

A helicopter searches for kayaker
Shannon Christy on July 11 along
the Potomac River at Great Falls.

Kayaker Drowns At Great Falls

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Virginia Voters Get More Choices in 2013

Northern Virginia has most two-party races on ballot.

BY VICTORIA ROSS
THE CONNECTION

While the Virginia governor's race is the one getting the most attention, both nationally and in the state, Virginia's House of Delegates race is shaping up to be the most competitive in a decade.

According to an official candidate list released last week by the Virginia State Board of Elections, 57 House seats will be contested this November—marking only the second time in the last decade where at least half of the 100 House seats will have more than one name on the ballot.

2013 is the second election cycle since the House Republican leadership redrew district boundaries following the 2010 Census. In 2011, voters in nearly two-thirds of the 100 House districts had no choice on the ballot.

Of the 57 contested races, 44 include races with at least one Republican and one Democrat, and most of the two-party races on the ballot will take place in Northern Virginia (see chart.)

Throughout the state, 43 of the 100 House districts are uncontested, meaning there is only a single candidate on the ballot. Delegates Ken Plum (D-36) and Charniele Herring (D-43) are the only uncontested candidates in Fairfax County.

Republicans enter the election with a commanding 67-32 margin over the Democrats, although there are nearly three times as many Democrats challenging incumbent Republicans from two years ago. In June 2011, according to the Virginia Public Access Project, about 15 percent of the 100 House of Delegates seats were being contested between a Democrat and a Republican.

Each member of the Virginia House of Delegates serves two-year terms, represents approximately 80,000 citizens and receives an annual salary of \$17,640. By contrast, the Virginia Senate consists of 40 members. Each member is elected for a term of four years and receives an annual salary of \$18,000. A senator represents approximately 200,000 citizens of the commonwealth. The Virginia General Assembly meets annually, beginning on the second Wednesday in January, for 60 days in even-numbered years and for 30 days in odd-numbered years, with an option to extend annual sessions for a maximum of 30 days.

The Senate of Virginia and the Virginia House of Delegates, both bodies of the Virginia Legislature, meet in the historic capitol building in Richmond. For more information on the state legislature, go to viriniageneralassembly.gov.



In District 34—Democrat Kathleen Murphy (left) challenges Republican incumbent Barbara Comstock.

House of Delegates 2013 Elections

LOCAL RACES WITH MAJOR PARTY CHALLENGERS

- ❖ **District 34**—Democrat Kathleen Murphy challenges Republican incumbent Barbara Comstock.
- ❖ **District 35**—Republican Leiann Leppin challenges Democratic incumbent Mark Keam.
- ❖ **District 37**—Republican Patrice Winter challenges Democratic incumbent David Bulova.
- ❖ **District 39**—Republican Joe Bury challenges Democratic incumbent Vivian Watts.
- ❖ **District 40**—Democrat Jerrold Foltz challenges Republican incumbent Tim Hugo.
- ❖ **District 41**—Republican Fredy Burgos and Independent Christopher DeCarolo challenge Democratic incumbent Eileen Filler-Corn.
- ❖ **District 42**—Democrat Ed Deitsch challenges Republican incumbent Dave Albo.

LOCAL RACES WITH THIRD-PARTY CHALLENGERS

- ❖ **District 38**—Jim Leslie challenges Democratic incumbent Kaye Kory.
- ❖ **District 43**—Glenda Gail Parker challenges Democratic incumbent Mark Sickles.
- ❖ **District 44**—Joe Glean challenges Democratic incumbent Scott Surovell.
- ❖ **District 45**—Jeff Engle challenges Democratic incumbent Rob Krupicka.
- ❖ **District 47**—Laura Delhomme challenges Democratic incumbent Patrick Hope.
- ❖ **District 48**—Lindsey Bolton challenges Democratic incumbent Bob Brink.
- ❖ **District 49**—Terry Modglin challenges Democratic incumbent Alfonso Lopez.

LOCAL UNCONTESTED RACES

- ❖ **District 36**—Democratic incumbent Ken Plum
- ❖ **District 46**—Democratic incumbent Charniele Herring



Vincent D'Avena, (left), and Steve Cook, Rotary District 7610 governor.

Food for Trees Program Honored

Rotary recognizes Vincent D'Avena with Business of the Year Award.

Vincent D'Avena, the owner of A.V. Remodeling & Construction, was awarded Rotary International District 7610's Business of the Year Award at their annual conference for his company's annual holiday charity program, Food for Trees.

Food for Trees will be in its fifth year of selling trees to collect food for those in need during the holidays this year. The program began in 2009 when Vincent D'Avena wanted to find a way to give back to the community, and the holidays seemed like the perfect time. Vincent thought if he could purchase Christmas trees directly from the grower, at cost, he could pass that savings along to everyone he knew and in return ask them to make a food donation when they picked up their tree.

"McLean Rotary became aware of A.V. Remodeling when the company asked the club to co-sponsor their annual Food for Trees program in December 2012," said Jan Auerbach of McLean Rotary. "McLean Rotary was most happy to help spread the word about the program."

In 2012, the Food for the Trees program sold 110 trees and donated over \$3,000 worth of food to Share of McLean, the

local food pantry, and another \$1,000 worth of food to the food pantry at McLean High School.

"We are very thankful to the McLean Rotary for their participation in the program and for helping us to spread the word about the program," said Vincent D'Avena. "The response and support of the program has been wonderful. We hope to

"The trees were beautiful, but buying them was a 'feel good' opportunity when you knew you were also helping those in need by donating food."

—Jan Auerbach of McLean Rotary

triple our orders and donations this year," added D'Avena.

"The trees were beautiful, but buying them was a 'feel good' opportunity when you knew you were also helping those in need by donating food," Auerbach added. "They have already set a date for

the fifth annual Food for Trees program (Dec. 7-8, 2013) and McLean Rotary will once again be a proud co-sponsor."

Founded in 2004 by Vincent D'Avena, A.V. Remodeling & Construction is an award winning home remodeling firm, dedicated to quality craftsmanship, universal design and environmentally intelligent remodeling, serving Arlington, Falls Church, Great Falls, McLean and Vienna. For more information visit www.avremodeling.com or call 703-307-7860.

Volunteers Needed for Great Falls Events

Celebrate Great Falls, Neighbors Foundation seek input for future events.

BY ALEX McVEIGH
THE CONNECTION

While the annual Fourth of July Parade and fireworks show has become integral to the traditions of Great Falls, longtime event organizers say they are worried about the future.

