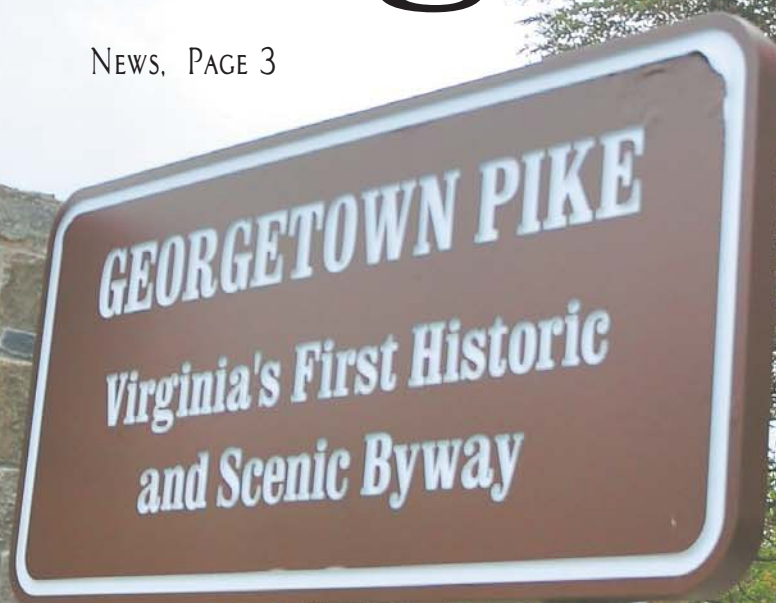


Pike Named to Historic Register

Georgetown Pike, the state's first scenic and historic byway, was named to the Virginia Register of Historic Places, and is up for national consideration.

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Seeking A Sundial at Observatory Park

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No Monocle Required

ENTERTAINMENT, PAGE 8

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NEWS

PHOTO BY ALEX McVEIGH/THE CONNECTION



Georgetown Pike was named to the Virginia Register of Historic Places June 21, and is up for consideration for the National Register.

Pike Named to Historic Register

Virginia recognizes pike June 21, national register in progress.

BY ALEX McVEIGH
THE CONNECTION

In 1969, several community members came together to help preserve the Burling Tract, a 336-acre parcel of land, located just north of Georgetown Pike near the Beltway. More than 40 years later, the efforts of at least 140 local citizens have led to the road being placed in the Virginia Register of Historic Places, with the placement on the National Register soon to come.

"The pike's construction met the best engineering standards of its day by utilizing two layers of stones fitted closely together and crowned in the center to improve drainage and wear," reads the citation. "In the 1920s, Georgetown Pike was adapted as a toll road for automobiles and in 1934 the commonwealth of Virginia acquired it."

THE NAMING OF THE ROAD to the register is historic by itself.

"This is the first example of an entire road in Virginia being added to the register," said Tanya Beauchamp, a local resident who wrote up the submission to Virginia's Department of Historic Resources. "Hopefully this serves as a model for future turnpike nomination."

The Burling Tract was eventually turned into public land, and heartened by this, local residents pushed for the 12-mile road to be named Virginia's first Scenic and Historic Byway in 1974.

"During the 70s and 80s, there were significant battles, but we had that aura of being a byway," said John Adams, who has been involved with pike preservation since the first efforts with the Burling Tract. "It wasn't necessarily legally defensible, but it made the engineers stop and listen to what we had to say."

Since the pike was named a byway, more than 2,700 miles of roadway in Virginia has been given the same designation.

With this designation, there was an impetus for the community to retain the road's nature. Over the

years, various efforts to add lanes or change the configuration were challenged, modified or rejected by community groups.

Local historian Karen Washburn, who assisted with the submission, said a milestone in protecting the pike was in 1994, when then Del. Vincent Callahan (R-34) and Sen. Janet Howell (D-32) helped create Senate Document 47. It was a 125-page blueprint governing every aspect of preservation and future changes.

"The key was showing that Georgetown Pike was indeed an engineered structure," Washburn said. "That was the absolute linchpin."

When the road was named a historic structure, the paved area, the adjacent road bed and nearby archaeological artifacts, such as stone walls, were protected.

"We knew we had to defend every square inch of the pike, because once we gave in, it would set a precedent," Washburn said. "Once we found the arguments that worked, when it came to changes, we kept using them. Garrett Moore [Northern Virginia District Administrator for VDOT] was one of the best things to happen to us. He had a background in history, and it was a pleasant change."

With Moore's assistance, as well as local state and county politicians, a plan to create a dual-turn lane from Leesburg Pike, which called for altering the configuration of the historic roadbed, was defeated.

Doug Cobb, co-chair of the Great Falls Citizens Association's Long-Range Planning Committee helped look up addresses and map more than 600 people who live along the pike that had to be notified of the process.

"Putting it on the historic register puts a sheen on it, it makes it harder to disrupt and make changes," Cobb said.

GREAT FALLS HERITAGE INC., a 501(c)3, spent around \$7,700 in their efforts to secure the designation. They are currently accepting donations to help cover the cost, which can be mailed to Great Falls Heritage, Inc., 820 Crooked Crow Lane, Great Falls VA, 22006.

The pike was approved by the Virginia Department of Historic Resources June 21, and will undergo a 45-day review process at the national level, which Cobb said they expect to hear about in September.

Public Interest Vs. Absolute Discretion

Lack of transparency forces some to consider lawsuits just to get information.

BY MICHAEL LEE POPE
THE CONNECTION

Brook Besha is at his wit's end. It's been almost four years since the Fairfax County Police Department shot and killed his son. But even today, he still does not have access to the investigation conducted by the Arlington County Police Department. Like people across Virginia, Besha has to make a difficult choice — should he file a lawsuit just to find out what happened to his son? For now, he says, the answer to that question is no.

"We don't have the money or the resources," said Besha, who had to move away from Northern Virginia after the death of his son because the emotions were too raw. "Given the county's record, many lawyers were hesitant or reluctant to pick up the case."

That means that Besha may never have access to the document that outlines what happened that day in December 2008, when Fairfax Police officials say his son robbed a bank in McLean before driving across the border into Arlington. Unlike court cases, which are governed by the rules of discovery, public availability of documents is guided by the Virginia Freedom of Information Act. One part of that law provides unlimited discretion for police agencies to shield "documents, memoranda, correspondence, case files or reports, witness statements and evidence."

"As a lawyer, if someone doesn't show me documents when I ask for them, I am going to assume that the reason is that those documents are damning to their position," said Simon Sandoval-Moshenberg, an attorney at the Legal Aid Justice Center. "And as a community member, I want to know that my police aren't going around shooting people when it's not necessary to do so."

number of high-profile police-involved shootings, many of which remain under a cloud of secrecy as a result of the broad exemption powers given to police agencies under the Virginia Freedom of Information Act. One example of a case in which documents were finally released to the public is the case of Salvatore Culosi, the 27-year-old optometrist who was shot and killed by Fairfax officers in January 2006. Those documents were only released after the Culosi family filed a wrongful death lawsuit, which eventually led to a \$2 million settlement.

"I'm sorry for what happened," Fairfax Police Chief David Rohrer told Culosi's parents last year on a cable public access show known as "Reston Impact." "I wish I could go back and undo that."

