

McLean
CONNECTION

Teaching a Love of Music

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Marc James-Finen plays his cello during the Summer Strings Camp practice at St. Thomas Episcopal Church in McLean.

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PHOTO BY MORGAN SASSER/THE CONNECTION

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Local Minority-Owned Businesses Prosper

Companies generate more than \$1 billion in revenue and provide more than 1,000 jobs.

BY VICTORIA ROSS
THE CONNECTION

Businesses owned by Hispanics, African-Americans and women shine in Fairfax County, according to the latest national rankings for largest or fastest-growing companies.

"Fairfax County is proud to be a community in which companies of all descriptions can and do succeed to a greater extent than in the rest of the region, the state or the country," said Gerald L. Gordon, president and CEO of the Fairfax County Economic Development Authority, which supports and monitors the growth of local businesses.

Eleven Fairfax County-based companies are among the 500 largest Hispanic-owned businesses in the nation based on revenue—more than the total in 40 states, according to a recent report by HispanicBusiness.com. The Fairfax County companies are among 22 from Virginia on the 2012 Hispanic Business 500 list.

Together these companies generated \$655 million in revenue and employed more than 3,000 workers in 2011, according to Hispanic Business. Five Fairfax County-based companies are on the 2012 Black Enterprise (BE) magazine list of the 100 largest African American-owned companies in the U.S. The 2012 BE 100 Industrial/Service list appeared in the June 2012 issue of the magazine. Those five companies generated \$613 million in revenue and counted more than 5,000 employees in 2011, according to Black Enterprise.

Only seven states have more companies on the BE 100 list than Fairfax County. In addition, Fairfax County has more minority-owned firms than 21 states and the Dis-



PHOTO BY VICTORIA ROSS/THE CONNECTION

The staff of Helios HR in Herndon, one of Fairfax County's thriving women-owned businesses: (Back row, from left) Stephanie Eberhart, Andrea Parker, Sarah Smith, Ellyn Krause, Judy-Ann McKenzie, Kathy Albarado, Stephanie Kotch, Stacey Holst (Front Row, from left) Natalie Oddenino, Michele Wooding, Dean Klein, Amy Levin-Murchie.

trict of Columbia, according to the U.S. Census Bureau.

Fairfax County is also on the cutting-edge when it comes to women-owned businesses. According to the Women Presidents' Organization (WPO), a peer-advisory group for multimillion-dollar women-owned businesses and American Express OPEN, the small business division of American Express, two Fairfax County-based companies made the 2012 list of the 50 fastest-growing woman-owned/led companies in North America.

Kathy Albarado, CEO of Helios HR in Herndon, launched her human resources

consulting firm in September 2001. She said she has seen steady growth and support for women-owned businesses in the past decade.

An award-winning business executive, Albarado was recently named Lady Fairfax by the Fairfax County Board of Supervisors and was a top finalist for the Fairfax Chamber's woman-owned business executive award in 2011.

"I feel fortunate that I live and work in a community so very supportive of entrepreneurs and growing businesses. There is a strong spirit of collaboration in Fairfax County supported by the Chambers, our

Fairfax County's Minority-Owned Business Rankings

Listed below are the 11 Fairfax County companies on the Hispanic Business 500, and their ranking:

- ❖ 21. MicroTech, LLC, Tysons Corner
- ❖ 102. GeoLogics Corporation, Alexandria
- ❖ 114. SCI Consulting Services, Inc., Tysons Corner
- ❖ 117. CComputing Technologies, Inc., Fairfax
- ❖ 134. Priority One Services, Inc., Alexandria
- ❖ 138. Kemron Environmental Services, Inc., Tysons Corner
- ❖ 166. Citizant, Chantilly
- ❖ 186. Communications Resource, Inc. (CRI), Tysons Corner
- ❖ 205. NMR Consulting, Inc., Chantilly
- ❖ 424. Engineering, Management & Integration, Inc., Herndon
- ❖ 434. MAC Aerospace Corp., Chantilly

Listed below are the five Fairfax County companies and their rankings based on the 2012 Black Enterprise (BE) magazine list of the 100 largest African American-owned companies in the U.S.

- ❖ 8. Thompson Hospitality, Herndon
- ❖ 51. COMTek (Communications Technologies, Inc.), Chantilly
- ❖ 55. SoBran, Fairfax
- ❖ 61. Metters Incorporated, Tysons Corner
- ❖ 80. InScope International, Reston

Listed below are two of the 50 fastest-growing women-owned companies in North America, according to the Women Presidents' Organization (WPO) and American Express OPEN, the small business division of American Express

- ❖ 10. GCS, Inc., Tysons Corner
- ❖ 36. Ampcus Inc., Chantilly

elected officials, our business leaders and nonprofit partners," Albarado said. "There are many who are willing to provide mentorship and support opportunity. It's an exceptional county indeed."

The FCEDA's Business Diversity Division supports the growth of these enterprises by organizing and hosting workshops that showcase local, state and federal resources available to entrepreneurs and small businesses and by hosting SCORE business counselors. For more information, go to www.fairfaxcountyyeda.org. For more information on Helios HR, and the company's community outreach efforts, go to www.helioshr.com.

Nearly 800 Jobs Added to the Local Economy

Information technology firms and professional service companies see growth.

Information technology firms continue to do well in a sluggish economy, according to a new report from the Fairfax County Economic Development Authority (FCEDA). During the second quarter of 2012, the FCEDA provided services and resources to 33 businesses that are adding almost 800 jobs in Fairfax County.

Most of these businesses are in the information technology and professional services sectors and four are foreign-

based firms using a Fairfax County location to expand in North America.

One of the most prominent announcements during the quarter came from Engility, a government services company that established its headquarters in the Chantilly area of Fairfax County after spinning off from L-3 Communications. Engility will add 50 jobs in addition to its current workforce of 300. Another announcement came from Kaztronix, a staffing company that specializes in the health care, scientific

technology and telecommunications sectors and is creating 57 jobs in the Tysons Corner area of the county.

"We can attribute our success in Fairfax County to multiple factors," said Michael Kasmir, co-founder and president of Kaztronix. "First and foremost, Fairfax County has a high density of evolving technology companies seeking the best and brightest talent, which the county's proximity to major universities makes easily identifiable...From a recruiting perspective,

qualified job candidates have no problem relocating to Fairfax County, given its reputation as a desirable place to live."

"While much of the country and the world is suffering from a weak economy, the FCEDA continues to work with a wide variety of companies that are creating jobs, diversifying Fairfax County's economic base and contributing to the local tax base," said Gerald L. Gordon, president and CEO of the FCEDA.

—VICTORIA ROSS

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News



PHOTO BY ALEX McVEIGH/THE CONNECTION

Field number four at Langley Fork Park, under master planning by the Fairfax County Park Authority. The field is one of two rectangular fields at the park, which some residents hope will eventually be refurbished.

Langley Fork Master Plan Delayed

Park authority to conduct additional studies of 54-acre park.

BY ALEX McVEIGH
THE CONNECTION

The Fairfax County Park Authority has announced a delay in the master planning process for Langley Fork Park, a 54-acre site located just north of the intersection of Georgetown Pike and Dolley Madison Boulevard. The park, which contains two diamond fields, two rectangle fields, basketball courts and a fitness trail, is owned by the National Park Service.

