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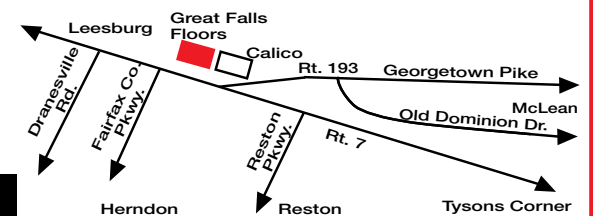
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Finding Motivation in the Movies

Scott DiGiammarino uses film clips to get the message across.

BY ALEX McVEIGH
THE CONNECTION

Great Falls resident Scott DiGiammarino knows the power of movies. In his recent TED Talk at TEDx Rock Creek Park, entitled “Why Movies Move Us,” he spoke about the impact movies have, and the neuroscience behind it.

He mentioned a study that was conducted three years ago, where 50 percent of the world admitted to being afraid of swimming in the ocean. Eighty percent of those people said that they didn’t want to go in because they were still afraid of “Jaws,” despite the fact that it came out in 1975.

He also knows that enrollment in martial arts classes tripled in the year “The Karate Kid” came out, and that after the release of “Top Gun,” recruitment of Naval aviators increased by 500 percent and sales of Ray Ban sunglasses, bomber jackets and karaoke machines skyrocketed.

Tapping into the effect movies have on people is what led DiGiammarino to start his company, Reel Potential, which uses Hollywood movie clips to help business leaders inspire, engage and communicate with employees in a short, entertaining and memorable manner.

An award-winning senior executive for American Express Financial Advisors, he moved to Great Falls in 1992, taking over a market that was ranked 173 out of 176 regions. During his first year, he led his team to number one, and they maintained that ranking for over two decades.

IN THE PROCESS, DiGiammarino saw the scope of the business expand rapidly. Over a six-year period, he went from one office to more than 200, from 32 employees to more than 1,600 and from three leaders reporting to him to over 120. But the growth came with challenges.

“When you have one office, it’s easier to lead. You can see people’s faces and know when they’re having a good day or a bad day. You know when people need some direction, some motivation or just someone to talk to,” he said. “But as we grew, our leading indicators started to show some cracks and we knew that if we wanted to continue our success, we needed to get creative to ensure best efforts from everyone.”

Not wanting to throw away the results and the goodwill that took him years to build, DiGiammarino went on a quest to understand what made people tick, adjusting his strategy based on those findings.

“I learned that the average attention span was shrinking. We now start losing people after 17 seconds. The days of the three-hour meeting are gone. I learned that most generations these days like to be entertained, and they prefer short video versus white boards, Power Points and boring emails,” he said. “We also wanted to know what people wanted to stand for as an organization. What would make our employees proud to come to work every day? What were our collective values and principles? Together, our employees built a list of over 200 themes. Some of the top ones included service, ethics, perseverance, honesty, principle based decision-making, hope and fun. My task was to figure out a way to take what I learned and the feedback we received and



PHOTO CONTRIBUTED

Great Falls resident Scott DiGiammarino has started a company, Reel Potential, which uses movie clips to convey inspirational messages.

develop a culture and environment that encompassed what the new generation was demanding.”

A self-proclaimed “movie guy,” DiGiammarino has a collection of more than 600 DVDs. He saw movies as something that everyone could relate to.

“We started sending out theme based emails on a weekly basis. An example of a theme could be courage. I would then write up a short statement as to why being courageous was so important. Then, we’d attach a movie clip that supported that theme. I would ask people to write down the most courageous moment in their lives, and if they wanted to, feel free to send their story my way,” he said. “What was amazing is that most of the stories had nothing to do with business. They were mostly personal in nature. They were stories that happened in people’s everyday lives. They were incredibly emotional and compelling.”

He found his employees responded very well to this: He started getting 200 to 300 responses back a week.

DiGiammarino, with approval from the writer, would choose a story a week to send out to the rest of the organization. He says that sharing helped build a culture where people started to understand and believe in one another.

The numbers eventually led American Express to see if DiGiammarino’s success could be replicated, and soon he was on the road, speaking throughout the country. After one speaking gig in Las Vegas, where he used a number of movie clips about leaving a legacy, a woman came up to him and told him that she experienced the entire gamut of emotions during the talk. She said that she’d never forget the presentation.

“That’s when I realized I may have stumbled on something big. As soon as I got home I started calling the Hollywood movie studios to see if we could partner together to try to change the world. The negotiations lasted more than nine years,” he said. “I finally got a call from Universal Studios, and in 2010, Reel Potential became the first company in the history of Hollywood to gain legal access to movie clips for business-to-business purposes. This was a massive coup.”

SEE MEMORABLE, PAGE 13



Bob Gilbert’s “New World Trade Center.”

Great Falls Studios Artists Exhibit at the Great Falls Library

Mirrors framed in clay, quilts, photographs, oils, watercolors, mixed media, abstracts quite large, prints very small and much in between: 36 pieces by 23 artists, including several new to Great Falls Studios (GFS), are on exhibit at the Great Falls Community Library in the Large Community Meeting Room, 9830 Georgetown Pike, Great Falls through June 2013. GFS members, artists working and living in Great Falls, number 113. The village is increasingly known for its cottage industry of artisans working in individual studios and three group studios on scenic roads in Great Falls.

Cindy Grisdel, member of

the board and chair of the GFS Exhibits Committee says, “The Great Falls Studios member show is an opportunity to see the talents of neighbors and friends in our community. From realistic images in photos and paintings to abstract colors studies, there is something for everyone.”

GFS invites all to the artists’ reception at the Great Falls Community Library, Large Community Meeting Room, 9830 Georgetown Pike, Thursday, June 27, 7-9 p.m.

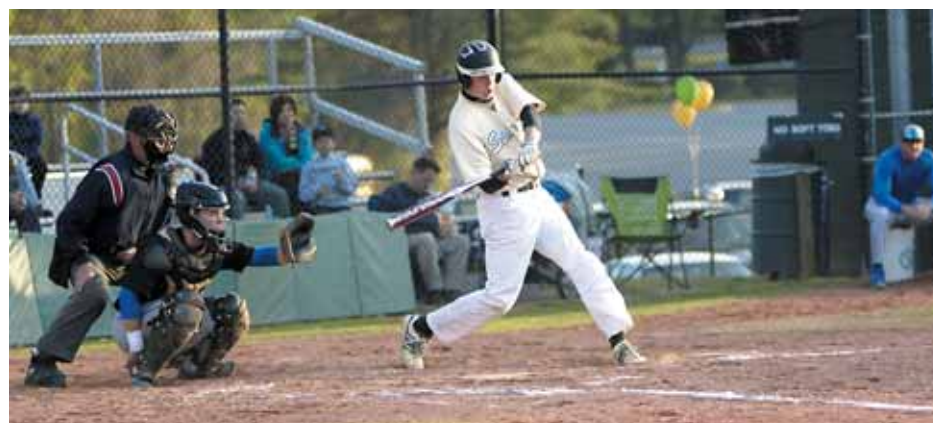
Check out a book and see the show, during regular library hours: <http://www.fairfaxcounty.gov/library/branches/gf/>.



