

The Best Dogs in the World

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Will Piper, of Vienna, says that Cocoa has had one big adventure. Last winter she went sledding. When Cocoa isn't sledding, she is very busy jumping over fences and opening doors.



Remembering Mac

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PET CONNECTION





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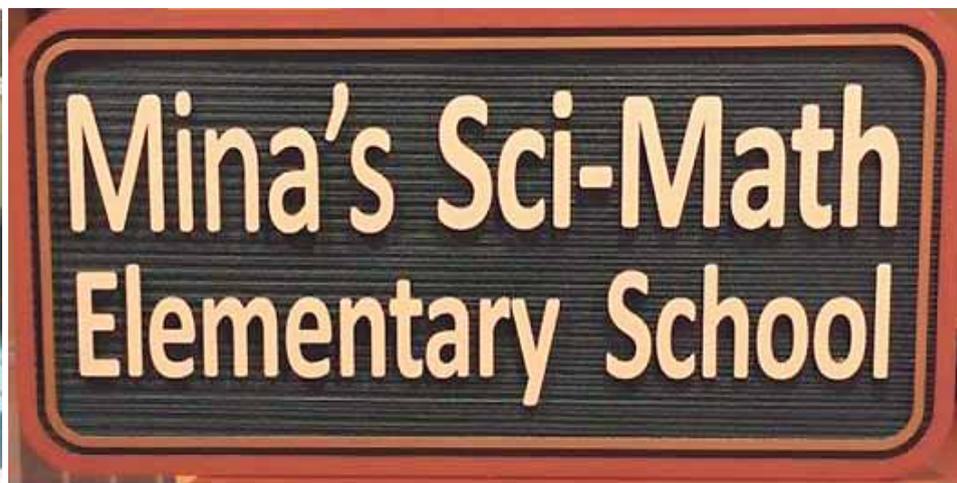


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A Gem in the Heart of Great Falls!

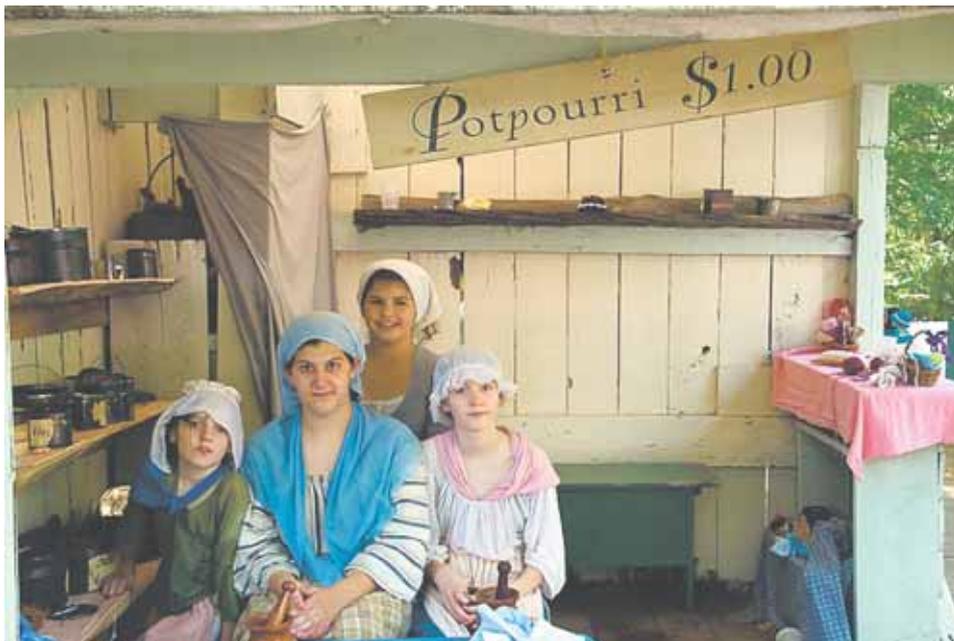
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Two families whose parents met through the Market Fair: Idunn Taylor (W. Va), Anne Bova (Pa.), Charlotte Bova (Pa.) and Cynthia Taylor (W. Va).



"The Millinery" — Sarah Cooper (W. Va) and Becca Goughnour, of Herndon.

PHOTOS BY CAROLINE WATKINS/THE CONNECTION

Claude Moore Colonial Farm Hosts 2015 Market Fair

Visitors from all over attended the 18th Century Colonial Fair, immersing themselves in the colonial times through food, merchandise and traditional activities.

The smell of traditional roasted chicken filled the air as the British flag waved in the afternoon sun. Children dressed in bonnets and buckled shoes skipped through the gravel, giggling as they weaved through the wide assortment of booths that the July Market Fair at Claude Moore Colonial Farm had to offer. From long-serving volunteers to first-time visitors, people of all ages enjoyed the two-day affair, despite the blistering heat.

Some highlights from the daily schedule included a swords demo, a militia march, a puppet show and a three-legged race. Mainly children took part in the events throughout the day, while parents could be seen purchasing goods in the market, such as jewelry from "The Millinery" and children's toys from "Noah's Ark." Other popular features of the fair included a potpourri booth, a blacksmith, lively fiddlers and food booths cheekily named "Mother Clucks Bake Oven" and "The Shady Poul and Piglet." Missed out on all the fun? Be sure to attend the next Market Fair this fall on Oct. 17-18.

— CAROLINE WATKINS



Mother and daughter man the "Noah's Ark" booth, Isabella Wright and Lucia Wright of Rockville.

