

The Walk-Off's took home the Bedell Cup at the 2 Young Foundation's 20th Annual Northern Virginia Wiffle Ball World Series held in Vienna on Aug. 1.

Walk-Off's Win Bedell Cup

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Walk-Off's Win Bedell Cup

The 2 Young Foundation celebrates their 20th Annual Northern Virginia Wiffle Ball World Series in grand fashion.

Waters Field was alive with excitement on Saturday, Aug. 1, for the 20th Anniversary of the Northern Virginia Wiffle Ball World Series (NVWWS). The charity event was sponsored by Van Metre Companies and the 2 Young Foundation (2YF), an organization dedicated to: "Caring, connecting, committing, curing."

Teams and spectators alike made their way to Waters Field at 8 a.m., stepping onto the competition grounds known as "The Field of Dreams." The opening ceremonies began with an introduction speech by 2YF's president, Brian Davidson, as well as past chairman of 2YF, Michael Ryan. Abby Miller, a Loudoun local who is one of the nation's leading advocates for childhood cancer awareness, performed the National Anthem. The Special VIP guest of the day Brian Berry, a Vienna local, was awarded a \$5,000 grant to financially aid him in his fight against alveolar soft part sarcoma, a rare form of cancer.

The NVWWS had multiple mini-stadiums laid out for the day's games, hosting one of the largest fields in tournament history with 49 teams spanning four divisions. Addi-



PHOTO CONTRIBUTED

The Special VIP guest of the day Brian Berry, a Vienna local, was awarded a \$5,000 grant to financially aid him in his fight against Alveolar Soft Part Sarcoma, a rare form of cancer.

tional activities included a visit from Ronald McDonald, moon bounces, a photo booth, face painting, and a silent auction, which provided entertainment for all ages. Tournament play concluded with The Walk-Offs, a major league entry, and Thunder Buddies

for Life, a minor league opponent, meeting in the championship game, in which The Walk-Off's took home the "Bedell Cup." Long-time contributor and participant of the NVWWS, Ed Brandmark, was inducted into the NVWWS Hall of Fame this year for his

continued dedication to the foundation and the tournament. Vienna Inn's own, Marty Volk, captured the 20th Anniversary Commitment Award, for all of his years supporting this event.

The 2 Young Foundation and Van Metre Companies are thankful that so many were in attendance for this year's tournament, and equally delighted with the large number of teams and sponsors that contributed to the success of the fundraiser.

The 2 Young Foundation was founded in 2004 by Brian Bedell and continues to grow each year in his honor. 2YF has sponsored the Wiffle Ball World Series for over 10 years, and with remarkable generosity and outstanding support, has contributed over \$300,000 in support of its cause. For more information about the Northern Virginia Wiffle Ball World Series, visit www.2YF.org.

Van Metre Companies is one of the area's most successful private, multi-disciplinary real estate developers having constructed over 16,000 houses and several thousand apartments, as well as office buildings and shopping centers in Northern Virginia. Van Metre communities include master-planned developments, as well as neighborhoods in smaller subdivisions and third-party planned communities. Van Metre can truly be a resident's "builder for life", with home designs for every stage of life. To learn more, visit www.VanMetreCompanies.com.

Fresh Goods and Friendly Smiles at Government Center Farmers Market

BY LESLIE DAVIS
THE CONNECTION

Every Thursday afternoon, blue and white canopies cover vibrant produce, freshly baked goods and smiling vendors eager to converse with each customer. The Fairfax County Government Center Farmers Market is open for business for its second season.

Local businesses, ranging from 15-week-old mother-daughter collaborations to a 325-year-old family farm make this market varied in the goods sold. Accompanied by a free weekly concert series, this small, produce heavy market is an inviting location for county government employees and surrounding residents.

"This [market] compares very favorably to a market in the City of Fairfax," says Jim Bourne, owner of The Lamb's Quarter, a farm owned by his family since 1690.

Starting Aug. 5, the Community Horticulture Office of the Fairfax County Park Authority will hold the National Farmers Market Week event, an educational appreciation week for sustainable agriculture. There will be games and activities suitable for the entire family at each market.

Over the course of the two years, there



PHOTO BY LESLIE DAVIS/THE CONNECTION

From left — Sandmar Salsas owner Sandra Chavez, of Burke, stands alongside her mother, Margarita Acordagoitia, at their table at the Government Center Farmers Market.

has been an increase of shoppers coming from the surrounding communities in addition to government center employees. Many of these customers return week after week.

