

# 'Footloose' Takes Foot in Vienna

ENTERTAINMENT, PAGE 8

Director Babs Dyer [middle], and choreographers of Vienna Youth Players' production of "Footloose," Nicole Pradas, Morgan Miller, Daxx Wieser and Selena Garcia DuBar, on-stage.

**VDOT Unveils  
EZ-Pass Flex**

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**A Pathway for  
Today's Heroine**

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Choice of Sausage, Scrapple, Bacon or Ham
- \*Three Eggs, Home Fries and Toast  
Choice of Sausage, Scrapple, Bacon or Ham
- \*Egg Beaters, Home Fries and Toast
- \*Country Ham and Two Eggs, Home Fries and Toast
- \*Tenderloin Steak and Two Eggs, Home Fries and Toast
- \*Cream Chipped Beef on Toast or Home Fries
- \*Salami and Two Eggs Scrambled, Home Fries and Toast
- Fat French Toast
- Hotcakes (made the old-fashioned way)
- Chocolate Chip Hotcakes  
(Sorry, No poached eggs)

### Sandwiches

- \*Egg on Toast with Cheese  
Choice of Sausage, Scrapple, Bacon or Ham.
- \*Steak & Egg Sandwich with Provolone  
(Sorry, No special orders)

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- Ham and Cheese Omelette
- Tex Mex Omelette  
With cheddar cheese and salsa.
- Western Omelette  
With peppers, onions, and ham, add cheese (extra).
- Veggie Omelette  
With tomatoes, onions, peppers and cheese.

### Side Orders

- \*One Egg
- \*Two Egg
- Toast
- Home Fries
- Bacon, Ham, Sausage or Scrapple
- Country Ham
- Grits

### Danish

Apple  
Cinnamon-Raisin  
Raspberry



**Breakfast Served**  
Mon-Fri 7am - 11am  
Sat: 7am - Noon  
Sun: 9am - Noon

### Appetizers

- Buffalo Chicken Wings  
With carrots, celery, and bleu cheese dressing (Hot or Extra Hot).
- Boneless Wings
- Buffalo Shrimp  
Battered shrimp with our wing sauce. With carrots, celery and bleu cheese dressing.
- Fried Red Chili Peppers  
With our habanero sauce.
- Fried Mozzarella Sticks  
With marinara sauce.
- Fried Mushrooms  
With ranch dressing.
- Fried Zucchini  
With ranch dressing.
- Quesadillas  
with Grilled Chicken Breast (extra).
- Nachos
- Hummus with veggies and warm pita.
- Fresh Made Potato Chips with bleu cheese dressing.

### Chili

(Sorry, No bean or veggie chili on dogs)

- Chili-Dog  
Served, sliced onions and chili.
- Chili-Cheese Dog  
Chili with Red Beans.
- Cheddar Cheese and diced onions.
- Vegetarian Chili  
Made with five different heirloom beans and vegetables, with cheddar cheese and diced onions.
- Chili-Mac  
Spaghetti topped with your choice of regular or vegetarian chili without beans, topped with cheddar cheese and diced onions.

### Soup

- New England Clam Chowder
- Soup of the Day

### Sides

- French Fries
- Cheese Fries
- Chili Cheese Fries
- Gravy Fries
- Beer-battered Onion Rings
- Potato Salad
- Cole Slaw
- Sweet Potato Fries

### Entrée

- \*Filet Mignon  
5 oz. tenderloin with mashed potatoes and vegetables.
- \*Fish of the Day  
With rice and vegetables.
- Green Salad  
Red leaf and romaine lettuce with fresh vegetables and choice of cheddar or feta cheese tossed in balsamic vinaigrette.
- Caesar Salad  
Romaine, Parmesan, cheese, croutons and Caesar dressing.
- Taco Salad  
In a crispy fried tortilla shell with sour cream, fresh-made salsa and your choice of chili topped with cheddar cheese.
- \*Blackened Tuna Sandwich  
on a seeded roll with potato salad.
- \*Smoked Bratwurst  
on a potato roll with sauerkraut and potato salad.
- \*Hot Beef Brisket  
An open sandwich of braised brisket of beef with mashed potatoes and gravy.
- Hot Roast Turkey  
An open sandwich with mashed potatoes and gravy.
- Grilled Reuben  
on rye bread with lean corned beef brisket, Swiss cheese, sauerkraut and Russian dressing.
- North Carolina BBQ  
With Cole Slaw and fries.
- Hot Pastrami  
on rye bread with provolone cheese and cole slaw.
- Beef BBQ Sandwich  
braised lean beef brisket simmered in barbecue sauce on a roll with cole slaw.
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- \*Chili-Cheeseburger
- \*Bacon-Cheeseburger
- \*Turkey Burger  
Skinless turkey breast freshly ground blended with onions, garlic and spices, with potato salad.

