

# Celebrating Fourth in McLean

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## Four Generations of Eagles in One Flock

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## In Jail: Don't Confuse Mental Health Services with Treatment

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People congregate on the grounds of Cooper Middle School for the fireworks celebration.

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PHOTO BY STEVE HIBBARD/THE CONNECTION

## PEOPLE

# Marta Sniezek: All-American

It's not easy being the second youngest member of a family of 11.

BY GORDON ROGO  
THE CONNECTION

**F**or Marta Sniezek, ranked one of the top basketball players in the country, her parents and her siblings are her motivators in a family where success is a blueprint.

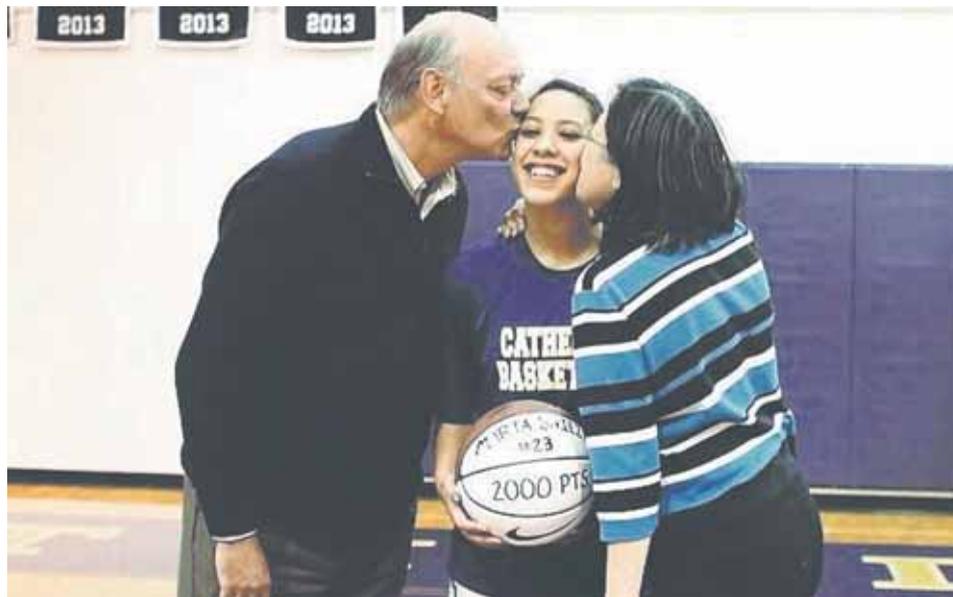
"I credit all my success to my family who have supported me in everything that I wanted to pursue," the McLean resident said. "My father taught me that I could do anything my brothers can academically and athletically. My sisters and brothers taught me tough love."

Marta has won numerous awards on and off the court, maintained above a 3.0 GPA at National Cathedral School and also makes time for volunteer work. Most recently she was named to the Parade All-American Basketball team, which recognizes the top 60 male and female players in the country. Previous recipients of this honor included Michael Jordan, LeBron James and Candace Parker. In the fall she will be attending Stanford University on a basketball scholarship.

One person who particularly inspires Marta is her mother, Edwina Sniezek, who was diagnosed in 2008 with chronic myelogenous leukemia in 2008. She underwent bone marrow transplant in 2013.

"It had a big impact on our family, particularly Marta," according to Marta's father, Dr. David Sniezek. "Because of my schedule, it has always been Edwina who took her to practices, games, and to tournaments that required travel. Their time together and shared experiences allowed them to develop a close relationship, one that endures today."

Marta dedicated her junior basketball and soccer seasons to her mother, which culmi-



**Marta Sniezek's father and mother, David and Edwina, kissing Marta as she is awarded a basketball for her 2,000 career point at the National Cathedral School.**

PHOTOS BY BRIAN KAPUR

nated in a D.C. Gatorade Basketball Player of the Year award among other accolades, and an All-Met Honorable Mention award to go along with a District of Columbia State Athletic Association state title for National Cathedral in soccer.

At the same time, she devoted whatever time she could to be her mother's primary caregiver.

"The experience gave Marta a bit of an edge in sports and life because she knew that she was going to have a conversation with her mother about everything she did that day," he father said.

Going into her senior year Marta had already committed to Stanford for basketball. And she could have easily relaxed: she had planned to forgo her senior season of soccer to avoid added exposure to injuries.

"I only played soccer for NCS just to be with my friends. I never intended to play soccer senior year, but when I found out that one of the team's standout players was leaving the area then I decided to play," she said. "I wanted the seniors to win a third DCSAA title so I decided to play."

Marta's decision to play exemplified what many people highlight as some of her best-unknown attributes as a person.

"Marta is a really caring and loving person. She values teammates, family, and all those around her," said one of her AAU coaches, Bob Dix. "She fierce competitor on the court, but also an extremely caring person."

Her decision turned out to be a good one, as she helped NCS win a third straight state title. Marta was named first team All-Met



**Marta Sniezek on the court for National Cathedral School**

and the D.C. Gatorade Soccer Player of the Year. Making her the first female to win the Gatorade Player of the Year in two different sports in D.C. history.

She is also an Academic High School All-American in soccer and basketball, a member of the National Honor Society, a recipient of the Merit/Leadership Independent School Scholar, and a three-time Fairfax Stars "Outstanding Scholar Athlete Award" among other awards.

She also has volunteered for community service work, locally on behalf of the Haiti Relief Fund, for the So Others Might Eat organization, Jill's House, and as a National Cathedral School volunteer for the Latino disabled community.

"I don't think there is an athlete in the DMV that has the accolades that this young woman has on and off the court," said Dix. "She truly embodies that the phrase student athlete."

Looking ahead, Marta looks to keep the success going at Stanford. And she is excited about what her future holds, something she knows can be accomplished with the strength and inspiration of her mother on her mind.

"My mother instilled self-reliance, hard work and compassion in me," she said.

## Q&A: Marshall Grad Brooke Headed to Coastal Carolina

**Right-hander earned Conference 13 Pitcher of the Year.**

**W**ill Brooke spent three seasons helping transform the Marshall varsity baseball program into a state title contender.

As a senior this past spring, Brooke was the ace of the Marshall pitching staff and a slugger in the Statesmen lineup. He helped the team repeat as Conference 13 champion, and reach the 5A North region and state championship games.

Marshall lost to Stone Bridge in the region and state finals, but the Statesmen left their mark in 2015, helping the program return to a state championship game for the first time since 1987.

Brooke was named Conference 13 Pitcher of the Year, and earned first-team all-region and first-team all-state honors. The 2015 Marshall graduate will continue his baseball career as a pitcher at Coastal Carolina University in Conway, S.C. The Chanticleers compete at the Division I level in the Big South Conference.

Brooke recently participated in a Q&A via email with The Connection.

SEE Q&A, PAGE 7



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

**Will Brooke, a 2015 Marshall High School graduate, will play baseball for Coastal Carolina University.**



People line up for the concessions during the fireworks celebration at Cooper Middle School.



PHOTOS BY STEVE HIBBARD/THE CONNECTION  
**Cassandra Gore, Olivia Gore, Ryan Campbell and Jack Rampy of McLean.**

## Celebrating Fourth in McLean

**D**espite the gloomy weather, around 1,000 people attended the annual fireworks celebration by the McLean Community Center on Saturday, July 4 at Cooper Middle School in McLean. The Master of Ceremonies was Sam Fanelli and MCC Chairman Paul Kohlenberger addressed the crowd before the fireworks during the 239th birthday of America.