Sandra Chavez, owner of Sandmar Mexi-

can Salsas, said many of her customers are repeat customers enabling her to remember their weekly preferences.

Customers are drawn to this market because of the unbeatable flavor and freshness of its produce. Vendors pick their crops

When and Where

The Government Center Farmers Market is open every Thursday from 3 to 7 p.m. until Oct. 29. For more information about the market and upcoming events, visit <http://www.fairfaxcounty.gov/parks/farmersmarkets/governmentctr-mrkt.htm> or call 703- 642- 0128 or email Chelsea.Roseberry@fairfaxcounty.gov

and prepare their goods within a 24 hour window of the market, with some vendors even starting their day at four o'clock in the morning in order to provide the best quality goods.

Bourne described how his customers sometimes have a hard time peeling his best-selling eggs after they hard boil them since they are so fresh, as opposed to a large grocery store where the eggs could be up to two weeks old and are easier to peel.

All the vendors at the Government Center are located within a 125 mile radius of Fairfax County, so shopping at the farmers market has a positive effect on the local economy and its business owners.

Select Fairfax County markets also aid low-income individuals and families by accepting the Supplemental Nutrition Assistance Program (SNAP), a program formerly referred to as Food Stamps.

Most of all, the Government Center farmers market shines due to its amicable atmosphere between vendors and shoppers, making grocery shopping that much more pleasurable and rewarding for both parties.

"The customers keep us coming back," says Anyssa Dsarmi from Hartland Natural Farm.

OPINION

‘Our Community Deserves Better’

Strongly worded recommendations for police on transparency and public trust; FCPD has miles to go.

Outrage over the shooting death of John Geer of Springfield on Aug. 29, 2013, by a Fairfax County Police officer led the Fairfax County Board of Supervisors to form of the Ad Hoc Police Practice Review Commission, which began meeting in March 2015. The Communications Subcommittee was the first to give recommendations to the full commission, and the report pulled no punches.

“Communications in recent high-profile use-of-force and critical incident cases were mishandled, inadequate and untimely, leading to loss of public trust and questions about the legitimacy of police actions. ... Our community deserves better.”

“The failures in both communications and its Freedom of Information Act policies have created this crisis of confidence for FCPD. ... There must be significant change coming from the leadership of the county and the Fairfax County Police Department. No longer can they just pay lip service to the idea of transparency. Real change is needed – now. ...

“It is well past time for the Fairfax County Police Department to start providing timely, honest and effective communications with everything it does. We deserve nothing less. ...

“Constant ‘happy talk’ breeds suspicion, while being direct and clear about mistakes and failures as well as accomplishments results in increased credibility.”

The Communications Committee, led by former Fairfax County Public Information Of-

ficer Merni Fitzgerald, calls for: a culture change to favor releasing as much information as possible; policy change to encourage transparency and accountability by establishing a culture of disclosure; adopting a predisposition-to-disclose, with public records presumed to be public and exemptions strictly and narrowly construed.

EDITORIAL

For example, the committee calls for: releasing the names of officers involved in any police shootings within one week; releasing video from body cameras, dashboard cameras and any other digital record of a police-involved shooting death immediately; a continuous process of information declassification for cases that are no longer active or are closed; releasing actual police reports, with redactions where necessary, rather than creating summary documents; providing unfettered access to blotter-type information to include a list of every incident and call with the basic who/what/when/where/how information.

The full report is eight pages, well-written and well worth reading.

CHANGE IN CULTURE is not coming automatically or easily to the Fairfax County Police Department. While the FCPD has released reams of information to the commission, that has not included much requested and needed information for the commission and its subcommittees to meet established scope of work.

For example, the Use of Force Subcommittee is tasked in its scope of work to “review

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<http://www.fairfaxcounty.gov/policecommission/subcommittees/materials/final-recommendation-communication-subcommittee.pdf>

(not investigate) recent use of force incidents (lethal and non-lethal) involving FCPD as well as review any existing data summarizing all FCPD use of force interactions, officer involved shootings resulting in death or injury, and in-custody deaths from 2005 to 2015.”

In May, the committee asked what documents and reports would be available and when.

The following response was posted in June: “The Chief of Police will post a synopsis and other information regarding the department’s officer involved shootings but will not be releasing any case reports, files or documents from the criminal or administrative case.”

That response does not reflect a culture of transparency.

But what’s worse is that on Aug. 10, just weeks before the subcommittee’s final recommendations are due to the full commission, the committee still has not received the synopsis promised, or even a list of officer-involved shootings resulting in death or injury, and in-custody deaths from 2005 to 2015.

