

2015  
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Award Winning  
Newspaper

# McLean CONNECTION

**Golf buddies Kirk and Skip:** Golf pro Kirk Lucas of McLean takes Skip pretty much everywhere he goes, including to work, which in Lucas's case is a golf course.



# Best Golf Buddy

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PHOTO BY KEVIN O'BRIEN/THE CONNECTION

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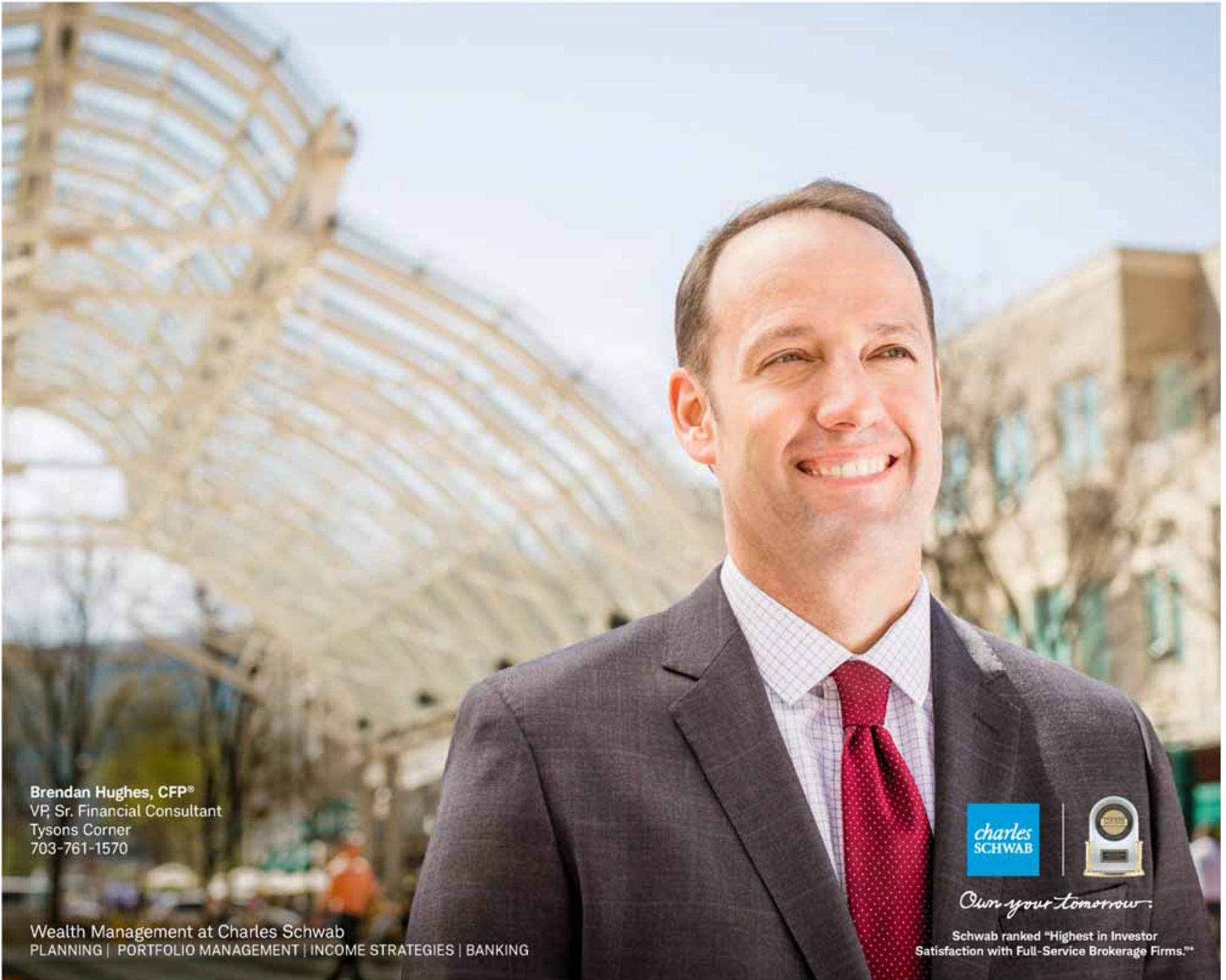
  
CONNECTION  
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**PET CONNECTION**

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## Commission to Hear Sunrise in Fall

**Assisted living facility application rescheduled for September.**

BY KEN MOORE  
THE CONNECTION

**T**he Planning Commission has deferred Sunrise's proposed application to build an assisted living facility at the corner of Kirby and Westmoreland in McLean this September.

About 40 residents who attended the McLean Citizens Association meeting on Wednesday, July 8, applauded when the board voted unanimously to oppose Sunrise's proposed assisted living facility.

"In 15 years, I've never seen so much opposition in any case," said Mark Zetts, chairman of MCA's planning and zoning committee. "We've been inundated with emails."

Sunrise's corporate headquarters are in McLean, and the company operates more than 300 Sunrise Senior Living communities in the U.S., Canada and the United Kingdom, according to its website.

The facility would have a maximum of 73 units and 90 beds, according to MCA documents, in a 40,309-square-foot building. Approximately 90 employees would work at the facility, although a maximum of 25 employees would be on the site at any time, according to the documents.



PHOTO BY KEN MOORE/THE CONNECTION

**Numerous McLean homeowners and civic associations have opposed a special exception to build an assisted living facility at the corner of Kirby Road and Westmoreland Street. The Planning Commission has scheduled a public hearing on the proposal for Thursday, July 28.**

"In the 102-year history of the McLean Citizens Association, few issues have driven neighborhood anger like the proposed location of the 90-bed Sunrise Assisted Living facility at the corner of Kirby and Westmoreland roads in McLean. After studying the proposal for almost two years, MCA voted to oppose the multiple zoning adjustments that Sunrise needs to build on this lot," said MCA president Jeff Barnett.

Sunrise Development Inc. seeks a Medical Care Facility Special Exception permit to construct and operate an assisted living facility at 1988 Kirby Road, at the intersection of Kirby Road and Westmoreland Street.

Homeowners associations, including L'Ambiance of McLean, Mayfair of McLean, Autumn Chase, Foxhall Road, and civic associations El Nido, Marlborough-Nantucket and Franklin Area Civic Association all oppose the application, according to MCA draft documents.

"Given the mass it represents, we believe it should be on a full five-acre site," said Zetts.

The Planning Commission was scheduled to hear public feedback on the application on July 28.

## Right of Way to Education?

**Decision regarding expansion of Falls Church City school that operates on county land expected this week.**

BY KEN MOORE  
THE CONNECTION

**F**alls Church Mayor David Tarter crossed county and McLean borders to advocate for the expansion of Mount Daniel Elementary School, a school he called "a cornerstone of our small community."

"We take pride in our school system," said Tarter. "This is of critical importance to our city."

But to get to Mount Daniel requires trips on McLean streets, including North Oak, a Fairfax county street not easily navigated by school buses.

"There is simply not enough room on that street," said Gayle Matthews, who lives on North Oak, a 26-foot-wide street.

Falls Church City Public Schools (FCCPS) has operated Mount Daniel Elementary School on a 7.31-acre property located in a residential neighborhood at 2328 North Oak Street since 1952.

The Falls Church school system seeks an expansion that would increase the square footage of the building from 44,118 square feet to 79,491 square feet; the expansion would allow the school to enroll up to 660 students. About 436 students are enrolled now and the school is above capacity.

"Most of us can't get comfortable with an expansion of this size," testified David Wuehrmann, who lives on North Oak.

The McLean Citizens Association Board of Directors adopted a resolution in 2015 and this year opposing the potential expansion because it was "excessive and incompatible with the neighborhood."



**More than 17 speakers testified for and against a proposed expansion of Mount Daniel Elementary School. The Planning Commission is scheduled to make its decision on Thursday, July 29.**

"It is a lot of intensity for this small site," testified Mark Zetts, chair of MCA's planning and zoning committee.

About 17 speakers testified Thursday, July 22 before the Planning Commission, both for and against.

Falls Church City Public Schools have relocated kindergarten students and hope the expansion would allow it to operate the school for its first and second graders.