— STEVE HIBBARD



**Master of Ceremonies Sam Fanelli and his wife Kat.**

**Michael D’Arcangelo, Kaley Brockway and Lindsey Brinkley of McLean.**



**The Hensley family of McLean.**

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**NEWS**



**Four Eagle Scouts: Adam Sensiba, Arnold Leigh, Justin Bridges and Parker Evans.**



**Parker Evans with grandfather John Robinson Evans, who received his eagle rank in 1960.**

# Four Generations of Eagles in One Flock

**B**oy Scout Troop 827 of McLean, sponsored by The Church of Jesus Christ of Latter-day Saints, honored Parker Evans, 16, Justin Bridges, 18, Arnold Leigh, 18, and Adam Sensiba, 16, in a joint Court of Honor on May 9.

Josh Shepherd, 18, had his own Court of Honor in his family's backyard on May 23, complete with a campfire and s'mores.

Each of the five troop members earned his Eagle Scout ranking earlier in May.



**Parker Evans, Adam Sensiba, Kelly Wise, Arnold Leigh and Justin Bridges. Wise is the Eagle Advisor to the troop.**

**EVANS JOINS THREE** other generations of Eagle Scouts from his family. His father Ryan Parker Evans earned the honor in 1991, his grandfather John Robinson Evans, is a 1960 Eagle Scout, and his great grandfather Frederick Read Evans achieved the rank in 1926.

Parker pinned his grandfather for being a mentor and his grandfather spoke at the Eagle Scout Court of Honor.

Del. Kathleen Murphy of McLean and Fairfax County Supervisor John Foust attended and spoke at the event about involvement in the community.

Bridges and Shepherd improved the courtyard area of Marshall High School.

Leigh and Sensiba combated invasive plants and improved drainage at Falstaff Park in McLean's Hamlet.

Evans enhanced drainage and added trail markers at Riverbend Park.

Bridges completed his Eagle project 10 days before his 18th birthday, the deadline for earning the rank. He said his favorite scouting experience was a 100-mile bike trip where he had adventures including several flat tires in a single day. Leigh's favorite scouting memory was earning his archery and rifle shooting merit badges at his first year of scout camp.

Sensiba's older sister Ellen, a vocal performance major at the University of Utah who sang the hymn, "I'll Go Where You Want Me To Go" at the Court of Honor, was surprised when her brother honored her with his mentor pin.

"She's been a constant example of the qualities that scouts aspire to," Sensiba said.

Shepherd is set to begin a two-year LDS mission in Las Vegas this month, just a couple weeks after he graduates.



**Justin Bridges with mother Annie Bridges.**



**Josh Shepherd with his parents Loretta and David Shepherd.**



## Sixth Annual Dog Days of Summer

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Be sure to include your name, address and phone number, and identify all people and pets in photos. Submission deadline is July 15.

## WEEK IN MCLEAN

### Collection Continues for Annual Used Book Sale

McLean American Association of University Women (AAUW) 46<sup>th</sup> Annual Used Books, CDs, DVDs, and Software Collection is Saturday, July 18 from 9 a.m. to 1:30 p.m. at the Vienna Sun Trust Bank, 515 Maple Avenue East. No encyclopedias, VHS, or audio tapes. Proceeds are used for scholarships for women, to promote their professional development and to encourage grade school and

high schools girls to engage in science, technology, engineering and mathematics. Questions: email [aauwbookfair@gmail.com](mailto:aauwbookfair@gmail.com); call 703-527-4201; or visit [McLean-va.aauw.net](http://McLean-va.aauw.net).

The final collection will be Aug. 8 from 9 a.m. to 1:30 p.m. at the Vienna Sun Trust Bank. The sale will be Sept. 18, 19 and 20 at the McLean Community Center, 1234 Ingleside Avenue, McLean.

### Area Students Receive Congressional Award

On June 17, more than 150 youth from across the nation received the Congressional Award, Congress' highest honor for youth. Currently over 40,000 students from all 50 states are enrolled in the youth development program.

At the Recognition Dinner at the Ronald Reagan Building, more than 600 guests including members of the House and Senate along with business leaders honored the recipients and recognized retired Congressman John Dingell and Divisional Vice President of Walgreens Steve Pemberton for their work with American youth.

Since its inception in 1979, the Congressional Award has recognized thousands of young Americans committed to serving their country and improving

themselves, representing over seven million hours of public service.

Those honored include several students from our area.

**Rep. Barbara Comstock (R-10):** Rachel Bugge of Great Falls, Baylor University; Christina Flear, of Manassas, Osburn Park High School; Nikki Kothari, of Herndon, Thomas Jefferson High School for Science & Technology; and Austin Smith, of Great Falls, Cortona Academy.

**Rep. Gerald Connolly (D-11):** Tristana Giunta, of Falls Church, Yale Law School; Charlotte Heffelmire, of Vienna, McLean High School; Taylor Lane, of Dunn Loring, George C. Marshall High School, and Suhani Sanghavi, of Fairfax, Fairfax High School.



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## Yes to Nonpartisan Redistricting

Politicians shouldn't be choosing voters.

Virginia's Congressional map is unconstitutional because African American voters are packed into District 3, according to the U.S. District Court for the Eastern District of Virginia. The problem will have to be remedied by drawing new boundaries.

The issue could be appealed to the U.S. Supreme Court.

In statewide elections, Virginia voters have chosen Democrats in the last two presidential elections, for U.S. Senate, for Governor, Lieutenant Governor and Attorney General. Every single official elected statewide is a Democrat.

Democrats won by a comfortable margin in most cases, but elections were close. In one case the margin was razor thin. (Attorney General Mark Herring beat Republican Mark Obenshain by 165 votes out of more than 2.2 million cast, and that was an election that had serious and immediate consequences, if you

ever need an argument for the importance of your vote.)

It's reasonable to assume that a state so clearly leaning blue, but close to evenly divided would be about evenly divided in political representation.

But in fact, the Virginia House of Delegates consists of 67 Republicans and 33 Democrats. Virginia's delegation to the U.S. House of Representatives consists of eight Republicans and three Democrats.

EDITORIAL

Virginia's 11 Congressional districts should be split about evenly. You could understand a split five Dems and six Republicans; or five Republicans and six Democrats. A four and seven split would smack of some unusual circumstance. But three and eight?

The problem is gerrymandering.

The solution, which the Supreme Court just OK'd, is allowing the lines to be drawn by a non-partisan commission.

Both political parties have been guilty of this when in power, although new technology and better data have made the process more egregious, the effects more damaging.

Political parties should not control the draw-

ing of political districts. Gerrymandering thwarts the will of the electorate. It is especially damaging in a Dillon rule state, like Virginia, where localities have only the power explicitly granted to them by the General Assembly. This is particularly unfair to localities like Fairfax County, Arlington and Alexandria, whose electorate and local officials have views that differ greatly from those of the majority of Virginia's General Assembly.

The reason Virginia's Congressional map has been ruled unconstitutional is about race; packing all the African American voters in one district and conceding that district to Democrats in order to reduce the power of African American voters in the adjacent districts. A similar challenge is in the works concerning districts in Virginia's House of Delegates.

It's long past time to take these decisions out of the hands of the officials who use the redistricting process to choose their own voters and effectively grant themselves lifetime appointments.

— MARY KIMM

### LETTERS TO THE EDITOR

## A Call to Save McLean Central Park

To the Editor:

I am writing with deep concern regarding Mr. Moore's recent piece about Fairfax County's proposed creek restoration project in McLean Central Park and the public meeting held on June 9 at the McLean Public Library ("Don't Want to be Disturbed," McLean Connection, June 17-23, 2015).

