

McLean
CONNECTION

MPA Paints In the Park

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Children help fill in a "Happy Anniversary" banner for the McLean Project for the Arts during their "Painting in the Park" event Sunday, June 3.

Wellbeing
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Sweet Filling
For Empty Bowls

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Gather on
The Diamond

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NEWS

Artist Jill Banks works on an open-air painting of the playground at McLean Central Park Sunday, June 3. Banks was one of several artists who came out for the McLean Project for the Arts' "Painting in the Park" event.



MPA Paints in the Park

Children, professional artists celebrate McLean Project for the Arts' 50th anniversary.

BY ALEX McVEIGH
THE CONNECTION

As part of their celebration of 50 years in existence, the McLean Project for the Arts hosted a "Painting in the Park" exhibition Sunday, June 3 in McLean Central Park. The community's youngest artists were invited out to help make cupcakes out of clay and other crafts, while the professional artists were invited to take advantage of whatever inspiration the clear, sunny day had to offer.

"This event is to cater to all art lovers in the community," said Nancy Perry, president of the MPA. "This highlights both sides of our mission, to work with professional artists in the community, but also our educational programs for anyone with an interest in art."

THE MCLEAN COMMUNITY CENTER underwrote the event, and local sponsors helped put it on as well. Abrakadoodle, who hosts workshops with the MPA, as well as TTR Sotheby's International Realty and Dodge Chrome helped support the event, while Cortina Productions and Lola C. Reinsch and J. Almont Pierce are sponsoring the anniversary activities.

"The McLean Project for the Arts is simply one of the best organizations in McLean, and we support their efforts to get art into the community," said Derrick Swaak, COO and partner at Sotheby's.

His wife, Amy Swaak, helped plan the event. She serves as director for MPA's annual ArtFest, which takes place in October in McLean Central Park, so she was familiar with the park's logistics.

"We wanted to do some one-time, extra events to celebrate the anniversary," Amy Swaak said. "It's open to the public and free, we just wanted people to come out and express themselves however they see fit."

Children were able to set up on tables just outside the park's gazebo for their projects.

"I liked making a clay cupcake best, because most of the time when you make a nice decoration for a cupcake, you eat it, and it's gone," said Morgan Rose, 9, of McLean. "But this one is here to stay."

Board member Joe Wetzel said the event was representative of the kinds of artists the MPA is trying to reach.

"We run classes throughout the year for all ages,



Artist Christine Walters works on a piece in McLean Central Park, as part of the McLean Project for the Arts' "Painting in the Park" event Sunday, June 3.

from the littlest artists to the grown ups," he said. "Lately we've been getting a much broader reach with our instructors, and Abrakadoodle has helped reach the young people, so we're in a good place."

Elsewhere in the park, several artists set up shop to work on whatever struck them. Jill Banks, who lives in Reston and teaches at the Great Falls School of Art, came because she thought it would be a good opportunity to expand her horizons.

"I just started doing plein air (an expression meaning 'in the open air') work, I usually don't like the heat or the bugs, but I figured I could handle it," she said. "I got a little bit of a late start, I couldn't decide between the gazebo and the playground area, but I decided I like the playground colors a lot more."

Banks spent a little more than two hours watching the playground and hoping the people she included in her painting stayed still long enough for her to get a clear picture.

ON THE OTHER SIDE of the playground, artist Christine Walters created an abstract piece on a nine by four-foot canvas.

"With this series, I'm doing all outside, and I'm trying to incorporate elements of the landscape into the piece," she said. "The last one I did was in a parking lot, and I mixed in some gravel with the paint to create a gritty, urban texture. This time I mixed in a little grass from the park."

Walters plays music while she works, and often paints right along with the beat of the music.

"This is sort of what I imagine a song would look like visually, with the sound waves and little dots that correspond to the rhythm," she said. "I work only in primary colors, and red and black are my favorites. I love to layer them."

The McLean Project for the Arts hosts educational programs for artists of all ages, and maintains a gallery space on the second floor of the McLean Community Center. More information is available at www.mpaart.org.

PHOTOS BY
ALEX McVEIGH/
THE CONNECTION

McLEAN CONNECTION EDITOR KEMAL KURSPAHC
703-778-9414 OR MCLEAN@CONNECTIONNEWSPAPERS.COM



Laurelie Wallace



Susan Bourgeois

Three Adults, Two Teens Win Seats on MCC Board

Five McLean district residents have won or have been re-elected to seats on the McLean Community Center's 2012-2013 Governing Board. The election was held from 10:30 a.m. to 5 p.m. on Saturday, May 19, at the McLean Day 2012 festival at Lewinsville Park. The Center is located at 1234 Ingleside Avenue.

Individual votes for adult candidates:

Laurelie Wallace - Total 247, In-Person/Absentee 216/31; Susan Bourgeois - 207, 192/15;

Craig Richardson - 65, 60/5. Individual votes for youth candidates

Langley High School Area Representative Drew Armstrong - 57, 53/4; Will Ferrer - 35, 24/11, McLean High School Area Representative

Malika Nimmagadda - 59, 55/4; Craig McKenzie - 53, 47/6.

The Election and Nominations Committee certified the winners as:

Adults, three-year terms: Laurelie Wallace, Susan Bourgeois (re-elected), Craig Richardson (re-elected). Youth, one-year term—Langley High School area: Drew Armstrong Youth, one-year term—McLean High School area: Malika Nimmagadda.

The League of Women Voters acted as tellers. MCC Governing Board Elections and Nominations Committee Chairperson Robin Walker presented the election results to Dranesville



Craig Richardson



Drew Armstrong



Malika Nimmagadda

District Supervisor John W. Foust who will present the results to the Fairfax County Board of Supervisors and the board will certify the results.

Community Services Budget Under Scrutiny

\$8 Million budget hole threatens programs, public review underway.

BY VICTORIA ROSS
THE CONNECTION

The Fairfax-Falls Church Community Services Board, which provides social services to thousands of the county's most vulnerable residents and has come under fire for an \$8 million budget shortfall, was given a temporary reprieve by the Fairfax County Board of Supervisors.

At its May 22 meeting, the board ultimately approved a plan that directs the Human Services Council to collect input from the public and social service advocates - a plan that temporarily takes critical services provided by the CSB off the chopping block.

But the decision was not a simple one, and came after vigorous debate and calls for more financial scrutiny of the agency, which administers social service programs to more than 22,000 county residents.

After the meeting, Supervisor Jeff McKay (D-Lee) said he would like to see an independent audit of the agency to examine the scope of the CSB's financial problems.

Supervisor Pat Herrity (R-Springfield), in a May 25 letter to the Auditor of the Board, also suggested a financial review of the agency "to ensure that the CSB is not unnecessarily wasting money, considering their looming budgetary problems."

RELATIONS between the CSB and the board have been strained since the agency revealed a larger-than-expected budget deficit in early May. Some supervisors suggested the information about the financially troubled agency came too late in the budget process to adequately explore the reasons behind the shortfall and develop viable solutions.

"It troubles me that we're stuck with this here, stuck with this now, and we're not in budget (discussions) where we can do anything about it," said Herrity, who suggested that the CSB look to private health insurance companies to help to offset the cost of services. "We want people who don't have private health insurance to be able to get into the program."

During fiscal year 2013 budget hearings in the spring, the social services agency raised a red flag when it announced it had, for the first time in its history, started a waiting list in March for services delivered by the Infant & Toddler Connection.

The ITC provides evaluations and early intervention services for infants and toddlers (up to age three) who have a developmental delay. Therapies include physical, speech, occupational and vision and hearing. Any delays in treatment, according to medical experts, can compound and intensify developmental delays, creating signifi-



PHOTOS BY VICTORIA ROSS/THE CONNECTION

Fairfax County Board of Supervisors Chairman Sharon Bulova (D-at-large) and Supervisor Penny Gross (D-Mason) questioned George Braunstein, the director of the Fairfax-Falls Church Community Services Board, about current and projected budget shortfalls that threaten the agency's programs.

Public Meetings

At its May 22 meeting, the Fairfax County Board of Supervisors directed the Human Services Council to offer the public a chance to review, evaluate and comment on the CSB's proposed budget management plan. There will be three public meetings:

❖ Organizations and Advocacy Groups: Monday, June 4, at 7:30 p.m. in conference center rooms 9 and 10 in the Fairfax County Government Center

❖ Families and Consumers: Monday, June 11 at 7 p.m. in rooms 230 A and B, 2nd floor of the Pennino Building. In addition, individuals may participate in a phone question session at this meeting by calling 703-324-2001.

❖ Organizations and Advocacy Groups: Monday, June 18 at 7:30 p.m. in conference center rooms 9 and 10 in the Fairfax County Government Center.

To sign up in advance to speak at the meetings, to request ADA accommodations or to submit written comments, contact Dwight Curtis at Dwight.Curtis@fairfaxcounty.gov. Or call 703-324-5630, TTY 711.

To submit comments online, visit www.surveymonkey.com/s/fairfaxfallschurchCSBplan.

The Human Services Council will consider all input and present recommendations to the Board of Supervisors at its July 16 meeting.

cant learning problems when children enter school.

During the second tense meeting with CSB director George Braunstein on May 22, board members expressed unanimous frustration and disappointment that the agency was considering scaling back services for at-risk children, people with intellectual disabilities and substance abuse problems to address the current \$8 million shortfall that is projected to increase to \$9.4 million in the fiscal year 2013.

Supervisor Penny Gross (D-Mason) said earlier proposals by the CSB to close budget gaps - such as shutting down substance abuse treatment centers and facilities for adults and children suffering from mental illness - were unacceptable.

"I don't like being in this position because I've generally tried to be very supportive of things at the CSB, but I am really uncomfortable with these recommendations and I'd like to be able to say no because it cuts services," Gross said. "But if I vote no on recommendations, where else do we go? I guess I'm just venting, because I don't have a suggestion of what we need to do. I am extremely unhappy."

"I don't want anyone to think we're approving recommendations everyone is troubled by," said Chairman Sharon Bulova (D-At-large). "We're looking for ways to mitigate the reductions that were presented."

Braunstein told the board a combination of factors led to the agency's deepening financial crisis, including reduced federal funding and a steep increase in demand for CSB services. The demand for ITC services has jumped 38 percent in the past two years, and 165 children are currently on the waiting list, Braunstein said.

"The CSB, at least during first three years, managed to absorb local budget reductions and not reduce access to services," Braunstein said. "The strategies we used the last three years just didn't work this past year."