Silvia Gonzalez Roman’s photograph captures a corner of “Sion Chapel Door.”



Langley High School baseball player Bryan Even tries to tag a base runner during one of the Saxons' game this season.



Langley senior Bryan Even swings at a pitch during one of the team's games this season. Even will go on to play Division II baseball next season at St. Anselm in New Hampshire.

PHOTOS CONTRIBUTED

Growing up With Baseball in Great Falls

Langley senior Bryan Even to play Division II baseball next year.

BY ALEX MCVEIGH
THE CONNECTION

Growing up in Great Falls, Langley High School senior Bryan Even found his second home on the diamond. He started his career with Great Falls Little League, where he found inspiration every opening day from the members of the Langley Saxons varsity team.

"Every opening day the Langley players

would be there at the end of our parade, giving us high fives and giving us something to look up to," Even said. "I used to look up to them every year, they were my inspiration when I played, because that's what I wanted to become."

Eventually he moved from Forestville Elementary School to Cooper Middle School to Langley, where he was able to don the green and gold for the Saxons.

ON THE FIELD, Even has had his fair

share of memorable moments. He started off his junior year with a grand slam, his first hit of the year.

He also went out on top, capping his high school with a 5-0 record as a senior starting pitcher, as well as one save.

"I came into my senior year knowing that I was expected to take a leadership role with the team, and I wanted that to start on the mound," he said. "Coach would come up to me as I went out there, and would say 'Even, let's hold them here' and I would go 'Yes

sir, yes sir.' I knew that if a ball was in play, I could trust the defense enough to get the outs, so I just had to pitch to each batter. And once our offense got us a few runs, I was good to go."

Varsity coach Kevin Healy says he noticed Even come into his senior year with a special focus.

"He's always been a very hardworking, personable and coachable player, and he spent his senior season as a great presence on the team, during practices, during games, he wanted to be the one to set the

SEE BASEBALL, PAGE 15

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NEWS

Langley Philharmonic Orchestra string basses surprise the concert audience with their rendition of a song made famous by the Beach Boys. From left are: Jonathan Grow (freshman), Alex Blankinship (junior) and Matt Cooley (senior).

PHOTO BY
CHI PHAM



Langley Orchestra Presents Final Concert

The Langley High School Orchestra presented its final concert of the school year on June 4 in the Langley HS Auditorium. Directed by Dr. Scott McCormick and Ms. Bo-Min Son, "Blazing Bows of the West" featured music from iconic Western movies and music with an American theme. Taking the Western theme to a new level, Matt Cooley, Alex Blankinship and Jonathan Grow surprised everyone with their rendition of a popular Beach Boys song played on string basses. Not to be outdone, the senior class performed their senior song, receiving a standing ovation.

Cellist and singer-songwriter Camille Thornton played guitar while singing her original song, "Last Train to Nashville." Pianists Paul Li and Theron Masters were featured in Bolcom's "The Serpent's Kiss," which brought to mind the music of Scott Joplin.

The Symphonic Orchestra performed music from iconic Western movies: "The Good, the Bad and the Ugly" which featured guitarists Charlie Wang and Justin Nguyen, "The Alamo," and the "Magnificent Seven." The Philharmonic Orchestra played Johnny Cash's "Ghost Riders in the Sky"



A Memorable Evening of Music

Langley students said they enjoyed participating in the orchestra and its concerts:

"The concert was so much fun, and a great way for classmates to get together for an evening of music."
— Freshman Katherine Carris

"It was wonderful to play Western themed music and watch the seniors receive a tribute."
— Freshman Minh Pham

"It was definitely a memorable evening of music."
— Freshmen Dan Englund and David Fraley

—SWETHA RAMESH

Freshman Maria McQuade shows off her cowgirl gear at the Langley Orchestra Western Concert.

and John Williams' "The Cowboys." The Festive Orchestra presented Hofeldt's "Hoedown" from "The Speckled Hen" in honor of the conductor's young daughter who is raising a speckled hen, as well as music from the film "Spirit: Stallion of the Cimarron."

The Freshman Orchestra gave a stirring rendition of the famous "Hoedown" from "Rodeo" by Aaron Copland. Pianist Paul Li and harpist Alyssa Katahara were featured along with the Freshman Orchestra in Kerr's "The American Journey."

Musicians were attired in Western wear and other costumes evoking American heritage and the settling of the West. Unusual headwear included a horse head, worn by a senior violinist. The string bass trio clued the audience into the title of their song by looking like they were headed for a California beach.

The orchestra members are grateful for the support of the PTSA, parents, teachers, and sponsors who made this full orchestra concert possible.



Langley High School Orchestra musicians dressed in Western wear for the final concert of the school year. From left: Sophomores Sara Zahir, viola; Allison Maebius, violin; and Elizabeth Chiu, violin.

PHOTO BY
CHI PHAM

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To have community events listed in the Connection, send to greatfalls@connectionnewspapers.com. The deadline for submissions is the Friday prior to publication.

THURSDAY/JUNE 13

How To Use Creative Writing for Daily Clarity and Focus. 10 a.m.-noon, at The Women's Center, 127 Park St. N.E., Vienna. Through this experiential and hands-on workshop, learn how to identify triggers and roadblocks that throw you off center, as well as tools to develop a daily writing practice that will support you in your efforts to be clear on what you want and help you achieve your goals. \$35, \$25 for members. 703-281-2657 ext. 276 or www.thewomenscenter.org.

FRIDAY/JUNE 14

United Bank Diaper Drive Kickoff Event. United Bank, 226 Maple Ave. W., Vienna. Serve a Village and Northern Virginia Diaper Bank will collect donated diapers and wipes for babies in need; monetary donations also accepted.

SATURDAY/JUNE 15

Fairfax Court Appointed Special Advocates (CASA) Information Session. 11 a.m.-noon, Thomas Jefferson Library, 7415 Arlington Blvd., Falls Church. Come learn more about advocating for abused or neglected children. 703-273-3526, x22 or ekosarin@casafairfax.org.

Shredding Event. Noon-4 p.m., at Westbriar Elementary School, 1741 Pine Valley Drive, Vienna. Shredding starts at 1 p.m., provided by local realtor Jeff Wu; a Food For Others truck and the Salvation Army will be present to accept donations of food and personal/household goods. www.ShredFedBed.com.

SUNDAY/JUNE 16

The 16 Inner Arts Series: The Art of Serving and Helping. 11:30 a.m.-1 p.m., 8020 Georgetown Pike, McLean. Join for a conversation on the art of serving and helping. <http://www.eventbrite.com/event/6199225049>.

THURSDAY/JUNE 20

Bicycle Way-Findings Signs Dedication. 2 p.m., at the corner of Elm Street and Fleetwood Road in McLean, 6862 Elm St. Hear Supervisor John Foust and local businesses and cycling community members about the recently installed way-findings signs for bicyclists. 703-356-0551 or Julie.Ide@FairfaxCounty.gov.

Modern Military Medical Care Meeting. 7:30 p.m., Neighbor's Restaurant, 262D Cedar Lane, Cedar Lane Shopping Center, Vienna. Vietnam Veterans of America Inc. will hold a discussion on modern military medical treatment and care. 703-255-0353 or www.vva227.org.

