

Summer Reading Starts in Vienna, Oakton Libraries

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Outside Oakton Library, a sign reminds families about the start of the summer reading program.

Let the Sparks Fly

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VVFD Auctions Date With Firefighter

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**SUMMER
READING
STARTS**



JUNE 18



Kate Howarth of Vienna, real estate consultant, and her children Oliver and Maya look for books in the library catalog.



Catherine Hudak of Vienna and her son Ethan look through a selection of children's books.

PHOTOS BY CAROLINE BURR/THE CONNECTION

VIEWPOINTS

Librarians' Favorite Time Of the Year



Nancy Ryan of Arlington, branch manager of Patrick Henry Library.

"Interest is always high for summer reading, and the parents also love it because it gives children an incentive to read over the summer."



Donna Heneberry of Alexandria, page manager at Patrick Henry Library.

"Kids are very excited and the allure of a coupon book is very luring."



James Vroom of Vienna, assistant manager at Oakton Library.

"The summer reading program is our favorite time of the year. We love to have the kids coming over here. ... My favorite, of course, is 'The Hobbit.' I'm a big Tolkien fan."



Kim Ventrella of Vienna, Youth Services manager at Patrick Henry Library.

"The summer programs are super popular because we visited schools and told them about summer reading and books they may want to read."

— CAROLINE BURR

Summer Reading Starts in Vienna, Oakton Libraries

Children encouraged to enjoy books as leisure.

BY CAROLINE BURR
THE CONNECTION

For many years, The Fairfax County Summer Reading Program has encouraged students to continue reading through summer vacation. The Summer Reading Program runs June 18 to Aug. 31. Preschoolers through sixth graders read 15 books, and students in grades seven-12 read eight books in order to receive a book of coupons full of free and discounted prizes.

In addition to the reading goals, the libraries also host a variety of free events from puppet shows to science demonstrations. Charlie Williams, vocal sound impressionist from Seattle, Wash. visited both Oakton and Patrick Henry Library with his program, "Eat My Dust." The noise making comedian, when asked about the importance of summer reading said, "it gives kids something to do in the summer. It's educational too, but we have to hide that. It's also way cooler than it used to be."

The allure of prizes, coupons and free events are all designed to make reading fun, and with lists of recommended reading for all ages, many teens are eager to read everything.

"For example, a teen came in last night and wanted to read all the books by Veronica Roth," said Donna Heneberry of Vienna, page manager at Patrick Henry Library. "This is a very active area ... this branch in particular, the community has really embraced this library," she said.



Charlie Williams, vocal sound impressionist, after his "Eat My Dust" comedic performance.

THE EVENTS AND READING PROGRAM are a busy time of the year. "Over 200 signed up the first day. ... We've had waiting lists and have been over capacity," said Kim Ventrella of Vienna, youth services manager at Patrick Henry Library. When asked about a favorite summer read for teens, Ventrella said the comic adventure story, "Fake Mustache" by Tom Angleberger, about a boy who buys a fake mustache and goes evil, is very popular. Another recommendation for teens, Ventrella said, is "Feed" by Matthew Anderson, a dystopian novel about the future." When asked which books were most popular, Delia Ullberg of Maryland, eServices/Children's manager at Oakton Library responded, "the 'I Survived' series are very popular ... as well as 'The Diary of a Wimpy Kid.'"

College age teens are able to reflect on the summers they spent with the Summer Reading Program because it has been around for many years now. "I always did the summer reading programs as



Carly Taylor of Vienna, student at UVA, sits and reads inside Patrick Henry Library.

a kid. The coupons were always a big incentive," said Carly Taylor of Vienna, student at the University of Virginia. "I babysit all summer so it's a really great place to bring the kids because they love it."

While the program brings kids to the library, searching for new summer reads, each branch also features events and activities to get people about the library community. Inside the entrance of Oakton Library is a case of prizes that serves as the object of a number guessing game. By the end of the summer, whoever has guessed the correct number of items in the case wins all the items. Simply going to the library offers young students numerous opportunities to exercise their summer brains.