FCPD Chief of Police Edwin Roessler is scheduled to present the synopses to the committee on Aug. 12. All commission and subcommittee meetings are open to the public, see <http://www.fairfaxcounty.gov/policecommission/>

— MARY KIMM.

MKIMM@CONNECTIONNEWSPAPERS.COM

Mary Kimm, Connection editor and publisher, serves on the Ad Hoc Police Policies Review Commission. The opinions expressed here are her own, and do not speak for the commission.

and serving us all. I don’t want to imagine what could have happened had Trooper Fulk not been there. My son is off to training camp, my grandchildren are off to summer camp, and I am home thanking the Lord for Trooper Fulk.

Pearl Royal
Herndon

Write

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

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LETTERS TO THE EDITOR

An Angel in State Trooper Disguise

To the Editor:

On July 13, 2015, I was driving to Reagan National Airport to pick up my son when I noticed the low fuel light was flashing. I told my two grandchildren, who were with me, that we needed to get gas. Yet, I decided to keep going as to not have my son waiting for me at the airport. I figured we could circle back after picking him up and get gas then. However, on our way back around, we took the wrong exit, overshooting the gas station. We attempted to keep going until the next gas station, but ran out of gas in the process. My son stated, “Mom, we are out of gas.” I responded with, “Are you serious, can you back up? We are in the middle of the highway?” He said “No mom, we can’t move.” Panic set in. I reached for my roadside

assistance card and tried to call for help, but my hands were shaking from fear of being hit by an on-coming vehicle. Just then, a state trooper pulled up behind us with flashing lights. I found out later that it was Trooper Chad Fulk. He quickly approached our vehicle and asked if we were alright. I, feeling responsible for our predicament, said we ran out of gas. He said “Don’t worry, I need to get you all to safety because I almost creamed you coming around that curb. Do you mind if I bump you to a safe location?” We said “Sure, please.”

Trooper Fulk gently bumped us to safety. He came back to our vehicle and asked, “Do you all have someone coming,” because he noticed that I still had the roadside assistance card in my shaking hand. I said “Yes.” Trooper Fulk said, “I’m going to call for help and we will see who gets here first.” After he called, he smiled at me and said “Would you feel better if I stayed with you until someone

arrives?” I said “Yes.” He said “OK,” and went back to his cruiser to wait.

While we waited, I noticed I had my Bible. So, I took out a piece of paper and wrote a note to Trooper Fulk. I don’t remember what I wrote, but I wanted him to know that we appreciated his dedication, care, and concern for our safety.

His call for assistance arrived prior to ours, at which time he returned to our vehicle and said that we were in good hands, and he was going to depart now. I asked him if he was an angel, to which he replied, “I don’t think so,” with a smile. I handed him the note I’d prepared for him, and said I wouldn’t be surprised if you were to disappear when you return to your car. Although he denied being an angel, he was our angel that day. He saved the lives of my grandchildren, my son and I. We feel he deserves to be recognized for putting his life in danger as he does everyday diligently protecting

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HomeLifeStyle

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With time constraints, Sun Design converts large, dated house into residence that satisfies everyone's agenda.

By JOHN BYRD

Meet Roger Lataille, senior design consultant at Sun Design Remodeling and — more importantly — a remodeling resource homeowners turn to, and return to, whenever they need expert advice, hands-on support and commitment. Case in point: in 2012, a north Arlington couple engaged Lataille to execute a top-to-bottom makeover to their 2,300-square-foot home. The goal was to implement functional improvements within a “transitional” interior design style that would work well for a growing family. Delivered on time and within budget, the owners dubbed the results “exceptional” in every detail. Now, two years later, and with two daughters growing rapidly, the couple asked

Lataille for ideas for an addition. As it turned out, the terrain around the property was too steep. While space enlargement discussions were still underway, however, the couple learned that elderly neighbors a few doors up the street were planning to sell their nearly 5,000-square-foot colonial. This was a promising development for Lataille's space-cramped client, but far from a slam-dunk. The neighbor's house had been built in the late 1960s and hadn't been upgraded in decades. Still, more living space was a tantalizing proposition, and the couple soon asked Lataille for an assessment on remodeling the house to the standard he had achieved in their current residence. In short order, Lataille and the clients walked through the house and — before

Details

Sun Design Remodeling frequently sponsors tours of recently remodeled homes as well as workshops on home remodeling topics. Headquartered in Burke, the firm has a second office in McLean. Call 703-425-5588 or visit www.SunDesignInc.com.