In fiscal year 2011, CSB expenditures totaled approximately \$155 million dollars. In February, the CSB notified the county of a potential \$8.3 million hole in its current budget, which prompted the board to establish a \$4.2 million cushion during the budget discussions.

Bulova noted that CSB programs in other parts of Virginia are funded with a combination of federal and state dollars.

"In Fairfax County, the reverse is true. We pay about 70 percent of CSB programs, and we do as much as we can because these are populations we care deeply about," Bulova said.

During the board's discussion, several supervisors questioned whether it was even necessary to approve any of the interim measures before them.

"The fundamental question I have is why



George Braunstein, the director of the Fairfax-Falls Church Community Services Board, appeared before the Fairfax County Board of Supervisors for the second meeting on May 22.

are we acting on this period? Why does this need our stamp of approval," said Supervisor Jeff McKay (D-Lee).

After some deliberation about the need for the board's approval, the board approved a "plan process" that includes public forums facilitated by the Human Services Council.

The Human Services Council will facilitate a public review process to prioritize, review, and evaluate the impact of the CSB's proposed budget management plan on individuals, families, provider network, and the human services system.

THE BOARD also authorized the following interim actions for the Community Services Board. The measures, Bulova said, are first steps before more comprehensive actions are taken to address the projected budget shortfall:

❖ The Infant and Toddler Connection (ITC) early intervention services waiting list will be maintained while continuing CSB-provided assessment and facilitation of potential next steps and resume early intervention referrals as State funding is available.

❖ Employment and day services will be initiated for 19 new high school graduates with intellectual disability who have urgent needs upon graduation.

❖ The allocation of contract rate adjustment funds to CSB contractors will be suspended pending final carryover decisions by the Board of Supervisors.

❖ All measures to contain costs through further efficiencies and probationary staff reductions will be immediately taken.

"The CSB serves our most vulnerable populations in Fairfax County. In partnership with the CSB, Advisory Groups and organizations, and with our County workforce we will work our way through this challenge," said Bulova.

PEOPLE

McLean Sophomore Wins Music Competition

McLean High School sophomore Allie Arnold placed first in the freshman/sophomore division of the Northern Virginia Music Teacher Association's Woodwind Competition. Judges for the semi-annual competition included musicians from the US Army and Marine Bands.

"This is huge achievement and we are extremely proud of Allie," said McLean's Director of Bands, Chris Weiss.

Arnold is a clarinetist in McLean's Symphonic and Marching Bands.



Allie Arnold

Langley Student Recognized for Math Tutoring

Students from Langley High School have been volunteering with non profit organization, National Science & Technology Education Partnership (NSTEP), as math tutors to underserved students from around the country. Vishal Erabelli, from Langley High School, was named as the Tutor of the Week this passed school year for NSTEP's Study Buddy program. Vishal was selected for this distinction due to exemplary tutoring sessions with struggling, underserved math students.

NSTEP is a national non-profit whose mission is to help underserved

students improve their understanding of math through free, unlimited, on-line access to free tutoring from gifted high school math students nationwide. As a member of Langley High School's math honor society, Vishal volunteers online to provide a service to his community.

— SHARON WITIW



Vishal Erabelli

Local Author Visits Chesterbrook

Local author Wendy Shang visited Chesterbrook Elementary on April 17. She read from her award-winning book "The Great Wall of Lucy Wu." She talked about how she became a writer and answered many questions from her enthusiastic audience.



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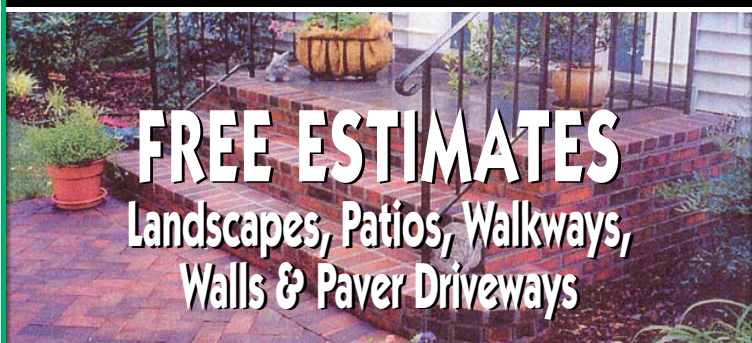
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NEWS



Longfellow Middle School's Science Olympiad team in the Virginia state championship tournament.

Longfellow's Science Olympians Win State Championship

Longfellow Middle School is celebrating its Science Olympiad team's recent victory in the Virginia state championship. This year's state tournament featured 29 schools, including local rival Kilmer MS, which had narrowly defeated Longfellow last year. This time, Longfellow pulled well clear of the competition with an outstanding performance: team members won the gold medal in 12 of the tournament's 23 events, and placed second or third in 8 other events.

To achieve this level of success, Longfellow's team had spent six months studying a wide range of scientific topics—such as geology, biology, epidemiology, thermodynamics, physics, and experimental design—

as well as building catapults, towers, mousetrap vehicles, and other machines for the competition.

The students aren't taking time to rest on their laurels. Up next for Longfellow: a trip to Florida to compete at the Science Olympiad national tournament.

Longfellow's state championship team included Phil Carr, Allen Cheng, Emma Fan, Joanna Gerr, Henry Howe, Junyoung Hwang, Gerald Wu, Ellen Kim, Minjae Kwon, Tajin Rogers, Mira Sridharan, Tai Kao-Sowa, Jiying Qi, Ming Ray Xu, and Tiger Zhang, and alternates Hasan Ahmad, Giancarlo Frix, Alvand Moini, and Katie Pruitt. The team is led by faculty sponsor Susan Boomer and by parent coaches Weiwen Gu, Fan Lan, and Elia Femia.

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NEWS

McLean High School students paint the faces of guests at the Empty Bowls event at the school Thursday, May 31.



PHOTOS BY
ALEX McVEIGH/
THE CONNECTION

Sweet Filling For Empty Bowls

McLean community picks up bowls for fundraiser.

BY ALEX McVEIGH
THE CONNECTION

Members of the McLean High School community returned to the school Thursday, May 31 to pick up hundreds of bowls they made last March and to help raise funds to combat worldwide hunger. On March 1, students, families and school staff came to make bowls out of one-pound lumps of clay, and after months of work from the school's ceramics students, those bowls and more were available for a donation to Stop Hunger Now.

Stop Hunger Now is a nonprofit that provides non-perishable, nutritious meals to families and schools in need around the globe. The McLean Rotary Club has hosted several events over the past two years, and the Empty Bowls event raised money for one in November.

"Every event we've increase the number of meals packed by 50,000, and this November we're going to shoot for 300,000," said Dominic Alexander, program manager with Stop Hunger Now. "That will give us over a million meals packed right here in McLean, which is an amazing feat."

The Empty Bowls event was hosted by McLean's Interact Club, the Rotary's youth service organization.

"We tried to make it not just a regular community service event, but something people could come out to with the entire family and have a good time," said senior Zhina Kamali, president of the Interact club. "It's more than just getting ice cream and helping a cause. We're selling student artwork for the first time, and people can get their faces painted."

Sarah Dugan of Vienna is the aunt of a McLean student, and even though she wasn't there in March to make a bowl, she still had fun.

"My daughter and I took our times picking out a bowl, they were all so pretty," she said. "It was a fun event and we got to take away a souvenir that will always be a testament in our house that there are people in need, which is the whole point."

Also at the event was a display from Shelter Box, a nonprofit that provides boxes filled with survival supplies for the victims of natural disasters. The McLean community has raised money to send at least six boxes to victims of the Haitian earthquake and



Wayne Chiles of ShelterBox, a nonprofit that provides food and shelter supplies to victims of natural disasters, speaks with students at McLean High School during their Empty Bowls event Thursday, May 31.

the Japanese tsunami.

Each box costs \$1,000 to fill, store and ship and contains a shelter and equipment for water purification, warmth and cooking, and can support up to 10 people for 12 to 18 months.

"The people we're looking to help have already survived the disaster, and we want to help them recover," said Wayne Chiles of ShelterBox. "Usually we're transporting them from towns up to 250 miles to the people affected by disasters. We typically deploy about 200 with a normal disaster, but much more with a big one. We sent about 28,000 boxes to Haiti after the earthquake, the biggest deployment in our 12 year history."

More information on Stop Hunger Now can be found at www.stophungernow.org. More information on ShelterBox can be found at www.shelterbox.org.

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PHOTO GALLERY!

"Me and My Dad"

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mclean@connectionnewspapers.com

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OPINION

Primary Voting

Statewide primary on
Tuesday, June 12.

On Tuesday, June 12, Virginia will hold a statewide Republican primary for U.S. Senate, plus numerous more local primaries for U.S. House of Representatives and localities.

In the City of Alexandria, there is a critical and hotly contested contest for City Council, which has been chronicled by Alexandria Gazette Packet reporter Mike Pope. You can read the coverage online here: <http://www.alexandriagazette.com/news/Election/Alexandria>

Alexandria, Arlington and parts of Fairfax County are affected by the Democratic primary for the 8th district of U.S. House of Representatives, with U.S. Rep. Jim Moran facing former Navy pilot Bruce Shuttlesworth. The winner will face Republican Patrick Murray of Arlington in November.

Reston and some other parts of Fairfax County, represented by Moran for the past 10 years, will now be in District 11; incumbent Gerry Connolly will face the winner of next week's Republican primary in November. Voters in the Republican primary in district 11 will choose between Ken Vaughn and Chris Perkins.

There is no primary for either party in the 10th Congressional District. U.S. Rep. Frank Wolf (R) will face Democrat Kristin Cabral in November.

In the U.S. Senate Republican Primary, George Allen faces Bob Marshall, Jaime Radtke and E.W. Jackson. The winner will face Democrat Tim Kaine in November.

Connection coverage of the Senate and Congressional races so far is available at <http://www.connectionnewspapers.com/news/Election/National/>

EDITORIAL

LETTERS TO THE EDITOR

Running for U.S. Senate

To the Editor:

I am a 21-year member of Virginia's General Assembly who never voted for a tax increase. I would like to ask your readers to vote for me in the June 12 Republican U.S. Senate primary.

I wrote the 2010 law challenging Obamacare which gave Attorney General Cuccinelli legal sanding to sue the Obama Administration. I voted against adding "stimulus" money to Virginia's Budget in 2009, and against "borrowing" \$620 million from the Virginia Retirement Fund to pay general obligations, and I oppose Congress shifting Social Security funds.

