

Great Falls  
**CONNECTION**

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

# Teaching a Love of Music

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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

**B**usinesses 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-



**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. COMputing 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.fairfaxcountyed.org](http://www.fairfaxcountyed.org). For more information on Helios HR, and the company's community outreach efforts, go to [www.helioshr.com](http://www.helioshr.com).

## Nearly 800 Jobs Added to the Local Economy

**Information technology firms and professional service companies see growth.**

**I**nformation 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





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

**T**he 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](http://www.fairfaxcounty.gov/parks/plandev/langleyfork.htm).

## Hazardous Trees Being Removed

Removal of 59 trees in Great Falls will take three weeks.

**A**t the recommendation of a team of tree experts from Fairfax County, the Virginia Department of Transportation (VDOT) will remove 59 trees that pose a safety risk to motorists in the Great Falls area of Fairfax County. Tree removal began Aug. 13 and will take about three weeks to complete.

Each of the trees is located within VDOT right of way and is either dead or in decline with multiple defects.

Following the tragic death of a motorist July 17 when a 40-ton decayed Oak tree fell onto his car on Georgetown Pike, several residents alerted Fairfax County and VDOT to other potentially unsafe trees. A team of arborists from Fairfax County’s Urban Forestry Branch spent several days inspecting trees in Great Falls, and ultimately recommended the removal of 59

trees. A VDOT arborist agreed with the recommendation.

The team compiled a list of trees that require removal. The list includes tree type, size, exact location, and condition. The 59 trees are located within VDOT right of way on the following roads:

- ❖ River Bend Road - 25 trees
- ❖ Browns Mill Road west of Difficult Run - 15 trees
- ❖ Beach Mill Road - 7 trees
- ❖ Georgetown Pike - 6 trees
- ❖ Walker Road - 4 trees
- ❖ Utterback Store Road - 2 trees

The two trees at the corner of Georgetown Pike and Walker Road which have been the subject of recent news articles are not among the 59 trees scheduled for removal as they are not considered to be an immediate danger. Those trees will be inspected by an arborist in the coming weeks.



BM9- 28" DBH - Red Oak

PHOTO CONTRIBUTED

**This red oak on Browns Mill Road will be removed due to root decay and soil erosion.**





PHOTO COURTESY OF VDOT

VDOT installed a temporary box culvert that opened to traffic in November after Tropical Storm Lee destroyed the bridge over Nichols Branch last September.

## Beach Mill Road Bridge Construction Postponed

### Impact of the detour on school buses cited.

The Virginia Department of Transportation (VDOT) will replace the Beach Mill Road bridge over Nichols Branch next summer instead of this summer so that school buses do not have to make a six-mile detour for several months.

Last week, signs were posted at the bridge alerting motorists that it would close Aug. 13. "We have removed those signs and postponed the project after rethinking the impacts the detour would have on school buses," said VDOT Bridge Engineer Nicholas Roper. "If we wait until next summer we can begin the work as soon as school lets out and reopen the

bridge by Labor Day."

In addition, VDOT will sequence construction on the Route 7 widening project, scheduled to begin next spring, so that crews are not working on Georgetown Pike while the bridge on Beach Mill Road is closed. "Deferring construction in the vicinity of Route 7 and Georgetown Pike until the Beach Mill project is completed will help reduce traffic impacts," Roper added. Route 7 will be widened to three lanes in each direction from Rolling Holly Drive to Reston Avenue.

Last September, the bridge over Nichols Branch was destroyed during Tropical Storm Lee. VDOT installed a temporary box culvert that opened to traffic in November. The temporary box culvert is sound and postponing the project poses no safety risks to motorists. The bridge has been scheduled to be replaced for several years.

Beach Mill Road carries about 1,700 vehicles a day.

### SCHOOL NOTES

Send School Notes to [greatfalls@connectionnewspapers.com](mailto:greatfalls@connectionnewspapers.com). Deadline is Friday.

Three Great Falls residents have been named as 2012 National Merit \$2500 Scholarship winners:

♦**Rachel Chuang** (Thomas Jefferson High School for Science and Technology, probable career field medicine)

♦**Esther Wang** (Thomas Jefferson High School for Science and Technology, probable career field computer science), and

♦**Holliday L. Shuler** (Langley High School, probable career field anthropology).

**Seventeen Fairfax County Public Schools (FCPS) graduates** from the class of 2012 have been named winners of college-sponsored scholarships by the National Merit Scholarship Corporation (NMSC).