any decision had been reached regarding a possible purchase — the designer developed preliminary sketches depicting several remodeling scenarios. What was obvious to everyone from the start was that the existing house was seriously dated, even degraded in places — and that the desired upgrade would require considerable vision, budget-mindedness and team performance. Adding to the drama: if the deal went through, the new owners wanted to put their current house on the market immediately, remodel the purchased property at once and move into their new residence as soon as possible. There would be no interim period of rental properties or furniture in storage. “Looking back, the qualitative difference between the interiors of the two houses was profound,” Lataille said. “The house being considered for purchase was like something from a 1970s movie set. There was large-



Sun Design's Roger Lataille proposed a stacked stone hearth for a sitting area adjacent to the open kitchen. The textural vertical accent — evoking a cabin-like ambiance — creates an invitation to sit and interact that had previously been missing from a nondescript corner.

pattern floral wall paper, wainscot paneling in many rooms; the family room adjacent to the kitchen was covered by a sled ceiling with faux exposed timbers.” Moreover, the interior design style, Lataille elaborates, may have once been loosely described as rustic. “But the look was plainly anachronistic in 2015,” he added, “A far cry from the contemporary transitional style my clients wanted.” The kitchen, likewise, featured outmoded Colonial accents that including Dutch-style maple cabinet facings, a Delft mosaic tile back splash, and vinyl counter surfaces.



BEFORE: Wood panelling, wainscoting, and a sled ceiling with faux rafters were among the dated interior details that defined the home's previous interior.

There was even a 30-year-old microwave — “really a kind of museum piece,” Lataille said — “embedded in the food prep island.” Downstairs, a spacious multi-function lower-level zoned as “game room,” “playroom” and “work room” had become stale from lack of use. There was a tired old kitchenette in a rear corner — which meant that fixtures needed for sinks and refrigerators were already in place. But much of the lower level was little more than a partly below-grade basement — hardly a place for upbeat family entertainment.

IN THE PLUS COLUMN: the house featured generously-sized rooms and segues, large windows accessing abundant natural light and an appreciably “open” first floor plan with sight lines in three directions. “The kitchen-centric first level plan had considerable potential,” Lataille said, “but it needed a more cohesive interior — one that would support a more intimate scale.” The first feature Lataille slated for deletion: the sled roof. By uniformly dropping the ceiling to the standard 8 feet, the visual experience of anyone in the room now shifts to horizontal sight lines dominated by large windows and outside landscaping. The more sharply articulated indoor-outdoor continuum, in turn, adds focal points and intimacy — yet is more expansive.



Sun Design's “transitional”-style interior design solution concentrates on pleasing contrasts. The 3.6-foot-by-8-foot cook top island and three stool dining counter features a walnut-colored base topped with a granite surface. The dark-stained oak flooring is offset by ivory-hued paneling that wraps a two-door refrigerator, a roll-out pantry and drawers custom-designed to satisfy the cook's requirements.

To highlight perspective, Lataille proposed a stacked stone hearth for a sitting area adjacent to the open kitchen. The textural vertical accent — evoking a cozy cabin-like ambiance — creates an iconic invitation to sit and interact that had previously been missing from a nondescript corner. With a panoramic view on one side and the open kitchen on the other, the redesigned niche is transformed into a cozy spot for sitting by the window with a book, or chatting with the cook as meals are prepared.

With the exception of moving interior walls a few inches, the kitchen footprint remains fundamentally the same. Here, Lataille concentrated on introducing wholly new elevations — eliminating all vestiges of the Colonial-style finish work while developing a brightly luminous ivory scheme composed of granite surfaces and ivory-hued cabinet facings. The 3.6-foot-by-8-foot cook top island and three stool dining counter now features a dark walnut-colored base topped with a dappled granite surface. The dark-stained oak flooring, by extension, perfectly contrasts with the ivory-hued paneling that wraps a two-door refrigerator, a roll-out pantry and drawers custom-designed to satisfy the cook's requirements.

French doors with sidelights now connect the family room to a 17-foot-by-31-foot deck complete with hot tub and outdoor kitchen. The front stairs in the foyer have been re-finished; existing decorative capitals refurbished.

Downstairs, the once darkly cavernous lower-level has been elevated into an all-purpose family play area. Exposed vertical support beams are encased in dry wall, which, likewise, wraps HVAC vents. New wood-grained vinyl flooring, recessed lights and tawny/golden wall paint lend the space a light, cheerful ambiance. The new play room features billiards, pinball and a card table where Dad hosts a weekly card game. The stacked stone tile fireplace situated in front of an L-shaped configuration of couches offers a perfect spot to watch a plasma screen TV mounted above the hearth.