OUTSIDE OAKTON LIBRARY, Saturday, June 29, Carole Dowd and Jackie Giovannelli of Vienna stood at the book sale, hosted by The Friends of Oakton Library, whose mission is to enhance library resources and promote a



Renee Meana of Vienna, high school student, picked up a book for AP US History at Oakton Library.

strong relationship between the library and community. "The summer programs are wonderful," Dowd said. "I remember a 6-year-old who signed up, and two days later read 15 books. She read her books by herself. It's exciting for them to do."

There children are eager to complete their goals and reading becomes an exciting activity. Katie Howarth of Vienna, real estate consultant, visited Patrick Henry Library with her children Oliver and Maya.

"We signed up for the reading program, I think, the day after school got out," she said.

Donna Heneberry of Vienna said, "I think there is a great deal of public interest in library programs. It's a great way to show kids the books as leisure and introduce them to series of books they may not be able to read during the school year."

To sign up for the program online and to view a list of library events, visit fairfaxcounty.gov/library.

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

So. 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 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.

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. 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.

VVFD Auctions Date With Firefighter

Men and women of Vienna fire department fuel fundraiser.

BY DONNA MANZ
THE CONNECTION

They're brave, they're strong, they're heroic. They are also at the Vienna Volunteer Fire Department. And—no kidding—they're being auctioned off at the debut "Date with a Firefighter" fundraiser on July 12. Twelve of Vienna's firefighting finest volunteered to serve as fundraising fodder for the fire department. They're all EMTs, some of whom also have firefighter credentials. They are men, they are women. And they're all really good sports.

It's not actually a traditional "date," lest anyone be tempted to empty out their 401ks. It's a group date, like an intimate party, scheduled for the formal ball—called the "Fire Ball"—the following weekend, July 20.

"The idea, initially, made people [firefighters and EMTs] hesitant, but when they realized it wasn't a real date, but actually a group dinner, we got a lot more interest and support from them," said VVFD President Anthony Stancampiano.

Here's the deal: Beginning at 6 p.m. in the Flame Room of the VVFD station house, the EMTs participating in the auction mingle and socialize with potential bidders. It's really a meet-and-greet.

Local radio personalities are the auctioneers and at 7 p.m., the live auction begins.

Each of the 12 EMTs takes a turn onstage individually while the auctioneer gives background on the EMT. Then, the bidding, which starts at \$40, begins.

Silent auction rewards include a week's time-share, jewelry, wine and dance lessons certificates and a bounty of other prizes. There's even a plethora of raffle prizes.

Winning bidders will be the guests of the EMTs/firefighters of their bids at the July 20 Fire Ball. Firefighters and their guests are welcomed at a private dinner and tour of the fire department. The gala opens to the public at 7 p.m.

Fairfax County provides the county's 12 "volunteer" fire department three daily shifts of six "career" [as in paid] professional EMTs and firefighters. Within fire departments that are exclusively



Jeff Snow



Delia Midamba



Jeff Cockey



Joey Montgomery



Tina Chau



Sean Europe



Kelsey Lanza



Adam Searle



Hanna Mitchell



Michael Spatter



Emily Patrick



Stephen Baldassari

county-supported, the county pays for staff, equipment and station. Volunteer stations supplement the career staff. While there is always one engine and one medical unit on-site, volunteers augment the staffing. VVFD is made up of 18 career professionals and 110 volunteers. John Morrison is volunteer station chief.

All the equipment at the Vienna Volunteer Fire Department is owned by the volunteer associa-

tion, as is the fire house itself and the land it sits on. VVFD took delivery of a \$650,000 fire truck in 2013 and in 2012, the department bought a canteen for use in the county.

Fundraising, from Sunday night Bingo to extra-special events, make that status possible.

"It saves Fairfax County taxpayers millions of dollar," Stancampiano said. "And it gives us the pride of having our name

on the side of the trucks and the pride of giving back to the community." There is no charge for admission to the firefighter auction. Complimentary appetizers are to be served and a cash bar is available. A silent auction and raffle prizes supplement the "firefighter auction."