### Baskets

- Chicken Tenders  
With honey mustard and french fries.
- Fried Honey Stung Chicken  
With fries.
- Fried Clams  
With slaw and fries.
- Fried Shrimp  
With slaw and fries.
- Mahi Tacos  
With slaw and fries.

### Sandwiches

- Bacon, Lettuce and Tomato  
Grilled Cheese with fries
- Grilled Chicken Breast  
With lettuce and tomato.
- Mexican Chicken Sandwich  
Grilled boneless skinless chicken breast with salsa and cheddar.
- Buffalo Chicken Sandwich  
Classic Turkey Club
- Tuna Salad Pita with Fries  
Pita bread with lettuce and tomato using solid white albacore tuna.
- Tuna Melt with Fries  
Tuna on a English muffin with tomatoes and Swiss cheese.
- Catfish Sandwich  
Breaded farm raised catfish with slaw.
- Hot Ham and Swiss  
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**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

**T**he 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](http://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

**B**rook 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 4



# 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**



**Graduating Seniors, from left: Claire Stikeleather (Oakton High School); Jenny Laychak (Flint Hill School); Frances Peyton (Flint Hill School); Brie Hayden (Madison High School); Madison Russell (Thomas Jefferson High School); Mary Clare McGinn (Paul VI High School); Anna Brinkley (Paul VI High School); Erin Dooley (Flint Hill School) and Rebecca Mann (Oakton High School).**

## National Charity League Senior Recognition Reception

National Charity League, Inc.'s, Cherry Blossom Chapter, recognized nine graduating high school seniors. The dessert reception took place at Westwood Country Club in Vienna. The graduating seniors successfully completed their years in National Charity League, Inc. by fulfilling the requirements in their program. Each senior was presented with a Ticktock Service Award. Claire Stikeleather of Oakton was the recipient of the Senior Ser-

vice Award for accumulating the most philanthropic service hours during her time in the league. Additionally, Claire and her mother, Donnah Stikeleather, earned the Mother-Daughter Award for serving 25 hours with her mother in the past year.

Girls in grades 7th-12<sup>th</sup> interested in learning more about becoming a member of the National Charity League should contact Beth Bliss at [Bethbliss630@gmail.com](mailto:Bethbliss630@gmail.com).

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## WEEK IN VIENNA

### Seeking Participants for Sustainability Tour

The Community Enhancement Commission is seeking homeowners and businesses interested in showcasing their properties in this year's Sustainability Home and Garden Tour on Sunday, Sept. 16, from 12 to 4 p.m. The tour will highlight Vienna residences and businesses that have incorporated sustainable choices into their homes, businesses and/or gardens.

Some modifications featured on last year's tour included incorporating native plant species in gardens to support local wildlife, use of geothermal HVAC systems and installation of permeable driveways that reduce run-off, among others.

If you would like to participate in this year's tour, contact Cathy Salgado at [csalgado@viennava.gov](mailto:csalgado@viennava.gov) or (703) 255-6360. For more information, visit [viennava.gov/index.aspx?nid=955](http://viennava.gov/index.aspx?nid=955).

### Vienna Families Receive Sustainability, Beauty Awards

Vienna's Community Enhancement Commission recognizes town residents and businesses for their beautification and sustainability projects. At the July 2 Town Council meeting, four Vienna families were recognized for their efforts:

Beauty Award Recipients:

❖ McCoy Family, Aponi Road SE

❖ Simeck Family, Courthouse Road SW Sustainability Award Recipients:

❖ Lau Family, Marshall Road SW, for their vegetable garden.

❖ Holmes Family, Nutley Street NW, for their vegetable garden.

Beauty Award recipients are determined by the appearance of the property's landscape or hardscape and its contribution to the overall beauty of the community. Sustainability Awards are given to businesses and homeowners who have made significant improvements to the sustainability of their home, business or garden.

Residents and businesses may nominate others or themselves to receive a Beauty and/or Sustainability Award. Send your nominations to the Community Enhancement Commission in care of Cathy Salgado at [csalgado@viennava.gov](mailto:csalgado@viennava.gov) or mail to 120 Cherry St., S.E., Vienna, VA 22180.