Recipients of college-sponsored scholarships from the NMSC, with

their probable career fields in parentheses, are:

♦Meron Belayneh of Edison High School (mathematics), National Merit University of Chicago Scholarship.

♦David Kim of Lake Braddock Secondary School (undecided), National Merit Vanderbilt University Scholarship.

♦Dylan Kriz of Langley High School (international business), National Merit University of South Carolina Scholarship.

♦Nathaniel Banks of Robinson Secondary School (music), National Merit Vanderbilt University Scholarship.

♦Matthew Ferrell of Thomas Jefferson High School for Science and Technology (TJHSST) (computer science), National Merit University of Alabama Scholarship.

♦Erika Fitzpatrick of TJHSST (undecided), National Merit Carleton College Scholarship.

♦Mingming Hu of TJHSST (computer science), National Merit Georgia Institute of Technology Scholarship.

♦Jerry Li of TJHSST (engineering), National Merit Washington University in

St. Louis Scholarship.

♦Aimi Nguyen of TJHSST (dentistry), National Merit University of Texas at Dallas Scholarship.

♦Rithvik Prasannappa of TJHSST (medicine), National Merit Washington University in St. Louis Scholarship.

♦Kelsey Rainey of TJHSST (engineering), National Merit Auburn University Scholarship.

♦Peter Reischer of TJHSST (psychiatry), National Merit University of Alabama Scholarship.

♦Benjamin Torczon of TJHSST (business), National Merit University of Alabama Scholarship.

♦Zachary Williams of TJHSST (business/law), National Merit University of North Carolina at Chapel Hill Scholarship.

♦Kerry Zhang of TJHSST (economics), National Merit University of Chicago Scholarship.

♦Rebecca Holley of Westfield High School (Music/Education), National Merit University of Rochester Scholarship.

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# OPINION

# Starting School Prepared

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

**W**ith 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](http://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](mailto:rdove@doorwaysva.org) or 703-504-9283 or [www.doorwaysva.org/donate/seasonal-ways-to-give/backtoschool/](http://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 VA 22030. 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, VA 20190. 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, VA 20151.

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, VA 22306. 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](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

## LETTERS TO THE EDITOR

### Getting Our Trees Back

To the Editor:

When I returned to Great Falls, after only a week away, I was absolutely shocked to find that our small but charming shopping place was completely changed—in fact I had to do a double take and almost did not recognize the place—it was totally naked. In one fell swoop, all the small flowering trees in the center of the parking lot had disappeared. We now have a very common-or-garden shopping center without the unique character and charm it had. We now have a center similar to all the other suburban shopping centers—flat, boring, sunburnt, naked places. We will not be greeted with dogwoods and redbuds next spring. At least we will not have to “fight” for some of the shade given by those trees next summer. When I asked around as to the reason for this “massacre,” the answer was July 29, 2012.

1. Without those trees, customers will be able to better see the signs of the stores. Is this a fair exchange for the lives of those small trees? (which are not oaks and maples etc., so they will not grow

to majestic heights and threaten to crash).

2. We, the people, have no right to question what has been done, the perpetrators claim they have had the Fairfax County permission. Is this our local democracy in action?

I think I can say that most us Great Falls residents will like to have our trees back – not in the size of new, weak saplings but of the same size and height when the old ones were killed. In some countries, for every tree one cuts down, one has to plant two more. All we are asking is to have replaced those which the perpetrators have killed.

**Pu-Chin Waide**

Great Falls resident since 1976, before the shopping center was constructed.

### 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. Pho-

tos 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

### 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

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**CONNECTION**

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## OPINION

# Targeted for Appearance

**Jasmine Kang of Vienna, a second year student at the University of Virginia, reflects on hate crimes against Sikhs.**

JASMINE KANG

Every morning, as my father leaves for work, I worry that something bad will happen to him. This fear is not irrational. Since September 2001, Sikh men, like my father, have been the targets of verbal and physical assaults due to their appearance.

One of the tenets of the Sikh religion requires men to maintain their beard and hair, which is covered by a turban. This is the identity of a Sikh—an identity that is all too often mistakenly connected to terrorism.

The news of the Sunday, Aug. 5 shootings at the Sikh temple in Wisconsin only elevates my fear. Recent events have shown us that terrorism does not have a specific identity and can originate closer to home than we might have thought imaginable. The shooting reminds the Sikh community of the numerous individuals we have lost due to misplaced hate crimes.