The park authority was originally supposed to have a master plan prepared for public comment by late spring or early summer of this year. According to the park authority, "field investigations of the site last fall and this spring indicate the possibility of resources that require further investigation."

Last October the NPS announced a land swap with the Fairfax County Park Authority, to exchange the nearby Langley Oaks Park, which is closer to the George Washington Parkway and under the NPS management.

Dottie Marshall, superintendent of the GW Parkway, said that the NPS has owned the property since 1972, but haven't managed or made any investments since 1980. The park was master planned by the Fairfax County Park Authority that year and the process includes a 25-year permit for county use, which has been renewed every year since then.

"We believe [the swap] will bring greater accountability to the management and operation of the park," Marshall said. "It will also provide opportunity for investment in the park."

Supervisor John Foust (D-Dranesville) said discussions for improving the park date back to his tenure as president of the McLean Citizens Association, but that since it is still run on a year-to-year lease, "there was a reluctance to invest in the property."

MOST OF THE PARK remains undeveloped, and according to current plans, will remain so. Field users say that the facilities are in need of fixing.

"The fields here are pretty rough, the pits and divots are ripe for twisted ankles," said Barry Okun of McLean, who has children that play on the field regularly. "Field



PHOTO CONTRIBUTED

The master planning process for Langley Fork Park has been delayed by the Fairfax County Park Authority, who cited the need for additional studies before a draft can be presented to the public.

number four especially could be made into a beautiful, secluded, state-of-the-art field that wouldn't disturb neighbors, if only the work was put into it."

Gayle Hooper, project manager for the park authority, said the swap would allow Langley Oaks to "remain a wooded area under the care of the National Park Service," and that the Langley Forks would also remain mostly unchanged "with any improvements the community believes are worthwhile."

Park authority board member Kevin Fay said during a previous public meeting that Langley Forks "has some of the greatest potential" for development in the area, with improvements of existing fields and addition of new facilities being a possibility.

ACCORDING TO THE PARK AUTHORITY, a more detailed series of studies will be conducted so "the master plan can move ahead in an informed fashion, with greater knowledge of the value of the site."

The type of studies have not been released by the park authority, but updates will be released as they become available. Updates and additional information on the process can be found at www.fairfaxcounty.gov/parks/plandev/langleyfork.htm.

WWW.CONNECTIONNEWSPAPERS.COM

WEEK IN MCLEAN

Man Charged in Fairfax Homicide

Police arrested a man on Wednesday, Aug. 8 around 1 a.m. in connection with a suspicious death in the 9100 block of Barrick Street in the Merrifield area.

Police responded to a report of a body with apparent stab wounds found in the bathroom of an apartment around 5:15 p.m. Tuesday, Aug. 7. The body was identified as Oscar Rivera, 38, an occupant of the apartment.

Following interviews and further investigation throughout the night, police charged Jose Ivan Lopez Castro, 20, another occupant of the apartment, with

murder. He was transported to the Fairfax County Adult Detention Center.

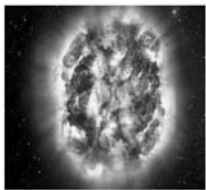
The deceased and suspects are known to each other and police believe there was an altercation between the suspect and victim prior to the victim's death.

The investigation is continuing.

Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text "TIP187" plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

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<p>PUBLIC HEARINGS</p> <p>The Metropolitan Washington Airports Authority is hosting three public hearings to inform and solicit comments from the community about proposed toll rate increases along the Dulles Toll Road beginning in 2013 to support the construction of the Dulles Corridor Metrorail Project and Dulles Toll Road improvements.</p> <p>These public hearings will be conducted in an open house format, from 5:00 p.m. to 8:00 p.m., as follows:</p> <p>Thursday, September 6, 2012 Stone Bridge High School - Cafeteria 43100 Hay Road Ashburn, VA 20147</p> <p>Wednesday, September 12, 2012 South Lakes High School - Cafeteria 11400 South Lakes Drive Reston, VA 20191</p> <p>Thursday, September 13, 2012 Spring Hill Elementary School 8201 Lewinsville Road McLean, VA 22102</p> <p>There will be informational exhibits about the Dulles Corridor Metrorail Project, the cost and financing of the Dulles Corridor Metrorail Project, the Dulles Toll Road and potential improvements that may be made to the Toll Road, the revenue anticipated to be raised as a result of the proposed toll rate increases, and how this additional revenue will be spent. Representatives from the Airports Authority will be present to discuss these items.</p> <p>The public comment period on the proposed toll rate increases will run from August 17 through September 16, 2012. An "On-Line Open House" will be available on the Airports Authority website at www.mwaa.com/tollroad throughout the comment period. It will contain an explanation of the informational exhibits and a comment form. Comments may also be submitted at the public hearings, or mailed during the comment period to: Dulles Toll Road Proposed Toll Rate Increases, 3900 Jermantown Road, Suite 300, Fairfax, VA 22030.</p> <p>For special assistance for persons with disabilities or limited English proficiency, citizens may call (703) 934-4639 at least 10 days prior to the hearing they wish to attend.</p>

OPINION

Starting School Prepared

First day of school on Sept. 4; local nonprofits provide school supplies and weekend food.

With school beginning in a few weeks, area charitable organizations have been collecting contributions of new backpacks, calculators, other school supplies, money and gift cards and winter coats to help the tens of thousands of truly needy Northern Virginia students.

In Fairfax County alone, more than 40,000 students are poor enough to qualify for subsidized meals, and those students have mostly not had access to those meals over the summer since Fairfax County Public Schools no longer operates summer school.

Working poor families cannot easily outfit one or more children properly for school (think of the cost of a graphing calculator).

"For many families in our area who are working hard but struggling to make ends meet, the prospect of finding the funds to purchase new supplies for their children each year can be stressful," said Lisa Whetzel, Our Daily Bread's executive director. The organization was still \$3,000 and 200 backpacks short of its goal last week. To

help, contact Becca Brummett or Jennifer Rose at 703-273-8829 or holiday@ODBFairfax.org, or visit www.ODBFairfax.org.

One organization, Doorways for Women and Children in Arlington, aptly describes the challenges of some of Arlington's students on its website: "Embarrassed and disappointed that

their family can only afford to prioritize necessities as simple as groceries and rent, children living in poverty share a very different schooling experience than many of their peers."

Arlington Doorways for Women and Families collects money, school supplies, winter coats and more for needy students. Contact Rachel Dove at rdove@doorwaysVA.org or 703-504-9283 or www.doorwaysva.org/donate/seasonal-ways-to-give/backtoschool/

FACETS in Fairfax, which provided more than 300 students with backpacks filled with supplies last year, is collecting school supplies until Aug. 17, and welcomes financial contributions: FACETS Back to School Drive, 10640 Page Avenue, Suite 300, Fairfax. Drop donations between 9 a.m.-5 p.m., Monday-Friday, at 10640 Page Avenue, Suite 300, Fairfax. FACETS also seeks volunteers to help at special events where students will "shop" for their school supplies.