"We work hard to be good neighbors,"

said Justin Castillo, chair of the Falls Church City School Board.

Castillo expressed ways Mount Daniel hopes to alleviate concerns of the neighborhood, including having shuttles during nighttime events, keeping the number of nighttime events to 10 during the school year, helping plow the streets during snow storms, ensuring that all Mount Daniel parents know the impact the school has on the neighborhood, and more. The school system reduced its original plans to expand the school so it could enroll up to 792 students.



PHOTOS BY KEN MOORE/THE CONNECTION

**Mount Daniel is a Falls Church City Public School but operates at 2328 North Oak Street, a Fairfax County street.**

"I am here to say we are serious about making sure we abide by our promises," Castillo said.

"We know we must comply with our conditions and we will continue to work with our neighbors," said Mayor Tarter.

More than four dozen advocates for the expansion stayed past midnight to listen to the Commission hearing.

The Planning Commission is scheduled to make its recommendation to the Board of Supervisors with its vote on Thursday, July 29.



Sen. Timothy M. Kaine (D-VA) listens to student Hidayah Martinez Jaka, who talked about her personal experiences with intolerance and prejudice towards Muslims, during a roundtable discussion Kaine hosted with leaders of the Northern Virginia interfaith and civil rights communities on Thursday, July 21 at the All Dulles Area Muslims Society (ADAMS) Center.



PHOTOS BY VICTORIA ROSS

During an interfaith and civil rights roundtable discussion hosted by Sen. Timothy M. Kaine (D-VA) at the All Dulles Area Muslims Society (ADAMS) Phillip Thompson of Fairfax, chair of the Northern Virginia NAACP, talks about Black Lives Matters and says he is deeply troubled by the recent spate of police-related violence. Johnson is seated next to Faateha Syed (left), a 13-year-old ADAMS member and Joan Bell-Haynes (right), pastor of United Christian Parish in Reston.

# The Virginia Way

BY VICTORIA ROSS  
THE CONNECTION

**N**o one knew it at the time, but Sen. Timothy M. Kaine's (D-Va.) public appearances moderating roundtables in Northern Virginia last Thursday, July 21 would be his last day of relative political anonymity before being catapulted to political prominence 24 hours later as Hillary Clinton's pick for her vicepresidential running mate.

Trailed throughout the day by a phalanx of political reporters, Kaine remained relaxed, composed and engaged (but never boring) during his two events.

While the first event – a roundtable discussion on immigration in Arlington – was closed to the media, the second event on religious freedom and civil rights held at the All Dulles Area Muslim Society in Sterling was open to the press, and dozens of reporters, representing nearly every prominent media outlet, planted themselves in one of the conference rooms at the center, setting up cameras, adjusting boom microphones, juggling tripods and waiting.

"Why don't they talk to us?" asked 13-year-old Faateha Syed, a young Muslim woman from Reston, who seemed baffled as the media throng descended on Kaine as he entered the room.

"They're not here for us. They're here for him," an older Muslim woman replied. "They want to know if Senator Kaine is going to be our next vice president."

Despite the intense media scrutiny and political speculation swirling around Kaine, roundtable participants said they were impressed by Kaine's focus and genuine interest in them and their concerns.

Syed Moktadir, president of the ADAMS center, said he appreciated Kaine's willingness to spend time discussing issues and challenges moderate Muslims face every



Sen. Timothy M. Kaine (D-Va.) receives a warm welcome from Sanober Yacoob (left), an executive staff member of the All Dulles Area Muslims Society Center, and Syed G. Moktadir (center), president of the society, as he enters the center to host a roundtable forum with leaders of the Northern Virginia interfaith and civil rights communities on Thursday, July 21.

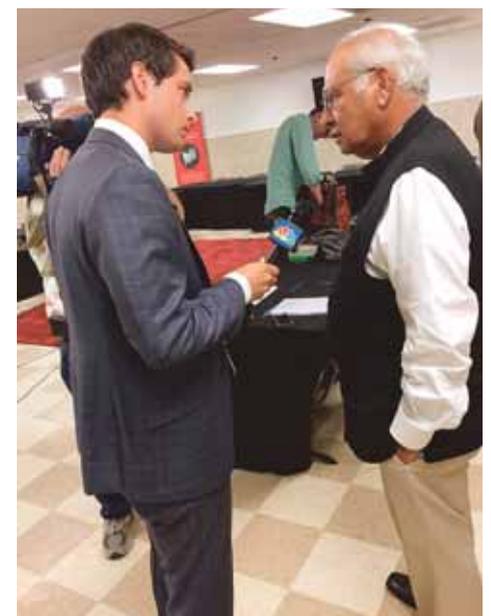
day.

"He gave each of the panelists here a voice to talk about the issues confronting Muslims," Moktadir said. "The ADAMS Center has a history of openness, moderation and civic engagement. Senator Kaine did a great service highlighting the importance of tolerance and religious freedom."

**DURING THE FORUM** at ADAMS, Kaine took the opportunity to extol Clinton's virtues and assail Republican Presidential candidate Donald Trump's policies and prejudices – without once saying Trump's name.

When discussing bans on Muslims entering the United States and mass deportations

Senator Tim Kaine spends last day before VP pick showing why Virginia matters.



Mohsin Alikhan, president of the McLean Islamic Center, talks to a reporter after an interfaith roundtable forum hosted by Sen. Timothy M. Kaine (D-Va.) at the All Dulles Area Muslim Society center on Thursday, July 21. During the forum, Alikhan asked Kaine whether he would still visit the center when he's vice president. Kaine, who had not yet been tapped as Hillary Clinton's running mate, smiled and said that he would visit "regardless of title."

– two of Trump's policy promises – Kaine asked the group: "Do you want a trash-talking president or a bridge-building president?" He noted that he and his Democratic colleagues in the U.S. Senate "beat" a bill that would have greatly tightened screening procedures on refugees from Syria and Iraq, essentially banning them from entering the U.S.

"So the refugees are our enemy now? We shouldn't tolerate intolerable prejudice," Kaine told the group. "The bottom line is that it's not easy to come into our country as a refugee, at all. But the notion of 'no Syrian can ever come here' is antithetical to our values – especially when the inno-

cent civilians and families seeking refuge in our country are fleeing the very violence and terror we saw in France and Lebanon that they experience every day in Syria."

In addition to discussing the plight of refugees, Kaine delved deep into the hot-button issues of police profiling and Black Lives Matter. He noted the success Richmond had

SEE SENATOR, PAGE 5

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# Senator Kaine Hosts Interfaith Forum

FROM PAGE 4

with strategies like community policing rather than zero-tolerance policies that surfaced after 9-11.

"I'll tell you one little insight...One of the best things we did when I was Mayor of Richmond was hire a police chief who had the idea of community policing, who said 'Let's put officers on bicycles...let's make them part of the community...' We don't have to recreate the wheel, we have the model."

But unlike the famous real estate mogul on the other side of the political aisle, Kaine said, he believes our nation becomes greater by unity, not more division.

"Do we pull together as a nation or try to divide the nation? Virginia has some history with divisiveness, but when we started a change in Virginia and put [divisions] behind us and started to let everybody be around the table, we started doing really, really well. And that's what's at stake here in this election."

When Joan Bell-Haynes, pastor of the Reston United Christian Parish, asked Kaine what people in the room should do to help the country get past its racial and religious divisions, Kaine said he was supporting Hillary Clinton, and called her the kind "bridge-builder" that we need.

**"Senator Kaine did a great service highlighting the importance of tolerance and religious freedom."**

**—Syed Moktadir, president of the ADAMS center**

First Amendment and Freedom of Religion. He also showed his philosophical, thoughtful side, relating a story about one question he often asked as a Jesuit missionary in Honduras.

"As human beings, we have an instinctive appreciation of diversity in nature. I would ask people 'Do you have a favorite flower? And most people do have a favorite flower. Then I would ask 'Do you want every flower to be that flower?' Of course not," Kaine said, smiling. "That would be boring."

Although Kaine did not invite discussion of the VP buzz surrounding him, several participants noticed a sign behind where he was seated that read: "What if someone from your community became a national figure? In America anything is possible."