Mary Anne Hampton Named 2015 'Friend in Deed'

Friends of the McLean Community Center recognize the 'go to' Board member.

The Friends of the McLean Community Center (FMCC) organization has named Mary Anne Hampton the recipient of its 2015 "Friend in Deed" award. Hampton is the 23rd person to receive this recognition "with gratitude for outstanding leadership and support of the McLean Community Center." Hampton was honored at the Friends annual meeting on Monday, June 8, and her name will be added to the "Friend in Deed" plaque located in the Center's main lobby, which lists all award recipients.

One of two original staff members hired when the McLean Community Center opened in 1975, Hampton served in

various positions during her 33-year tenure. Since her retirement, she has volunteered for numerous Center activities and became a member of the Friends Board in 2013. Since that time, she has worked to promote Friends by, among other things, helping to develop the Friends website and assisting with the update of their membership brochure. Hampton also headed the committee which organized the Friends 50th Anniversary Reception in 2014 and the "Meet the Candidates" Reception for the 2015 MCC Governing Board elections.

According to Friends President Glenn Yarborough, "Mary Anne is the 'go to' Board member of the Friends of the McLean Com-



PHOTO COURTESY OF MCC

Mary Anne Hampton with Friends of MCC President Glenn Yarborough.

munity Center. When there is a project or a problem, Mary Anne gets it solved and done. Her thoughtful advice and reliability means so much to those on the Friends

Board. No one is better, and she is most deserving of this award."

More information concerning Friends may be found at www.friendsmcc.com.

What's Special about Your Community?

Share tips in upcoming Newcomers and Community Guides.

The Connection's annual Newcomers and Community Guides will publish Aug. 26.

A bevy of interns, plus staff writers and editors, are preparing this year's editions, but we need help from our readers.

What tips do you have for someone getting to know the community?

We're hoping to share special places, activities, events, organizations and volunteer opportunities. What should someone new to your neighborhood know about? Events that should not be missed? Organizations that do a great job? Places to volunteer? Tips for navigating your PTA or your school's front office? A great place to see the sunset? We'd love to have your photos to go along with your suggestions.

EDITORIAL

Faith organizations, nonprofit organizations, clubs, environmental groups, advocacy groups, youth sports teams and others who offer events open to the public are invited to send a paragraph about the organization and how to get involved.

We will publish a selection of local tips along with a plethora of information useful to newcomers and long-time residents alike, including our award-winning Insiders Guide to the Parks, information on how to vote and more.

See last year's community guides by going to www.connectionnewspapers.com/PDFs/ and scrolling down to Newcomers.

Email tips and photos to editors@connectionnewspapers.com or send as a letter to the editor via the website at <http://www.connectionnewspapers.com/contact/letter/>. Send in your Insider's Tips by Friday, Aug. 14.

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After One Year, Silver Line is Changing the Face of Northern Virginia

BY U.S. REP. GERRY CONNOLLY (D-11)
SPECIAL TO THE CONNECTION NEWSPAPERS



If you were among the thousands descending upon Tysons Corner Center this summer for the grand opening of the new Hyatt Hotel, which included a concert and fireworks, you experienced firsthand the transformation taking place there and throughout the Dulles Corridor thanks to the arrival of Metro's Silver Line.

It was just one of many milestones we've celebrated as we reach the one-year anniversary of completion of Phase 1 of Silver Line service from East Falls Church through Tysons to Wiehle-Reston East.

Previously, the mall was accessible mainly by car and one often had to contend with fierce traffic to get there. Today, the Tysons Station is one of Metro's busiest on Saturdays.

With the opening of the mall's plaza connecting with the Metro station and new offices, apartments, and the hotel, the outdoor space is bustling with families din-

ing alfresco, dancing to one of the Friday night concerts, or trying their hand at the free games and activities set up throughout the plaza.

And that's just the beginning of the transformation! The changes around the malls are emblematic of what we're seeing take place across Tysons and Reston. Thanks to the Silver Line, people are doing something that up to now was unthinkable: They are walking to work, to eat, to shop, or to their homes.

The collection of office parks and shopping centers, once surrounded by vast expanses of parking, are now being connected to the Silver Line by raised walkways interspersed with pocket parks. Today, you can even walk off the train at Tysons or Reston to shop at a local farmers market!

Take a ride on the Silver Line through Tysons and out to Reston and you can see the transformation we envisioned taking shape. At least five new buildings including new high-rise apartments opened in the past year, and the construction cranes dotting the

skyline and projects in the pipeline give us a glimpse of what's to come.

The growing ridership on the year-old Silver Line demonstrates the pent-up demand for transit in the corridor. Wiehle-Reston East continues to be the busiest Silver Line station with nearly 9,000 riders a day, and during the morning rush it is the third highest revenue-generating station across the entire Metro system. Overall, Silver Line ridership is exceeding expectations with an average of 16,000 rider trips per day.

Northern Virginia's economy is also feeling a boost. The 23-mile Dulles Corridor, with five Fortune 500 companies and numerous other firms headquartered there, already accounts for 25 percent of the region's gross domestic product.

By connecting downtown Washington and suburban Maryland to the region's second largest employment corridor, the Silver Line has created new opportunities for our workforce. And the growing commercial tax base along the corridor, already a primary driver of the regional economy, will relieve some of the burden on local property taxpayers and help sustain our

investments in schools, public safety, and parks.

Within a few years, Phase 2 will extend the Silver Line to Dulles and Loudoun County, providing a new link to our premier international airport and opening a new commuting option for the outer suburbs.