THURSDAY/JUNE 27

Full Recovery, Chronic Pain and Depression Lecture. 7 p.m., Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Dr. Gary Kaplan, DO will discuss depression and pain from a neurophysiology perspective and why people stay in pain. 703-356-0770.

Dr. Gary Kaplan Lecture on "Central Pain Sensitization Syndrome." 7-8 p.m., Dolley Madison Library Meeting Room, 1244 Oak Ridge Ave., McLean. The lecture will introduce a new conceptualization of chronic pain and depression as mediated by the central nervous system.

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OPINION

Measure of Being Poor in Virginia

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)

I have always maintained that the poor in Northern Virginia are worse off than others living in less affluent parts of the state because the cost of living is higher in this region. The difference can be most clearly seen in the cost of housing; and there have been many notable efforts on the part of local governments to increase the stock of workforce, affordable housing. The traffic coming into Northern Virginia from the west and south is made up largely of people who cannot afford housing in the area.

Oddly, the official poverty measure that has been used to calculate the official poverty rate has been a one-size-fits-all statistic that does not account for regional differences in the cost of living. That situation is about to change with the introduction of the Virginia Poverty Measure (VPM) by the Weldon Cooper Center for Public Service at the University of Virginia (www.coopercenter.org). These are the professionals who maintain all the demographics of Virginia's population and who produce official population estimates upon which many pro-

COMMENTARY

grams are funded and decisions are made. Their work follows that done in other states and by other agencies seeking to get a more accurate measure of poverty.

The Virginia Poverty Measure takes into account regional differences in the cost of living, updated consumer patterns, government programs that affect family income, taxes and credits, and health care costs. While the formula to arrive at a realistic number that reflects poverty-level living conditions is more complex, it is also likely to be more realistic as to actual experiences of individuals.

Those interested in the details of the calculations are encouraged to review the full report "The Virginia Poverty Measure: An Alternative Poverty Measure for the Commonwealth" at http://www.coopercenter.org/sites/default/files/publications/VirginiaPovertyMeasure_May2013.pdf.

The introduction of the VPM brings some significant changes to our understanding of poverty. Under the Virginia Poverty Measure, Northern Virginia counties and cities with some of the highest median incomes in the nation are shown to have a significantly greater extent of economic deprivation than what offi-

cial poverty statistics suggest. The inside the beltway official poverty rate goes from 7.4 percent to 12.3 percent under the VPM. Fairfax goes from 6.4 percent to 9.7 percent. In contrast, Southwest Virginia goes from an official rate of 21 percent to 16 percent. The main explanation for the change is taking into account differences in cost of living and the existence of programs to relieve poverty. Calculation of the new rate found that fewer children are in poverty, dropping from 15.6 percent to 13 percent. Under the Virginia Poverty Measure, more Virginians are in "near poverty" and fewer are in "deep poverty."

To the degree that the new methodology creates a better understanding of the existence of poverty, it will be a challenging task for policy makers to incorporate this information into budget and program decisions. Presumably there could be a shift of resources among the regions of the state, and such changes can create winners and losers. The new numbers should be a wake-up call to wealthy Northern Virginians that there are more in need among us than we had previously thought to be the case. The new method of measuring poverty is an important new tool for policymakers.

LETTERS TO THE EDITOR

Nomination Process Illustrates Differences

To the Editor:

There is a big difference in how the Republicans and Democrats choose their candidates for state-wide office. Democrats are conducting an open primary for lieutenant governor and attorney general. The Democrats offer a chance to participate in the political process. I think we at least owe them a look.

Republicans held a convention where decisions were made by a

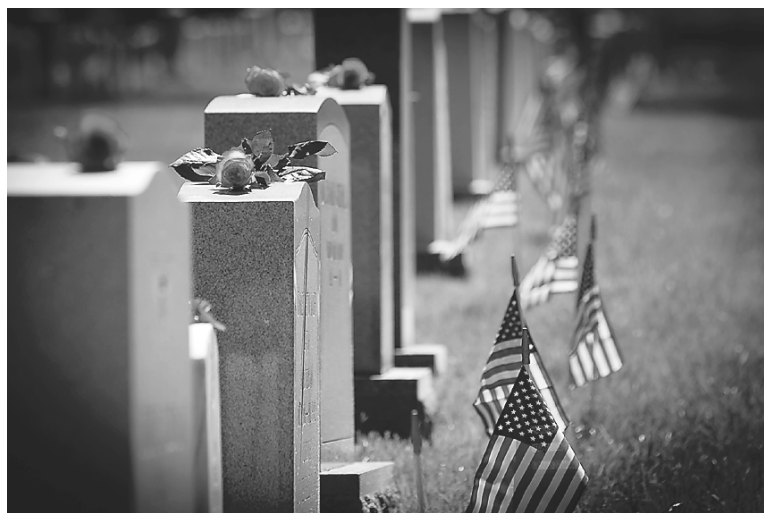
small number of activists producing outcomes which don't reflect the interests of the broader Republican party. Such decisions have become a widespread practice of the GOP in Virginia. For example, efforts led by a small number of right wing activists in the Virginia General Assembly to suppress voter turnout, limit women's health care choices, or advance the agenda of the NRA do not reflect the priorities of most Virginians.

Yet without a primary process to provide an opportunity to openly discuss issues, the few Republicans in the Northern Virginia delegation have been amazingly quiet. These Republicans can not hide for long.

In selecting E.W. Jackson as its nominee for lieutenant governor, the conservative activists at the GOP convention moved their state ticket to the extreme right. It will be interesting to see what members of the Northern Virginia Re-

publican delegation to Richmond have to say about the radical positions taken by Jackson. Will GOP Delegates Comstock, Ramadan, and Hugo disavow Jackson's extreme statements about Planned Parenthood, gay rights, and President Obama? Will they fall in line with the extremists in their party, ignoring the mainstream preferences of their constituents? Or will they go into hiding?

Michael Rodriguez
Falls Church



PHOTOS BY DAN GLASS

Paying Respect to Fallen Soldiers

Around 25 scouts from Troop 976 Our Lady of Good Counsel Church, Vienna and their families visited the Arlington National Cemetery on May 25 to pay their respects to the soldiers who have given their lives over the years for the United States' liberty and security. The scouts laid over 6,300 roses throughout various sections of the cemetery, including graves of recent fallen from the wars in Iraq and Afghanistan. The roses that decorated the graves were shipped from Ecuador just for this occasion, as stated by one scout, Nicholas Zaso, who was interviewed by the Ecuadorian Embassy Press.

Great Falls
CONNECTION

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

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

Chelsea Bryan
Editorial Assistant
703-778-9410 ext.427
cbryan@connectionnewspapers.com

Alex McVeigh
Community Reporter
703-778-9441
amcveigh@connectionnewspapers.com
[@AMcVeighConnect](https://twitter.com/AMcVeighConnect)

Victoria Ross
County Reporter ♦ 301-502-6027
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Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

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

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

Designing a Colorful World

Local interior design experts offer suggestions for choosing paint colors for one’s home.

BY MARILYN CAMPBELL
THE CONNECTION

Choosing paint for one's home can be a daunting task. Colors often look different on paint chips and fan decks than they do on interior walls. What are some of the secrets to making the right choices? Local interior designers offer suggestions.