Mohsin Alikhan, president of the McLean Islamic Center, asked Kaine whether he would still visit when he's vice president.

Kaine shook his head, and humbly answered "Of course I'll come...regardless of title."

After the event, Kaine took media questions, but deflected any speculation about his chances as Hillary Clinton's pick. He did tell the press pack, however, that "I'm being considered because of Virginia. Virginia matters."

AT TIMES, Kaine gave mini history lessons on the

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# OPINION

## Help Children Arrive at School Prepared

Many opportunities to contribute; tax-free back-to-school shopping is Aug. 5-7 across Virginia.

The first day of school each year is fraught with anticipation and anxiety. Many local students will be concerned about what they wear, who they will see, what it will be like. They've already had multiple shopping trips, online and otherwise, to be sure they have the supplies and extras they need.

We live in an area where many, if not most, families have the means and desire to do almost whatever it takes to give their children the best chances for success.

But for thousands of students, families lack the financial resources to equip them for success on the first day of school and beyond.

In our affluent area, there are many poor families, families who are barely making it, families who are not able to indulge their children in a shopping spree before school begins, families who are already having trouble making up for the meals their children would be getting at school.

In Fairfax County Public Schools, more than 27 percent of more than 184,000 students are poor enough to qualify for subsidized meals. That's more than 50,000 children in Fairfax County who are going through the summer without their usual access to breakfast and lunch. For many of those children, having a fully equipped backpack on the first day of school is out of reach.

In the City of Alexandria, about 60 percent of the Alexandria Public Schools students are poor enough to qualify for subsidized meals. That's more than 8,000 of the city's 13,000-plus students.

In Arlington, more than 32 percent of the county's 23,000-plus students are poor enough to receive subsidized meals; more than 7,000 students.

Help these students get started on the right foot by contributing to one of the many local backpack drives.

Virginia sales tax holiday for school supplies and clothing is Aug. 5-7, 2016. Purchases of most school supplies, clothing and footwear are exempt from the Virginia sales tax. Each

eligible individual school supply item must be priced at \$20 or less, and each eligible article of clothing and footwear must be priced at \$100 or less. See [www.tax.virginia.gov/content/sales-tax-holiday](http://www.tax.virginia.gov/content/sales-tax-holiday).

### Where to give in Fairfax County

❖ **Fairfax County Collect for Kids** is a public private partnership that provides local children from economically challenged families with the school supplies they need to begin the school year, and has provided more than 100,000 supply kits and backpacks since 2010. Collect for Kids is made possible through a partnership with Kids R First, Fairfax County Public Schools, the Fairfax County Office of Public and Private Partnerships, Apple Federal Credit Union and numerous community-based organizations (some listed here) and businesses in the Fairfax County area who are working together to provide supplies in a more cost-effective and efficient way. See [collectforkids.org/resources](http://collectforkids.org/resources).

❖ **Cornerstones** is working to provide backpacks and other necessities to 3,500 Reston and Herndon area students. You can buy backpacks and other items online and have them delivered to Cornerstones. Or deliver the backpacks to Cornerstones Administrative Office Aug. 8-12, 2016, Monday-Friday, 9 a.m.-5 p.m., 11150 Sunset Hills Road, Suite 210, Reston. In addition to backpacks, Cornerstones also requests donations of new underwear for elementary school age children, and Payless gift card donations (\$25) so young clients can get a new pair of shoes. Contact Cornerstones at 571-323-9568 or [volunteer@cornerstonesva.org](mailto:volunteer@cornerstonesva.org). Visit [www.cornerstonesva.org/donations/drives/back-to-school/](http://www.cornerstonesva.org/donations/drives/back-to-school/)

❖ **United Community Ministries'** annual Back to School campaign is underway. Donations are needed by Friday, Aug. 5. A gift of \$40 completely outfits one student. Please drop checks and backpacks off at UCM's main office (7511 Fordson Road, Alexandria, 22306) weekdays from 9 a.m.-5:30 p.m. If your group needs to make special arrangements for a large

donation, please contact Emily Griffin. For more information, contact Emily at [emily.griffin@ucmagency.org](mailto:emily.griffin@ucmagency.org) or by 571-255-8973 or visit [www.ucmagency.org/back-to-school-2016.html](http://www.ucmagency.org/back-to-school-2016.html).

❖ **Britepaths**, formerly OUR DAILY BREAD, participates in the Collect for Kids Back to School Program each summer and is working to help more than 2,500 students in central Fairfax have everything they need to succeed this fall. Cash donations help purchase supplies at a steep discount. Please donate by Aug. 5. Donate backpacks or calculators by Aug. 5. Larger size backpacks especially needed. Donate cash through Aug. 31. Checks are welcome. Make checks payable to "Britepaths." Please include "Back to School" in the memo line of the check. Mail to: Britepaths 4080 Chain Bridge Road, 2nd Floor, Fairfax, VA 22030. If delivering in person, Monday-Friday, 10 a.m.-2 p.m., except for holidays. Call ahead at 703-273-8829. Visit [www.britepaths.org](http://www.britepaths.org) for more.

❖ **FACETS** is seeking to equip more than 300 students in need with backpacks filled with supplies. Use the checklist at the link below as a guide for purchasing backpacks and supplies. Place purchased supplies in backpacks or other bags and deliver to FACETS. For financial donations, please cut and mail form by Aug. 12. Drop off supplies through Aug. 12, 2016, 9 a.m.-5 p.m., Monday-Friday, 10640 Page Ave., Suite 300, Fairfax VA 22030. Contact FACETS at 703-272-3710 or [JDantonio@FacetsCares.org](mailto:JDantonio@FacetsCares.org) or visit [facetscares.org/wp-content/uploads/2011/07/SchoolSupplyFlyerFY17.pdf](http://facetscares.org/wp-content/uploads/2011/07/SchoolSupplyFlyerFY17.pdf)

❖ **Northern Virginia Family Service.** Mail checks (payable to NVFS, with BTS in the memo line) to: Northern Virginia Family Service, Attn: Back to School, 10455 White Granite Drive, Suite 100, Oakton, VA 22124. Donations of new backpacks and new school supplies (we unfortunately cannot accept these items after use) will be accepted on July 29, 3-6 p.m.; and Aug. 1, 10 a.m.-6 p.m. at 13926 Metrotech Drive, Chantilly, VA 20151 (between Buon Appetito and Cafein; please note storefront windows are whitewashed). Contact Pam Boyle at 571-748-2537 or visit [www.nvfs.org/backtoschool](http://www.nvfs.org/backtoschool).

### PETS

## Making a Case for Pet Adoption

Lucky kittens Flame and Pixie found a home in Reston with Jesse and Margo. These little ones were born in Abingdon, Va. and dropped off at an overcrowded shelter that euthanizes all unadopted cats every Thursday. Fortunately, the Feline Foundation of Greater Washington swooped in and a series of volunteers shuttled the babies to Reston. They stayed with a foster family until Feline Foundation of Greater Washington (FFGW) June Adoption Fair at Just Cats Clinic, where they met Jesse and Margo.



McLean  
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CONNECTION FAMILIES  
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PHOTOS BY KEVIN O'BRIEN/THE CONNECTION



Kirk and Skip cooling off.



Skip cools off with a drink of water on a hot and humid day.



Skip gives lessons too.

# Best Golf Buddy

Local golf pro's sidekick is man's best friend.

BY KEVIN O'BRIEN  
 THE CONNECTION

**F**our years ago, local golf pro Kirk Lucas of McLean and his two young daughters strolled into Home Depot and walked out with a new pet. It just so happened that the SPCA, the Society for the Prevention of Cruelty to Animals, was holding an event at the hardware store. They had brought some pets to Home Depot hoping some shoppers might bring a pet home with them.