Reston Interfaith encourages residents to drop off Back-to-School-Drive items at Reston

Interfaith Administrative Offices, 11150 Sunset Hills Road, Suite 210, Reston. Contact Alacia Earley, volunteer and drives manager, 571-323-9568.

Northern Virginia Family Services Back to School Drive provides over 2,000 backpacks to youth in pre-K through college. On-site: Sort and organize school supplies, stuff backpacks and help distribute. Donate money or new school supplies at 13926 Metrotech Drive, Chantilly.

On Thursday, Aug. 30, county firefighters will distribute backpacks and school supplies for children throughout Fairfax County. They will distribute approximately 2,000 backpacks, with supplies to school administrators, teachers, and local shelters for children in need.

United Community Ministries also helps local students. Send donations to United Community Ministries, 7511 Fordson Road, Alexandria. Contact 703-768-7106.

Once school begins, some local nonprofits will start a different kind of backpack program, one that provides "weekend backpacks" for these children who might not have enough to eat. The weekend backpacks contain child-friendly foods that are high in nutritional value. Beginning in September, schools will assist in the distribution of these bags.

— MARY KIMM,
MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Questioning a 'War on Women?'

To the Editor:

Recent criticisms of Barbara Comstock's position on so-called "women's issues," and the concomitant accusations of a Republican "war on women" have left me frustrated. Our Constitution does not, and should not, guarantee access to free abortion and contraception. While some may believe that these represent important women's health issues, others put a much higher priority on treating actual illnesses that afflict many women, such as cancer and heart disease. A great deal of research suggests that both abortion and contraception may increase a woman's likelihood of suffering from these prevalent life-threatening health problems. Whatever your position, it is extraordinarily unfair and deceptive to characterize those who prioritize health care issues differently as conducting a "war on women" or even as being insensitive to women's health issues. As a woman myself, I rather prefer to see any government funds or any mandated funds from employers go to help those who need to fight life threatening illness. Moreover, I cherish the freedoms granted to me by our

Constitution and Bill of Rights, which will diminish if the HHS mandate stands.

Believe it or not, there are many women who feel that no employer should be forced to provide abortion, abortifacient drugs, or artificial contraception. Many women note that there is no evidence that any of these things have improved women's health. On the other hand, much proof exists that they have led to far more problems than they were supposed to solve.

Laura Burke
Great Falls

TJHS Story In Numbers

To the Editor:

The point is that inborn talent is not the real issue for TJHS-level success. Nor is there any educational program magic pill that will solve this. The key is student long-term personal commitment to scholastic achievement and hard work - (the old "20 percent inspiration, 80 percent perspiration" adage).

Since everyone likes statistics so much, the elephant in the room has always been the performance of Asian minority students vis-a-

vis the entire FCPS student population - e.g., for 2011/12, Asian: 19 percent of FCPS vs 64 percent at TJHS; White: 43 percent of FCPS vs 26 percent at TJHS; Hispanic: 22 percent of FCPS vs 2.7 percent at TJHS; Black: 10 percent of FCPS vs 1.4 percent at TJHS. Maybe those Asian students should get with the program and stop working so hard and being so successful. It makes the other ethnicities look bad.

FCPS has already watered down the scholastic admission criteria for TJHS in response to the clamor for increased Hispanic and Black enrollment, and that only resulted in more criticism because of the inevitable drop-off in TJHS student performance levels.

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

TJ on Hot Seat

To the Editor:

TJ (Thomas Jefferson High School) has often been cited as

one of the best schools in the country. It has been put on the hot seat for not prioritizing diversification of racial origins among the students it enrolls. Reading current newspaper reports on the Olympics in England has caused me to question this criticism of TJ. Photos show the three female sprinters representing the USA to be black and photos of the winning eight USA female rowers to be all white. Does this represent mistaken priorities held by our Olympic officials? Should striving for excellence be diluted by a policy of diversification? Should TJ have a quota in the future on accepting Asian students for admission? No easy answer to these valid questions.

Bob Simon
Reston Founder

Hypocrisy at its Finest

To The Editor:

Today, we have an economy that is struggling here in the United States just like in many other countries throughout the world. In order to help those Americans that

SEE LETTERS, PAGE 7

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LETTERS

FROM PAGE 6

have lost their jobs due to the worldwide economic downturn, our politicians should be working together to find solutions to this problem. It requires the work of all parties coming together to do this in a bipartisan way. Instead, the Republicans in Congress and the Republican governors throughout the country are spending our tax dollars and wasting their time trying to pass laws that make it more difficult for certain targeted groups of citizens to vote in the upcoming elections.

This attempt to suppress voter turnout is their way to gain an advantage and it is obvious that they are more interested in voter suppression than helping the American people. Many studies have shown that voter fraud is virtually absent in our voting process here in this country but the Republicans find it expedient to portray this issue in an unfair and untruthful context by exaggerating the issue. They are targeting very specific states which tend to vote more Democratic. How do they justify this in the name of preventing voter fraud?

It is quite ironic that the Republicans have protested creating a national ID card for all citizens saying it was some kind of limit on our freedom while they find underhanded ways to repress the vote because, ostensibly, these voters do not have a proper form of identification. This is all hypocrisy at its finest.

Robert Cox
McLean

Putting Aside Politics

To the Editor:

As the mother of a wounded warrior, I am appalled at Del. Barbara Comstock's (R-34) apparent inability to put aside partisan politics to honor our wounded men and women and their families ("Clemyjontri Park Welcomes Wounded Warriors", Aug. 1, 2012). The ordinance that wounded the military members and changed their families' lives forever did not consider whether the soldier was a Democrat or Republican. Wearing a Romney t-shirt at the Yellow Ribbon Fund picnic was disrespectful. This was a non-partisan event. Campaigning for Romney, and reportedly bashing President Obama, crossed the line.

Bettina Lawton
Vienna

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VDOT Virginia Department of Transportation

Dulles Connector Road (Route 267)
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Design Public Hearing

Thursday, September 13, 2012, 5-8 p.m.
A brief presentation will begin at 6:30 p.m.
McLean High School
1633 Davidson Road, McLean, VA 22101

Find out about plans to construct sound walls on both sides of the Dulles Connector Road/Route 267, between Chain Bridge Road and Interstate 66 in Fairfax County. The sound walls will be built to mitigate noise from the Dulles Connector Road traffic and Dulles Metrorail, which is being constructed at-grade in the median of the Dulles Connector Road.

Stop by between 5 p.m. and 8 p.m. to view displays and learn about the project. VDOT staff will be available to answer your questions.

Review project details at www.virginiaidot.org, at the meeting, or during business hours at VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-259-1795, 800-367-7623 or TTY/TDD 711 to ensure appropriate personnel are available to answer questions.

In compliance with VA Code 10.1-1188 for state funded construction projects, an environmental review determined the project will not have significant impacts to the environment.

Give your written comments at the meeting, or submit them by **Sept. 23, 2012** to Mr. Hamid Misaghian, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax 22030. You may also email meeting_comments@VDOT.virginia.gov. Please reference "Dulles Connector Sound Walls" in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact the VDOT manager at the above phone numbers.

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Teaching a Love of Music

Summer Strings Camp culminates in concert.