Mr. Moore took an unprofessional and condescending tone when referring to the reaction of the community, seemed to be excusing atrocious behavior on the part of the County, and failed to address a major focus of the meeting, essentially writing a support piece for the County project.

The community's outrage over this highly impactful proposal as well as the County's shocking lack of transparency, and our legitimate concerns about the efficacy of restoration projects, especially this one, goes way beyond what Mr. Moore's patronizing "ruffled a few feathers" and "Don't want to be Disturbed" title suggests. The meeting on June 9 was called for and insisted upon by the community, not the County. The County's presentation was attended by a standing room only crowd and elicited astonished disbelief from start to finish.

The community at large has just begun to learn about this proposal only because the park's adjacent neighborhood realized that the County was moving forward rap-

idly and quietly with a project that would impact thousands of residents while making no visible effort to inform them. As a result, we had no choice but to draft a petition listing the impacts of the project and to begin notifying the community, doing the County's job for them. Mr. Moore's article completely failed to mention this petition and its central role in the meeting on June 9. To date, Save McLean Central Park, (<https://www.change.org/p/supervisor-john-foust-kathleen-murphy-barbara-comstock-save-mclean-central-park>) which has been minimally publicized, has over 300 hard and online signatures with the promise of many more to come. The County was so concerned about this petition that they designed their presentation around responding to its claims.

Much to our great disappointment, the County's presentation completely failed to properly address or allay our concerns.

Specifically:

\*The trails will be closed for extensive periods during this lengthy construction project.

\*The project example shown in Reston is not comparable to Dead Run Creek.

The County has been unsuccessful in its attempts to address our concerns because from the beginning it has presented wildly conflicting and contradictory information at every turn (sometimes just

days apart) including the evening of June 9. The community's trust in the County has been severely tested.

Make no mistake, the proposal, as currently designed, will have a devastating impact on the park for a full generation to come. As a news organization dedicated to presenting a balanced story, I certainly hope and trust that you will inform the public of these issues and concerns which include:

1. Proposed removal of approximately 250 trees from McLean Central Park, including as many as 100 of the largest-sized trees (please see item #2 below);

2. Significant widening of the creek and its banks resulting in the removal of virtually all growth in a wide swath extending out along both sides of the creek from Churchill Road to Ernestine Drive (including all trees 6" in diameter and under, none of which are included in the County's tree count);

3. No provisions made by the County to maintain or protect replacement plantings from failure or encroachment of invasive species. (NOTE: Replacement trees will be 2" diameter saplings);

4. All trees with exposed roots along the banks will be removed and replaced with boulders;

5. Closure of large sections of the park and trail for extended periods during construction;

6. Insufficient evidence that this project, given the extensive damage it will do to the existing park environment, is the best way to achieve the proposed goals of reducing erosion and the phosphate

levels going into the Potomac.

7. Inadequate attention to the serious flash flood issue in the park and surrounding area. In addition, Dranesville District residents should be concerned about and aware of the following:

1. County officials have stated in public meetings that the construction zone and surrounding area (the long section of the park from Churchill Road to Ernestine Drive) will look "very rough" for years and that the planned canopy will take 30 years, a full generation, to grow in...if the plantings survive.

2. The efficacy of stream restoration projects which are being undertaken to reduce erosion into the Chesapeake watershed is being heavily debated and questioned at the highest levels. By no means is there a consensus that these projects are successful after five years. In the meantime, irreversible damage has been done.

3. Our community should ask why the County has failed to provide notification about this project and its short and long lasting impact on McLean Central Park. The County has only begun to discuss doing so now because its hand has been forced by members of the park neighborhood.

4. There is serious concern that the County's proposed, previously named "Stream Team" will be a rubber-stamp group designed to give the County credit for making an in-name-only attempt to allow for community input regarding the future of McLean Central Park.

SEE LETTER, PAGE 13



# PEOPLE

## Q&A: Marshall Grad Brooke Headed to Coastal Carolina

FROM PAGE 2

**Connection:** You'll be playing baseball for Coastal Carolina next season. What made CCU the right choice for you?

**Brooke:** I've always thought of them as having a very successful program and the coaches made me feel like I have a good chance of contributing next spring and in the next few years. Coastal is also very close to my grandparents and other family members so I don't feel too out of place going to a school 7 hours from home.

**Connection:** What are you most looking forward to about going to college?

**Brooke:** The freedom of living without parents and just being able to play baseball at a higher level in front of bigger crowds

**Connection:** At what age did you start playing baseball?

**Brooke:** 4 years old.

**Connection:** When did you realize playing college baseball was an option for you?

**Brooke:** Freshman year of high school when I went down to [East Cobb, Ga.] for the first time. The realization of playing in college grew every year since then when more and more college coaches came to watch me pitch.

**Connection:** You were a key contributor to helping Marshall reach the state championship game for

the first time in more than 20 years. What did it feel like to be part of that accomplishment?

**Brooke:** It was awesome being able to play in the state championship. I loved every moment of the season. Coach [Aaron] Tarr would always talk about how good Marshall baseball used to be and how special that team was that went to states. I just want our team to be talked about in 20 years like that team was.

**Connection:** What is your favorite memory of playing baseball at Marshall?

**Brooke:** Hitting two home runs in the state championship game.

**Connection:** What do you like to do when you're not playing a sport?

**Brooke:** I like to hang out with my friends, which normally ends up being a pick-up basketball game, ping-pong tournament or a trip to the driving range.

**Connection:** What's your favorite food?

**Brooke:** Lobster.

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

**Brooke:** Kendrick Lamar. He's my go-to artist from pregame music to just driving around in my car.

**Connection:** What is your favorite movie? Why?

**Brooke:** "Anchorman." My favorite Will Ferrell movie. I use quotes from that movie all the time.

— JON ROETMAN

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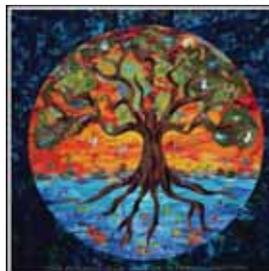


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THE CONNECTION NEWSPAPERS



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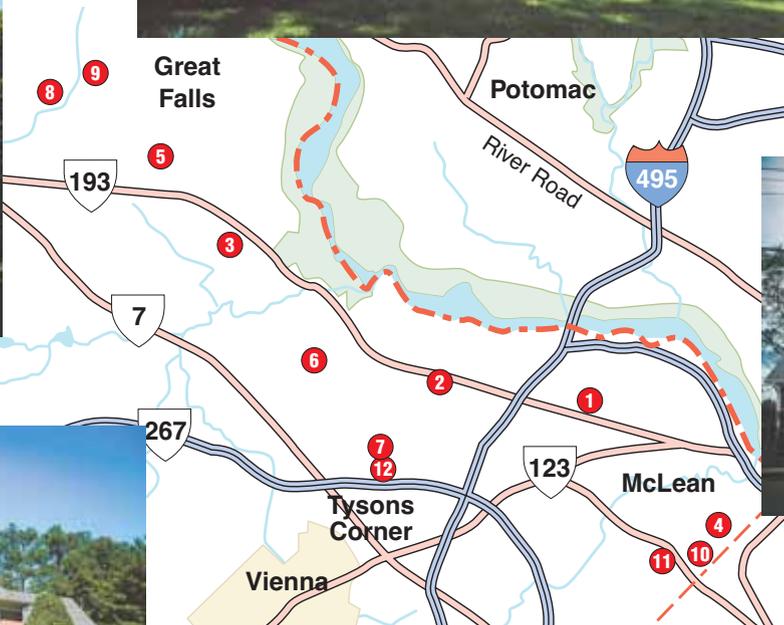
**2** 843 Centrillion Drive, McLean — \$2,750,000