Today, there are about 700,000 Sikhs in the United States and the Washington, D.C. Metro Area is home to a significant portion of this population. Sikh men have been serving in the Armed Forces since World War 1 and are buried alongside fellow Americans at Arlington National Cemetery. Despite being a part of this nation for over



Members of the Sikh community stand in front of the White House in support of the Indian Prime Minister Manmohan Singh, who visited in 2005.



More than 300 people gathered at the Fairfax Station Sikh temple on Aug. 9 for an interfaith candlelight vigil to honor the victims of the Aug. 5 shooting at the Wisconsin Sikh Temple.

150 years, we are seen as outsiders. In a country of freedom, we fear for our own freedoms.

Sikhs came to this great nation looking for all it has to offer. They were attracted to the opportunity for work, the chance to provide more for their children and the religious freedom.

For too long, Sikhs have faced the choice between their religious identity and integration in society in a country that claims to offer both. This country has made a great stride in allowing Sikh men to serve their country while maintaining their identity, but cases of

discrimination and threats are still too common.

Everyday, the identity of Sikh men is challenged in the schools and streets of America. It is unfortunate that it has taken a tragic mass shooting to bring this issue to the nation's attention.

I ask you, my community, to remember the victims of this event, including the courageous policemen who defended their local community members. I ask you to recognize the contributions of Sikhs in our area so that one day, my family and I can feel safe in the nation we call home.

PHOTO COURTESY OF JASMINE KANG

PHOTO BY DEB COBB/THE CONNECTION

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# Teaching a Love of Music

## Summer Strings Camp culminates in concert.

BY MORGAN SASSER  
THE CONNECTION

**A**t 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 [greatfalls@connectionnewspapers.com](mailto:greatfalls@connectionnewspapers.com). Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit [www.connectionnewspapers.com](http://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](http://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](http://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](http://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](http://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](http://www.ticketmaster.com), call 1-800-745-3000 or visit [www.patriotcenter.com](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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

**M**ust 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](http://www.HeidiMraz.com).



Trap Road, Vienna. \$45 in-house, \$25 lawn. [www.wolftrap.com](http://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](http://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](http://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](http://www.ViennaArtsSociety.org)

