

# Summer Abundance Hits Great Falls Farmers Market

NEWS, PAGE 4

Emily Doerman shares a healthy frittata recipe with Candace Campbell at the Great Falls Farmers Market.

## Let the Sparks Fly

NEWS, PAGE 3

## Time to Read in Great Falls, McLean

NEWS, PAGE 7



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# NEWS

The audience watches fireworks from the bleachers at Langley High School Wednesday, July 4, 2012.



PHOTOS BY ALEX McVEIGH/THE CONNECTION

## Let the Sparks Fly

It's not too late to enjoy local 4th of July festivals, parades and fireworks.

BY VICTORIA ROSS  
THE CONNECTION NEWSPAPERS

**S**o. It's July 4, 2013. Independence Day. A federal holiday celebrating our freedom from Great Britain. The National Day of the United States.

And you have nothing planned.

Your children have dreams of fireworks in their heads, your neighbors' homes are festooned with patriotic flair, and your friends already have their coolers packed and lawn chairs ready for their memorable 4th of July celebration.

(And no, you can't wear that stars-and-stripes shirt with the matching light-up fireworks socks some "other" day.)

It's not too late for you to have a fun-filled 4th of July too. We've compiled a list of the best local events, close to your home and mostly free. You're welcome. Happy 4th of July!

### GREAT FALLS

- ❖ **8 a.m.**—5K Walk/Run at the Great Falls Freedom Memorial. The Great Falls Trailblazers are bringing the Annual 5K Walk/Run to local trails. Join them at the Freedom Memorial on the library grounds. From there, go off-road on the Lucy Hanes Trail, along Arnon Chapel and past Great Falls Elementary before heading back to the Freedom Memorial.
- ❖ **8 a.m. to 1:30 p.m.**—INOVA Blood Drive at the Great Falls Volunteer Fire Department, 9916 Georgetown Pike. Save lives and give blood this July 4th. Everyone who completes the donor screening procedure will receive a \$10 Gas Card. A Photo ID is required. Allow one hour for donor visit.
- ❖ **9 a.m.**—The Little Patriot Parade at the Village Centre Green Gazebo, at Georgetown Pike and Walker Road. Be a "Star Spangled Family" and head out to one of Great Falls' most popular events. Children up to age 5 are welcome to parade their finest patriotic garments around the Green. Awards will be given for "Young George Washington," "Little Miss Betsy Ross," and "The Star Spangled Family."
- ❖ **10 a.m. to 12:30 p.m.**—Parade at Great Falls Village Centre & Village Centre Green Festival. Enjoy colorful floats, horses, antique cars and pets at the Main Parade. Be sure to spot the winning floats for Best Neighborhood, Best Business and Best Organization. The

parade begins on Columbine Road and proceeds around the Village Centre Green. After the parade, enjoy burgers, hot dogs and snow cones along with music, field games and festivities on the Village Centre Green.

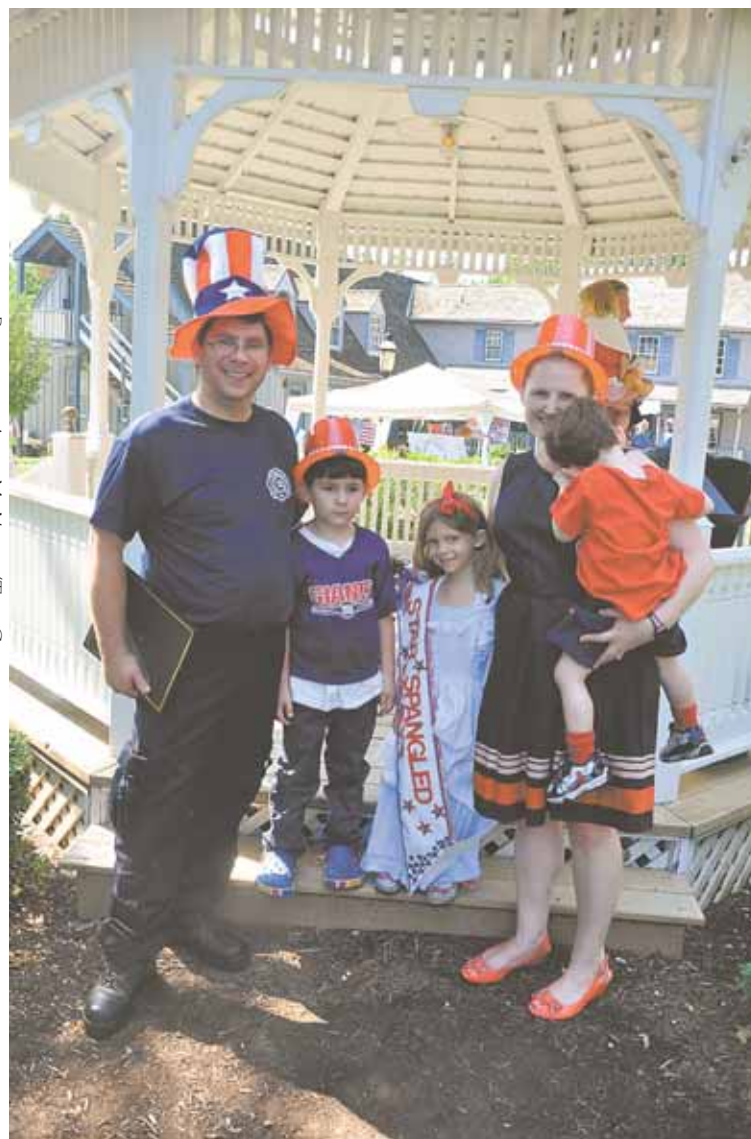
- ❖ **6 p.m. on Saturday, July 6**—Fireworks at Turner Farm, at the intersection of Georgetown Pike (Route 193) and Springvale Road (Route 674). This 52-acre park, located on the site of a former dairy farm, is the setting for the annual Great Falls fireworks display. Enjoy games, activities and music, and bring something to sit on to watch the fireworks light up the sky at dusk. (Events sponsored by the Celebrate Great Falls Foundation. For more information, go to [www.celebrategreatfalls.org/July4th](http://www.celebrategreatfalls.org/July4th) or call 571-293-0474.)