This year my bill passed to prevent Virginia from participating in a 2011 federal law, which allowed "detaining" American citizens without proof, trial, legal counsel or ability to face an accuser on mere suspicion of supporting terrorism. Japanese Americans heavily supported my bill. I oppose America moving toward a police surveillance state.

In 2006 I devised the one-man, one-woman Marriage Amendment to Virginia's Constitution, approved by voters. I recently led the effort to block the appointment of a social liberal activist who wanted to be a Virginia judge.

In 1976, I devised the Hyde Amendment blocking federal taxes for abortion. I support protecting the lives of all children before birth.

In 2007, I was the only cur-

rent state legislator to sue Richmond's entire political establishment: Democrat Governor Tim Kaine, the Republican Attorney General and the Republican Speaker, for supporting a law establishing unelected taxing authorities. In 2008, the Virginia Supreme Court unanimously struck down the 14 new taxes imposed by these appointed bodies.

Without my successful suit Virginians would have likely seen more unelected taxing bodies violating the principle of "no taxation without representation."

Now I am suing UVA for Michael Mann's global warming papers being used by Barack Obama to cripple America's manufacturing and energy production with needless regulations and many hundreds of billions in taxes.

I will fight to develop America's vast Coal, Oil Shale, Oil and Natural Gas resources to stop the flight of almost \$770 billion a year to foreign regimes, many hostile to America, and promote jobs, improve our economy and prevent war.

I know how to play political hardball with the parliamentary rules from my 6 years as a congressional staffer and 21 years in the Assembly.

My website is bobmarshall2012.com. My cell phone, 201-259-3756. Please vote for me at your regular poll June 12 and ask your family and friends around Virginia to do likewise. Thank you.

Del. Bob Marshall
(R - Manassas)

Vacation Time

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)

Jane and I just returned last week from a wonderfully relaxing, ten-day vacation in Italy. It was our first visit to that country. We both love history, and Italy provides plenty of it. From exploring the ruins of the Coliseum and the Forum in Rome to the mercantile capital of its time in Venice and to the beauty of the arts in Florence we could not have had a better time. We discovered while driving along the mountain ridgeline in Tuscany why some call the vistas the most beautiful in the world.

For every big vacation we take we go on many mini-vacations, as we call them, for a day, a weekend, or for several days. All are driving trips, and many are right here in Virginia. They are good for couples, families, and grandparents. There is an endless list of places to go in Virginia.

Recently Trekaroo, an Internet-based travel blog, started listing its "top ten things for families to do" in each of the 50 states. I found its list for Virginia to be particularly interesting. Two of its top ten recommended attractions for Virginia are Colonial Williamsburg and Jamestown, both former Virginia state capitals, and the Frontier Culture Museum near Staunton. Colonial Williamsburg is peerless as a reconstructed town with re-enactors. On nearby Jamestown Island it is now possible to see the outlines of the original fort that for many years was thought to have been lost to erosion of the island. The Archaearium displays the many items the archaeological work has uncovered in the last decade. Nearby Jamestown Settlement has a beautiful museum and

UPCOMING ELECTIONS AND VOTER INFORMATION

❖ Virginia State Board of Elections website at www.sbe.virginia.gov/

❖ Fairfax County Office of Elections website at www.fairfaxcounty.gov/elections or contact the Office of Elections at 703-222-0776, TTY 711.

❖ Arlington County Office of Voter Registration, 2100 Clarendon Blvd., Suite 320, Arlington, 703.228.3456, TTY 703.228.4611. <http://www.arlingtonva.us/departments/voterregistration/voterregistrationmain.aspx>

❖ Alexandria Board of Elections, 132 North Royal Street, Alexandria; 703.746.4050. <http://alexandriava.gov/Elections>.

COMMENTARY

outdoor re-creation of the original fort and the three ships that brought the first settlers in 1607. Check www.historyisfun.org.

Another recommendation of Trekaroo is the Frontier Culture Museum (www.frontiermuseum.org) near Staunton. Four different historic farms were moved from their countries of origin including Wales, Germany, and Scotland and reconstructed at the museum. Most recently an Igbo village was constructed to authentically depict the lifestyle of African people who were captured, enslaved, and brought to this country. At all the sites, re-creators in appropriate costume tell the story of adaptation from the country of origin to America. I serve on the boards of the Jamestown-Yorktown Foundation and the Frontier Culture Museum and highly recommend both as impressive and enjoyable destinations for your next mini-vacation.

Trekaroo recommends Shenandoah Caverns near Woodstock (www.shenandoahcaverns.com), but my first choice would be Luray Caverns (www.luraycaverns.com) not because it is in my home county of Page but because it has the most color and stone formations. Certainly visit a Virginia limestone cavern whether it is one of these two or Endless, Skyline, or Natural Bridge Caverns. Speaking of Natural Bridge, Trekaroo recommends a stop there, an arching geological formation carved out of limestone (www.naturalbridgeva.com).

Lots to see and do in Virginia. I expect to take several mini-vacations this summer. Lots of opportunity to learn and to relax. Maybe I will see you at one of these stops.

McLean
CONNECTION

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The art of being wise is the art of knowing what to overlook.

—William James



JUNE 12

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ENTERTAINMENT

Send announcements to mclean@connectionnewspapers.com. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com

THURSDAY/JUNE 7

Alvin Youngblood Hart's Muscle Theory. 8 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. www.janminjava.com.

Get the Led Out. 8 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. Rock music. www.wolftrap.org.

Wagon Ride. 10 a.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. \$5. 703-759-9018.

Langley HS Orchestra Pops Concert. 7 p.m. Langley High School, 6520 Georgetown Pike, McLean. Conducted by Dr. Scott McCormick. Music from the Godfather, Psycho, Pirates of the Caribbean, Phantom of the Opera, How To Train Your Dragon and more. smcquade2002@yahoo.com.

Preschool Storytime. 10:30 a.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Stories, songs, and activities. Ages 3-5 with caregiver. 703-790-8088.

FRIDAY/JUNE 8

30th Celebrate Fairfax! Festival. 6 p.m.-12 a.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Live concerts on seven stages, with Legends of Hip-Hop at 8 p.m. More than 300 exhibitors, food vendors, crafters and interactive activities. ExxonMobil Children's Avenue, a petting zoo, the Fairfax County



Dani Stoller as Flora and Joshua Dick as Harry in the 1st Stage production of "Flora the Red Menace." 1st Stage Theatre, 1524 Spring Hill Road in Tysons Corner, will present "Flora the Red Menace" Fridays, Saturdays and Sundays through June 17. Tickets are \$15-\$30. 703-854-1856 or www.1stStageTysons.org.

Karaoke Championship, carnival rides, festival foods, the Inova Train Ride to Good Health and nightly fireworks. www.celebratefairfax.com.

"Flora the Red Menace." 8 p.m. 1st Stage, 1524 Spring Hill Road, Tyson's Corner. A musical by John Kander and Fred Ebb, set in the Great Depression. \$15-\$30. www.1ststageTysons.org.

Struan Shields CD Release Show and Colin Healy at 6 p.m.; **SNRG** at 10 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. www.janminjava.com.

Argentine Tango. 7 p.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Every Friday. 703-759-2685 or www.colvinrun.org.

Riverside Campfire: Fishing Fun.

6:30 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Bring toasting stick, blanket, flashlight, fishing rods and tackle. Rods available to rent. \$5. 703-759-9018.

Cooper Middle School Orchestra Pops Concert. 7 p.m. Cooper Middle School, 977 Balls Hill Road, McLean. Directed by Erin Maguire and Bo-Min Son. The Clock Symphony by Haydn, Waltz from "The Sleeping Beauty" by Tchaikowsky, Tango Noir by Burns, The Incredibles by Giacchino and more. smcquade2002@yahoo.com.

Friday Afternoon Chess Group. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. All ages and skill levels welcome. 703-757-8560.

SATURDAY/JUNE 9

Used Book Sale. 9 a.m.-4 p.m. Freeman Store, 131 Church Street, NE, Vienna. All proceeds of the sale benefit the programs of Historic Vienna, Inc. 703-938-5287 or www.historicviennainc.org.

"Flora the Red Menace." 2 p.m. and 8 p.m. 1st Stage, 1524 Spring Hill Road, Tyson's Corner. A musical by John Kander and Fred Ebb, set in the Great Depression. \$15-\$30. www.1ststageTysons.org.

Bold Natives Plants. 10 a.m. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Learn how to use native plants as a bold accent. \$5. Reservations required at 703-255-3631.

McLean High School and Longfellow Middle School Big Band Jam. 1:30 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. www.janminjava.com.

Alexandria Harmonizers. 7:30 p.m. George Mason University's Center for the Performing Arts, 4400 University Drive, Fairfax. Spring barbershop concert and show of a 100+ member all-male a capella group. \$29-\$34. cfa.gmu.edu/calendar/1134/ or www.harmonizers.org.

"Annie Jr." 7:30 p.m. George Mason University Harris Theater, 4400 University Drive, Fairfax. With almost 60 local students. \$5-\$10. www.stagepresencenow.com.

West Coast Swing Dances. 7 p.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Second and third Saturday every month. 703-759-2685 or www.colvinrun.org.

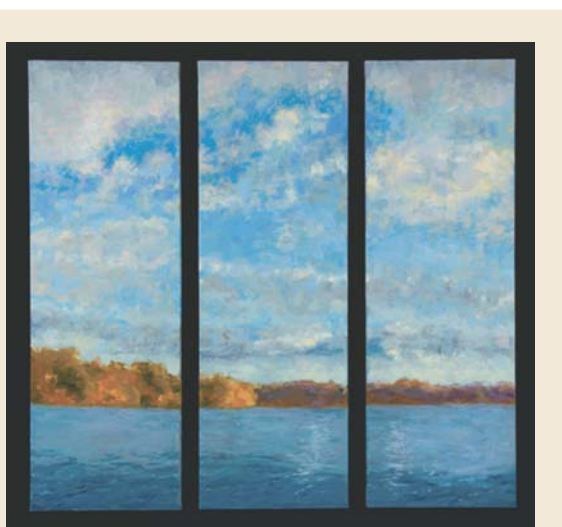
Canoe Tour: Island Birds. 7 a.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Explore islands for migrating and nesting birds. \$38. 703-759-9018.