### Halloween Parade Applications Available

Entry applications for the 66th annual Vienna Halloween Parade are now available. Application forms and information is available on the Town's website at [www.viennava.gov](http://www.viennava.gov) or at the Vienna Community Center, 120 Cherry Street SE. Applications and applicable documents are due by Friday, Sept. 28.

The parade will step off at 7 p.m. Wednesday, Oct. 24, on Maple Avenue. The theme of this year's parade is "Celebrating Holidays Around the World," and Santa Claus will be in town to serve as the parade's Grand Marshal.

Parade participants are encouraged to represent holidays from around the globe.

Parade sponsorships are available. Contact the Vienna-Tyson's Regional Chamber of Commerce for information on sponsorship opportunities at 703-281-1333. For more information, 'like' the Vienna Halloween Parade on Facebook at [www.facebook.com/ViennaHalloweenParade](http://www.facebook.com/ViennaHalloweenParade) or visit [www.viennahalloweenparade.org](http://www.viennahalloweenparade.org).

### Vienna Youth Players Present Summer Musical

The Vienna Youth Players will present the musical "Footloose" at the Vienna Community Center, 120 Cherry St. S.E., Aug. 3, 4, 10 and 11 at 7:30 p.m. and Aug. 12 at 1 p.m.

One of the most explosive musicals in recent memory bursts onto the live stage with exhilarating results. When Ren and his mother move from Chicago to a small farming town, Ren is prepared for the inevitable adjustment period at his new high school. To the rockin' rhythm of its Oscar and Tony nominated top 40 score and augmented with dynamic new songs for the stage musical, Footloose celebrates the wisdom of listening to young people, guiding them with a warm heart and an open mind.

Tickets are \$14 general admission and \$12 for students and senior citizens and are available at the Vienna Community Center.

For more information, call the Vienna Parks and Recreation Department at 703-255-6360 or visit [www.viennava.gov](http://www.viennava.gov).

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## Readers Respond on TJ Admissions

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

**R**eaders 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

**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-

### 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

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:

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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# SCHOOLS

Send school notes to [vienna@connectionnewspapers.com](mailto:vienna@connectionnewspapers.com).  
Deadline is Friday.

**Elaine Singerman** of Oakton has earned a bachelor's degree with honor in Near East Languages and Civilizations during recent commencement exercises at the University of Chicago.

**Matthew Johnson** of Oakton has been named to the spring 2012 dean's list at Wake Forest University.

**Steven Howard** of Oakton has been named to the fall 2011 dean's list at the Georgia Institute of Technology of Atlanta, Ga.

nology of Atlanta, Ga.

**Ryan Stumvoll** of Oakton has been named to the fall 2011 dean's list at the Georgia Institute of Technology of Atlanta, Ga.

**Kyle Moad** of Vienna has been named to the fall 2011 dean's list at the Georgia Institute of Technology of Atlanta, Ga.

**Jade Zaharoff** of Vienna has been named to the fall 2011 dean's honor roll at Christopher Newport

University of Newport News.

**Joseph Robinson** of Vienna has been named to the fall 2011 dean's list at Gettysburg College of Gettysburg, Pa.

**Stephanie Bitterman** of Vienna has earned a bachelor of arts in communication with a minor in anthropology from the University of Delaware in Newark, Del. The daughter of Mark and Carla Bitterman served as an officer in the Gamma Sigma Sigma service sorority.

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Pictured (L-R): Dory and Dany Abi-Najm Photo by: Eikon Photo

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— Dany Abi-Najm, Co-Owner, Lebanese Taverna





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A group of students are performing on a stage in a school auditorium. The stage is decorated with a backdrop that looks like a house. A student is playing a piano in the foreground.

BY DONNA MANZ  
THE CONNECTION

For Wieser, the transition to choreography from acting arose last school year. "This was easier to do than in high school," he said. "There's better communication and lots of help from the other cho-

"Footloose" plays on Aug. 3, 4, 10 and 11 at 7:30 p.m., and on Aug. 12, at 1 p.m. The production is performed at the Vienna Community Center at 120 Cherry Street, Vienna. Tickets are priced at \$14 for adults and \$12 for students and seniors. Call 703-255-6360 for more information.