## 22<sup>ND</sup> ANNIVERSARY

**Saturday,  
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## 2012 Top Sales in Great Falls

Address	BR	FB	HB	....	Postal	City	.....	Sold Price	.....	Type	.....	Lot AC	.	PostalCode	.	Subdivision	.....	Date Sold
814 LEIGH MILL RD	9	10	4	.....	GREAT FALLS	.....	\$3,900,000	.....	Detached	.....	3.50	.....	22066	.....	FORESTVILLE	.....	03/14/12	
701 GOULDMAN LN	5	7	2	.....	GREAT FALLS	.....	\$3,650,000	.....	Detached	.....	5.39	.....	22066	.....	GOULDMAN ACRES	.....	02/09/12	
612 INNSBRUCK AVE	6	6	2	.....	GREAT FALLS	.....	\$3,462,000	.....	Detached	.....	5.00	.....	22066	.....	INNSBRUCK	.....	05/15/12	
10707 MILKWEED DR	5	7	2	.....	GREAT FALLS	.....	\$2,450,000	.....	Detached	.....	5.00	.....	22066	.....	WOODSFIELD	.....	04/18/12	
9886 RIVER CHASE WAY	6	8	4	.....	GREAT FALLS	.....	\$2,275,000	.....	Detached	.....	3.69	.....	22066	.....	FALCON RIDGE	.....	05/01/12	
10508 WYNFIELD WOODS DR	6	7	2	.....	GREAT FALLS	.....	\$2,070,000	.....	Detached	.....	0.87	.....	22066	.....	FOX RUN	.....	01/05/12	
433 RIVER BEND RD	6	7	2	.....	GREAT FALLS	.....	\$2,000,000	.....	Detached	.....	2.00	.....	22066	.....	DEER PARK	.....	04/24/12	
770 STRAWFIELD LN	6	6	3	.....	GREAT FALLS	.....	\$1,900,000	.....	Detached	.....	1.98	.....	22066	.....	RIVERBEND	.....	01/13/12	
9907 BLACKMORE VALE WAY	6	7	1	.....	GREAT FALLS	.....	\$1,880,000	.....	Detached	.....	1.72	.....	22066	.....	FALCON RIDGE	.....	05/01/12	
760 STRAWFIELD LN	5	6	3	.....	GREAT FALLS	.....	\$1,806,000	.....	Detached	.....	1.76	.....	22066	.....	RIVERBEND	.....	06/25/12	
9807 MILL RUN DR	5	4	2	.....	GREAT FALLS	.....	\$1,806,000	.....	Detached	.....	1.03	.....	22066	.....	MILL RUN ACRES	.....	06/28/12	
9225 VERNON DR	6	5	2	.....	GREAT FALLS	.....	\$1,750,088	.....	Detached	.....	0.59	.....	22066	.....	BRADLEY OAKS	.....	04/17/12	
419 WALKER RD	4	4	2	.....	GREAT FALLS	.....	\$1,725,000	.....	Detached	.....	2.32	.....	22066	.....	SPRINGVALE FOREST ESTATE	.....	01/19/12	
9604 TACKROOM LN	6	6	1	.....	GREAT FALLS	.....	\$1,600,000	.....	Detached	.....	0.86	.....	22066	.....	DEEP GLEN	.....	04/17/12	
750 STRAWFIELD LN	5	5	2	.....	GREAT FALLS	.....	\$1,600,000	.....	Detached	.....	1.75	.....	22066	.....	RIVERBEND	.....	06/26/12	
11521 GREAT FALLS WAY	6	4	1	.....	GREAT FALLS	.....	\$1,600,000	.....	Detached	.....	1.83	.....	22066	.....	GREAT FALLS WEST	.....	06/29/12	
9406 VERNON DR	6	6	1	.....	GREAT FALLS	.....	\$1,530,000	.....	Detached	.....	0.75	.....	22066	.....	KENMORE FARMS	.....	04/30/12	
421 WALKER RD	5	5	2	.....	GREAT FALLS	.....	\$1,500,000	.....	Detached	.....	2.27	.....	22066	.....	SPRINGVALE FOREST ESTATE	.....	01/18/12	
11529 TRALEE DR	5	4	2	.....	GREAT FALLS	.....	\$1,500,000	.....	Detached	.....	1.73	.....	22066	.....	TRALEE ESTATES	.....	05/30/12	
10712 MILKWEED DR	5	6	1	.....	GREAT FALLS	.....	\$1,499,000	.....	Detached	.....	5.55	.....	22066	.....	WOODSFIELD	.....	05/31/12	
405 WALKER RD	5	4	1	.....	GREAT FALLS	.....	\$1,450,000	.....	Detached	.....	1.73	.....	22066	.....	RIVER BEND WALK	.....	02/16/12	