The semi-formal gala on July 20 costs \$20 advance purchase and \$30 at the door. Each ticket entitles holder to two drinks and appetiz-

ers. A cash bar is available.

Visit the Fire Ball's Facebook page at <https://www.facebook.com/FireBallVVFD?ref=ts&fref=ts>.

The "Win a Date with a Firefighter" auction is on July 12, beginning with a social hour at 6 p.m. Bidding opens at 7 p.m.

The "Fire Ball" is scheduled for July 20th, 7 p.m. The public is invited. For more information or to buy tickets, go to VVFD.org.

PHOTOS BY DONNA MANZ/THE CONNECTION

Elevation Burger Takes the Hamburger Higher

New restaurant features grass-fed, free-range and organic beef.

BY DONNA MANZ
THE CONNECTION

There are hamburgers and then there are hamburgers freshly-ground from humanely-raised, grass-fed, free-range beef ... it's also USDA-certified organic. There are fries and then there are fries cooked in olive oil. And they're here, in Vienna, freshly grilled burgers with made-to-order toppings. The hamburgers, the caramelized onions, the fries, the veggie burgers, are at the new Elevation Burger in Danor Plaza on Branch Road. And, already, in just a few weeks, Elevation Burger has a following.

And on June 22, when Vienna Elevation Burger celebrated its "grand opening," the restaurant was swamped with customers,



David and Jenny Mutryn (right) and their children Sam and Alice like the family-friendly environment of Elevation Burger. Jenny's sister, Abby Westly, joined the family for lunch.

mostly families. And restaurant Manager Patty Wentworth said it's like that every Saturday.

"We were here last Saturday and came back mostly because the food is good and the place is family-friendly," said Jenny Mutryn, sitting at a food-laden table with her husband David, their two young children and Jenny's sister.

"The humanely-raised beef is part of it."

OWNED BY franchisees Lisa and Neeraj Vohra of Alexandria, the Vienna Elevation Burger is the Vohras' second store. When the first Elevation Burger opened in Northern Virginia about six years ago, in Falls Church, the Vohras



PHOTOS BY DONNA MANZ/THE CONNECTION

Elizabeth Eastham and her mother Rebecca like the food and the ethic of Elevation Burger.

brought their 16-year-old daughter to eat there. And not just because the beef was organic and healthy. The Vohras loved the taste of the burgers.

"We pay a lot of attention to what we eat," said Neeraj Vohra. "We like to know where our food is coming from."

"If we were willing to drive 30 minutes to get there [to the restaurant in Falls Church], we thought there were other people

who felt like we did." And, so, the Vohras opened the company's first Northern Virginia franchise—in Arlington—four years ago.

"We do have a sinful product," said Vohra. "And that's our milkshake, made the old-fashioned way with premium ice cream."

While customers order at the front counter—behind an acrylic

SEE NEW, PAGE 13

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- Universal Design – Planning Ahead
- Reinventing Your Home for Today's Lifestyle

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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

— 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.

LETTERS TO THE EDITOR

Keeping Youth Safe

To the Editor:

The thoughtful editorial ["Talking, Acting to Keep Them Safe," Connection, June 19-26, 2013] was an important reminder to parents of "talking to their children about drinking, no matter how awkward, no matter how many eye-rolls you must endure." Thankfully with the support of parents and All Night Graduation Celebrations, Fairfax County did not have any alcohol-related teen deaths this graduation season.

Driving while under the influence, however, remains a problem in Fairfax County for drivers ages 15-24, with about 320 alcohol-related motor vehicle crashes each year. As a community, we need to become part of the solution. We can begin by recognizing that drinking is not a rite of passage for teens.

Teen alcohol use is dangerous and can cause lasting damage to the developing brain. We also are seeing more and more teen drinkers become problem drinkers in their college and young adult lives.