Lucas adopted the dog, which is part beagle, part Cattle Dog, and named him Skip. They quickly formed a bond, with Skip accompanying Lucas pretty much everywhere he goes, including to work, which in Lucas's case is a golf course. "He got acclimated to people hitting golf balls and sort of the whole golf lifestyle, and then he started going everywhere with me. So, if I go to Home Depot, I'll take him. Or if I go to Tractor Supply, I'll take him – all the places where dogs are somewhat welcomed. And I just never put him on a leash. I never needed to," Lucas said. Lucas

reports that Skip has become a fixture on the golf range. It's a perfect way for a dog that doesn't like to be cooped up to spend his day.

Skip has developed quite a routine as Kirk's sidekick and constant companion. Every morning and evening, Kirk takes Skip out for a run. During the day, while Kirk gives golf lessons, Skip does his own thing. At 11 o'clock, when the maintenance workers eat lunch, Skip wanders over to hang around with them. "He's figured out how to con some lunch out of people. So 11 o'clock, it's, go con the maintenance guys into giving me some lunch, which they happily share with him," Lucas said. To Skip's delight, there are two maintenance dogs that Skip plays with. After lunch, Skip comes back to the range and will greet everybody and just kind of hang out at the range while we hit balls. It's just sort of something that he's accustomed to, golf, so he doesn't get in anyone's way," Lucas said. Skip has acquired something of a fan club, with kids from the summer golf camp particularly fond of him.

According to Lucas, "On the days where he doesn't come to the course, he's very unhappy. He just loves it." And it sounds as if the golfers miss Skip when he isn't around almost as much as Skip misses being part of the action.



Skip shakes Kirk's hand.

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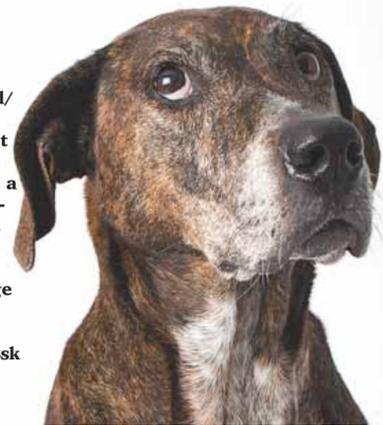
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**Ginger McNair:** Age 11, Plott Hound/Boxer Mix, Reston  
 One of Ginger's best adventures was getting to play with a wild fawn who wandered into his yard. Fast thinking dad, Doug McNair, captured their exchange on video. <https://www.youtube.com/watch?v=18VAGzOL8sk>



Ginger and fawn playing together.

SCREEN GRAB FROM DOUG MCNAIR'S VIDEO.

**Teddy Beekman:** Age 13, Coton De' Tulear, Great Falls  
 Teddy volunteers with Fairfax Pets on Wheels; visiting a local adult daycare center and a local senior living facility several times a month. Given his wonderful life, he doesn't likely have many regrets, but he would have enjoyed having a four-legged sibling, says mom, Karen Beekman.



# Senior Dogs: Untold Stories

BY JOAN BRADY

## Pet Adoption

Pet adoption resource:  
 Fairfax County Animal Shelter: <http://www.fairfaxcounty.gov/animalshelter/>  
 Friends of Homeless Animals: <http://foha.org/>  
 Petfinder: <https://www.petfinder.com/>  
 Learn more about volunteering with your pet: <http://www.fairfaxpetsonwheels.org/>

Like many geriatrics, senior dogs in our area are illness survivors and living with a range of conditions including arthritis, hip dysplasia and chronic back pain. But nothing keeps them from enjoying their people, traveling, taking walks, napping and eating as many snacks as are made available.

While primary canine focus is limited to what goes on in their own backyards, some are paying attention to the election. And, if able to talk, they would offer some advice to the presidential candidates.

Sasha Marusin is concerned about the environment, "Pay attention to climate change, it's important for animals and humans." Max Kennedy has an opinion about Trump's proposed wall, "No walls (or

leashes!), we all want to run free." Daisy Gilbert wants both candidates to do a better job of getting along, "I accept and love everyone. You should find a way to do the same."

And, quoting Senator Ted Cruz, Buddy Emami offers advice to voters for November, "Vote your conscience."

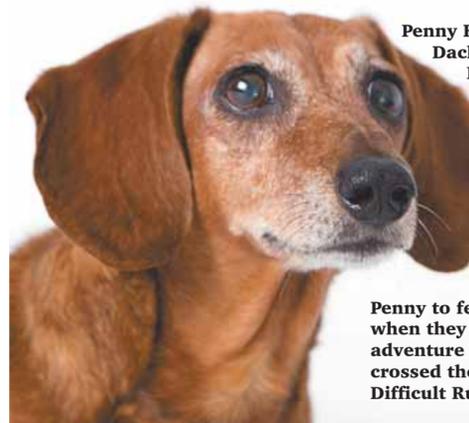
**Daisy Gilbert:** Age 10, Yellow Lab, Great Falls  
 Beloved by her young two-legged siblings, Daisy does all kinds of tricks for them. She rolls-over, gives hugs and balances a treat on her nose. She especially loves going to West Virginia where she gets to play with her biological sister.



**Sasha Marusin:** Age 14, Border Collie, Great Falls  
 Sasha likes to hike with the family, when she isn't napping. Mom, Robin Marusin, says that if Sasha could talk, she would likely say her biggest regret was not having puppies.



**Penny Hargroves:** Age 12, Dachshund, Great Falls  
 Penny has two, two-legged sisters who adore her. When the girls were little, mom, Cindy Hargroves, would send Penny to wake up the youngest by licking her face. The girls taught Penny to fetch a tissue for them when they sneeze. Her biggest adventure was when she crossed the stepping-stones at Difficult Run.



**Lily Stowell:** Age 14, Australian Shepherd, Great Falls  
 A retired agility champion, if Lily could talk, mom, Kathy Stowell, thinks she would likely ask, "Why won't you let me use the toilet, so I don't have to go outside?"



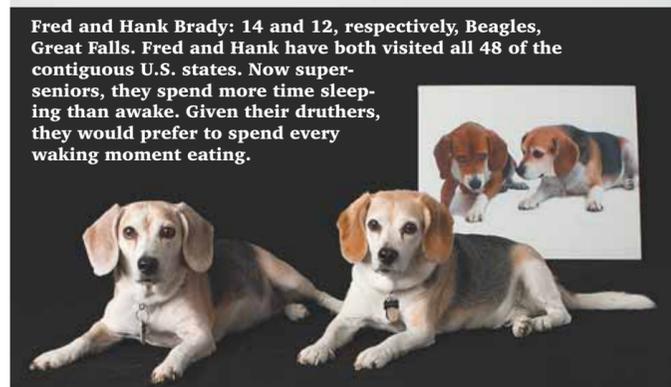
**Max Saunders:** Age 11, Boxer, Great Falls  
 Max enjoys riding in the car and his daily trips with his dad to Starbucks and Great Dogs in Great Falls. Mom, Danielle Saunders, says that if he could voice his biggest regret, it likely would be that the family got a puppy last year.



**Max Kennedy:** Age 12, Husky, Reston  
 Max won the heart of his foster mom, Tallie Kennedy, and never left. Despite his love of the beach, creeks and ponds, he hates baths. A picky eater, Max will only eat if his food includes a topping of cheese.



**Fred and Hank Brady:** 14 and 12, respectively, Beagles, Great Falls.  
 Fred and Hank have both visited all 48 of the contiguous U.S. states. Now seniors, they spend more time sleeping than awake. Given their druthers, they would prefer to spend every waking moment eating.

