

# Langley Orchestra Presents Final Concert

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The Langley High School Orchestra presented its final concert of the school year on June 4 in the Langley HS Auditorium. Original composition "Last Train to Nashville" was performed by singer-songwriter Camille Thornton, who also plays cello in the Langley Symphonic Orchestra.

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## Dranesville Lord, Lady Honored

**Bob Hahne,  
Wendy Gradison  
honored by supervisors.**

BY ALEX McVEIGH  
THE CONNECTION

**S**upervisor John Foust (D-Dranesville) named two McLean residents, Robert Hahne and Wendy Gradison, 2013 Lord and Lady Fairfax for his district. The annual recognition highlights local residents for their community service.

**HAHNE**, a McLean resident since 1972, has been an active volunteer in McLean Little League and Babe Ruth League, the Langley High School Boosters and the Lutheran Redeemer Church. For the past 15 years, he has been a member of the McLean Rotary Club, where he learned about a program called Stop Hunger Now, where volunteers package non-perishable meals for hungry people around the world.

"My wife and I attended a Rotary district conference, where we saw the process of how the meals were packaged," Hahne said. "As we were driving home, we talked about how easy it looked, and what a difference it made, and made a promise that we would bring it back to McLean, and that we would package 100 meals."

Hahne's wife Barbara passed away in September 2011, and he said he promised her on her last day that he would complete the one million meal pledge.

"With the help of many churches, schools, Rotary Clubs, the American Legion Post 270 and hundreds of individuals, the McLean Stop Hunger Now events have packaged and shipped more than 700,000 meals around the world," Foust said.

Hahne said he plans to hit the million meal mark with an event this November.

"We've had an unbelievable response from this community over the past few years, in terms of volunteer time and financial contributions," he said. "Hopefully that can continue, because this is a service that makes a huge difference in so many lives."

The next Stop Hunger Now event will take place Saturday, Nov. 2 at the Lutheran Redeemer Church. Hahne is still looking for volunteers (his goal is 1,100 people) and money for the meals, which cost 25 cents each, meaning donations totaling \$75,000.

More information is available by contacting Hahne at 703-790-5319.

**GRADISON** has served as president and CEO of Psychiatric Rehabilitation Services since 1998, after being promoted from director of the PRS Reston Center.

"One in five people in the United States lives with some form of mental illness, but stigma and prejudice is the greatest barrier to recovery. People just don't feel comfortable talking about it," she said. "What happens then is people who need help, tend not to be able to get it. What we want



**McLean resident Bob Hahne is awarded Lord Fairfax for the Dranesville District Tuesday, June 4. Wendy Gradison of Psychiatric Rehabilitation Services was also recognized by Foust, but was unable to attend the ceremony.**

**"With the help of many churches, schools, Rotary Clubs, the American Legion Post 270 and hundreds of individuals, the McLean Stop Hunger Now events have packaged and shipped more than 700,000 meals around the world."**

**—Supervisor John Foust (D-Dranesville)**

people to know is that PRS can help you with all aspects of your life."

PRS helps support sufferers of mental illness with job training, housing assistance, rehabilitation services and more.

"[This year] marks the 50th anniversary of PRS, an organization that, from its humble beginnings, realized the vital need for community-based mental health services to help close the gap between hospital and community life," Foust said. "Under Wendy Gradison's leadership, PRS formalized programs including community housing, employment services, community support services and day programs."

In 2011, the PRS board of directors expanded the populations they serve to people with emotional and behavioral disorders, regardless of diagnosis of mental illness.



PHOTOS BY DEREK BERRY/MEDSTAR NRH

**From right, Laura Nemets and Kerry O'Keefe, staff members at the new MedStar Rehabilitation facility in McLean.**

## MedStar Opens McLean Facility

**New site aims to be "one stop shop" for rehabilitation.**

BY ALEX McVEIGH  
THE CONNECTION

**M**edStar National Rehabilitation Hospital Network has opened a new outpatient facility in downtown McLean. The facility aims to provide complete care for both orthopedic and neurological rehabilitation needs.

"We have a number of sites in the region, but we're always looking at more possibilities in Northern Virginia. McLean appealed to us because our research showed that a lot of people had to go someplace else for care," said Rob Hartmann, vice president of marketing for MedStar National Rehabilitation Network. "Our goal with this facility is to provide a one-stop shop where you can be seen by a doctor, brought right into radiology, then onto physical therapy as needed. This is

part of a growing medical trend which involves multiple hospitals with substantial areas of expertise coming together."