## A painting of a river scene. In the foreground, there are tall, dark reeds or grasses. The river flows from the foreground towards the background, reflecting the light. On the right bank, there is a large, leafy tree. The sky is a soft, hazy pinkish-purple. The overall style is impressionistic, with visible brushstrokes and a warm, atmospheric color palette.

A photograph of three women in a dimly lit room. One woman is seated in a chair, another stands behind her, and a third is seated in the foreground. The room features a lamp, a bookshelf, and a large potted plant.

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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

**H**ere'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 6<sup>th</sup> 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.

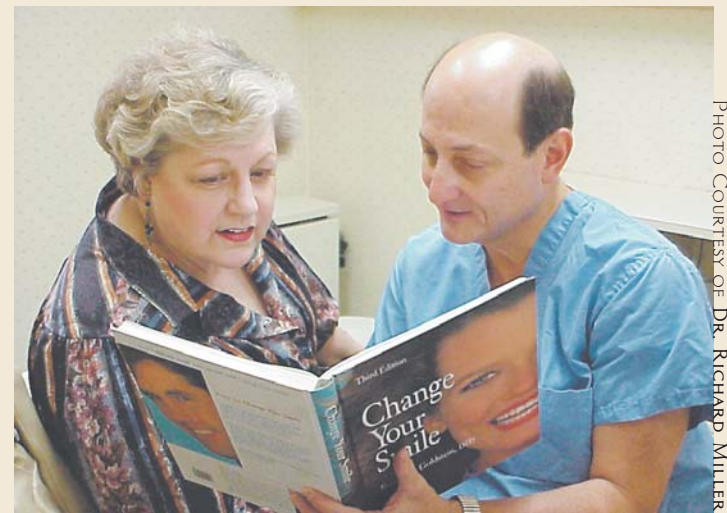


PHOTO COURTESY OF DR. RICHARD MILLER

**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

**W**hen 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

**M**uscular 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."

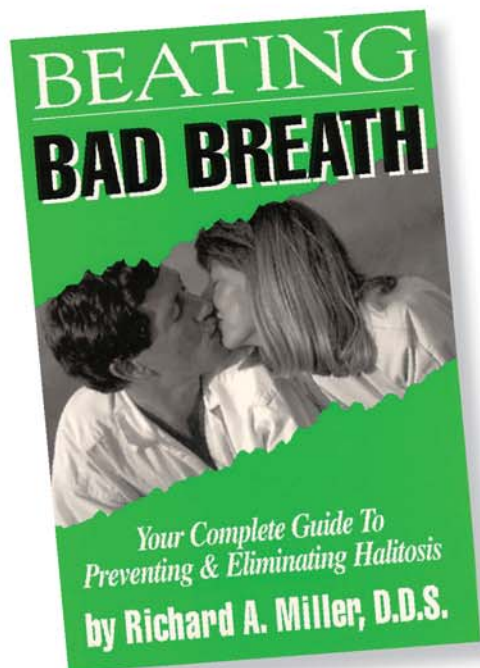
Adding muscle through strength training can boost one's metabolism. "To add muscle,

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](http://www.myfitnesspal.com), [www.dailyfitnesscenter.com/](http://www.dailyfitnesscenter.com/) and <http://www.aahperd.org/naspe/>.

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# Colbert Sisters Go To All Star Meet

**AJ Colbert is undefeated for the entire 2012 summer season.**

In the Divisional Dive Meet for Division 4, NVSL, held on Sunday, July 29, at the Oakton Swim and Racquet Club (Oakton Otters) for your online/print editions, the Otters sent 16 divers to the meet. Of those 16 divers, 2 have qualified to be in the All Star Dive Meet, scheduled to be held this coming Sunday, Aug. 5, at Lee Graham Pool. The two that qualified are sisters: AJ and Elana Colbert. AJ Colbert is undefeated for the entire 2012 summer season in Division 4 in her age group (Senior Girls) and similarly placed first in Divisionals with a score of 199.45. Her sister, Elana, came in second in divisionals in Intermediate Girls with a score of 136.95. Below are the full results from the meet.



PHOTOS BY JO ANN COLBERT

**AJ Colbert doing an Inward Dive, Pike Position, at the meet on Sunday.**



**Elana Colbert doing a Back Dive at the meet on Sunday.**

## Division 5 Championship Meet

Participating clubs: Cardinal Hill, Donaldson Run Oakton, Tuckahoe, Villa Aquatic, Wakefield Chapel.