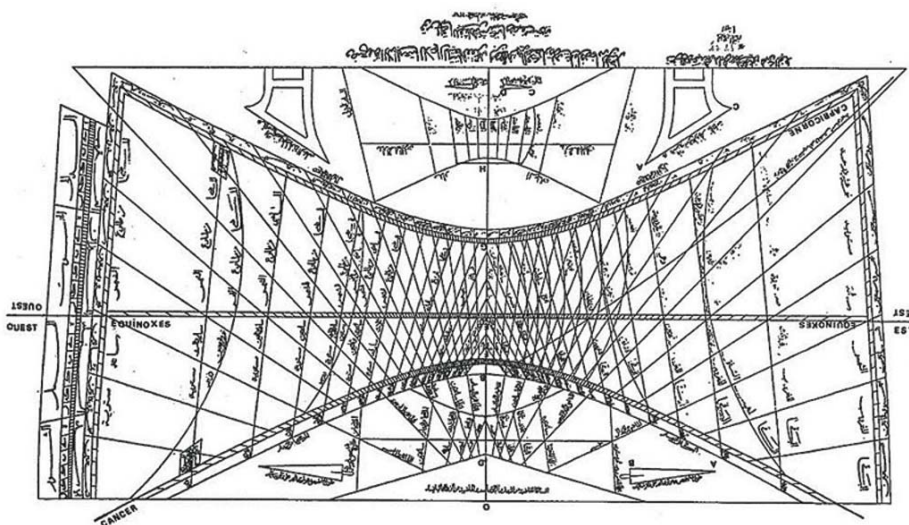
But what happens if nobody ever files a lawsuit? In case after case in Northern Virginia, that means that the public may never know if police engaged in misconduct or not. From the burglaries and assaults to car thefts and murder, police agencies enjoy broad discretion to prevent public access in all cases, regardless of whether the case is open or closed. Police officials argue that secrecy is an important part of their work.

"A promise of confidentiality doesn't necessarily die with the death of the victim or the informant," said Dana Schrad, executive director of the Virginia Association of Chiefs of Police. "It's not only to protect the integrity of an investigation but also to protect a promise of anonymity."

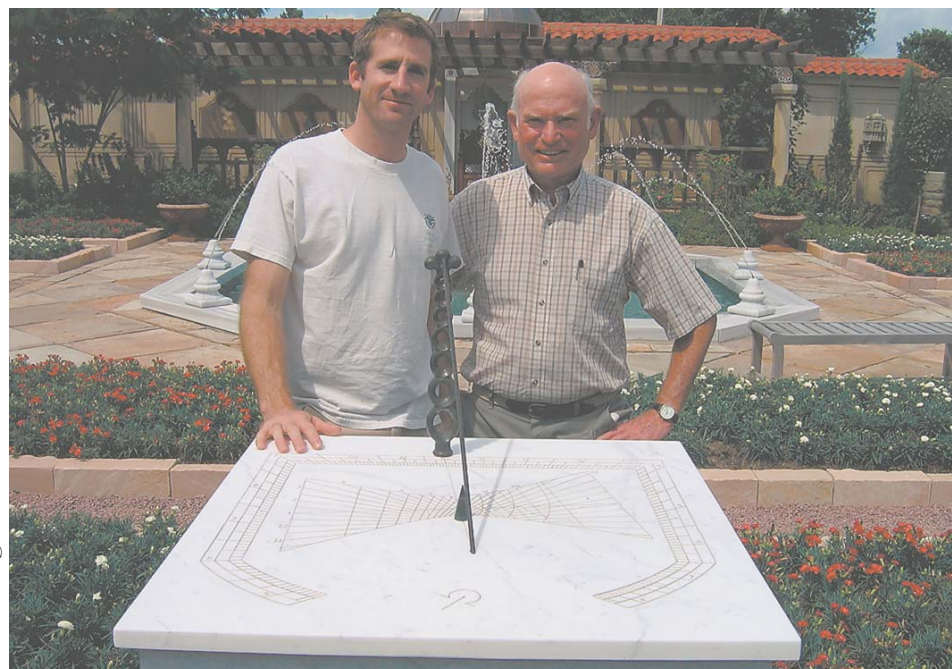
EVERY YEAR in Richmond, members of the General Assembly consider a number of potential changes to the Virginia Freedom of Information Act. But any time the broad exemption powers enjoyed by police

RECENT YEARS have seen a

SEE PUBLIC INTEREST,
PAGE 7



CONTRIBUTED



A design of the sundial at the mosque in Damascus, which the Analemma Society hopes to fund a replica for Observatory Park at Turner Farm.

Roger Bailey (right), a designer of sundials, will lecture in Great Falls Aug. 15 to raise funds for one to be built at Observatory Park.

Seeking A Sundial at Observatory Park

Analemma Society hosts lecture, fundraiser for sundial replica.

BY ALEX McVEIGH
THE CONNECTION

In 1371, Arab astronomer Ibn al-Shatir constructed a sundial at the Great Mosque in Damascus that was a pinnacle of scientific achievement. Almost 650 years later, members of the Analemma Society of Great Falls are hoping to bring a replica to Observatory Park at Turner Farm.

The society, which seeks to raise awareness of science through astronomy, will host sundial designer Roger Bailey Wednesday, Aug. 15 to help raise funds and awareness of their project.

Bailey is a retired engineer and secretary of the North American Sundial Society. He also serves as principal of Walking Shadow Designs and recently installed a replica of the Ottoman Sundial, which was built in 1480 in Istanbul at the Missouri Botanical Gardens in St. Louis.

"Timekeepers like Ibn al-Shatir in the major mosques like Damascus and Cairo were learned astronomers and mathematicians as well as skilled craftsmen," Bailey said. "They defined the science and created the instruments to measure time based on a new appreciation of the universe. All this was in addition to their roles as timekeepers, ensuring Muslims prayed at the times directed by Muhammad and towards Mecca."

BAILEY SAID the al-Shatir sundial represented many firsts in the field of sundials. It was the first with a polar gnomon, the part that casts the shadow, which was directed due north. It was also the first sundial to not change the hours through the progression of seasons, as others would change with the times of year.

"Day and night were broken up into 12 hours each, which meant that in the summer the hours were longer, and in the win-

ter they were shorter," Bailey said. "But this sundial showed hours of an equal length. It also showed all five Muslim prayer times, some directly from shadows and shadow lengths, but also indirectly for those before sunrise and after sunset by reference lines."

Bailey's talk will be about the design, the challenges that he will undertake by replicating it, and its place in the scientific advancement in the Islamic world during the 13th and 14th centuries.

"It marks a huge technological change and advance in science, mathematics, astronomy and culture in the Islamic world. We're used to seeing things from the Western point of view, but back then they were way ahead of us," he said. "This sundial is a complex instrument that demonstrates what they knew about the order of the universe and when they knew it, in 1371, just as the Dark Ages were brightening in Europe."

Jacque Olin of the Analemma Society said this will be the second sundial in the Sun-

dial Garden at Observatory Park. The Jamestown Commemorative Sundial was installed in 2007 to mark the 400th anniversary of the founding of Jamestown.

The society will also use the reception to speak about their future goals.

"At the reception Supervisor John Foust [(D-Dranesville)] and Analemma Society members will discuss plans for the roll-top observatory building which will be ready for use by 2013 and other plans for Observatory Park that are included in the Fairfax County Park Authority conceptual development plan for Turner Farm that will move forward in the coming years," she said.

THE TALK will be at 3 p.m. at the Great Falls Library, 9830 Georgetown Pike, and it is free and open to the public. The reception will be from 5 to 8 p.m. at Dante's Ristoranti, 1148 Walker Road in Great Falls.