### MCLEAN

- ❖ **8 p.m.**—Fourth of July Fireworks Langley High School Stadium, 6520 Georgetown Pike. In honor of the nation's 237th birthday, the McLean Community Center (MCC) presents its annual 4th of July Fireworks Celebration held at Langley High School. The grounds will open at 8 p.m. The fireworks show will begin at approximately 9:15 p.m. Admission and parking are free. Come out and hear music provided by DJ L.A. Express and a special presentation before the fireworks. Food, refreshments and glow items will be available for purchase. Receive an American flag from the McLean American Legion Post 270 and see one of Northern Virginia's best fireworks displays. Rain date is Friday, July 5. Free shuttle bus service will be available from St. John's Episcopal Church (6715 Georgetown Pike) and MCC (1234 Ingleside Ave.), beginning at 7 p.m. A handicap-accessible bus will be available at both sites. Smoking, pets, fireworks, sparklers and alcohol are not allowed on school grounds. For more information, call 703-790-0123, or go to [www.mcleancenter.org](http://www.mcleancenter.org).

### TOWN OF VIENNA

- ❖ **11 a.m. to 4 p.m.**—Fourth of July Festival, Vienna Community Center, 120 Cherry St. S.E.
- ❖ **7 p.m.**—Fireworks preshow
- ❖ **9:15 p.m.**—Fireworks at Southside Park, 1315 Ross Drive S.W. The Vienna Community Band kicks off the annual Town of Vienna Fourth of July festivities, which include arts, crafts, a classic car show and the famous chili cook-off. New this year is the "Pooches on Parade" at noon. Dress your pet in July 4th costumes and register at the Gazebo to be a part of the parade. Enjoy the oldies throughout the day by Ron Moody and the Centaurs on the Main Stage. At 2 p.m., stop by the Kids Craft Corner near the gazebo for fun Fourth of July crafts. At 7 p.m., the fireworks pre-show begins at Yeonas Park with music by Fat Chance. Seating is available at Yeonas Park, and the Little League Concession will be open. Some seating will be available near the playground at Southside Park. At 9:15 p.m., the fireworks show begins at Southside Park. Rain date for fireworks show is Friday, July 5. Parking is available at Cedar Lane School and Thoreau Middle School. For more information, go to [www.viennava.gov](http://www.viennava.gov). For live updates on the fireworks show, follow the Town of Vienna on Facebook or Twitter.



From left, Elliot, Isaac, 7, Oriana, 5, Zoe and Solomon Zaret, 3, who were named "Star Spangled Family" during the Little Patriot Parade in Great Falls Wednesday, July 4, 2012.



PHOTO BY DONNA MANZ/THE CONNECTION

Grace Taylor, 3, and her sister Anna, 2, of Vienna show off their best July 4th smiles last year.



PHOTOS CONTRIBUTED



**Leopoldo Beltran sets up the Penn Farm vegetable stand at the Great Falls Farmers Market.**



**Gonzalo Diaz personally tends the five-acre Diaz Berries & Veggies Farm in Westmoreland County, Va. and a peach farm in Maryland.**



**Aliyah Pandolfi models a handcrafted Kashmir-Rose scarf at her tent at the market—all profits support craft education in Kashmir.**

## Summer Abundance Hits Great Falls Farmers Market

**Local farmers offer an array of healthy, tasty, fresh produce.**

BY KATHLEEN MURPHY  
MARKET MANAGER

Summer is upon us. Our bountiful “local” earth is birthing forth a stunning array of healthy, tasty, fresh produce for our nourishment and good health—just picked the day before they are brought to market. Farmers market devotees know the difference between a fruit or vegetable that’s been “flown in”—no matter the growing process—and produce that is still full of life.

We welcome Leopoldo & Dora Beltran of Penn Farm, Gonzalo and Alma Diaz and their son of Diaz’s Berries & Veggies—Gonzalo Jr. sells at our market—and Sergio Izaguirre (fondly known to us as “Junior” when he used to sell at our market for his Aunt Dora several years ago) and his parents, wife, brother and sister-in-law who own Crazy Farm, so named because everyone thought they were crazy to try to make a living at farming. They rented two acres to start with two years ago, and have added another few acres since. Dora, Alma and Sergio’s mother are all sisters, so all the local production of fruits and vegetables from these three vendors are among aunts, uncles and cousins. They differ in farming practice, however. Penn Farm is a 60-acre farm that plants with a tractor, and selectively sprays—only as needed—to resolve specific pest problems. (You can ask what has and has not been sprayed, when, and with what.) Gonzalo Diaz, on the other hand, works 5 acres in Westmoreland County, and tends peach orchards in Maryland, planting everything by hand, selectively spraying a fungicide as needed after heavy rains.

**HIS SPECIALTY** is growing fruits and berries. His dream is to have \$50,000 in his



**Sergio Izaguirre, Jr. and Alicia, his wife, at the Crazy Farm booth at the Great Falls Farmers Market.**

pocket to purchase 10 acres of land so that he can fill it with fruits and berries of all types. (Can we help him make his dream come true?) Sergio has not sprayed at all this year. When his potato crop suffered with potato beetles, his entire family went to the field to hand-remove the beetles from his plants. Their farm is small enough and their family is large enough to use a “manual removal” intervention. He has been learning about and adapting integrated pest management techniques, and is definitely interested in and working on learning organic practices.

On July 11, Jean Pope, a resident of Great Falls and long-time farmhand of Potomac Vegetable Farms, will join our market to sell fruits and vegetables from that farm. First certified organic by the state of Virginia in 1991, they decided to not seek federal certification in 2004, but continue the same practices—which they call “eco-organic.” PVF is as local as can be, being situated just down the road on Leesburg Pike. They fully

trust the design of nature and follow the practices of organic composting, use of fish fertilizer, crop rotation, crop diversity, use of cover crops, etc. which minimize the emergence of pests that must be dealt with. They have been reluctant to join our market, as they participated in a Great Falls Farmers Market 20 years ago and found that local Great Falls residents are not supportive of their local farmers market. We have convinced them to give us a try and we sincerely hope that you will make our local market your top priority destination. Without your specific personal decision to support our community’s local farmers market, it is very difficult to persuade vendors to come our way.

We are just delighted to celebrate all of the local small businesses owned by Great Falls residents that have been formed specifically to participate in the Great Falls Farmers Market.