BY MORGAN SASSER
THE CONNECTION

At the Summer Strings Camp, young musicians come together to share a love of music and gain experience playing in an orchestra. Held at St. Thomas Episcopal Church in McLean, the camp runs for seven days and culminates in a concert to showcase the students' best material.

The camp is directed by Ruth Donahue, who says that she tries to teach the children "a love of music and to have fun while playing."

In accordance with this philosophy, Donahue implements theme days like Messy Monday and Freaky Friday into the camp. She also tries to select pieces that she thinks her students will connect with—for instance, the children were recently thrilled to learn the Olympic theme song.

"She cares about how we feel playing, and really tries to focus on our individual potential and progression," said violinist Lauren Fahlberg, a student at Spring Hill Elementary School, about Donahue.

Summer Strings has been running since 1989, and is sponsored by Music Masters, a local music store. Although the program is only a week long, Donahue says, "it is the perfect amount of time to pull a concert together and keep the students interested."

Violinist and Thoreau Middle School student Elizabeth Wu says that her favorite aspect of Summer Strings is the opportunity to play with a group because, when practicing at home, the students play individually. Along with Fahlberg, Patrick Oh and Laurenn Lee, Wu prepared Mozart's "Musik der Tisch" for the final concert. "We learned to listen to each other," she said.

Many students plan to continue playing in their school orchestras. However, Fahlberg adds, "We all hope that FCPS doesn't shut down the music department. That's a really depressing thought."



Violinist and Thoreau Middle School student Elizabeth Wu, 11, prepares her violin piece for the Summer Strings Camp final concert, held on Aug. 7.



From left, the four students who played Mozart's "Musik der Tisch" in the concert: Patrick Oh, Laurenn Lee, Elizabeth Wu and Lauren Fahlberg.



The students practice collectively for seven days with their instructor, Ruth Donahue.

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. 15

John Prine and Emmylou Harris. 7:30 p.m., at the Filene Center, 1551 Trap Road, Vienna. \$45 in-house, \$25 lawn. Go to www.wolftrap.com for more information.

This Century + Austin Gibbs + Bandits & Beggars. 7:30 p.m., at Jammin' Java, 227 Maple Avenue E., Vienna. tickets@jamminjava.com.

THURSDAY/AUG. 16

Barry Manilow. 8 p.m., at Wolf Trap, 1551 Trap Road, Vienna. \$35-\$95. Go to www.wolftrap.org for tickets and information.

Girls Book Club. 3 p.m., at Great Falls Library, 9830 Georgetown Pike, Great Falls. Girls 9-12. Call library for book title. 703-757-8560.

Book Discussion. 7 p.m., at Oakton Library, 10304 Lynnhaven Place, Oakton. "Rose" by Martin Cruz Smith. 703-242-4020.

Book Discussion Group. 7:30 p.m., at Great Falls Library, 9830 Georgetown Pike, Great Falls. Call library for book title. 703-757-8560.

FRIDAY/AUG. 17

Barry Manilow. 8 p.m. Wolf Trap, 1551 Trap Road, Vienna. \$35-\$95. Go to www.wolftrap.org for more information.

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

SATURDAY/AUG. 18

Tobacco Harvest. 1-4 p.m., at the Claude Moore Colonial Farm, 6310 Georgetown Pike, McLean. Now that harvest is here, the colonial farm family invites the public to help clean the leaves, gather the cut and split plants and hang them to cure. \$3 for adults, \$2 for children and senior citizens. For more information, call 703-903-9330.

Civil War Weekend. 10 a.m.-4 p.m., at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Watch the military maneuvers of the skirmishes and see re-enactors go through drills, camp routines, perform medical care, artillery and rifle firing and join as a recruit. There will also be a one-act play by a local historian and author. Also on Sunday, Aug. 19, 10 a.m.-3 p.m. \$9 for adults, \$7 for children and senior citizens. For more information call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully.

DC Fest Featuring Mercyme and Third Day. 3 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Also with Sanctus Real, Brandon Heath, Building 429, Kerrie Roberts and Lindsey McCaul. \$20-\$99. Go to www.ticketmaster.com, call 1-800-745-3000 or visit www.patriotcenter.com for tickets.

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

Mary Chapin Carpenter w/ Special Guest Loudon Wainwright III. 8 p.m., at Wolf Trap, 1551 Trap Road, Vienna. \$42 in-house, \$25 lawn. www.wolftrap.org.

Master Gardeners Plant Clinic. 10 a.m., at Oakton Library, 10304 Lynnhaven Place, Oakton. Experts available to answer your gardening questions. 703-242-4020.

Plant Clinic hosted by the Master Gardeners. 10 a.m., at Tysons-Pimmit

McLean Teens Got Talent and OFTC's 22nd Anniversary Block Party

Saturday, Aug. 25. 4-10 p.m., at the Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. McLean Teens Got Talent is looking for a few young artists from Fairfax County in 7th-12th grade to participate in the Teens Got Talent show during the OFTC Block Party. Free. Advance registration is required. For more information, call 703-448-8336 or go to www.mcleancenter.org.

Library, 7584 Leesburg Pike, Falls Church. Experts available to answer your gardening questions. 703-790-8088.

SUNDAY/AUG. 19

Alte Kameraden "AUG-toberfest" Concert. 6:30 p.m., at the Village Green bandstand, at Mill and Church Streets, Vienna. Pre-concert "Happy Hour" at the Vienna Inn, from Noon until show begins. Go to www.fairfaxband.org for more information.

Breakfast Buffet. 8 a.m.-Noon, at the Vienna American Legion, 330 Center St. North, Vienna. Adults \$8, children \$3. Omelets, scrambled eggs, blueberry pancakes, bacon and more. 703-938-1379.

Alan Jackson. 8 p.m., Wolf Trap, 1551 Trap Road, Vienna. \$50 in-house, \$35 lawn. www.wolftrap.org.

MONDAY/AUG. 20

Tiny Tot Time. 10:30 a.m., at Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Songs, rhymes and activities. Age 13-23 months with adult. 703-356-0770.

Preschool Storytime. 10:30 a.m., at Great Falls Library, 9830 Georgetown Pike, Great Falls. Join for stories, songs and activities. Ages 3-5 with adult. 703-757-8560.

TUESDAY/AUG. 21

Train with Matt Kearney and Andy Grammer. 7 p.m., at the Filene Center, 1551 Trap Road, Vienna. \$48 in-house, \$35 lawn. www.wolftrap.com.

Tuesday Storytime. 10:30 a.m., at Tysons-Pimmit Library, 7584 Leesburg Pike, Falls Church. Stories, songs and activities. Ages 1-2 with adult. 703-790-8088.

Mystery Book Discussion. 6:30 p.m., at Tysons-Pimmit Library, 7584 Leesburg Pike, Falls Church. Call library information desk for book title. 703-790-8088.

WEDNESDAY/AUG. 22

Harvest Wine Dinner. 6:30 p.m., at Wildfire Restaurant, Tysons Galleria, 3rd floor. Five-course menu highlighting fresh local ingredients and wine. \$75/person. Reservations. 703-442-9110.