Reservations for the reception can be made by emailing Dr. Jeffery Kretsch at jkretsch@verizon.net, and more information about the Analemma Society can be found at www.analemma.org.

Residents Discuss Helicopter Noise

Aviation officials discuss details of local helicopter routes.

BY ALEX McVEIGH
THE CONNECTION

As a resident of McLean Hamlet, located just west of the Beltway and Tysons Corner, Behram Shroff is used to the sounds of traffic on the streets. But the traffic above the neighborhood's head, specifically helicopter flights, is another issue.

He estimates eight to ten flights over the neighborhood per day, each one quite noticeable to the point of rattling windows and even lost internet connections.

"What we are looking for is a much more restrictive time period for flights and to have them come in at a higher altitude," he said.

SEE HELICOPTER, PAGE 5



PHOTO BY ALEX McVEIGH/THE CONNECTION

Local aviation officials discuss helicopter noise with McLean residents at the McLean Community Center Thursday, July 26.

Helicopter Noise Discussed

FROM PAGE 4

"Our observation has been that the flyovers of McLean Hamlet and Tysons Corner have been a steady, everyday pattern."

McLean residents met with local officials and aviation professionals Thursday, July 26 at the McLean Community Center, to get information and work toward solutions for the helicopter noise problem.

Three helicopter routes affect McLean, one that goes along the Potomac River, one over the Beltway and one over Leesburg Pike. Routes are segregated from fixed wing altitudes, and Bob Laser of Washington National Airport says that the zones for local routes call for an altitude of about 1,300 feet.

"There has not been an increase in the tempo of operations for helicopters in the National Capital Area," said Bob Laser of Washington National Airport, despite claims from many residents that the flights have increased over the last few years.

Many residents complained of flights they heard at 2 or 3 a.m. Laser said those would only be specific flights (such as transporting the president) or Medevac choppers. He said there are no flights that do not have a specific objective, maintenance and operation costs prohibit any additional use. He also said that any pilots flying within seven miles of the city's airspace are credentialed by multiple local and federal agencies.

"We encourage all of our pilots to use the maximum altitude that's available to them," he said. "And I guarantee you, myself and the others in this room will bring this up to our operators, to make sure they're aware."

Laser admitted that most flights would not be able to be changed, especially those that are defense-related missions around local facilities.

Paul Schaaf, chief pilot for the Fairfax County Police Department, says their flights sometimes go a little lower, but also have restrictions.

"Our operations are restricted by [standard operating procedure] to 800 feet above ground level and we're very particular about that," he said. "At night, 500 feet is our absolute, bottom, never-go-below-that altitude. The only time I believe anything goes down to a couple hundred feet is when they spray for gypsy moths."

State Sen. Barbara Favola (D-31), Del. Barbara Comstock (R-34) and Supervisor John Foust (D-Dranesville) said they would be in contact with the Federal Aviation Administration and other aviation agencies about setting up a "noise portal." The portals have served other communities in close proximity to airports or aircraft routes, and provide a phone number and other information for residents to report what they feel are flights that are flying too low or at wrong hours.

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OPINION

Readers Respond on TJ Admissions

“Stop making smart 8th graders feel inferior because they are not admitted.”

Readers responded to last week's editorial, which cited a civil rights complaint about the apparent lack of access to gifted and talented programs and admission to Thomas Jefferson High School for Science and Technology.

The larger impact of the disparities is evident in the demographics of the students who qualify for gifted and talented services at a certain level in elementary school, which affects more than 12,000 students. By comparison, the incoming class at Thomas Jefferson is 480 students.

From the complaint:

“Being ‘identified’ as eligible for Level 4 services is no easy task for Black or Latino students in Fairfax County. Data specifically broken down for elementary and middle school was not readily available. However, overall K-8 data is striking. Among the 12,044 elementary and middle school students identified last year as eligible for Level IV GT services by FCPS last year, substantial racial and ethnic disparities are evident.”

Hispanic students make up 6.2 percent of those identified as gifted but 22 percent of students overall. Black students make up just 3.8 percent of those identified but nearly 10 percent of students overall.

The complaint was filed by Martina Hone, former school board member and founder of the Coalition of the Silence, and Charisse Espy Glassman, education chair of the Fairfax NAACP.

HERE ARE some excerpts from reader comments:

“The [editorial] was incomplete ... as it failed to address the relatively much larger issue of white students admission to Thomas Jefferson, which your article states as 26 percent of the class of 2016, which is versus a Fairfax County school system white student population of about 45 percent.”

LETTERS TO THE EDITOR

Another Look At TJ

To the Editor:

TJ is not working.

Those who are in private school can stay there. Those in public school understand that Fairfax County has incredible local public high schools.

Many of those who get rejected from TJ need to know that they could have done as well or better there as those who are at TJ and apparently (as to some) cannot even do the math at TJ.

I think it ironic that the Caucasians who complained ten years ago that TJ was admitting too many minorities now see a TJ where Asians are now the majority.

Brad Brewster, Fairfax Station

“[Poor students are] not innately less talented, however they don't reach their full potential ... This should come as no surprise considering their home environment includes overworked parents that have ‘no time’ to micromanage a student, and no resources to hire a tutor. The stereotypical Asian ‘Tiger Mom’ is not just a stereotype, in my experience ... The persistent encouragement for success from such a parent is likely behind the large Asian representation at TJ. Having tu-

nderrepresented Asians (families from Vietnam and the Philippines). But long ago, TJ decided that racial and ethnic diversity could not be pursued ... Many want TJ, not because they are interested in science and math, but because TJ is a safest way to be admitted to UVA. Make every school in Fairfax County as incredible as TJ is. Clearly many, such as those in our area, McLean and Langley, are already there. Provide access to advanced courses at George Mason for those who need special acceleration. And stop making smart 8th graders feel inferior because they are not admitted.”

Eddie Eitches, McLean

Demographics

	White	Asian	Hispanic	Black
Fairfax County	62.7	17.6	15.6	9.2
FCPS	44	20	22	10
TJ	26.2	64.2	2.7	1.4
Gifted and Talented	51.3	32.4	6.2	3.8

tored a disadvantaged Hispanic student for the first time last year I noted he had access to cable TV and both the latest Xbox and Playstation gaming systems (all the distractions of a wealthier student) but lacked the encouragement from his mother (a single parent household) to reach academic excellence. This was an unfortunate combination.”

Daniel Bronson, Arlington

“This is a culture contest pure and simple. One culture puts study and commitment to educational goals at the top of life's responsibilities and diversions. The others, not nearly so much. Change the cultures if you can.”

William Smith, Fairfax

“There are sufficient talented African Americans in the jurisdiction to make up at least 10 percent of TJ, their percentage of the overall population. And this is true for Latinos and

DEMOGRAPHICS:

Whites make up 62.7 percent of Fairfax County population, 44 percent of students in Fairfax County Public Schools, 51.3 percent of elementary and middle school students who qualify for specific gifted services in FCPS and 26.2 percent of the incoming class at Thomas Jefferson.

Asians make up about 18 percent of the overall Fairfax County population, 20 percent of students in Fairfax County Public Schools, 34 percent of elementary and middle school students who qualify for higher level gifted services in FCPS and 64 percent of the incoming class at Thomas Jefferson.

Hispanics make up about 16 percent of the overall Fairfax County population, 22 percent of students in Fairfax County Public Schools, 6 percent of elementary and middle school students who qualify for specific gifted services in FCPS and 3.8 percent of the incoming class at Thomas Jefferson.