"These are the events that make our community feel a small town," said Mike Kearney of Celebrate Great Falls, which puts on the annual parade. "We don't have a tax district supporting us, no town government, so it's up to the members of this community to step up and put in the work to make these events that are traditions for generations of families work."

Kearney and several friends got involved with the community in 1993 to help raise money for a resident that was in the hospital. That eventually became the Brogue Charities in 1996, a nonprofit that helped keep Turner Farm open and build the Great Falls Freedom Memorial.

The annual fireworks show was a staple of the community that started in the 1950s, but in the early 80s, support for the event fizzled out for almost 15 years. Kearney resurrected the event in 1997, funding the event until 2000, when Brogue Charities was able to partner with local businesses and individuals to fund the event.

In 2004, the nonprofit Friends of the Fireworks was created to collect community contributions and support. In 2009, the Neighbors Foundation began running the show.

The process for setting up the fireworks show begins at the start of the new year, with permits, contracts and arrangements needed for everything from the police, ride staff and vendors to the park authority, which runs Turner Farm.

"We need our contracts signed for our fireworks and rides vendors in the winter, before donations and support really starts coming in," said Jeff Rainey, who chairs the event every year.

THE EVENT costs more than \$20,000 annually for the fireworks, preparation, vendors, rides and music. Jeff Rainey said the costs start mounting at the beginning of each year.

"We sent out a mailer to all residents and businesses in Great Falls in February, which is about 6,500 residences, this year we had 285 donors," he said. "We have around 200 to 250 regular donors every year, most in the \$35 to \$50 range and that's a number we'd like to increase. The foundation doesn't keep a big cash reserve, we're relying on the community to keep this event going."

Jeff Rainey says the fireworks themselves are a four-day process, which includes setup, the event itself, and a day or so of cleanup.

"The fireworks are volunteer-driven, if not for them, there wouldn't be much of a show for the 2,500 to 3,000 people we see every year," he said.

Sharon Rainey, founder of the Neighbors Founda-



From left, Matthew Othoudt, Neighbors Foundation founder Sharon Rainey and Matthew Skowron at the Turner Farm fireworks show Thursday, July 4. Othoudt and Skowron received care packages from the Neighbors Foundation while deployed overseas.



Volunteers from Celebrate Great Falls man their float in the annual Fourth of July parade this year.

tion, said the foundation could use volunteer support all year.

"We're grateful for the volunteers who can help us for a week in the summer, but we can use help all year," she said. "From writing thank you notes to those who support us, to helping us keep track of donations, we can use the help from volunteers consistently, even if it's only an hour or two a week."

Celebrate Great Falls was formed in March 2011 with the hope that consolidating several Great Falls community organizations would make it easier to coordinate annual events and bring together volunteers.

They are currently seeking event chairs for the Fourth of July Parade, the Halloween Spooktacular and the Summer Concerts on the Green.

"The same group of people isn't going to be able to put these events on forever," Kearney said. "We'd like to see some new blood, people who are not only interested in attending these events, but people who want to take a leadership role in getting these events off the ground and making sure future generations can enjoy them as well."

In addition to helping with events, Celebrate Great Falls is seeking volunteers to help update the community calendar on their website, marketing, videotaping and more.

MORE INFORMATION about volunteering with Celebrate Great Falls can be found at www.celebrategreatfalls.org.



Maya Chowdhary, 5, mans a lemonade stand she created Thursday, July 4 to raise money for the National Military Family Association.

Lemonade for Military Families

Maya Chowdhary raises money for National Military Family Association.

BY ALEX McVEIGH
THE CONNECTION

As temperatures rose and Great Falls prepared for their annual Fourth of July parade, Maya Chowdhary, 5, had an idea.

"She said that she really wanted to help out the families, especially the children, of the people that keep our country safe," said Leigh Chowdhary, Maya's mother. "My husband's company has done work in support of the National Military Family Association, and that was what she wanted to support."

Maya Chowdhary woke up at 8 a.m. on Thursday, July 4, to set up a lemonade stand on Lunenburg Avenue, located just south of the village centre. All the proceeds are going to the National Military Family Association and Maya raised more than \$200 during the day.

"It was a lot of fun, we were out there for a little more than three hours, and met a lot of very nice people," Maya Chowdhary said.

The foundation, based in Alexandria, was founded in 1969 to advocate for benefits and programs that support families of service members. They have awarded more than \$2 million to more than 2,500 military spouses, as well as operate Operation Purple summer camp, a free program that helps children cope with the absence of deployed parents.

It was Operation Purple that struck a chord with Maya Chowdhary.

"She said that she really wanted to help out the families, especially the children, of the people that keep our country safe."

— Leigh Chowdhary

"I just wanted to be able to help as many kids as possible go to the camp," she said.

"I want to raise more money than just \$200, we've had people say they still want to support the foundation," she said. "We did sell all the lemonade on July 4."

The foundation has invited Maya Chowdhary to visit the building later this summer, which is when she will hand them over the check for the money raised.

More information on the National Military Family Association can be found at www.militaryfamilies.org.

SCHOOL NOTES

Send School Notes to greatfalls@connectionnewspapers.com. The deadline for submissions is Friday.

Natalie Ralston of Great Falls has been honored as a member of the Washington International Horse Show's Junior Committee. The Show is held at K Street NW, Washington, D.C.

Thomas Van de Houten, son of Nancy and Rick Van de Houten of Great Falls, graduate of Paul VI Catholic High School, has signed to play baseball for the College of William & Mary.

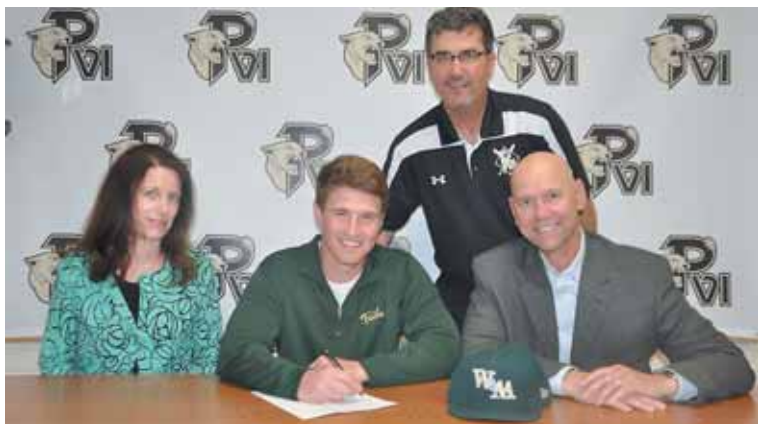
Alison DeFranco, daughter of Diane and Larry DeFranco of Great Falls, earned a Bachelor of Arts degree cum laude with honor in dance at Skidmore College this past spring. She also received the Margaret Paulding Award in Dance.