**THE SITE FEATURES** orthopedic surgeons, neurologists, neurosurgeons and radiologists, a result of a partnership with the MedStar Georgetown University Hospital.

"This facility will bring new services to the area, such as neurological rehabilitation services, which we don't believe is currently in McLean," said Laura Nemets, the clinic manager. "A lot of the services we provide would have previously required a trip to Georgetown."

Nemets said they are looking to get involved in the community, and they've already started by sponsoring a McLean Little League team.

SEE REHABILITATION,  
PAGE 13



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## NEWS



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## The Faces of MCC

Elections give 2013-2014 McLean Community Center Governing Board seats to three adults, two teens.

Five McLean tax district residents have won seats on the McLean Community Center's 2013-2014 Governing Board. The election was held from 10:30 a.m. to 5 p.m. on Saturday, May 18, at the McLean Day 2013 festival at Lewinsville Park. The center is located at 1234 Ingleside Ave., McLean.

There were 725 ballots cast in the election—644 by adults and 81 by youth voters.

Adult candidates Paul Kohlenberger (286 votes) and Dennis Findley (227 votes) are new three-year-term holders and Jay Howell (250 votes) was re-elected to the board. The three beat out Mark Behrens (184 votes), Kevin Dent (181 votes) and Marshal J. Hyman (123) votes for their seats on the governing board.

Among new youth one-year-term holders are Sudharsan Sriram and Steven Pardo. Sriram (37 votes) is the Langley High School area representative. Pardo, the representative for McLean High School, beat out six total write-in votes by a margin of 46 votes.

The League of Women Voters acted as tellers and MCC Governing Board Elections and Nominations Committee Chairperson Craig



**McLean High School Area Representative Steven Pardo is one of two student members on the MCC Governing Board. Sudharsan Sriram (not pictured) represents the Langley High School area.**

Richardson presented the election results to Dranesville District Supervisor John W. Foust. Foust presented the results to the Fairfax County Board of Supervisors at its Tuesday, June 5, meeting. The board will certify the results.

For more information, call the center at 703-790-0123, TTY: 711, or visit: [www.mcleancenter.org](http://www.mcleancenter.org).

—CHELSEA H. BRYAN

### WEEK IN MCLEAN

## Mission Control at Colvin Run

Fifth and sixth grade students at Colvin Run Elementary School in Vienna took part in an International Space Station MCC Special Educational event On Thursday, June 6. The children communicated with NASA's Mission Control via a live broadcast televised on NASA TV. The students generated a wide range of questions and asked them directly to ISS CapCom and Chief Engineer Hal Getzleman of the ISS Mission Con-

trol Center. A CAPCOM, or Capsule Communicator, is the primary liaison between the flight control team in mission control and the astronauts in space. He relays information from the flight director as well as all of the flight controllers in mission control. Questions ranged from queries about what kind of research ISS is conducting in preparation for a future trip to Mars, to what kind of training it takes to work at Mission Control.



PHOTO BY LAURA SHERIDAN/WOMAN'S CLUB OF MCLEAN

### Supporting Reading Program at Lemon Road

The Woman's Club of McLean at its June 4 meeting presented a check for \$1,000 to Karla Barnes, reading specialist at Fairfax County's Lemon Road Elementary School, for use in the school's reading program. Barnes expressed her gratitude and that of the school's staff for this and previous donations by the club to the reading program. From left: Reading specialist Karla Barnes, Woman's Club Education Committee Chairman Iris Reimann, co-Chairman Wanda Miller and member Marianne Polito.



PHOTO CONTRIBUTED

McLean players from right to left: (front row) Aubrey Donohue, Alex Driscoll, Ginevra Augustine; (second row) coach Nicci Wright, Sophia Falco, Claire McMahon, Zoe Scoric, Hollis Cutler, Kendall Robertson, Jordan Beverina, Kiefer Williamson, Lindsay Blum, Nikki Debayo-Doherty, Ashley Chun, Maria Purcell; and (back row) Cayla White.