**1** 916 Mackall Avenue, McLean — \$3,100,000



**6** 1007 Bryan Pond Court, McLean — \$2,310,000



**10** 6034 Franklin Park Road, McLean — \$2,100,000



**7** 1218 Daviswood Drive, McLean — \$2,200,000



**12** 1312 Daviswood Drive, McLean — \$2,000,000

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<b>1</b> 916 MACKALL AVE	6	5	3		MCLEAN		\$3,100,000	Detached	0.56	22101	LANGLEY FOREST	05/15/15
<b>2</b> 843 CENTRILLION DR	5	5	2		MCLEAN		\$2,750,000	Detached	0.93	22102	GARFIELD PARK	05/18/15
<b>3</b> 811 LEIGH MILL RD	6	6	2		GREAT FALLS		\$2,700,000	Detached	1.73	22066	FORESTVILLE	05/27/15
<b>4</b> 1615 FOREST LN	4	5	3		MCLEAN		\$2,621,000	Detached	0.53	22101	CHESTERBROOK WOODS	05/22/15
<b>5</b> 640 DEERFIELD FARM CT	6	6	3		GREAT FALLS		\$2,575,000	Detached	1.77	22066	DEERFIELD FARM	05/29/15
<b>6</b> 1007 BRYAN POND CT	5	6	2		MCLEAN		\$2,310,000	Detached	1.72	22102	BRYAN POND	05/08/15
<b>7</b> 1218 DAVISWOOD DR	5	5	1		MCLEAN		\$2,200,000	Detached	0.86	22102	SUMMERWOOD	05/15/15
<b>8</b> 601 UTTERBACK STORE RD	5	5	3		GREAT FALLS		\$2,174,000	Detached	3.53	22066	ROGERS PROPERTY	05/12/15
<b>9</b> 10509 SPRINGVALE FOREST CT 5	6	6	2		GREAT FALLS		\$2,149,000	Detached	1.77	22066	SPRINGVALE FOREST ESTATES	05/28/15
<b>10</b> 6034 FRANKLIN PARK RD	6	5	2		MCLEAN		\$2,100,000	Detached	0.34	22101	WRENNWOOD	05/15/15
<b>11</b> 6239 PARK RD	5	4	2		MCLEAN		\$2,075,000	Detached	0.72	22101	FRANKLIN PARK	05/11/15
<b>12</b> 1312 DAVISWOOD DR	7	7	1		MCLEAN		\$2,000,000	Detached	0.83	22102	SUMMERWOOD	05/29/15

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# HomeLifeStyle



**This Chesapeake Bay vacation home with renovations by Doug Roberts and Jessica Parker Wachtel of GTM Architects has an abundance of windows that allow in sunlight and offer views of the water.**



PHOTOS COURTESY OF GTM ARCHITECTS

**Doug Roberts and Jessica Parker Wachtel of GTM Architects added a balcony with views of the bay to a rear bedroom of this Chesapeake Bay vacation home.**

## A House by the Sea

Design ideas for beach homes.

BY MARILYN CAMPBELL  
THE CONNECTION

**A**s the sweaty days of summer slog on, many are dreaming about a home by the sea, a wistful retreat where cares flow as freely as an ocean breeze. A few local designers share seaside secrets for an idyllic hideaway.

When a Bethesda, Md., family decided to update and expand their vacation home on the shores of the Chesapeake Bay, functionality and style were top priorities.

Doug Roberts and Jessica Parker Wachtel of GTM Architects in Bethesda added more than 1,400 square feet, but kept many of the existing features of the 3,792-square-foot beach house, which was built in 1985.

“What was unique about this project is that the family’s father had originally designed this home himself,” said Roberts. “It’s modern with lots of glass and cathedral ceilings. The family didn’t want to change that. They just wanted to expand it.”

The home now has an open floor plan, including a kitchen that flows into the family room, an exercise and recreation room, glass garage doors, an outdoor shower and a wet bar. The windowsills are lower, allowing in more light and expanded water views. The home’s bathrooms and five bedrooms were updated, adding a balcony with views of the bay to a rear bedroom.

“The work was all consistently done, so you really can’t tell that there was an addition,” said Roberts. “We replaced all of the materials — flooring, tile, trim — and put down new materials throughout.”

**AN ALEXANDRIA COUPLE** wanted their second home on the Eastern Shore to exude a calm serenity. They achieved that feel with white walls and furniture at the recommendation of interior designer Grace Nelson of Nelson Design Lab in Arlington.

“White exudes peace and quiet,” said Nelson. “They wanted their beach house to

“What was unique about this project is that the family’s father had originally designed this home himself. It’s modern with lots of glass and cathedral ceilings.”

— Doug Roberts,  
GTM Architects

**This home, which sits on the Chesapeake Bay, has an open floor plan that includes a kitchen that flows into the family room. Doug Roberts and Jessica Parker Wachtel of GTM Architects designed the home’s addition.**

be the opposite of the chaos of Washington, but they didn’t want it to be too far removed modernity. They still wanted their luxuries.”

Among those amenities are a kitchen equipped with a Bosch dishwasher and a built-in Subzero refrigerator. The kitchen’s white cabinetry is accented with natural pine knobs and pulls that match the pine flooring.

A bay window in the living room allows for majestic ocean views. That seascape can also be enjoyed from the clawfoot soaking tub in the master bathroom.



**WHEN THE OWNER** of a Rehoboth Beach, Del., condominium decided to rent her property to beach goers, she wanted to marry casual elegance and durability.

Designer Sallie Kjos of Grey Hunt Interiors in Chantilly helped the homeowner, whose primary residence is in Great Falls, choose furnishings that created a relaxed, modern look.

“When you’re designing a beach property that is also used as a rental, you want to find something that is durable and can be cleaned easy and can stand up to the sand,” said Kjos. “You don’t over accessorize a

beach property, especially if it’s a rental.”

They created an office space “because a lot of people have to work even when they’re on vacation,” said Kjos.

A chandelier made of natural capiz shells, with an easy-to-clean lacquered finish, hangs over the wooden dining room table. The result is a beach feel, but with a modern twist, says Kjos.

“We tried to get away from the stereotypical beach décor with motifs like seagulls and driftwood,” she said. “We wanted to use water-like colors because it makes for a relaxing environment, but we mixed the city with the ocean and created a flow throughout the house so that it connected visually.”

**IT’S THAT CONNECTION**, to the sand, the surf, and surroundings that makes a vacation house feel like a home. When Potomac, Md., architect James Rill went looking for a Vero Beach, Fla., vacation home, he was inspired by his favorite sport: baseball. “It’s very close to the Nationals spring training center,” he said.

“It was a dump when we got it,” he said. “When my wife first saw it, she was ready to kill me, but we stripped it to the bone and cleaned it up.”

When designing the space, Rill wanted to make sure the materials he and his wife chose could stand up to the sand and surf environment of south Florida. The couple wanted the single-level dwelling to have a look that was simple and clean. They chose dark red tile flooring and sea-inspired furnishings in blue and white.

“It has a subtle elegance,” he said. “It doesn’t call attention to itself.”

The new kitchen opens up to the family room and is devoid of large appliances, which Rill says are unnecessary in homes such as his.

The home accommodates Rill’s parents, also baseball fans who make the trek to spring training camps. “We took the master suite and we made it into a nicer, handicapped accessible space.”

