

Charlie Kilpatrick, chief deputy commissioner for VDOT, announces the new EZ-Pass Flex transponder in Tysons Corner Wednesday, July 25.

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PHOTOS BY ANDREA WORKER/THE CONNECTION

From left, Friends of Clemyjontri Park President Julie Clemente and U.S. Rep. Gerry Connolly (D-11) take a few minutes away from the outing to visit with Adele Lebowitz, donor of the Park's site. Mrs. Lebowitz was delighted to hear about the Yellow Ribbon Fund event and how much enjoyment the Park's accessible facilities were affording the servicemen and their families.



Capital One Services provided their own army of volunteers. They are joined by Gen. Stanley McChrystal, far left, Del. Barbara Comstock (R-34) sporting her Romney for President T-shirt in the front down, and U.S. Rep. Gerry Connolly (D-11).

Clemyjontri Park Welcomes Wounded Warriors

Yellow Ribbon Fund hosts picnic for wounded military personnel and their families.

BY ANDREA WORKER
THE CONNECTION

Three days of often-heavy rainfall and a dicey forecast was cause for some concern, but as if on cue, the clouds vanished and the sun shined down on the Yellow Ribbon Fund's picnic on Sunday, July 22, in Clemyjontri Park in McLean. Clemyjontri Park is a special place, with playground equipment and a layout designed to be accessible to all, regardless of mobility, so it was the perfect venue to host an outing for the wounded military personnel and their families that the Yellow Ribbon Fund (YRF) serves. The service members and their families were transported to the Park by special buses from Fort Belvoir, courtesy of the organization.

Eliza Palmer is the YRF's Director of the Family Caregiver Program. She and Director of Events and Volunteers, Ashley Keene, stayed busy all afternoon, setting up, helping to haul the catered food in from the parking lot, directing volunteers and generally keeping things well in hand. Palmer knows from experience that something as simple as an afternoon out with friends and family at play can help bring the word "normal" back into the vocabulary of the families of the men and women still struggling to recover from sometimes life-changing wounds. In 2010, Palmer was at the side of her husband, Capt. Aaron Palmer who was hospitalized after being hit twice by sniper fire while deployed in Afghanistan. A woman walked into the room



From left, Sean Worker, CEO BridgeStreet, Friends of Clemyjontri Park President Julie Clemente, U.S. Rep. Gerry Connolly, (D-11), Jorge Jatib, BridgeStreet Regional VP, and Del. Barbara Comstock (R-34). BridgeStreet is a new Clemyjontri sponsor and funded the food for the picnic.

and said "How about a massage?" Palmer politely refused, explaining that her husband's injuries would not allow so much physical contact at that point. The woman laughed and replied, "No. I meant how about a massage for you."

"I was stunned," said Palmer. "I had been sitting there, feeling so alone, and suddenly I found out that there were others out there who knew what we were going through, and were there to help. And we were luckier than others," she added. "We were local, from Bethesda. So we didn't have to cope with commuting for me to help Aaron. So many of these families are separated when they need to be together the most. But what do you do with kids in school, houses to run?"

Palmer was so moved by the support and friendship that she re-

ceived from YRF that she began to volunteer for them.

THIRTEEN MONTHS after YRF came to her aid, she accepted the vacated position of Director of the Family Caregivers Program. "The family is also affected when a service member is injured. And sometimes the kids are the most overlooked in the family's struggles. That's one of the ways we can help out. That's why we are here today," said Palmer, "so these folks can play together like any family."

"Isn't it great?" Friends of Clemyjontri President Julie Clemente asked, making a sweeping gesture to encompass all 18.5 acres of the park's sights, sounds, and colors. A bit like a general herself, Clemente is the one who puts people with needs together with those who can help. She cer-

tainly rallied her troops to help the Yellow Ribbon Fund pull off the event. A chat with executives from long-time Clemyjontri supporter Capital One Services, and 30 associates appeared in their own "uniforms" to set up, serve, and support. "It wasn't difficult to get volunteers," said Steven DeLuca, Director, Government Relations with Capital One. "Some of the volunteers are vets themselves. We couldn't keep them away."