### McLean Green United Defends Championship

McLean Green United, U12 Girls Travel Soccer, successfully defended their championship at the 2013 FC Delco Player's Cup over Memorial Day, May 27, in Chester County, Pa. Mclean went undefeated in their bracket, beating teams from New Jersey, New York and Virginia. They faced Chantilly Santos in the semifinals. At the end of regulation and overtime the score was 0-0. The game would be decided by

penalty kicks. McLean goalkeeper Cayla White made three saves in the shootout sending McLean to the finals. The finals were on Monday at the US Training Center. McLean faced a formidable opponent from New Jersey—Freehold SL United. McLean took the lead just before halftime and held strong winning 1-0. This was McLean's first 11 v 11 tournament win at FC Delco.

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Back row, from left, are coach Cristian Michel, Natalie Peele, Aya White, Hannah Smith, Jasmine Jebali, Sara Forburger, Dani Isaacson, Mikki Charles, Kyla Donohue, Laura Zimmerman, Caroline Lewis. Front row, from left, are Reina Hackley-Rivas, Bailey Bowers, Leah Walters, Elizabeth Bucy, Anna Duval, Vanessa Barlow, Sydney Perlowski.

**McLean Girls Win Elite Showcase Championship**

The McLean '98 Spirit Green U14 Girls, coached by Christian Michel, scored a pulsating victory over the Culpeper Comets in the championship game of the Virginia Elite Showcase Tournament (Premier Gold Division) on Memorial Day, Monday, May 27. The Championship Final was a gripping contest, with both teams playing with intensity and determination. Despite several scoring chances by both sides, the game finished tied 0-0 after regulation time. In the overtime period, the Comets scored two well-taken goals to race to a 2-0

lead. The MPS '98 Spirit rallied and scored a 35-yard strike (Bailey Bowers) to close the gap with five minutes to play. Then, after an amazing solo run (Vanessa Barlow), '98 Spirit won a penalty kick, which was coolly converted (Hannah Smith) in the final seconds of overtime. Deadlocked after the two overtime periods, the game was decided by six penalty kicks. With a PK tally of 4-3, McLean goalie Kyla Donahue made a spectacular fingertip save to clinch the shootout victory. It was a team effort by the MPS '98 Spirit Green to take the cup.

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businesses and cycling community members about the recently installed way-findings signs for bicyclists. 703-356-0551 or [Julie.Ide@FairfaxCounty.gov](mailto:Julie.Ide@FairfaxCounty.gov).

**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

**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.  
**"Central Pain Sensitization Syndrome."** 7-8 p.m., Dolley Madison Library Meeting Room, 1244 Oak Ridge Ave., McLean. On a new conceptualization of chronic pain and depression as mediated by the central nervous system.

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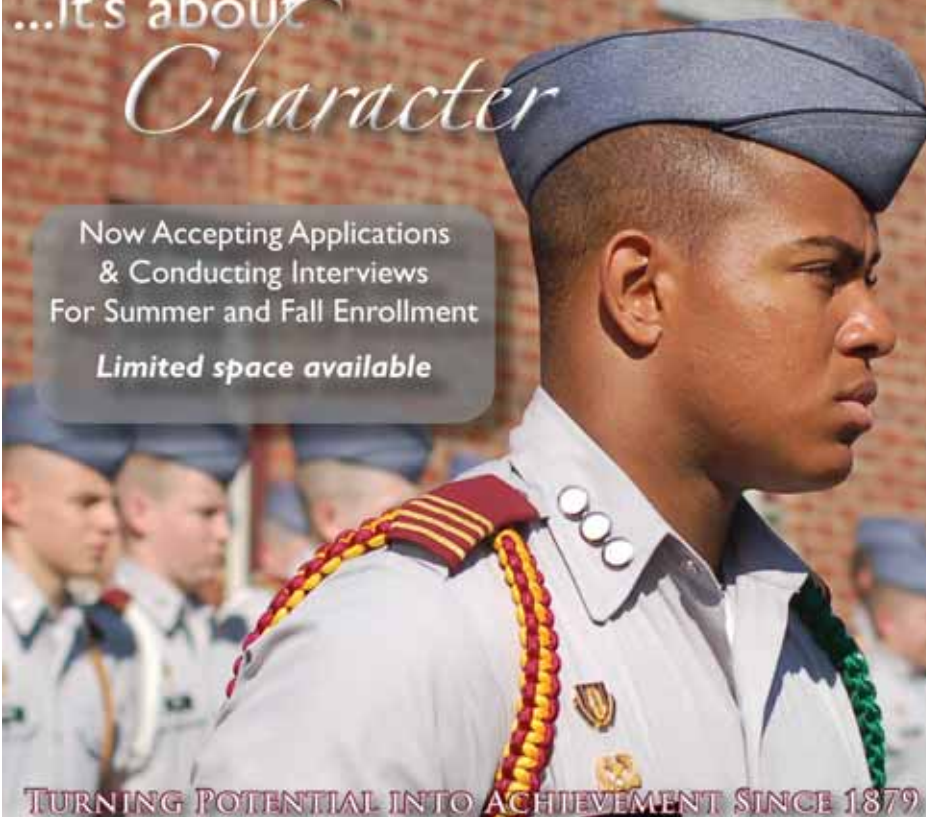
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# OPINION