Teddy Bear Dance Party. 11 a.m., at Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Bring your favorite teddy bear and listen to Peter McCarty's one-man band. 703-356-0770.

Dave Koz with BeBe Winans; Special Guest: Average White Band. 8 p.m., at the Filene Center, 1551 Trap Road, Vienna. \$42 in-house, \$25 lawn. www.wolftrap.com.

THURSDAY/AUG. 23

Frankie Valli & The Four Seasons. 8 p.m., at the Filene Center, 1551



'Must Love Cars' Exhibit at Katie's Coffee

Must Love Cars, an exhibit of mixed media collages by Heidi Mraz, runs until Aug. 31 at Katie's Coffee at The Old Brogue, 760-C Walker Road in Great Falls. Meet the artist during the Cars and Coffee event on Saturday, Aug. 25, from 7-9 a.m., weather permitting.

In a series that includes classic racecars from the 60's and 70's, Mraz's artwork is remarkably polished, especially considering her medium—torn bits of

recycled automotive and fashion magazines. Her clever treatment of materials leads viewers through a visual journey that begins with simple images but quickly shifts to the complex. "It's an experience that is meant to bump viewers slightly off balance," said Mraz. "Once you cross over the line, there is an 'ah-ha' moment between what is perceived and what's actually on my canvas." Free and open to the public. For more information, go to www.HeidiMraz.com.



Trap Road, Vienna. \$45 in-house, \$25 lawn. www.wolftrap.com.

McLean. Enjoy food, wine and jazz. 703-506-4300.

Al Green; Special Guest: Taj Mahal. 8 p.m., at the Filene Center, 1551 Trap Road, Vienna. \$45 in-house, \$25 lawn. www.wolftrap.com.

SUNDAY/AUG. 26

Straight No Chaser. 8 p.m., at the Filene Center, 1551 Trap Road, Vienna. \$42 in-house, \$25 lawn. www.wolftrap.com.

FRIDAY/AUG. 24

Movies in the Park. 8:45 p.m., at Glyndon Park, 300 Glyndon St. N.E., Vienna. "Kung Fu Panda 2." Free. In case of inclement weather, call 703-255-7842 two hours before show time.

The Christopher Linman Jazz Ensemble. 8:30 p.m.-Midnight, at the Wine Bar & Lounge at Entyse, Ritz Carlton, 1700 Tyson's Boulevard,



"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., Tuesday-Saturday. Vienna Arts Society Gallery on the Village Green, 513 Maple Ave., W., Vienna. www.ViennaArtsSociety.org

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Time for School

Advice on how to transition from a laid-back summer to a hectic academic year.

BY MARILYN CAMPBELL
THE CONNECTION

When Ellen Feldman's 5-year-old son started school last fall, one of the biggest adjustments for the single mother of two was having to adhere to a schedule.

"All of a sudden we went from being able to do things on our own time frame to having to wake up and be at a certain place at a certain time," said Feldman. "Sending my son off to school for the first time was exciting, but also difficult."

From purchasing school supplies and new clothes to reuniting with friends and leaving home for the first time, the start of a new school year can bring about emotions that range from delight to anxiety.

"Back to school, which is a positive experience, has stress built into it," said Linda Guly, a professor of psychology at Marymount University in Arlington, Va. "Any change is stressful, even a positive change. But kids will adapt quickly." The transition, said experts, is more manageable when parents develop a plan before the first day of classes.

"The more structure parents can give their kids before school starts, the better," said professional organizer Cecilia Anderson, a former teacher and the owner of Splendidly Organized, Inc. in Vienna. "If kids are given total free reign during the summer, they are not going to be in the right mindset for school."

Michele Claeys, associate head and middle school principal at the Norwood School in Potomac, believes that final days of summer break can be an ideal time for an academic brush-up: "There are often skills that aren't used throughout the summer, but are important as school starts. Having children of all ages read as much as possible for pleasure throughout the summer, but also in the days leading up to the start of school, is a good idea because it is a sustained experience where they are focused on something for a long period time." Claeys also recommended giving children an opportunity to discuss their reading with friends.

EXPERTS ALSO SUGGEST establishing a sleep routine with a consistent bedtime. "If parents get started a full week ahead of time trying to get children into the routine of being awake and alert for the morning, it gives them a chance to get their bod-



PHOTO COURTESY OF SPLENDIDLY ORGANIZED

Cecilia Anderson, a former teacher and the owner of Splendidly Organized in Vienna, encourages parents to begin creating a structured schedule for their children before the start of school.



PHOTO COURTESY OF CLUTTERSOS

Vienna-based professional organizer Susan Unger of ClutterSOS tells parents to create a color-coded calendar that includes each family member's events and activities.

ies adjusted to the schedule that they will have to maintain for the whole year," said Claeys.

Reintroducing a back-to-school morning ritual can be an anxiety-inducing exercise for some, especially after two months without a rigid agenda. According to professional organizers, a tactical plan can make the daybreak drill more pleasant.

"Do as much as you can the night before. For parents who pack their kids lunches, it is important to have things ready to go and put in bags," said Anderson. For children who want the freedom of packing their own lunches, Anderson recommended dividing lunch options into food group and allowing children to se-

lect one item from each group.

"You want to give your child a balanced meal," she said. "One day there might be tuna sandwiches, and turkey sandwiches on another day, and whatever snack goes along with it like cut-up vegetables. Have those ready to go and in bins and let children choose one thing from each bin. That way kids will have more ownership over their lunches and there will be few complaints."

Don't underestimate the importance of breakfast either: "A child won't have all faculties for learning if they haven't eaten well," said Anderson. "Some kids don't have lunch until 1 o'clock, so to go from 6 a.m. until 1 o'clock without food is tough. They need something that has protein. It doesn't have to be home-cooked eggs. It can be turkey sausages or lunchmeat, but a bag of chips and a monster drink is not a good breakfast."

TO AVOID a last-minute morning search for errant permission slips or stray report cards, Vienna-based professional organizer Susan Unger of ClutterSOS urges parents to create a command center, a central

SEE TIME FOR SCHOOL, PAGE 11

SCHOOL NOTES

Send School Notes to mclean@connectionnewspapers.com. The deadline is Friday.

McLean resident **Leah Stein** made both the fall and spring dean's list at Brandeis University in Boston. She is the daughter of Larry Stein and Lisa Zininger.

The following McLean residents have been named to the fall 2011 dean's list at Virginia Tech: **Caitlin E. Quinn** (communications), **Clayton S. Rainie** (human nutrition, food and exercise), **Kathleen M. Scalia** (international studies), **Daniel E. Small** (economics, science), **Spenser P. Thompson** (business), **Christine Q. Tran** (finance), **Donald B. Alderson** (management), **Stephanie M. Caggiano** (university studies), **Maya Chehab** (civil engineering), **Evan J. Cheng** (university studies), **Stephanie Y. Chin** (biological sciences), **Paul S. Chung** (biochemistry), **Nadine S. Gibson** (political science), **Jacqueline E. Groll** (international studies), **Laurel E. Heile** (landscape architecture), **Sandra P. Hower** (psychology), **Kendall E. Hymes** (marketing management), **Abdelhadi M. Jarrar** (university studies) and **Collin M. Juba** (general engineering).