**LAST WEEK**, Plain & Simple, LLC launched

their organic muffin company at the market. Caro’s Creations, a craft company owned by Carolyn Amano, a 10-year-old resident of Great Falls, sells duct-tape wallets, purses and phone cases of all colors, sizes and shapes handmade by Carolyn. Aliya Pandolfi, owner of Al-Kareem Foundation, launched Kashmir-Rose at our market to sell scarves, jackets, dresses and purses made by a coup of 150 families from Kashmir. The profits from the sales go to train a new generation of crafts people in that region. Emily Doerman, registered dietitian and certified chef (daughter of Dr. Randall Doerman of Colvin Run Road), has launched a nutritional counseling business that advises on eating right and living a healthy lifestyle including controlling cholesterol and blood sugar. She demonstrates healthy recipes and provides tastes at our farmers market. These local businesses are in addition to Amalthea Ridge Farm’s goat-milk based soaps, lotions, and bath fizz made from the milk of local goats; and Backyard Eden Honey, locally cultivated and owned by Jeff Rainey.

Each Saturday, think of the Great Falls Farmers Market as your starting place for grocery shopping, buying a gift, a place to meet your friends, have conversations, enjoy the vendors, have a snack, delight in the local music, try new tastes, watch a cooking demonstration, while purchasing the finest local ingredients. During the month of July, we will be raising the “sustainability” question: How can we preserve our summer crop for nourishment in the winter? How can we ensure that very little of what is locally grown goes to waste? How can extra food go to those in need? The market will focus on the techniques of canning, preserving, pickling and drying the many “fruits” of summer abundance for your winter fortification and nourishment. Please check our website at [www.greatfallsfarmersmarket.org](http://www.greatfallsfarmersmarket.org) for the schedule of events, and please like us on Facebook: Great Falls Community Farmers Market for timely updates.



## WEEK IN GREAT FALLS

### Starshine Theater to Present Summer Camp Production

Starshine Theater of Great Falls is enrolling student actors, singers and dancers, ages 6 through 19, for its 20th annual summer camp production.

This July, the student cast presents the original musical drama, "The Dragons of Darkmoor: How Magic Came Into The World." Excellent roles for both boys and girls are still available.

The show is accepting teen "actor-mentor" applicants for those entering seventh through 12th grade; these students assist younger cast members during rehearsals while enjoying a challenging character role in the show.

The script has been designed to include a great dramatic character role for every participating student, plus singing and dance/action leads for those interested. A unique aspect about Starshine Theater's productions: During each rehearsal cycle, the students participate in a professional re-

cording session and record their vocals onto the original musical score. A copy of the CD soundtrack is included in the student's workshop fee.

The camp is a combination of work and fun, with outdoor sports and game activities during each rehearsal day.

Starshine Theater Camp rehearses July 8-19 in Great Falls; the students will perform their play at The Great Falls Grange Theater on Saturday, July 20. Info: Pat Green Budwig, M.A., play director, 703-790-9050 or Pat@StarshineTheater.com.

### Forestville Elementary Students Exhibit at Starbucks in Great Falls

Great Falls Studios (GFS) and Starbucks in Great Falls Center have teamed up with three local elementary schools to showcase student artwork.

The exhibits are sponsored by Great Falls Studios, a membership

organization of over 100 artists based in Great Falls.

GFS is working with art teachers at Great Falls, Forestville and Colvin Run Elementary schools to exhibit local children's artwork. Starbucks has made its conference room wall space available for the rotating display, and GFS has donated the framing and is coordinating the installation of the artwork.

Forestville Elementary is the school whose work is currently on display. Stop in to see Renee Riddell's art student's paintings which include self-portraits, landscapes and still life pieces of students ages kindergarten through sixth grade.

The art will be on display continuously from July through October of 2013.

The families and friends of the artists will be invited to a reception in October of 2013.

Starbucks is located in the Great Falls Center at 9863 Georgetown Pike, Great Falls. For more information contact Kathy Owens by e-mail at NeedleworksbyKathy@yahoo.com.

### FREE REMODELING & DESIGN SEMINARS!



Sat., July 13th — 10am-2pm

Where: 5795 B Burke Centre Parkway, Burke, VA 22015

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- Reinventing Your Home for Today's Lifestyle

Seminars run from 10am-Noon.

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Please arrive at 9:45am for check-in.

Seating is limited. Call Sabrina at 703.425.5588 to reserve your seats!

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### Summer Concert on the Green

Sunday, July 7

6pm to 8pm

Great Falls Village Centre Green at the Gazebo



Daryl Davis ~ Hits of the 1950's

"Everyone in my row leaned forward, for Daryl Davis was pumping the keys like a reborn Jerry Lee Lewis, rattling Boogie Woogie rolls out of all 88 keys!"

- Geoffrey Himes, The Washington Post

#### Summer Concerts on the Green

Concerts are held weekly every Sunday during the summer. Come out with your picnic baskets and chairs for an entertaining evening of live, free music.

www.CelebrateGreatFalls.org



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## HOT-Lanes and No Metro for I-66?

Did you miss the public discussion and input? So did we.

One day when I was stuck in traffic on I-66, I was briefly entertained by the license plate of the vehicle in front of me. “66 SUCKS,” it read.

No question, commuting on I-66 is a bear. But last week, Gov. Bob McDonnell issued a request for the private sector to make improvements on the 25 miles between Route 15 and the Beltway.

A press release Thursday, June 27, announced that the “Commonwealth is looking for the best and brightest ideas, suggestions and recommendations from the private sector to transform I-66 from a highly congested corridor to a multi-modal transportation facility that moves traffic and people more efficiently.”

So far so good. But the devil is in the details, which call for:

- ❖ Widen I-66 by building additional general purpose lanes that would not be tolled

- ❖ Convert the existing high occupancy vehicle lane into either a one or two lane (in each direction) facility that would be free to carpoolers, buses and emergency vehicles. The HOV lanes would operate similar to the I-495 Express Lanes, which were completed late 2012 or the I-95 Express Lanes, which are under construction.

- ❖ Locate Bus Rapid Transit in the median of I-66 extending west from Vienna to Haymarket.

Wait, Bus Rapid Transit is the only transit option in the request. Metrorail, VRE, light rail, all eliminated from consideration with the push

of a “send” button.