## 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](http://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](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 statewide 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

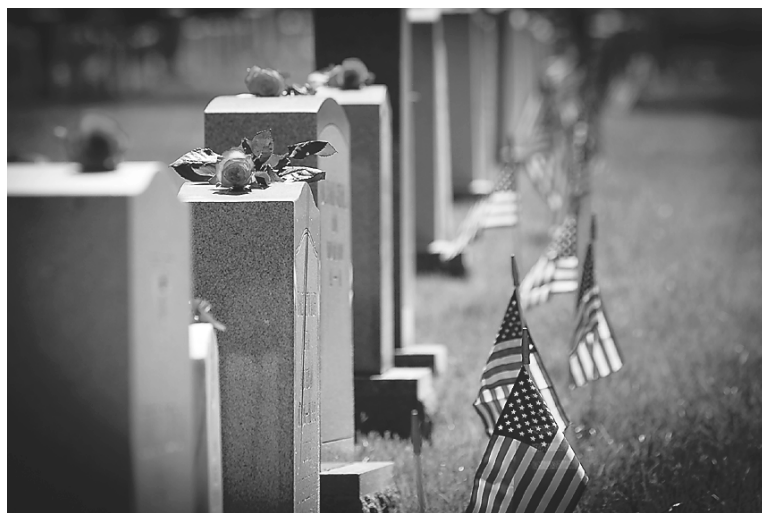
small number of activists producing outcomes which don't reflect the interests of the broader Republican party. Such decisions have become a widespread practice of the GOP in Virginia. For example, efforts led by a small number of right wing activists in the Virginia General Assembly to suppress voter 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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PHOTOS BY JOYCE HARRIS

Volunteers for the McLean Trees Foundation, from left, Alan Denko, Merrily Pierce and Margo Dunn.

## Preserving Trees in McLean

**McLean Trees Foundation plants, maintains trees at Lewinsville Park.**

Volunteers for the McLean Trees Foundation (MTF) honored Mother's Day and Mother Earth by edging, mulching and pruning 30 trees along Chain Bridge Road in Lewinsville Park in McLean. Three native Fringe Trees were also planted. The trees mark the entrance to Lewinsville Park and provide an important natural gateway to the business and residential community of McLean.

"The average life span of a tree in an urban environment is less than 10 years due to stress factors; long-term tree care is critical to the health of trees," said Joyce Harris, chairman of the McLean Trees Foundation (MTF). "Trees can't escape when they are weak or stressed. We have the responsibility—as a community—to keep an eye on them, to help protect them, and to keep them healthy."

Ed Busenlehner, manager of Area I for the Fairfax County Park Authority, agrees. "Many groups approach us to plant trees in our parks, but it is rare for them to follow up with continued maintenance. I'm glad that the McLean Trees Foundation plants trees and provides long-term care," said Busenlehner. "It helps the Park Authority and is a good thing for McLean as well."

"Simply mulching trees helps to keep them healthy," said Alan Denko, a tree steward, master naturalist and new member of the MTF board. "Mulching will conserve moisture, improve soil conditions, and help prevent damage



New and established Fringe Trees at Lewinsville Park in McLean.

from lawn mowers and weed trimmers."

**THROUGHOUT THE YEAR**, MTF identifies tree-planting projects in McLean and recruits volunteers of all ages to participate in these projects, which are held in the spring and fall. Businesses, civic groups, homeowner associations, churches, schools, Scouts and other volunteer organizations are encouraged to participate.

"We could not provide any follow-up maintenance for trees if it were not for our volunteers," said Eric Simpson, a McLean businessman, MTF board member and project organizer. "We really appreciate the folks who came out today to help us care for trees, but we need more groups and businesses to step forward and lend a hand."

