

Egyptian captain Radames (Roberto Rivera), although betrothed to the pharaoh's daughter, is taken in by the spunky slave, Aida (Sarah Chapin). Radames is not aware she is a Nubian princess.

Total Health Concepts Opens In Vienna

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'Aida' Rocks Vienna in Musical Spectacular

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The cast and ensemble of the Vienna Youth Players' "Aida."



PHOTOS BY
DONNA MANZ/
THE CONNECTION

'Aida' Rocks Vienna in Musical Spectacular

Vienna Youth Players presented Elton John's Broadway blockbuster.

BY DONNA MANZ
THE CONNECTION

Calling the Vienna Youth Players' production of Elton John's "Aida" an "amateur" production is like calling the Concorde an airplane, the Beatles singers and Michelangelo a painter. While true, they are all understatements. VYP's "Aida" dispelled the notion of amateur as being non-professional. The cast, the singing, dancing, acting, costuming and live music were about as professional and well-trained as anything you'll get outside Broadway. Its six performances—four evenings and two Sunday matinees between Aug. 2 and Aug. 11—were all sold out, and, deservedly so.

THE STORY, a love triangle in the midst of court intrigue, is set in ancient Egypt.

"This was wonderful," said Linda Grisano of Vienna. "I love to see so much talent in young kids. I think they have a future in musical theatre. They're so promising. The acting, the singing the dancing, they're all wonderful."

"It's so professional."

The three principal leads see acting and music in their lives. Roberto Rivera, a Screen Actors Guild member, returned to his hometown Vienna theatre as the lead, Radames. An Egyptian warrior, Radames is betrothed to the daughter of Egypt's pharaoh (played by Christine Foerster of



Before Egyptian princess Amneris (Christine Foerster) recognizes the self-absorbed life she has lived, she sings—about herself.

Cast

Sarah Chapin as Aida; Christine Foerster as Amneris; Roberto Rivera as Radames; Neal Going as Mereb; Josh Willis-Jones as Zoser; Stuart Orloff as the pharaoh; Morgan Miller as Nehebka; Sallieu Fullah as Amonasro; Matthew Cibak and Joey Moreno as palace guards; Ihsaan Dingleton as a palace guard and museum security guard; Samantha Ross as a lead dancer; Brian Ammer, Chris Chapin, Andrew Cressman and Joey Moreno as ministers; and McKenna Wiefert as task master. The ensemble included Mia Amado, Kelly Anderson, Paul Anderson, Carson Casper, Emma Choi, Heather Colbert, Annie Cowman, Danielle Cressman, Olivia Duran Caylin Elkins, Jack Herrin, Flannery Jamison, Caiti Lively, Kelsey Loesch, Connor McIntosh, Carolyn Nee, Kailee Sibley, Camille Testa, Jamie Testa, Theo Testa, Emily Wade, Bridget Whelphey and Sophia Whelphey.

The live band, providing the musical score under the director of Kathy Splitt, was composed of college students and high school students. The band included Derek Boylan, Kirby Vitek, Joseph Schefer and Sophie Dornfel. Morgan Millr and Samantha Ross choreographed the dance routines.

Vienna) but falls in love with a slave girl (Sarah Chapin of Vienna), who, in reality, is a princess herself, the daughter of the Nubian king. While the plot does not have a "happy" ending, it has a satisfying one and, in the hands of popular director Babs Dyer,

the musical was a well-constructed montage of song, dance and poignant dialogue. Neal Going and Josh Willis-Jones, with voices as strong and pitch-perfect as the leads, supported Rivera, Foerster and Chapin. An ensemble of singers and dancers



Nubian slave Mereb (Neal Going) pleads with the Nubian princess (Sarah Chapin) not to give her heart to Radames.



Egyptian captain Radames (Roberto Rivera) is welcomed home as a hero.

rounded out the cast.

Chapin and Foerster, pursuing music in college, are George C. Marshall High School graduates, Rivera graduated from James Madison High School.

"This was outstanding," said Lucille Sullivan, of Vienna, who sat in the front row. "Everyone got their money's worth."

"It was all so professional, the acting, the music. Everything about it was outstanding."

"Professional" was a term that came up repeatedly in comments.

Mayor M. Jane Seeman attended two performances; she always makes it to opening night, she said. Noting that she loved the music of Elton John, Seeman said, "these kids are doing a fantastic job ... the singing, the dancing, the acting ... it's so professional."

"We're very fortunate to have the Vienna Youth Players in Vienna." John's "Aida" is a tragic love

story set against war, but the play itself offered moments of levity, particularly in the scenes highlighting the self-absorbed character of Amneris before her transformation.

"Like Father, Like Son," is vintage Elton John, and Rivera and Willis-Jones took ownership of the raucous song.

Chapin and Rivera's duets were poignant and haunting. When Foerster lamented, it should have been her time, her voice and facial expression exuded despair.

THE TRAGIC CLIMAX segued into "today." In a museum, the statue of Amneris stood. Behind her, at the tomb of the star-crossed lovers, strangers come face to face.

If the significance of that moment goes unrecognized, it means you missed one of Vienna theatre's most sophisticated and ambitious productions.



The Claude Moore Colonial Farm, in McLean, is the only national park run by a non-profit organization. The 1771 farm offers a glimpse of what life was like for a poor farm family, just before the Revolutionary War.

Preserving History's Jewels

Fairfax County considers new "resident curator" program to save historic properties.

BY VICTORIA ROSS
THE CONNECTION

George Washington slept here. He really did. And Mount Vernon, the first president's historic Northern Virginia estate, is the nation's most-visited historic home.