Over my two decades of service as Chairman of the Fairfax County Board of Supervisors and now as Congressman for Virginia's 11th District, construction of the Silver Line topped my list of priorities. I was proud to work with other local, state, and federal leaders to keep this important project on track and I am excited about the future benefits of this transit line to our region.

I hope you share this excitement and will join us in celebrating the one-year anniversary of the Silver Line and the positive transformation to come.

Congressman Gerald E. Connolly represents Fairfax and Prince William Counties and the City of Fairfax in the U.S. House of Representatives. At the ceremony marking the opening of the Silver Line one year ago, then Metro General Manager and CEO Richard Sarles said about Connolly: "Without him, we wouldn't be here today."

LETTERS TO THE EDITOR

Helping Those in Need

To the Editor:

In the last week's Editorial ("Backpacks for All," Connection July 16-22, 2015) several alarming statistics were revealed about Fairfax, and other local counties, about kids needing help in acquiring the necessities of life: food, clothing, school supplies. The list

gets longer each school year. This article also identified worthy organizations, both public and private, dedicated in helping our kids. Even my own church here in Springfield has a backpack program where caring members distribute healthy food items each Friday afternoon to several local

schools during the year.

Fairfax County is a comfortable community to live. People all over the nation come here for jobs and for its outstanding schools, supported by dedicated and hardworking teachers. Life is good for many living here, but lest we forget, at times those deserving citizens need some help in our

community. Those organizations identified in this article are excellent places to go and donate the basics items so needed by our kids. We can help to insure our kids will have a good start this coming new school year.

Ronald L. Baker
Springfield

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LETTERS

Redistricting Matters

To the Editor:

Thank you for your insightful editorial headlining support for nonpartisan redistricting ("Yes to Nonpartisan Redistricting," July 9). The League of Women Voters of Virginia has been advocating for a nonpartisan redistricting commission for at least ten years, ever since the last round in 2011 of slicing and dicing up the voting districts so that legislators can choose their voters.

It is difficult to get voters energized enough about this to urge their legislators to give up any power. It is also a fairly complicated concept that comes up only every 10 years.

However, we feel the current process is a serious challenge to our democracy. As you pointed out, a huge number of Virginians are not being fairly represented, especially in northern urban areas. Communities have been cut into multiple pieces with little in common with Virginians miles away. Voters have become disengaged and don't bother to vote.

Yes, gerrymandering has gone on for centuries and apparently was even invented in

Virginia, in spite of its name. But the latest line-drawing technology has taken the process to new "lows." Look at a map of the congressional and legislative districts to see what has been done to your voting rights.

The League has many resources for becoming informed and for advocating with your legislators, plus copies of the maps mentioned above, on our website. Go to <http://lwv-va.org/redistricting.html>.

Another good source of information is a coalition called *One Virginia 2021* (onevirginia2021.org) that is gathering support across the state.

It may take a constitutional amendment to effect change. Action must begin now or we will be stuck with the same lopsided, polarized representation through 2030. We urge concerned citizens to join us in this effort.

Lois Page and Dianne Blais
Co-presidents
League of Women Voters of Virginia
president@lwv-va.org

WEEK IN VIENNA

'Music of the Civil War' at Freeman Store and Museum

Historic Vienna, (the Freeman Store and Museum), 131 Church Street, NE will be participating in the third of the Town of Vienna's Afternoons on Church Street, the next being Sunday, July 26, from 1 to 5 p.m. (the theme will be Party on the Porch). The major events for the day will feature Prudence Traut's quilting display and demonstration at the Freeman Store, and, from 2-3 p.m. Jon Vrana will be on the porch presenting "Music of the Civil War" — a program of traditional music of the American Civil War, the Irish, and the 19th century. Vrana will feature mandolin, concertina, harmonica, and other instruments. Events are rain or shine. As an extra treat there will be a watermelon spitting contest for young and old from 3-4 p.m. As in the past, Historic Vienna will also offer a wide variety of vintage children's games (tiddlywinks, hop-scotch, hoops, and more), and there will again be homemade ice cream to churn and enjoy.

Stories and Sprinklers Continue

Each Wednesday, through Aug. 5, Historic Vienna will continue the Stories and Sprinkles program for children at the Historic Vienna Little Library just behind the Freeman Store. The program begins at 1:30 p.m., and, after the stories, the kids (any age) can enjoy a run through the sprinklers on the lawn

of the Vienna Town Green.

Bring your children, listen to stories, play the games, enjoy the presentations and demonstrations, and peruse the vintage items and used books for sale every time you come to the Store, as well as a brand new assortment of gifts and a selection of old-fashioned candies including the age-old favorite, wax bottles filled with fruit flavored syrup.

Vienna Arts Society to Hold Awards Reception

Juror Matthew G. Schmidt will select winners at the Vienna Arts Society's annual judged photography exhibition. Vienna Art Center is located at 115 Pleasant St., NW, Vienna. Enjoy light refreshments and meet the artists at the Awards Reception, Saturday, Aug. 8, 4 - 6 p.m. The exhibition is open Tuesdays - Saturdays, 10 a.m. - 4 p.m., Aug. 4 - 29. Free and open to the public 703-319-3971; www.ViennaArtsSociety.org

Buffet Breakfast at American Legion

The Vienna American Legion Buffet Breakfast, which is normally held on the third Sunday, will be held on July 26, the fourth Sunday. That is a change for July only. The breakfast is from 8 a.m. to noon. Adults \$9, children 12 and under \$3. On the menu: omelets, scrambled eggs, bacon, sausage, blueberry pancakes, biscuits and sausage gravy, fruit and home fries. For more information, call 703-938-6580.