In the last year, several trees along Chain Bridge Road in Lewinsville Park were damaged by storms. "We have replaced these trees with three native Fringe Trees (*Chionanthus virginicus*), which seem to do quite well at this site," said Simpson.

Considered to be one of Thomas

Jefferson's favorites, the Fringe Tree is 12 to 20 feet high at maturity and has an open habit. It adapts to many types of soil and is pollution-tolerant. In the wild, Fringe Trees occur along stream banks, borders of swamps, or as an understory tree in the woods.

**FRINGE TREE FLOWERS** are slightly fragrant and hang on the tree like fringe. The tree is also known as "Old Man's Beard" because some observers believe the long, white, fleecy flowers resemble a beard of an old man.

"Fringe Trees flowered just in time for McLean Day, so residents could see them in all their glory," said Janet Gale, a new board member for MTF and another volunteer helping to care for the Lewinsville Park trees. "It is easy to plant a tree, but keeping it alive takes close monitoring, dedication and hard work. Trees need our help," said Gale.

Merrily Pierce, co-chair of the Environment, Parks, and Recreation Committee of the McLean Citizens Association and a MTF volunteer, added, "It's nice that people are thinking about trees again."



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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

**C**hoosing 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.**

PHOTO BY ANGE SECKINGER

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 manufactures 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."

## Attractive Access

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

BY JOHN BYRD



**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](http://www.GlickmanDesignBuild.com) or call 301-444-4663.

"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' 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

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 pathway 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 earthmoving 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 mature 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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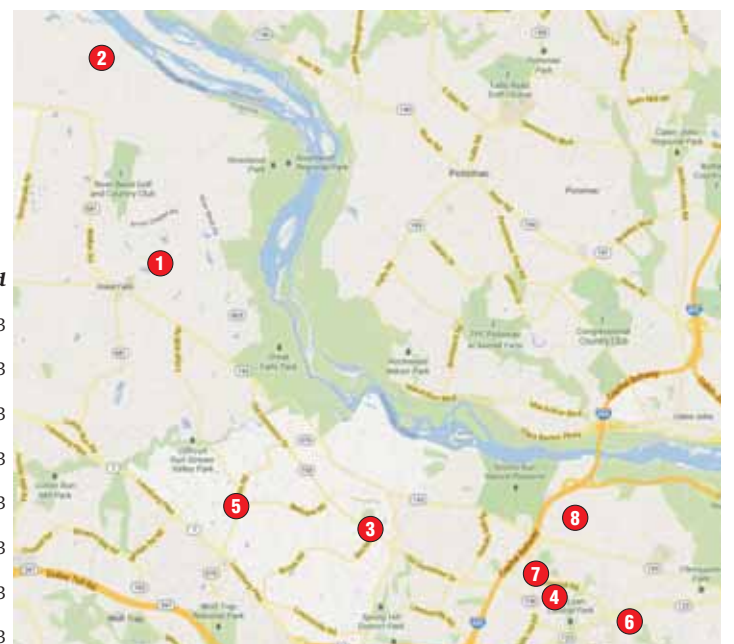
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3 8146 OLD DOMINION DR	5	6	1	MCLEAN	\$2,350,000	Detached	1.75	VISTA WOODS	04/05/13
4 7029 ELIZABETH DR	6	6	1	MCLEAN	\$2,306,104	Detached	0.34	HANSBOROUGH	04/08/13
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6 1251 KURTZ RD	6	6	1	MCLEAN	\$2,100,000	Detached	0.41	SALONA VILLAGE	04/04/13
7 7203 WARBLER LN	6	5	3	MCLEAN	\$2,100,000	Detached	0.27	LANGLEY MANOR	04/17/13
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# FAITH

*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.

**Trinity United Methodist Church**, 1205 Dolley Madison Blvd., McLean, Sunday worship is 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. Holy Communion is held each Wednesday at noon. 703-356-3312 or [umtrinity.org](http://umtrinity.org).

## Rehabilitation Facility Opens in McLean

FROM PAGE 3

"We're hoping to do some outreach, maybe something where we can look at players and hold screenings to look at how they're throwing, how their shoulders are moving and be able to tell what could cause them problems in the future," she said. "For young players, it's important to start off with the right techniques, because if you're doing it wrong, arms tend to tire quicker and your body tries to compensate, leading to injury."