Artist Mollie Vardell

Mollie Vardell Exhibits at Katie's Coffee House

Local artist Mollie Vardell's new solo show, titled "Artful Places," will be held the month of June at Katie's Coffee House adjacent to the Old Brogue Pub in Great Falls. Vardell has been painting for nine years and is a current instructor at the Great Falls School of Art. Her first solo show was held at Katie's Coffee in May 2009, and she has been showing her work in galleries and participating in out-



'Boating on the Potomac,' oil on canvas by Mollie Vardell.

door shows in Virginia and Delaware ever since. Katie's Coffee House offers a comfy atmosphere to enjoy great food, great company, great morning and evening libations, and great art. Brogue and Katie's Coffee owner Mike Kearney has embraced the local arts scene by allowing the walls of Katie's Coffee to become a rotating gallery with shows changing monthly.

703-759-9018. **A Propensity to Dig.** 10:30 a.m.-2:30 p.m. Sully Historic Site, 3650 Historic Sully Way, Chantilly. Learn about plants and their uses in the Federal period. \$5-\$7. 703-437-1794.

"Las Caperucitas Rojas y El Lobo Feroz." 11 a.m. Epiphany United Methodist Church, 1014 Country Club Drive N.E., Vienna. Children's theater performance with poetry, singing and

more, in Spanish. Free. 703-992-8722 or www.childrencenterlanguage.com.

Used Bicycle Collection to Benefit Bikes for the World. 10 a.m.-1 p.m. Trinity United Methodist Church, 1205 Dolley Madison Parkway, McLean. Each donor is asked to contribute \$10 per bicycle to help defray shipping, processing, and distribution costs. Sponsored by The Potomac School of McLean. 703-873-6128 or www.bikesfortheworld.org.

Saturday Storytime. 11 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Stories, songs and activities. Age 2-3 with adult. 703-757-8560.

Nostalgic Movie Day. 1 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. A blockbuster hit from the 80's. Call for title. Adults. 703-790-8088.

30th Celebrate Fairfax! Festival. 10 a.m.-12 a.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Live concerts on seven stages, with Pat Benatar & Neil Giraldo at 8 p.m. More than 300 exhibitors, food vendors, crafters and interactive activities. ExxonMobil Children's Avenue, a petting zoo, the Fairfax County Karaoke Championship, carnival rides, festival foods, the Inova Train Ride to Good Health and nightly fireworks. www.celebratefairfax.com.

"The Frog Bride." 8 p.m. Alden Theater, McLean Community Center, 1234 Ingleside Ave., McLean. Storyteller David Gonzalez presents an updated version of a classic Russian tale with poetry, artistry and a jazz score. 703-790-0123.

SUNDAY/JUNE 10

Handel's Oratorio "Judas Maccabeus." 4 p.m. Vienna Presbyterian Church, 124 Park St. N.E., Vienna. The combined choirs of Northern Va. Hebrew Congregation and Vienna Presbyterian Church with full orchestra. Pre-concert lecture 3:30 p.m. Free, donations accepted. 703-938-9050 or www.viennapres.org/news and events/events.

Used Book Sale. Freeman Store, 131 Church St. N.E., Vienna. Sponsored by Historic Vienna, Inc. 703-938-5187 or www.historicviennainc.org.

"Flora the Red Menace." 2 p.m. and 7 p.m. 1st Stage, 1524 Spring Hill Road, Tyson's Corner. A musical by

John Kander and Fred Ebb, set in the Great Depression. \$15-\$30. www.1ststageTysons.org.

Washington Gardener Magazine Photo Exhibit Opening Reception. 4-6 p.m. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Winning photographs from the Washington Gardener Magazine photo contest, on display at Meadowlark through August. Light refreshments. Free. 703-255-3631.

Rachel Platten and Madi Diaz. 8 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. www.janminjava.com.

"Annie Jr." 3 p.m. George Mason University Harris Theater, 4400 University Drive, Fairfax. With almost 60 local students. \$5-\$10. www.stagepresencenow.com.

Mill Run Dulcimer Band: Final Concert. 2 p.m. Colvin Run Mill, 10017 Colvin Run Road, McLean. Conclusion of more than 35 years of performances at Colvin Run. Free. 703-759-2771.

Moonshine and Mayhem. 9 a.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Kayak past 1920-era bootlegging sights. \$55. This is not a whitewater tour. 703-759-9018.

30th Celebrate Fairfax! Festival. 11 a.m.-7 p.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Live concerts on seven stages, with The Legwarmers at 4:30 p.m. More than 300 exhibitors, food vendors, crafters and interactive activities. ExxonMobil Children's Avenue, a petting zoo, the Fairfax County Karaoke Championship, carnival rides, festival foods, the Inova Train Ride to Good Health and nightly fireworks. www.celebratefairfax.com.

MONDAY/JUNE 11

Gary Jules CD Release and Mike Bram. 8 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. www.janminjava.com.

Woof, and Paws: Read to a Dog. 4 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Sign up to read with a reading therapy dog. Age 6-12. 703-938-0405.

TUESDAY/JUNE 12

Historic Vienna, Inc. Lecture. 7:30 p.m. Vienna Town Hall, 127 Center St. South, Vienna. With World War II veteran, NASA program manager Lt.

Col. (Ret.) Bernard T. Nolan, author of "Isaiah's Eagles Rising." Free. Refreshments served. 703-938-5187 or www.historicviennainc.org.

Book Discussion Group. 7 p.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. "Call it Sleep" by Henry Roth. Adults. 703-356-0770.

Personalized Internet Training. 2:30 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. A 45-minute one-on-one Internet training session with a technology volunteer. Call for appointment. Adults. 703-790-8088.

Practice Your English. 6:30 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Conversation group for adults learning English. 703-790-8088.

WEDNESDAY/JUNE 13

Sonia (from Disappear Fear) and Rachael Sage. 8 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. www.janminjava.com.

THURSDAY/JUNE 14

An Evening with Willie Nile Trio. 8 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. www.janminjava.com.

One-on-One Computer Tutoring. 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel. Call for appointment. Adults. 703-242-4020.

FRIDAY/JUNE 15

A Night for Americans: The Pietasters and Sunny Ledford. 8:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.janminjava.com.

"Flora the Red Menace." 8 p.m. 1st Stage, 1524 Spring Hill Road, Tyson's Corner. A musical by John Kander and Fred Ebb, set in the Great Depression. \$15-\$30. www.1ststageTysons.org.

Riverdance. 8 p.m. Wolf Trap National Park for the Performing Arts, 1551 Trap Road, Vienna. Final performances. www.riverdance.com or www.wolftrap.org.

Friday Afternoon Chess Group. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. All ages and skill levels welcome. 703-757-8560.

English Conversation Group. 10 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. English conversation group. Adults. 703-938-0405.

Pokemon League. 3 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Learn and play. Age 5-18. 703-938-0405.

Friday Flicks. 10:30 a.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Call for film title. All Ages. 703-790-8088.

SATURDAY/JUNE 16

"Flora the Red Menace." 2 p.m. and 8 p.m. 1st Stage, 1524 Spring Hill Road, Tyson's Corner. A musical by John Kander and Fred Ebb, set in the Great Depression. \$15-\$30. www.1ststageTysons.org.

For Mercy Reunion: Benefit Concert for One Voice at 7 p.m.; **Defakto, Actual Proof and DJ Mercury** at 10 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. www.janminjava.com.

SHARE Concert. 4 p.m. Charles Wesley United Methodist Church, 6817 Dean Drive, McLean. Family-friendly vocal and instrumental groups from local organizations and Charles Wesley will perform. Donations of food, hygiene and household supplies, grocery cards and funds accepted. www.shareofmclean.org.

The Frog Bride

David Gonzalez
directed by
Lenard Petit

Saturday June 9
8 p.m., Tickets: \$20

For ages 10+. Boy marries frog. Boy loses frog. Boy finds true love and a human bride! This Russian fairy tale engages the imagination and opens the heart, incorporating great music (Prokofiev), great art (Kandinsky) and hip storytelling (David Gonzalez).

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PHOTOS BY ALEX McVEIGH/THE CONNECTION



Frying Pan Farm Park Manager Tawny Hammond feeds Henry, one of the animals that suffered cuts on the head in a slashing attack last weekend.



Goats at Kidwell Barn at Frying Pan Farm Park, where an assault of two goats, a calf and a chicken occurred sometime between the night of May 26 and the morning of May 27.

Reward Offered In Frying Pan Attacks

\$7,500 offered for information leading to arrest and conviction.

BY ALEX McVEIGH
THE CONNECTION

The Fairfax County Park Authority announced a \$7,500 reward for information leading to the arrest and conviction of the person or persons suspected of attacking animals at Frying Pan Farm Park sometime the night of May 26 or the morning of May 27. The slashing attacks left a chicken, a calf and two goats wounded.

The reward money was donated by a group of anonymous citizens who were concerned about the attack, as well as the Friends of Frying Pan Farm Park.

"The community has always supported Frying Pan Farm Park, even through this instance, and we've had an outpouring of anonymous donors for a reward," said Jack Pitzer, president of the Friends of Frying Pan Farm Park. "We're so excited by the support for this park during this time, by their support of the park and the raising funds for this reward."

OFFICER BEVERLY SELLERS of the Fairfax County Police Department Reston District said she met with park staff last week to make sure people are aware of the surroundings.

"There is a very, very well equipped staff here at the farm, and the police department cares about these animals and wants to see this case solved," she said.

Park Manager Tawny Hammond brought out the calf, Henry, who still has stitches in his head.

"The stitches should be coming out next week, he's been doing very well,"

she said. "He's healing nicely and should

hopefully be ready for the 4-H Fair we host at the beginning of August, and the other goat, calf and chicken are healing nicely."

Hammond said the animals are generally used to interacting with humans and wouldn't have reason for fear prior to the attacks.

"Of course initially they were traumatized, because what happened was horrible, but they're on the mend," she said. "It did change their behavior a little, but they're rebounding."

The barn at the park can be left unlocked and open due to fire and heat concerns, depending on the weather. The staff have implemented security measures at the park.

"We don't want to divulge specific actions that will be taken, but we have met with staff and we have put in security to protect staff and volunteers. All of our staff work as buddy pairs and we have radios on site," said Judy Pedersen, spokesperson for the park authority. "Security has been beefed up, and we believe that visitors to the park, as well as our animals, will be safe."