Blacks make up 9.2 percent of the Fairfax County population overall, 10 percent of the students in Fairfax County Public Schools, 3.8 percent of the students who qualify for specific gifted services in FCPS and 1.4 percent of the incoming class at Thomas Jefferson.

and shut down TJ. Many want TJ, not because they are interested in science and math, but because TJ is a safest way to be admitted to UVA.

Yes, we could have a social science, humanities, and English version of TJ. But that idea was proposed many years ago and was apparently rejected.

Make every school in Fairfax County as incredible as TJ is. Clearly many, such as those in our area, McLean and Langley, are already there. Provide access to advanced courses at George Mason for those who need special acceleration. And stop making smart 8th graders feel inferior because they are not admitted.

Eddie Eitches
McLean

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News

Public Interest Vs. Absolute Discretion

FROM PAGE 3

agencies are questioned, police chiefs and prosecutors object. A good example of this is the 2010 bill introduced by state Sen. John Edwards (D-21), which would have opened access to documents in cases that are closed.

"Once a case is closed, there's no legitimate policy reason to keep it from the public," said Edwards, who took an interest in the issue when he couldn't get documents in the 2007 Virginia Tech massacre.

So far, that bill has yet to gain any traction. A subcommittee of the Freedom of Information Advi-

sory Council has considered the bill a few times, although its members have not taken any action to recommend any action of the General Assembly. But that doesn't


mean that the lingering questions about officer involved shootings haven't made an impact on elected leaders.

"In my opinion, officer-involved shootings are in a different category," said Del. David Albo (R-42), adding that he would support legislation that provides more transparency for these documents.

"This is an area where the public has a right to know what happened."

"Given the county's record, many lawyers were hesitant or reluctant to pick up the case."

— Brook Besha, father of a teenager who was killed by Fairfax County police officers



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Director A. Scott Wood conducts the Amadeus Orchestra.

PHOTOS BY KARL PITTELKAU/ AMADEUS CONCERTS

No Monocle Required

The All-Star musicians of Amadeus Concerts strive to make classical music accessible to everyone.

BY ERIN HODGE
THE CONNECTION

Everyone listens to the radio, occasionally spinning the dial and losing himself in it. Music can excite, comfort, agitate, and calm. Those who play an instrument can pick out different chords and notes, and appreciate the skill of each individual sound. Those who sing recognize pitches and octaves. The rest of us, however, are left to decipher the sounds without any guide. But though every one of us hears music in a different way, we all appreciate beauty when we hear it. Pop, rock, alternative, country—it doesn't matter. Somewhere in the back of our minds, we recognize classical too, though perhaps a little more vaguely.

"Classical has a bad reputation as being almost elitist," says Amadeus Concerts' Artistic Director, A. Scott Wood. "We try to make it accessible—relating our music to other music people know." It's an admirable goal, teaching people that a person need not know what a concerto is to enjoy its sound.

Amadeus Concerts has been achieving this goal for nearly 32 years, expanding its audience and increasing the number of concerts they provide every year. In particular, the orchestra emerging as a centerpiece, offering everything from opera titles to string quartets and jazz events. And all of these are brought into local venues: churches and community centers.

"We bring the orchestra into this great space in your neighborhood so you can have a great concert without going all the way down to the Kennedy Center," says Wood, introducing another meaning to the word "accessible."



The Amadeus Concerts Orchestra stands to be recognized after a concert.

"A lot of people would be surprised at how great the acoustics at just local venues really are," says Carol Cummings, president of Amadeus Concerts, citing St. Francis Episcopal Church as an example. But what about the schools?

"We actually take the orchestra into elementary and middle schools as part of our outreach program 'Side By Side,'" says Cummings. "The professionals rehearse the students' pieces with them, and give a performance. The teachers and students love it almost as much as we do."

"A lot of people would be surprised at how great the acoustics at just local venues really are."

— Carol Cummings, president of Amadeus Concerts

feature an all-star cast of collaborations with organizations from the Washington Symphonic Brass to the Reston Chorale and Calidore String Quartet, among many others.

Amadeus is a program that appreciates music in all its potential. In the words of Carol Cummings: "It's hard to resist a great combination of wonderful music and wonderful people."

ENTERTAINMENT

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

WEDNESDAY/AUG. 1

George Thorogood & The Destroyers. 7:30 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. \$25-\$42. www.wolftrap.org.

Wine Tasting. 5:30-8:30 p.m. Wine Bar & Lounge at Entyse, Ritz Carlton 1700 Tyson's Boulevard, McLean. Sample Sommelier Vincent Feraud's wines. 703-506-4300.

THURSDAY/AUG. 2

The Temptations and The Four Tops. 8 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. \$22-\$38. www.wolftrap.org.

Sushi. 5:30-8:30 p.m. Wine Bar & Lounge at Entyse, Ritz Carlton 1700 Tyson's Boulevard, McLean. Watch as expert chef creates sushi. 703-506-4300.

Okee Dokee Brothers. 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. Bluegrass melodies. \$8-\$10 at 1-877-WOLFTRAP or www.wolftrap.org/TITW.

FRIDAY/AUG. 3

"Footloose," the Musical. 7:30 p.m. Vienna Community Center, 120 Cherry St., S.E., Vienna. 703-255-6360.

An Evening with Idina Menzel. 8:15 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. Idina Menzel returns alongside the National Symphony Orchestra. \$20-\$55. www.wolftrap.org.

Pushcart Players: Happily Ever After... A Cinderella Tale. 10:30 a.m. Filene Center, 1551 Trap Road,

Vienna. Featuring music by composer Larry Hochman. \$8-\$10 at 1-877-WOLFTRAP or www.wolftrap.org/TITW.

Wolf Trap Opera Company: The Rake's Progress. 8 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. Preshow talk one hour before performance. www.wolftrap.org.

The Christopher Linman Jazz Ensemble. 8:30 p.m.- 12 a.m. Wine Bar & Lounge at Entyse, Ritz Carlton 1700 Tyson's Boulevard, McLean. Enjoy food, wine and jazz. 703-506-4300.

Meiko + Buddy. 7 p.m. Jammin' Java, 227 Maple Avenue E., Vienna. tickets@jamminjava.com.

SATURDAY/AUG. 4

"West Side Story." 8:30 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. \$20-\$52. www.wolftrap.org.

"Footloose," the Musical. 7:30 p.m. Vienna Community Center, 120 Cherry St., S.E., Vienna. 703-255-6360.

Pushcart Players: Happily Ever After... A Cinderella Tale. 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. Featuring music by composer Larry Hochman. \$8-\$10 at 1-877-WOLFTRAP or www.wolftrap.org/TITW.

Social Ballroom Dance. 7 p.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. First Saturday every month. 703-759-2685 or www.colvinrun.org.

Children's Shows: Secret Agent 23 Skiddo. 10:30 a.m. and 12:30 p.m.

Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

SUNDAY/AUG. 5

Golden Dragon Acrobats from China. 2 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. Acrobatics, dance, ancient and contemporary music, and theatrical techniques. \$15-\$38. www.wolftrap.org.

Wolf Trap Opera Company: The Rake's Progress. 3 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. Preshow talk one hour before performance. www.wolftrap.org.

Lost Dog & Cat Rescue Adoption Event. 1-4 p.m. PetSmart, 8204 Leesburg Pike, Tysons Corner. Adoption events every Sunday. <http://lostdogrescue.org/> and click on Adoptions.