The facility has a special emphasis on dealing with athletic injuries, everything from fixing problems in a runner's gait to preventative measure to help a young pitcher

keep their shoulders strong, or a runner keep their ACL healthy. They also specialize in helping diagnose and treat concussions.

"Concussions are becoming a major issue for all athletes. People hear about the players in the NFL that suffer from them, but it's just as much as an issue for kids playing soccer or any other sport," Hartmann said. "It's a condition where the diagnosis can be somewhat complicated and the effects can linger and be life-altering. And once you've had one, studies show you're prone to having more, which has cumulative effects."

One of the facility's prominent features is the AlterG anti-gravity treadmill, which allows for reha-

bilitation for those who have had knee surgeries, pulled muscles or other running-related injuries.

"The AlterG is an Olympic-level rehabilitation tool that's used in a lot of major sports," Hartmann said. "I used it myself after a knee replacement after an injury, you can run while only supporting about 25 percent of your body weight, and work your way up to 90-95 percent. And it allows you to start around two weeks after surgery, which prevents the loss of muscle tone and more importantly, muscle memory."

**MORE INFORMATION** on the facility can be found at [www.medstarhealth.org/McLean](http://www.medstarhealth.org/McLean).



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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).

PHOTOS BY CHI PHAM



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.

# 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” 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



From left, freshman students Minh Pham, Yasmin Khodaei, Honoria Riley, Angela Tran and Akansha Ramamurthy get in the Western spirit with plaid and bandanas.

PHOTO BY SWETHA RAMESH/THE CONNECTION

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.



Dr. Scott McCormick conducts orchestra students in the concert, “Blazing Bows of the West.”

PHOTO BY CHI PHAM

## 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.

PHOTO BY SWETHA RAMESH/THE CONNECTION

# ENTERTAINMENT

Send announcements to [mclean@connectionnewspapers.com](mailto:mclean@connectionnewspapers.com). Deadline is Friday for the following week's paper. Photos/artwork encouraged. For additional listings, visit [www.connectionnewspapers.com](http://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](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](http://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.ViennaArtssociety.org](http://www.ViennaArtssociety.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](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](http://www.viennava.gov/index.aspx?NID=879).

**Celtic Woman.** 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Celtic Woman, comprised of Chloé 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](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](mailto: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](http://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](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 Time" 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/>.

**"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](mailto: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](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](http://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](http://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](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](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.



PHOTOS BY KIM MORAN

As part of their Math Olympics, Churchill Road students Kathryn Keiser and Ryan Allcock test their jump roping skills, while their teacher, Jennifer Williams, and fellow student Michael Jeong, record the number of completed revolutions.

# Churchill Road Holds Math Olympics

Churchill Road third and fourth grade students in Rachel Dunleavy's, Samantha Spencer's, Jennifer Williams' and David Ickowski's math classes competed in Math Olympics the week of May 20. The students competed in six events: track, long jump, jump rope, basketball, field hockey and soccer. Working with a partner, each student compiled his/her times over a three-day period for the six different events, then plotted the data to look for trends. The students enjoyed getting exercise while studying mathematics.



Churchill Road fourth grader Sebastian Silvestro attempts the long jump as part of the Math Olympics, while fellow students await their turn, and help record the length of his jump. Pictured, from left, are Liliana Schone, Kate Walter, Nicholas Rongione, Whitley Doyon, Nicolo Shapiro, Alden Miller and fourth grade teacher Rachel Dunleavy.



Churchill Road fourth graders run track as part of their Math Olympics. From left are Jenna Ashton, Alana Boiardi, Sean Loftus, Dillon Proxmire and Kate Needles.

# CAPPIES



**Ensemble in a Play: The Crummies Theatrical Troupe, Langley High School, "The Life and Adventures of Nicholas Nickleby," (from left): Vanessa Strahan, Kathleen Welch, Andrew Rhee and Rachel Mayman.**



**Critics' Teams: McLean High School, (from left): Marielle Burt, Emma Paquette, Isabel Zapata, Damian Leverett, Polina Tamarina, Siena Richardson, Madelyn Paquette, Rachel Lawhead and (seated) Max Johnson.**

PHOTOS BY STEVE HIBBARD/THE CONNECTION

## Local Schools Win Six Cappie Awards

### McLean, Langley, Madeira honored.

BY BONNIE HOBBS  
THE CONNECTION

Local schools brought home half a dozen awards among them at the 14th annual Cappies Gala, Sunday night, June 9, at The Kennedy Center in Washington, D.C. McLean High won three; Langley, two; and Madeira, one.