The old kitchenette, transformed into the family's downstairs refreshment center, provides step-saving convenience that makes entertaining easier for everyone. Family life — at its most fulfilling.

John Byrd (byrdmatx@comcast.net) has been writing about home improvement topics for 30 years.



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www.mcleancenter.org

CALENDAR

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

ONGOING

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/>.

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/>.

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-MONDAY/AUG. 12-17

Dine Out Tysons. Dine Out Tysons is a Week of \$20 Lunch and \$30 Dinner menus offered by participating restaurants.

WEDNESDAY/AUG. 12

Jim Gaffigan- Contagious. 8 p.m. Wolf Trap, 1551 Trap Road, Vienna. Laugh it up with the Grammy-nominated humorist as he dishes on food, fatherhood, and everything in between. Tickets: \$30-\$60. www.wolftrap.org.

Pokemon League. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play Pokemon with your friends.

Toddling Twos and Threes. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. An early literacy enhanced storytime featuring stories, rhymes and songs. Ages 2-3 with adult.

THURSDAY/AUG. 13

Counting Crows-Somewhere Under Wonderland Tour. 7 p.m. Wolf Trap, 1551 Trap Road, Vienna. Fall "Accidentally in Love" with the melodic alternative rockers and hear them play all their hits off their album. Tickets: \$45-\$60. www.wolftrap.org.

Kids Book Club. 5:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Call Branch for Title. Ages 8-12.

My First Book Club. 4:30 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. A book discussion group for boys and girls. Grades Kindergarten - 2.

Cupcake Wars: Sweet Reads. 7 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Decorate book themed cupcakes, then put them to the ultimate test.

Artists Meet for Coffee. 8:30-10 a.m. Katie's Coffee House, 760 Walker Road, Great Falls. Local artists meet up for coffee and conversation.

FRIDAY/AUG. 14

Lyle Lovett and His Large Band. 8 p.m. Wolf Trap, 1551 Trap Road, Vienna. Texas' Grammy-winning "Cowboy Man," known for his wry humor and deep storytelling creates richly layered, foot-tapping, Americana, alt-country, and blues with the help of his large band. Tickets: \$25-\$50. www.wolftrap.org.

Playdate Cafe. 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Children enjoy toys and a play space while adults enjoy coffee and conversation. Ages birth-5.



PHOTO COURTESY OF WOLF TRAP

Lyle Lovett and His Large Band: Texas' Grammy-winning "Cowboy Man," known for his wry humor and deep storytelling creates richly layered, foot-tapping, Americana, alt-country, and blues with the help of his large band and will perform at Wolf Trap on Aug. 14 at 8 p.m.

Great Decisions Foreign Policy Series. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Foreign Policy Association's Great Decisions program: Middle East Sectarianism.

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

Pokemon League. 3 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Learn and play. Ages 5-18.

McLean Farmers Market. 8 a.m.-12 p.m. Fridays, May 1-Nov. 20. 1659 Chain Bridge Road, McLean. www.fairfaxcounty.gov/parks/farmersmarkets/mcleanmkt.htm

FRIDAY-SUNDAY/AUG. 14-16

"Fiddler on the Roof." 7:30 p.m. on Friday and Saturday; Sunday show timing at 1 p.m. Vienna Community Center, 120 Cherry Street SE, Vienna.

SATURDAY/AUG. 15

Kayak Mini Float Trip. 11 a.m. Riverbend Park, 8700 Potomac Hills Street, Great Falls. A scenic wagon ride from the Riverbend Park Visitors Center. Then enjoy a 1.5-mile instructor-led float trip down the river through riffles and flat water.

Little Big Town-The Pain Killer Tour. 7 p.m. Wolf Trap, 1551 Trap Road, Vienna. Hop on the "Pontoon" and enjoy free-wheeling, harmony-driven songs from these Grammy-winning country rockers. Tickets: \$35-\$55. 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.

Cars & Coffee. 6-9 a.m. Katie's Coffee House, 760 Walker Road, Great Falls. Antique, custom, hotrods, exotic, sports cars, they're all here.

SUNDAY/AUG. 16

Specimen Plants for Your Garden. 11 a.m. Meadowlark Botanical Garden, 9750 Meadowlark Gardens Court, Vienna. What makes a great specimen plant—its appearance, origin, culture or culture life cycle? Join Meadowlark Manager Keith Tomlinson on a walk to learn about many of these plants that you can grow in your own garden. Participants should come prepared to walk a mile. Admission: \$2.50-\$5.