### ♦Freshman Girls:

1. Ellie Simmons (DR) 76.85 All Star Qualifier
2. Natalie Lychak (CH) 66.05 All Star Qualifier
3. Carolyn Scott (CH) 65.80 All Star Alternate
4. Julianne Feuchter (CH) 65.00
5. Bridget Cassata (WC) 63.15
6. Rose Hayman (DR) 61.75
7. Emma Sahlgren (CH) 52.05
8. Teresa Capuano-Rizzo (CH) 49.80
9. Sarah Raman (T) 48.60
10. Haley Liddell (O) 48.00
11. Isabella Pena (VA) 45.55
12. Gillian MacStravic (O) 42.80
13. Ariel Klopfenstein (O) 41.90
14. Lexi Pierce (O) 41.40

### ♦Freshman Boys

1. Peter Fleckenstein (DR) 79.40 All Star Qualifier
2. Alex Glassman (T) 72.60 All Star Qualifier
3. Kier Strom (T) 53.60 All Star Alternate
4. Kyle Wilson (T) 50.45
5. Aidan Thomas (WC) 49.35
6. Sean Conley (DR) 48.55
7. Joey Byman (T) 43.25
8. Christian Davis (VA) 43.10
9. Jake Goodson (WC) 37.15
10. Rafael Pena (VA) 33.50

### ♦Junior Girls

1. Evie Marceca (DR) 100.70 All Star Qualifier
2. Elsa Scott (CH) 92.70 All Star Qualifier
3. Olivia Rummel (WC) 92.40 All Star Qualifier Top 8
4. Grace Cusack (CH) 90.50
5. Mackenzie Brennan (O) 87.85
6. Carson Goettlicher (WC) 87.35
7. Samantha Peters (T) 86.95
8. Kenna Campfield (O) 86.40
9. Hallie Kowalski (DR) 81.70
10. Erin Crowley (CH) 80.40
11. Gracie Feuchter (CH) 80.05
12. Erin Lynn (WC) 76.45
13. Kyla Straker (O) 72.90

### ♦Junior Boys

1. Erik Sahlgren (CH) 116.15 All Star Qualifier
2. Owen Collins (WC) 110.70 All Star Qualifier
3. Michael Cary (WC) 103.00 All Star Alternate
4. Brad Burgeson (O) 101.35
5. Aiden Tenerelli (VA) 101.25
6. Chris Dorr (T) 97.55
7. David Davis (VA) 94.60
8. Eli Mendelowitz (DR) 83.45
9. Liam Klopfenstein (O) 83.25

### ♦Intermediate Girls

1. Delaney Gallagher (T) 160.30 All Star Qualifier
2. Elana Colbert (O) 136.95 All Star Qualifier
3. Elle Wiberg (DR) 128.35 All Star Alternate
4. Julia Powell (O) 120.65

5. Anne Carey (WC) 117.00
6. Lily Leverette (VA) 116.10
7. Zoe Lunn (DR) 110.85
8. Taylor Fontaine (VA) 104.10
9. Tory Schatz (CH) 100.40
10. Molly Tenerelli (VA) 84.05
11. Rachel Short (T) 66.15

### ♦Intermediate Boys

1. Bryce Shelton (CH) 231.85 All Star Qualifier
2. Will French (T) 135.10 All Star Qualifier
3. Liam Colwell (CH) 115.55 All Star Alternate T
3. Jake Wadle (T) 115.55 All Star Alternate T
5. Walter Leverette (VA) 109.60
6. Gil Osofsky (O) 100.25
7. Kevin Engel (DR) 99.05
8. James Crowley (O) 92.85
9. Conor Fitzpatrick (DR) 86.75
10. Philip Fuentes (WC) 80.95

### ♦Senior Girls

1. AJ Colbert (O) 199.45 All Star Qualifier
2. Claire Lewis (T) 191.75 All Star Qualifier
3. Alayna Kelly (DR) 182.85 All Star Alternate
4. Sydney Shelton (CH) 182.45
5. Cora Stern (DR) 167.90
6. Jordan Kruger (DR) 164.40
7. Laura Zoellner (T) 158.75
8. Rose Castle (T) 156.05
9. Everi Osofsky (O) 141.80
10. Tracy Neill (VA) 139.80
11. Lizzy Naka (VA) 135.95

### ♦Senior Boys

1. Hunter Simmons (DR) 237.05 All Star Qualifier
2. Pat McCann (WC) 232.65 All Star Qualifier
3. Zach Stahl (CH) 212.95 All Star Qualifier by Score
4. Paul Helfgott (WC) 210.65 All Star Qualifier by Score
5. Brian Neill (VA) 200.55 All Star Qualifier by Score
6. Jacob Lunn (DR) 177.10
7. Clark Girardin (WC) 170.40
8. Chris Saulnier (T) 166.70
9. Daniel Nugent (O) 163.05
10. Kyle Goettlicher (WC) 156.60



PHOTO COURTESY OF TOBY MARQUEZ

## 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](http://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](mailto: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](http://viennaraiders.org).