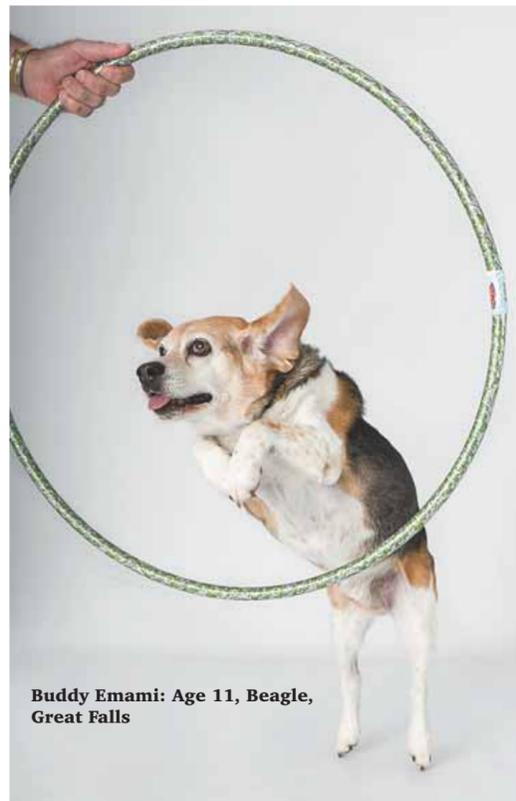


**Honey Emami:** Age 11, Boston Terrier, Great Falls



There is some dispute as to whether Honey has had run-ins with badgers or raccoons, but for sure there have been two big fights. A young Honey prevailed in the first. But it was her brother, Buddy-the-beagle who took credit, bringing the trophy to mom and dad. If she could voice her regret, mom, Karen Emami, thinks it would be that she didn't kill the badger that got away.

Cancer survivor, Buddy, has no regrets. He lives a happy life with his sister, Honey Emami. Some words have to be spelled in front of Buddy, lest his expectations get raised, including any reference to his favorite, Great Falls p-a-r-k. Living up to his name, he is apparently a great buddy.



**Buddy Emami:** Age 11, Beagle, Great Falls

# Honoring Brave Companions

**Paws of Honor provides veterinary care for retired K-9s.**

BY DANIELLE GRAE  
THE CONNECTION

Some of our nation's security forces receive no benefits upon retirement—K-9s. Twenty-eight retired K-9s are patients of McLean based 501c not for profit Paws of Honor, which pays 100 percent of its retired K-9s' veterinary expenses. Paws of Honor opened six months ago, and according to the organization's founder and president, Bod Youngblood, Paws of Honor expects to serve 60 to 80 dogs by the end of the year.

"We believe these pets should be taken care of and not just discarded at the end of their service life. I mean, they've been jumping out of planes, they've gone to Afghanistan. They're tired, they're sore, and they're worn out" Youngblood said.

Youngblood had the idea for Paws of Honor when he saw K-9s injured in the aftermath of the 9/11 attack on the Pentagon.

"They mostly came in with burnt paws. They had respiratory issues from the smoke and the jet fuel. They hadn't been sleeping in two or three days," Youngblood said.

Human officers receive benefits for their entire lives, whereas K-9s receive no benefits when their service is over. Without Paws of Honor, owners must choose to take on the financial burden, give away their partner or euthanize it.

Youngblood estimated each retired K-9 costs on average \$1000 per year in veterinary expenses. The K-9s live on average two to three years after retirement.

K-9s participating in Paws of Honor have worked for the CIA, FBI, Pentagon, Secret Service, Homeland Security and state police forces.

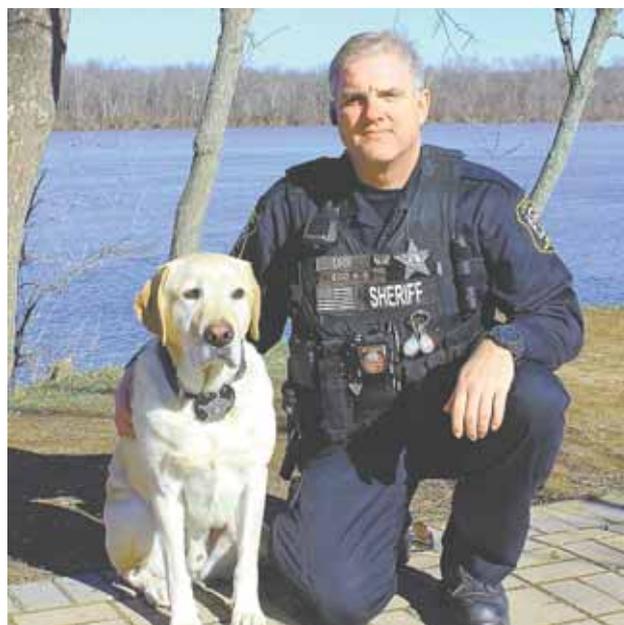
"They keep our soldiers safe," Vice President of Paws of Honor and COO of Old Dominion Animal Health Center Cassie Browne said. Youngblood said retired K-9s at Paws of Honor have done multiple war tours, jumped out of planes and automobiles, parachuted and searched for explosives.

One retired K-9 in the program is Buddy, owned by his former partner, Detective for the Loudon County Sheriff Department David Orr. Orr worked as an Explosives Detection Canine Handler for Loudon County from May 2012 until Buddy retired in 2016 at six-and-a-half years old due to seizures.

"What [Paws of Honor does] is invaluable. I don't know of any departments that actually cover any medical expenses for K-9s when they retire. And that's where Paws of Honor comes in to fill that void" Orr said.

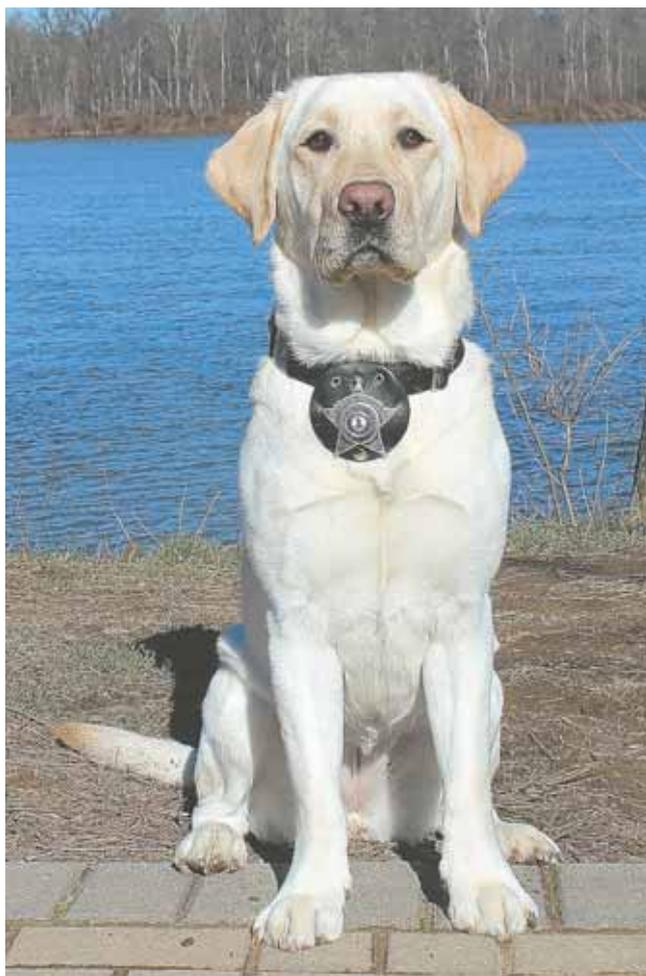
Youngblood hopes Congress will extend health care benefits to retired K-9s, but until then Paws of Honor needs to raise enough funds to care for its patients.

Paws of Honor is based in McLean in Old Dominion Animal Health Center, which has donated space



PHOTOS BY DANIELLE GRAE/THE CONNECTION

**Retired Explosives Detection K-9 Buddy and his partner Detective David Orr of Loudon County outside on a beautiful day.**



**Retired Explosives Detection K-9 Buddy proudly displays his collar.**

and veterinarians. Paws of Honor is seeking donations. Without further donations, the organization may be forced to turn away retired K-9s. Paws of Honor plans to hold fundraisers where the public will be able to meet some of the retired K-9s and see them perform tricks. Tickets will be on sale in August. Paws of Honor also receives donations at [www.pawsofhonor.org](http://www.pawsofhonor.org) and features photos and background stories on some of its K-9s.



**Sachin Muralidhar, vet intern and animal rescue volunteer, with WTAR foster pup (Delta) and adopted rescue (Sparky).**

## Foster Fur Life

If you want to hang out with a furry friend, but cannot commit yourself full-time, consider fostering a baby in need of a loving transition to their fur-ever home.