# In Jail: Don't Confuse Mental Health Services with Treatment

**Fourteen mental health service staff at the disposal of 1060 inmates.**

BY SAMANTHA TKAC  
THE CONNECTION

A young man with ruffled hair and tired eyes peers out through the rectangular window of his single cell door. His gaze drifts across the green-tiled dayroom of the acute mental health facility in the Fairfax Adult Detention Center.

The high ceiling of the dayroom reveals a second floor of single cells, the entire facility currently occupied by 45 incarcerated men. The young man's eyes catch an observer's and he nods in greeting. Besides this subtle gesture, the dayroom is quiet and still. The tiny cell windows above and below are brightly lit and faceless.

The women's acute mental health facility is structurally similar yet compressed, holding 19 inmates. Both spaces contain central open spaces filled with metal tables and attached chairs. This is where supervisor Steve Weiss, the director of jail-based behavioral services within the ADC and his 14 team members of the Community Service Board sit down with each of the current 64 inmates to provide mental health services. But along with serving those in acute care, the 14 CSB team members provide mental health services to the jail's general population, serving a total of 1073 inmates within the last six months, according to CSB Communications Director Belinda Buescher. During that time, the jail held an average of 1060 inmates.

"In a perfect world we would have a much larger staff and we would have a presence 24/7. If we did that with the existing staff that we have now we would be spread so thin and services would be so diluted that we couldn't respond effectively when we are here," Weiss said.

Sheriff Deputy J. Perkins who works in the facilities explains the Sheriff Department's involvement with the facility's mental health care. He points to "Ob-Logs" short for "Observation Logs." "These are 15 minute checks because it's high observation ..." Perkins said. "It's just another piece of the puzzle in reference to their mental health status." Some of the check ups documented in the logs include whether or not an inmate takes their medication, what meals they're eating and when they're sleeping. "This gives you a real good picture in reference to how well they're doing or if they're deteriorating."

Checking on these individuals frequently and extensively is a necessity when servicing mental health issues, because a state of mind can alter drastically even over the course of a few minutes. Weiss explains that these circumstances mean that the inmates who are prioritized for care changes daily. "We come up with a list every day of who we must see based on the severity of need, and then what we do from that point on depends upon the urgency of the situation."

Weiss has worked in the Fairfax Adult

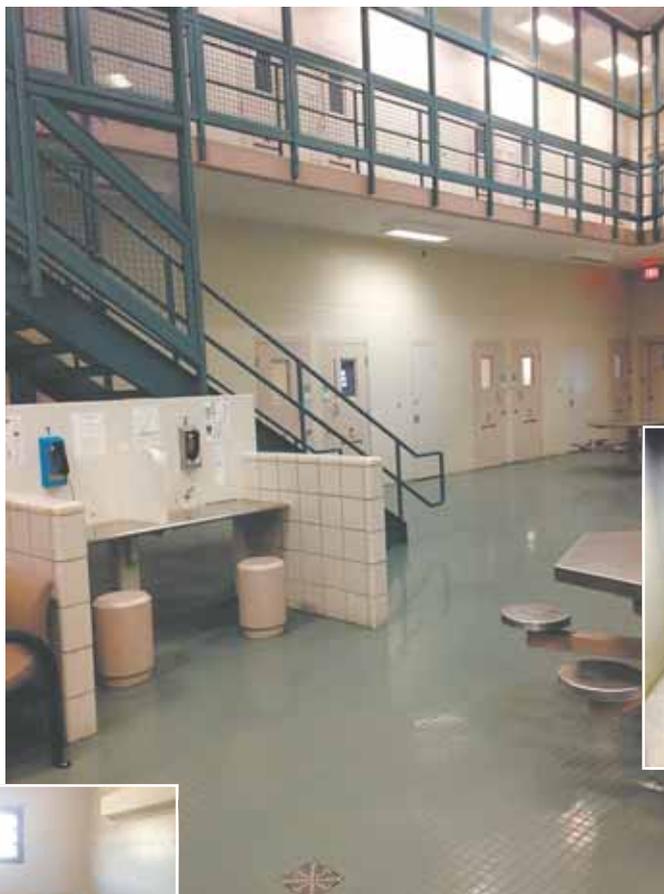
Detention Center for 11 years, and before that, in other mental health facilities. When Weiss retires in a few weeks, no one will be hired to fill his position, reducing the CSB staff from a total of 14 to 13. Psychology textbooks, behavioral therapy manuals and other informational texts about the human mind line the shelves of his office. Despite Weiss's knowledge and sensitivity toward mental health, he is adamant about referring to the services that his team provides as just that — services, not as treatment.

"I hate using the word treatment," Weiss said. "... People often believe, it's surprising — lawyers, police, family members especially, think 'Boy, I hate to see this person go to jail but at least they'll get treatment over there.' I don't really like to leave the impression that there is any equivalency between what we do here and what the person should receive or what they might receive in a hospital or in proper mental health treatment .... we want to do as much as we can for as many people as possible, but our objective is really not to provide primary treatment, it's rather to engage, stabilize, and to transition."

The CSB staff consists of social workers, psychologists, or psychiatrists who engage inmates by providing therapeutic group and individual sessions. Some of these sessions include goal-specific outcomes, such as substance abuse therapy. Other sessions may begin with confronting the most basic and important of mental health issues — figuring out what's wrong, and the needs of the individual. Weiss says that a benefit these services within the jail is that "There's no such thing as a no-show in jail for an appointment ... there's 100 percent show rate, that doesn't mean that people are always cooperative. ... There are instances where this is the first time when you're [the CSB staff] able to get a clear picture of what's going on. As crappy as life is in jail, it's the most stable that somebody has been."

Stabilization doesn't always occur.

"**ONE OF THE FIRST** stumbling blocks is the fact that often when people have an ill-



PHOTOS BY SAMANTHA TKAC/THE CONNECTION  
**Men's dayroom of the Acute Mental Health Facility in the Fairfax Adult Detention Center.**



**Single cell in the women's acute mental health facility in the Fairfax Adult Detention Center**

the police are called, he can't be taken to a hospital, but he can be taken to jail.

"It is not about this chunk or that chunk, all of them are equally important, the chain is only as strong as its weakest link," Weiss said. These "chunks" or services include the utilization of Crisis Intervention Training on behalf of the Fairfax County Police, the availability of Jail Diversion options such as substance abuse treatment and outpatient programs, and increasing the support of post-incarceration options, such as housing,

and placement within mental health treatment facilities.

"What we need to do is understand that this is a systemic issue ... there needs to be seamless movement," Weiss said. "I am in favor of more service in the jail — but that is a reflection of the failure of everything else." He reiterates that the issue of mental health treatment

within the community is, "A single problem with different pieces." Weiss can only work to improve one.

**WEISS SPENDS** his days not only with the inmates, but with family members and friends who are also affected by this system. On the upside, these interactions make up his favorite part of the job. "It's always being able to make something a little bit better for the person who is incarcerated or for the person that cares about them ... always, there's never any question about that."

But with love comes heartbreak, as Weiss describes the difficulty in seeing individuals whose, "only crime really is being mentally ill." He spoke to one such individual, a young man who was refusing therapy or medication "due to severe paranoia."

Weiss was trying to convince him to apply to receive disability checks. After lots of time and persistence Weiss received, "the smallest sliver of a maybe" from the man "which I'm sure by today is going to be a no." Weiss sighs, "But — it's not always a no."

Back in the lobby of the Adult Detention Center, a woman sits in the one of the plastic chairs and bounces a baby on her knee. Besides thumping the heel of her clog, she holds her body stiff as she looks above the baby's bobbing head and through the doors leading into the Detention Center. Weiss said, "When people come here, whether they're in the lobby worrying about the person inside or whether it's the person inside the jail — they're at the worst point in their life, and sometimes the smallest thing can make a very big difference .... sometimes it's saying to a mother — 'I promise you your son is going to be OK, we're watching him.'"