The following McLean residents have been named to the fall 2011 dean's list at Virginia Tech: **Pedro P. Lam** (biological sciences), **Stephanie V. Langan** (management), **Andrea M. Ledesma** (history), **Madison B. Lehnert** (marketing management), **He Liao** (finance), **Angela E. Madero** (international studies), **Roger E. Malone** (economics), **Timothy L. Meyer** (general engineering), **Henrietta Meyman** (psychology), **Anarkali R. Morrill** (psychology), **Kyle M. Pacque** (psychology), **Madeline M. Parkhurst** (French), **Margaret A. Pauliukonis** (biological sciences), **Paige A. Sullivan** (university studies), **Charles M. Tenney** (mechanical engineering), **Russell P. Wheeler** (geosciences), **Nina M. Zegler** (biological sciences) and **Franklin D. Zheng** (electrical engineering).

The following Fairfax County Public Schools (FCPS) students have won Achievement Scholarships from the 2012 National Achievement Scholarship program, awarded to Black American high school seniors to be

used for undergraduate study at any regionally accredited United States college or university: **Katherine Branche**, Langley High School (medicine), **Stephen Preston, Jr.**, Langley High School (aerospace engineering), **Brandon Allen**, Marshall High School (biology-law), **Nana-Kwabena Adjapong Abrefah**, McLean High School (mathematics), **Gabrielle Tate**, Oakton High School (mechanical engineering), **Beakal Gezahegn**, South County Secondary School (medicine), **Austin Chustz**, South Lakes High School (medicine), **Ian Crutcher**, South Lakes High School (engineering), **Chantelle Ekanem**, TJHSST (chemical engineering), **Adrienne Ivey**, TJHSST (engineering-computer science), **Stephanie Pitts**, TJHSST (medicine), **Alexandria Sutton**, TJHSST (medicine), **Mickeal Taylor**, TJHSST (electrical engineering) and **Bryan Williams**, TJHSST (computer science).

George M. Liang of McLean has won the National Merit Macy's, Inc. Scholarship. The Thomas Jefferson H.S. for Science and Technology student plans to study biological engineering.

Krista Marie Moore of McLean has received the 2012 Otti Windmueller Academic Scholarship for \$2,500. Moore was also named Outstanding Fashion Merchandising Junior at Virginia Commonwealth University. She is the daughter of Jack and Peggy Moore.

Four McLean residents been named as 2012 National Merit \$2500 Scholarship winners. All four attend Thomas Jefferson High School for Science and Technology.

♦**Tushar V. Kamath** (probable career field biomedical engineering)

♦**Priya Krishnan** (probable career field business management)

♦**Govind S. Mattay** (probable career field bioengineering)

♦**Daniel G. Shanker** (probable career field mechanical engineering).

McLean residents **Minah Ali Rathore**, a junior majoring in international relations, and **Yumna Ali Rathore**, a senior majoring in economics and international relations, have been named to the winter 2012 dean's list at Knox College of Galesburg, Ill.

BULLETIN BOARD

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

FRIDAY/AUG. 17

Cat Adoptions. 6:30-8:30 p.m., at PetSmart, 8204 Leesburg Pike, Vienna. Every Friday. Sponsored by Lost Dog & Cat Rescue Foundation. www.lostdogrescue.org.

SATURDAY/AUG. 18

The Vienna Saturday Farmers Market hosts the League of Women Voters to register potential voters. The market is located at the caboose parking lot across from 131 Church Street NE, in Vienna. Additional parking is located at Assembly of God Church (corner of Center and Ayr Hill Road NE—walk down the W&OD trail to the market). For updated information visit [Facebook\Vienna-Farmers-Market](https://www.facebook.com/Vienna-Farmers-Market) or

viennafarmersmarket.com.

MONDAY/AUG. 20

Stroke and Osteoporosis Screening. 10:30 a.m., at the Charity Baptist Church, 1328 Spring Hill Road, McLean. Pre-registration is required. www.lifelinescreening.com.

TUESDAY/AUG. 21

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

WEDNESDAY/AUG. 22

Personalized Computer/Internet Training. 7 p.m., at Tysons-Pimmit Library, 7584 Leesburg Pike, Falls Church. Get one-on-one help with basic computer skills, using Microsoft

Word and Excel and introduction to Internet use. Call the library to sign up for an appointment at 703-790-8088.

THURSDAY/AUG. 23

Greater McLean Chamber of Commerce LeadShare Meeting. 7:30 a.m., at 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.

Time for School

FROM PAGE 10

location where all papers that must be signed and returned to school are kept. She adds that a chart outlining the morning tasks is another useful tool: "If children have a check list to look at, they can ask themselves, 'Have I brushed my teeth?' or 'Have I combed my hair?' The night before, choose clothes and put the backpack by the door."

Use a family calendar. "Another important thing is having a calendar that lists activities and sporting events and putting it in a place where everybody can see it and everybody knows the schedule," said Unger.

"It also helps to color-code the calendar, so have one color for each child."

Before heading out to purchase new supplies or clothes for school, organizers suggest taking inventory. "You can see what you already have and what you need and make a shopping list from that," said Unger.

One of the most important components of creating a good start to a new school year is attitude, education experts agree. "Generally, it is helpful if parents help children see school as a fun, happy place where they can be stimulated and learn," said Claeys.



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PHOTOS BY ALEX MCVEIGH/THE CONNECTION

Runners prepare to enter the South Lakes High School track, the final leg of the Reston Youth Triathlon, Sunday, Aug. 12.

Triathletes Swim, Bike and Run in Reston

Second annual youth triathlon raises scholarship funds.

BY ALEX MCVEIGH
THE CONNECTION

Two hundred and fifty children spent their Sunday morning swimming, biking and running around Langston Hughes Middle School and South Lakes High School on Aug. 12 as part of the second annual Reston Children's Triathlon, hosted by the YMCA, Fairfax County, Reston and the Reston Association.

Triathletes, ages 6 to 14, swam, biked and ran various distances depending on their age groups. Six to 8-year-olds swam 50 meters, biked 1.1 miles and ran .7 miles. Nine to 11 year-olds swam 100 meters, biked two miles and ran one mile, while 12 to 14-year-olds swam 150 meters, biked two miles and ran 1.4 miles.

SWIMMERS STARTED at the Ridge Heights Pool and biked along Ridge Heights Road and South Lakes Drive before running to the South Lakes track, where the finish line and cheering families awaited them.

"It was definitely very hard to finish, but my goal was not to have to walk the whole time and I didn't have to," said Stephanie Morgan, 11, of Falls Church. "The swimming might have been the hardest, because at the beginning you feel like you can go on forever, but once you try to get on your bike



Lauren Skinner, 10, of Reston, sprints to the finish line of the Reston Sprint Triathlon, Sunday, Aug. 12.

all soaking wet, you realize there's a lot more to go."

Douglas Janssen, 11, of Ashburn, said running was the toughest part for him.

"Biking and swimming are fun, because they're something you can do and be a little more relaxed," he said. "But running is mostly just for exercise and it's a little boring. And it wears me out more than the other two, so I'm glad it was last."

Herman Smith of Reston says the triathlon has led to several big changes for his daughter, Hannah, 10.