Jean P. Freeman, professor of interior design at Marymount University, says considering a room's lighting is a good starting point. "What is the lighting in the room, sunlight from the exterior [and] overhead lighting?" she asks. "The amount of light would assist in determining how dark or light the walls could be. To brighten the room obviously lighter colors are preferred; but to add excitement bright colors with enough light would be a great choice."

Before painting an entire room, look at the paint samples in a variety of lighting conditions, advises Hope Hassell, specialty designer at Sun Design in Burke. "Natural light has a tendency to wash out colors that otherwise look good in artificial light," she said. "Always look at the paint sample throughout the day so you can see what it looks like in morning sun versus afternoon sun versus at night when there is no natural light in the space."

Artificial light also impacts the way paint looks in a room. "Fluorescent light can make a cream or beige paint take on a yellow hue," said Hassell. "Other colors that are in the space are also a huge factor when selecting a paint. Colors can often enhance and affect the paint around them. Make sure to apply small areas of paint near the different colors in the room, whether it is the trim around the door or the wood stain of the floor or cabinetry."

Marika Meyer of Marika Meyer Interiors in Bethesda encourages homeowners to consider the mood that they'd like to create in a room when selecting paint. "It's important to figure out the overall feel of the space, such as warm or cool," she said. "What kind of energy do you want to get out of a space? For example, family rooms often have a lot of energy and therefore, people tend to use brighter colors. In the living room, consider a softer palette for a retreat-type setting. Deciding on a room's energy and tone are good starting points."

Susan Hergenrath, assistant professor of interior design at Marymount University agrees that paint colors help create a room's mood. "Think about the different mood of a red room versus a blue room," she said. "Most people have a palette that they are instinctively drawn to, for example violet and yellow green. Look at the colors you already have in your home and build your palettes around the things that you love whether it is your favorite sofa or your mother's antique carpet."

Hergenrath also suggests simplicity. "Always use a color scheme. For example, complimentary colors work well for almost everyone," she said. "Pick up a color wheel and use it. Too many colors make an in-



Interior designer Marika Meyer believes homeowners should decide on the energy and tone they want to create in a room before choosing a paint color. Meyer selected soft hues to create a warm feel in this McLean library.

terior too complex. Keep it simple. Also remember there are many colors in a space, not just the paint colors. Don't forget to consider the color of the floor as one of the colors in the room."

Test before buying is another suggestion that Hergenrath offers. "Always site test colors. Manufacturers have sample pots for this purpose," she said. "Put the colors on your walls in several different places and live with them for a few days before making the final decision."

WHAT ARE THE CURRENT TRENDS in paint colors? "For interiors, I'm using a lot of grays," said Meyer. "Previously, for more than a decade, beiges were popular, but now gray tones are in. Taupes are also popular right now in terms of paint colors."

Hassel said, "We are experiencing that people are starting to be more adventurous with bright colors that make a statement. Whether it is painting one wall a peacock green for an accent in a living room or painting the front door a flame orange, bright, saturated colors are being used on the inside and outside of homes."

Freeman said that intensity in color is popular now. "Bright colors with flare or pastels that seem to represent ice cream colors are all part of the current trends," she said. "Neither should be dull, but both should be more intense. Pick up the colors of your favorite piece of upholstery and see the types being played, one against the other. Opposites do attract in colors and everyday life."

For those with historic homes who want to recreate the hues of a forgone era, designers say that many manufacturers now have palettes that replicate historic colors. "I particularly like Farrow and Ball but they are expensive," said Hergenrath. "However, with paint, as with anything, you get what you pay for. If red is a favorite of yours use a high quality paint such as Benjamin Moore Aura ... great stuff that really covers."

PHOTO BY ANGIE SECKINGER

Attractive Access

Front elevation universal design solution is both functional and architecturally appropriate.

BY JOHN BYRD

In many respects, well-executed universal design speaks to the hope that a better world is not only possible, but within our grasp. Certainly the intention is to include people with challenged mobility. And it follows that a good universal design solution can be an enhancement not just for one person, but for everyone.

"The thinking in our culture has really evolved on this issue," said accessibility design specialist Russ Glickman. "It is much more common today to find a special needs mobility solution so perfectly rationalized that the improvement extends beyond how the house works to how it looks."

Of course, as a practical matter, finding a skilled change-agent who gets the vision can be difficult. Just ask Grace Cassidy.

The Cassidy family has occupied a two-level brick ranch near Lake Accotink for 15 years. Son Chris, who is now a graduate student at American University, was diagnosed with muscular dystrophy when he was not quite 3 years old, and shortly thereafter the family moved to the pretty ranch on a corner lot with a sloping hill. A second child was born. Life went on, hampered only by occasional struggles in moving Chris' scooter as he got older. Gradually, Chris's natural drive to independence became a factor. To help him get from the front of the house to sidewalk, for instance, the family deployed a fold-out ramp, which they refolded and removed at the end of the day.

As Chris became more accustomed to going places, the Cassidys stepped up their search for ways to appropriately retrofit the house itself.

"Finding someone who understood our range of requirements turned out to be a real problem," Cassidy said. "The contractors we discussed our needs with either



The Cassidy family has occupied the ranch on a corner lot for 15 years; owing to site challenges, most of the contractors they originally approached with their access requirements declined the assignment.

Details

Russ Glickman periodically offers workshops of accessible living and Aging-In-Place topics. Visit www.GlickmanDesignBuild.com or call 301-444-4663.

didn't know what they were doing, or just turned us down outright. That's when I recognized that the kind of solution wanted was still considered pretty specialized."

Enter Russ Glickman, president of Glickman Design Build. What is particularly "specialized" about services provided by the veteran remodeler is that he's learned much of his craft by care-giving for his own son, Michael, who was born with cerebral palsy, and is also a college student living at home with his parents.

"I have been designing and remodeling homes for over 30 years," Glickman said. "About 15 years ago I really immersed myself in mastering about a dozen special-needs building technologies. It's an evolving discipline that includes some very particular applications."

Glickman's search eventually led to certifications in Aging in Place (CAPS), Environmental Access (CEAC) and Green Building (GACP). For Cassidy, though, the important difference was that Glickman came forward with ideas.

"Russ showed us how we could re-design the home's front elevation so that it would not only help Chris, but also create an outdoor family place and enhance our curb appeal. That intrigued all of us," Grace Cassidy said. "I began to see that there wasn't any reason why a universal design solution has to look like it was created for handicapped needs."

That said, the most evident difficulties were inherent to the site

itself. The plan called for a path-way in which Chris Cassidy could easily get from the front door to a waiting school bus at the foot of the driveway one level below. Since the existing downward path consisted of a series of staircases and walk-ways built along a rapidly-deteriorating brick retaining wall, the feasibility issues seemed daunting.

"Of course, there was an obvious site preparation component," Glickman said. "We had to cultivate the grade so that the scooter can negotiate it without difficulty. This entailed a certain amount of earth-moving and re-compaction, which we secured with a two-part retaining wall system that now figures into the new landscaping plan."

