and dona-

tions from local businesses that make this tournament possible. Entry is open to all tennis players, regardless of USTA membership.

All proceeds will go to the charity organization of each participant's choice: USTA Serves Foundation/Wounded Warriors Program Curriculum, supporting rehabilitation through tennis for wounded, ill and injured military service members and veterans or Cornerstones/Laurel Learning Center, providing comprehensive family services and developmental childcare programs.

Last year's event hosted 65 players and raised \$3,100 for charity organizations.

Registration is now open. For more information or to sign up, email rally4acause@restontennis.org or visit

www.restontennis.org.

NVSO 10K, 20K Cycling Events Enter 5th Year

The 2014 NVSO will be held Sept. 13-24 with more than 50 events taking place at 19 venues throughout Northern Virginia. Events include 10K and 20K cycling, with each event entering its fifth year.

In addition to cycling, other events include 5K road race, badminton, volleyball, handball, racquetball, pickleball, tennis, table tennis, swimming, diving, ten pin bowling, Wii bowling, card games, board

games, track and field and more. Registration is available online at www.nvso.us. Registration forms are also available at senior centers, community centers, senior residences or by calling 703-228-4721.

Registration fee is \$12 which covers multiple events.

There is no onsite registration for any event. Information is available at nvso1982@gmail.com.

Participants must be 50 years of age by Dec. 31, 2014 and live in a sponsoring jurisdiction.

NVSO is sponsored by the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William and the cities of Alexandria, Falls Church and Fairfax.

WEEK IN GREAT FALLS

U.S. Rep Wolf (R-10) Announces Service Academy Appointments

Rep. Frank Wolf (R-10) announced the 10th District's Class of 2018 appointments to the nation's service academies, as well as those selected for Academy prep schools. The students appointed from the area include:

UNITED STATES MERCHANT MARINE ACADEMY
Erik Swayne♦♦ - Great Falls, Langley HS
UNITED STATES MILITARY ACADEMY
Sarah Beougher - McLean, McLean HS
Daniel Hecht♦♦ - Vienna, McLean HS
Eric Hsu♦♦ - McLean, Langley HS
Gretchen Roesel♦♦ - McLean, Langley HS
David Senft, II♦♦ - McLean, Bishop Ireton HS
UNITED STATES MILITARY ACADEMY PREPARATORY SCHOOL

David Mitchell - Great Falls, Landon School
UNITED STATES NAVAL ACADEMY
Ingrid Boyum - Herndon, Madeira School
Matthew Skowronski - Oak Hill, Gonzaga College HS

Tyler Zimmerman - McLean, Langley HS
♦♦These appointees were nominated by Wolf's 10th District Service Academy Advisory Board, which

interviews candidates and recommends nominees. The selection process is strictly a competitive one.

Others listed above received their appointments through presidential, Senate or other nomination sources. Coast Guard Academy candidates do not need a nomination.

Loebig Chiropractic To Host Blood Drive

Loebig Chiropractic & Rehab, in partnership with The American Red Cross, will be hosting another community blood drive in Great Falls at the office of Dr. Glenn Loebig, 754 Walker Rd, Great Falls on Tuesday, Sept. 16 from 1 - 6 p.m.

"The turnout for our last blood drive was so amazing, we decided to host another event to assist with our local blood shortage," said Loebig.

The American Red Cross mentions that people can donate a pint of blood every 56 days and each donation can help save up to three lives.

Prospective blood donors should bring a photo ID, weigh a minimum of 115 pounds and be at least 17 years of age. A 16-year old may donate blood with written parental consent. Many health conditions and medications do not prevent someone from donating blood, so all interested parties are encouraged to call 703-757-5817 with any questions.

New Eagle Scouts Promoted

FROM PAGE 11

five day hike across the Maryland section of the Appalachian Trail - and the Philmont high adventure.

For his Eagle Project, Daniel restored part of one of the few remaining prairies in Northern Virginia which had been overrun with weeds, fallen trees and overgrown bushes. In addition to the restoration work, he also led the construction of habitats - to support small animals - and rehabilitation of a trail through the area at Riverbend Park. With over 30 volunteers, the project was finished efficiently and was critical in preserving this endangered ecosystem.