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Ione Quinn with Mac

Remembering Mac

BY IONE QUINN, VIENNA

This is my favorite picture of Mac, our family dog, and me. The picture was taken in 2011, shortly before I left for my freshman year in college. Mac, who was an Australian cattle dog, passed away in September 2014 and we miss him very much still. He was very sweet and gentle, and he loved everyone he met.

We adopted him in 2009 at the age of 4. He was deaf, and had passed through several different homes, an animal shelter, and a humane society before we discovered him. We were told that he passed through so many homes because his previous owners did not know how to train a deaf dog and found it too burdensome. After we adopted him, he quickly became devoted to us and adopted us as his "pack." We didn't find him to be a burden or difficult to train. He always watched us for cues and directions.

We've had a number of dogs while I was growing up, but for some reason my mom and I both found that his death seemed to be more heartbreaking than the others. Don't get me wrong, I've loved all my dogs equally and with all my heart, but this time seemed to be different. This had to do with one of Mac's habits, I believe. Because Mac was deaf, he was always watching. He would follow us from room to room to check in with everyone in the family, otherwise, he could not be aware of what was going on. He also watched our faces and was highly attuned to

our facial expressions. He knew when we were happy or upset, and, when we were upset, he would force himself on us until we cheered up.

I recently read a study about dogs that may have answered my question about my grief for Mac. The researchers found that dogs and their humans release oxytocin, a hormone known as the "cuddle hormone" and is responsible for bonding between mothers and children, when they look at each other in the eyes. To compensate for his deafness, Mac would look us right in the eyes to read our moods. Mac, I realized, watched us more than any of our other dogs had, and I realized, this may have been a logical reason for my elevated grief.

I learned a lot from Mac over the course of his time with us. Although he could not experience sound, he had just as enriching of an experience through his eyes. Because of his watching, we developed a bond with him that was so strong we didn't realize it until he was gone. This taught me that even though some animals have physical limitations, they can have lives that are just as enriching for them and you. I also realize that I should remember him as he was in that picture from 2011 right before I went to college. I know that if he saw me grieving for him now, he would jump on me and act like a goofball until I cheered up. Recently, we adopted another deaf Australian cattle dog named Rosie. I think Mac would be a little jealous, too.

PET CONNECTION



Tessa Keyser of Vienna's labradoodle, Bella, is a great friend. "When you feel down, she is there for you. When you feel happy, she's there to celebrate with you. You can tell her all about your day and your secrets and she always listens."

The Best Dogs in the World

There are a few universal truths about dogs, at least among the pet owners interviewed. Most feel that if their dog could talk, he or she would ask for more food or treats. Many dogs enjoy chewing up shoes and other belongings. Quite a few eat or roll in poop. But even with all of the naughty behaviors, most feel that their dog is absolutely the best dog in the world.



Courtney Cuppernull and her sister, Caylee, of Great Falls are both very attached to 11-year-old Amstel. "He's the glue of our family," says Caylee. Courtney is quick to chime in, "Everyone says their dog is the best, but Amstel really is. He always knows what you need and gives it to you."



Andrew Schindler, of Vienna, says that Atticus loves to play with the hose and is a snuggler. And make no mistake, "Atticus IS the awesomest dog ever."



Will Piper, of Vienna, says that Cocoa has had one big adventure. Last winter she went sledding. When Cocoa isn't sledding, she is very busy jumping over fences and opening doors.

PHOTOS BY
JOAN BRADY



Jim and I have two beagles. He really wanted dogs. I really didn't. But now, after 13 years, I'm one of those crazy dog people.

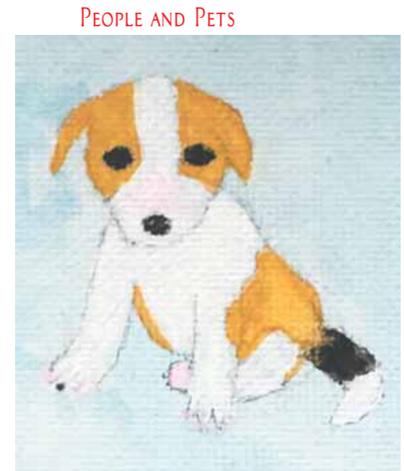


Avery Carter, of Vienna, loves to love on Boo. When no one is around, Avery admits he talks to Boo in a baby voice, even though he's not a puppy anymore. Outside of home, Boo's favorite place to be is the dog park.



Most Precious Puppy

Elizabeth Rowles, of Vienna, with her BFF Xander. He is a rescue who was found on the side of the road in Alabama when he was just a few days old. She says he is the most precious puppy in the world.



Painting by Elizabeth Rowles of Xander when he was tiny.



Barbara Frank, of Vienna, sent us this photo of Oso (16 months old) smiling for the camera.



Oso Takes a Ride

Rick Frank drives Oso (19 months old) through the Town of Vienna arriving to see the vet this summer.

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Koshuta Twins Overcame ACL Injuries

**Kelly will play basketball at Virginia Tech,
Joe to play football.**

BY JON ROETMAN
THE CONNECTION

Kelly and Joe Koshuta are fraternal twins. Kelly is one minute older than Joe and lets him know about it.

“I remind him,” Kelly said, “every day.”

The siblings share a strong bond, especially when it comes to their love for sports and the adversity they had to overcome to play at the Division I level. Each was a standout athlete at Madison High School — Kelly on the basketball court, Joe on the football field — before graduating in 2015. Each suffered a torn left ACL — Kelly missed her entire sophomore season and Joe missed all but the first half of the first game of his junior year.