The newly paved side walkway extends some 90 feet from the front door to the driveway, never rising faster than one inch per foot. The space-constricted former front porch has been replaced by an L-shaped veranda that wraps the home's northwest corner as it segues to the new outdoor grilling deck.

Surrounded by matures trees and recently completed landscaping, the new outdoor space is elegant and private.

To assure traction and durability, Glickman specified Fiberon decking. For atmosphere, the railing caps are fitted with Azek night lighting — which creates a pretty effect on a warm night when the family gathers for a cook-out.

"But the greatest pleasure for me is how well this works for Chris," Grace said. "When I see him heading off for school, or coming up the hill on his own, it's the complete fulfillment of everything we'd hoped for."



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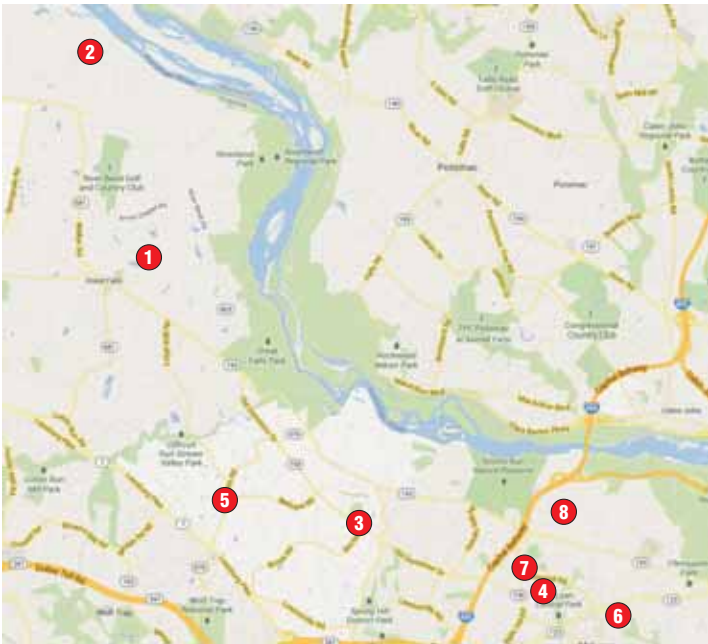
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FATHER'S DAY PHOTO GALLERY

NEWS

Memorable Lessons

FROM PAGE 3

Today, DiGiammarino works with companies who are looking to help engage their employees to maximize their true talents. He has thousands of theme-based movie clips that are available to help clients communicate in a way that connects to employees.

Now that he's tackled the business world, DiGiammarino's next target is the younger generation.

"In 2008, close to 55 percent of students had a job upon graduation from college. By 2012, that number had dropped to 22 percent. A Rutgers study says that over the past five years, 53 percent of college graduates are unemployed or under employed, and CNBC said that close to 38 percent of college grads are working in jobs that don't require a college degree," he said. "When I started to research why this might be, sure the economy had something to do with it. But, I also found that this current generation of graduates are the first ones who had 'helicopter parents.' These are parents who made a majority of decisions for their children when they were growing up. Research shows that this became really heightened after 9/11, when we became even more protective than ever. Most employers today state that one of the top attributes that they are looking for is someone who can make a

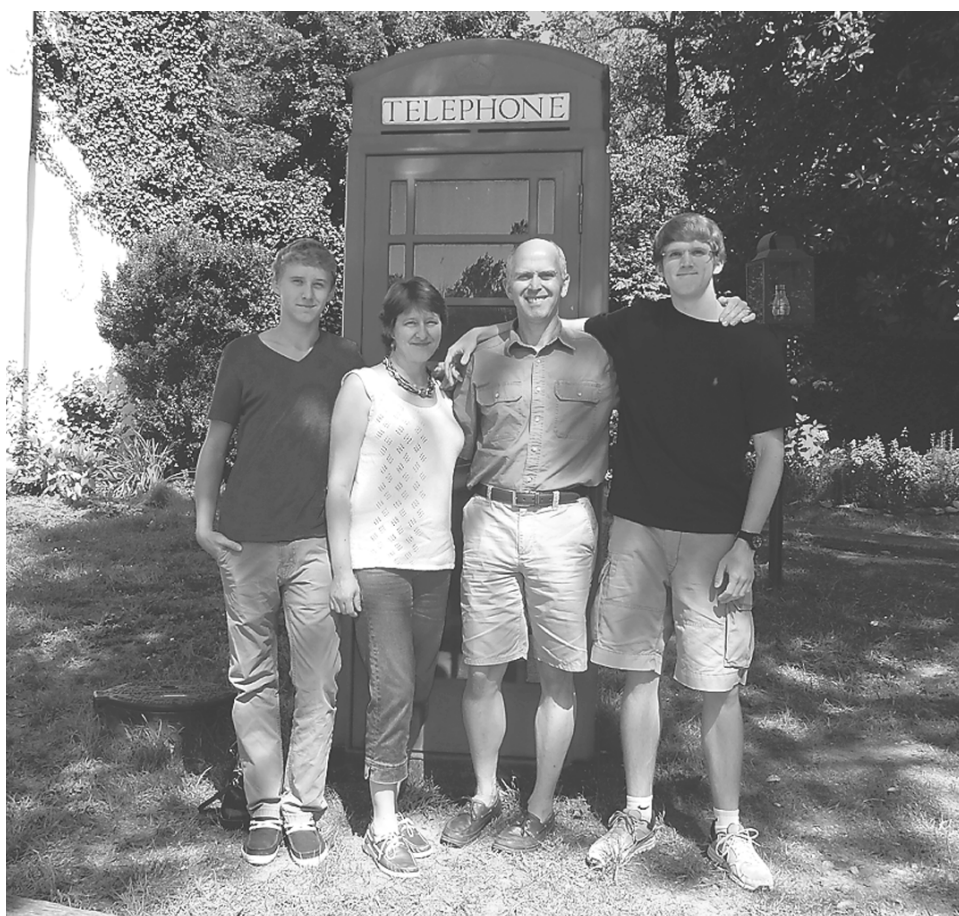
great decision that's in alignment with corporate values. Our children have so much talent and such a bright future ... but in today's society, they have to be superb at making decisions, especially when the boss isn't around."

This led DiGiammarino to branch out into Reel Potential University, which aims to reverse the downward trend of post-college employment and salaries by using the movie clips to incorporate life lessons and principles that will prepare students to successfully enter the workforce.

"The recent and future graduates will need more than just book smarts to lead," he said. "They need to supplement their classroom learnings with reality based, memorable lessons which will give them the confidence, the knowledge and the wisdom that they'll need to succeed."

DiGiammarino says he still tries to watch a movie every day, and is constantly cataloguing and taking notes of themes and sections that could be applicable to Reel Potential.

"I feel like with Reel Potential and RPU, we can really help make a positive difference in the world, using movie clips to help people maximize every ounce of potential they have in them," he said. "It doesn't matter if it's in the workplace, in the classroom or at home, sometimes we just need something different, to help you tap into it."



The Owens family: Dad Jack (second from right) with, from left, his youngest son Eric, 15, wife Kathy and oldest son, Jeffery, 18. The Owens family has lived in Great Falls since May 2000. This picture was taken in Upperville, Va. where they took visiting family for Sunday brunch at the Hunter's Head Tavern in August of 2012.

FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to vienna@connectionnewspapers.com. Deadline is Friday.

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. The services are: a 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.

Redeemer Lutheran Church, 1545 Chain Bridge Road, McLean will start their new summer schedule June 23 with a 9 a.m. traditional service and a 10:30 a.m. contemporary service. Starting July 14 and continuing to Sept. 1, the contemporary service will be held at 9 a.m. and the traditional worship service will be at 10:30 a.m.

Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton, offers a rich and unique Religious Exploration (RE) program for all children, from pre-K toddlers through high school seniors, emphasizing exploration of all religious traditions while developing a personal spiritual path. Registration for the RE program, which offers classes on Saturday afternoons and Sunday mornings, is now open by calling 703-281-4230.

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.

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To add your FREE Realtor-represented Open House to these weekly listings, please contact Salome Gaibler at 703-778-9421 or salome@connectionnewspapers.com
All listings are due by Monday at 3 P.M.

ENTERTAINMENT

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

WEDNESDAY/JUNE 12

Indigo Girls and Joan Baez. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Since the late '80s, Indigo Girls has released multiple platinum records, including Rites of Passage and Shaming of the Sun. Kicking off the evening is Joan Baez, winner of a Grammy Lifetime Achievement Award. \$28-\$42. 1-877-965-3872 or http://www.wolftrap.org/Filene_Center.aspx.

THURSDAY/JUNE 13

Strictly Painting 9. 7-9 p.m., at McLean Project for the Arts, 1234 Ingleside Ave., McLean. A gallery talk at the biennial juried painting exhibition featuring 28 artists selected by Margaret Heiner, owner/director of Georgetown's Heiner Contemporary. 703-790-1953 or www.mpaart.org.

Code 20: Proceed to Improv. 7-9 p.m., at the Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Studio Rep, the only professional teen repertory company in the McLean area, hosts an ongoing event where high school students and adults can watch comedy, join in improv games, perform at an open mic and enjoy entertainment from some of Washington's best improv groups. 703-744-9353 or <http://bit.ly/14Tgz52>.

Batik Demonstration. 7:30 p.m., at Vienna Art Center, 115 Pleasant St., N.W., Vienna. Artist Carol Higgs uses melted wax resist and brilliant colors to paint semi-abstract images on fabric and paper. 703-319-3971 or www.ViennaArtsociety.org.
The Go-Go's and Special Guest: The Psychedelic Furs. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. One of the first commercially successful all-female bands, The Go-Go's became known for hits like "We Got The Beat," "Vacation" and "Our Lips are Sealed." The Psychedelic Furs, an English post-punk/new wave band perform as special guest. \$25-\$42. 1-877-965-3872 or http://www.wolftrap.org/Filene_Center.aspx.

FRIDAY/JUNE 14

Four Star Combo. 6:30 p.m., on Vienna Town Green, 144 Maple Ave. E, Vienna. Four Star Combo plays 1950's rock, with Honky Tonk. 703-255-6360 or www.viennava.gov/index.aspx?NID=879.
Celtic Woman. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Celtic Woman, comprised of Chloë Agnew, Lisa Lambe, Susan McFadden and Máiréad Nesbitt, returns with their take on modern and traditional songs. \$25-\$55. 1-877-965-3872 or http://www.wolftrap.org/Filene_Center.aspx.

SATURDAY/JUNE 15

School's Out Kids Carnival. 11 a.m., at the Ritz-Carlton, 1700 Tysons Blvd., McLean. Celebrate the beginning of summer vacation at a carnival featuring performances, acrobatics, circus characters, dancing and games; carnival foods included.



"Alice's Garden," batik, by Carol Higgs, who will give a demonstration of her methods on Thursday, June 13 at 7:30 p.m., at the Vienna Art Center, 115 Pleasant St., N.W., Vienna.



A sculpture of John Sonnier's, who will give a craft talk on Thursday, June 20, at Color Wheel Gallery 65 in McLean.

\$65. 703-506-4300.
"AHH!" (Art Happens Here!). Noon-5 p.m., at 717 Walker Road, Great Falls. See the working studios of five local artists, painting in different media and styles. 703-785-5784 or MyArtandSoul@gmail.com.
Claude Moore Colonial Farm Wheat Harvest. 1-4 p.m., at 6310 Georgetown Pike, McLean. Watch farmers cut grain and then join in and bind and stack the crop; lend a hand churning butter; and learn how to make wheat bread. \$2-\$3. www.1771.org.
Bill Cosby. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. A recipient of nine Grammys, nine Emmys, the Presidential Medal of Freedom and a Lifetime Achievement Award, Cosby provides clean, family-friendly humor through his standup act. \$25-\$42. 1-877-965-3872 or http://www.wolftrap.org/Filene_Center.aspx.

SUNDAY/JUNE 16

Father's Day Ice Cream Social. Noon, at Antioch Christian Church, 1860 Beulah Road, Vienna. Every dad receives a copy of "Half TimeÓ by Bob Buford and will be recognized at the Father's Day services earlier in the morning at 9:30 and 11 a.m. 703-938-6753 or <http://www.antiochdoc.org/>.
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5 p.m., at 717 Walker Road, Great Falls. See the working studios of five local artists, painting in different media and styles. 703-785-5784 or MyArtandSoul@gmail.com.
Wolf Trap's 24th Annual Louisiana Swamp Romp™. 2 p.m., at Filene Center, 1551 Trap Road, Vienna. The spirit of New Orleans comes to the D.C. area with musicians Marcia Ball, Rosie Ledet & The Zydeco Playboys and Steve Riley & The Mamou Playboys. \$25. 1-877-965-3872 or http://www.wolftrap.org/Filene_Center.aspx.
Fat Chance. 6:30 p.m., on Vienna Town Green, 144 Maple Ave. E, Vienna. The band plays classic rock covers. 703-255-6360 or www.viennava.gov/index.aspx?NID=879.

MONDAY/JUNE 17

Josh Krajcik. 8 p.m., at Jammin Java, 227 Maple Ave. E., Vienna. The singer/songwriter/multi-instrumentalist and X Factor star performs in support of his debut album Blindly, Lovely, Lonely; Jon Cresswell opens. \$15. www.jamminjava.com.

TUESDAY/JUNE 18

Melissa Etheridge and Eric Hutchinson. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Melissa Etheridge, a two-time Grammy Award winner, comes to perform hits like, "Ain't It Heavy" and "Come to My Window." Eric Hutchinson also performs. \$35-\$65. 1-877-965-3872 or http://www.wolftrap.org/Filene_Center.aspx.

WEDNESDAY/JUNE 19

Juanes. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Colombian-born Juanes built his musical appeal through Spanish-language songs featuring themes of peace and love, including "La Camisa Negra." \$25-\$48. 1-877-965-3872 or http://www.wolftrap.org/Filene_Center.aspx.

THURSDAY/JUNE 20

Sculpture Gallery Talk. 6-7:30 p.m., at the Color Wheel Gallery 65, 1374 Chain Bridge Road, McLean. John Sonnier, a master garden designer for the British Embassy, speaks about creating sculptures. 703-356-6345.



Langley Senior Bryan Even pitches in one of the Saxons' games. Even, who went 5-0 with a save this season on the mound, will play Division II baseball next fall.