MONDAY/AUG. 6

The Dukes of September Rhythm Revue 2012. 8 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. \$42 in-house, \$25 lawn. 703-255-1868 or www.wolftrap.org.

TUESDAY/AUG. 7

Gipsy Kings. 8 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. \$42 in-house, \$25 lawn. 703-255-1868 or www.wolftrap.org.

Dance Every Tuesday. 7:15 p.m. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. Introductory

dance lesson 7:15 p.m., dancing 8-10:30 p.m. Swing, Latin, waltz, country and more. \$10 per person, includes lesson and snacks. No partner necessary. colvinrun.org. or Ed.Cottrell@macp.org.

Before the People Came. 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. A combination of poetry and dance accompanied by a blend of jazz, blues, pop, and African rhythms. \$8-\$10 at 1-877-WOLFTRAP or www.wolftrap.org/TITW.

WEDNESDAY/AUG. 8

Wine Tasting. 5:30-8:30 p.m. Wine Bar & Lounge at Entyse, Ritz Carlton 1700 Tyson's Boulevard, McLean. Sample Sommelier Vincent Feraud's selected wines. 703-506-4300.

Gipsy Kings. 8 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. \$42 in-house, \$25 lawn. 703-255-1868 or www.wolftrap.org.

Before the People Came. 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. A combination of poetry and dance accompanied by a blend of jazz, blues, pop, and African rhythms. \$8-\$10 at 1-877-WOLFTRAP or www.wolftrap.org/TITW.

THURSDAY/AUG. 9

IL DIVO. 8 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. \$50-\$55 in-house, \$30 lawn. (703) 255-1868 or www.wolftrap.org.

Sushi. 5:30-8:30 p.m. Wine Bar & Lounge at Entyse, Ritz Carlton 1700 Tyson's Boulevard, McLean. Watch as expert chef creates sushi and enjoy drinks. 703-506-4300.

A Pathway for Today's Heroine

McLean's Alianna Maren celebrates one year of 'Unveiling: The Inner Journey.'

BY LORI BAKER
THE CONNECTION

Last week, McLean author, Alianna Maren's living room was filled with fascinating women. There were old friends, and new friends, several of whom edited or contributed to her recent book, "Unveiling: The Inner Journey."

The women gathered in her home, on a wooded and peaceful neck of McLean, to celebrate one year of the book's publishing. Each guest had a unique background, and a special reason for being there. Among them were authors, dancers, a women's organizational consultant and life coach, and a spiritual teacher, just to name a few. Each had an opinion of the book's message, and each articulated the need for such a book in today's world.

GROWING UP, Maren was drawn to martial arts as a path toward what she had not yet identified as the heroine's quest. Though she studied martial arts for years, it

was not long before she realized that martial arts, in many ways, is a more masculine pathway; more of a hero's journey. Feeling that something was still missing, she was finally introduced to middle-eastern dance, often called belly dancing. The ancient dance form spoke to her, and pointed her toward the heroine's pathway that she was seeking.

"What Alianna is putting out there is current," said friend and book contributor, Kim Murray. "It's also ancient. The message is what was encouraged for males, but not necessarily encouraged for females. If parents and society planted the seeds for little girls to know that they are going to have very unique journeys that are not always going to be easy, they would be better prepared to embrace those journeys. To not be afraid, not run away or find somebody to save them."

Maren's book, heavy with research findings, references four archetypes identified by authors, Dr. Toni Grant, and Antonia Wolff. They are the Amazon, the Mother, the Courtesan, and the Madonna.



PHOTO BY LORI BAKER/THE CONNECTION

Kim Murray, Alianna Maren (standing), and Katherine Hanna discuss some of the challenges facing women today. Hanna was the primary editor, and contributed to the book.

Women typically play each of these roles at some time in their lives. The Amazon, for instance, embraces challenge to reach goals, pursues independence, and "fights fiercely on behalf of those who need our assistance."

"Largely we can all claim some amazon strengths," Maren said. "We all know our nurturing role. We just can't escape our own biology. And part of our growth is to claim our spiritual aspect, our prayerful selves and our playful selves."

THAT WHOLE IDEA of being a courtesan, now translates from being something for men, into finding pleasure and play for our own

happiness and health."

Clinical psychologist and author, Nicole Cutts, called Maren's book very intimate. "Like Alianna was talking to me. I could hear her voice. It made it fun and easy to read. But you could tell how much research went into it. I really was impressed by that."

Maren hopes that after reading the book, readers will start listening to and prioritizing themselves. As for her future plans, she hinted that there might be another book in the works. In the meantime, she invites readers to visit her blog, theunveilingjourney.blogspot.com, or her website www.theunveilingjourney.com.

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WELLBEING

Taking Care of One's Teeth

American Dental Association says many Americans don't know basic oral care.

BY MARILYN CAMPBELL
THE CONNECTION

Here's a pop quiz: How often should a person replace their toothbrush? "Once a year," said Terrie Andrews of McLean.

When should a parent schedule a child's first dental appointment? "Just after their 6th birthday," said Julie Mahon, an Alexandria mother of 2-year-old twins.

Both answers are incorrect, but consistent with the findings of a new survey by the American Dental Association, which tested the average person's knowledge of oral health care. On average, Americans did not know the answers to questions ranging from how often to brush to what causes cavities.

THE SURVEY is part of an initiative, launched this summer, aimed at educating the public about maintaining healthy teeth. Dental care experts say prevention, care and treatment information are key to fighting gum disease and keeping teeth healthy. "Good dental health is important, as we are living longer and we need to make the one set of teeth we get last a lifetime," said Dr. Matthew Messina, ADA consumer advisor.

In fact, toothbrushes should be replaced every three months or as soon as the bristles become frayed or worn. The ADA also recommends brushing one's teeth twice per day and says a child's first dental visit should take place no later than six months after the first tooth appears.

More than 80 percent of those surveyed believe sugar causes cavities. They're actually caused by acid that forms when germs in the mouth feed on sugar. The acid attacks and weakens the tooth enamel, allowing a cavity to form.

The survey showed that many believe gums that bleed after brushing is normal, but experts say such bleeding could be a sign of early gum disease. "Periodontal disease is a slowly progressing disease where the early warning signs are subtle. There is seldom any pain until the disease is very advanced. Redness and puffiness in the gums around the teeth are something to watch for. Bleeding of the gums when someone brushes or flosses is not normal and should be evaluated. Eventually, pain and swelling from gum infections will occur, but the damage is advanced by that point," said Messina.

Diet plays a role in healthy teeth, as well. "Don't underestimate the role of nutrition and the role that food choices play in preventing gum disease and maintaining healthy teeth. The presence of too much or too little of any nutrient can have harmful effects, particularly on the mouth and teeth, and may contribute to oral diseases and infection," said Dr. Raymond K. Martin, spokesman for the Academy of General Dentistry. "Your teeth and jaws are made mostly of calcium. Without enough calcium in your diet, you risk of developing gum disease and tooth



Dr. Matthew Messina of the American Medical Association says prevention, care and treatment information are key to fighting gum disease and keeping teeth healthy.

"Good dental health is important, as we are living longer and we need to make the one set of teeth we get last a lifetime."

— Dr. Matthew Messina

decay. Iron deficiency can cause your tongue to become inflamed, and sores can form inside your mouth." Martin added that a lack of vitamin B3 can cause bad breath and canker sores.