## FAITH NOTES

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

**Redeemer Lutheran Church,** 1545 Chain Bridge Road, McLean, offers a 9 a.m. traditional service and a 10:30 a.m. contemporary service on Sundays. Also offers two services during the summer – both of which will include children's sermons. 703-356-3346.

**St. Francis Episcopal Church,** 9220 Georgetown Pike in Great Falls, offers three Sunday services and a host of musical, educational, outreach, and fellowship ministries to enrich spiritual growth. 7:45 a.m. Worship Service without music; 9 a.m. Worship Service, Children's Chapel and Children's Choirs; 10 a.m. Sunday School and Adult Forum; and 11 a.m. Worship Service with Adult Choir. 703-759-2082.

**Trinity United Methodist Church,** 1205 Dolley Madison Blvd., McLean, Sunday worship services are at 8:30 and 10:30 a.m. Sunday School for adults is at 9:30 a.m. and for children during the 10:30 a.m. worship service. Youth Group for grades 7-12 meets Sundays at 6 p.m. A 20-minute service of Holy Communion is held each Wednesday at 12 p.m. 703-356-3312 or [umtrinity.org](http://umtrinity.org).

**The Jewish Social Services Agency (JSSA)** offers a wide variety of support groups for those with emotional, social, and physical challenges. [www.jssa.org/growth-learning](http://www.jssa.org/growth-learning).

**HAVEN of Northern Virginia** offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or [www.havenofnova.org](http://www.havenofnova.org) for schedules and registration information.

**McLean Bible Church Fitness Class** at Body & Soul Fitness. Balance is key, energy is renewed and strength is gained. 9:45 a.m. Mondays and Fridays. Free childcare for registered students. [bodyandsoul@mcleanbible.org](mailto:bodyandsoul@mcleanbible.org).

**Vajrayogini Buddhist Center** offers ongoing classes on meditation and Buddhist philosophy, Mondays at 7 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. \$10 per class. 202-331-2122 or [www.meditation-dc.org](http://www.meditation-dc.org).

**St. Dunstan's Episcopal Church,** 1830 Kirby Road in McLean. The third Sunday service every month at 10:15 a.m. allows children to play active roles in the music and as greeters and ushers. Traditional services are every Sunday at 8:15 and 10:15 a.m.

**Vienna Assembly of God** has a ministry to children on Wednesdays, 7-8 p.m. at the corner of Center N and Ayr Hill Avenue, N.E. Children's Church on Sundays also available. 703-938-7736 or [ViennaAG.com](mailto:ViennaAG.com).

**Vienna Christian Healing Rooms,** every Saturday, 1-5 p.m., at 8200 Bell Lane. A team of Christians is available to anyone requesting prayer. Free and open to the public. 703-698-9779 or [www.viennachristianhealingrooms.com](http://www.viennachristianhealingrooms.com).

## BULLETIN BOARD

*To have community events listed in the Connection, send to [vienna@connectionnewspapers.com](mailto:vienna@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](http://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](http://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](mailto: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](http://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](mailto: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](http://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](http://tysonscornerkiwanis.org).

### FRIDAY/AUG. 17

**Cat Adoptions.** 6:30-8:30 p.m. PetSmart, 8204 Leesburg Pike, Vienna. Every Friday. Sponsored by Lost Dog & Cat Rescue Foundation. [www.lostdogrescue.org](http://www.lostdogrescue.org).

### TUESDAY/AUG. 21

**Five Hills Garden Club.** 10 a.m. Vienna Presbyterian Church, 124 Park St., Vienna. Meets third Tuesday of every month. 703-988-9324 or [mariansanders@cox.net](mailto:mariansanders@cox.net).

### THURSDAY/AUG. 23

**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. 25

**CASA Volunteer Information Session.** 11 a.m. - 12 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. The Fairfax Court Appointed Special Advocates (CASA) is hosting an information session to promote awareness and advocacy for neglected or abused children. 703-273-3526 x22 or [ekosarin@casafairfax.org](mailto:ekosarin@casafairfax.org).