The Northern Virginia Transportation Authority expressed “grave concern regarding the lack of transit concepts moving forward for additional consideration.” The NVTA said in a letter to McDonnell: “Although Bus Rapid Transit (BRT) is on the list of seven concepts being recommended for Tier 2, the absence of Metrorail extensions, VRE extensions and light rail transit is surprising. ... We are concerned by the exclusion of these transit options for additional study, as this could preclude development of these options in the future and is in conflict with existing and planned transit facilities for the I-66 Corridor.”

This specific invitation to the private sector would stop consideration of any transit except bus rapid transit. While bus rapid transit should certainly be considered, this route could be a logical extension of the Metro Orange Line past Vienna, and VRE is also operating in the area. This is not the place to stop the consideration of transit options.

Also of concern is the fact that the 495 Express Lanes have not operated long enough to be fairly evaluated. Use of the lanes has been significantly below projections, and revenue has fallen short as well.

Nationwide, most HOT-Lanes projects are significantly underperforming projections. Turning over tolls for 75-80 years to a private partner is questionable, and the public needs to understand that the commonwealth invested heavily in the 495-Express Lanes as well.

The 495 Express Lanes were “funded with an extraordinary package of private equity, state funds and federal credit assistance, under a public-private partnership agreement signed on Dec. 20, 2007,” according to Public Works Financing newsletter. “Key to making the numbers work were the large contribution

from VDOT and the flexible federal credit assistance.”

The agreement includes no limit on the amount of tolls, “protecting” the private investor from “excessive” HOV use (use of the lanes is free if there are three or more people in the vehicle), and revenue sharing with the commonwealth only after the project has met the optimistic expected return on investment of 13 percent.

There have been significant benefits to the 495 Express Lanes project including replacement of aging bridges and interchanges and additional capacity in the regular lanes. But we have no idea what those benefits will cost in the long run.

McDonnell should heed the request of the Northern Virginia Transportation Authority and pull back from the current request. Other transit options must be on the table, although bus rapid transit could still emerge as the best option. And an impartial analysis of how high occupancy toll lanes are working so far, and what Virginia’s obligations are if they do not meet expectation, is a must before going forward on I-66.

At presstime, early this week because of the Independence Day holiday, McDonnell released a draft 2013 Virginia PPTA Pipeline, calling for public comment between now and Aug. 1. Ten “candidate projects” include; I-66 Corridor Improvements; Air Rights Development (VDOT); I-64 HOV to HOT Conversion; I-495 Express Lanes Extension; Cell Tower/Fiber Optic Opportunities. Ten conceptual projects include: Advertising/Sponsorship Opportunities (VDOT); Parking Facilities Enhancements (VDOT); Rest Area Enhancements.

See [www.vappta.org](http://www.vappta.org)

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIAL

## Job Training Key to Combating Homelessness

BY MARY AGEE  
PRESIDENT AND CEO /NORTHERN  
VIRGINIA FAMILY SERVICE

During their last round of budget hearings, the Fairfax County Board of Supervisors heard from Marlena, a domestic violence survivor who had to decide between the “security” of her home or the personal safety of her family. Upon moving her two sons into emergency housing, Marlena received the wraparound counseling and care services offered to shelter residents. After successive cycles of having, losing and searching for jobs, Marlena heard about Northern Virginia Family Service’s (NVFS) Training Futures job development program and decided to register.

Over the course of six months, Marlena learned office skills, etiquette and ethics; how to prepare a resume and interviewing skills; and completed an internship giving her real-world experience. She was initially hired by a nonprofit as a receptionist, and has since earned a promotion doing client services.

She even continued her education at Northern Virginia Community College and earned a certificate in Business Information Technology. But most importantly, with steady income, she was able to secure an apartment in Northern Virginia for her and her two boys.

NVFS is committed to ending homelessness.

Nothing is more critical to the fabric of a family than the safety and stability of a place to call

home. Our consortium of non-profit partners and commitment from local government, such as Fairfax County’s 10 Year Plan to End Homelessness, have invested resources to make sure our neighbors in need can help themselves. These services are generally a combination of emergency and temporary housing, mental health counseling, access of health care, food, etc. But without the ability to provide for one’s family, all of the services listed above become Band-Aids to the greater need of economic self-sufficiency.

The United Way of the National Capital Area recently released “Community Snapshot: A Report on the Economic and Social Well-Being of the National Capital Area,” prepared by the George Mason University Center for Re-

gional Analysis. This report forecasts that more than 60 percent of high-demand jobs in our area will require a high school degree, GED, vocational education training or on-the-job training. That’s where a program like Training Futures really makes a difference in our community. For Marlena and 1,500 of her fellow graduates, this job training program has empowered individuals and families to take control of their lives and become contributing members of our community.

Although Training Futures is not a housing program, it remains an important piece of the puzzle when considering how to end homelessness. For more information on how you can become involved, please visit [www.nvfs.org/trainingfutures](http://www.nvfs.org/trainingfutures).

Great Falls  
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PHOTOS BY ASHLEY ADAMS/THE CONNECTION

Sharon Harmon explains the Summer Reading Program before Charlie Williams (left) takes the stage at Great Falls Library.

## Time to Read in Great Falls, McLean

Summer reading programs at local libraries attract children and parents alike.

BY ASHLEY ADAMS  
THE CONNECTION

School may be out, but Fairfax County Public Libraries are hoping that doesn't mean students will stop reading. To encourage reading during the summer months, the Great Falls and Dolley Madison public libraries, along with the rest of the county's libraries, began their annual Summer Reading Program on June 18.

"It's an institution at this point," Ted Kavich, the libraries' Program and Educational Services manager, said of the Summer Reading Program. When Kavich began his career with the county's public libraries 13 years ago, he says the program was already well established.

The program challenges students to read or have read to them a certain number of books depending on their age. Once books are completed, they are listed on the reading log the library provides. A completed log earns each child a coupon book that includes free or discounted items and event admission from sponsors like McDonalds, Krispy Kreme, Splash Down Waterpark and D.C. United Soccer.

**THE EDUCATIONAL BENEFIT** of the Summer Reading Program goes beyond merely keeping children reading over the summer. According to Kavich, summer reading is instrumental in preparing children to enter the next grade level.