If you can spare some love, I can tell you first-hand, it will be one of the most fulfilling experiences you can have. It has inspired my teen boys to spend valuable summer hours volunteering to help with puppy intakes – getting the pups vaccinated, fed, cleaned and ready to go to their foster homes, until they are placed with their permanent adoptive parents. My younger son has even started an internship at a veterinarian hospital with Dr. Adams of Great Falls. This promises to be a life-long passion.

We have fostered seven puppies with two local rescue organizations in the past year, and we are going to do it over again, after Delta is adopted. When we fostered with Homeward Trails Animal Rescue in Arlington, we never had a pup for more than 10 days. There is a waiting list of pre-screened potential adopters, so these babies get adopted quickly.

Closer to home, Wolf Trap Animal Rescue is a nonprofit, run by an amazing group of young volunteers and headed by Dr. Amber Burton, whose mission is to save puppies and kittens at risk of being

euthanized in high-kill, overcrowded shelters in Mississippi and other states in the South. In only a year, WTAR has saved more than 900 dogs and kittens.

WTAR has a two-week foster program, which gives the puppies and kittens enough time to acclimate to being loved and feel secure enough to go to their permanent homes. It also helps WTAR ensure the young animals are healthy and ready for adoption.

Fostering brings you in contact with generous-hearted animal-lovers, wonderful people who open their hearts and homes to save an innocent life. You, in turn, get oodles of loving licks from the most adorable pups and kittens that make you forget your problems. What is not to love about this experience?

There are many ways you can help these compassionate, energetic, amazing animal ambassadors:

- ❖ Volunteer/adopt - WTAR's next adoption event is being held at the Tyson's Corner Petsmart.

- ❖ Foster a puppy at the Sunday, Aug. 7 event 11a.m.-noon.

- ❖ Donate – to help this wonderful local non-profit extend its help to save more lives, please on Saturday, Aug. 6 (noon-4p.m.) <http://wolfrapanimalrescue.com/calendar/>

—SHAILA MURALIDHAR  
GREAT FALLS



**Retired Explosives Detection K-9 Buddy proudly displays his collar.**

# Native Trees for McLean Neighborhoods

**H**omeowners can improve the environment and contribute to the health of their neighborhood by planting a native tree in their front yard this fall or next spring with the help of the McLean Trees Foundation.

“Homeowners who plant trees enhance the character, quality, health and beauty of our community,” said Joyce Harris, Chairman of MTF. “Additionally, homeowners benefit economically from planting trees. Trees increase property values by 10 to 15 percent and reduce heating and cooling costs. Homes with trees sell faster than homes without trees.”

Homeowners can learn more about trees when they participate in the McLean Neighborhood Tree program, the first homeowner tree-planting program in Fairfax County.

The program encourages homeowners to become actively engaged in the selection, planting, and care of their trees.

To join the program, homeowners must complete an application that can be found online. Once an application is received, MTF volunteers visit the homeowner's property to discuss the program, review the property, and recommend native tree species and planting locations. If the homeowner decides to participate in the program after the consultation, a \$50 fee is charged to help supplement program costs.

Homeowners who want to plant trees this fall in their front yard should submit applications prior to Friday, August 12. Applications received after this date will be considered for spring planting.

More information can be found on MTF's website: [www.mcleantreesfoundation.org](http://www.mcleantreesfoundation.org).



PHOTO CONTRIBUTED

**Lynn Hall (left) plants a Serviceberry tree in her front yard with the help of Brenda Frank and Janet Gale, volunteers for the McLean Trees Foundation.**

## McLean Woman's Club Holds Wine-Tasting, Kicks Off 50th Homes Tour

The Woman's Club of McLean held a festive wine-tasting at Chain Bridge Cellars, in McLean, on Wednesday, July 13, from 5 to 7 p.m. to preview its 50th annual Holiday Homes Tour in December. Club members and friends were joined by other supporters – local businesses that are advertising in the tour's guide booklet, stores that will be marketing the tour and vendors who have served in the related MarketPlace in the past. A special guest at the wine-tasting was Paul Kohlenberger, president of the Greater McLean Chamber of Commerce.

The Holiday Homes Tour will take place on Thursday, Dec. 1, 2016, from 10 a.m. to 3 p.m., exactly 50 years since the traditional event was conceived of by a Woman's Club member to raise money for local charities and nonprofits. In more recent years, the tour has been accompanied by the MarketPlace, a fundraiser that features sales of gifts and holiday items, homemade goods, products of local vendors, a silent auction and refreshments.

As is customary, this year's event will provide a tour of four or five large, elegant houses in McLean. Each home will be decorated for the holidays and will highlight family life. The MarketPlace will be held concurrently at Trinity United Methodist Church on Dolley Madison Boulevard.

Woman's Club members have been working on tour preparations since February, when they began soliciting advertisements for the guide booklet/ticket. Additional efforts over the summer have included selection of the homes, booklet/ticket preparation, publicity arrangements and plans for decoration.

All proceeds will be donated to local charities and nonprofits, such as Share Inc., Alternative House, the McLean Project for the Arts, Claude Moore Colonial Farm, the McLean Volunteer Fire Department,



**The chairman and co-chairman of the McLean Woman's Club's Holiday Homes tour pose with the owners of Chain Bridge Cellars. From left: Michelle Arcari, co-chairman of the tour; Doug House, co-owner of Chain Bridge Cellars; Kathryn Mackensen, chairman of the tour; and Meg House, co-owner of Chain Bridge Cellars.**

PHOTOS BY LAURA SHERIDAN/WOMAN'S CLUB



**Store owners Doug and Meg House pour wine for tasting as visitors socialize and read about wines.**

Fisher House and the McLean Symphony, as well as used for scholarships and education.

Tickets (the booklets) will be available in early October at local businesses, including Mesmeralda's Gifts of McLean, Karin's Florist of Vienna and Great Dogs of Great Falls. Or they may be obtained at one of the homes on the tour. For more information, visit [www.mcleanwomensclub.org](http://www.mcleanwomensclub.org) or call 703-556-0197.

—LAURA SHERIDAN

## BULLETIN BOARD

To have community events listed in the Connection, send to [connectionnewspapers.com/Calendar/](mailto:connectionnewspapers.com/Calendar/). The deadline for submissions is noon on Friday.

### WEDNESDAY/JULY 27

**Volunteer Opportunities 55+.** Patrick Henry Library, 101 Maple Ave. East, Vienna. Learn how you can make a difference in your community with ReServe, an innovative nonprofit that connects continuing professionals 55+ with part-time assignments in nonprofits and public agencies. Free. 202-469-3477. [reserveinc.org](http://reserveinc.org).

### SATURDAY/AUG. 13

**Used Book Collection.** 9 a.m.-1:30 p.m. SunTrust Bank, 515 Maple Ave. East, Vienna. Sponsored by the AAUW McLean Branch. Also, bring your CDs, DVDs, software, children's book, records, and recent textbooks,

in good condition. Proceeds benefit scholarships for women. [aauwbookfair@gmail.com](mailto:aauwbookfair@gmail.com). 703-527-4206.

### ONGOING

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email [Lisa.Callahan@fairfaxcounty.gov](mailto:Lisa.Callahan@fairfaxcounty.gov). Also visit [www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/](http://www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/).

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

## FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to [vienna@connectionnewspapers.com](mailto:vienna@connectionnewspapers.com). Deadline is Friday at noon.

**St. Francis Episcopal Church**, 9220 Georgetown Pike in Great Falls, offers musical, educational, outreach and fellowship ministries in addition to worship services, including an 8 a.m. worship service without music and a 10 a.m. worship service with nursery care available during the summer. 703-759-2082.

**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](http://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](http://www.havenofnova.org).

**McLean Bible Church** Fitness Class at Body and Soul Fitness. Gain balance, energy and strength at 10 a.m.

Mondays, Wednesdays and Fridays. Free childcare for registered students. [bodyandsoul@mcleanbible.org](mailto:bodyandsoul@mcleanbible.org).

**St. Dunstan's Episcopal Church**, 1830 Kirby Road in McLean, holds traditional services every Sunday at 8:15 and 10:15 a.m. [www.stdunstans.net](http://www.stdunstans.net).