Taylor Robertson of Great Falls graduated from the College of Charleston on May 11.



PHOTO BY KELLY RALSTON.

Natalie Ralston, 15 years old, and her horse, Tug.



Thomas Van de Houten with parents Nancy and Rick Van de Houten of Great Falls.

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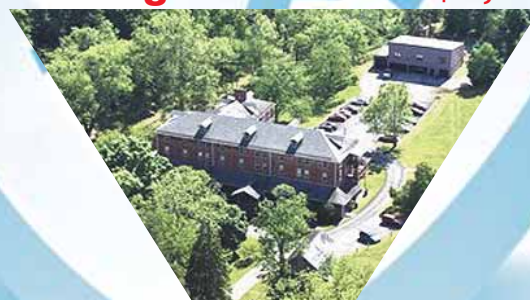
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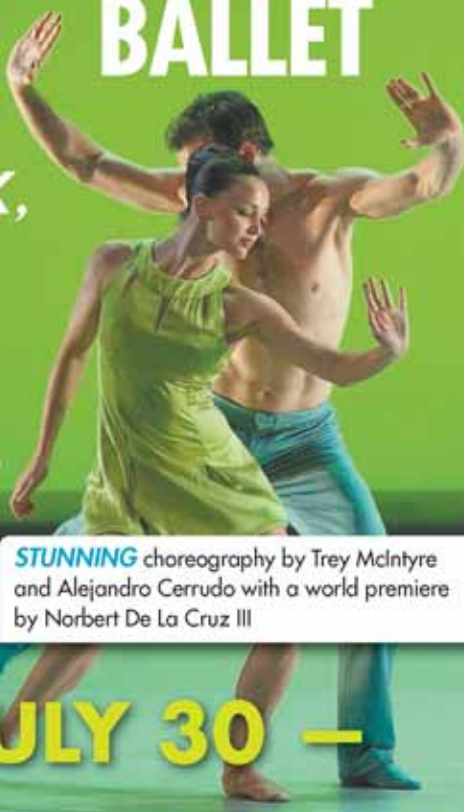
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OPINION

Share Wisdom With Newcomers and Others

Connection Newcomers and Community Guide publishes in late August.

Our Insider's Edition Newcomers and Community Guide will publish the last week of August.

What tips do you have for someone getting to know your community? We're hoping to share the places, activities, events, organizations and volunteer opportunities your neighbors might not know about. What tips do you have for someone getting to know your community? Great places and activities? Events that should not be missed? Organizations that

do a great job? Places to volunteer? Tips for navigating your PTA or your school's front office? We'd love to have your photos to go along with your suggestions.

Faith organizations, nonprofit organizations, clubs, environmental groups, advocacy groups, youth sports teams and others who offer events open to the public are invited to send a paragraph about the organization and how to get involved.

We will publish a selection of local tips along with a plethora of information useful to new-

comers and long-time residents alike, including our award-winning Insider's Guide to the Parks, information on how to vote and more.

See last year's community guides by going to www.connectionnewspapers.com/PDFs/ and scrolling down to Newcomers.

Email tips and photos to editors@connectionnewspapers.com. Send in your Insider's Tips by Friday, Aug. 16.

For information on advertising, email sales@connectionnewspapers.com or call 703-778-9431.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

VIEWPOINTS

What would you like Congress to do regarding gun violence?

Comments by participants in the Reston-Herndon Alliance to End Gun Violence monthly vigil at NRA Headquarters on Sunday, July 14.

—JASMINE KANG



Bob Hatfield, retired, Oakton

"Be courageous, think beyond the influence of the NRA and remember that U.S. citizens vote."



Erin Moran, student, McLean

"For now, background checks would be the biggest step. For assault weapons, I don't see any reason for someone to be carrying those."



Sabrina Adleson (left), student, Burke

"I'd like Congress to pass reasonable laws—not depriving people of guns but having laws that keep people safe."



Anne Alston, retired, Herndon

"I would like to see magazine sizes reduced and I don't know if we're going to get around to that so, at the least, some regulation on background checks."



Del. Ken Plum (D-36), Reston

"I'd like to see Congress pass legislation regarding universal background checks and outlaw assault weapons, which are weapons of war and don't belong in a civilized society."

LETTER TO THE EDITOR

Climate Change: An Existential Threat

To the Editor:

It would be difficult to overstate the importance of the president's bold new plan to cope with climate change, through maximum use of his executive authority to by-pass GOP obstructionism.

The president clearly understands that climate change poses both an immediate threat to our health and ultimately an existential threat to human existence.

The president's plan announced Tuesday, June 25, is a comprehensive approach to cutting the pollution that causes climate change and threatens public health, setting us on a path to make our communities healthier, safer and more resilient.

As Virginians, we should be especially grateful and supportive of the president's plan because rising sea levels, dangerous storm surges and intense hurricanes already pose serious threats to coastal cities in the Southeast, and climate change will intensify these impacts.

My 27 years of active military service included nine years of wartime service in Vietnam. Now out of uniform, and a permanent resident of our great commonwealth, I am joining fellow Virginians, many of whom are veterans, to fight a war that strikes closer to home—a war on public health in the immediate future and a long-term existential threat.

Fuel industry and congressional allies are already trying to block EPA's efforts to develop the new standards for power plants. This attacks our children and families. The Union of Concerned Scientists estimates that global warming will cause an additional 2.8 million cases of asthma attacks and other respiratory problems by 2020.

The long-term threat is existential. The rise of sea levels flooding coastal cities may spawn civil wars as people move inland and wars among nations in a desperate struggle for clean water and other resources.

Andre Sauvageot
Col., U.S. Army (retired)
Reston

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Kayaker Drowns at Great Falls

Potomac River gorge claims third victim in one month.

BY KEN MOORE
THE CONNECTION

Shannon Christy, 23 of Greenville, S.C., died Thursday, July 11, kayaking the chutes of the Potomac River at Great Falls.

Christy "disappeared while going down the falls and was pinned underneath the water for a period of time," according to Montgomery County Police Reports.

Police were called at 4:17 p.m.