An analysis of crash data by the Unified Prevention Coalition of Fairfax County (UPC) found that

from 2009-2011 some 68 percent of these crashes involved 21- to 24-year-old drivers and 26 percent involved 18- to 20-year-olds. Our young adults have not gotten the message that drinking and driving is a dangerous combination.

With the help of a state grant, UPC, a countywide nonprofit with 50 community partner organizations, has developed an advertising campaign aimed to reach this population. We welcome help this summer in getting our ads out in the community. We also invite college-bound students and parents to attend our last "Perils of the College Drinking Culture" forum on July 31 at 7 p.m. at Northern Virginia Community College. We must join together to impact our county's public health crisis of underage and binge drinking. Keeping youth and young adults safe in our community is the responsibility of every adult. To get involved, visit us at www.unifiedpreventioncoalition.org.

Diane Eckert,
Executive director
Unified Prevention Coalition of Fairfax County

Legislation to Harass Impoverished Virginians

To the Editor:

Does the "Every Child Matters" mantra by Virginia legislators apply to all Virginia children except for those receiving benefits via TANF (Temporary Assistance for Needy Families)?

TANF benefits average \$267 per month for a family of three, an amount incapable of providing the bare essentials needed for the survival of a family. What legislator's family could be living on \$267 a month? However, legislators in Virginia, instead of being concerned about the adequacy of the paltry sum received by the most impoverished in our state, have turned their attention to possible abuse, alleged abuse that has not been established by any evidence presented to support the legislation. In legislation introduced by Virginia Delegate Riley Ingram, concern is expressed that this paltry sum will be misspent by recipients, so legislation has been introduced to prevent possible abuse by prohibiting the use of the assis-

tance amount "for the purchase of alcoholic beverages, tobacco products, or lottery tickets É or (at an) adult entertainment establishment in which performers appear nude or partially nude" (HB 1307 Temporary Assistance for Needy Families (TANF); restrictions on use of cash assistance). Where is the evidence that TANF recipients are purchasing alcoholic beverages, tobacco products, or lottery tickets ... or frequenting adult entertainment establishments in which performers appear nude or partially nude? Is this a legislative effort analogous to the voter fraud concerns, concerns for which Virginia legislators enacted legislation to address a non-problem and at a cost of millions for Virginia taxpayers? How much will this new legislation to harass impoverished Virginians cost Virginia taxpayers? We already know of one abusive practice that does unnecessarily cost Virginia taxpayers: the trips Virginia legislators take at the expense of taxpayers. That information is readily available.

Why have we not heard of a call to end this offensive practice, a practice that is a real misuse of taxpayer money?

John Horejsi, coordinator

Social Action Linking Together (SALT)
Vienna

Empowered Citizenry

To the Editor:

This Independence Day marks the 47th anniversary since the landmark Freedom of Information Act (FOIA) was signed into federal law. FOIA gives power to us, the American people, by allowing us access to documents that reveal our government's actions, both its successes and its failures.

Why is this important? Because how elected officials shape public policy affects our health, our safety and our wallets. Food inspection, transportation safety and development policies all affect how we live and how we work.

We in the League of Women Voters know that public officials want to hear how their constituents feel about issues while legislation and public policies are in the planning stage.

This allows us to take part in the

SEE LETTERS, PAGE 11



Be Part of The July Pet Connection

Send Your Photos & Stories Now to vienna@connectionnewspapers.com or complete our online form at viennaconnection.com

Be sure to include your name, address and phone number, and identify all people and pets in photos. Submission deadline is July 19.

An Oral Treatment Option for Relapsing Forms of Multiple Sclerosis (MS)

An informative event for people living with MS and their caregivers.

Brandon Yehl, PA
Louis Medved, MD and Infusion Center

Thursday, July 11, 2013, 6:30PM

Maggiano's Little Italy
2001 International Drive
McLean, VA 22102

Space is limited. A light meal will be served.

To RSVP, please call 1-866-703-6293 or e-mail MSrsvp@ahmdirect.com.