While Kelly and Joe suffered setbacks during their high school careers, they each supported one another along the way. Joe had the benefit of witnessing Kelly’s ACL rehab, giving him peace of mind as he worked toward rehabbing his own injury.

After stellar senior seasons at Madison, Kelly and Joe will continue their athletic careers at Virginia Tech. Kelly, a VHSL first-team all-state selection, received a scholarship to play for the women’s basketball team while Joe, a 2014 first-team All-Conference 6 selection, is a preferred walk-on for the Hokie football team.

“We are very close,” Kelly said. “Growing up, we’ve always been competitive in our sports and we’ve always been very supportive of each other.”

Feeling a Pop

Joe felt a pop in his left knee as he sacked the opposing quarterback during the final play of the first half of Madison’s 2013 season opener at Oakton High School.

Koshuta, then a junior linebacker for the Warhawks, led the team in tackles and forced two fumbles during the first half against their Vienna rival, but ended the second quarter with a numb left knee and a feeling of uncertainty.

“I was on the ground,” Koshuta recalled, “and I couldn’t feel my leg.”

An initial test failed to diagnose the problem and Koshuta jogged off the field. During halftime, a test in the training room revealed Koshuta had likely torn his ACL, meaning he would miss the remainder of his junior season — a significant season during the college football recruiting process.

It was a devastating blow for Koshuta, who played defensive tackle and guard as a sophomore before moving to his preferred position of linebacker as a junior.

“I started crying,” he said. “I couldn’t believe it. I [had] worked so hard my junior year.”

Koshuta joined his teammates on the sideline for the second half. He was using crutches and had ice on his left knee. The injured linebacker would need surgery and months of rehab before he could return to the field. While the process could seem daunting to some, Koshuta had seen firsthand what it took to come back from an ACL tear and was confident he could do it.

Sharing a Bond

Along with being one minute older, Kelly for years held a significant size advantage over her brother. It started at birth, when Kelly weighed 7 pounds, 6 ounces, and Joe weighed just 4 pounds, and continued into elementary school.

“She was a giant,” Joe said.

Kelly and Joe grew up as athletes and when they arrived at Madison High School, Kelly was the first to find success at the varsity level. By the time she was a 6-foot-1 freshman, Kelly had already received scholarship offers to play Division I basketball. She went on to average 19.5 points and 10.8 rebounds during her first season with the Madison girls’ basketball team, helping the Warhawks win the 2012 Liberty District championship. Madison would reach the Northern Region semifinals, where the Warhawks lost to West Springfield, falling one victory shy of a state tournament berth.

The following summer, Kelly suffered a torn ACL in her left knee during an AAU game. She missed her entire sophomore season and several colleges revoked their scholarship offers, she said. Then-Madison senior Megan Henshaw also missed the 2012-13 season with an ACL tear, giving Kelly someone close who understood what she was going through.

After tearing her ACL in July of 2012, Kelly had surgery in August and was cleared to play in March of 2013. Six months later, Joe tore the ACL in his left knee during the football team’s season opener.

Kelly was at the game.

“My brother is one of the toughest guys I know,” she said. “The fact that he was still on the ground, I knew something was wrong.”

Joe’s Rehab

Joe had ACL surgery a month after his injury. The same surgeon who repaired Kelly’s ACL, Dr. Chris Annunziata, operated on Joe. Kelly’s growth plates were closed, so her ACL reconstruction was done with a graft from her patellar tendon. Joe, who eventually caught up to his sister in size, had open growth plates, so his reconstruction was done with a hamstring graft, giving increased flexibility in the event he grew taller.

A few days after surgery, Joe began working with Sam Kang, a physical therapist with Bodies in Motion, who had also worked with Kelly. After three months, Joe began



Joe Koshuta (40) earned first-team All-Conference 6 honors in 2014 as a senior linebacker on the Madison football team. Koshuta missed the majority of his junior season after tearing his ACL in his left knee.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



As a senior, Kelly Koshuta led the Madison girls’ basketball team to the 2015 6A state tournament. Koshuta missed her sophomore season after tearing her ACL in her left knee.

jogging and lifting light weights.

“It definitely helps when you’re recovering from an ACL [injury],” Kelly said, “to talk to someone who’s been through it.”

Kelly supported Joe during his rehab, but she also took care of business on the court. Fully recovered, Kelly earned all-state honors as a junior, leading Madison to the region semifinals, where she scored 39 points and grabbed 19 rebounds during a 78-72 loss to Stonewall Jackson and future Division I player Nicole Floyd.

Kelly also committed to Virginia Tech during her junior year — one of the schools that maintained its offer during her injury, Kelly said.

Kelly’s success gave Joe even more confidence he could return from his injury.

“I felt very comfortable with everything,” Joe said, “because I knew Kelly came back so strong with both the doctor and the therapist.”

Joe said time away from football made him appreciate the game.

“You never really know how much you miss something until it’s actually gone,” he said. “Ever since I tore my ACL, my senior year, every single practice, every little mo-

ment I was working I went 110 percent because I knew any second something bad could happen. ... That’s what I told my teammates: you never know when your last snap is.”

Stellar Senior Seasons

After sitting out nearly his entire junior year and being unable to participate in offseason combines, Joe focused on excelling during his senior season. Now 6 feet 2 and 235 pounds, Joe earned first-team All-Conference 6 honors at linebacker and received all-region honorable mention. After weighing his college options, he decided to join Virginia Tech as a preferred walk-on.