# SCHOOLS

Send school notes to [mclean@connectionnewspapers.com](mailto:mclean@connectionnewspapers.com) by Friday.

**Kristen Wolaver**, daughter of John and Barbara Wolaver of Great Falls, and a 2013 graduate of Langley High School, has been named to the Dean's List for academic achievement for the spring semester at the University of Pittsburgh. Kristen is a neuroscience major with a minor in chemistry at the Dietrich School of Arts and Sciences at Pitt, where she will begin her junior year in August 2015.

**Brendan Mullen**, Langley High School grad class of 2011, son of Mike and Debbie Mullen of Great Falls, graduated Magna Cum Laude, with Distinction from the Pennoni Honors College, Drexel University in Philadelphia, Pa. Brendan earned a Bachelor of Science degree in Biological Sciences and will be attending Drexel College of Medicine in the fall. While at Langley, Brendan played goalie for the Langley Saxons Ice Hockey team and at Drexel, played on two inline teams, one of which won the Philadelphia College Roller Hockey League championship this spring.

**George Mahaney-Walter**, son of Mary Claire Mahaney and Herbert Walter of McLean, was awarded the degree of Master of Business Administration in recent commencement exercises at the Simon School of Business of the University of Rochester.

**Northern Virginia Community College** is preparing to welcome 17 incoming Honors Program Scholars for the start of the 2015-2016 academic year, which begins Aug. 24. The scholarship provides \$10,000 to be divided into fall and spring semesters for two years, at \$2,500 per semester. It will assist students with the cost of tuition toward a NOVA degree. **Natalia Chavez Choque and Benjamin Atherton, of McLean High School**, received this scholarship.

**Gabrielle Greco, of Vienna**, daughter of Drs. Stephen and Judith Greco, was named to the Dean's List at the College of William and Mary for the Spring Semester.

**Dylan Maxwell Phillips, of Great Falls**, has been named to the president's list at James Madison University for the spring 2015 semester. Students who earn president's list honors must carry at least 12 graded credit hours and earn a GPA of 3.90 or above. Phillips is a senior whose major is Computer Info Systems - BBA.

**Victor Zheng, 21, of McLean**, is among five University of Virginia schol-



PHOTO CONTRIBUTED  
Brendan Mullen

ars who have received Critical Language Scholarships to assist them in pursuing their love of language. They will spend seven to 10 weeks in intensive language institutes this summer in one of 13 countries to study languages the U.S. government has deemed "critical." Zheng will study Chinese in Dalian, China. He is a third-year history and Chinese major who is learning Mandarin Chinese.

"I applied out of a desire to have another opportunity to go back to China and be immersed in its environment," he said. "I also just inherently love being abroad where I believe I learn the best and the most." Zheng, who is a member of U.Va.'s Virginia Glee Club, plans to pursue a master's degree in international relations.

**Graham P. Lobel**, the son of Doug and Betsy Lobel of McLean, received a Bachelor of Science degree cum laude, from Haverford College, in Haverford, Pa., at the school's 177th Commencement on Sunday, May 17. Lobel graduated with High Honors in Chemistry. At Commencement, Lobel also received The George Peirce Prize in Chemistry, for excellence in undergraduate research. Lobel graduated from the Thomas Jefferson High School for Science and Technology in 2011.

**Chun-Ming "Chris" Chen of Vienna and Maria Vera Alvarez of South Riding** have been awarded **Jack Kent Cooke Foundation Undergraduate Transfer Scholarships**. Both students attend Northern Virginia Community College.

Chen and Vera Alvarez are among 90 students nationally to receive the prestigious award which provides up to \$40,000 a year toward tuition, books, living expenses and required fees for the final two to three years needed to earn a bachelor's degree.

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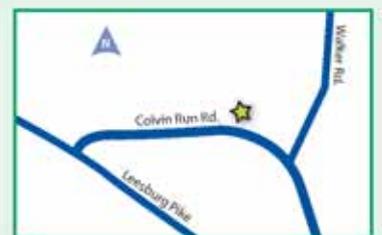
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# SPORTS

**Fairfax Finest won gold in the women's 5-on-5 basketball competition at the World Police and Fire Games.**



PHOTO PROVIDED BY DERECK BAKER

## World Police and Fire Games Come to a Close

The World Police and Fire Games ended July 5 with law enforcement winning 1,308 gold medals, and firefighters bringing home 513 gold medals.

Law enforcement collected a total of 3,168 medals, including 1,036 silver and 824 bronze. Firefighters totaled 1,268 medals, including 417 silver and 338 bronze.

The United States held a large advantage in the medal count, winning 1,777, including 696 gold. Canada amassed the second-most medals with 429, including 172 gold. Russia won 207 medals (126 gold), Spain brought home 193 (77 gold) and Brazil tallied 174 (58 gold).

Several local teams/athletes captured gold during the 10-day event, including a pair of first-place finishes in 5-on-5 basketball. Fairfax Finest won gold in the women's competition, and Fairfax County PD won the men's 18+ Division II event.

Fairfax County firefighter Monica Harding won gold in the



PHOTO CONTRIBUTED

**Fairfax County firefighter Monica Harding won gold in the 18+ individual full gear stair climb at the World Police and Fire Games.**

18+ individual full gear stair climb. Fairfax County Fire and Rescue's Holly Melendez finished first in the women's 30+ under 67.5 kg bench press.

In cross country, Fairfax County Fire and Rescue's Caldwell Clarke took gold in the 10,000 meters.

In police motorcycle competition, Richard Mattison of the Fairfax County Police Department



PHOTO PROVIDED BY BRENT SCHNUPP

**Fairfax County Fire and Rescue's Holly Melendez finished first in the women's 30+ under 67.5 kg bench press at the World Police and Fire Games.**

finished first in the 18+ expert skill level cone event. Kevin Palizzi placed first in the 18+ challenge ride. The Fairfax County Police Department finished first in the team cone event.

## Wildthings Stem the (Rip) Tide with Win Over Virginia Run

The Langley Wildthings swam united against Virginia Run, and remain undefeated in Division 4. With five wins in the first six events, the Wildthings didn't let the morning's soggy start dampen their desire to win. The final tally was 244-176 on July 4, including four Wildthings' sweeps.

Last week's Langley double blue ribbon winners were: Colin Walter (boys' 8&U for 25M freestyle, 25M backstroke); Tessa Jones (girls' 8&U for 25M freestyle, backstroke); Beckett Collins (boys' 8&U for 25M breaststroke, 25M butterfly); Luke Watson (boys' 9-10 for 50M freestyle, 25M butterfly); Sebastian Silvestro (boys' 11-12 for 50M freestyle, 50M butterfly) and Isabel Schone (girls' 11-12 for 50M freestyle, 50M backstroke).

Single blue ribbons were earned by: Nathan Robinson (boys' 15-18 50M freestyle); Brady Quinn (boys' 9-10 50M backstroke); Danny Quinn (boys' 11-12 50M backstroke); Nathan Johnson (boys' 15-18 50M backstroke); Margit

Crittenberger (girls' 8&U 25M breaststroke); Ryan Jones (boys' 9-10 50M breaststroke); Campbell Collins (girls' 9-10 50M breaststroke); Liliana Schone (girls' 11-12 50M breaststroke); Jake Smith (boys' 13-14 50M breaststroke); Marina Watson (girls' 8&U 25M butterfly); Kate Walter (girls' 11-12 50M butterfly) and Duncan Proxmire (boys' 15-18 50M butterfly).