SELECTING THE BEST DENTIST FOR A CHILD

Choosing the right dentist for one's child is one of the most important decisions that a parent will make. What should a parent consider when choosing a pediatric dentist? The American Academy of Pediatric Dentistry offers a few suggestions:

- ❖ Does the dentist have special training or interest in treating children?
- ❖ Is the dental office set up for children? For example, does it offer toys, books, games or child-sized furniture?
- ❖ How does the dental office manage emergencies?
- ❖ Is the office conveniently located to your home or child's school?
- ❖ Does the practice accept your dental benefit plan?
- ❖ Is the dentist a member of the American Dental Association and the American Academy of Pediatric Dentistry?

DENTISTRY ON THE EDGE: THE LATEST TECHNOLOGY IN COSMETIC DENTISTRY

While a toothbrush and floss are considered the keys to a beautiful smile, cosmetic dentists have new tools in the quest for perfect teeth. The American Academy of Cosmetic Dentistry (AACD) says a few technological advancements are increasing safety, efficiency and patient comfort during dental procedures. Topping the list:

- ❖ Computer-Aided Dentistry-Computer-Aided Manufacturing: Dental restorations like porcelain crowns can now be made faster and without the mess of traditional, goop-filled rubber molds used to make impressions of one's teeth. The new procedure uses 3-D scans and computer software to create perfect restorations.
- ❖ iPad and Smartphone Applications: Tasks ranging from managing dental records to displaying x-rays are now made easier with a few new iPad and smart phone applications. One such application is the Smile Touch Guide, created by AACD dentist David Traub, DDS. Used for virtually any cosmetic procedure, dentists and patients can work together to decide on the correct shape and length of the teeth. The patient can see what the full set of teeth will look like and make changes.
- ❖ Digital X-Rays: With digital x-rays, cosmetic dentists can reduce the amount of radiation patients are exposed to with standard x-rays by as much as 90 percent. The dentist places a small camera into the patient's mouth and takes a picture. An image appears on a computer screen almost immediately. Cosmetic dentists say digital x-ray pictures are clearer than those taken with standard machines.
- ❖ Botox: Cosmetic dentists are now using Botox and dermal filler treatments to treat problems like temporomandibular joint (TMJ) disorders.

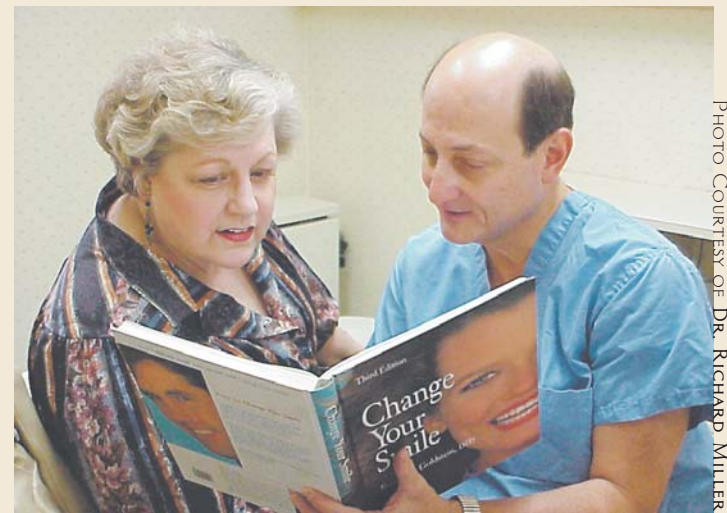


PHOTO COURTESY OF DR. RICHARD MILLER

Halitosis specialist Dr. Richard Miller counsels a patient on oral health care. Experts say mouthwash often provides only a temporary solution for bad breath.

Beating Bad Breath

Dental experts offer solutions for chronic halitosis.

BY MARILYN CAMPBELL
THE CONNECTION

When Amanda Welch's boyfriend asked her to marry him last spring, she accepted his proposal on one condition: that he find a cure for his bad breath.

"I just couldn't live with the smell," said the Arlington resident. "It was horrible. I told him he had to do something."

Foul breath, also known as halitosis, can affect a person socially and professionally. "I have heard many stories about bad breath ruining people's lives: business executives losing their jobs, young people whose dating lives were ruined, and even a few engagements and one marriage that were broken off," said McLean resident and halitosis specialist Richard A. Miller, DDS. He is also the author of "Beating Bad Breath."

Halitosis can be triggered by everything from poor oral hygiene to smoking to diabetes to kidney failure. "Typically, bad breath originates in your gums and tongue. It is caused by waste from bacteria in the mouth, decayed food particles [or] other debris in your mouth, and bad oral hygiene," said Dr. Raymond K. Martin, spokesman for the Academy of General Dentistry. "The decay and debris produce a chemical compound that causes the unpleasant odor. Even stress, dieting, snoring, age and hormonal changes can have an effect on your breath. Dry mouth and

tobacco also contribute to the problem."

Mouthwash, experts said, often only provides a temporary solution. Martin recommended cleaning one's tongue with a toothbrush or tongue scraper, increasing water intake and chomping on sugar-free gums that contain xylitol, a sugar substitute. He also advised those who wear dentures, mouth guards or retainers to clean the devices thoroughly between uses.

Bad breath treatment centers offer hope to those with super-sized malodorous dilemmas. During the initial session, which typically lasts about an hour and a half, patients get a diagnosis of the culprit behind the offensive fumes. "We have a halimeter that monitors the amount of sulfite in the breath that causes odor. This gives an idea of the severity of the problem," said Miller, who runs the Fresh Breath Clinic in Falls Church. "We check for bleeding under the gums and look for everything that can possibly contribute like stones in the back of the throat or anything going down the sinuses."

After the diagnosis, patients get a treatment plan. Services don't come cheap, however. An initial office visit starts at \$350 and increases according to the severity of the problem. Most insurance plans don't cover services for halitosis.

Still those who've cleared the air say finding a solution is worth every penny.

"We're getting married, so it was worth it to us," said Welch.

WELLBEING

Getting a Body Like an Olympian

Local fitness gurus offer gold medal advice for achieving a toned, muscular body.

BY MARILYN CAMPBELL
THE CONNECTION

Muscular legs, toned abs and buffed biceps are hard to miss in London this week, but is it possible for the average sports fan to achieve a body like an Olympian? Local fitness experts say "maybe."

"It depends on your genetic make-up and how easily you build muscles," said Michelle Walters-Edwards, chair of Marymount University's Department of Health and Human Performance and an associate professor of exercise and health sciences at the Arlington campus. "It is possible for everybody to change physically and define they way they look, but that doesn't mean that we can all look like Michael Phelps."

Olympic-level fitness often requires resources that are not always available to the average fitness enthusiast. "Often people

don't have the money to join a gym or take a yoga class," said Andrew Mead of the National Association for Sport and Physical Education (NASPE) in Reston. "Other people say they don't have the time."

According to experts, the first step on the road to a lean, muscular body is deciding on a goal, whether it is to tone muscle, lose weight or increase endurance.

"To get muscle definition, you have to change what is on top of the muscle," said Walters-Edwards. "Having less fat around the muscles gives it a better definition. You have to change your body fat composition or reduce the body fat that you have in order to show good definition of the muscles. You want to look at your body fat composition, reduce fat and build lean muscles. That combination in the long-term is what is

SEE START, PAGE 13

INSIDER'S EDITION Community & Newcomers Guide

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THE CONNECTION
NEWSPAPERS

ACKERMAN AND ASSOCIATES DENTAL PRACTICE

Dr. Donna Greco

D.M.D.
Family Dentistry



Dr. Donna Greco completed her undergraduate studies in fine art, and after a brief professional career as a graphic artist, she returned to dental school and earned her Doctorate of Medicinal Dentistry from the University of Kentucky in 2002.