Kelly finished her high school career in dominant fashion, earning region Player of the Year, VHSL first-team all-state, and Washington Post All-Met Player of the Year honors while leading the Warhawks to the state semifinals.

Now it’s on to the next challenge. Kelly is already living in Blacksburg and Joe will move down in a few weeks. They will both live in the same dorm as they look to excel at Virginia Tech.

CALENDAR

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

ONGOING

"The Healing Wall." Tuesdays – Saturdays, 10 a.m. – 4 p.m., through Aug. 1. Vienna Art Center, 115 Pleasant St., NW, Vienna. "The Healing Wall" is assembled from two dozen puzzle pieces created by soldiers recovering at the Fort Belvoir Community Hospital. Each piece makes a powerful statement by itself as well as part of the larger puzzle.

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.

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>

WEDNESDAY/JULY 22

Woof, And Paws- Read to a Dog. 2:30, 2:45, 3, 3:15 and 4 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Need a little reading help? Sign up to read with a reading therapy dog. Age 6-12. Register online at <http://www.fairfaxcounty.gov/library/branches/ph/>.

Pokemon League. 4:30 - 5:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play Pokemon with your friends. Information at <http://www.fairfaxcounty.gov/library/branches/gf/>.

Toddler Tales. 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Stories and activities for you and your toddler. Age 2-3 with adult. Register at <http://www.fairfaxcounty.gov/library/branches/ok/>.

Alphabet Rockers. 10:30 a.m. Wolf Trap, 1645 Trap Road, Vienna. An energetic show with hip hop grooves, rhymes, and positive messages for kids. Tickets \$8. Visit www.wolftrap.org

Brandi Carlile. 7:30 p.m. Wolf Trap, 1645 Trap Road, Vienna. Spend a summer evening with song writer Carlile who bridges folk rock with Americana. Tickets \$30-\$55. Visit www.wolftrap.org

THURSDAY/JULY 23

Chinese Artwork. 5:3-8:30 p.m. Vienna Art Center, 115 Pleasant St., NW, Vienna. The Vienna Arts Society presents a special exhibition of artwork by Chinese children ages 6-12 years old from China as well as from Northern Virginia. Meet the young artists at this reception.

"Not Just for Teens" Adult Book Club. 7 - 8 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Are you an adult who loves YA lit? If so, join for discussion, fun and dessert. June's title will be Tokyo Heist by Diana Renn. Adults. Register at <http://www.fairfaxcounty.gov/library/branches/ph/>.

All-American Boys Chorus. 10:30 a.m. Wolf Trap, 1645 Trap Road, Vienna. Boys choir playing songs from the Beach Boys to contemporary favorites. Ages 8-14. Tickets \$8. Visit www.wolftrap.org

Wait Wait... Don't Tell Me! 8 p.m. Wolf Trap, 1645 Trap Road, Vienna. Watch comedians, journalists, celebrity guests, and more compete in NPR's award-winning current events quiz show. Tickets \$25-\$60.



The Vienna Arts Society presents a special exhibition of artwork by Chinese children ages 6-12 years old from China as well as from Northern Virginia. Meet the young artists at a reception on July 23 from 5:30 - 8:30 p.m. at Vienna Art Center, 115 Pleasant St., NW, Vienna. Pictured here is a painting in acrylics by Stephanie Tang, age 8.

Visit www.wolftrap.org

\$32-54.

FRIDAY/JULY 24

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

Maryland Youth Ballet. 10:30 a.m. Wolf Trap, 1645 Trap Road, Vienna. The Elves and the Shoemaker's Daughter. Tickets \$10. Visit www.wolftrap.org

Verdi's Aida in Concert. 8:15 p.m. 1645 Wolf Trap Road, Vienna. Wolf Trap Opera alumni National Symphony Orchestra "The Washington Chorus. Tickets \$22-\$75. Visit www.wolftrap.org.

SATURDAY/JULY 25

Summer Storytime. 10:30 - 11:05 a.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. It's summer time. Cool off with stories, songs and rhymes. Ages 2-5. Register online at <http://www.fairfaxcounty.gov/library/branches/ph/>.

Diana Krall. 8 p.m. Wolf Trap, 1645 Trap Road, Vienna. Enjoy a jazz sensation as Krall performs with the Wolf Trap Orchestra. Tickets \$40-\$75. Visit www.wolftrap.org.

Oakton Farmers Market. 10 a.m.-2 p.m. Year round. Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. www.smartmarkets.org/

Vienna Farmers Market. 8 a.m.-12 p.m. Faith Baptist Church Parking Lot, 301 Center Street South, Vienna. www.viennafarmersmarket.com.

SUNDAY/JULY 26

Town of Vienna's Afternoon on Church Street: Party on the Porch. 1-5 p.m. The Town of Vienna is proud to present a new event to the community and residents, Afternoons on Church Street. Businesses on Church Street along with the Town of Vienna invite and encourage residents to attend this fun filled event.

TUESDAY/JULY 28

Jambo. 10:30 a.m. Wolf Trap, 1645 Trap Road, Vienna. Discover the dynamic roots of American music for children's imagination. Ages two and up. Tickets \$10. www.wolftrap.org

Indigo Girls. 8 p.m. Wolf Trap, 1645 Trap Road, Vienna. Folk-rock duo.

FAITH NOTES

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

Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna, is holding Sunday evening worship service in a less formal atmosphere and more intimate setting to help you get ready for the week ahead. Sundays, 6 p.m. Communion offered. No childcare. 703-938-2119 or www.elcvienna.org.