Vocal impressionist Charlie Williams imitates the sound of air being let out of a balloon during his show, "Eat My Dust," at an event for the Summer Reading Program at Great Falls Library.

Sharon Harmon, Youth Services manager and a Children's Librarian at Great Falls Library, agrees. "It keeps their minds active and in school-mode," Harmon said.

But the program is more than just reading. Fairfax County Public Libraries will also play host to a number of events geared toward families, children and teens over the course of the summer.

On June 24, vocal sound impressionist and children's comedian Charlie Williams

SEE LIBRARIES, PAGE 13

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June 23....	The Shields Brothers (Pop/Rock) ...	The Simmons Team/McLean Mortgage
June 30....	The Remedy.....	Bic Decaro(Sponsor)
July 7.....	Daryl Davis (Jazz/Fifties).....	Dominion Title (Sponsor)
July 14.....	Emma Bailey (Pop/Rock).....	Loebig Chiropractic (Sponsor)
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# ENTERTAINMENT

Send announcements to [vienna@connectionnewspapers.com](mailto:vienna@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/JULY 3

**Aaron Nigel Smith.** 10:30 a.m., at Filene Center, 1551 Trap Road, Vienna. Aaron Nigel Smith performs versions of children's classics in an interactive performance. \$8. [http://www.wolftrap.org/Filene\\_Center.aspx](http://www.wolftrap.org/Filene_Center.aspx).

**Jammin Java Midatlantic Battle of the Bands.** 6-10 p.m., at Jammin Java, 227 Maple Ave. E., Vienna. Select bands compete in the first round (second round Aug. 23), with every kind of performance from one-woman-projects to bands such as The Post, boasting saxophone, keys, bass, drums, guitar, vocals and harmonies. \$10. [www.jamminjava.com](http://www.jamminjava.com).

**The Buddy Holly Story.** 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Featuring more than 25 rock 'n' roll hits, this musical recounts Charles Hardin "Buddy" Holly's rise to fame and his impact on popular music. \$25-\$48. 1-877-965-3872 or <http://www.wolftrap.org>.

## THURSDAY/JULY 4

**Jammin Java Midatlantic Battle of the Bands.** 6-10 p.m., at Jammin Java, 227 Maple Ave. E., Vienna. Select bands compete in the first round (second round Aug. 23), with every kind of performance from one-woman-projects to bands such as The Post, boasting saxophone, keys, bass, drums, guitar, vocals and harmonies. \$10. [www.jamminjava.com](http://www.jamminjava.com).

## FRIDAY/JULY 5

**Bari Koral Family Rock Band.** 10:30 a.m., at Filene Center, 1551 Trap Road, Vienna. Joined by her Family Rock Band, Bari Koral sings with themes about cupcakes, a gingerbread man and rocket ships. \$8. [http://www.wolftrap.org/Filene\\_Center.aspx](http://www.wolftrap.org/Filene_Center.aspx).

**Jammin Java Midatlantic Battle of the Bands.** 6-10 p.m., at Jammin Java, 227 Maple Ave. E., Vienna. Select bands compete in the first round (second round Aug. 23), with every kind of performance from one-woman-projects to bands such as The Post, boasting saxophone, keys, bass, drums, guitar, vocals and harmonies. \$10. [www.jamminjava.com](http://www.jamminjava.com).

**Harry Connick, Jr.** 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Harry Connick, Jr. showcases his piano technique and vocals in a performance of standards, swing, pop and New Orleans-inspired jazz. \$35-\$65. 1-877-965-3872 or <http://www.wolftrap.org>.

## SATURDAY/JULY 6

**Bari Koral Family Rock Band.** 10:30 a.m., at Filene Center, 1551 Trap Road, Vienna. Joined by her Family Rock Band, Bari Koral sings with themes about cupcakes, a gingerbread man and rocket ships. \$8. [http://www.wolftrap.org/Filene\\_Center.aspx](http://www.wolftrap.org/Filene_Center.aspx).

**Wonders To Wander To.** 3 p.m., The Barns, 1635 Trap Road, Vienna. Steven Blier and four Filene Young Artists will present musical fables by Porter, Bolcom, Coward, Schumann and others. \$45. <http://www.wolftrap.org/Barns.aspx>.

**Doobie Brothers.** 8 p.m., at Filene Center, 1551 Trap Road, Vienna. These '70s pop/rock Grammy

winners from California play hits "What a Fool Believes," "Black Water" and "China Grove." \$25-\$42. 1-877-965-3872 or <http://www.wolftrap.org>.

## SUNDAY/JULY 7

**Golden Dragon Acrobats from China.** 2 p.m., at Filene Center, 1551 Trap Road, Vienna. The Golden Dragon Acrobats carry on a Chinese performance tradition that includes juggling, inventive acrobatics, balancing acts and colorful costumes. \$20-\$38. 1-877-965-3872 or <http://www.wolftrap.org>.

**Wonders To Wander To.** 3 p.m., The Barns, 1635 Trap Road, Vienna. Steven Blier and four Filene Young Artists will present musical fables by Porter, Bolcom, Coward, Schumann and others. \$45. <http://www.wolftrap.org/Barns.aspx>.

## TUESDAY/JULY 9

**Moona Luna.** 10:30 a.m., at Filene Center, 1551 Trap Road, Vienna. Moona Luna uses Latin sounds through accordion, bass and drums that transition from Spanish to English lyrics. \$8. [http://www.wolftrap.org/Filene\\_Center.aspx](http://www.wolftrap.org/Filene_Center.aspx).

**John Shields at Wildfire.** 6:30 p.m., at Wildfire, Tysons Galleria, 3rd floor, McLean. Join John Shields, author of Chesapeake Bay Cooking, as he shares his passion for the Chesapeake region and its cuisine with cooking tips. \$80 per person. 703-442-9110.

**Los Lonely Boys.** 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Los Lobos has won three Grammys and released multiple critically acclaimed albums, including their debut album with the hit "Heaven." \$25-\$40. 1-877-965-3872 or <http://www.wolftrap.org>.

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# Love After 50: Baby Boomers Need Romance Too

**Couple chronicles their online dating experience in new book.**

BY MARILYN CAMPBELL  
THE CONNECTION

On a recent Wednesday evening, Mindy Mitchell and her partner, Edward Land, found themselves not only sharing some of the intimate details of their courtship, but also offering advice to other baby boomers who were looking for love. Mitchell, a bespectacled design consultant with cropped, chestnut hair, and Land, a tall, rugged longshoreman with a graying beard and matching receding hairline, were at One More Page Books in Arlington, to read from their newly released book on online dating for boomers.