The six blue ribbon relay teams were: boys' 8&U 100M freestyle (Beckett Collins, Wilson Buttz, Ale Wick, Colin Walter); girls' 8&U 100M freestyle (Margit Crittenberger, Marina Watson, Katie Alms, Tessa Jones); boys' 9-10 100M medley (Brady Quinn, Kelly Crittenberger, Luke Watson, Troy Collins); girls' 9-10 100M medley (Anna Derringer, Muriel Wallach, Maria-Grazia Favro, Campbell Collins); boys' 11-12 100M medley (Danny Quinn, Vincent Watson, Sebastian Silvestro, Sean Mullery); and girls' 11-12 100M medley (Isabel Schone, Liliana Schone, Audrey Wallach, Kate Walter).



**View Robert Gilbert's exhibition Restful Pause showcasing wine bottles, wine glasses, ceramic pots, fruits and vegetables from July 1-Aug. 1 at Katie's Coffee House, 760 Walker Road, Great Falls.**

## CALENDAR

Send announcements to [north@connectionnewspapers.com](mailto:north@connectionnewspapers.com). Deadline is Friday for the following week's paper. Photos/artwork encouraged.

### ONGOING

#### Vienna's Summer on the Green

**Concert Series.** Fridays-Sundays, through Sept. 27. 6:30 p.m. at Vienna Town Green, 144 Maple Avenue E, Vienna. Come out on the weekend and listen to some good music. Visit <http://www.viennava.gov/DocumentCenter/View/2640>

#### Great Falls Concerts on the Green.

Sundays, through Sept. 6. 6-8 p.m. at Great Falls Village Centre Green. Come out on Sundays and listen to some live music. Visit <http://www.celebrategreatfalls.org/concerts-on-the-green/>.

#### Tyson's Concerts on the Plaza.

Fridays, through Aug. 7. 6-8 p.m. at Tyson's Corner Center, 1961 Chain Bridge Road, Tyson's Corner. Sit back and enjoy live music with a special line up each week. Tickets are available on a first-come, first-serve basis beginning at 10 a.m. each Friday morning in the mall concourse on level 2 next to ZARA.

#### Summer Reading Program.

Friday-Sunday, through Sept. 5. 10 a.m.-5 p.m. at Great Falls Library, 9830 Georgetown Pike Great Falls. Attend summer events and check out books. All ages. Visit <http://www.fairfaxcounty.gov/library/branches/gf/>.

#### Restful Pause.

Wednesday-Saturday, through Aug. 1. Katie's Coffee House, 760 Walker Road, Great Falls. Robert Gilbert brings his nine, framed still-life paintings to exhibit. The subjects are wine bottles, wine glasses, ceramic pots, fruits and vegetables. The paintings are realistic in some areas and impressionistic in others.

#### What's in Your Garden?

Tuesdays - Saturdays, through Aug. 1. Vienna Arts Society "Gallery in the Village Green," 513 Maple Ave. W, Vienna. Featured artist Loy McGaughy of Reston exhibits a collection of watercolors inspired by her personal photographs. The exhibition includes more than a dozen other artists.

### THURSDAY/JULY 9

**Artist Demonstration.** 7:30-9:30 p.m. Vienna Art Center, 115 Pleasant St., NW, Vienna. Renowned contemporary impressionist Trisha Adams

demonstrates her exuberant techniques for capturing light in acrylic paintings. [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org).

**Magic Book Club.** 2:30 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Magic, music and fun with magician Brian Curry. Ages 6-12.

**The Living Rainforest.** 2:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Meet animals from the rainforest. Ages 6-12.

**Reading Buddies.** 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Teen volunteers available to read to/with beginning readers. School age, preschool.

**Starlight Storytime.** 7-7:45 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Wear your favorite pajamas and join us for stories and songs. All ages. Register at <http://www.fairfaxcounty.gov/library/branches/ok/>.

### FRIDAY/JULY 10

**Pokemon League.** 3-6 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Learn and play. Age 5-18. More information at <http://www.fairfaxcounty.gov/library/branches/ph/>.

**Playdate Café.** 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Chance for children to enjoy toys and a play space while adults enjoy coffee and conversation. Preschool.

**Great Decisions Foreign Policy Series.** 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Foreign Policy Association's Great Decisions program; privacy in the Digital Age. Adults.

**Family Game Time.** 3:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play assorted board games with friends and family. All skill levels and ages welcome.

### FRIDAY-SUNDAY/JULY 10-26

**"Jesus Christ Superstar."** 8 p.m. The Alden, 1234 Ingleside Avenue, McLean. "Jesus Christ Superstar" is based on the accounts in the Gospels of the final days of Jesus of Nazareth, from his arrival in Jerusalem until his crucifixion. A large part of the plot focuses on the character of Judas Iscariot. Although the

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# CALENDAR

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setting and style of the show are contemporary, it is faithful to the biblical accounts of the events. Tickets: \$23-\$25. [www.McLeanPlayers.org](http://www.McLeanPlayers.org).

## SATURDAY/JULY 11

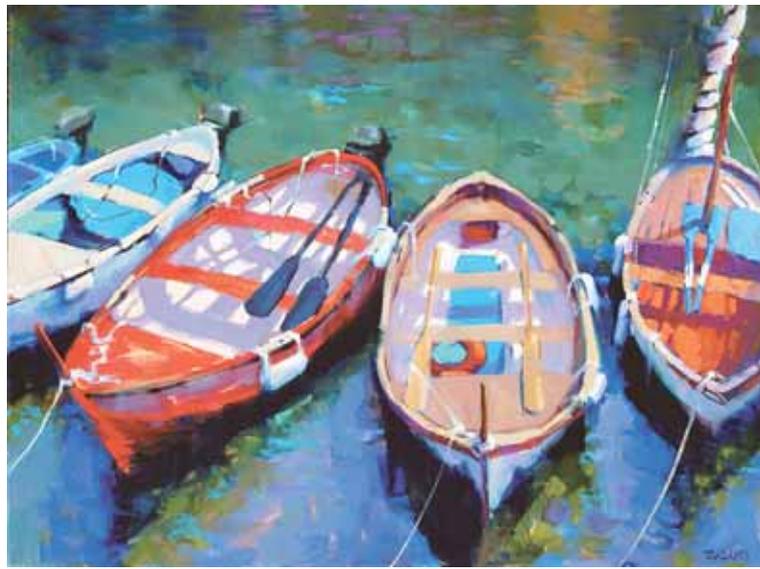
**Puzzled Again.** 4-6 p.m. Vienna Art Center, 115 Pleasant St., NW, Vienna. The Vienna Arts Society once again presents walls of giant puzzles created by assembling 12" puzzle pieces. Each piece is an original artwork featuring a drawing, painting or collage. Dozens of artists have works available to purchase through a silent auction to benefit the arts in Vienna.

**Kayak Mini Float Trip.** 11 a.m. Riverbend Park, 8700 Potomac Hills Street, Great Falls. A scenic wagon ride from the Visitor Center to the launch site at Riverbend Park, followed by a 1.5-mile instructor-led float trip down through riffles and flat water. No previous experience necessary. Cost is \$38. For information, call 703-759-9018.

## SUNDAY/JULY 12

**Wagon Ride - Journey to the Potomac River.** 11 a.m. - noon. Riverbend Park, 8700 Potomac Hills Street, Great Falls. Enjoy riding through the woods and along the Potomac River while learning about the park's wildlife and past American Indian inhabitants. Cost is \$5. For more information, call 703-759-9018.