Grinding Demo. 12-3 p.m. Colvin Run Mill, 10017 Colvin Run Road, Great Falls.

Intro to River Kayaking. 10 a.m. Riverbend Park, 8700 Potomac Hills

Street, Great Falls. This half-hour introductory course at Riverbend Park covers river hazards, water safety and paddling basics. Fees include equipment and same-day, half-day kayak rental. \$29.

Sunrise Kayak Tour. 7 a.m. Riverbend Park, 8700 Potomac Hills Street, Great Falls. Enjoy breathtaking sunrise views over the Potomac River with this two-hour, naturalist-led tour. No previous experience is required. \$38.

Tiny Tots. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Storytime featuring stories, rhymes and songs. Ages 13 - 23 months with adult.

Game On. 2 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Patrick Henry Library has teamed up with Game On! Comics to bring you an afternoon of gaming.

Tysons Farmers Market. 10 a.m.-2 p.m. 8400 Westpark Drive, McLean. Sundays, through Nov. 15. www.tysonspartnership.org

TUESDAY/AUG. 18

Preschool Storytime. 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Join us for stories, songs and activities. Age 3-5 with an adult.

WEDNESDAY/AUG. 19

Pokemon Book League. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play Pokemon with your friends.

Beautiful Butterflies. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Summer is butterfly time. Join and learn about these beautiful insects and their interesting lives using puppets, games, felt board activities and stories.

THURSDAY/AUG. 20

Reading Buddies. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Teen volunteers available to read to/with beginning readers. Ages 3-9.

TUESDAY/AUG. 25

New Moms Meet & Greet. 12:30 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Join other new moms & babies (newborn to 6 months) and discover what the library and the town of Vienna has to offer your growing family. Adults.

THURSDAY/AUG. 27

Patrick Henry Book Club. 1 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. "Sideways on a Scooter" by Miranda Kennedy.

PUBLIC NOTICE

McLean Community Center Governing Board

Public Hearing on FY 2017 Budget (July 1, 2016-June 30, 2017)

Monday, Sept. 14, 2015 at 7:30 p.m. at the Center

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

Written comments may be delivered to the Center's address (shown below,) marked "Attention: Executive Director," or sent by email to feedback@mcleancenter.org. Written comments may be provided after the public hearing up through Monday, September 21.

NEW THIS YEAR: The Finance Committee Meeting of the Whole (full board budget work session) will be held earlier than usual on **Thursday, Aug. 20, 2015** at 7:30 p.m., at the Center.



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

Oakton Football Returns Most of Starting Lineup

Cougars hope to improve from 5-5 record in 2014.

BY BONNIE SCHIPPER
THE CONNECTION

After going 5-5 in 2014 and falling to Lake Braddock in the first round of playoffs, coach Jason Rowley's main goal for Oakton's football team is improvement.

"Every season we hope to improve," Rowley said. "When you don't win a state championship, you have to take that next step. What's that step for us? If that means win six games or if that means win 10 and go in as the No. 1 seed in the playoffs, the expectation is that we improve from where we left off last year."

The Cougars hope that their improved strength training will pay off on the field.

"We are a very physically strong team," Rowley said. "This is the strongest team I've coached and I've been here for 20 years."

With eight returning players on defense and nine on offense, Oakton's lineups won't look terribly different from last year. Running the offense for the second year will be rising senior quarterback Sal Tutone.

"Our offense doesn't look too different from last year," Tutone said. "It's going to be quick-paced, no-huddle, with just key words from the sidelines telling us the plays. Hopefully it'll be high power with a lot of scoring."

Linemen Bennett Fagan, Tim Forster and Pierce Banbury are also returning for Oakton's offense.

With a number of quick offensive players, opponents can expect to encounter



Receiver Jarrett Bacon is a three-year starter for the Oakton football team.



Sal Tutone returns at quarterback for the Oakton football team.

what Rowley describes as a "spread offense that likes to run the ball."

"I like to think we are a lot like the Seattle Seahawks on offense," wide receiver Jarrett Bacon said. "We have a lot of read options, a lot of speed backs, and a lot of guys that can hurt you deep."

Three-year starter Bacon will return at receiver, but may also spend time at various other positions.

Patrick Davis, who received 1st-team all-

conference honors in 2014, will be a leader on defense for the Cougars.

"We don't have any insanely athletic players that are 'going D1,'" Davis said. "We really work together on defense. We rely a lot on running to the ball, sprinting everywhere, always going hard, and never giving up big plays, and so far we've been pretty solid."