"There were women who'd had intriguing experiences," said Mitchell. "They asked questions

like how to know when someone puts something in [an online profile] that isn't true or not true anymore. One woman said she found a guy who said he was active, but when she met him, he was using a walker."

Sixty-one-year-old Mitchell of Reston and 63-year-old Land of Hampton recently published "Lube of Life: A Tribute to Sex, Love and the Pursuit of Happiness in the Boomer Age," a tome that chronicles their online dating adventure. They hope their story will inspire other single baby boomers who are searching for mates. "Dating in your 60s is a lot different than dating in the 1960s, to be sure," said Mitchell, who works as a design consultant at Sun Design Remodeling Specialists, Inc. in Burke. "Our message is one of hope and the courage to try one more time. Life is just too short."

Land, whose wife died prematurely of heart failure after 22 years of marriage, decided to try online dating because he was lonely: "I had been on my own for a year and a half and I missed the company of a sweetheart. I've always enjoyed the company of la-



**Mindy Mitchell of Reston and Edward Land of Hampton share expertise from their new book, "Lube of Life: A Tribute to Sex, Love and the Pursuit of Happiness in the Boomer Age," during a reading at One More Page Books in Arlington.**

dies."

Mitchell, who has been divorced twice, noticed Land's online profile, and though she found him attractive, the two became only friends at first. "Mindy and I were just buddies because she lived too far away," said Land.

"We became friends to help each other and give each other dating advice," Mitchell added. "We ended up having all of these long conversations and connected energetically. Then one day, I blurted

out, 'Why don't we meet?'"

The book chronicles the evolution of their relationship from chums to lovers through a series of emails, text messages and dialogues. They share some of their innermost apprehensions with readers, their insecurities, thoughts and feelings, such as their first face-to-face meeting.

"I decided that I'd really like to have sex one more time before I die," said Mitchell. "We set up this time to meet for sex. If sex is like riding a bicycle, I wanted Edward to be my training wheels." She does offer a caveat, however: "That is not like me and I don't want to put it out there as a recommendation. You have to be careful. I had a background check [done] on him before we met."

When publisher Roseann S. Lentin of Turn the Page Publishing first heard Mitchell and Land's story, she knew it was a book in the making. "Now that baby boomers have a life expectancy that is now in the 90s, they are ready to have more of a revolutionary spirit," said Lentin. "The

book was to be an inspiration for people to get back on the horse and get out there again."

Mitchell and Land say it is important to share details of their relationship in order to debunk some of the myths around online dating in one's golden years. "I think many baby boomers are uncomfortable with it," said Mitchell. "We talked to so many people of our age. There were so many angry people who said, 'Why do I have to go online to do this?' For a woman, it is more about facing your own fears. Men often want younger women."

Ioana Boie, Ph.D., an assistant professor of counseling at Marymount University in Arlington says romantic relationships are important as people age. She also believes in removing some of the trepidation that often surrounds such discussions. "I think romantic relationships are a human need. We are relational beings," she said. "I don't think that people reach 70 and say, 'I don't want to be involved with anyone.' I believe romantic relationships mold who we are, offer support and help us be well."

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## NEWS



"Umbrella," by Jane Rader.

### Local Artist to Exhibit Beach Series at Katie's Coffee House

Local artist Jane Rader will be exhibiting her "Beach Series" photographs at Katie's Coffee House at 760 Walker Road in Great Falls during the month of July. The digital images on canvas feature beach scenes in a contemporary, impressionistic style. As a painter and graphic designer, Rader's soft focus style of photography allows the artist to paint with her camera.

Her beach series was photographed in 2010 along the coast of Virginia. All sales from this show will be donated to Toil Foundation to benefit those in need

in Tanzania, East Africa. Rader has been the executive director of Toil Foundation in Great Falls for the past 12 years. A graphic designer and member of Great Falls Studios, Rader has taught visual communications in New York and the Washington, D.C. area, and is the marketing director of Goodstone Inn & Restaurant in Middleburg, Va. In addition, Rader has a line of greeting cards for women that debuted at The National Stationery Show in New York.

For further information visit [www.JaneRaderDesigns.com](http://www.JaneRaderDesigns.com) or call 571-239-0011.

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### Towlston Road Fairfax County

Find out about plans to replace the Towlston Road bridge over Rocky Run in Great Falls.

Review project information at [www.virginiadot.org/projects](http://www.virginiadot.org/projects) or at VDOT's District Office at 4975 Alliance Drive, Fairfax, Virginia 22030. Please call ahead at 703-259-1940, 800-367-7623 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

If your concerns cannot be satisfied, VDOT is willing to hold a public hearing. You may request that a public hearing be held by sending a written request to Mr. Leonard Siegel, P.E., Virginia Department of Transportation, at the above address on or prior to **July 12, 2013**. If a request for a public hearing is received, notice of date, time and place of the hearing will be posted.

Pursuant to the National Environmental Policy Act and 23 CFR 771, an environmental document in the form of a Programmatic Categorical Exclusion was prepared and is available for review. In compliance with the National Historic Preservation Act, Section 106 and 36 CFR Part 800, information concerning the potential effects of the proposed project on properties listed in or eligible for listing in the National Register of Historic Places is also available.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you have questions or concerns about your civil rights in regards to this project or special assistance for persons with disabilities or limited English proficiency, contact the VDOT manager listed above.

State Project: 0676-029-389,P101,R201,C501,B637 UPC: 76247



# SPORTS

**Shouse Village Shark swimmer Carlyn Kranking competes in the girls' 13-14 50-meter breaststroke.**



PHOTO BY  
CARIN BOUHAROUN

## Oakton Otters Dive Team Falls to Wakefield Chapel

The Oakton Otters lost to Wakefield Chapel in a Division 4 dive meet, 37-35, on June 25.

This was the first meet of the season for the Otters. Three Otter divers took first place: Mackenzie Brennan in junior girls with a score of 108.30, Elana Colbert in intermediate girls with a score of 142.20, and AJ Colbert in senior girls with a score of 173.00.