Event code: TR220581 MS.US.PO1497.0313

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ENTERTAINMENT

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

WEDNESDAY-FRIDAY/JULY 3-5
Midatlantic Battle of the Bands. 7-10 p.m., at Jammin Java, 227 Maple Ave. E., Vienna. Select bands compete, featuring every kind of performance from one-man-projects to bands such as The Post, with saxophone, keys, bass, drums, guitar, vocals and harmonies. \$10. www.jamminjava.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.
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>.

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.
Harry Connick, Jr. 8 p.m., at Filene

BULLETIN BOARD

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

MONDAY/JULY 8
Life Line Screening. Various times at 11321 Beach Mill Road, Great Falls. Smith Chapel United Methodist Church will host Life Line Screening, which identify potential cardiovascular conditions such as blocked arteries and other signs that could predict heart disease. All five screenings take 60-90 minutes. Starting at \$159. Pre-registration is required. 877-237-1287 or www.lifelinescreening.com.

MONDAY-THURSDAY/JULY 8-11
Cougar Baseball Summer Camps. 9 a.m.-1 p.m., at Oakton High School, 2900 Sutton Road, Vienna. The Cougar Baseball Summer Camps will be hosted by the Oakton High School coaching staff at the school for players aged 6-11. \$150. JRJanis@fcps.edu.

WEDNESDAY/JULY 10
Lifetime Leadership Program Information Session. 2-3 p.m., Leadership Fairfax offices, 8230 Old Courthouse Road, Suite 350, Vienna. This program helps those with a lifetime of leadership skills help the community. 703-752-7504 or <http://www.leadershipfairfax.org/lifetimeleadersprogram>.

MONDAY-THURSDAY/JULY 15-18
Cougar Baseball Summer Camps. 9 a.m.-1 p.m., at Oakton High School, 2900 Sutton Road, Vienna. The Cougar Baseball Summer Camps will be hosted by the Oakton High School coaching staff at the school for players aged 11 and up. \$150. JRJanis@fcps.edu.



The Post performs Friday, July 5, among select bands at Jammin Java in the Midatlantic Battle of the Bands. Pictured are Chelsea H. Bryan (lead vocals and keys), Kate Jarosik (guitar and vocals) and Billy Boyce (bass) who play soulful blues-folk rock with Alex Bryan on saxophone, Steve Pierce and Shay Nimjareansuk on guitar, Dennis Stocker on drums and Ellen Picker singing harmony. Tickets: jamminjava.com/events/jamminjava-midatlantic-bandbattle-prelims-july5.

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.
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. 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.
John Shields. 6:30 p.m., at Wildfire, Tysons Galleria, 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 www.wolftrap.org.



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John Lynch, Regional Transportation program director for VDOT, speaks at the annual Keep Tysons Moving event Thursday, June 27.



Flexy, the new EZ Pass mascot, greets Jason Shetler at the Keep Tysons Moving event Thursday, June 27.

Keeping Tysons Moving

Annual event highlights transportation changes.

By ALEX McVEIGH
 THE CONNECTION

Developers of transportation projects in and affecting Tysons Corner gathered at the annual Keep Tysons Moving event Thursday, June 27, an opportunity for local companies to hear the latest updates on the 495 and 95 Express Lanes, Dulles Metrorail and more.

"At this time last year we were preparing for the opening of the 495 Express Lanes," said John Lynch, Regional Transportation program director for VDOT. "The success of that project has allowed us to move on to other projects. That was a good four years of construction we had there, and we're seeing the benefits now. ... Our goal was 10 percent reduction in traffic through our construction zones, which we were able to see."

Lynch referred to other projects such as the Tysons Bus Circulator, which had its one-millionth passenger in April, van-pooling setups, which provided 175 trips during each weekday for long-distance commuters and telework programs used by 34 Tysons companies eliminating approximately 500 car trips per day.

There is currently \$1.5 billion in projects scheduled for this summer along I-95 in Northern Virginia, which includes the 95 Express Lanes, which will be 29 miles of variable-priced toll lanes from Washington, D.C. to Stafford County.