THE MAY 26 ATTACKS came one month after a possibly related slashing attack on three horses on an adjacent farm on April 26. Police spokesperson Lucy Caldwell

"Since we've had two separate incidents, it does elevate in the minds of detectives investigating this case," she said. "Detectives and animal control officers are investigating both cases, and we have many of the same detectives on both cases. At this point, other than the proximity and location, we don't have a lot of physical evidence that we can talk about that would link them. But logically, it makes sense that we'll be working them together."

"I don't know how anyone can even comprehend hurting an animal like this."

— Sharon Bulova, Chairman, Fairfax County Board of Supervisors

Fairfax County Board of Supervisors Chair Sharon Bulova was on hand at the Monday press conference, and even helped feed Henry and show him to farm guests.

"I don't know how anyone can even comprehend hurting an animal like this," she said.

Information about the incidents can be reported to the Fairfax County Police Department Crime Solvers by phone at 866-411-8477, online at www.fairfaxcrimesolvers.org, or by texting TIP187 plus a message to 274637 or by calling 703-691-2131.



Fairfax County Board of Supervisors Chair Sharon Bulova and Frying Pan Farm Park Manager Tawny Hammond feed Henry, one of the animals attacked last weekend at Kidwell Barn. The Fairfax County Park Authority announced a \$7,500 reward for information leading to the arrest and conviction of the person or persons responsible for attacks.



PHOTO BY NICOLE SWIERS

Peter Swiers, retired State Department official, speaks to Churchill Road sixth graders about the school's name-sake, Winston S. Churchill.

Churchill Students Learn About Churchill

In anticipation of Memorial day, Churchill Road sixth graders were treated to an informative presentation about the school's name-sake, Winston S. Churchill, Britain's World War II prime minister. Peter Swiers, the grandfather of CRS students Timothy (6th grade) and Matthew (5th grade) Swiers, was the presenter. Calling on his many years of experience in the State Department, and his work with the Council on Foreign

Relations, Swiers spoke for about 40 minutes about Winston Churchill's life and career through his time as prime minister during World War II. Utilizing their knowledge of U.S. History, the sixth graders enjoyed the interactive presentation, asking Swiers many detailed questions about Churchill and the World War II era.

CRS 6th grade teacher Meghan Roman and the Swiers family helped organizing this presentation.



PHOTO BY CATHERINE HASSI

Girls from Brownie Troop 3352 and Junior Troop 2205 from Churchill Road School, admire the rain garden they created on the school's grounds. Pictured standing are: Simrin Jeddy, Molly Ferris, Lauren Hassi (Longfellow MS), Moppet Post, Nadia Jo, Rebecca Hassi, Phoebe Jeddy. Seated in front are: Megan Hassi, Alden Miller, Whitley Taylor. (Not pictured: Rachel Keiser, Kathryn Keiser, and Sahana Ramesh).

A Rain Garden at Churchill Road

On Sunday, May 6, girls from Brownie Troop 3352 and Junior Troop 2205 out of Churchill Road took part in the Girl Scouts Forever Green Take Action Project, which is a global effort to improve the environment and protect natural resources. During this time, they created a rain garden near the Churchill Road modular classrooms. A rain garden is a planted

depression filled with native plants that capture and absorb storm water and serve as functional gardens. The storm runoff from CRS enters Dead Run Stream and empties into the Potomac. The efforts of these girls will improve water quality by reducing water-born pollutants running into our water supplies, while also creating an attractive wildlife habitat.



PHOTO BY CONSTANCE CHIU

Most of the seniors from the Langley HS Orchestra. This picture was taken in Nashville, Tenn., during the spring orchestra trip. During the trip, the orchestra recorded in the famous RCA studio, participated in an orchestra clinic at Vanderbilt University, attended a performance at Grand Ole Opry, and stayed in the renowned Gaylord Opryland Resort.

Top row (from left): Emily Swain, Nick Ruloff, Philip Samra, Kabe Chin, Audrey McNicholas, Murat Elsekkaki, Ashley Marks, Chris Lee, Natalie Richardson, Joel Rasmussen, Sherwin Zahirieh, Jake McCarty, Jeffrey Chiang. Bottom row: Erica Roesel, Haruka Konishi, Jeffrey Small, Cameron Pulley, Kathlyn Silverman

Langley HS Orchestra Pops Concert Thursday

The Langley HS Orchestra presents its annual pops concert on Thursday, June 7, at 7 p.m. in the Langley HS auditorium. With the theme of "Villains and Gangsters," the concert will include music from "The Godfather," "Psycho," "Pirates of the Caribbean," "Phantom of the Opera," and "How to Train Your Dragon."

Senior solos will include music from "Zelda and Seven Wicked

Reels," performed on electric violin. The exceptional graduating musicians from the Class of 2012 will be honored at the concert. The orchestra will be conducted by Scott McCormick.

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Join A Club, Make New Friends, or Expand Your Horizons...

Assemblies of God
Arlington Assembly of God...703-524-1667
Calvary Gospel Church...703-525-6636

Baptist
Bon Air Baptist Church...703-525-8079
McLean Baptist Church...703-356-8080
Memorial Baptist Church...703-538-7000

Buddhism
The Vajrayogini Buddhist Center
202-331-2122

Churches- Catholic
St. Agnes Catholic Church...703-525-1166
Cathedral of St Thomas More...703-525-1300
Holy Transfiguration Melkite Greek Catholic Church...703-734-9566
Our Lady of Lourdes...703-684-9261
Our Lady Queen of Peace Catholic Church...703-979-5580
St Ann Catholic Church...703-528-6276
St. Charles Catholic Church...703-527-5500

Vatican II Catholic Community
NOVA Catholic Community...703-852-7907

Church of Christ
Arlington Church of Christ...703-528-0535

Church of God- Anderson, Indiana
Church of God...703-671-6726

Churches-Episcopal
St Andrew Episcopal Church...703-522-1600
St George Episcopal Church...703-525-8286
St Johns Episcopal Church...703-671-6834
St Mary Episcopal Church...703-527-6800
St Michael S Episcopal Church...703-241-2474
St Paul Episcopal Church...703-820-2625
St Peter's Episcopal Church...703-536-6606
St Thomas Episcopal Church...703-442-0330
Trinity Episcopal Church...703-920-7077

Churches Lutheran(ELCA)
Advent Lutheran Church...703-521-7010
Faith Lutheran Church...703-525-9283
German Lutheran Church...703-276-8952
Lutheran Church of The Redeemer...703-356-3346

Resurrection Lutheran Church...703-532-5991

Churches Lutheran(Missouri, Synod)
Our Savior Lutheran Church...703-892-4846

Churches-Nazarene
Arlington First Church of the Nazarene...703-525-2516

Church- Brethren
Church of The Brethren...703-524-4100

Churches-Baptist
Arlington Baptist Church...703-979-7344
Cherrydale Baptist Church...703-525-8210
First Baptist of Ballston...703-525-7824
Mt. Zion Baptist Church...703-979-7411

Churches -Baptist-Free Will
Bloss Memorial Free Will Baptist Church...703-527-7040

Churches -Christian Science
McLean-First Church of Christ, Scientist...703-356-1391

First Church of Christ, Scientist, Arlington...703-534-0020

Churches- Presbyterian
Arlington Presbyterian Church...703-920-5660
Church of Covenant...703-524-4115
Clarendon Presbyterian Church...703-527-9513
Little Falls Presbyterian Church...703-538-5230
Trinity Presbyterian Church...703-536-5600
Westminster Presbyterian ...703-549-4766

Churches- Unitarian Universalist
Unitarian Universalist Church of Arlington 703-892-2565

Churches-United Methodist
Arlington United Methodist Church...703-979-7527
Trinity United Methodist Church of McLean...703-356-3312
Charles Wesley United Methodist...703-356-6336
Calvary United Methodist...703-892-5185
Cherrydale United Methodist...703-527-2621
Chesterbrook United Methodist...703-356-7100
Clarendon United Methodist...703-527-8574
Community United Methodist...703-892-5185
Mt. Olivet United Methodist...703-527-3934
Walker Chapel United Methodist...703-538-5200

Churches- United Church of Christ
Bethel United Church of Christ...703-528-0937
Rock Spring Congregational United Church of Christ...703-538-4886

Non-Denominational
New Life Christian Church - McLean Campus...571-294-8306
Celebration Center for Spiritual Living...703-560-2030
Metaphysical
Arlington Metaphysical Chapel...703-276-8738

Presbyterian Church in America Churches
Christ Church of Arlington...703-527-0420

Synagogues - Conservative
Congregation Etz Hayim...703-979-4466

Synagogues - Orthodox
Fort Myer Minyan...703-863-4520
Chabad Lavavitch of Alexandria-Arlington...703-370-2774

Synagogue - Reconstructionist
Kol Ami, the North Virginia Reconstructionist Community...571-271-8387

Saint Ann Catholic Church

SUNDAY LITURGY SCHEDULE:

Saturday Vigil: 5:30 PM
Sunday: 8:00, 9:30, 11:00 AM
1:30 PM Spanish Liturgy
5312 North 10th Street
Arlington Virginia 22205
Parish Office: (703) 528-6276

DAILY EUCHARIST:

Weekdays
Monday-Friday, 6:30 AM & 8:30 AM
Saturday, 8:30 AM

All Are Welcome!

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WELLBEING

Reiki Masters Christine Mosley, of Springfield; Naning Sugeng, of Potomac, and Marion Werner, of Chevy Chase, perform Reiki self-treatments.

PHOTOS BY
MARILYN CAMPBELL/
THE CONNECTION



Reiki Master Naning Sugeng of Potomac, performs a Reiki self-treatments.

The Power of Touch

Reiki masters credit the practice with promoting healing.

BY MARILYN CAMPBELL
THE CONNECTION

“May I touch you?” asks Marion Werner, a willowy woman with shoulder-length blonde hair. Her hands descend lightly on her patient’s chest.

This is Reiki, a decades-old, Japanese mind-body technique used for relaxation and stress relief that is gaining acceptance in the United States. During a session, a client lies on a massage table, fully clothed. Practitioners rest their hands on or just above the client’s body, palms down. They use a set of eight to 12 hand positions, each held for about two to five minutes.

While some healthcare professionals dismiss the practice as quackery, major medical centers including those at the National Institutes of Health (NIH) and George Washington Hospital’s Center for Integrative Medicine now offer it to patients, and medical schools have integrated mind-body courses into their curriculum.