"Following an extensive search by fire/rescue and the victim's fellow kayakers, the victim's body was recovered from the river by fire/rescue personnel," according to reports.

Christy drowned the day before the 26th Annual Great Falls Race, "a festival of top kayakers who celebrate and promote the Potomac River, the sport of kayaking, and the large and diverse community of paddlers in the region," according to the festival sponsor Active Nature. The race was cancelled, replaced by a memorial service in honor of Christy for her family and friends.

"We are saddened to have lost a dear friend yesterday due to drowning at Great Falls on the Potomac River," read an Active Nature statement. "Shannon Christy loved kayaking and it is through kayaking

that we honor her memory."

Posted on Potomac Outfitters Facebook page: "We lost an amazing member of our paddling community yesterday. Our thoughts and prayers go out to the friends and family of Shannon Christy."

THE POTOMAC RIVER at Great Falls, class V-plus rapids, builds up speed and force as it falls over a series of steep, jagged rocks and flows through the narrow Mather Gorge. The falls consist of cascading rapids and several 20-foot waterfalls, with a total 76-foot drop in elevation over a distance of less than a mile. The Potomac River narrows from nearly 1,000 feet, just above the falls, to between 60 and 100 feet wide as it rushes through Mather Gorge, a short distance below the falls, according to the National Park Service.

Less than two months ago, on May 22, Montgomery County Fire and Rescue, Fairfax Fire and Rescue, National Park Police from the Chesapeake and Ohio Canal National Historical Park at Great Falls, and the Potomac Paddlers Volunteer Corps, warned the public about the dangers of the river.

"There's a lot of undertow and undercurrent," said Caleb Lowe from Montgomery County Fire and Rescue Services at the safety event in late spring. "You can get sucked underneath and pinned underneath real quickly."

"Once you get down there, the force of the water and the current of the water will hold you and just



PHOTO BY VIRGINIA FOWLER

A helicopter searches for kayaker Shannon Christy on July 11 along the Potomac River at Great Falls.

SEE POTOMAC, PAGE 10

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Claude Moore Colonial Farm Turns 40

Longtime friends, volunteers celebrate 40 years of colonial-style farming.

By ALEX McVEIGH
THE CONNECTION

Claude Moore Colonial Farm opened its doors on July 26, 1973, with the idea to show what life was like 200 years ago. Forty years later, it still provides a glimpse of daily life for farmers in 1771.

The farm welcomed friends and longtime volunteers to celebrate the last 40 years and look to the next 40 years Thursday, July 11.

“What’s great about this gathering tonight is that it’s a dynamic example of what determined, purposeful, dedicated people can do when they put their mind to something,” said Margi Vanderhye, president of the Friends of Claude Moore Colonial Farm. “They find opportunities where they can see them, overcome obstacles that get in their way and they achieve a result that people wouldn’t believe possible, just like those farmers back in 1771.”

Vanderhye presented Anna Eberly, director of the farm, with a gift: a book containing an oral history of the farm’s last 40 years.

CLAUDE MOORE was established by the National Park Service after they determined there was a need to portray the lives of ordinary men and women involved in colonial agriculture.

It became privately operated through a cooperative lease agreement in 1981, the only such privately operated park in the National Park Service. Since 1981, the Friends of Claude Moore Colonial Farm has invested more than \$2 million in the park, including complete infrastructure upgrades.

Claude Moore hosts seasonal market fairs, a well as more than 100 different education programs and products. This year they launched a rail splitting program that has provided true Revolutionary era fencing for the grounds, and they are launching a woodland husbandry program to catalog native and invasive plants.

The park features eight full and part time employees, and more than 300 individual volunteers and 35 groups provide more than 20,000 volunteer hours per year.

“The people are the highlight of this farm. Our hundreds of



PHOTOS BY ALEX McVEIGH/THE CONNECTION

Margi Vanderhye, president of the Friends of Claude Moore Colonial Farm, presents farm director Anna Eberly with a history of the farm to celebrate the farm’s 40th anniversary Thursday, July 11.



From left, Emma Dodd, Craig Packard and Joan Dubinsky play colonial music at the Claude Moore Colonial Farm 40th anniversary Thursday, July 11.

Market Fair Set for July 20-21

Claude Moore Colonial Farm will host its seasonal 18th century Market Fair this weekend. The farm will be in full swing, with staff and volunteers in character and costume.

Activities will include period music and dance, blacksmith and cabinetmaking demonstrations, as well as rosemary chicken, fresh vegetables, roasted olives, fruit pies and fresh ginger ale. Also for sale will be original jewelry, soaps, lotions, herbs and flowers.

Admission is \$6 for adults, and \$3 for children age 3 through 12 and seniors. The fair will be open from 11 a.m. to 4:30 p.m. Saturday and Sunday.

More information is available at www.1771.org.

volunteers make it a special place with their energy and enthusiasm. Not only do they come up with the ideas, they turn them around fast,” Eberly said. “We have volunteers who have served here for all 40 years, or 35 years, we have families with their third generation of volunteers.”

John Toups got involved with the farm in the early 80s, when Rep. Frank Wolf (R-10) solicited the McLean business community for support.

“We first came together in the early 80s to give financial support

to the farm, and I think we’ve helped it remain a special place,” he said. “This place has always had great support from the people who decided to get involved.”

One of the longest tenured volunteers is Jinks Holton, wife of former Virginia Governor Linwood Holton. She first visited the farm as part of an overnight camping group.

“As soon as I came here, I saw how much fun the place was, especially with all the animals and the way they connected with the children,” she said. “After a while,



David Ludwinski leads Cynthia Taylor, 9, in a dance at the 40th anniversary party for Claude Moore Colonial Farm Thursday, July 11.

you’d get to know the animals, get a sense of their personality. At times it seemed like they knew you, they would welcome you every time you came to the farm, especially the pigs. I also learned how to make apple butter right here on the farm.”

Holton said she believes the farm is a valuable resource to children from around the region and beyond.

“For children these days to see how children lived in 1771, to see how early they had to get up, how hard they had to work just to cook breakfast, it’s very important,” she said. “I think a lot of adults should learn it too.”

FOR THE FARM’S NEXT FOUR DECADES, and beyond, Eberly said she hopes to see a continuation of the last four, with one change.

“I’d like to see this place achieve some form of financial independence, a strong financial backbone,” she said. “We’ve spent a lot of time living hand-to-mouth over the past 40 years, and we’ve been able to not only survive, but flourish, and all we can ask for is for that to continue.”