Along with President Julie Clemente, other members of the Friends of Clemyjontri Park also turned up to help, as did Dave Bowden from the Fairfax County Park Authority. Bowden actually designed one of the Walter Reed Hospital buildings and has volunteered there for years. His presence at the picnic made for a happy merger of two of his main interests - the Park system, and giving back to America's military personnel.

Clemente was also successful in recruiting new sponsor BridgeStreet. Headquartered in Herndon, BridgeStreet is a leading international provider of serviced apartments. BridgeStreet funded the catering, and CEO Sean Worker and several others from the company attended to show their support and learn what else they might do to help in the future.

Several distinguished guests were also in attendance, but unlike their usual appearances, this time there were no speeches and no awards to present. Instead, U.S. Rep. Gerry Connolly (D-11), Del. Barbara Comstock (R-34), and General and Mrs. Stanley McChrystal (Ret., Army and mem-

ber of the Yellow Ribbon Fund Board of Directors) quietly wandered among the attendees visiting with the servicemen and their families, joining them for lunch at the picnic tables and thanking the sponsors and volunteers.

DURING THE AFTERNOON, Connolly, Comstock, Gen. McChrystal, were each escorted away from the action by Clemente to meet with Adele Lebowitz. The widow of Mortimer Lebowitz, who founded Mortimer's Department Stores in Washington, D.C. in 1933, Mrs. Lebowitz donated the land to the Park Authority in 2000 with the condition that the playground equipment be accessible to all and that the Park had to have a carousel. Primarily through the tireless efforts of the Friends of Clemyjontri Park, those conditions were well met. Mrs. Lebowitz still lives in the family home adjacent to the Park. At 96 years of age, she doesn't get out to see the visitors to the Park she dreamed of and named for her four children, Carolyn, Emily, John, and Petrina, but on special occasions she enjoys a visit to hear how the Park is serving its purpose. She decided that a picnic for the Country's service personnel, wounded in the line of duty, was just one of those occasions. "I am so pleased," she told her guests. "That's just right. The way it should be."

The Yellow Ribbon Fund's Website www.yellowribbonfund.org, provides information on the many practical services and assistance they offer, as well as how members of the public can show their gratitude to America's heroes.

Fairfax County Board of Supervisors Chair Sharon Bulova speaks at the unveiling of the new EZ-Pass Flex transponder in Tysons Corner Wednesday, July 25.



PHOTOS BY
ALEX McVEIGH/
THE CONNECTION

VDOT Unveils EZ-Pass Flex

New transponder will allow HOV access to 495 Express Lanes.

BY ALEX McVEIGH
THE CONNECTION

The Virginia Department of Transportation unveiled the EZ-Pass Flex Wednesday, July 25 in Tysons Corner. The new pass will allow users of the 495 Express Lanes, which are scheduled to open at the end of this year, to switch between tolled and toll-free (for vehicles with more than three people) use.

“Carpooling is important in the Commonwealth of Virginia, we’re a national leader in HOV, on 95, 66, the Hampton Roads area and soon to be on the 495 Express Lanes,” said Charlie Kilpatrick, chief deputy commissioner for VDOT. “The EZ-Pass Flex shows how we’re leading the way in technology.”

The EZ-Pass Flex transponder is about the size of the units in use today, but feature a toggle switch. This switch will allow HOV vehicles to gain access to the 495 Express Lanes without being charged the variable toll rate that other vehicles will pay. When not in HOV mode, the switch is toggled to normal mode, which will allow tolls to be charged at the standard rate.

“The 495 Express Lanes are an all-electronic facility. There are no places to collect tolls. Because of that, all riders on the lanes should have the pass,” Kilpatrick said. “On the toll gantries there will be indicators that show when a vehicle traveling under it is in HOV mode. The state police will have an easy way to recognize vehicles as either HOV or non-HOV and with that they can exercise the necessary enforcement to make sure these lanes are operating properly.”