THE PRELIMINARY design for the lanes is done, and construction is approximately 35 percent complete. Lynch said once complete, there will be a "seamless express lane system connection 95, 495 and 395."

Metrorail through Tysons Corner and to Wiehle Avenue in Reston is the other major project expected to be finished by the end of the year. Marcia McAllister, communications manager for Dulles Metrorail, said that construction on the Silver Line Phase One is expected to be finished around September.

"Construction is 94 percent complete, all of our pedestrian bridges and entrance pavilions to the stations are in place and the structures for all five stations are in place and the utility work is done," she said. "What's coming up now is the final finishing work inside the station and installing systems."

All utility work is completed and all station structures, pedestrian bridges and entrance pavilions are in place.

The project includes 124,350 feet of track, 6 miles of aerial guide way, 2,769 concrete segments, 39 miles of cable and 21 utility relocations. The project also necessitated the shifting of Route 7 in Tysons Corner by more than 60 feet.

McAllister said construction is about 94 percent complete, and Phase One of the Silver Line is expected to be open after Christmas.

McAllister said that a notice to proceed with construction of Phase Two, which will run from Wiehle Avenue to Ashburn, and will include a stop at Dulles International Airport, is expected by July.

Design, surveying and soil testing, mostly along the median of the Dulles Airport Access Road, will begin this summer, and construction is expected to go until late 2018.

THE ROUTES will serve the three westernmost stations, Tysons Corner, Greensboro and Spring Hill Stations, with stops every 10 minutes during rush hour on weekdays, and 15-20 minutes at other times. It also includes an enhanced bus feeder system from Vienna, Merrifield and McLean.

Bus Route 422 will serve the Greensboro Station, starting at the station and traveling clockwise to Greensboro Drive, International Drive across Route 123, looping around the mall, back to Route 7, to Boone Boulevard and Howard Avenue before returning to the station.

Route 423 is run seven days a week to connect Tysons Corner and Spring Hill Stations. It will start at the Tysons Corner station, go along Route 123 to International Drive, along Greensboro Drive, stopping at the Spring Hill station, along Tyco Road, Jones Branch Drive, Westpark Drive, then back to Tysons Corner Station.

Route 424 will start at the Spring Hill Station, travel along Tyco Road, down International Drive, then go counter-clockwise along Westpark Drive and Jones Branch Drive.

The final project still in the works for Tysons Corner is the Jones Branch Connector, which will connect Route 123 with Jones Branch Drive. The connector will support cars, as well as transit, bicycles and pedestrians.

The project plans are about 30 percent completed, with construction expected to start in the summer of 2016 and finishing by spring 2018.



EZ Pass unveils Flexy, their new mascot, at the annual Keep Tysons Moving event Thursday, June 27 at Gannett Headquarters.

SUMMER SUNDAY CONCERTS IN THE PARK

July 7 THE PALMETTOS
 We kick off our time warp with the 30s sounds of Doc Scantlin's Imperial Palms Orchestra.

July 14 THE GRANDSONS
 McLean loves the rockabilly sounds of these Wammie award-winning hometown boys.

July 21 THE ENGLISH CHANNEL
 The British are coming! Relive 'the British Invasion with great tunes by The Stones, The Beatles, The Who, & many more!

July 28 ADRIAN DUKE
 Adrian's timeless voice and rockin' band will usher you into the 70s, 80s & beyond with his signature mix of R&B, soul, funk, and rock.

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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.

PHOTO COURTESY OF MELISSA WINN PHOTOGRAPHY

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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LETTERS

FROM PAGE 7

discussion before the legislation or policy is enacted.

In this digital age, many documents are available online to provide information to the public. But if the information we need or want is not available at all, FOIA gives us a legal option to obtain it.

The founding fathers envisioned a government "of the people, by the people and for the people." Only we can make that vision a reality.

Our system of government works best when more of us participate.

This year, let's help our government help us by contacting a public official, writing a letter to the editor or attending a public meeting.