As a dental student, she was selected as one of only three dental students to ever complete the year-long clinical research training program at NIH in Bethesda, Maryland, studying head and neck development. After graduation, she returned to the D.C. area

and eventually settled in Loudoun County, where she resides with her husband, Craig, and their daughter. Dr. Greco participates in extensive continuing education and training in all aspects of her profession, including her particular areas of interest which are esthetic and cosmetic dentistry, orthodontics and dentofacial orthopedics, dentistry for children and TMJ disorders.

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 - * American Dental Association
 - * Virginia Dental Association
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PHOTOS BY MIKE COMER/PROSWIM VISUALS

Great Falls native Kate Ziegler, seen at the U.S. Olympic Trials, will compete in her second Olympic games when she swims in the 800-meter freestyle on Thursday, Aug. 2.

Ziegler's Second Olympics

Great Falls native Kate Ziegler to compete in London.

Great Falls native and Bishop O'Connell High School graduate Kate Ziegler will swim in her second Olympic games on Thursday, Aug. 2, when she competes in heat five of the 800-meter freestyle in London.

Ziegler, 24, will swim in lane five of the heat, competing with Canada's Savannah King, Spain's Erika Villaecija Garcia, China's Yiwen Shao, Great Britain's Rebecca Adlington, New Zealand's Lauren Boyle, Australia's Jess Ashwood and Argentina's Cecilia Biagioli.

Fellow American and Bethesda, Md., native Katie Ledecky, 15, will swim in heat three. The top eight finishers will compete in the finals on Aug. 3.

Ziegler competed in the 2008 Olympics in Beijing, finishing 10th in the 800 and 14th in the 400. She won gold medals at the 2005 (1500 free, 800 free) and 2007 world championships (1500 free, 800 free), along with a silver (1500 free) and bronze (800 free) at the 2011 world championships.

In 2005, Ziegler first broke Sippy Woodhead's 25-year-old American record in the 800 freestyle during the FINA World Cup. At the time, Woodhead's record was the oldest American mark in the record book. In 2007, Ziegler broke Janet Evans' world record in the 1500 freestyle. Evans' record was the longest standing swimming world record.



Bishop O'Connell graduate Kate Ziegler is seen at the U.S. Olympic trials in Omaha.

Ziegler, who stands 6 feet, was born in Fairfax and graduated from Arlington's Bishop O'Connell High School in 2006. She trains in Great Falls with her club team, The Fish, and coach Ray Benecki. She attends Chapman University in Orange, Calif.

record was the longest standing swimming world record.



Supporting Troops First

Josh Marr, Hidden Creek Country Club's golf pro, played 16 hours of golf on Monday, July 23 to raise funds for Troops First, a foundation that aids in the rehabilitation of combat wounded soldiers. In total, Marr played 270 holes or 15 rounds of golf. He shot an average of 73 per round with an average time of 1 hour and 10 minutes per round. Once all the pledges are in, Marr believes he will have raised \$14,500. On Aug. 4, Hidden Creek will host the Foster Cup and raise funds through that event, also for Troops First.

SPORTS ROUNUPS

Adult Softball Teams Wanted

Fairfax Adult Softball is accepting applications for adult softball teams. Men, women, coed, social coed, corporate coed and senior (age 50 and older) leagues are available. Applications are accessible via the FAS Web site at www.playsoftballnow.com. Sign up before Aug. 3 to ensure a spot.

Don't have a team yet? FAS will place you on a team. Visit the FAS website and register as an individual free agent.

For further information, call 703-815-

9007 or email
office@fairfaxadultsoftball.com.

Fuller is Lee HS Girls' Soccer Coach

John Fuller has been named the varsity girls' soccer coach at Robert E. Lee High School.

Fuller was the Lee JV coach last season and has been the JV girls' soccer coach at Connelly School of the Holy Child in Potomac, Md., for the last 10 years. He coached U16 girls' soccer for eight years with travel teams in Virginia and Florida,

winning regional titles and finishing second at the Walt Disney tournament in Orlando.

Fuller is the chief diversity educator for the U.S. Department of Veterans Affairs in Washington, D.C., and is a former director of diversity for Johns Hopkins Hospital. He is a retired U.S. Army major and former U.S. Marine Corps sergeant with 26 years of military service.

Fuller graduated with a Doctor of Education degree from California Coast University, has an MS in business ethics and an MS in community leadership from Duquesne University, and an MA in education from Vermont College. He completed his undergraduate studies at Indiana University.

Tryouts for 14U Raiders Elite Softball

The 14U Raiders Elite girls' select fastpitch softball team (Vienna) will be holding tryouts for the 2012-13 season at Meadow Lane Field (off Plum St. and Courthouse Rd.) from 6-8 p.m. on Wednesday, Aug. 8, from 10 a.m.-noon on Saturday, Aug. 11, from 6-8 p.m. on Wednesday, Aug. 15 and from 3-5 p.m. on Sunday, Aug. 19.

The team is looking for one seasoned tournament pitcher and two or three strong hitters/fielders with travel experience. For more information, visit viennaraiders.org.

Start With Attainable Goals, Fitness Experts Say

FROM PAGE 11

going to make muscles look more defined.” Walters-Edwards recommended enlisting the help of a fitness professional to calculate one’s body mass index (BMI).

Noshing on the right types of food can be more effective at achieving a lean physique than simply counting calories. “Stay away from highly-processed foods and starchy carbohydrates like white rice, white pasta, potatoes and white bread,” said Walters-Edwards. “They can lead to large surges in the blood sugar when you’ve eaten them and that can make you hungry. Whole grains are great.”

FOR THOSE WHO might not yet be in shape, experts said to start with small, attainable goals. “Make what ever you do fun and consistent,” said Brenda Loube of the National Association of Health and Fitness and Corporate Fitness. “Just get moving.”

Fitness plans must be consistent and include both aerobic exercise and strength training: “You have to work out at an intensity where you feel breathless, but you’re not gasping for breath,” said Walters-Edwards. “You have to be able to maintain that intensity for 30 minutes (ideally 60 as you build your endurance) for a minimum of three to five days a week.”



Students at the Potomac Tennis Club work to tone and tighten their muscles. Fitness experts say that while it is possible to change one’s body, not everyone can look like an Olympic athlete.

Adding muscle through strength training can boost one’s metabolism. “To add muscle, you want to lift three sets of eight to ten repetitions with a rest in between each set, for all big muscle groups in the body,” said Walters-Edwards. “You have to work at an

intensity that is hard enough to make your body change.”

Experts agreed that it’s important to become informed about resources that aid in reaching fitness goals. “People are in need of support in terms of gaining knowledge



PHOTO COURTESY OF MARYMOUNT UNIVERSITY

Marymount University Professor Michelle Walters-Edwards suggests enlisting the help of a fitness professional to calculate one’s body mass index (BMI).

and access to fitness,” said Mead. “There is support to help.” Mead and other experts recommended seeking help from online health and fitness tools such as www.myfitnesspal.com, www.dailyfitnesscenter.com/ and <http://www.aahperd.org/naspe/>.

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Shakespeare at Madeira

Traveling Players Ensemble presents 'As You Like It.'

After two weeks of touring throughout Virginia, the Traveling Players Ensemble returns home to perform Shakespeare's "As You Like It" at the Madeira School.