Oakton will open the season against Vienna rival Madison on Sept. 4.

"The Madison game is huge," Banbury said. "They're our cross-town rival in Vienna and it gives us a chance to start the season off with a big win."

Also on the schedule for Oakton are 2014 state semifinalist Tuscarora, Broad Run, and T.C. Williams.

"There's not an easy game on the schedule," Rowley said. "We play some tough teams but we have a good team and can definitely do some damage."

Oakton Divers Win Division Championship

The Oakton Swim and Racquet Club dive team went undefeated this summer finishing the summer with a winning record of 5-0 and as the Division 4 champions. Oakton received its championship trophy in a ceremony held at the Division 4 Championship Dive Meet on July 26 at Wakefield Chapel.

Oakton sent 16 divers to the Division 4 Championship meet. Two of those divers took first place in their respective categories, also qualifying to compete in the NVSL All-Star meet held the following week: Katie Vaughan in Freshman Girls with a score of 77.10 and Mackenzie Brennan in Intermediate Girls with a score of 150.95. Two additional Oakton divers qualified to compete in the All-Star meet based upon their performance at the Divisional Meet (top two finishers qualify): Lexi Pierce in Junior Girls with a score of 107.00 and Elana Colbert in Senior Girls with a score of 163.15. The other Oakton divers who

placed at the Divisional Meet (top six finisher) were: Haley Liddell (Freshman Girls, Third Place and an All-Star Alternate); Sarah Gurley (Junior Girls, Fourth Place); Spencer Dearman (Junior Boys, Fourth Place), Blaise Wuest (Junior Boys, Fifth Place), Josh Shipley (Junior Boys, Sixth Place), Kenna Campfield (Intermediate Girls, Fourth Place), Kyla Straker (Intermediate Girls, Fifth Place), Julia Powell (Senior Girls, Sixth Place), Liam Klopfenstein (Senior Boys, Third Place and an All-Star Alternate) and Brad Burgeson (Senior Boys, Fourth Place).

The NVSL All-Star Dive Meet was held at Donaldson Run on Sunday, Aug. 2. Oakton sent four divers to the meet, all of whom placed in the top 10 in their respective categories: Katie Vaughan placed third in Freshman Girls; Lexi Pierce placed tenth in Junior Girls; Mackenzie Brennan tied for fourth in Intermediate Girls; Elana Colbert placed eighth in Senior Girls.



PHOTO BY MARK KLOPFENSTEIN

Members of the Oakton Dive team receiving the championship trophy for Division 4 at the Divisional Dive meet on July 26.

B.D. Versus A.D.

By KENNETH B. LOURIE



If my experiences as a cancer patient/“terminal” “diagnosee” are at all typical, then the following generalization might in fact be true: certain situations and/or feelings that were once tolerated before diagnosis are nearly impossible to tolerate after diagnosis: traffic, waiting in lines, rudeness, compromise, sacrifice, delayed/deferred gratification, to list just a few. Life becomes so much more precious, that wasting some of it – or the perception of wasting some of it – on unpleasant, unrewarding, aggravating, stressful, menial tasks, obligations, duties, etc. becomes almost too much to bear; on a consistent basis, anyway. It’s a reverse bucket list. It’s less about what you want to do/accomplish and more about what you don’t want to do/endure. Avoiding unpleasantness becomes as important as finding happiness. Getting high on life is the epitome, but if you’re frequently getting low on living, you are not merely adding by subtracting, you are neutralizing. And though there may be a net gain emotionally, the associated pain and suffering may ultimately minimize the benefit.

And minimizing benefits is hardly the stuff of which cancer patients’ dreams are made. You need to maximize, not minimize. You need to reinforce every positive and eliminate any and all negatives, disconnecting and disengaging along the way if necessary; remembering that your life may depend on it. There’s no future – literally and figuratively, in being miserable (or being made to feel miserable). Life is challenging enough without a cancer diagnosis. Being told by an oncologist that you only have “13 months to two years” to live turns that challenge into a directive almost. The prognosis is not so much given/meant as a guarantee as much as it is a presumption (based on a variety of tests/scans) that time will indeed tell. Nevertheless, it’s difficult to not take those words personally, especially since you’re hearing them from a professional. Believing them is hard enough, but devising some sort of strategy to embrace/assimilate and incorporate them into a lifestyle you want to live is sort of a management problem for which most of us haven’t been trained and even less of us prepared for. It’s hard knocks that school never taught. That was college prep., not cancer prep. And even though you’re not exactly fending for yourself once you’re in the cancer whirled, you are in a world not of your own making, and a world (of emotions) likely never imagined and certainly not anticipated.