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[www.fbcv.org](http://www.fbcv.org)**

**SUNDAY WORSHIP, 7:45 AM & 11:00 AM  
CHURCH SCHOOL 9:30AM-10:30AM  
MIDWEEK SERVICES, WED. 7:00 PM**

### Assembly of God

Vienna Assembly of God ... 703-938-7736  
Washington Christian Church... 703-938-7720  
Cristo Es Mi Refugio... 703-938-7727

### Baha'i

Baha'i Faith for Northern Virginia ... 703-821-3345

### Baptist

Global Mission Church ... 703-757-0877  
Peace Baptist Church ... 703-560-8462  
Bethel Primitive Baptist Church ... 703-757-8134  
Cartersville Baptist Church ... 703-255-7075  
Fellowship Baptist Church ... 703-385-8516  
First Baptist Church ... 703-938-8525  
The Light Mission Church ... 703-757-0877  
Vienna Baptist Church ... 703-281-4400  
New Union Baptist Church... 703-281-2556

### Buddhist

Vajrayogini Buddhist Center... 202-331-2122

### Church of the Brethren

Oakton Church of the Brethren ... 703-281-4411

### Catholic

Our Lady of Good Counsel ... 703-938-2828  
St. Athanasius Catholic Church ... 703-759-4555  
St. Mark's Catholic Church ... 703-281-9100

### Charismatic

Christian Assembly ... 703-698-9777

### Church of Christ

Berea Church of Christ ... 703-893-7040

### Disciples of Christ

Antioch Christian Church ... 703-938-6753

### Episcopal

Church of the Holy Comforter ... 703-938-6521

Church of the Holy Cross ... 703-698-6991  
St. Francis Episcopal ... 703-759-2082

### Jehovah's Witness

Jehovah's Witnesses ... 703-759-1579

### Lutheran

Emmanuel Lutheran Church... 703-938-2119  
Christ The King Lutheran Church... 703-759-6068  
St. Athanasius Lutheran Church... 703-455-4003

### Methodist

Andrew Chapel United Methodist ... 703-759-3509  
Church of the Good Shepherd ... 703-281-3987  
The Vine Methodist Church ... 703-573-5336  
Ephiphany United Methodist ... 703-938-3494  
Great Falls United Methodist... 703-759-3705  
Oakton United Methodist ... 703-938-1233  
Vale United Methodist ... 703-620-2594  
Smith Chapel United Methodist ... 571-434-9680  
Wesley United Methodist ... 703-938-8700

### Non-Denominational

Celebration Center for Spiritual Living ... 703-560-2030  
Christian Assembly Church ... 703-698-9777

### Presbyterian

Grace Orthodox Presbyterian Church ... 703-560-6336  
Korean Central Presbyterian ... 703-698-5577  
Vienna Presbyterian ... 703-938-9050

### Quaker

Langley Hills Friends... 703-442-8394

### Seventh-Day Adventist

Northern Virginia Christian Fellowship ... 703-242-9001  
Vienna Seventh Day Adventists ... 703-938-8383

### Unitarian Universalist

Congregation of Fairfax ... 703-281-4230

## OPEN HOUSES SATURDAY/SUNDAY, AUGUST 4 & 5

 When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com) and click on the "This Week in Real Estate" link.   
**Call Specific Agents to Confirm Dates & Times**

### Ashburn

22018 Ayr Hill Ct.....\$814,900..Sun 1-4.....Bruce Young.....Samson Props..571-331-6363

### Clifton

7700 Kinchloe Rd.....\$1,395,000..Sun 1-4..Carol Hermendorfer.....Long & Foster..703-503-1812

### Dunn Loring

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

### Fairfax

4501 Forest Hill Dr.....\$875,000..Sun 1-4.....Damon Nicholas.....Coldwell Banker..703-502-8787  
3905 Prosperity Ave.....\$659,000..Sun 1-4.....Kathleen Gibbons.....McEneaney..703-941-2875  
4176 Vernoy Hills Rd.....\$512,000..Sun 1-4.....Amna Amjad.....Coldwell Banker..703-677-4437

### Fairfax Station

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

### Falls Church

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

### Herndon

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

### McLean

7488 Carriage Hills Dr.....\$839,900..Sun 1-4.....Karen Swanson.....Long and Foster..703-795-9970

### 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

### Vienna

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 Don Park at 703-778-9420, or [donpark@connectionnewspapers.com](mailto:donpark@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.