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, offers musical, educational, outreach and fellowship ministries in addition to worship services, including a 7:45 a.m. worship service without music; 9 a.m. worship service, children's chapel and children's choirs; 10 a.m. Sunday school and adult forum; and 11 a.m. worship service with adult choir. 703-759-2082.

The Antioch Christian Church offers a time of Prayer and Healing on Wednesday evenings at 6:30 p.m. for anyone wanting encouragement and healing through prayers. People are available to pray with you or for you. Antioch Christian Church is located at 1860 Beulah Road in Vienna. www.antiochdoc.org

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

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

www.havenofnova.org.

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

St. Dunstan's Episcopal Church, 1830 Kirby Road in McLean, holds a third Sunday service every month at 10:15 a.m. which allows children to play active roles in the music and as greeters and ushers. Traditional services are every Sunday at 8:15 and 10:15 a.m.

Vienna Christian Healing Rooms are open, every Saturday, 1-5 p.m., at 8200 Bell Lane. A team of Christians is available to anyone requesting prayer. Free and open to the public. 703-698-9779 or www.viennachristianhealingrooms.com.

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

Centering Prayer Group meets Fridays, 9:30 a.m. at Andrew Chapel United Methodist Church, 1301 Trap Road, Vienna. The hour includes a brief reading related to Centering Prayer, followed by a 20-minute prayer period. E-mail Martha Thomas at mmthomas211@hotmail.com or call the church at 703-759-3509.

SCHOOL NOTES

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

Dylan Phillips of Great Falls graduated with honors from James Madison University with a Bachelor of Arts in Computer Information Systems.

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 HS 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 scholars 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.

"Abyssful" Ignorance



By KENNETH B. LOURIE

Hopefully not. But you never know – per last week's column, until you know. And the preferred pattern seems to be that waiting to be spoken to in person, a week or so post-scan, is the best the process can be; or at least, that's the process that suits the doctor/HMO. Certainly I can appreciate how telling a patient bad news in person is a more prudent and professional, fail-safe type of approach than a phone conversation or e-mail which is fraught with potential misinterpretation and possibly even unexpected and adverse consequences – especially for the patient/recipient of the distressing news. However, waiting a week for results is hardly ideal and certainly not the stuff of which dreams are made. In fact, it's exactly the stuff of which nightmares are caused.

Don't get me wrong; I can take it. Waiting is not for everybody, however; unless you like suffering – then it's perfect for you. But why suffer in silence – or suffer at all? You already have, to quote Radar from a M*A*S*H episode: "One foot in the grave and another on a banana peel," so why double-down or even quadruple your odds and make us learn the meaning of the word excruciating? Why fiddle with Rome when our emotions are already burning? We ("terminal" cancer patients) deserve better. Heck, we deserve your best; and a week of talking ourselves in and out of a million scenarios, most of them bad, unnecessarily, is yet another example of cruel and unusual punishment. (Shouldn't we have some Constitutional protections, too?) And punishment for crimes not committed is particularly difficult. Still, I guess I should be thankful I'm not incarcerated (although occasionally, I do feel confined to my home) while waiting. In effect though, I am, emotionally. To set these emotions apart from the everyday or compartmentalize them somehow is much easier theorized than actually accomplished. Nevertheless, I don't suppose nine days (between scan and results) are likely – ultimately – given the progressive nature of my disease, to change the course of history too much. However, it will change the course of the next nine days, and that's all I'm focused on right now. When you're in the same boat as I am, time is all that matters, and wasting any of it (to me that means time lived not knowing results immediately or sooner) is a terrible option/reality. And again, given my original diagnosis/prognosis, options are not necessarily what you feel you have in abundance.

Whether delusional or based on any facts whatsoever, options are still your emotional lifeline. Not having them or receiving them later than you'd prefer adds fuel to the fire that a cancer survivor feels (figuratively speaking). Besides, who knows what soothes the savage beast that lives in all of us "terminal" cancer patients? At least for me, not knowing or knowing after the facts are likely in evidence is somewhere between counter-productive and counter-intuitive. As soon as you know: tell me! What are you waiting for? Godot? Let me get on with what's left of my life. I want to live forward, not worry backward. I'm not looking for control. I'm looking for consideration. If the patient matters so much, then don't be so matter-of-fact about results. Our lives may be shorter than we expected, so why make us wait longer than we want? Time is on your side, not ours.

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

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Victoria from Australia, 17 yrs. Enjoys spending time with her family and younger siblings. Victoria plays volleyball and is excited to learn new sports while in America.

Giorgio from Italy, 16 yrs. Loves to play baseball and spend time with his dogs. Giorgio also plays the guitar, and his dream is to join a drama club at his American high school.

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THE CONNECTION
NEWSPAPERS

New Pure Barre Studio Coming to Vienna

A studio workout routine fit for anybody that also works to give back to the community.

BY CAROLINE BURR
THE CONNECTION

A new boutique fitness studio is coming to town. Nicholette Dunleavy and her husband Michael Dunleavy are opening a Pure Barre studio in Vienna. Not only is Pure Barre an efficient workout for any novice or expert fitness guru, the Pure Barre experience is neatly packed into 55 minutes of low-impact, small isometric movements. This full-body workout, appropriate for any level of active individual, can easily fit into any busy schedule.

The couple has been very involved in their community since a young age. Michael Dunleavy grew up in Fairfax County and held an active role in his community as an Eagle Scout and Vice President of Robinson High School. After graduating from Virginia Tech, Michael has since earned his CPA and now works in Fairfax City. Nicholette grew up in Baltimore, Md., and led an active, sporty lifestyle from a young age. She graduated from Salisbury University with a degree in marketing and then received her MBA from Towson University.