The Otters swept the top three places for junior girls (Kenna Campfield finished second, Kyla Straker third). Other Otter divers that placed were: Gillian MacStravic (freshman girls, second), Haley Liddell (freshman girls, third), Blaise Wuest (freshman boys, third), Julia Powell (intermediate girls, second), Brad Burgeson (intermediate boys, second), James Crowley (intermediate boys, third), Everi Osofsky

(senior girls, third) and Liam Klopfenstein (senior boys, second).

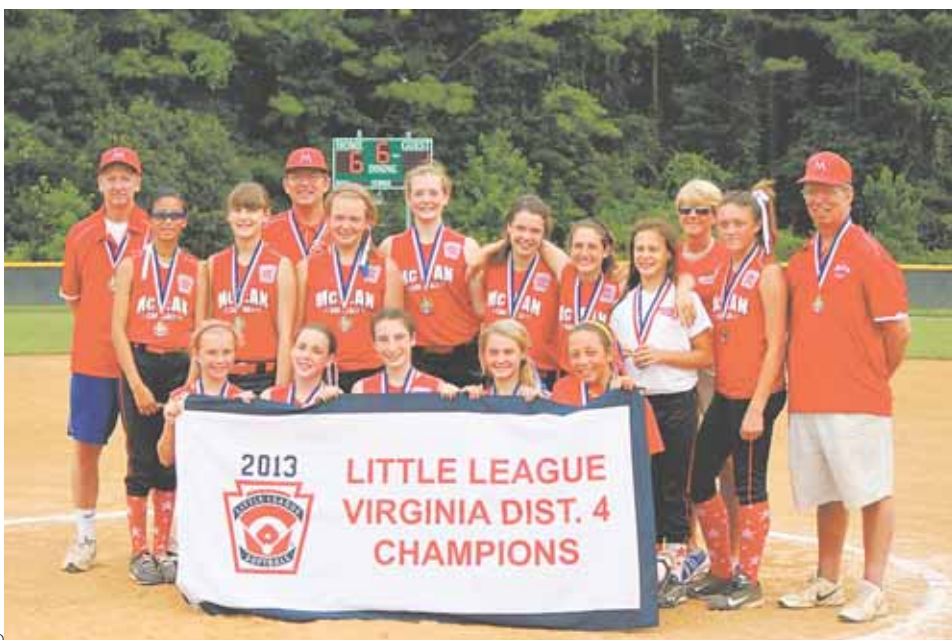
The Otters will host their first home meet of the season on Tuesday, July 2 against Highlands Swim.

## Shouse Village Sharks Earn Second Victory

The Shouse Village Sharks defeated the Fox Hunt Splash 236-183 in NVSL Division 10 on June 29 for their second victory this season.

Double winners for Shouse were: Monica Balistrere, James Bouharoun, Jack Brilliant, Sinead Eksteen, Kathleen Oakley, Paige Pilewski and Ryan Sribar. Single winners were: William Bouharoun, Evan Bremser, Kara Bremser, Connor Cason, Kevin Geiger, Grace Hitchcock, Freya Milbury and Fiona Williams.

**The McLean Little League majors all-star softball team won the District 4 all-star softball championship on Sunday, June 30.**



COURTESY PHOTO

## McLean All-Star Softball Team Wins Championship

Behind a six-inning no hitter pitched by Kathryn Sandercock, some stellar defensive plays by Madison Wolfe, Rachel Remer, Gracen Govan and Jamie Wang, the McLean Little League majors all-star softball team won the District 4 all-star softball championship on Sunday by a 6-1 score over the all-stars from Great Falls.

This victory capped a two-game sweep of the best-of-three series by the girls from McLean. In the tournament, the McLean all-stars were led by Wolfe with four hits, Elizabeth Hoeymans with three hits and Wang, Sarah Stahlman and Caitlin Jorae with two

hits each. The McLean all-star team is coached by Rob Haas and Colin Sandercock, and the manager is Gerry Megas. Lisa Haas is the team mom. Liz Milloy coaches the team's pitchers and Mike Chambers coaches the team's hitters.

Team members include Govan, Kate Haas, Hoeymans, Julia Jones, Jorae, Gabi Norton, Rachel Remer, Sandercock, Riley Simon, Stahlman, Wang, Kate Willing and Wolfe.

The state tournament will be held at Freedom Park in Leesburg beginning on July 12.



COURTESY PHOTO

**Justin Galiani, a 2013 Langley High School graduate, will play soccer at Bucknell University.**

## Langley Grad Galiani to Play Soccer at Bucknell University

Justin Galiani, a 2013 Langley High School graduate, was a two-sport standout for the Saxons. He helped lead the boys' soccer team to a state tournament appearance in 2011 and a trip to the Northern Region semifinals in 2012. As a senior, he was one of the top scorers on the boys' basketball team.

As a soccer player, Galiani was a three-time first-team all-Liberty District selection. He was first team all-region as a junior, as well as second team all state. He finished with 34 career goals despite missing most of his senior season with a foot injury.

Galiani will major in economics and play soccer at Division I Bucknell University in Lewisburg, Pa., joining fellow 2013 Langley grad Brad Dotson, who will play lacrosse for the Bison.

Galiani participated in a Q and A with the Connection via email.

Connection: What made Bucknell the right fit for you?

Galiani: Getting a top education, joining an impressive soccer program and being able to stay within three hours of home made Bucknell the perfect school for me.

Connection: What position will you play?

Galiani: I expect to play as a central striker.

Connection: Any word on playing time as a freshman?

Galiani: I'm hopeful that if I work hard enough I can get an opportunity to help fill the void left by former striker Brendan Burgdorf up top.

Connection: What is your favorite memory of playing soccer at Langley?

Galiani: Winning the district and going to states my sophomore year.

Connection: What are you most looking forward to about the transition from high school to college?

Galiani: Being able to play at a higher level with/against top players is something that really excites me.

Connection: At what age did you start playing soccer? Did you imagine you'd one day play it in college?

Galiani: I started playing at age 4 but never really thought I'd be playing in college one day. I always just played for the competition but being able to play at the college level is a great opportunity I'm really excited for.