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.

## '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](http://www.travelingplayers.org) or call 703-987-1712.

## 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](http://www.fcmlcc.org) or mailed to FCMLCC at 7230 Idylwood Road, Falls Church, VA 22043.

# EMPLOYMENT CLASSIFIED

## BUSINESS OPP

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Weekdays 9-4

## Commercial Architectural Firm in Reston

seeking a Business/Accounting Manager to help the firm reach the next level. Tasks involve taking ownership of day-to-day financial processes within a fast-paced, professional services environment.

Qualifications include:

- Strong basic accounting skills
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- Excellent written and verbal communication skills
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E-mail resume to: [rw@mgrouparchitects.com](mailto:rw@mgrouparchitects.com)

## Do you want to work for a company that rewards you every day?

Professional Healthcare Resources, a home care and hospice agency with 17 years of experience, has openings for Personal Care Aides (CNAs & Home Health Aides) in the McLean, Herndon, Chantilly, Sterling and Vienna areas. As well as the intangible reward of knowing you are helping someone who needs you every day. We also offer flexible scheduling for the right person. Must have current CPR certification and own your own car. For more information or to apply please call our job line at **703-752-8777 ext. 900.** [www.phri.com](http://www.phri.com).

Please quote code NOVA3 when calling.

## RN INTERNAL TRAVELER ASSIGNMENTS SENTARA NORTHERN VIRGINIA MEDICAL CENTER

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Applications are being accepted for Medicine and Cardiac Telemetry units at Sentara Northern Virginia Medical Center, located in Woodbridge, VA. Internal Traveler opportunities are available for rotating shifts.

Immediate opportunities are available for RNs licensed in the Commonwealth of VA or eligible. Assignments run for 13 weeks with possibility of being extended. Must have a minimum of 2 years current acute care hospital experience within their area of interest.

- Medicine unit must possess AHA BLS certification
- Cardiac Telemetry unit must possess AHA BLS and ACLS certification

Please apply on line - [www.sentara.com/employment](http://www.sentara.com/employment). Questions, please contact Pat at [pstone@sentara.com](mailto:pstone@sentara.com) or 703-523-0564. EOE M/F/D/V Criminal History Background Check Drug Free Workplace

## 4 RE for Sale

## DISTRESS SALES

Free List with Pictures Of Bank Foreclosures and Short Sale Properties. [FairfaxDistressedHomes.info](http://FairfaxDistressedHomes.info) or Free recorded message 1-800-393-7105, ID #1042 Elite Realty Group, LLC

## 26 Antiques

We pay top \$ for antique furniture and mid-century Danish/modern teak furniture, STERLING, MEN'S WATCHES, jewelry and costume jewelry, paintings/art glass/clocks. Schefer Antiques @ 703-241-0790. Email: [theschefer@cox.net](mailto:theschefer@cox.net)

## 21 Announcements

## Artists Wanted to Share Studio Space in Great Falls

High ceiling fits big art Reply ASAP [MyArtandSoul@gmail.com](mailto:MyArtandSoul@gmail.com) 703-759-5104

The biggest things are always the easiest to do because there is no competition. -William Van Horne

## 25 Sales & Auctions

## 25 Sales & Auctions

## ESTATE AUCTION

Estate of DR. Mohammed Tajuddin Alumni of Columbia University & MIT

AUGUST 11, 2012--10:00AM PREVIEW 8-10am

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## EMPLOYMENT

## DEADLINES

Zones 5, 6.....Tues @ 11:00  
Zones 1, 3.....Tues @ 4:00  
Zone 2.....Wed @ 11:00  
Zone 4.....Wed @ 1:00

E-mail ad with zone choices to:

[classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com) or call Andrea @ 703-778-9411

## ZONES

- Zone 1:** The Reston Connection  
The Oak Hill/Herndon Connection
- Zone 2:** The Springfield Connection  
The Burke Connection  
The Fairfax Connection  
The Fairfax Station/Clifton/Lorton Connection
- Zone 3:** The Alexandria Gazette Packet  
The Mount Vernon Gazette
- Zone 4:** Centre View North  
Centre View South
- Zone 5:** The Potomac Almanac
- Zone 6:** The Arlington Connection  
The Vienna/Oakton Connection  
The McLean Connection  
The Great Falls Connection



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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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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 shone 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](http://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.