How you navigate, how you survive becomes a series of very personal choices. After all, it’s your life (actually in this column, it’s my life), and we have to live it. Obviously I am responsible for my own actions, but I have to be responsible for my own “inactions,” too. Solving problems, minimizing hassles, finding solace, accepting limitations, living and learning are all less effective if I’m distraught in the process. Happiness is one thing. Unhappiness is quite another.

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

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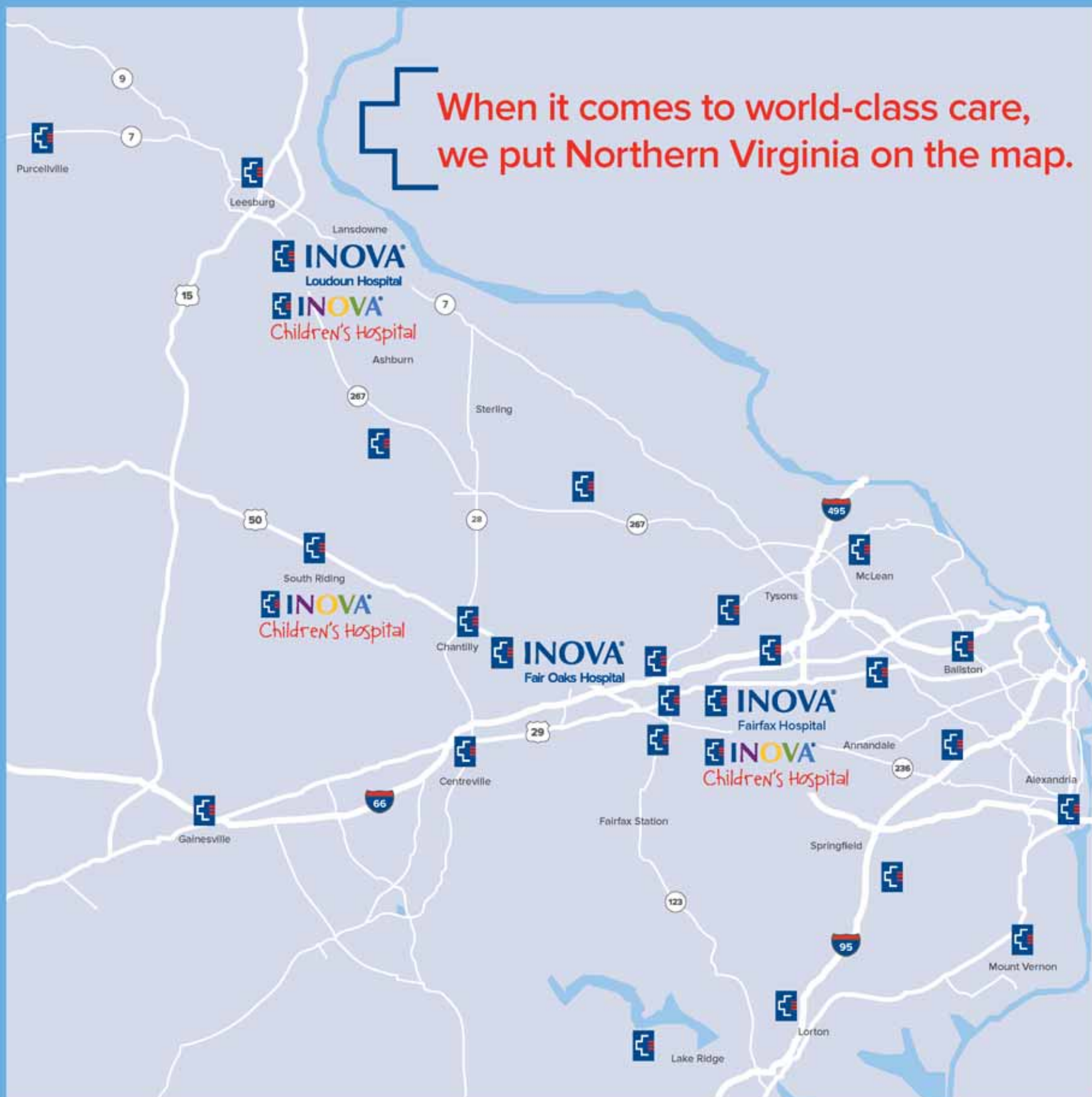
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