**Sunrise Kayak Tour.** 7-9 a.m. Riverbend Park, 8700 Potomac Hills Street, Great Falls. Paddle with a naturalist and learn about the river's historic and natural beauty. This is not a whitewater tour. The cost is



**Renowned contemporary impressionist Trisha Adams demonstrates her techniques for capturing light in acrylic paintings on July 9 at Vienna Art Center, 115 Pleasant St., NW, Vienna.**

\$38 per person. For more information, call 703-759-9018.

**Ruthie & the Wranglers.** 5 p.m. The Alden, 1234 Ingleside Avenue, McLean. D.C.-based, roots music group Ruthie and the Wranglers continue roping in new fans with their high-powered honkytonk, country and rockabilly music.

## MONDAY/JULY 13

**Tiny Tots.** 10:30 a.m. Dolly Madison Library, 1244 Oak Ridge Avenue, McLean. An opportunity for kids to experience an exciting story time featuring stories, rhymes and songs. Ages 13-23 months with adult.

**Coding for Kids.** 10- 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Kids coding workshop. All levels welcome. Bring your

computer and learn about coding in a fun relaxed environment. Ages 11-13. Register at <http://www.fairfaxcounty.gov/library/branches/gf/>.

**Legos in the Library.** 4 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Have fun and make new friends. Hundreds of Legos await you and your creativity. Age 5-12.

**To Kill A Mockingbird Read-A-Thon.** 10 a.m. - 10 p.m. Barnes & Noble, 7851 L. Tysons Corner Center, McLean. To celebrate the release of Harper Lee's new book "Go Set A Watchman," Barnes & Noble Center will host a read-a-thon. Their goal is to read "To Kill A Mockingbird" from cover to cover. Local educators, students, authors, actors and book lovers of all kind will be guest

readers. If you are interested in participating as a guest reader contact the store at [crm2238@bn.com](mailto:crm2238@bn.com) or call 703-506-6756.

## TUESDAY/JULY 14

**Under the Sea.** 2:30 p.m. Dolly Madison Library, 1244 Oak Ridge Avenue, McLean. Meet live sea creatures at the Under the Sea event. Ages 6-12.

**Book Discussion Group.** 7 p.m. Dolly Madison Library, 1244 Oak Ridge Avenue, McLean. Read and Discuss the July title of, Elegance of the hedgehog by Muriel Barbery. Adults.

## WEDNESDAY/JULY 15

**Treasured Three to Fives.** 10:30 - 11:15 a.m. Dolly Madison Library, 1244 Oak Ridge Avenue, McLean. Join us for an early literacy enhanced storytime featuring stories, rhymes and songs. Age 3-5 with adult. Register at <http://www.fairfaxcounty.gov/library/branches/dm/>.

## THURSDAY/ JULY 16

**My First Book Club.** 4:30- 5:30 p.m. Dolly Madison Library, 1244 Oak Ridge Avenue, McLean. A book discussion group for boys and girls. Grades Kindergarten - 2. Register at <http://www.fairfaxcounty.gov/library/branches/dm/>.

## FRIDAY/JULY 17

**Minion Fun.** 7 p.m. Barnes & Noble, 7851 L. Tysons Corner Center, McLean. Become a certified Minion and attend Villain-Con in our stores to help search for the most despicable villain to follow. Activities and giveaways round out the fun.

Space is limited. You must be registered to attend. To register call the store at 703-506-2937.

## SATURDAY/JULY 18

**Model Trains and Thomas at Open House.** 1-5 p.m. Historic Vienna Train Station, 231 Dominion Road NE, Vienna. See and hear model trolleys and steam and diesel trains plus Thomas and some of his friends. Free. [www.nvmr.org](http://www.nvmr.org).

**Star Wars Saturday.** 2 p.m. Barnes & Noble, 7851 L. Tysons Corner Center, McLean. Fans of all ages join us for exclusive products, activities, cosplay, trivia and for a chance to win a Star Wars character standee.

## LETTER

FROM PAGE 6

5. No environmental impact statement is required for this project. McLean Central Park is a treasure at the heart of our community and is widely beloved and heavily used. Surely the County is capable of utilizing our tax dollars more efficiently and in a way that best serves the community by devising a more nuanced approach to address the issues of erosion in Dead Run as well as the other streams in the area. Taking the park down to the studs is not the answer.

Susan Moser  
McLean

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21 Announcements

21 Announcements

101 Computers

101 Computers

**OBITUARY**  
**Joseph E. Ellinger, 89**, died June 19, 2015 in Greenwood, Indiana. He was born March 15, 1926 in Pittsburgh, PA. He was a long time resident of McLean, Virginia. He retired from the U.S. Department of Labor. He will be buried in Indianapolis, IN. Funeral Arrangements were provided by Little and Sons Funeral Home, Beech Grove, Indiana. www.LittleAndSonsBeechGrove.com

I Never think of the future.  
It comes soon enough.  
-Albert Einstein

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-Werner Heisenberg

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## My Manifesto, Sort Of



By KENNETH B. LOURIE

Being diagnosed with a terminal form of cancer (no, they're not all "terminal") is "a heck of a thing," to extrapolate a bit from Jim Valvano's memorable 1993 ESPY Awards speech given a few months before he succumbed to his cancer. It's not as if there's anything you can do in life, beforehand, to prepare for a cancer diagnosis; and there's even less you can do to prepare for a "terminal" diagnosis, as in my case, when my oncologist - whom I had met 10 minutes earlier - first told me that he "could treat me but he couldn't cure me," followed by a "13-month to two-year prognosis." Surreal is the word I used to describe then what I heard/what I felt, and is also a word I've often heard other cancer patients use in recounting the details of the moment when their lives changed forever: when the diagnosis of cancer is confirmed by the oncologist sitting directly across from them. Perhaps you think (hope) that age, experience, education, etc. will carry you through that appointment and the many other cancer-related appointments to follow; the reality is, at least it was for me, you'll never know how you're going to react until after you've reacted.

With respect to "beating" the cancer; anticipating success, expressing confidence, taking control, hoping and praying, laughing and crying; how it all plays out is somewhere between anybody's guess and why not? Unbridled optimism may be a great start, but accepting your new reality and reacting/planning accordingly is often a road far less traveled. Having to travel that road because of an unexpected cancer diagnosis (I was a lifelong non-smoker, basically asymptomatic with no family history of cancer) is a trip fraught with danger and unimaginable hurdles: mentally, physically, emotionally and spiritually. You really don't know what's around the next corner, and what's worse, you really won't know until you get there - and then it might be too late. Let me summarize it this way: it won't be a walk in the park unless you derive pleasure from doing so, and if you do, walk a lot. Finding calm ("serenity now") in the midst of a cancer diagnosis, and likewise attempting to eliminate stress and anxiety is much easier said and written about than actually done. Managing that stress (and anxiety) is the challenge. And if one can somehow traverse, navigate, manipulate even, this path of least resistance; at least on paper, potentially, there might be some light at the end of your tunnel that's not an oncoming train. That being said, once a malignancy is confirmed, there are no more guarantees. Actually, there is one: you'll be changed forever in ways you can't imagine.

Surviving a cancer diagnosis/"terminal" prognosis is a work in progress, literally; except, you might not make any progress, and statistically speaking, you might not survive. Nevertheless, thinking you have no future is the quickest way to not having one. Whether it's delusions or illusions or just plain confusion, moving forward with a smile on your face and a bounce in your step will help create the kind of positive energy necessary to survive this ordeal. It's not exactly a recipe for success, but it might be a way to avoid disaster - for a while, anyway.

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

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