Robinson Secondary captured the Best Musical honor for "Hairspray," and Madison won the Best Play award for "Lend Me a Tenor."

### McLean High

McLean students received three out of the four critics awards. Victorious was the Critics Team, as were sisters Emma and Madelyn Paquette for Rising Critic and Graduating Critic, respectively.

The nine-person critics team won this honor for the second time. "It's great," said Max Johnson. "Everyone worked really hard. We used strategies in editing and writing, and we saw the most shows out of any team."

Teammate Siena Richardson called it "a great way to celebrate high-school theater and the performing arts in general. Theater doesn't get enough love in high school."

Accepting the award for Graduating Critic, senior Madelyn Paquette thanked "everyone involved in theater. Without you, I wouldn't have this outlet for all my really bad puns." Afterward, she said, "Cappies is such an incredible program and it's always wonderful to get your reviews published."

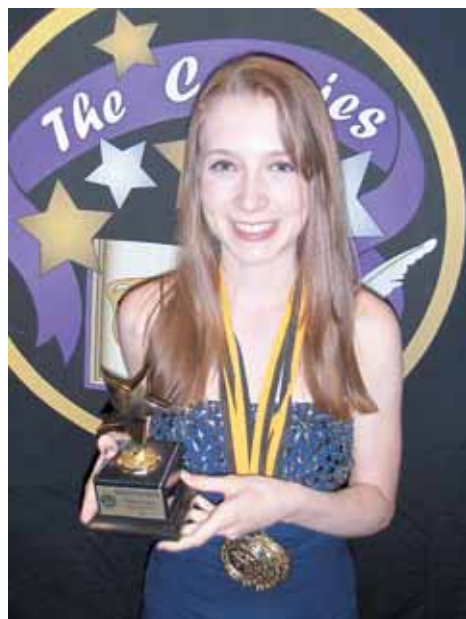
She said writing critical reviews also helps the students grow both as performers and writers. Said Madelyn: "My sister and I spent a lot of Sunday mornings at our com-



**Returning Critic: Jamie Joeyen-Waldorf, Langley High School**



**Rising Critic: Emma Paquette, McLean High School**



**Graduating Critic: Madelyn Paquette, McLean High School**



**(From left): Emma Paquette, Rising Critic; and sister Madelyn Paquette, Graduating Critic, both from McLean High School.**

puters, writing reviews and asking each other, "What's another word for excellent?"

Sophomore Emma thanked all the schools "for letting me see the work they poured their hearts and souls into." She's been in the critics program two years and, she said, "It gives everybody an opportunity to showcase their skills, whether technical, writing or acting, and it's an honor to win this award."

### Langley High

Langley won Ensemble in a Play and Returning Critic for "The Life and Adventures of Nicholas Nickleby." The ensemble portrayed The Crummies Theatrical Troupe. "We performed a play within the play," said junior Kathleen Welch.

"We were the comic relief," added classmate Vanessa Strahan. "There were seven altogether in the ensemble and we did lots of weird, ritual things when we were onstage." Junior Rachel Mayman said, "We were very overdramatic and over-the-top, and we made weird looks at each other."

Sophomore Andrew Rhee was "overjoyed" to win a Cappie. "This was my last show with this school and these wonderful people because I'm moving to Vienna, Austria," he said. "So this was an unforgettable experience."

Taking home a starry statuette for Returning Critic was junior Jamie Joeyen-Waldorf. "I'm so thankful for this program," she said. "It's taught me to be a better writer and actor. The people I've met in this area have so much talent, and I wouldn't have seen it if I wasn't in this program."

### Madeira School

Gabrielle Bullard of The Madeira School won the Cappie award for Female Dancer for her school's production of "The Wizard of Oz," but she wasn't at the Cappies Gala to receive it.



**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 STERBUTZEL/THE CONNECTION

## Langley Girls' Lax Finishes State Runner-up

### Saxons fall to Warhawks for fourth time in 2013.

BY ANDREW MINER  
THE CONNECTION

**M**adison 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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BATTALLICAVA, LLC trading as Out of Site Wines, 214 Dominion Rd NE, Vienna, VA 22180. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer off premises license to sell or manufacture alcoholic beverages. Christopher Battle, owner  
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 When: Saturday, June 15th, 2013  
 Time: 8am to 12pm

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