As someone who has seen the farm expand from the original farmhouse to 52 different buildings, Holton has a simple vision in mind for the next 40 years.

“In 40 years, I’d like to see this place exactly the way it is,” she said. “I’m sure everything around it will have changed a whole lot, so preserving this place will be that much more important.”

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 17-19

Ramadan Tent. 8:30 p.m., at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Unity of Fairfax partners with Pinnacle Academy and the American Turkish Friendship Association to host a Ramadan Tent, free and open to the public, where dinner will be served after sundown. 703-281-1767 or 703-267-5751.

WEDNESDAY/JULY 17

Recess Monkey. 10:30 a.m., at Filene Center, 1551 Trap Road, Vienna. A trio of elementary school teachers sing about the fun of being a kid as they rock to fan-favorites from their newest albums Deep Sea Diver and Desert Island Disc. \$10. http://www.wolftrap.org/Filene_Center.aspx.
Sunstroke and Ankle-Deep Mud. 7-9 p.m. Great Falls Library Meeting Room, 9930 Georgetown Pike, Great Falls. The Great Falls Historical Society hosts an event, Sunstroke and Ankle-Deep Mud, a presentation by authors Jim Lewis and Brian McNenny that details the Union Army’s March to Gettysburg.

THURSDAY/JULY 18

Painting Performance by Christine Walters. 6-10 p.m., Color Wheel, Galler 65, 1374 Chainbridge Road, McLean. An art/dance performance with the DJ creating abstract art; refreshments included. 703-356-6345 or http://www.wolftrap.org/Filene_Center.aspx.
The Justin Trawick Group. 7:30-8:30 p.m., at Nottoway Park, 9537 Courthouse Road, Vienna. Justin Trawick’s music ranges in styles from folk/bluegrass all the way to funk/hip hop, with instrumentation that includes upright bass, electric and acoustic guitars. www.justintrawick.com.

FRIDAY/JULY 19

The Secrets of Ballet. 10:30 a.m., at Filene Center, 1551 Trap Road, Vienna. Kirov Academy of Ballet of Washington, DC performs a series of vignettes, revealing the secrets, techniques and history of ballet. \$10. http://www.wolftrap.org/Filene_Center.aspx.
Traveling Players’ “Three Plays of Slapstick and Shenanigans.” 4:30 p.m., The Madeira School, 8328 Georgetown Pike, McLean. Traveling Players teen ensembles will present a festival of three classical plays. www.travelingplayers.org or 703-987-1712.
Annapolis Bluegrass. 6:30 p.m., at 144 Maple Ave. E., Vienna. Annapolis Bluegrass plays traditional bluegrass music on the green. <http://www.viennava.gov>.
La traviata. 8:15 p.m. at the Filene Center, 1551 Trap Road, Vienna. Grant Gershon conducts the National Symphony Orchestra and José María Condemí directs this new, fully-staged production. www.wolftrap.org or 703-255-1868.

SATURDAY-SUNDAY/JULY 20-21

Claude Moore Colonial Farm 18th Century Summer Market Fair. Claude Moore Colonial Farm, 6310 Georgetown Pike, McLean. Enjoy the colonial museum, see the colonial farm family and community members in character and costume, dance and sing to period music, browse original jewelry and soaps and enjoy a



PHOTO BY JEFFREY BRAND-BALLARD

The Traveling Players teen ensemble performs three classical plays on Friday, July 19 at 4:30 p.m. in The Madeira School’s outdoor amphitheater. Bring picnic items, lawn chairs, bug spray and flashlights and enjoy “The Bougeois Gentleman” and “The Doctor in Spite of Himself” before a 6:30 p.m. dinner break, followed by “The Merry Wives of Windsor” from 7:30-9 p.m.

selection of period foods and beverages. \$6 for adults, \$3 for children and senior citizens. 703-903-9330.

SATURDAY/JULY 20

The Secrets of Ballet. 10:30 a.m., at Filene Center, 1551 Trap Road, Vienna. Kirov Academy of Ballet of Washington, DC performs a series of vignettes, revealing the secrets, techniques and history of ballet. \$10. http://www.wolftrap.org/Filene_Center.aspx.
Jill Banks’ Artists Reception. 1-4 p.m., Great Falls Library, 9830 Georgetown Pike, Great Falls. See award-winning artist Jill Banks’ exhibit, “Serendipity,” for an artists reception. 703-403-7435 or www.JillBanks.com.
Sarah Bennett Swanner. 6:30 p.m., on the Town Green, 144 Maple Ave. E., Vienna. Rescheduled from June 28, soulful blues artist Sarah Bennett Swanner will perform at the Town Green as part of the Summer on the Green Concert Series. www.vienna.gov/index.aspx?NID=879.

Vienna Volunteer Fire Department’s Fire Ball. 7 p.m., at VVFD Station, 400 Center Street, Vienna. Join the Vienna Volunteer Fire Department for the formal Fire Ball dance. \$20 if prepaid online; \$30 at door. http://fireball_vvfd.eventbrite.com or www.VVFD.org.

The Coda Orchestra’s “The Tymes.” 8 p.m., at Filene Center, 1551 Trap Road, Vienna. The show features 10 acts, such as The Marcells and The Fireflies, who collectively sold more than 200 million records. \$22-\$42. 1-877-965-3872 or <http://www.wolftrap.org>.

SUNDAY/JULY 21

Breakfast Buffet. 8 a.m.-noon, at Vienna’s American Legion Post 180, 330 Center St. N., Vienna. Join Vienna’s American Legion Post for omelets, scrambled eggs, blueberry pancakes, bacon, etc. Adults \$8; Children \$3. 703-938-1379.

Unity of Fairfax Flag Raising Ceremony. 12:30 p.m., at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. The flag will be raised by Specialist A3 William L. Parkin and Electronics Technician Third Class Julius Hankin to honor all veterans. www.unityoffairfax.org or 703-281-1767.

Summer Bash Fundraiser. 6-9 p.m. Oakcrest School, 850 Balls Hill Road, McLean. Enjoy food, wine, beer and live music of the McLean Orchestra’s own bluegrass band, the Road Farmers, for dancing, swimming and great company at a summer FUNdraiser for the McLean and McLean Youth Orchestras. \$75. <http://mclean-orchestra.org/tickets>.

Vienna Community Band. 6:30 p.m., at 144 Maple Ave. E., Vienna. The Vienna Community Band performs the latest musical compositions. <http://www.viennava.gov>.