A recent graduate of Langley High School, Daniel applied his over a decade of experience as a clarinet player by being a member in the Wind Symphony band. He was also a member of the Track and Field team. After high school, Daniel plans to major in mechanical engineering and join the Air Force as a pilot.

♦William Grant Tennille V, son of Debora Green and Stephen Gray of Great Falls, and Mr. and Mrs. W. Grant Tennille IV of Little Rock, Ark., joined Troop 673 in 2007, after earning the rank of Arrow of Light as a Cub Scout. Since joining the troop, Will has served as Assistant Patrol Leader, Quartermaster, and Troop Instructor. An avid backpacker and hiker, he has hiked the complete Maryland section of the Appalachian Trail, in addition to participating in high adventure expeditions to Philmont and Sea Base. His enthusiasm in scouting was recognized by election to the level of Order of the Arrow, Scouting's National Honor Society, in 2009.

For his Eagle Project, Will and a dedicated team redeveloped and expanded a trail which connects the corner of Nike Park to a trail network into the commercial center of Great Falls. Will supervised and assisted a group of approximately 25 volunteers, working on the hottest day in recorded history to clear and level a 100 meter segment of trail and move over two tons of gravel. This small

link has had a giant impact for the community

Will is a recent graduate of Woodberry Forest School, in Madison County, Va. where he served as a head ropes course instructor and was co-captain of the varsity swim team. In the fall, Will plans to attend Denison University in Ohio.

♦ John Waugh, son of William and Nancy Waugh of Great Falls, began scouting in 2003 as a Cub Scout in Pack 673 and crossed over to Boy Scout Troop 673 in 2007.

In becoming an Eagle Scout, John has followed the footsteps of his older brothers Matthew, Mark and James, who were also members of Troop 673. Since joining the troop, John has participated in numerous troop outings including backpacking trips, ski trips, summer camps, and troop service projects. John also participated in two High Adventure trips: Sea Base in 2010 and Philmont in 2011. John has served in various leadership positions in the troop including Instructor, Assistant Patrol Leader, and Librarian, was Crew Chief at Sea Base, and attended Impeesa, the BSA National Youth Leadership Training. As Instructor, John helped set up and lead orienteering sessions for the troop.

For his Eagle Project, John directed a group of scouts, friends, and family in repairing a severely eroded hill trail at Riverbend Park in Great Falls, and installing a series of water bars to prevent further erosion. Scouts and friends dug trenches with pick axes and shovels, hauled large telephone pole water bars up the hill and installed them, back-filled the trenches, and leveled the pathway to remove gullies made by rainfall runoff. John's project provided park visitors with a safer, more stable trail and will protect the steep trail from future erosion.

John is a recent graduate of Langley High School where he was a member of the Langley Crew team for four years and was in the Men's top Varsity boat for the past two years. In the fall John plans to attend college and is interested in studying physics or engineering.

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Write Now, I Just Don't Know

By KENNETH B. LOURIE



The biggest writing problem that I have, other than the ones you regular readers generally know about, is writing a current column on the weekend immediately preceding the next Wednesday's publication date, when I am still waiting on results from my most recent CT Scan. This isn't like putting the cart before the horse, this is more like putting the horse in the cart and pulling it. Aside from not knowing definitively about this most recent look into my lungs, and thus not wanting to discuss it – premature announcement you might call it – assimilating the ever-present anxiety and worry about any and all things cancer-related never gets easy. Moreover, the not-knowing corrupts my brain and stifles my creative juices. How can I think about anything other than what information I don't have? And considering the circumstances and the context: my life being at stake; anything, everything, all the things, pale in comparison and nothing feels worth writing about – so that's what I'm writing about.

Let me attempt to clarify a bit. This feeling isn't about waiting for results per se. It's not about the interval of time between my scan and my next face-to-face meeting with my oncologist when Team Lourie will be updated; it's not about wondering if any symptoms I've had (I haven't had any) are indicative of potential trouble; it's not about my insurance coverage or money running out and in turn there being some gap in my coverage; nor is this, generally speaking, about business or pleasure. No, this is about living my day-to-day life when the elephant is not only in the room, it's on your shoulders, in your head, and everywhere else it can possibly be.