Let's not just commemorate our freedoms, let's exercise them.

Julia Jones and Helen Kelly
Co-presidents
League of Women Voters

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.

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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, Cate 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.

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

—Justin Galiani

—JON ROETMAN

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 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.

Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean, Sunday worship services are at 8:30 and 10:30 a.m. Sunday School for adults is at 9:30 a.m. and for children during the 10:30 a.m. worship service. Youth Group for grades 7-12 meets Sundays at 6 p.m. A 20-minute service of Holy Communion is held each Wednesday at noon. 703-356-3312 or umtrinity.org.

The Jewish Social Services Agency (JSSA) offers a wide variety of support groups for those with emotional, social, and physical challenges. www.jssa.org/growth-learning.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

McLean Bible Church Fitness Class at Body & Soul Fitness. Balance is key, energy is renewed and strength is gained. 9:45 a.m. Mondays and Fridays. Free childcare for registered students. bodyandsoul@mcleanbible.org.

Vajrayogini Buddhist Center offers ongoing classes on meditation and Buddhist philosophy, Mondays at 7 p.m. at the Unitarian Universalist Church, 1625 Wiehle Ave. \$10 per class. 202-331-2122 or www.meditation-dc.org.

St. Dunstan's Episcopal Church, 1830 Kirby Road in McLean. The third Sunday service every month at 10:15 a.m. allows children to play active roles in the music and as greeters and ushers. Traditional services are every Sunday at 8:15 and 10:15 a.m.

Vienna Assembly of God has a ministry to children on Wednesdays, 7-8 p.m. at the corner of Center N and Ayr Hill Avenue, N.E. Children's Church on Sundays also available. 703-938-7736 or www.ViennaAG.com.

Vienna Christian Healing Rooms, every Saturday, 1-5 p.m., at 8200 Bell Lane. A team of Christians is available to anyone requesting prayer. Free and open to the public. 703-698-9779 or www.viennachristianhealingrooms.com.

New in Vienna

FROM PAGE 5

wall encasing grassy blades—the orders are brought to the table by servers. The food is made from scratch and toppings for the burgers, beef and vegetarian, include aged cheddar cheese, organic bacon and hot pepper relish. Unlike most restaurants, Elevation Burger posts the calorie-count of every item, including the toppings and the milkshakes. Milkshakes come in three ice cream flavors with fresh fruit blended in. Just so you know, the blueberry addition adds 25 calories.

The restaurant has a futuristic self-service soft drink machine. There are more than 100 flavor combinations ... if you're counting.

Food is served on aluminum baking pans rather than traditional quick-casual service trays. The pans are not the only distinguishing quality. The dining area boasts multiple sustainable-resource elements. The shop's flooring is made of bamboo and the tabletops, striking in design, are made of sorghum. Counters are sor-

ghum compounds, as well. Equipment is energy-efficient.

ON GRAND OPENING DAY, Elevation Burger handed over to the Autism Society of Northern Virginia a donation of \$2,167.05. "We are a part of the community in every place we are," said Sara Mahaffey, Elevation Burger franchise marketing director.

Vienna Elevation Burger Manager Patty Wentworth lives in Herndon; assistant manager Fausto Gomez lives in Vienna.

Rising sixth grader Elizabeth Eastham of Vienna, who says she has eaten at the restaurant before the grand opening, said she "really" likes the burgers. "The fries are really good, too," she said.

Added her mom, Rebecca Eastham, "I think it's better that animals are allowed to live the life they were meant to live. That's a plus."

Elevation Burger, at 142 Branch Road, S.E., is open daily, 11 a.m. to 8 p.m. To learn more about what makes an Elevation Burger an Elevation Burger, go to www.elevationburger.com.

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Been There, Doing That



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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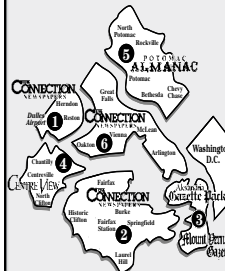
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