Playing Baseball At the Next Level

FROM PAGE 4

example," Healy said. "He really made an impact for us on the mound, keeping people off base, walking very few batters, but recording more than 80 strikeouts. At the plate he started hitting more line drives and really got his batting average up."

In addition to his starting pitching duties, Even played first base when not pitching, and often batted third or fourth in the lineup.

"I love the challenge of trying to shut the other team down while I'm pitching, and then coming right back up to the plate and try and get us some runs," he said.

While Even is a tough competitor on the field, Healy says he has always known him to have a good sense of humor off the field, even if it comes at his own expense.

"Last year, he hit a game-winning home run against Fairfax, and as he rounded second base, he was so excited he started clapping as he ran the bases," Healy said. "On the bus ride home, the seniors were having fun with him, telling him he needs to learn to celebrate better. And he took it all in good fun, laughing right along with them. That showed me that even though he had the biggest hit of the game, his ego wasn't so big that he couldn't laugh at himself right after."

OFF THE FIELD, Even's work ethic made a strong impression on the Langley community. Assistant Principal Fred Amico said he always appreciated Even's attitude toward schoolwork.

"I remember once he had a test that he really needed a good grade in, and for days I would come out of my office and see him sitting at a table, reading until his eyes were blurry," he said. "He didn't com-

plain a bit, that's not Bryan, he just puts in as much time as he can and has a great attitude while he's doing it. He's the kind of person that will leave no stone unturned when it comes to getting something done."

Even will be headed to St. Anselm in Manchester, N.H. in the fall, on an academic and athletic scholarship, where he will play baseball and major in business. He will fulfill the same responsibilities as he did while playing for the Saxons, playing pitcher and first base for the Division II Hawks.

"I really love the environment up there, I've got family at the school, and a great relationship with the coach, who says he sees a lot of potential in me," Even said. "During baseball tournaments and college visits, I probably saw more than 20 colleges, but after talking to coach [Barry] Rosen, we really clicked."

As the first one of his recruiting class to sign, Even had his arrangements made on the first day of his senior year. But that didn't mean he could ease up during the school year.

"It was a relief, but I knew I still had to work. The school offered me an increased scholarship if I was able to meet a GPA goal for the first quarter, and I was able to do that," Even said. "Next year, I think of myself as a student-athlete, and the student part comes first. There will be a lot more games and a lot more work to be put in when it comes to baseball, but it's going to be up to me to find the time to get it all in."

Even said he's ready to take on new challenges, such as playing with a wood bat and in temperatures that will most likely get colder than Northern Virginia, but also grateful for the experiences he had in Great Falls.

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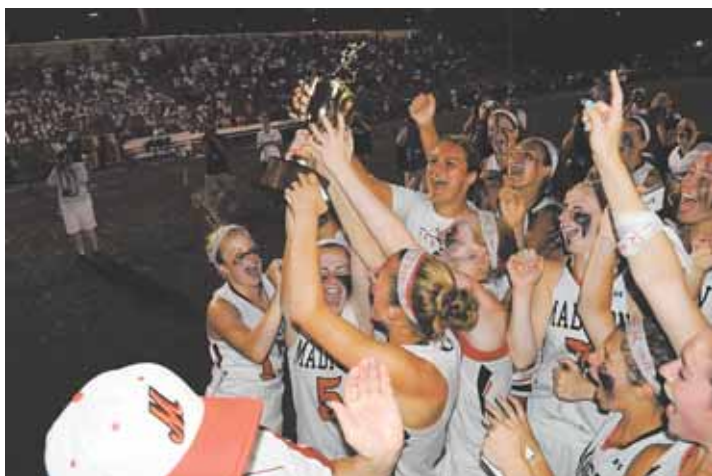
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SPORTS



The Madison girls' lacrosse team celebrates winning the 2013 state championship on June 8.



Madison's Ellie Bentley shoots during the state championship game against Langley on June 8.

PHOTOS BY CRAIG STERUTZEL/THE CONNECTION

Langley Girls' Lax Finishes State Runner-up

Saxons fall to Warhawks for fourth time in 2013.

BY ANDREW MINER
THE CONNECTION

Madison captured its second Virginia girls' lacrosse state championship on June 8 with a 12-7 victory over the Langley Saxons at Westfield High School. The Warhawks' fourth victory over the Saxons this season was a low-scoring affair, uncharacteristic for Madison, which averaged 18 goals per game on the season and more than 20 during the state tournament.

The Langley defense might have had something to do with that, as early pressure by the Saxons contributed to Madison turnovers and drawing first blood with senior Olivia Sisson's goal with 21:58 remaining in the first half. By the time the Washington and Lee recruit put Langley ahead, it was 7:20 p.m., approximately 80 minutes after the scheduled start time.

The senior held her head high even after the loss in what Sisson described as a "redemption game," because the Saxons knew that they "could run with them, we could compete with them" before Madison "stepped up their intensity on offense and defense, competing all over the field."

In the medal ceremony afterwards, Sisson reminisced with her coach.

Richard DeSomma praised the senior's intangibles: "I told her how proud I was of her in being captain this year, bringing together all the different personalities and leading the team on and off the field."

THE DELAYED START time seemed to be yet another advantage for the Saxons, who lost to the Warhawks 16-11 in the regular season, 17-9 in the Liberty District championship game, and 19-10 in the Northern Region final. The Warhawks, however, responded to Sisson's first goal with four straight, starting when junior Katie Kerrigan found fellow junior Alex Condon with 20:44



Carly Frederick and the Madison girls' lacrosse team defeated Langley for the state title on June 8 at Westfield High School.

remaining.

Kerrigan continued the offensive surge as she worked through a double team, bested a stick check and bounced a ball that found the back of the net. The Ohio State recruit then found junior defender Rachel Brennan, who bounced a shot past Saxon senior All-Region goalie Erin Long. The Warhawks held a three-goal advantage after sophomore Kierra Sweeney scored off an eight-meter opportunity with 14:46 to play.

Kerrigan said being state champs was "an amazing feeling ... with a team that I love so much." She admitted that "sometimes nerves got in the way, but we always come together as a team and take a deep breath" as they went back out and played their game.

Madison head coach Amanda Counts said her team "didn't really change much about the game plan. We knew we needed possession to stay in control and take advantage of the 50-50 balls." She continued: "both teams' defenses stepped it up a lot and we held back our offense to only take the shots we wanted. ... Defense wins championships."

With seven minutes left in the first, Sisson cut the deficit in half. Madison responded with consecutive eight-meter goals by Condon, and then senior Carly Frederick, who spun out of a triple team and fired the sphere of rubber into the upper shelf, forced a timeout from Saxon coach Richard DeSomma. Afterward, Kerrigan and

Sweeney netted two more goals.

Momentum, seemingly against all odds, turned again in the Saxons' favor when senior Rachel Wagner scored with under two minutes remaining and Condon picked up a yellow card at the half-time buzzer. As Madison was forced to start without one of their leaders to begin the second half, Sisson completed her hat trick 14 seconds into the half. Senior Hayley Soutter's goal made it a 9-6 game as Langley went on a 3-1 run.