The express lanes will use variable pricing, which changes according to traffic conditions, to allow cars to move along two separated lanes in each direction. The project, which used an estimated 8.5 million man hours, will open at the end of this year, according to general manager Tim Steinhilber, which is according to schedule.

Tysons Corner businesses hope that projects like the Express Lanes and other improvements will improve the quality of life of commuters.



A new EZ-Pass Flex transponder, which will be used for those wishing to use the HOV feature of the new 495 Express Lanes.

“The 495 Express Lanes are an all-electronic facility. There are no places to collect tolls. Because of that, all riders on the lanes should have the pass.”

— Charlie Kilpatrick,
chief deputy commissioner for VDOT

“Commuting is stressful, so anything that can reduce that stress and make it easier for people to get to work, gives us one less worry that people aren’t coming to work angry,” said Doug Koelemay, vice president for Community Relations for SAIC, which has several facilities in Tysons. “The improved public transportation access will give them options as well.”

Fairfax County Board of Supervisors Chairman Sharon Bulova said the new transponders were a “bold step” in shaping the future of transportation in the region.

“We’ve never had buses on the Beltway because they would merely sit in the same traffic congestion along with everyone else... There are 51,000 Fairfax County commuters that ride public transportation to and from work, and yet the Beltway has never been an option,” she said. “Now we have the opportunity, with the new [high occupancy toll] lanes to allow folks in a carpool, with their transponder, to access those lanes, and that’s encouraging.”

More information on the EZ-Pass Flex can be found at www.ezpassva.com.

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

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. "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.



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

"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.

PHOTO BY ALEX MCVEIGH/THE CONNECTION

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BULLETIN BOARD

To have community events listed in the Connection, send to mclean@connectionnewspapers.com. Deadline is Friday.

THURSDAY/AUG. 2

Fitness Outside the Gym. 7 p.m.
Goose Creek Consulting, 6723 Whittier Avenue, Suite 204, McLean. Methods to keep your body healthy without ever stepping foot into a gym.

SATURDAY/AUG. 4

Last AAUW Book Collection. 10 a.m.-4 p.m. Sun Trust Bank, 515 Maple Avenue East, Vienna. Urgent need for used books, CDs, and DVDs; children's books needed. 703-759-5112. www.mcleanaauw.org.

Vienna Farmers Market. 8 a.m.-12 p.m. Vienna Caboose, 131 Church St. N.E., Vienna. Producers only, Saturdays through Oct. 27. viennafarmersmarket.com.

Book Sale. 10 a.m.-4 p.m. 7584 Leesburg Pike, Falls Church. Wide selection for adults and children; benefits Tysons-Pimmit Regional Library. 703-790-4031. TysonsLibraryFriends@gmail.com.

SUNDAY/AUG. 5

Dog and Cat Adoptions. 1-4 p.m. PetSmart, 8204 Leesburg Pike, Vienna. Every Sunday. Sponsored by Lost Dog & Cat Rescue Foundation. www.lostdogrescue.org.

Book Sale/Clearance. 1-4 p.m. 7584 Leesburg Pike, Falls Church. Wide selection for adults and children; benefits Tysons-Pimmit Regional Library. 703-790-4031. TysonsLibraryFriends@gmail.com.

TUESDAY/AUG. 7

Vienna Tysons Regional Chamber of Commerce TIPS Luncheon. 12:15 p.m. Shula's Steakhouse, 8028 Leesburg Pike, in the Tysons Corner

Marriott. Every Tuesday. 703-862-4895.

WEDNESDAY/AUG. 8

Virginia Chronic Pain Support Group Meeting. 1:30 p.m. at Kaplan Center for Integrative Medicine, 6829 Elm St., Suite 300, McLean. Group leader, Jodi Brayton, LCSW. 703-532-4892.

Multiple Sclerosis Support Group. 7 p.m. Vienna Presbyterian Church, 124 Park St., NE, Vienna, VA. A group for anyone with multiple sclerosis, their family and friends. The group meets the second Wednesday of every month. Free. 703-768-4841.