Reiki is credited with promoting healing and addressing a host of ailments from post-traumatic stress disorder (PTSD), depression and anxiety to infertility, heart disease and the side effects of cancer treatment.

“A relaxed body and mind gives us a foundation for healing,” said Springfield, resident Christine Mosley, a Reiki master who also practices in Fairfax Station.

However, practitioners don’t claim to be healers. “It’s like when you get a cut, the body responds and heals the cut. You might get stitches to help the healing, but your body is actually doing the healing,” said Werner, a Reiki master in Chevy Chase. “It

is a capacity that we’re all born with but, stress can make it difficult for the natural healing process to work. Reiki treatment encourages relaxation and balance in the system.”

SOME PRACTITIONERS believe that Reiki is a mechanism for tapping into a universal energy that supports the body’s natural ability to heal itself, but this notion is not commonly accepted among physicians in the United States.

“In China and Japan they know it works and they don’t care how it works,” said Dr. David Rosenthal, medical director of the Leonard P. Zakim Center for Integrative Therapies at Dana-Farber Cancer Institute in Boston and a professor of medicine at Harvard Medical School. “In this country we have to show not only that it works, but how it works. ... I think the evidence is getting there, but I don’t think it is totally there yet.”

Reiki can be given to those who are dying and to their families. “It can help impart a sense of peace and acceptance,” said Naning Sugeng, a practitioner in Potomac, who, along with Werner and Mosley, offers free services to cancer patients and wounded veterans.

Comfort for America’s Uniformed Services (CAUSE), a non-profit organization that offers respite to wounded members of the military, provides free Reiki treatments to battle-weary soldiers and their family members and caretakers. “It is so gentle that it can be used on shrapnel wounds and recent amputations to improve wound healing and relieve phantom pain,” said Mosley who is also the coordinator for CAUSE’s

Reiki program at Fort Belvoir in Virginia.

PRIVATE SESSIONS with a Reiki master can cost between \$75 and \$100 an hour. The profession is not regulated, but traditional Reiki training and certification has three levels of expertise. While classes for the first two levels can be completed in two-day classes, preparation for the third, or master, level can take years.

Locally, Reiki treatments are offered at the Pain and Palliative Care Service at the NIH Clinical Center in Bethesda, Inova Loudoun Hospital’s Life with Cancer program and the Center for Integrative Medicine at George Washington University Hospital in Washington, D.C.

“A relaxed body and mind gives us a foundation for healing.”

— Christine Mosley

Still, doctors say more large-scale studies are needed before Reiki becomes a mainstream practice. “Not only is there not enough research, but a lot of the Reiki research has been criticized for not being rigorous enough compared to the standards that are in place to study other medical interventions,” said Dr. John Pan, founder of the Center for Integrative Medicine at the George Washington University Medical Center in Washington and a faculty member at the George Washington University School of Medicine and Health Sciences.

Researchers at George Mason University conducted a study of patients in Inova’s Life with Cancer program to determine whether yoga, Reiki, or meditation would help alle-

viate symptoms of chemotherapy-induced peripheral neuropathy (CIPN).

“At the conclusion of the study, each group, with the exception of the control group, showed [improvement], but the results were not statistically significant,” said Paul G. Clark, PhD, LCSW, assistant professor of social work. “What we did learn was that these therapies are worth studying on a larger scale.”

In 2011, Rosenthal co-authored a study of 18 men with prostate cancer and found that Reiki helped ease their anxiety. “It does relax people, it does decrease stress acutely,” he said, adding that Reiki can be an alternative for patients who have an aversion to relaxation techniques such as massage or acupuncture. “There are some people who do not like their bodies being rubbed and do not like needles being put into their skin.”

Reiki is also credited with calming jittery preoperative patients. Kate Snipes, a 41-year-old wife and mother of two, received Reiki treatments before and after a prophylactic double mastectomy. She recalls feeling tranquil post-treatment, void of the anxiety that had gripped her before the procedure.

“I felt more at peace with [the surgery],” said Snipes. “I felt pain relief, and I felt more comfortable and relaxed in the parts of my body that were kind of tense.”

REIKI IS GENERALLY SAFE and NIH’s National Center for Complementary and Alternative Medicine says that that no serious side effects have been reported.

“It won’t cause harm, but some people may not respond to it,” said Pan. “It is an individualized process. What works for one patient may not work for another.”

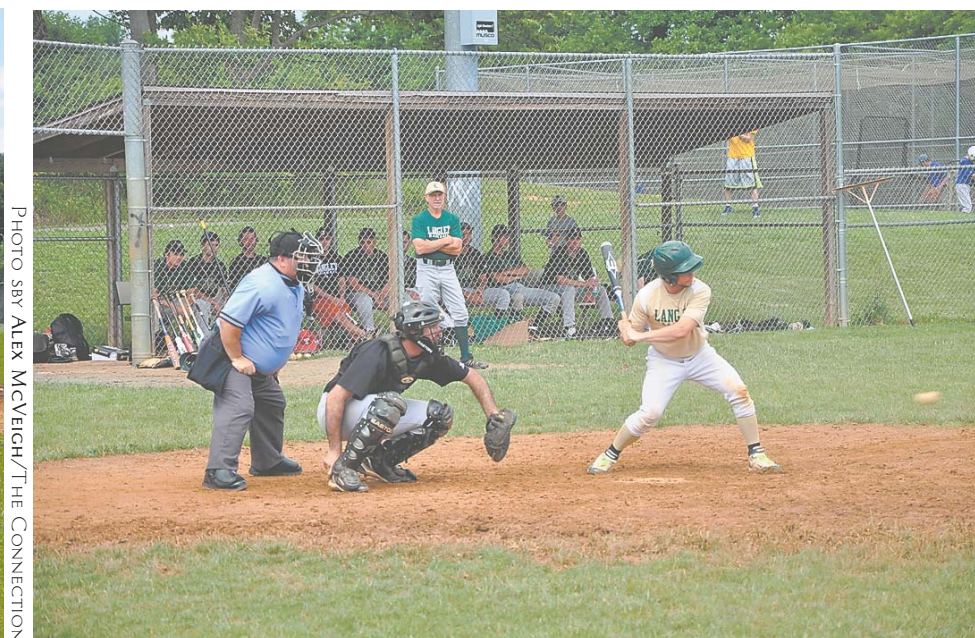


PHOTO BY ALEX McVEIGH/THE CONNECTION

The Langley High School varsity baseball team pitches to a team of Langley alumni Saturday, June 2 at Nike Field.

Langley High School senior Anthony Baskin bats in the Langley varsity versus alumni game at Nike Field Saturday, June 2.

Langley Alumni Gather on the Diamond

Alumni defeat varsity
10-9 in first ever match.

BY ALEX McVEIGH
THE CONNECTION

Members of Celebrate Great Falls and other residents spent the weekend taking part in traditions old and new, bringing together old and young as part of the first Great Falls Days events.

Nike Field hosted a baseball game Saturday afternoon that featured the Langley



From left, a team of Langley High School baseball alumni and the current varsity team before their game at Nike Field Saturday, June 2.

High School Varsity Team (fresh off their trip to the regional semi-finals) square off against a team made up of Langley baseball alumni. While most of the Langley alumni (the “green” team) featured graduates from the last year, they were coached by Vic Price, a member of Langley’s class of 1969 who was drafted by the Kansas City Royals and spent five years in the majors.

Price threw out the ceremonial first pitch, and later batted, getting a single in the eighth inning.

The Great Falls Historical Society brought old gloves, bats and uniforms from the community’s many baseball teams that were around during the 20th century, showing just how deep baseball’s roots in Great Falls are.

“It’s hard to imagine how they played with gloves that seem so small and skimpy,” said Gregory Reisen, 8, who stopped by to watch

part of the game before his own little league game. “I guess you had to be really good to make a catch and get a hit with those.”

In addition to old equipment, the GFHS brought photos of Great Falls teams of the past, including the team from the Forestville School across several years.

“Great Falls used to be made up of a lot of dairy farms on large properties, and even though it was sparsely populated, people managed to get together often to play baseball,” said Doris Carpenter of the GFHS.

The Langley Alumni edged the 2012 Varsity Team 10-9, in a nine-inning game. After the game, one of the organizers, Jim Mraz, invited the senior members of the varsity team to “cross over” to their new team, the alumni.

“The seniors are now part of the green

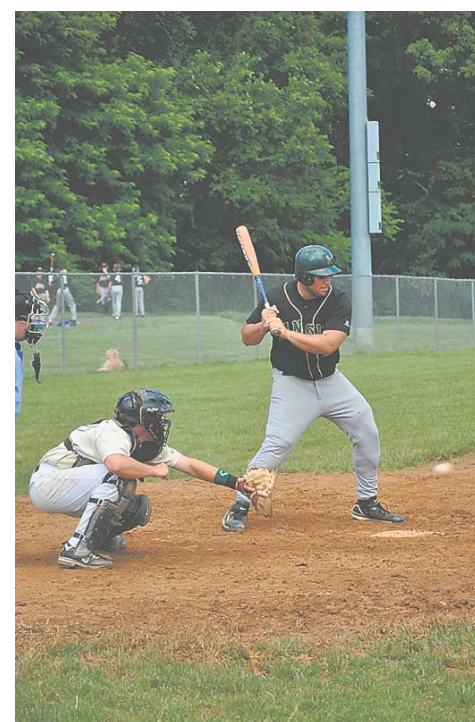
team family, and hopefully they’ll be back next year to play another one,” Mraz said. “We want to make this an annual tradition.”

Sandra Even of Celebrate Great Falls, who helped organize the game and other events throughout the weekend, said this was a simultaneous return to the community’s roots and a direction for its future.

“The earliest Spring Festival in Great Falls was a baseball game, and it makes sense that we try and connect players from different years at Langley,” she said. “Langley baseball is a family, and by keeping them together, hopefully in the years to come it will be a bonding experience for anyone whose ever played at Langley.”



Vic Price, Langley class of 1969 and former major league player, throws out the first pitch at the Langley Varsity baseball team versus alumni game Saturday, June 2.



Langley High School alumni Eddie Gonzalez takes a pitch during the first Langley varsity versus alumni game Saturday, June 2 at Nike Field.



The Langley High girls' tennis team following its state finals win over Mills Godwin.



Langley High girls' tennis players Sydney Goodson and Kathryn Emery teamed up to win this spring's Northern Region doubles tournament championship. Here, the winning teammates display their championship medals.