**Vienna Christian Healing Rooms** are open every Saturday, 1-4 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](http://www.viennachristianhealingrooms.com).

**Chesterbrook United Methodist Church** is at 1711 Kirby Road, McLean. Worship service is at 11 a.m. 703-356-7100 or [www.ChesterbrookUMC.org](http://www.ChesterbrookUMC.org).

**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](http://www.elcvienna.org).



Lead singer Nasri meets with an enthusiastic crowd mid-song.

PHOTOS BY CAROLINE WATKINS/THE CONNECTION

# MAGIC! on the Tyson's Corner Plaza

Fans of all ages enjoy free, laid-back concert by chart topping band, MAGIC!

BY CAROLINE WATKINS  
THE CONNECTION

This past Friday, as the sun went down, the Canadian reggae fusion band MAGIC! performed for free on the Tyson's Corner Plaza. The band is most-famously known for their hit "Rude," which charted at No. 1 in several countries worldwide.

In addition to performing "Rude," the band played a variety of other catchy island-inspired songs, such as "Lay You Down Easy," "Red Dress," and "No Way No."

Friday's concert, just like the other concerts of the 2016 Summerfest Concert series, attracted a diverse crowd. From little children to star-struck teenagers to corporate employees stopping by for a happy hour dance party, fans of all ages rocked out to reggae tunes—despite the 90 degree weather.

Throughout the night, the lead singer, Nasri, walked off stage and sang right in front of concertgoers in the front row. At one point, Nasri momentarily took a fan's phone, using the popular Snapchat app to send a video of the band's cover of Drake's "Hotline Bling".

The relaxed vibe of MAGIC!'s songs was effortlessly echoed through the band's stage-presence. The crowd was charmed by the band's friendly banter between songs, and fans that stayed around post-concert were rewarded with selfies with the band.

Even when their security guard pointed at his watch, eager to get the band members on a plane to Mexico City for their performance the following day,



Madeleine Engel and Tessie Darroch of McLean.



Residents of all ages weren't afraid to bust a move.

band member Mark Pelli took a few more photos with pleading fans before exiting the stage.

"The concert had great vibes and the band had great chemistry; they kept it entertaining and fun," recent Langley High School graduate Matt Reichenbach commented. "It was nice hearing reggae on a Friday night."

In addition to MAGIC!, the concert series promoted by 94.7 Fresh FM Radio has featured a plethora of big-name artists over the summer, from Rachel Platten to Shawn Hook and Former American Idol Contestants Lee DeWyze, Blake Lewis and Constantine Maroulis.

"It's free, it's close, it's safe — I would definitely recommend the concert series to other McLean residents," University of Virginia student Madeleine Engel said.

Sorry you missed it? It's not too late. Be sure to catch acoustic singer Ingrid Michaelson perform next Friday at 7 p.m. on the Plaza!



PHOTOS BY MELANIE PINCUS/THE CONNECTION

Satisfaction performs at McLean Central Park. Frontman Chris LeGrand, who plays Mick Jagger in Satisfaction's shows, founded the group in 2001.

# Tribute Bands Perform in Alden Concert Series

Alden Theatre sponsors free concerts at McLean Central Park each Sunday in July

BY MELANIE PINCUS  
THE CONNECTION

McLean Central Park held the penultimate installment of the Alden Theatre's 2016 free summer concert series on Sunday. Satisfaction, a Rolling Stones tribute band, played for nearly two hours as part of the "I Volunteer as Tribute" themed series.

Tom Culligan, who attended the concert with his wife Eileen Culligan, said they enjoy attending community events like the concert series.

"I think it's really important because you have to live together, and I think it's just a sign of support for the community and for each other to have everybody come out," he said. "You get old, young, all races. It's really a nice mix out here."

Satisfaction performed in the near-100 degree heat for a crowd located primarily in shady areas of the park.

"It was worth it, even though it's 100 degrees. I was determined to come," said Julie Salins-Kennedy, who came from Gaithersburg, Md. to see Satisfaction. "I love rock and roll, I love to dance. It's just fun to me."

Salins-Kennedy said she has seen Satisfaction four times, and has been a fan of The Rolling Stones since she was a teenager.

Some concertgoers said seeing tribute bands brings back good memories.

"It brings back the memories of the music that we grew up with in high school and college, it brings back a lot of good memories. We enjoy listening to it," Maura Young said.

Next Sunday, Still Surfin', a Beach Boys tribute band, will take the stage at McLean Central Park, concluding the five part series that has featured a different tribute band each Sunday in July.



The crowd at McLean Central Park was concentrated in shady areas during Satisfaction's set. Many audience members moved toward the stage to dance as the evening progressed.

# CALENDAR

Send announcements to [connectionnewspapers.com/Calendar/](http://connectionnewspapers.com/Calendar/). Deadline is Friday at noon for the following week's paper. Photos/artwork encouraged.

## ONGOING

**Cirque du Soleil "Kurios."** July 21 to Sept. 18. Tysons II, The Lerner Town Center, 8025 Galleria Drive, Tysons Corner. \$39-\$170. 1-877-924-7783. [cirquedusoleil.com/kurios](http://cirquedusoleil.com/kurios).

**"Jesus Christ Superstar."** Aug. 5, 6, 12, 13. 7:30 p.m. Vienna Baptist Church, 541 Marshall Road SW, Vienna. Production by the Vienna Youth Players \$14. [viennava.gov](http://viennava.gov).

**Cindy Dibbs Exhibit.** Aug. 1-31. Katie's Coffe House, 760 Walker Road, Great Falls. Photographs from "Seasons." 703-759-4673.

**George Holmes: Landscapes and Illustrations.** July 1-31. The Frame Factory, 212 Dominion Road NE, Vienna. [theframefactory@gmail.com](mailto:theframefactory@gmail.com). 703-281-2350

**Evenings on the Ellipse.** 5:30-7 p.m. Thursdays through Aug. 25. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Fun music and good company. Paradise Springs and The Winery at Bull Run will be offering complimentary tastings of their premium reds and whites. If it rains, concerts will be moved inside to the Government Center Forum. <http://www.fairfaxcounty.gov/parks/performance/>

**Paint the Town.** Sept. 6-Oct. 1. 115 Pleasant St. NW, Vienna. Vienna Arts Society members exhibition. [ViennaArtsSociety.org](http://ViennaArtsSociety.org).

**Bingo Night. Sundays.** 4 p.m. Flame Room, Vienna Volunteer Fire Department, 400 Center St. S, Vienna. \$10. [www.vvfd.org/bingo.html](http://www.vvfd.org/bingo.html).

**Great Falls Farmers Market.** Saturdays, 9 a.m.-1 p.m., 778 Walker Road Great Falls. <http://greatfallsfarmersmarket.org/>

**"The Way I See It" Exhibit.** Aug. 2-Oct. 1. Vienna Arts Society Gallery, 513 Maple Ave. W, Vienna. Reston resident Bob Kaminski will showcase his work in abstract and representational styles. [ViennaArtsSociety.org](http://ViennaArtsSociety.org). 703-319-3971.

**"On the Street" Photography Show.** 10 a.m.-4 p.m. Aug. 2-Sept. 3. Vienna Arts Society, 115 Pleasant St. NW, Vienna. Annual photography show with judge Denise Silva. Meet the Artists Reception and Awards on Saturday, Aug. 6 from 4-6 p.m. 703-319-3971. [artcenter@viennaartsociety.org](mailto:artcenter@viennaartsociety.org).

**McLean Farmers Market.** 8 a.m.-noon. Fridays from May 6-Nov. 18. Lewinsville Park, 1659 Chain Bridge Road, McLean. The market provides area residents an opportunity to purchase locally grown or produced



PHOTO BY MARTIN GIRARD/SHOOTSTUDIO.CA COSTUMES: PHILIPPE GUILLIOTEL 2014 CIRQUE DU SOLEIL

## The Curiositanians, Cirque du Soleil "Kurios," at Tysons II, The Lerner Town Center, 8025 Galleria Drive, July 21 to Sept. 18, 2016.

products. [www.fairfaxcounty.gov/parks/farmersmarkets](http://www.fairfaxcounty.gov/parks/farmersmarkets).