THE IDEA behind the studio came from a combination of Nicholette's energy and passion for exercise, and Michael's roots in Fairfax County community. Their individual



PHOTO BY CAROLINE BURR/THE CONNECTION

The couple in the heart of downtown Vienna, a few blocks from their new studio

passion of contributing to their communities progressed their interests in giving back to the community - and together they decided to open a Pure Barre franchise in Vienna.

After trying out all the potential workout routines, and trying to fit them into her busy work and life schedule, Nicholette discovered Pure Barre. "It's so efficient and fits in best with my schedule," she said. "It's a 55 minute workout and something you can do every day." Also excited about the benefits of Pure Barre and its appeal to such a wide variety of people, Michael added, "It's important to note that it's low-impact."

Not only does Pure Barre bring a fun and accessible workout routine to the Vienna community, Nicholette noted that the franchise is also very much about becoming a part of the community "with its big charity focus and nationwide charitable contributions." Each franchise owner selects a charity to support and participates in Pure Barre's "Pure Give" every year. Every August, Pure Barre studios across the country compete to see who can raise the most money. After one month of donations, Pure Barre corporate matches the donation of the top three studios.

Only a week after their honeymoon, the

couple interviewed for the franchise location. "Everyone in Vienna is so supportive of the local community," Mike said. "We couldn't be happier that we found Vienna." The trainers hired for the studio have a wide range of ages and come from different backgrounds which include cheerleaders and dancers.

The Pure Barre franchise is designed for women, by women. Men are also welcome to attend the classes, but the workouts are specifically designed and crafted to target the areas with which many women say they struggle the most. "I love women and being with them to do something positive," Nicholette said. The Pure Barre mentality, coupled with its charitable backing, will bring the community together through exercise.

THE STUDIO is scheduled to open the first week in August at its new location in Vienna at 218 Maple Avenue West. During the opening weekend, all classes will be free of charge and anyone can come in, try Pure Barre, and make a donation of their choice. All proceeds from the weekend will also go towards Pure Barre's Pure Give campaign. There will also be a pre-opening special that includes a five week membership of \$100. On Tuesday, July 28, there will be an event at The Vienna Inn where the Pure Barre team will be running a raffle and have a table to answer any questions.

There is "not a stereotype for who can be a client," says Nicholette. "As long as you can hold a ballet barre, you can do pure barre."

Cigar & More Truly Offers 'More'

New specialty tobacco shop features premium cigars, shoe-shine and history.

BY DONNA MANZ
THE CONNECTION

There's a bespoke new store in Vienna, right on Maple Avenue, and here's the unique aspect of Cigar & More: it is cigars and more. From the ample walk-in humidifier protecting its cigar stock to the shoe-shine chairs and the vintage newspapers laid out for perusal, Cigar & More lives up to its name. And, if a shopper expresses interest, owner and cigar expert Lemma A. Lemma from Ethiopia provides cigar farming and production videos on a mounted television. Oh, and music legends such as Sinatra, Dean Martin, and Tony Bennett play in the background music.

"Cigars are not like cigarettes," said Lemma. "They are made by hand, the good ones, and the leaves are aged like wine. The taste comes from the leaf and

the filler. Cigars are a combination of art."

Lemma is affable, always with a ready smile. He's as eager to show a patron around the shop as he is to chat about his life in Ethiopia and his life in the U.S. Ethnic artwork and classic movie posters decorate his walls, and, two comfortable shoe-shine chairs hold court. To the back is the cigar room, temperature and humidity-controlled. Eventually, there will be a cigar-smoking room.

After the cigar selection, the shop's "stars" are the original, vintage newspapers that Lemma bought and collected over the years. One headline announces Japan's surrender to MacArthur; another posts that President Kennedy is laid to rest, his mourning wife on the cover.

Lemma smoked his first cigar after arriving in America in 1998 and he's been hooked since. He worked initially with his brother, who brought him from Ethiopia to America, in Atlanta, then bought an ice

cream truck to earn money for his own shop. His family opened the first supermarket in Ethiopia 50 years ago. Lemma is one of 11 children born to an entrepreneurial family.

The expansive shop, opened the week before Christmas in 2014, offers cigars in diverse price-points, from bundles of lower-priced cigars priced at about \$70 for a package of 20 to the premiere selection of completely-handcrafted Padron Nicaraguan cigars at \$265 for an elegant box of 10. Even the box is handcrafted.

The pricier cigars are aged for years, Lemma said, and some have secret recipes. The cigars in Lemma's shop are all-natural, no added chemicals. Cigar prices fluctuate.

Padron's cigars, a family operation, has its leaves picked and deveined by hand. Camacho cigars from the Dominican Republic are American barrel-aged for six years and finished in a bourbon barrel for five additional months. For anyone who has ever wondered how it is that cigars can swing dramatically from price-point to price-point, Cigar & More is an adventure in learning.

Lemma lives with his wife and three children, ages 12, 14, and 16, in Vienna.



PHOTO BY DONNA MANZ/THE CONNECTION

Lemma A. Lemma of Cigar & More offers a shoe-shine from cushy chairs.

Cigar & More, located at 320 E. Maple Avenue, unit E, between Beulah Road and Glyndon Street, is open Monday through Saturday 10 a.m. to 8 p.m., and on Sunday noon to 6 p.m. Phone number is 703-255-4785; email Lemma at viennacigarandmore@gmail.com.