PHOTOS COURTESY OF
LANGLEY GIRLS TENNIS

Langley Girls Tennis Wins State Championship

Saxons defeat Mills Godwin in finals.

The Langley High girls tennis team completed an unbeaten season this past Saturday, June 2 by besting previously undefeated Mills Godwin (Richmond), 5-3, in the Virginia State AAA finals at Huntington Park in Newport News.

The Saxon's state championship is their

first since 1992. Going into the finals match with Mills Godwin, Langley had not, in 19 previous team matches this spring, played a match closer than 7-2. Langley, with the state title under its belt, finishes with a perfect 20-0 record.

The Saxons, in the state finals, split their six singles matches, 3-3. Langley got a 6-0

win from No. 1 singles player Sydney Goodson; a 7-5, 6-2 victory at No. 2 from Kathryn Emery; and a three set win at No. 3 from Melissa Parks.

Langley, in order to clinch the state crown, had to win at least two of its three doubles matches. Goodson and Emery won their No. 1 doubles match, 6-2, 6-0. Both the No. 2 (Kitty Branche and Melissa Parks) and No. 3 (Jenny Liu and McKenzie Malpede)

doubles matches went to three sets. Liu and Malpede went on to win their No. 3 match, securing the fifth win and Langley's state championship.

With the championship win, Langley, led by Coach Sarah Vincent, ends an incredible unbeaten season in which the Saxons captured three postseason tournament titles (Liberty District, Northern Region, and Virginia State).

Successful Season Concludes for Langley Baseball

Saxons reach region finals before losing to Spartans.

BY RICH SANDERS
THE CONNECTION

A remarkable Langley High baseball season which saw the Saxons go from a team struggling to play .500 baseball at the midseason mark to one of the Northern Region's elite teams came to an end last Wednesday night, May 30. Langley, in a region tournament semifinals playoff game versus perennial power West Springfield, fell behind early and was never able to get back into striking distance in a 7-1 season-ending defeat. The postseason affair took place at James Madison High School in Vienna.

Langley, under head coach Kevin Healy, finished the spring season with a 15-11 overall record. The Saxons, who were 4-6 at one point of the season following spring break week, went 11-5 over the second half of the season, including four wins over six games during the postseason which saw Langley reach the Liberty District tournament finals before losing a 6-5 championship affair to Stone



It was a tough outing for Saxon southpaw Jonathan O'Connor, who gave the Saxons his best in four innings of work.

Bridge and then going on to win a pair of games at the 16-team regional playoffs to make it to the semifinals.

Langley reached the region final four with playoff wins over Robinson, 3-0, on May 25 in the first round, and defending region champion South County, 4-1, in a quarterfinals round game on May 28.

But against West Springfield (Patriot District), which went on to defeat its local rival, Lake Braddock, in Saturday's region

title game, the Saxons gave up three runs in both the bottom of the first and second innings and never recovered. In the game, Langley had five base hits (all singles) and coaxed three walks, along with two hits batsmen. But the Saxons only crossed the plate once - that coming in the top of the fourth inning when Michael Byrne, Langley's second baseman and No. 5 hitter in the lineup, earned a leadoff walk and eventually scored on an RBI single into left field off the bat of No. 9 hitter Dan

Richardson, the team's left-handed hitting left fielder.

The fourth had the potential to be a big inning for Langley. West Springfield starting pitcher Frank Sturek, who earned the complete game win despite allowing 10 base runners and being, it seemed, in constant trouble, walked Byrne to start the inning. One out later, Langley's Gray Decker, the Saxons' left-handed hitting DH, roped an opposite field single into right field, advancing Byrne to second base. So, although trailing 6-0, Langley had a little rally brewing with runners on first and second with one out. Sturek got the second out on a fielder's choice before Richardson's single ended his shutout bid and got Langley within 6-1. Sturek, however, got the final out on a groundout.

West Springfield came back with a run in its half of the fourth to offset the Langley run and make the score 7-1. There would be no more runs over the game's final two-and-a-half innings and 7-1 was the final.

LANGLEY LEFT eight base runners stranded in the game, including three in the third when the

Saxons could not take advantage of Sturke's two walks and a hit bats man.

Decker, a senior, had two of Langley's five singles, those coming in the fourth and sixth innings. The Saxons' other singles came from Cal Jadacki (first inning), pinch hitter Jack Frix (sixth), and Richardson's RBI in the sixth.

Getting on base via walk for Langley were Brandon Bast, Jadacki, and Byrne. And reaching base as a result of being hit by a pitch were Matt Moser, who led off the game by taking one for the team, and David Paul, who was plunked to start the third inning.

Langley starting pitcher Jonathan O'Connor, a left-hander, struggled but hung tough through four innings of work. Only three of the seven runs he allowed were earned. Jack McSteen pitched well in two innings of shutout relief for the Saxons, striking out four in a row at one point.

The evening's defensive gem for Langley came in the fourth inning when left fielder Richardson made a terrific sliding catch in left center field for the third out on a ball hit by West Springfield's Nick Stevens.

HOME SALES

In April 2012, 85 homes sold between \$3,100,000-\$102,000 in the McLean and Falls Church area.