Not that I'm totally blocked and unable to function; hardly. I am still in control of most of my bodily functions and almost all of my activities of daily living, and when I get dressed, I am still able to put my pants on one leg at a time like everybody else with very little difficulty. In short, my life appears to be relatively normal. No one could tell by looking at me that I'm living on the edge, maybe the cusp, hopefully not precipice, of potentially life-changing information. The reality of this upcoming Friday's appointment/reality so dominates my brain that it's practically impossible for me to mind anything but my own business, and what seems to suffer most is creative pursuits, and unfortunately that is reflected in this week's column: a meandering (though not necessarily intended to be) testament to cancer's insidious effect, emotionally. Cancer may occasionally work in mysterious ways, but in one way it's effect is perfectly clear: your thinking is not what is used to be, pre-cancer.

Nevertheless, I can manage. It's no problem, really. After five and one half years, I know what to expect. It's just time that thankfully I still have. I'll know soon enough though. It's already Monday. Besides, good things come to those who wait, right?

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

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THURSDAY/AUG. 14

Computer-one-on-one. 11:00 p.m. 10304 Lynnhaven Place, Oakton. Learn how to work with the internet, Microsoft Word, Excel, and PowerPoint. 703-242-4020.

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

Reading Buddies. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Teens read with beginning readers and practice together. 703-757-8560.

FRIDAY/AUG. 15

English Conversation Group. 10 a.m. Patrick Henry Library 101 Maple Avenue East, Vienna. Practice English conversational skills. 703-938-0405.

SATURDAY/AUG. 16

McLean Child Safety Inspection. 9:30 a.m. - 12 p.m. Lewinsville Center, 1609 Great Falls Street, McLean. The McLean District Police Station holds child safety seat inspections once per month.

MONDAY/AUG. 18

Spanish Conversation Group. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Practice Spanish with a group. 703-757-8560.

English Conversation Group. 7 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Practice conversational English in a group setting. 703-356-0770.

TUESDAY/AUG. 19

Computer-one-on-one. 11 p.m. 10304 Lynnhaven Place, Oakton. Learn how to work with the Internet, Microsoft Word, Excel, and PowerPoint. 703-242-4020.

English Conversation Group One-On-One. 7 p.m. 10304 Lynnhaven Place, Oakton... Practice conversational English in a group setting. 703-356-0770.

One-On-One Computer Tutoring. 11a.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Learn the basics of a computer. 703-938-0405.

Improve Your English Skills. 11a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Receive help with reading, speaking and listening to English. 703-365-0770.

WEDNESDAY/AUG. 20

Governing Board of the McLean Community Center Special Meeting. 7:30 p.m. McLean Community Center, 1234 Ingleside Avenue, McLean. The Board will hold this special meeting to work on some time-sensitive projects, such as a proposed renovation and expansion and the FY 2016 budget proposal.

Morning Book Group. 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Call Branch for Title. 703-356-0770.

One-On-One Computer Tutoring. a.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Learn the basics of a computer. 703-938-0405.

Computer-one-on-one. 11a.m. 10304 Lynnhaven Place, Oakton. Learn how to work with the Internet, Microsoft Word, Excel, and PowerPoint. 703-242-4020.

Mystery Book Club. 1 p.m. 10304 Lynnhaven Place, Oakton, Discuss mystery books.

ESL Conversation Group. 2 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Practice English with a group. 703-757-8560.

English Conversation Group. 7 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Practice conversational English in a group setting. 703-356-0770.

THURSDAY/AUG. 21

Computer-one-on-one. 11a.m. 10304 Lynnhaven Place, Oakton. Learn how to work with the internet, Microsoft Word, Excel, and PowerPoint. 703-242-4020.

Okaton Book Discussion Group. 7 p.m. 10304 Lynnhaven Place, Oakton. Discussion will be on The Book Thief by Marcus Zusak. 703-242-4020.



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