THURSDAY/AUG. 9

Greater McLean Chamber of Commerce LeadShare Meeting. 7:30 a.m. Chesterbrook Residences, 2030 Westmoreland St., Falls Church. LeadShare events will be held the 2nd and 4th Thursday of every month. Register at 267-346-1885.

SATURDAY/AUG. 11

Brinker Toastmasters. 9:30 a.m. at Vienna Presbyterian Church, 124 Park St. N.E., Vienna. Meets second and fourth Saturday of the month. brinker.wordpress.com.

TUESDAY/AUG. 14

Tysons Corner Kiwanis Club Meeting. 7:30 p.m. at George C. Marshall High School, Room 124, 7731 Leesburg Pike, Falls Church. Meeting is public and individuals looking to volunteer in their community welcome. Meetings the second and fourth Tuesday of the month. tysonscornerkiwanis.org.

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FEEL BETTER ACHIEVE MORE

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.

My son, an African American, was told by his ninth grade counselor at TJ (in 1998) that he was taking the place of a “qualified” student. He graduated from TJ in 2002, UVA in 2006, and medical school at Columbia in 2010. He works as a resident in the ER of a large hospital in NYC. Under today’s criteria, he would have been rejected (he was a top 50 on the standardized test but had challenging grades at Longfellow).

My daughter would have been admitted per the test (2005), but because she, too, was an underachiever at Longfellow, did not get in. She is in her fourth year at Columbia.

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 underrepresented Asians (families from Vietnam and the Philippines). But long ago, TJ decided that racial and ethnic diversity could not be pursued because certain wealthy whites (who could have sent their children to private school anyway) objected mainly to perceived support for those in the Visions program, which convinced talented African Americans and Latinos that they could succeed in science. My son participated in the program. By the time my daughter was of age, the program had been abolished and replaced by a program which de facto excluded better off minorities who were in GT center based programs.

Fairfax County needs to be bold

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

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-

underrepresented 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

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NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-778-9410
e-mail:
mclean@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Amna Rehmatulla
Editorial Assistant
703-778-9410 ext.427
arehmatulla@connectionnewspapers.com

Alex McVeigh
Community Reporter ♦ 703-778-9441
amcveigh@connectionnewspapers.com
@AMcVeighConnect

Victoria Ross
County Reporter ♦ 301-502-6027
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ADVERTISING:
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Classified Advertising
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classified@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Photography:
Deb Cobb, Louise Krafft,
Craig Sterbutzel
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Jean Card
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9426
Circulation Manager:
Linda Pecquex
circulation@connectionnewspapers.com

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.

"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

"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."



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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

"Side By Side allows beginning strings players to listen to the professionals and feel the different sounds," adds Wood. "It's another way of breaking that wall down."

This season, beginning in mid-September, will feature eight concerts spread out to St. Luke's Catholic Church, St. Francis Episcopal, and the Reston Community Center. The first concert, on Sept. 16, will showcase the Amadeus Orchestra. Later productions

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 mclean@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.

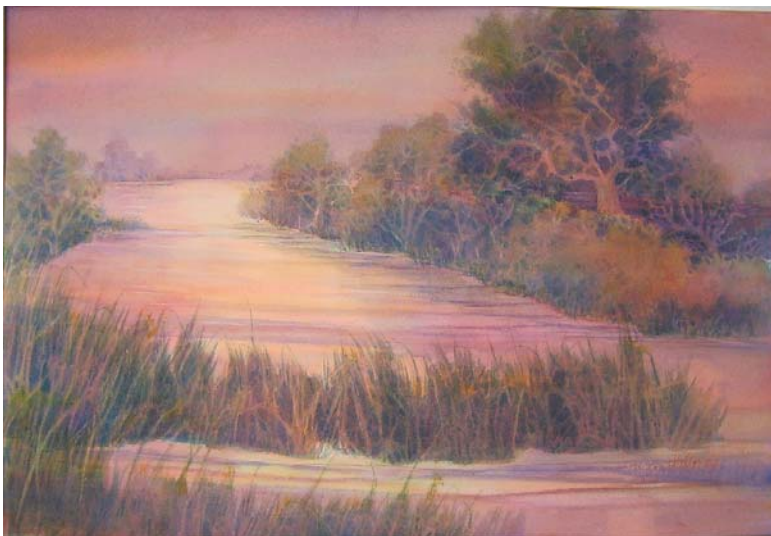
Sushi. 5:30-8:30 p.m. Wine Bar & Lounge at Entyse, Ritz Carlton 1700 Tyson's Boulevard, McLean. Watch as expert chef creates sushi. 703-506-4300.