Address	BR	FB	HB	...	Postal	City	Sold Price	...	Type	Lot AC	..	PostalCode	Subdivision	
406 CHAIN BRIDGE RD	6	..	6	..	3	MCLEAN	\$3,100,000	Detached	0.46	22101	ARLINGWOOD
931 DOUGLASS DR	5	..	5	..	2	MCLEAN	\$2,370,000	Detached	0.84	22101	LANGLEY FOREST
901 WHANN AVE	6	..	6	..	1	MCLEAN	\$2,250,000	Detached	0.95	22101	LANGLEY FOREST
7207 FARM MEADOW CT	6	..	5	..	2	MCLEAN	\$1,900,000	Detached	0.18	22101	EVANS FARM
1201 ARTNAUMAN CT	6	..	5	..	2	MCLEAN	\$1,825,000	Detached	1.01	22102	..	CONDON MANOR OF MC LEAN
6198 ADELINE CT	5	..	4	..	1	MCLEAN	\$1,600,000	Detached	0.25	22101	HASTINGS ESTATES
2107 POWHATAN ST	5	..	4	..	1	FALLS CHURCH	..	\$1,588,500	Detached	0.59	22043	CRIMMINS
6647 KIRKLEY AVE	5	..	4	..	1	MCLEAN	\$1,300,000	Detached	0.27	22101	KENT GARDENS
1928 VIRGINIA AVE	4	..	3	..	1	MCLEAN	\$1,250,000	Detached	1.00	22101	FRANKLIN PARK
904 LAWTON ST	4	..	3	..	1	MCLEAN	\$1,230,000	Detached	0.49	22101	BALMACARA
6509 BELLAMINE CT	4	..	3	..	1	MCLEAN	\$1,220,000	Detached	0.55	22101	LANGLEY OAKS
1406 WOODHURST BLVD	4	..	3	..	1	MCLEAN	\$1,200,000	Detached	0.59	22102	SMC MCLEAN
1325 TIMBERLY LN	5	..	4	..	1	MCLEAN	\$1,150,000	Detached	0.33	22102	TIMBERLY SOUTH
6308 DUNAWAY CT	4	..	3	..	1	MCLEAN	\$1,085,000	Detached	0.33	22101	EVERMAY
8220 CRESTWOOD HEIGHTS DR #1404	2	..	2	..	1	MCLEAN	\$1,000,000	Hi-Rise 9+ Floors	22102	22102	ONE PARK CREST
8482 PORTLAND PL	4	..	6	..	0	MCLEAN	\$980,000	Detached	1.82	22102	WOODHAVEN
6616 MELROSE DR	5	..	3	..	1	MCLEAN	\$978,000	Detached	0.52	22101	WALTER HEIGHTS
7211 MONTVIEW CT	5	..	4	..	1	FALLS CHURCH	\$940,000	Detached	0.42	22043	GLENMONT
1953 ROCKINGHAM ST	4	..	3	..	0	MCLEAN	\$917,000	Detached	0.46	22101	FRANKLIN PARK
1082 OLD CEDAR RD	4	..	3	..	1	MCLEAN	\$870,000	Detached	0.46	22102	CEDARS OF MC LEAN
2121 VERANDA CT	4	..	3	..	1	FALLS CHURCH	\$853,600	Detached	0.46	22043	ADA GROVE
1437 BROOKHAVEN DR	4	..	3	..	0	MCLEAN	\$825,000	Detached	0.48	22101	BROOKHAVEN
1450 EMERSON AVE #310	2	..	2	..	1	MCLEAN	\$820,000	Mid-Rise 5-8 Flrs	22101	22101	PALLADIUM AT MCLEAN
1013 GELSTON CIR	3	..	2	..	1	MCLEAN	\$813,850	Detached	0.46	22102	SCOTT'S RUN
7013 CHURCHILL RD	4	..	3	..	0	MCLEAN	\$790,000	Detached	0.31	22101	BROYHILL LANGLEY ESTATES
1914 FRANKLIN AVE	3	..	2	..	1	MCLEAN	\$785,000	Detached	0.30	22101	FRANKLIN FOREST
6601 ANTHONY CREST SQ	3	..	3	..	1	MCLEAN	\$779,500	Townhouse	0.07	22101	HAMPTONS OF MC LEAN
1945 FOXHALL RD	5	..	2	..	1	MCLEAN	\$760,000	Detached	0.35	22101	FOXHALL
6200 ADELINE CT	3	..	3	..	0	MCLEAN	\$750,000	Detached	0.26	22101	POTOMAC HILLS
1933 FREEDOM LN	5	..	2	..	1	FALLS CHURCH	\$725,000	Detached	0.25	22043	MARLBOROUGH
1422 MAYFLOWER DR	5	..	3	..	0	MCLEAN	\$720,000	Detached	0.25	22101	BROYHILLS MC LEAN ESTS
7423 VENICE ST	5	..	3	..	0	FALLS CHURCH	\$710,000	Detached	0.43	22043	FALLS HILL
6742 TOWNE LANE	4	..	2	..	0	MCLEAN	\$700,000	Townhouse	0.06	22101	KINGS MANOR
941 WAR ADMIRAL ST	4	..	2	..	1	GREAT FALLS	\$699,900	Detached	0.48	22066	LEXINGTON ESTATES
1904 SAWYER PL	4	..	3	..	0	MCLEAN	\$698,000	Detached	0.28	22101	KENT GARDENS
7012 SEA CLIFF RD	4	..	3	..	0	MCLEAN	\$695,000	Detached	0.24	22101	WEST LEWINSVILLE HEIGHTS
7010 SEA CLIFF RD	3	..	4	..	0	MCLEAN	\$690,000	Detached	0.24	22101	WEST LEWINSVILLE HEIGHTS
1716 MACON ST	4	..	3	..	0	MCLEAN	\$681,000	Detached	0.28	22101	LEWINSVILLE HEIGHTS
6820 MCLEAN PROVINCE CIR	3	..	2	..	2	FALLS CHURCH	\$675,000	Townhouse	0.05	22043	MC LEAN PROVINCE
7330 LEWINSVILLE PARK CT	3	..	3	..	1	MCLEAN	\$675,000	Townhouse	...	0.07	22101	LEWINSVILLE SQUARE
6893 CHELSEA RD	4	..	2	..	0	MCLEAN	\$675,000	Detached	0.14	22101	BEVERLY MANOR
6511 CAPE CT	4	..	2	..	1	FALLS CHURCH	\$670,000	Detached	0.25	22043	NANTUCKET
6225 LOCH RAVEN DR	4	..	3	..	0	MC LEAN	\$655,000	Detached	0.28	22101	POTOMAC HILLS
6505 ORLAND ST	4	..	3	..	0	FALLS CHURCH	\$635,000	Detached	0.19	22043	POWHATAN HILLS
2041 REYNOLDS ST	3	..	2	..	0	FALLS CHURCH	\$630,000	Detached	0.50	22043	RETILAW TERRACE
2271 KINGS GARDEN WAY	5	..	3	..	1	FALLS CHURCH	\$629,000	Townhouse	...	0.07	22043	DOMINION
6631 TUCKER AVE	4	..	3	..	0	MCLEAN	\$629,000	Detached	0.24	22101	CHESTERFIELD
6809 CRUTCHFIELD ST	4	..	2	..	0	FALLS CHURCH	\$609,000	Detached	0.35	22043	CRUTCHFIELD
6819 MELROSE DR	4	..	3	..	1	MCLEAN	\$599,000	Townhouse	...	0.04	22101	KINGS MANOR TOWNE HOUSES
1843 WESTMORELAND ST	4	..	2	..	1	MCLEAN	\$599,000	Detached	0.28	22101	KENT GARDENS
7021 HAYCOCK RD #F	2	..	2	..	1	FALLS CHURCH	\$590,000	Townhouse	22043	22043	GATES OF WESTFALLS
2415 NOTTINGHAM DR	4	..	2	..	1	FALLS CHURCH	\$575,000	Detached	0.24	22043	SHREVECREST
6914 CHELSEA RD	3	..	2	..	0	MCLEAN	\$575,000	Detached	0.23	22101	BEVERLY MANOR
7029 HAYCOCK RD #1	2	..	2	..	1	FALLS CHURCH	\$568,000	Townhouse	22043	22043	GATES OF WESTFALLS
7934 SHREVE RD	3	..	2	..	0	FALLS CHURCH	\$560,000	Detached	1.05	22043	FALLS CHURCH
7376 MONTALM DR	3	..	3	..	1	MCLEAN	\$553,000	Townhouse	0.04	22102	HALLCREST HEIGHTS
6533 CHESTERFIELD AVE	3	..	2	..	0	MCLEAN	\$545,000	Detached	0.28	22101	CHESTERBROOK GARDENS
1840 PATTON TER	4	..	2	..	1	MCLEAN	\$540,000	Detached	0.24	22101	CHESTERBROOK
7345 ELDORADO ST	4	..	3	..	1	MC LEAN	\$535,000	Townhouse	0.04	22102	HALLCREST HEIGHTS
7430 CHUMMLEY CT	3	..	3	..	1	FALLS CHURCH	\$514,000	Townhouse	0.05	22043	CHURCHILL SQUARE
2286 CARTBRIDGE RD	3	..	3	..	1	FALLS CHURCH	\$510,000	Townhouse	0.03	22043	IDYLWOOD STATION
2228 WESTMORELAND ST	5	..	2	..	0	FALLS CHURCH	\$500,000	Detached	0.23	22043	WESTMORELAND PARK
2235 BEACON LN	3	..	1	..	0	FALLS CHURCH	\$497,500	Detached	0.25	22043	CHURCHILL
2115 DOMINION HEIGHTS CT	4	..	3	..	1	FALLS CHURCH	\$490,000	Townhouse	0.03	22043	MARSHALL HEIGHTS
1716 KIRBY RD	3	..	2	..	1	MCLEAN	\$489,250	Detached	0.29	22101	CHESTERBROOK
6819 MONTIVIDEO SQUARE CT	3	..	2	..	2	FALLS CHURCH	\$479,000	Townhouse	...	0.03	22043	MONTIVIDEO SQUARE
7035 HAYCOCK RD #K	2	..	2	..	1	FALLS CHURCH	\$458,600	Townhouse	22043	22043	GATES OF WESTFALLS
7011 FALLS REACH DR #312	2	..	2	..	0	FALLS CHURCH	\$392,500	Garden 1-4 Flrs	22043	22043	PAVILION THE
6990 FALLS REACH DR #312	2	..	2	..	0	FALLS CHURCH	\$375,000	Garden 1-4 Flrs	22043	22043	PAVILION THE
7401 HOWARD CT	2	..	1	..	1	FALLS CHURCH	\$372,000	Other	0.24	22043	PIMMIT HILLS
7521 FISHER DR	3	..	1	..	0	FALLS CHURCH	\$357,500	Detached	0.23	22043	PIMMIT HILLS
2230 GEORGE C MARSHALL DR #1102	2	..	2	..	0	FALLS CHURCH	\$355,000	Hi-Rise 9+ Flrs	22043	22043	RENAISSANCE 2230
6990 FALLS REACH DR #107	2	..	2	..	0	FALLS CHURCH	\$330,000	Garden 1-4 Flrs	22043	22043	PAVILION THE
7706 LUNCEFORD LN	3	..	1	..	0	FALLS CHURCH	\$315,000	Detached	0.28	22043	PIMMIT HILLS
1570 SPRING GATE DR #7113	2	..	2	..	0	MCLEAN	\$315,000	Garden 1-4 Flrs	22102	22102	GATES OF MCLEAN
7720 TREMAYNE PL #213	2	..	2	..	0	MCLEAN	\$265,000	Garden 1-4 Flrs	22102	22102	THE COLONIES
2230 GEORGE C MARSHALL DR #907	1	..	1	..	0	FALLS CHURCH	\$264,990	Hi-Rise 9+ Flrs	22043	22043	RENAISSANCE 2230
1550 SPRING GATE DR #8304	1	..	1	..	0	MCLEAN	\$257,500	Garden 1-4 Flrs	22102	22102	GATES OF MCLEAN
2230 GEORGE C MARSHALL DR #311	1	..	1	..	0	FALLS CHURCH	\$235,000	Hi-Rise 9+ Flrs	22043	22043	RENAISSANCE 2230
1580 SPRING GATE DR #4315	1	..	1	..	0	MCLEAN	\$229,000	Garden 1-4 Flrs	22102	22102	GATES OF MCLEAN
1523 LINCOLN WAY #303B	1	..	1	..	0	MCLEAN	\$220,000	Garden 1-4 Flrs	22102	22102	FOUNTAINS AT MCLEAN
1808 OLD MEADOW RD #518	1	..	1	..	0	MCLEAN	\$219,000	Hi-Rise 9+ Flrs	22102	22102	ENCORE OF MCLEAN
2311 PIMMIT DR #113	2	..	2	..	0	FALLS CHURCH	\$205,000	Hi-Rise 9+ Flrs	22043	22043	IDYLWOOD TOWERS
2300 PIMMIT DR #908	2	..	2	..	0	FALLS CHURCH	\$203,000	Hi-Rise 9+ Flrs	22043	22043	IDYLWOOD TOWERS
7821 ENOLA ST #7	2	..	2	..	0	MCLEAN	\$199,900	Garden 1-4 Flrs	22102	2		

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Thuan T. Nguyen, President
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200

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Haven't I Learned Anything?



By KENNETH B. LOURIE

I'm not going to beat myself up too badly; after all, I do have terminal cancer. However, I am disappointed in my behavior of late, especially as it relates to my status as a still-active (thank God!) cancer patient/survivor undergoing treatment. Here I thought I was "Mr. Experience," a three-years-plus cancer survivor having endured all the ups and downs associated with the diagnosis, prognosis, chemotherapy, diagnostic scans, appointments with my oncologist, lab work, etc., so that blips in any or all of the aforementioned categories wouldn't faze me, understanding that there's no future in overreacting to any of it; taking it all in stride and maintaining an even keel as the key to surviving the unrelenting pressure.

And yet, I've overreacted; anticipated a negative outcome and worried about a result that has not been confirmed; heck, it hasn't even been tested for. It's not even time for it to be tested. Moreover, there are not even indications that when tested, the problem will arise. Still, I'm planning for a negative result and trying to circumvent its treatment and financial impact. In summary, I'm trying to control the uncontrollable (cancer) and in so doing I am making myself miserable. Rather than deal with the consequences as they present themselves, I am attempting to solve them in advance – before they are actual consequences. Part of me feels this is prudent, given my underlying diagnosis, and part of me (I am a Libra) feels that I am putting the cart before the horse, as they say, and creating a problem where as yet one doesn't exist.

If a problem with my lab work does present itself, it will be bad/complicated enough then. It doesn't need to be bad/complicated before it actually happens, does it? I'm supposed to be able to deal with the punches. I've been punched – so to speak – for over three years now; this is nothing new. Sure, the drug is new, and its potential complication is new, but it's really just more of the same stuff: cancer, only different. So why am I struggling emotionally? I have been there and I have been doing it. What's changed?

I would have thought that year one, especially the first few weeks and months of treatment, entering the unknown world of heavy-duty chemotherapy, would have generated more anxiety and deeper emotional troughs than year four: less heavy-duty chemotherapy, more experience being a cancer patient. But that has not been the case. Perhaps the unexpected change in treatment – for better or worse (to be determined) is causing this reaction. Though I'm not in any pain as a result, I do sense a change in momentum, sort of. I imagine I'll get over it, but I shouldn't have to "get over it." I should never have gotten under it. I should have recognized the signs/circumstances and not allowed myself to fall victim to its emotional tentacles. Having been diagnosed with terminal cancer at age 54 is bad enough on its own. I don't need to make it any worse.

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



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