In Shakespeare's delightful comedy, the characters venture into the woods - and return transformed. Faithful cousins and vengeful siblings, city clowns and country clowns, wooing lessons and wrestling matches, poetic trees and prosaic sheep, men, women and women disguised as men: all tell this tale of how we find true love (and our true selves) in nature.

The play features the talents of Chris Baughman (Great Falls), Kaziah Brachfeld (Washington, D.C.), Maresca Brand (Arlington), Allegra Caldera (Bethesda, Md.), Olivia Delaplaine (Bethesda, Md.), Amy Elfin (Bethesda, Md.), Ryan Patrick Fields (Falls Church), Noah Franklin (Bethesda, Md.), Grace Housman (Falls Church), Jeremy Pryzby (Reston), Morgan Shotwell (Arlington), Justin Smilan (Rochester, Mass.), Emma Rose Weaver (Arlington) and Maya Chapman Wong (London, Ontario).

Starting off the evening, the camp's youngest group, the Greek Myths Ensemble, will present its short original play, Pandora's Jar, directed by the D.C.-area theatre teacher Judy White and based on Greek mythology.

Greeting Preschoolers for 40 Years

Each weekday morning for the last 40 years, Gloria Turner has greeted bleary-eyed children, ages 2 to 5, and their parents who are hesitant to leave but watchful of the clock that's calling them to their offices.

Turner helps parents to separate and go off to work, reassuring them that their child will be fine. Then she calmly directs each child to an inviting area of her preschool classroom with colorful blocks, dress-up clothes, picture books or puzzles where they begin their day learning through play, inside and outdoors.

So far, more than 1,000 children have been lucky enough to spend their days and formative years as Turner's student at the Falls Church-McLean Children's Center. Under her guidance, they've mastered essential preschool skills such as zipping up their coat, tying their shoes, and even putting away toys after they've played. In the last two decades as academic expectations have shifted to younger ages, Turner has incorporated many more

cognitive-oriented discovery activities

The event also doubles as a fundraising event for Traveling Players, with a silent auction, raffle and refreshments available for purchase. The audience is encouraged to come early and picnic on the lawn. Bug spray and flashlights are recommended. Lawn chairs will be available to rent or buy.

Now celebrating its tenth year, Traveling Players Ensemble is a summer theater camp for teens, whose mission is to bring great theatre into the great outdoors. "As You Like It" is presented by the camp's most advanced program: the Traveling Troupe.

Each Summer, the Traveling Troupe rehearses a full-length Shakespearean play for five weeks, then hits the road for a tour throughout Virginia, camping, hiking and performing outside for two straight weeks.

Founded in 2003, Traveling Players has been invited to perform at the Kennedy Center's Millennium Stage, Shenandoah National Park, Reston's Multicultural Festival, and the International Children's Festival at Wolf Trap.

In 2007, Traveling Players Ensemble was recognized by the National Endowment for the Arts (NEA) by being selected as one of 25 of the nation's "Summer School in the Arts."

Traveling Players is supported in part by the Arts Council of Fairfax County, the Virginia Commission for the Arts and the National Endowment for the Arts.

In summer residence at The Madeira School since 2007, the company offers several theatre camps for ages 10 and up. Throughout the school year, they teach weekend classes in classical acting, improvisation, mask, and movement.

teaching children pre-math, pre-science and language skills to prepare them to be ready to learn when they begin kindergarten.

No matter the subject, it's each child's wide-eyed, satisfied expression when they grasp a new idea that has kept.

"I never get tired of working with kids," Turner said. "I love seeing that look of wonder when they discover things or that big smile that comes over their face when they accomplish something."

She took a break from her classroom on Thursday, July 26, from 4:30 p.m. to 6 p.m. to welcome back three generations of students and their parents during a reception in honor of 40 years as a preschool teacher.

In lieu of gifts, Turner suggests a donation to the Falls Church-McLean Children's Center, that provides a full-time, year-round early childhood education program, primarily children from area low-income, working families.

Donations can be made online at www.fcmlcc.org or mailed to FCMLCC at 7230 Idylwood Road, Falls Church, VA 22043.

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Choosing My Words, Respectively

By KENNETH B. LOURIE



It has been brought to my attention by some regular Kenny-column readers – who are friends, too, and whose opinions I value, that my most recent batch of “cancer columns” (as I call them) were not funny; in fact, they were more depressing and negative than anything, and not nearly as uplifting and hopeful as many of my previous columns have been. I didn’t need to reread what I had written/published to understand what they were saying. I know (knew) what I felt and know generally, the tone and undercurrent of what I’ve been discussing these last few weeks: neither fun nor funny. Mortality is like that. My dilemma is, how to not take too seriously or focus too much on a set of circumstances which are very serious and require a great deal of focus to manage. As much as I’d like not to, it seems irresponsible if I don’t. Yet doing so might contribute to a poor quality of life, emotionally speaking, which in turn may exacerbate the underlying problem (stage IV lung cancer) which (A) doesn’t need any exacerbating and (B) doesn’t really benefit from negative thoughts/stress on the “diagnosee,” directly, or on anyone else for that matter.

Let me attempt to clarify (I know. What about all the other columns?). Having “NSCLC” (Non Small Cell Lung Cancer) is depressing, but I am not depressed. Moreover, being diagnosed with an inoperable, terminal disease (at age 54) is pretty negative. Of that I’m positive. What I am also positive about is my willingness to face this disease and its effects honestly and with humor. However, sometimes the circumstances (chemotherapy/treatment, lab and scan results, appointments with my oncologist) just aren’t that funny; like when your tumors grow and the medications available to treat you are dwindling (see column titled “Victim of My Own Circumstances”), and statistically speaking, you’ve outlived most of the patients and protocols with which your oncologist is familiar. It’s/I’m a miracle to be sure, but also cause for concern. There may not be another conventional treatment option – for me, after we’ve exhausted the current oral targeted therapy (a daily pill instead of a daily/weekly infusion) which I began three weeks ago. Then what? So it’s not funny. But it doesn’t mean I’m morbid. I may be a bit somber and introspective, but I’m still relatively pleasant to be around and not nearly so self-absorbed (despite my circumstances) as you might imagine.

Quite frankly, I feel like the honesty with which I’ve shared my cancer experiences may have contributed to my overall, above average/not anticipated pretty good health (all things considered); as has the attempts at humor and lightness with which I’ve tried to touch this third rail of a diagnosis. I’ve tried to take it all in stride. Sometimes, there’s been a bounce in my step; other times the steps have been somewhat staggered (literally and figuratively). And often I’ve made jokes in the face of adversity and tried to find humor where previously very little had existed. Call it a defense mechanism. Call it self-preservation. Just let me be alive to call it something.

The adversity I face now is, I am alive 41 months into a “13-month to two-year prognosis.” As much as I try, it’s difficult to ignore that arithmetic. Yet making light of it – all the time, seems disrespectful somehow. When you’ve outlived your original prognosis, it seems to make sense that if you’re not going to walk quietly, you probably shouldn’t carry a very big stick. There are powers at work here bigger than all of us.

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



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Great Falls **\$2,595,000**



Great Falls **\$2,999,950**



McLean **\$745,000**



Great Falls **\$1,295,000**



Great Falls **\$2,495,000**



Great Falls **\$2,150,000**



Great Falls **\$999,000**



Great Falls **\$1,149,000**



McLean **\$5,950,000**



Great Falls **\$2,950,000**



McLean **\$10,000,000**



Susan Canis
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Realtor