Frankie Valli & The Four Seasons. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Frankie Valli and The Four Seasons return to play classics like “December 1963 (Oh What A Night),” “Rag Doll,” “Walk Like a Man,” “Big Girls Don’t Cry,” and “Stay.” \$25-\$45. 1-877-965-3872 or <http://www.wolftrap.org>.

MONDAY/JULY 22

Robert Plant Presents Sensational Space Shifters. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Led Zeppelin front man Robert Plant and his band the Sensational Space Shifters come to play their African-influenced world music, country-folk, rock ‘n’ roll and blues fusion. \$35-\$65. 1-877-965-3872 or <http://www.wolftrap.org>.

TUESDAY/JULY 23

Illstyle & Peace Productions. 10:30 a.m., at Filene Center, 1551 Trap Road, Vienna. Dance collective combines elements of tap, ballet and beatboxing into their hip-hop choreography. \$8. http://www.wolftrap.org/Filene_Center.aspx.

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Potomac Paddlers Promote Safety

FROM PAGE 7

stick you against the rocks. There's no getting out from that point," he said.

During the past three weeks, two young men swimming in the Potomac River gorge, where swimming is prohibited, have drowned.

On Saturday, June 29, a 21-year-old drowned on the Potomac River near Bear Island. Three of his friends attempted to save him, but were unsuccessful. His body was discovered Monday, July 1. According to Montgomery County police, the victim was diving off the cliffs on the Virginia side of the river when his friends noticed him go under the water and not surface. The victim was identified as Vincent Crapps of the Third United States Infantry Regiment (The Old Guard), stationed at Fort Myer, Va.

On June 24, Ngo Tekwe Forchick, 19, of Takoma Park, drowned after attempting to swim near Purple Horse Beach along the Billy Goat Trail with three friends. His body was discovered two days later.

In both cases, extensive rescue searches



Kayakers and Montgomery County River Rescue in the successful effort to recover Shannon Christy's body.

"We have increased visibly on the river, making contacts with park visitors engaged in risky activities on the river and saving lives."

— Brent O'Neill, site manager at Great Falls Park

were conducted by land, water and by air.

THIS TIME of year causes the greatest concern to park officials, since river levels are high, summer temperatures soar, and large numbers of visitors flock to the river.

Historically, kayakers and paddlers are "the ones who respect the river the most and know about the rivers' currents and dangers," Brent O'Neill, site manager at Great Falls Park, said at the safety event at the beginning of the season.

"Truthfully, there is a long history of kayakers and canoeists who have saved lives by assisting a victim in the river," said O'Neill. "For instance, there have been incidents where swimmers or waders become distressed in the river and the only help around at that moment in time is a paddler on the river who provides assistance to land that person safely back on shore. Some stories are hair-raising accounts."

The National Park Service and the local boating community partnered together to form a group called Potomac Paddlers Volunteer Corps to work towards safety on the river. "We have increased visibly on the river, making contacts with park visitors engaged in risky activities on the river and saving lives."

"Respect the river, respect its power," O'Neill said.

How Did Shannon Christy Drown?

Statement from Active Nature, sponsors of this year's Great Falls Race:

"On July 11, 2013 at approximately 3:45 p.m., two highly experienced whitewater kayakers put on the Potomac River at C&O Canal National Historic Park.

"The two boaters, Will Seeber and Shannon Christy, had the intention of kayaking down familiar lines of the Falls. Together, they paddled down to the starting area above the first drop. ...

"Shannon went first into the first drop of the Center Lines of the Falls, [called] 'Grace Under Pressure.' From Will's vantage point above, her entry into the waterfall looked normal. Will followed approximately 15 seconds behind Shannon, only to find no sight

of her at the base of the waterfall.

"Will proceeded into the second section of the Center Lines, 'Ledges,' thinking that Shannon had paddled down as if practicing a continuous run. While Will was approaching the final waterfall of Center Lines, 'The Middle Finger,' Shannon appeared, swimming out of her boat in full paddling gear.

"She was swept down the slide, 'Hollywood Boulevard,' rapidly approaching 'Subway,' ... a known deadly section of the run. The cause of Shannon's swim is unknown. Will attempted to come to her aid, but could not reach her in time before the fast-moving currents pulled Shannon into 'Subway.' Will paddled down 'The Middle Finger' in order to attempt to rescue Shannon. There was no sight of her.

"Minutes later, her PFD and helmet surfaced. ... After Will notified park rangers and onlookers at the shore, rescue crews arrived via motorized raft. Rescue personnel transported Will down the river to Old Angler's Inn to speak with authorities. ...

"An extraordinary rescue effort was then led by professional kayakers, Steve Fisher and Jason Beakes. The sophisticated effort was executed by numerous kayakers who arrived on the scene to assist. Will returned to Great Falls to help the other kayakers in the rescue. The team was able to successfully extract Shannon's body from a catastrophic underwater pin in 'Subway' hours later."

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Creating Fresh, Healthy Summer Treats

Local chefs offer refreshing, healthy snack ideas to keep children satisfied all summer.

BY MARILYN CAMPBELL
THE CONNECTION

Enticing children to forgo strawberry-flavored candy and choose fresh fruit in its natural form can be challenging. After all, lemonade, popsicles and cookies with milk are considered summertime classics.

Some local culinary enthusiasts say there are an abundance of summer treats that can be made at home and keep children fueled and healthy all season long, however. They offer several suggestions that are ideal for after-camp snacks or whenever the munchies hit.

"When I think of healthy eating and kids and summer, the first thing I think of is fruit," said Andrea Nelson of Creative Kids Kitchen in Arlington. "Beyond the natural sugar factor, most fruit has as much vitamins as a vegetable."

One treat that tops Nelson's summer treat menu is fruit gazpacho. "It is made with a medley of fruits like watermelon, blueberries, honeydew melon. If you have a particularly picky eater, you can puree the fruit.



From left: Katie King, Sasha Fedorchak, Lucy Rogers, Eliza Grace Ulmer, Haley King and Grace Griffin prepare to cook in Arlington, Va. Local culinary enthusiasts say there are an abundance of healthy summer treats that can be made at home.

You can involve the kids by getting them to help wash and cut the fruit."

Christine Wisniewski, an instructor at Culinaria Cooking School in Vienna, also recommends making use of the bounty of fresh fruit available during summer. "Sliced

peaches or nectarines with a dollop of sour cream and a light sprinkle of brown sugar are a sweet, tangy treat. Or sweeten some Greek yogurt with a little bit of honey and use it as a dip for strawberries," she said.