Okeoke 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. \$20-\$52. www.wolftrap.org.

An Evening with Idina Menzel. 8:15



"Moody River," watercolor by Carol Milton. Featured artist Carol Milton's landscapes are scenes that change dramatically depending on weather conditions, time of day, season. 10 a.m. - 4 p.m., Tues. - Sat. Vienna Arts Society Gallery on the Village Green, 513 Maple Ave., W., Vienna. www.ViennaArtsSociety.org

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.

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 Archamia Wolff. They are the Amazon, the Mother, the Courtesan, and the Madonna. 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, <http://theunveilingjourney.blogspot.com>, or her website www.theunveilingjourney.com.



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.

PHOTOS BY LORI BAKER/THE CONNECTION



Nicole Cutts, Ph.D., who contributed to Maren's book, and Barbara Jewell, attended the anniversary event on Saturday.

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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 cancer 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.

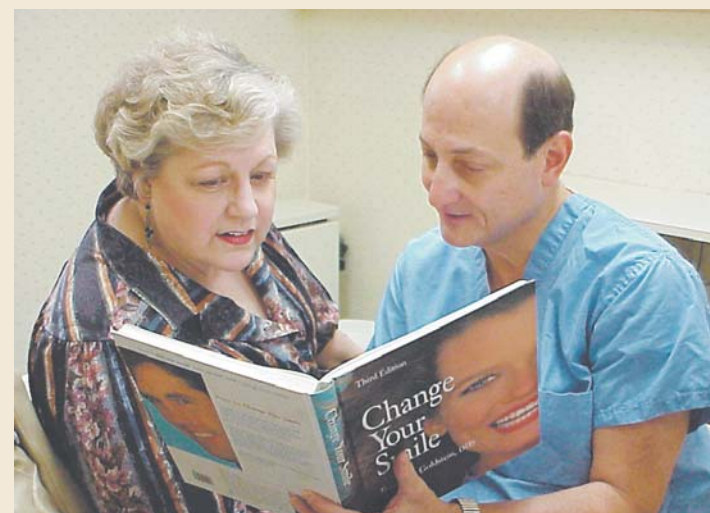


PHOTO COURTESY OF DR. RICHARD MILLER

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 stop 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 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."



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

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.

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."

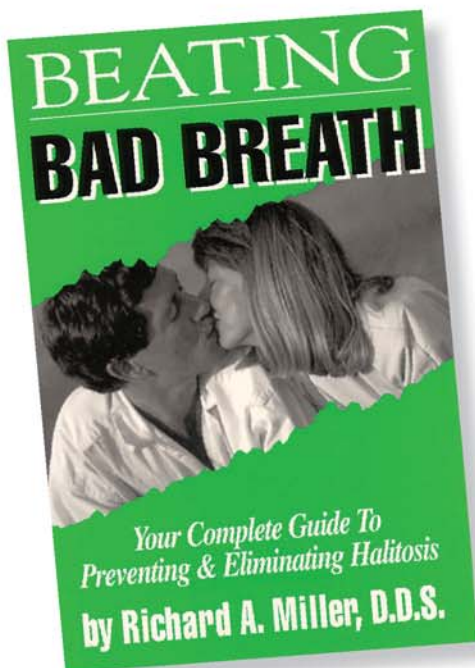
Adding muscle through strength training can boost one's metabolism. "To add muscle,

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 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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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 Villacija 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'



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

record was the longest standing swimming world record.

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.



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 ROUNDUPS

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.