9889 WINDY HOLLOW RD	5	4	1	.....	GREAT FALLS	.....	\$1,450,000	.....	Detached	.....	1.72	.....	22066	.....	DEEPWOODS HOLLOW	.....	04/27/12	
1119 MARLENE LN	6	5	2	.....	GREAT FALLS	.....	\$1,450,000	.....	Detached	.....	0.84	.....	22066	.....	COLVIN MILL RUN	.....	05/30/12	
614 DEERFIELD POND CT	7	4	1	.....	GREAT FALLS	.....	\$1,390,000	.....	Detached	.....	1.75	.....	22066	.....	DEERFIELD POND	.....	06/22/12	
612 WALKER HILL LN	4	4	1	.....	GREAT FALLS	.....	\$1,389,000	.....	Detached	.....	2.00	.....	22066	.....	WALKER HILL ESTATES	.....	06/29/12	
9123 MARIA AVE	6	5	1	.....	GREAT FALLS	.....	\$1,370,000	.....	Detached	.....	1.00	.....	22066	.....	GREAT FALLS ESTATES	.....	03/23/12	
11524 SENECA FARM WAY	4	3	2	.....	GREAT FALLS	.....	\$1,350,000	.....	Detached	.....	1.73	.....	22066	.....	BITTERSWEET FARMS	.....	01/27/12	
1036 LEIGH MILL RD	5	6	2	.....	GREAT FALLS	.....	\$1,275,000	.....	Detached	.....	5.64	.....	22066	.....	COLD STREAM FARMS	.....	02/07/12	
753 KENTLAND DR	4	4	1	.....	GREAT FALLS	.....	\$1,275,000	.....	Detached	.....	3.18	.....	22066	.....	SENECA RIDGE	.....	03/30/12	
11116 RICH MEADOW DR	5	3	1	.....	GREAT FALLS	.....	\$1,250,000	.....	Detached	.....	1.81	.....	22066	.....	RICHLAND MEADOWS	.....	01/18/12	
9897 WINDY HOLLOW RD	6	4	1	.....	GREAT FALLS	.....	\$1,250,000	.....	Detached	.....	2.14	.....	22066	.....	FALCON RIDGE	.....	04/11/12	
1105 AMANDA DR	5	4	1	.....	GREAT FALLS	.....	\$1,230,000	.....	Detached	.....	0.83	.....	22066	.....	GREAT FALLS HUNT	.....	06/22/12	
801 GOULDMAN LN	6	4	0	.....	GREAT FALLS	.....	\$1,230,000	.....	Detached	.....	2.27	.....	22066	.....	GOULDMAN ACRES	.....	06/28/12	
10321 ECLIPSE LN	4	4	1	.....	GREAT FALLS	.....	\$1,222,000	.....	Detached	.....	2.00	.....	22066	.....	BROWNS CHAPEL	.....	06/21/12	
603 BROCKMAN CT	6	5	1	.....	GREAT FALLS	.....	\$1,210,000	.....	Detached	.....	1.97	.....	22066	.....	FOX TAIL GLEN	.....	04/06/12	
1008 KIMBERLY PL	4	4	1	.....	GREAT FALLS	.....	\$1,180,000	.....	Detached	.....	0.80	.....	22066	.....	TIMBERLAKE ESTATES SOUTH	.....	06/27/12	
1020 PRESERVE CT	5	5	1	.....	GREAT FALLS	.....	\$1,177,000	.....	Detached	.....	0.86	.....	22066	.....	GREAT FALLS WOODS	.....	01/27/12	
9109 MARIA AVE	4	4	1	.....	GREAT FALLS	.....	\$1,160,000	.....	Detached	.....	2.26	.....	22066	.....	MARIA AVENUE	.....	03/30/12	
1124 AMANDA DR	4	3	1	.....	GREAT FALLS	.....	\$1,140,000	.....	Detached	.....	1.34	.....	22066	.....	GREAT FALLS HUNT	.....	06/05/12	
731 SENECA RD	4	4	2	.....	GREAT FALLS	.....	\$1,100,000	.....	Detached	.....	1.72	.....	22066	.....	RICHLAND MEADOWS	.....	05/01/12	
10818 NICHOLSRIDGE RD	5	4	0	.....	GREAT FALLS	.....	\$1,100,000	.....	Detached	.....	5.01	.....	22066	.....	ROLLING MEADOWS	.....	06/08/12	
798 SHERLIN LN	4	4	1	.....	GREAT FALLS	.....	\$1,090,000	.....	Detached	.....	0.83	.....	22066	.....	TIMBERLAKE ESTATES NORTH	.....	05/31/12	
9030 JEFFERY RD	4	4	1	.....	GREAT FALLS	.....	\$1,070,000	.....	Detached	.....	2.02	.....	22066	.....	STANLEY & RUTH GROSS	.....	03/19/12	