"Signing up for the event helped her learn how to ride a bike without training wheels, it always scared her, but once a few friends signed up, she didn't want to feel left out, and that meant dedicating herself to learning to ride," he said. "Between training for this event and watching the last week of track and field events in the

Olympics, I think she'll be really motivated to ride, bike and swim from now on."

With the event in its second year, some children, such as Gina Tutt's daughter Hailey, 9, used their experience to better prepare.

"Last year she was excited to be doing things with kids, and while she attended a few of the training clinics, it was definitely about having fun," she said. "But as she was getting ready for this year's, she was really dedicated. She was going on practice runs, rides and swims, and checking her times and she even practiced the transitions to shave off as many seconds as she could."

FUNDS RAISED AT THE EVENT went to youth scholarship programs, and 40 of the participants were able to do so because of scholarships that helped them register and get the equipment needed to participate.

"We didn't want people with an interest to not be able to participate because they didn't have the money to get a bike or pay the entry fee, so we were able to provide new bikes and helmets that they can keep," said Larry Butler, RA's director of Parks and Recreation. "We hope this event helps introduce a healthy lifestyle to the kids."

Butler also said he hopes the event would foster future interests.

"With three different activities, hopefully they can find one that they really liked," he said. "And if they find they like the biking, running or swimming, maybe that's something they can keep doing and eventually graduate to our Sprint Triathlon, or Fall Triathlon, in a few years."



Swimmers prepare to start the first leg of the Reston Kids Triathlon at Ridge Heights Pool, Sunday, Aug. 12.



Triathletes begin the biking portion of the Reston Kids Triathlon, Sunday, Aug. 12.

2012 Top Sales in McLean

Address	BR	FB	HB	Postal City	Sold Price ...	Type	Lot AC .	PostalCode .	Subdivision	Date Sold		
1174 OLD TOLSON MILL RD	6	...	7	..	3	MCLEAN	\$6,000,000	Detached	2.00	22102	ASH GROVE	03/05/12
1361 WOODSIDE DR	5	...	6	..	3	MCLEAN	\$4,275,000	Detached	1.25	22102	WOODSIDE ESTATES	01/03/12
8111 SPRING HILL FARM DR	6	...	7	..	2	MC LEAN	\$3,694,416	Detached	0.98	22102	SPRING HILL FARM	05/01/12
836 WHANN AVE	6	...	6	..	2	MCLEAN	\$3,475,000	Detached	0.84	22101	LANGLEY FOREST	03/15/12
935 DOUGLASS DR	6	...	7	..	3	MCLEAN	\$3,250,000	Detached	1.00	22101	LANGLEY FOREST	06/28/12
6800 BENJAMIN ST	5	...	5	..	2	MCLEAN	\$3,200,000	Detached	0.96	22101	LANGLEY FOREST	06/29/12
406 CHAIN BRIDGE RD	6	...	6	..	3	MCLEAN	\$3,100,000	Detached	0.46	22101	ARLINGTONWOOD	04/25/12
8315 OLD DOMINION DR	7	...	7	..	4	MCLEAN	\$3,100,000	Detached	4.05	22102	PROSPECT HILL	06/21/12
8120 SPRING HILL FARM DR	4	...	4	..	2	MC LEAN	\$3,000,000	Detached	0.83	22102	SPRING HILL FARM	06/14/12
886 CHINQUAPIN RD	7	...	8	..	2	MCLEAN	\$2,800,000	Detached	5.00	22102	MCLEAN FALLS AT CHINQUAP	03/29/12
6719 WEMBERLY WAY	6	...	6	..	2	MCLEAN	\$2,795,000	Detached	1.00	22101	PARKVIEW HILLS	03/30/12
8607 TEBBS LN	6	...	6	..	1	MCLEAN	\$2,700,000	Detached	4.70	22102	GEORGETOWN PIKE	06/15/12
922 DOMINION RESERVE DR	5	...	6	..	2	MCLEAN	\$2,600,000	Detached	0.94	22102	GARFIELD PARK	03/30/12
6912 ELM ST	5	...	6	..	3	MCLEAN	\$2,600,000	Detached	0.47	22101	INGLESIDE	05/25/12
2023 ROCKINGHAM ST	5	...	5	..	3	MCLEAN	\$2,500,000	Detached	0.52	22101	FRANKLIN PARK	03/02/12
1880 MASSACHUSETTS AVE	5	...	5	..	2	MCLEAN	\$2,400,000	Detached	0.57	22101	FRANKLIN PARK	02/28/12
903 GEORGETOWN RIDGE CT	4	...	5	..	2	MC LEAN	\$2,380,000	Detached	0.85	22102	GEORGETOWN RIDGE	01/20/12
931 DOUGLASS DR	5	...	5	..	2	MCLEAN	\$2,370,000	Detached	0.84	22101	LANGLEY FOREST	04/20/12
1133 BASIL RD	5	...	5	..	2	MCLEAN	\$2,345,000	Detached	1.08	22101	DOWNSCREST	01/11/12
7820 LOUGHRAN RD	4	...	3	..	2	MCLEAN	\$2,300,000	Detached	1.17	22102	GARFIELD PARK	02/17/12
7105 CAPITOL VIEW DR	6	...	5	..	2	MCLEAN	\$2,300,000	Detached	0.35	22101	OLD DOMINION GARDENS	05/17/12
901 WHANN AVE	6	...	6	..	1	MCLEAN	\$2,250,000	Detached	0.95	22101	LANGLEY FOREST	04/20/12
8535 OLD DOMINION DR	4	...	5	..	0	MC LEAN	\$2,225,000	Detached	2.40	22102	M B DAWKINS	03/15/12
2004 RHODE ISLAND AVE	5	...	5	..	1	MCLEAN	\$2,180,000	Detached	0.57	22101	FRANKLIN PARK	05/31/12
7786 SOLITUDE CT	5	...	4	..	1	MCLEAN	\$2,100,000	Detached	1.31	22102	THE RESERVE	06/25/12
1113 THERESA ANN DR	5	...	5	..	1	MCLEAN	\$2,053,000	Detached	0.40	22101	OLD DOMINION GARDENS	01/17/12
8004 BYRNWOOD CT	6	...	7	..	1	MCLEAN	\$1,995,000	Detached	1.00	22102	RAM ESTATES	06/20/12
7204 CAPITOL VIEW DR	6	...	5	..	1	MCLEAN	\$1,965,000	Detached	0.41	22101	OLD DOMINION GARDENS	06/18/12
7311 LINGANORE CT	5	...	4	..	1	MCLEAN	\$1,925,000	Detached	0.97	22102	LINGANORE	05/18/12
7207 FARM MEADOW CT	6	...	5	..	2	MCLEAN	\$1,900,000	Detached	0.18	22101	EVANS FARM	04/03/12
1338 MERRIE RIDGE RD	5	...	5	..	2	MCLEAN	\$1,880,000	Detached	0.67	22101	THE DOGWOODS @ LANGLEY	05/31/12
1423 SPRING VALE AVE	5	...	5	..	1	MCLEAN	\$1,877,135	Detached	0.26	22101	WEST MC LEAN	03/14/12
6337 GEORGETOWN PIKE	5	...	4	..	1	MC LEAN	\$1,870,000	Detached	0.91	22101	LANGLEY	03/15/12
1001 DEAD RUN DR	7	...	7	..	1	MCLEAN	\$1,870,000	Detached	0.46	22101	BROYHILL LANGLEY ESTATES	06/15/12
7641 BURFORD DR	6	...	5	..	1	MCLEAN	\$1,850,000	Detached	1.27	22102	OLDE SWINKS MILL ESTATES	06/28/12
1201 ARTNAUMAN CT	6	...	5	..	2	MCLEAN	\$1,825,000	Detached	1.01	22102	CONDON MANOR OF MC LEAN	04/13/12
1241 INGLESIDE AVE	6	...	5	..	1	MCLEAN	\$1,825,000	Detached	0.47	22101	INGLESIDE	06/14/12
1126 BUCHANAN ST	5	...	4	..	1	MCLEAN	\$1,800,000	Detached	0.34	22101	WALTER HEIGHTS	03/26/12
8808 MIRADOR PL	6	...	5	..	1	MC LEAN	\$1,800,000	Detached	0.50	22102	MCLEAN ONE HUNDRED	03/06/12
6053 RAMSHORN PL	4	...	5	..	2	MC LEAN	\$1,775,000	Detached	1.00	22101	LANGLEY	03/23/12
624 LIVE OAK DR	5	...	5	..	1	MCLEAN	\$1,760,000	Detached	0.65	22101	RIVER OAKS	06/25/12
8860 MERECOURT LN	6	...	5	..	2	MCLEAN	\$1,750,000	Detached	1.20	22102	THE COURTS	01/20/12
1300 CALDER RD	6	...	6	..	1	MCLEAN	\$1,750,000	Detached	0.46	22101	SALONA VILLAGE	03/20/12
6136 TOMPKINS DR	5	...	5	..	1	MCLEAN	\$1,735,000	Detached	0.38	22101	CHESTERBROOK WOODS	03/30/12
6156***** OLD DOMINION DR ...	5	...	4	..	1	MCLEAN	\$1,734,656	Detached	0.46	22101	ESTATES AT FRANKLIN PARK	06/30/12
6660 TENNYSON DR	6	...	5	..	1	MCLEAN	\$1,725,000	Detached	0.26	22101	BRYN MAWR	05/25/12
6030 CORLAND CT	5	...	5	..	2	MCLEAN	\$1,720,000	Detached	0.46	22101	WRENNWOOD	01/17/12
6000 CLAIBORNE DR	7	...	7	..	0	MCLEAN	\$1,700,000	Detached	0.45	22101	POTOMAC HILLS	02/15/12