The Saxons suffered a blow, however, when Soutter was forced to leave the game with 17:56 remaining when she received a red card. She originally received a yellow card on the play, but it was changed to a red after a discussion between officials.

Coach DeSomma said the red card was "huge, it's huge; [Soutter] is our top scorer, our playmaker, our All-American. ... It hurt tremendously and we could have kept our comeback going."

DeSomma said he "was not quite sure how they changed it from a yellow to a red," while coach Counts said it "was an unfortunate way to end her season, but I think it was a deserved card and the call was right."

THE EFFECTS were not immediate, yet Langley did not score again until Sisson put away her fourth with under three minutes to play. By then, the Warhawks had already struck twice in a 15-second span as junior Ellie Bentley and senior Erin Callahan scored with 7:16 and 7:01 left respectively.

Sweeney added a goal in the final two minutes and the Warhawks were crowned champions.

Langley won the draw control battle 13-8 and had stout defense as Long made 11 saves. The Saxons, though, could not overcome the turnovers and Soutter's red card; mental miscues that needed to be avoided in order to win the state title. Madison, in the end, was able to respond to early adversity and knocked off Langley for the fourth time this season with the last one being the most important and rewarding.

SPORTS ROUNDUPS

Madison Boys' Lax Finishes State Runner-up

The Madison boys' lacrosse team entered Saturday's June 8 state championship game against Chantilly riding a 14-game winning streak.

The Warhawks fell short of taking home the banner that would have come with No. 15.

Chantilly defeated Madison 9-5 on June 8 at Westfield High School, meaning the Warhawks finished state runner-up. Madison ended the season with an 18-6 record and won Liberty District and Northern Region championships. The Warhawks defeated Chantilly 7-6 in the regional championship game on May 24.

Oakton Baseball Falls in State Semifinals

The Oakton baseball team's 2013 season ended with a 9-8 loss to Hanover in the AAA state semifinals on Saturday, June 8, at Westfield High School.

The Cougars had leads of 3-0 and 6-3, but Hanover took the lead for good with a six-run fourth inning.

Oakton retired the first two Hanover batters in the bottom of the fourth, but the next six Hawks batters reached base, including a three-run home run by catcher Keith Searles, who hit a pair of home runs during the game.

"In the fourth inning, getting the two outs, we did everything right to that point and just kind of lost it there," Oakton head coach Justin Janis said. "... It got away from us a little bit."

Oakton senior outfielder Brett Padula went 2 for 2 with a double, a home run and five RBIs. His three-run homer over the center-field fence gave the Cougars a 6-3 lead in the top of the fourth inning.

"Brett played great today," Janis said. "Again, you're happy to see a senior be able to close out a career like that, especially a guy who has worked as hard as he has."

Oakton second baseman Joey Bartosic finished 2 for 4. Freshman third baseman Joe Rizzo went 2 for 2 with a double.

The Cougars finished the season with a 21-6 record. Oakton won the Concorde District championship and finished Northern Region runner-up to Lake Braddock.

"I'm very proud of our guys," Janis said. "... They fought hard for every single inning, every single pitch this entire year."

—JON ROETMAN

Full Circle

By KENNETH B. LOURIE



I hope it's not a wrap though. I'd like to continue rolling along just like I rolled into college in late August, 1972, matriculating to the University of Maryland in College Park, Maryland. Oddly/coincidentally enough, there have been and continue to be some recent occurrences in my life that hearken back to yesteryear, the olden days of the early 1970s, when I freshmen-oriented myself to a major university for the first time.

Most significant of these coincidences – for lack of a better word – I am taking tests again. And though they are not identical to the many multiple-guess exams I took that first year in college with 500 or so of my closest fellow freshmen, sitting through those entry-level/100-numbered, core-type classes – until we “majored,” being graded on a curve with scores posted on a computer printout on a wall adjacent to one of the two entrances/exits to one of the main lecture halls on campus; the anticipation of that grade and the contemplation of my future then is eerily familiar now as I prepare for my next CT Scan and the follow-up e-mail from my oncologist. Though I am no longer graded on a curve, I will be living on the edge nonetheless, awaiting those results. And yes, my future, you might say, depends on it.

Having taken a dozen or so of these scans since my cancer diagnosis, I have become accustomed to the waiting. Having previously experienced various symptoms before these scans with equal parts confidence and anxiety, with subsequent results sometimes being better, sometimes being worse than expected, my self-assessments now are identical to the assessments of those standardized-type multiple choice exams I #2-penciled my way through in college. More often than not, if I felt I scored well on the test, I didn't; and if I thought I did poorly, amazingly (sometimes), I did surprisingly well. After awhile, it became clear that I didn't know what I was talking about and should merely await the results, just like now.

With respect to my CT Scans – and occasional MRIs, being relatively asymptomatic at the beginning of this process and mostly so throughout my four-plus years of being treated for non-small cell stage IV lung cancer, whatever symptoms I felt didn't seem to necessarily relate to the underlying problem. Once the pain/the weight in my chest was the tumors themselves (bad); another the time, the same pain (at least to me it was the same), was scar tissue growing over tumors that had shrunk (good). I wasn't so much betwixt and between as I was clueless. Unlike during college, however, it is not my future that I am considering, it is my present.

So yes. I've learned. When asked about an upcoming scan (or one just completed), I am hardly forthcoming. I am honest. I will know what I feel when my oncologist tells me. It's a multiple guess any other way, sort of like those early taste-taking years in college. What has gone around has indeed come around, 40 years later.

And on a much lighter note, relating my present cancer life to my past college life is the opening in my neighborhood of one of my favorite college-era fast food restaurants appearing locally – not five minutes from my house – after a who-knows-why, decades-long absence: Roy Rogers Restaurant. And just as I would drown my test-score predicting sorrows back then at the former Route 1 location across from what was once Lums Restaurant, so too do I now drive-thru to their window and order my usual large roast beef sandwich. I realize its not a cure for cancer, nor is it an attempt to relive the past; it's simply an opportunity to gain some peace of mind when I need it most. I just hope that what is new again represents a beginning, not an end.

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

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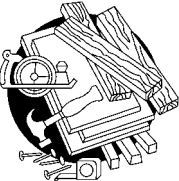
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ment is applying to the
VIRGINIA DEPARTMENT OF
ALCOHOLIC BEVERAGE
CONTROL (ABC) for a Wine
and Beer off premises license
to sell or manufacture alcohol-
ic beverages. Christopher
Battle, owner
NOTE: Objections to the issu-
ance of this license must be
submitted to ABC no later than
30 days from the publishing
date of the first of two required
newspaper legal notices. Ob-
jections should be registered
at www.abc.virginia.gov or
800-552-3200

ABC LICENSE
Cafe Sazon, Inc trading as
Cafe Sazon, 4704 Columbia
Pike, Arlington, VA 22204. The
above establishment is apply-
ing to the VIRGINIA DEPART-
MENT OF ALCOHOLIC BEVER-
AGE CONTROL (ABC) for a
Wine and Beer/Mixed Bever-
age Restaurant on Premises
license to sell or manufacture
alcoholic beverages. Claudia
Jacqueline Camacho, Presi-
dent
NOTE: Objections to the issu-
ance of this license must be
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