Nelson turns the abundance of blueberries that are now available into blueberry biscuits. "They are super easy to make and blueberries are inexpensive right now," she said. "I also make baked strawberry, banana and quinoa muffins using nonfat Greek yogurt. They are healthy and gluten free."

Nikki Drummond of Tiny Chefs Cooking School in Potomac, Md., and Alexandria, McLean, Oakton and Springfield, uses her classroom to offer children alternatives to prepackaged, sugar-laden treats. "We make fun fruit kabobs with a yogurt dip made with plain low-fat yogurt and honey and cinnamon," she said. "The kids cut up the fruit so they are having fun."

Drummond also teaches students to make a healthy dessert using uncooked oatmeal, wheat germ and chocolate chips. "We call them breakfast balls, but you can keep them in a container and kids can snack on them throughout the week," she said.

To cool kids down after a day of playing in the sun, Wisniewski offers homemade frozen bananas and sorbet. "[To make] frozen bananas, halve a banana crosswise, insert a popsicle stick in the cut end, freeze for one

"Make the most of seasonal fruits: Sliced peaches or nectarines with a dollop of sour cream and a light sprinkle of brown sugar are a sweet, tangy treat."

— Christine Wisniewski,
Culinaria Cooking School

hour," she explained. "Dip frozen bananas in melted chocolate. Only dip one side if you want to limit the chocolate, then dip bananas in fun toppings like sprinkles, toasted coconut, chopped nuts, or crushed cookies."

To make sorbet, Wisniewski combines fruit and simple syrup. "To make a simple syrup, [use a] one-to-one ratio of sugar to water and bring to a boil to dissolve sugar," she said. "Reduce heat to very low and simmer 10 minutes. Cool, combine syrup with pureed summer fruit. Try berries, peaches or mangos. Add a pinch of salt, and a squeeze of citrus juice. Chill until the sorbet mixture is very cold."

For those who want culinary simplicity during the summer, Wisniewski said, "Fresh cherries or grapes heaped in a bowl of ice are more refreshing than those served alone. Even the largest watermelon disappears quickly and keeps kids hydrated when left on the counter for snacking. Some people opt for a sprinkle of salt on their watermelon." For a more sophisticated palate, she suggests adding a squeeze of lime, or a small sprinkle of mild chili powder or cumin.

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SPORTS



PHOTOS BY ANDREW MINER/THE CONNECTION

A bird's eye view of the Great Falls Swim & Tennis pool on the busiest day of the year.

Great Falls Swim & Tennis Hosts Fourth of July Party

Sheri Landfair and her lifeguards throw one of the most anticipated and underrated parties of the summer.

The Great Falls Swim & Tennis club celebrated America's 237th birthday this past Thursday the Fourth of July. On what has increasingly become the biggest event on the pool's calendar over the past decade, patrons and lifeguards celebrated together for the 41st consecutive time.

During a week that had scattered thunderstorms plastered all over various kinds of weather maps on differing weather apps, the sun prevailed on the most patriotic day of the year. On a sweltering 90-degree afternoon, the pool's 81 degree felt icy-cold.

The heat was a non-factor in stopping this party, however, which was operated and run by World Pool Service Business Manager Sheri Landfair. She and her staff of 15 lifeguards were able to accommodate a near over-capacity crowd. There was a guard at every station serving cotton candy, popcorn, snow cones, watermelon and even beer out of a makeshift bar manned by Alex Williams. There was also a moon bounce on the green beach lawn for the kids as a DJ blasted music and monitored games throughout the day.

FOR THE GUARDS, many will attest to the fact that there is never a dull moment when working with Landfair, especially on the fourth. With so much chaos on the biggest party of the year, it's imperative for the staff to have a maximum of four guards up in the chairs surrounding the pool's perimeter. Sometimes guards have to walk around the pool's edge in order to provide extra eyes. Needless to say, this holiday is meet with some dread from the guards as they are forced to tell patrons "there are no chairs" or suggest, "I need a five hour energy in this grape snow cone." With all the food floating about, the worst has to be telling patrons for the umpteenth time to keep that under the pavilion or on the grass.

With that said, there is more fun that outweighs



Grillmaster Denny Sisson mans the hot dogs for the party; the club went through nearly 500 dogs.

any sort of bad with the games and community that allies itself with the day's festivities. A fan favorite is the greased watermelon game where a Crisco covered watermelon is thrown into the deep end and two teams attempt to move the slick watermelon to the other side and up on the pool deck. The children played boys vs. girls and then two all male adult teams entered the water when no women stepped up to play.

There was also a 200-meter relay race between the adults and the lifeguards during one of the mandatory breaks when one has to be over 18 to remain in the pool. With the kids on the sides cheering the adults on for an upset, the guards took great pleasure in annihilating whatever little competition they

faced.

THE EIGHT-MAN TEAM of Luke, Skylar and Gabe Fowler, Eric Lee, Sarah Romer, Andrew Miner, James Cutler and Ryan Natal crushed a pathetic attempt by the parents in root to victory. Of course, the latter is a colligate swimmer for William & Mary.

Landfair must have been proud. Cutting a watermelon in the snack bar (the pool seemed to have an endless supply of them) she commented on how she "runs all our parties like this now because everybody loves the setup and it's not too expensive for the club." She gushed about the way her lifeguards worked together at last year's party, when the pool had been without power for an entire week before regaining electricity the night before the fourth.

"I think last year was more fun and a little better because of how everyone worked together after the derecho," she said. Then she hustled off to serve the fruit to the guests. On a day when the city decided not to have fireworks, Landfair and her guards provided all the fireworks they would need.

—ANDREW MINER

SPORTS BRIEFS



PHOTO BY CARIN BOUHAROUN

Shouse Village swimmer Thomas Myers competes in the boys' 9-10 50-meter breaststroke.

Shouse Village Falls to Cottontail Cobras

The Shouse Village Sharks lost against the Cottontail Cobras 227-193 in NVSL Division 10 on July 13 in Springfield. It was Shouse Village's first loss of the season.

Double winners for Shouse were: William Bouharoun, Kara Bremser, Sinead Eksteen, Annie Springsteen, Ryan Sribar and Charlie Williams. Single winners were: Monica Balistrere, Chloe Gao, Rachel Montgomery, Owen Pilewski, Paige Pilewski and Kathleen Oakley.

StingRays Remain Undefeated

In DCCL action, the River Bend StingRays (5-0) continued their undefeated streak, beating previously undefeated Hidden Creek 351-165.