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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 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

Burke

9528 Blackburn Dr.....\$495,000..Sun 1-4.....Christine Zinser.....Long & Foster..703-503-1861

Chantilly

42344 Astors Beachwood...\$850,000..Sun 1-4.....Chris Pezzana.....Weichert..703-447-1662
41994 Kudu Ct.....\$694,000..Sun 1-4.....Rich Triplett.....Samson Props..703-217-1348

Herndon

1138 Floyd Pl.....\$309,900..Sun 1-4..Garnet Robins-Baughman..Keller Williams..703-534-0997

Oakton

10623 Vale Rd.....\$1,650,000..Sun 1-4.....Lilian Jorgenson.....Long & Foster..703-790-1990

Springfield

6429 Northanna Dr.....\$449,900..Sun 1-4.....Angel Caballero.....Samson Props..703-967-5329

Sterling

46779 Keswick Sq.....\$369,000..Sun 1-4.....Kristen Bailey.....Redfin Corp..877-973-3346

Stone Ridge

24783 Prairie Grass.....\$569,900..Sun 1-4.....Chris Pezzana.....Weichert..703-447-1662

Vienna

1007 Cottage St. SW.....\$1,229,000..Sun 1-4.....Terry Weiss-Worley.....Keller Williams..703-636-7300
403 Tapawingo Rd., SW.....\$950,000..Sun 1-4.....Lisa Ware.....Long & Foster..866-730-6215
9426 Shouse Dr.....\$774,900..Sun 1-4.....Glenn Feagans.....Keller Williams..703-734-0192

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.

A Pill a Day...



By KENNETH B. LOURIE

Hopefully will keep the cancer at bay. (I'd say "away," but let's be realistic, three and a half years past a NSCLC diagnosis, there is no way, generally speaking, that stage IV lung cancer disappears into the ether; it's classified as stage IV for a reason. However, there are many – and varied – non-traditional and not particularly Western and/or A.M.A./American Cancer Society-approved alternatives to fight this insidious disease, many of which, about 20 or so, I have incorporated into my overall treatment regimen. Moreover, if my continuing survival reflects anything, it is an affirmation of what former N.C. State basketball coach Jim Valvano said in 1993, in one of his last public appearances before succumbing to bone cancer, on ESPN's inaugural ESPYs Award show, as the first recipient of the "Arthur Ashe Courage and Humanitarian Award": "Don't give up, don't ever give up." And so I haven't.)

Besides, where's the future in giving up or giving in? That's not to infer that the last few years haven't been incredibly challenging, because they have. Emotionally for sure, physically not quite as much. Although chemotherapy is all it's cracked up to be; some treatment (drugs) were definitely worse (side effects/quality of life) than others. Fortunately for me, amazingly in fact, through it all, I have been relatively asymptomatic with minimal/manageable side-effects and zero hospitalizations. Nevertheless, cancer's reputation as a killer is well-documented and hardly the kind of diagnosis one can ever take with a grain of salt – maybe better taken with a grain of alcohol.

Every day, every doctor's appointment, every scan, every time you have your blood drawn, every change in how you think and how you feel, relate to the undeniable fact (and believe me, I've tried to deny it; it's a good defense/self-preservation mechanism) that you (meaning me) have cancer, and not just a garden variety, but rather the incurable kind, according to my oncologist: stage IV. Defined as metastasized, inoperable, with a "13-month to two-year prognosis." (Given to me late February, 2009.)

But here I am, still. I have outlived my prognosis (but hopefully not my usefulness) by a significant – to me, length of time: years, depending how you calculate. However, does that significance move me closer than ever to the end of my writing all these lines? I don't want to think that, but whatever cancer does to you physically, it's equally bad – in my experience/opinion on your mind/thought process. Thinking straight, thinking clearly, thinking objectively, thinking unselfishly; all become collateral damage as a result of your cancer diagnosis. Fighting through these difficult-to-control emotions is the bane of my existence, an existence I'm lucky to still have. My next CT Scan is in September, two months after I will have been taking my daily "targeted therapy" chemotherapy-type pill. Then I'll know how I really feel. Until then, life goes on. And so far, this pill seems not to be making a bad situation any worse; a non-side effect for which I am extremely grateful.

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

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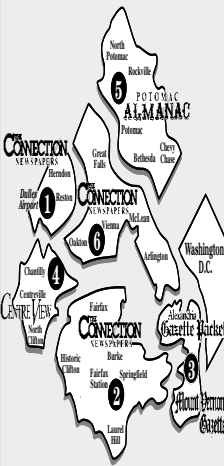
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