1095 MCCUE CT	5	3	1	.....	GREAT FALLS	.....	\$1,065,000	.....	Detached	.....	1.04	.....	22066	.....	TIMBERLAKE ESTATES SOUTH	.....	06/06/12	
11258 INGLISH MILL DR	4	3	1	.....	GREAT FALLS	.....	\$1,050,000	.....	Detached	.....	1.15	.....	22066	.....	OLD MILL ESTS THOMPSONS	.....	05/31/12	
9503 WOODY LN	5	3	0	.....	GREAT FALLS	.....	\$1,000,000	.....	Detached	.....	0.50	.....	22066	.....	LOCUST HILL	.....	02/09/12	
620 NALLS FARM WAY	5	4	1	.....	GREAT FALLS	.....	\$980,000	.....	Detached	.....	1.72	.....	22066	.....	GREAT FALLS WEST	.....	03/29/12	
10124 CAPTAIN HICKORY PL	4	3	1	.....	GREAT FALLS	.....	\$965,000	.....	Detached	.....	0.93	.....	22066	.....	HICKORY CREEK	.....	02/07/12	
11124 BOWEN AVE	5	3	1	.....	GREAT FALLS	.....	\$957,500	.....	Detached	.....	0.58	.....	22066	.....	TIMBERLAKE ESTATES SOUTH	.....	06/25/12	
11285 INGLISH MILL DR	5	4	1	.....	GREAT FALLS	.....	\$949,000	.....	Detached	.....	0.92	.....	22066	.....	OLD MILL ESTATES	.....	06/21/12	
916 CONSTELLATION DR	4	4	1	.....	GREAT FALLS	.....	\$941,500	.....	Detached	.....	0.51	.....	22066	.....	OLIVER ESTATES	.....	06/22/12	
806 HICKORY VALE LN	4	2	1	.....	GREAT FALLS	.....	\$940,000	.....	Detached	.....	0.95	.....	22066	.....	HICKORY CREEK	.....	03/28/12	
1121 LEIGH MILL RD	6	5	1	.....	GREAT FALLS	.....	\$925,000	.....	Detached	.....	1.84	.....	22066	.....	GLENDALE KNOLLS	.....	02/10/12	
11773 HOLLYVIEW DR	6	4	1	.....	GREAT FALLS	.....	\$917,500	.....	Detached	.....	0.62	.....	22066	.....	HOLLY KNOLL	.....	06/26/12	
11551 HOLLY BRIAR LN	5	4	1	.....	GREAT FALLS	.....	\$910,000	.....	Detached	.....	0.58	.....	22066	.....	AMBERWOODS/HOLLY KNOLL	.....	05/30/12	
241 SPRINGVALE RD	4	3	0	.....	GREAT FALLS	.....	\$900,000	.....	Detached	.....	2.00	.....	22066	.....	G E SCHREINER	.....	02/17/12	
9121 MARIA AVE	5	3	1	.....	GREAT FALLS	.....	\$900,000	.....	Detached	.....	1.72	.....	22066	.....	MARIA AVENUE	.....	05/30/12	
717 ELLSWORTH AVE	4	3	1	.....	GREAT FALLS	.....	\$890,000	.....	Detached	.....	0.57	.....	22066	.....	GREEN ACRES	.....	01/31/12	
722 FOREST RIDGE DR	6	3	1	.....	GREAT FALLS	.....	\$880,000	.....	Detached	.....	1.18	.....	22066	.....	HIDDEN FOREST	.....	05/18/12	
11224 BEACH MILL RD	5	4	1	.....	GREAT FALLS	.....	\$880,000	.....	Detached	.....	2.21	.....	22066	.....	SENECA	.....	06/08/12	
9404 FAIRPINE LN	5	3	1	.....	GREAT FALLS	.....	\$878,000	.....	Detached	.....	0.46	.....	22066	.....	WOLF TRAP GREEN	.....	06/28/12	
9213 MARIA AVE	4	4	1	.....	GREAT FALLS	.....	\$862,500	.....	Detached	.....	1.08	.....	22066	.....	GREAT FALLS ESTATES	.....	03/23/12	
10107 MINBURN ST	4	2	1	.....	GREAT FALLS	.....	\$857,000	.....	Detached	.....	0.63	.....	22066	.....	HICKORY CREEK	.....	05/29/12	
10302 GALPIN CT	4	2	2	.....	GREAT FALLS	.....	\$855,000	.....	Detached	.....	0.52	.....	22066	.....	HICKORY CREEK	.....	04/30/12	
10914 BELGRAVIA CT	5	2	1	.....	GREAT FALLS	.....	\$847,000	.....	Detached	.....	1.85	.....	22066	.....	GREAT FALLS MEADOWS	.....	02/17/12	
11769 HOLLYVIEW DR	5	3	2	.....	GREAT FALLS	.....	\$840,000	.....	Detached	.....	0.81	.....	22066	.....	AMBERWOODS			