Winning four events each for River Bend: Sarah Allen, Pearce Bloom, Micaela Grassi, Eliza Pastore, Will Koeppen and Ryan Windus.

Aiden Bond won three events. Sophia Ambrose and Haley Smith each won two events.

Other first-place finishers for River Bend included: Faith O'Connor, Jake Geoghegan, Olivia McDonnell, Anna Takis and Connor Smith.

Bloom broke his own RiverBend 15-18 boys' 50M fly record with a time of 27.59 seconds.

The StingRays, the only remaining undefeated team in the DCCL, face Westwood next week in their final dual meet of the season.

Adult Softball Teams Wanted

Fairfax Adult Softball is accepting applications for fall adult softball teams. Leagues are available for: men, coed, corporate coed, women, seniors, Reston men, Reston coed, and Reston corporate coed.

Fall season begins Sept. 3 and runs for seven weeks. The deadline is Aug. 2.

Applications are accessible via the FAS home page at www.fairfaxadultsoftball.com. For more information, please call 703-815-9007 or email office@fairfaxadultsoftball.com.

Cycling Events Enter 3rd Year in NVSO

The 2013 NVSO 10K and 20K cycling events will take place Sept. 8 at the Northern Fauquier Community Park, located at 4155 Monroe Parkway, Marshall, Va.

The competition is open to men and women in five-year age groups and is governed by the rules of the U.S. Cycling Federation (USCF). Medals will be awarded according to the best times in each age group.

The 2013 NVSO will take place Sept. 7-19 with more than 50 events being held in 17 venues throughout Northern Virginia. Information is available at nvso1982@gmail.com. Participants must be 50 years of age by Dec. 31, 2013 and live in a sponsoring jurisdiction.

COMMUNITY



Capturing the Moment in Great Falls

Jerry Hunter spotted a hummingbird on Kettle Pond Lane in Great Falls around noon Sunday, June 16.

FAITH NOTES

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

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, offers three Sunday services and a host of musical, educational, outreach, and fellowship ministries to enrich spiritual growth. The services are: a 7:45 a.m. worship service without music; 9 a.m. worship service, children's chapel and children's choirs; 10 a.m. Sunday school and adult forum; and 11 a.m. worship service with adult choir. 703-759-2082.

Redeemer Lutheran Church, 1545 Chain Bridge Road, McLean 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.

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.

WWW.CONNECTIONNEWSPAPERS.COM



From left, Julian Villacorta, Tommy Rogers, Pearce Bloom and Carter Bennett broke a 32-year-old Trump National record.

River Bend StingRays Set New Records

The Boys 15-18 200 Medley Relay Team of Julian Villacorta, Tommy Rogers, Pearce Bloom and Carter Bennett broke a 32-year-old Trump National record at last week's meet against Springfield Country Club with a time of 2:07.82. The team also broke its own record at Saturday's meet against Trump National, dropping the time to 2:05.25. Micaela Grassi broke three River Bend records in 13-14 Girls 50Free (29.18), 50Back

(33.34) and 50Fly (31.19) and Pearce Bloom broke the 15-18 Boys 50M Fly record (28.15).

Micaela Grassi, Will Koeppen and Ryan Windus won four events each for River Bend. Haley Smith and Sarah Allen won three events. Pearce Bloom, Jake Geoghegan and Aiden Bond each won two events. Other first place finishers for River Bend include: Davis Riffe, Faith O'Connor, Ryan Bond, Eliza Pastore, Anna Takis and Connor Smith.

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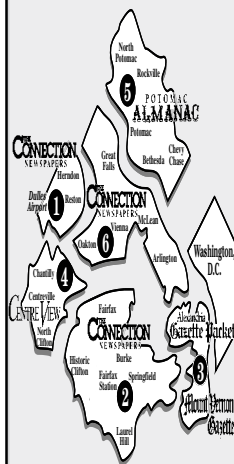
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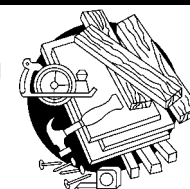
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"Focus-Pocus"



By KENNETH B. LOURIE

I imagine most of you readers are familiar with the phrase, "Hocus-Pocus," the magician's nonsensical expression of sleight of hand, as words spoken and arms waved as the rabbit wiggles out of the magician's hat, among other deeds/ extractions of "wow!" The idea being to trick, deceive, obfuscate and ultimately amaze the audience into believing the unbelievable and to not see what they should be able to see.

"Focus-Pocus" is this cancer survivor's sleight of brain – as I refer to it, as I attempt to live longer and prosper without paying too much attention to the undeniable fact that I have a terminal disease: stage IV, non-small cell lung cancer (NSCLC), one that kills way more than it is cured. I have found however, that living in dread – and in acceptance of my presumptive reality/status, is no good for my head (emotionally/mentally speaking) so I try to deviate, whenever possible, from that norm and not conform, and hope that living is indeed its own reward.

Oh sure, I scan the weekly Health & Fitness section in The Washington Post, especially if there's a cancer reference; if sitting and waiting somewhere where reading material is present, if there's a lung cancer-related article, I will read it immediately; and if there's a segment on television concerning cancer, I will watch it or record the program to watch later. I don't exactly live under a metaphorical rock, but nor can I make cancer my life's pursuit, as odd as that may sound; since presumably, I am pursuing life despite the fact that having cancer is definitely having some say in that matter.

Thinking positively and keeping my sense of humor are the two most effective tools in my anti-cancer arsenal. Employing these weapons of mass (as in tumors) destruction are what I live for: Duh! So doing, and assimilating this figurative weapon array into my attack requires very little, really; this is my personality and my nature, so it's no particular challenge. It's who I've been, it's who I am, it's just me. Still, as many of you know, cancer has a way of intervening, especially physically, but most assuredly, mentally as well. It creates darkness and fear and anxiety and all the less-than-ideal characterizations you can imagine – whose intrusions you are often powerless to stop. Yet somehow, you must.

In the nearly four and a half years since my diagnosis, I have tried to defend against them. Occasionally by embracing them, but more often, as is the subject of this column, by ignoring the reality of them, almost like a magician attempts to do with his audience; that what you see, what you get, is not necessarily what you feel – or so I tell myself repeatedly. And though it might seem difficult to trick oneself as easily as it might be possible, with a wink and a nod, to trick another, a better-than-expected life expectancy might depend on it. And at this juncture, having outlived my original prognosis by more than three years, I don't see any reason to change my focus.

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



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