**Weekly Storytime.** Wednesday and Saturday. 11 a.m. Barnes & Noble, 7851 L Tysons Corner Center, McLean. Themes and Titles vary.

**Gentle Yoga.** Thursdays, 6:30 p.m. Emmaus United Church of Christ, 900 E Maple Ave. E, Vienna. Saturdays, 9:30 a.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Gentle Kundalini Yoga, one free introductory session, senior discounts. Increase your flexibility, improve your breathing and health, reduce your stress. Ravi Kaur has 15 years experience teaching yoga. \$15 per session. [www.edimprovement.org](http://www.edimprovement.org). 571-213-3192.

**Tai Chi Beginners' Practice.** Saturdays, 8-9 a.m. St. Luke's Catholic School Gymnasium, 7005 Georgetown Pike, McLean. Weekly Tai Chi practice. Group has met for over 20 years. Free. [FreeTaiChi.org](http://FreeTaiChi.org). 703-759-9141.

## FRIDAY/JULY 29

**Teen Park Takeover.** 7-9 p.m. Meadow Lane Park, 400 Courthouse Road SW, Vienna. Tennis Court Dodgeball at Meadow Lane Park. Pop-up teen center fun for all registered Club Phoenix members, those in grades 6-10. Participants must wear sneakers and be dropped off by a parent or guardian. Free. 703-255-5736.

## SATURDAY/JULY 30

**Dine and Create till 8.** 5-8 p.m. 262 M Cedar Lane, Vienna. Tweens and teens (ages 11-15) are invited to get creative with paint brushes and a canvas and then enjoy dinner with fellow artists. Pre-registration is required. Register in person at the address or via Webtrac at [viennava.gov](http://viennava.gov). \$30/\$38. 703-255-

5736.

**Stand Up Paddleboarding.** 2:30 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Paddle a beautiful section of the Potomac River from a kneeling or standing position. This beginner class has a low student/instructor ratio to allow for plenty of personal instruction. PFDs and helmets provided. Maximum participant weight is 225 pounds. 14 and up. \$40/\$42. [www.fairfaxcounty.gov/parks/riverbend-park/](http://www.fairfaxcounty.gov/parks/riverbend-park/).

## SUNDAY/JULY 31

**The Morrison Brothers.** 6-8 p.m. Great Falls Village Centre Green, Great Falls. The premier country/rock act in the Washington D.C. area, soon to be a national contender. <http://www.celebrategreatfalls.org/concerts-on-the-green/>.

**Still Surfin'.** 5 p.m. McLean Central Park, 1468 Dolley Madison Blvd. Beach Boys tribute band. Part of the Alden's Sunday Summer Concerts. Free. [aldentheatre.org](http://aldentheatre.org). 703-790-0123.

**Big Splash Party.** 1-3 p.m. Vienna Town Green, 144 Maple Ave. E, Vienna. A non-stop fun event for the entire family. Includes giant water slides, slip n slides, sprinklers, moonbounces, water games, sno-cones, music, and raffles. Free. 703-255-6360.

**Kayak Tour-Seneca to Riverbend.** 7 a.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. This eight-mile river journey begins in the lazy waters above the old Seneca Dam. After this the pace quickens through riffles and small rapids as we weave through Seneca Breaks, then past Watkins Island, and finally round the bend to Riverbend. Previous kayaking experience is required. Kayaks provided. One person per Kayak. [www.fairfaxcounty.gov/parks/riverbend-park/kayaktours.htm](http://www.fairfaxcounty.gov/parks/riverbend-park/kayaktours.htm)

## Saint Ann Catholic Church

### SUNDAY LITURGY SCHEDULE:

Saturday Vigil: 5:30 PM  
Sunday: 7:30, 9:00, and 11:00 AM  
1:30 PM Spanish Liturgy

### DAILY EUCHARIST:

Weekdays  
Monday-Friday, 8:30 AM  
Saturday, 8:30 AM

All Are Welcome!

5312 North 10th Street,  
Arlington, Virginia 22205  
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## SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

## AUGUST

8/10/2016.....HomeLifeStyle  
8/17/2016.....A+ Camps & Schools – Back to School – Private Schools

8/24/2016.....Newcomers & Community Guide Pullout

8/31/2016.....Connection Families: Enrichment, Care & Back to School

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## PUBLIC NOTICE

### McLean Community Center Governing Board

### Public Hearing on FY 2018 Budget

(July 1, 2017-June 30, 2018)

Monday, Sept. 12, 2016 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](mailto:feedback@mcleancenter.org). Written comments may be provided after the public hearing up through Monday, Sept. 26.

**NEW THIS YEAR:** The Finance Committee Meeting of the Whole (full board budget work session) will be held on **Thursday, Aug. 25, 2016 at 7:30 p.m., at the Center.**



The McLean Community Center  
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**THE CONNECTION  
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## Cancer Patient Super Heroes



By KENNETH B. LOURIE

To say that cancer patients have to call upon superhuman qualities to fight their disease is, to those of us in the trenches, the most obvious and perhaps most under-appreciated fact. The emotional, physical, psychological and spiritual toll is excruciating at best and the tip of the iceberg at worst. The relentless, never-ending, life-threatening, roller coaster ride of highs and lows – and some in-betweens, is more than enough tumult to unsteady any man – or woman. And so I'd like to introduce some of the non-Hollywood/non-comic book super heroes for your consideration:

"Statman." Because of the seriousness of the underlying diagnosis, lab work is always ordered "stat," meaning top priority. "Statman" has the wherewithal to learn results quickly and not allow potentially negative results to affect his day-to-day activities. Much easier said than done.

"Stuperman." Because of the exhausting side effect of some heavy-duty chemotherapy infusions, the patient is often dazed and confused after treatment. Add in some ongoing sleep deprivation – and anxiety, and the patient's ability to get out of his or her own way is compromised. Yet, "Stuperman" endures, somehow. No longer can he leap tall buildings in a single bound, though.

"Iron-Deficiency Man." Because some chemotherapy obliterates both white and red blood cells, cancer patients are often terribly anemic and quite weak, and unable to fend for themselves. In effect, there is no fuel in the tank. Still, "Iron-Deficiency Man" manages to complete his most basic tasks: eating and going to the bathroom. Not without a struggle, though.

"Sedentary Man." Is able to stay in one place for hours, hardly moving. Nevertheless, given the extreme fatigue and the challenge of moving even 10 feet, "Sedentary Man" is still able to work the television remote, walk to the mailbox and pet the cats.

"Port Man." Due to the recurring nature of most chemotherapy (every three weeks, generally), often a device is implanted in the patient's chest to avoid potential vein collapse that regular intravenous injections – and their toxicity (lasting six hours plus) – can cause. "Port Man" is able to endure the temporarily permanent implant and live his life as if a foreign object has not been embedded just under the surface of his skin. (It would certainly get under my skin.)

Thor/Thorazine. Because of the side effects of dexamethasone, a drug prescribed to facilitate the absorption of the chemotherapy infusion, serious hiccups result. Though not exactly the hammer, Thorazine, at 25MG, stops the hiccups and saves the day.

"Chemosabe." There's no more important person in a cancer patient's life than his or her companion. And though it's equally important to never feel like a lone ranger, for a cancer patient to be treated respectfully and affectionately carries benefits Tonto likely never imagined.

"Barco Lounger." While being infused non-stop for up to seven hours, "Barco Lounger" can recline in one chair, in one place, for the entirety of his/her treatment. Moreover, while tethered to an I.V. pump, "Barco Lounger" is able to read, write, eat, drink, even go the bathroom (with a few minor adjustments) without ever stopping the infusion. Certainly, receiving the medicine is important, but so too is having some control over your environment. "Barco Lounger" succeeds on all fronts.

Legendary Hollywood actress Bette Davis is credited with having said: "Old age ain't no place for sissies." As a 61 and half years-old, seven years and five months-long cancer survivor, I would welcome old age and the arrival of yet another cancer-patient super hero: "Survivor Man," who lived years beyond his original "13-month to two-year prognosis."

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

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