—JON ROETMAN

**"I started playing at age 4 but never really thought I'd be playing in college one day."**

**—Justin Galiani**



## Libraries Launch Summer Reading Program

FROM PAGE 7

performed at the Great Falls Public Library. During the event, Williams demonstrated some of his favorite sounds—among them the sound of a helicopter, rainstorm and that last bit of ketchup being squeezed from its nearly empty bottle. Williams also taught his audience how to make their own sounds and how to incorporate those sounds into the stories they tell.

Joe Pipik and his Backpack Puppets from the Goodlife Theatre performed The Fabulous Five Senses/Dinosaur Show at Dolley Madison Library in McLean on June 27. The event features songs about the five senses and a one-man puppet show performed by Pipik about a time-travelling puppet that finds himself in the age of the dinosaurs.

The event may be countywide, but branches like Great Falls make the Summer Reading Program special for their patrons with activities and events unique to their branch. A large jar nearly burst-

ing with candy, featured prominently near the library's entrance, is a draw for many young visitors, says Harmon. The child who guesses the amount of candy in the jar most accurately is rewarded with its contents at the ice cream social the branch hosts at the end of the summer.

**THE SUMMER READING PROGRAM** isn't just popular with the libraries' younger patrons, but with their parents as well, who say the program is an engaging way to keep their children reading without the assignment feeling like a chore.

"We love the candy jar and the coupon book," Kathy Mattay of Great Falls said. Her sons Mason, 13, Michael, 11, and Hayden, 7, are all participating in the Summer Reading Program this year.

Students can register for the Summer Reading Program and branch events online at [www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library). The program will run until Aug. 31.



**Great Falls Children's Librarian Sharon Harmon poses with a furry friend.**



**Teen Librarian Jennifer McCullough in the Young Adult Section of Dolley Madison.**

## Attracting Teens to Reading

Parents of teenagers may find it harder to encourage their children to read. Sharon Harmon of Great Falls Library and Jennifer McCullough of Dolley Madison agree that participation in the Summer Reading Program declines as children get older. But getting teenagers to read certainly isn't impossible, McCullough said.

"It's hard to get teens into the library, but once we get talking to them we can usually find something they like," McCullough said.

Some of her recommendations include science fiction and fantasy series like "The Hunger Games" by Suzanne Collins and "Harry Potter" by J.K. Rowling, both of which remain popular reads among teens.

She also recommends "Embers and Echoes" by

Karsten Knight.

Her nonfiction recommendations include "Steve Jobs: The Man Who Thought Different," a biography of the late tech giant aimed at teens by Karen Blumenthal, and the graphic autobiography "Smile" by Raina Telgemeier.

Her Dolley Madison colleague Bonnie Weston often recommends "The Impossible Rescue: The True Story of an Amazing Arctic Adventure" by Martin W. Sandler and "Island of Thieves" by Josh Lacey to teenagers unsure of what to read.

At Great Falls Library, Sharon Harmon suggests checking that out the county's list of suggested titles for teens is a good place to start.

Titles like "The Fault in Our Stars" by John Green and the Alex Rider series by Anthony Harowitz are often requested by teens at the branch.

### FAITH NOTES

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

**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 has started 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.

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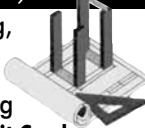
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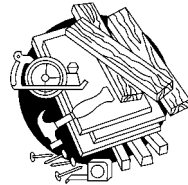
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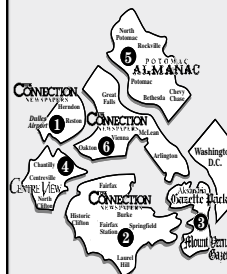
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By KENNETH B. LOURIE

I.V. chemotherapy, that's what; and I'm not infusing it for the fun of it, either. I'm infusing it for the potential tumor-shrinking effect of it. It's not my first choice, to be infused, but after four-plus years of miscellaneous treatments, it is one of the few remaining choices I have left. I've had a good run of success though, diagnosis to date; especially considering that it's been 11 months since my last infusion. Since then, it's been a pill a day, 150 MG of Tarceva, which has indeed kept the doctor away. No fuss. No muss. Now, there's likely to be fuss and muss. It's nothing I haven't experienced and dealt with before – being infused – so I know the drill. The outcome, of course, I don't know.

Not that I'm looking forward to the treatment: three weeks on, one week off, etc., but looking backward serves no particular purpose and certainly offers no guarantee of future success. Tolerating the previous infusions as well as I have bodes well, as does my overall good health. However, if I've learned anything in my cancer journey, it is that oncologists, generally speaking, are not in the predicting business. Projecting maybe, but not so much that it anticipates a scenario worth planning for. The process is not exactly wait and see, it's more like treat and see – via the next scan; the anxiety concerning which has been well-chronicled in this space over the past month or so.

And sure enough, the results from this most recent scan were a bit discouraging. For the first time in nearly a year, growth, "slow growth" was apparent (and as my father used to say: "Any way you slice it, it's still ham.") In the cancer business, when the tumors grow after not having grown previously, it generally means the treatment/medication is no longer effective; it's like a tipping point. Therefore, change is necessary. My change is to restart I.V. chemotherapy, and restart with a drug with which my body has not previously been infused and with which the cancer cells are not familiar. Another cancer fact I've learned: once the cancer cells become acquainted, shall we say, with their chemical adversaries, they fail to respond as hoped. Moreover, once the cells have been exposed/treated by a particular drug/cocktail of drugs, the treatment becomes progressively less harmful to the tumor and in turn more likely to cause collateral damage to the patient, making future treatment options challenging. Outliving one's prognosis is wonderful. However, it is akin to – if I may use a football analogy – outkicking your punt coverage: protocols for patients who significantly outlive their prognosis are, unfortunately, few and far between, given the available patient population.

In addition, I'm limited by the irreparable chemotherapy-caused collateral damage I've already experienced. Still, I'm hopeful (25 percent so, as I've been advised by my oncologist). But I remain positive about this new negative. Diagnosis to date, I've responded better than expected to every previous similarly-necessary treatment change I've faced; and other than the reality of the situation, I have no reason to believe otherwise infusing forward.

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





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**McLean** **\$1,398,000**



**Great Falls** **\$2,195,000**



**Great Falls** **\$1,650,000**



Susan Canis



Dianne Van Volkenburg



Helen Chung Vasiliadis



**Jan & Dan Laytham**

**703-757-3222 Office**