# Time for School

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

BY MARILYN CAMPBELL  
THE CONNECTION

**W**hen 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



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.**

the morning, it gives them a chance to get their bodies 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 select 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

SEE TIME FOR SCHOOL, PAGE 13

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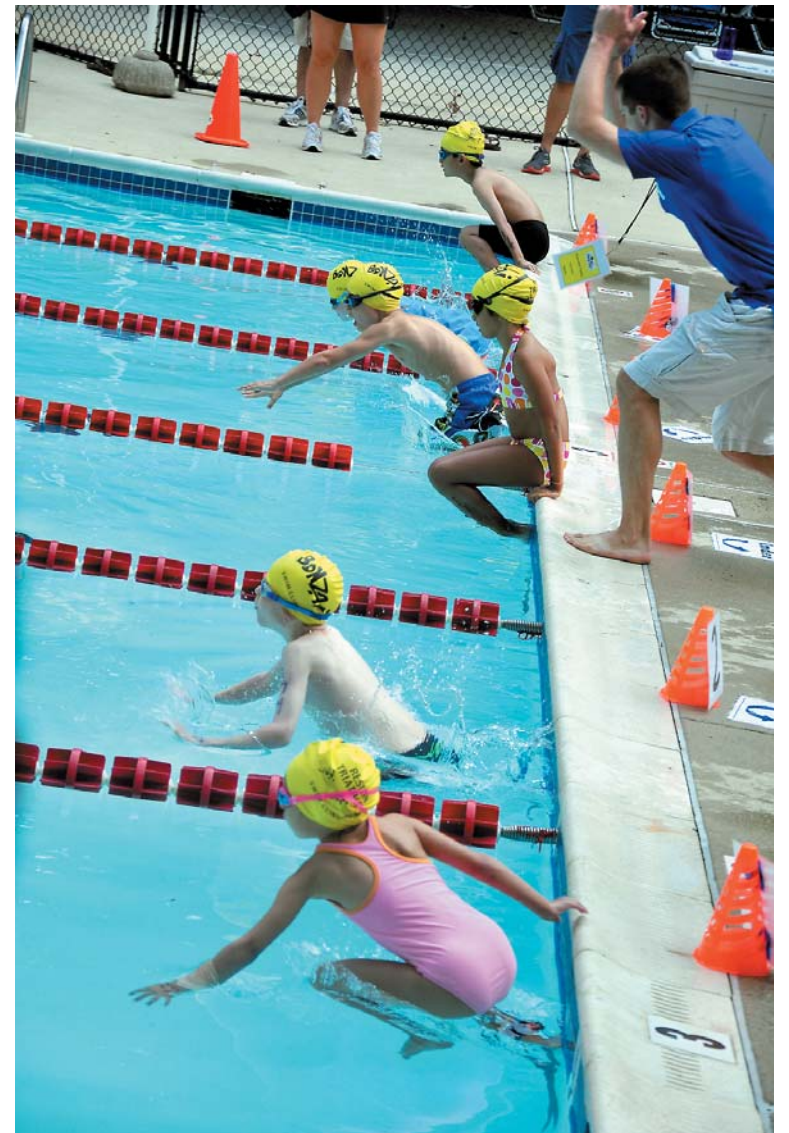
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PHOTOS BY ALEX McVEIGH/THE CONNECTION

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



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

## Triathletes Swim, Bike and Run in Reston

Second annual youth triathlon raises scholarship funds.

BY ALEX McVEIGH  
THE CONNECTION

**T**wo 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."



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



# BULLETIN BOARD

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

## FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to [greatfalls@connectionnewspapers.com](mailto:greatfalls@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).

**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.

**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).

**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 [www.ViennaAG.com](http://www.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).

# Time for School

FROM PAGE 11

urges parents to create a command center, a central 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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Peace Baptist Church ... 703-560-8462  
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Cartersville Baptist Church ... 703-255-7075  
Fellowship Baptist Church ... 703-385-8516  
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Vienna Baptist Church ... 703-281-4400  
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**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**  
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Christ The King Lutheran Church... 703-759-6068  
St. Athanasius Lutheran Church... 703-455-4003

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Church of the Good Shepherd ... 703-281-3987  
The Vine Methodist Church ... 703-573-5336  
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Great Falls United Methodist... 703-759-3705  
Oakton United Methodist ... 703-938-1233  
Vale United Methodist ... 703-620-2594  
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Wesley United Methodist ... 703-938-8700

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Christian Assembly Church ... 703-698-9777

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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



# 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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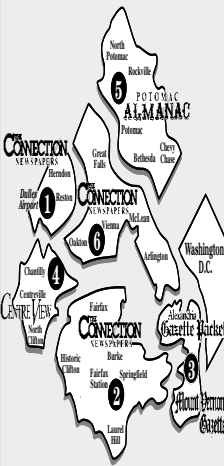
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**Zone 3:** The Alexandria Gazette Packet  
The Mount Vernon Gazette  
**Zone 4:** Centre View North  
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