Leadership Summit at Vinson Hall

As part of the third annual Pat Tillman Leadership Summit, Marie Tillman, Pat Tillman Foundation Co-Founder and President, joined 20 Tillman Military Scholars participating in a service project at Vinson Hall Retirement Community on Monday, July 22.

The Tillman Foundation was established in honor of Pat Tillman, a pro-football player who put his NFL career on hold in 2002 to enlist in the military, and was killed two years later in Afghanistan.

The organization helps foot the bill for veterans, active service members and their spouses who are heading back to school. An integral part of the Tillman Foundation's mission is leadership and service, making it a natural fit for the Tillman Military scholars to partner with local nonprofits on a day of Service to make an impact.

Some volunteers spent the afternoon engaged in an intergenerational debate with residents at Vinson Hall, the retirement community's independent living residence that commissioned military officers, their immediate family members, and federal employees from select agencies have called home for more than 40 years. Others joined residents at Arleigh Burke Pavilion, the community's assisted living and healthcare residence, and The Sylvestery, a memory support assisted living residence, for "Olympic Games" activities.

Army veteran and Tillman Scholar Alex Brown said, "We're not solving the world's problems here, but what we are doing is having great discussions. We're learning from their past experiences, they're learning from our current experiences and it's just a way to continue to give back to the community."



PHOTO CONTRIBUTED

Marie Tillman addressing the scholars and veterans

Jessi Tseng, another scholar, added, "It's really, really rare to be surrounded by a group of people who share the same experiences as you in the military and want to better their lives and are doing it in drastic ways."

Of the five service sites that Tillman Scholars visited on Monday, Vinson Hall Retirement Community, located in McLean, was chosen as the site where Marie Tillman joined Tillman Military Scholars and other volunteers. She shared a little about her life's journey with Pat and how his loss inspired her to honor his legacy through the work of the Foundation.

"This Summit provides Scholars the opportunity to meet in person to share their experiences with and learn from each other, and also serves as a platform to show the collective impact of veteran and military spouse leaders," Tillman said.

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8101 Timber Valley Ct...\$625,000..Sun 1-4...Tim Gallagher...Long & Foster..202-364-5700

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4501 Forest Hill Dr...\$875,000..Sun 1-4...Damon Nicholas...Coldwell Banker..703-502-8787
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4176 Vernoy Hills Rd...\$512,000..Sun 1-4...Amna Amjad...Coldwell Banker..703-677-4437

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10817 Windermere Ln...\$1,398,000..Sun 1-4...Carol Hermandorfer...Long & Foster..703-503-1812
11125 Henderson Rd...\$839,000..Sun 2-4...Pat Fales Assoc...RE/MAX..703-503-4365

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7581 Christland Cove...\$499,900..Sun 1-4...Barbara Blumer...Coldwell Banker..703-405-5993

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1138 Floyd Pl...\$309,999..Sun 1-4...Garnet Robins-Baughman...Keller Williams..703-224-6000
1206 Cameo Ct...\$759,900..Sun 1-4...Pat Gallagher...Long and Foster..571-241-6324

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Reston

11776 Stratford House Pl #801...\$649,000..Sun 2-5...Nan Gilley...Keller Williams..703-402-9576

Springfield

8920 Grandstaff Ct...\$388,950..Sun 1-4...Kathleen Quintarelli...Weichert..703-862-8808

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128 Moore Ave., SW...\$1,099,000..Sun 1-4...Mansoor Dar...Keller & Williams..703-564-4000
1295 Newkirk Ct...\$1,179,000..Sun 1-5...Jin O'Neill...Weichert..703-893-1500

To add your FREE Realtor represented Open House to these weekly listings, please contact Trisha at 703-778-9419, or trisha@connectionnewspapers.com All listings are due by Monday at 3 P.M.

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.

'As You Like It'

Young actors will perform Shakespeare's "As You Like It." Friday, Aug. 10, 7 p.m. at The Madeira School in McLean. Running time 2 hours. Admission is free and open to the public. Appropriate for children age 8 and up. For more information, visit www.travelingplayers.org or call 703-987-1712.

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.

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

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 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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