While not many properties can compete historically with Mount Vernon, Fairfax County is the site of many historic homes, farms and estates, from the Revolutionary War era through the American Civil War. But preserving historic homes can be prohibitively expensive, and are not for the financially timid.

In an effort to preserve publicly owned historic buildings, Fairfax County is currently drafting a plan for a resident curator program. If established, the county would make history as the first locality in the state to implement one.

THE FUNDAMENTAL IDEA behind the resident curator program is to take some of the burden of maintaining historic properties off taxpayers by offering individuals and entities the opportunity to rehabilitate and maintain deteriorating buildings, at their own expense, in exchange for a long-term lease for little or no rent.

"A successful resident curator program would allow the county to restore, maintain and protect important historic properties at little or no cost to the public," said Cindy Walsh, Fairfax County Park Authority's Resource Management Division director. "In return, a curator will have an opportunity to live or conduct business in a property in Fairfax County that perhaps offers a great lesson in the history of the county."

In addition to preserving significant historic buildings, Walsh said they could be put to practical use as residential, office or commercial space depending on

how they are planned and zoned, community input and other factors.

Under the program, curators would be required to provide opportunities for the public to visit and tour the properties in order to appreciate and understand their historic and architectural significance.

"Fairfax County, through a variety of means, continues to demonstrate its commitment to cultural stewardship and the preservation of historic places," Walsh said.

The county has hired a historic preservation firm to develop the plan, and will hold two initial public meetings later this month to gather public input to determine how the program should operate.

After the resident curator plan is developed, the Fairfax County Board of Supervisors will determine the next steps for the proposed program.

"We encourage interested parties to join in the discussion and attend one of the two meetings," Walsh said. "We are interested in diverse viewpoints and suggestions and hope in the long run we will find the perfect blend of past and present."

The county hired John Milner Associates Inc. to write the plan, which is expected to be completed by May 2014. It will address a number of issues, including candidate properties and selection criteria; how the program should be administered; potential tax incentives; and responsibilities for potential curators and the county.

IN 2011, the Fairfax County Board of Supervisors directed staff to work with the History Commission to evaluate a Resident Curator Program. In conjunction with the commission, the Fairfax County Department of Planning and Zoning and Fairfax County Park Authority are jointly managing this study.

For more information, visit the Resident Curator Implementation Study web page, or call the Park Authority Public Information Office at 703-324-8662, TTY 711.



B.J. Leber addressed the attendees of the event. Leber serves as the chair of the board of trustees of the organization.

Brother's Brother Comes to Merrifield

BY JASMINE KANG
THE CONNECTION

Brother's Brother Foundation (BBF) celebrated the grand opening of its Northern Virginia warehouse on Saturday. The foundation was started in Pittsburgh, Pa. in 1958 and seeks to efficiently distribute donated medical supplies to international communities that are lacking in these resources.

"The goal is to take surplus medical supplies from hospitals and nursing homes and make them available to medical mission teams and mission hospitals in third-world countries," trustee Barry Byer said. "It can make a huge difference in people's lives."

Members of the board of trustees, staff, volunteers and supporters attended the opening. State Del. Richard Anderson (R-51) and Billy Thompson

of the Merrifield Greater Business Association welcomed the organization to the area.

Anderson thanked members of the foundation for their efforts and predicted that BFF will "positively affect the quality of life in Northern Virginia," he said.

According to Byer, the system by which BFF collects and redistributes medical supplies not only redirects aid to those in need, but also keeps surplus resources from ending up in local landfills.

The Virginia location of BFF will be run by three staffers, but will rely on the help of volunteers from the community, which Byer describes as the "backbone of the organization."

Individuals interested in volunteering for the organization should contact the volunteer coordinator, Ruth Anderson, at randerson@brothersbrother.org.



President and CEO Luke Hingson speaks at the opening of the warehouse in Merrifield. Hingson's father, Robert Hingson, founded Brother's Brother Foundation in 1958.



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Library Mission

Further cuts to library budget must be analyzed for impacts on families in need.

The current proposal to “streamline” services at Fairfax County Public Libraries comes on top of disproportionate, and some would say Draconian, cuts since 2009.

Here is a summary of those cuts from the library department’s own strategic plan:

“In FY 2010, ... the library’s budget was reduced by 15 percent. Drastic adjustments to staffing levels occurred. Virtually all of the library’s exempt part-time staff were lost and with them, the flexibility needed to operate libraries under existing hours of operation. Consequently, hours of operation were reduced 19 percent. ... In FY 2011, the library’s budget was reduced an additional 6 percent. Additional staff were lost and operating hours reduced again by 9 percent. ... With a more stable budget outlook, the focus has shifted from survival, to becoming as vital to the lives of Fairfax County residents as possible.”

In 2012, Fairfax County libraries welcomed 5,246,854 visitors to library branches, and loaned 13,034,816 items.

In Fairfax County, where nearly 20 percent of the households have annual income of under \$50,000, about 8 percent live below the poverty line and more than 47,000 public school students are poor enough to qualify for subsidized meals, the public libraries are indispensable. Access to library resources goes beyond books, and includes the very digital

access that many people cite as a threat to libraries. Public access to computers and to the Internet for those who do not have other access is a critical service.

According to a 2010 report, Opportunity for All: How the American Public Benefits from Internet Access at U.S. Libraries, funded by the Bill and Melinda Gates Foundation:

❖ 44 percent of people in households living below the federal poverty line (\$22,000 a year for a family of four) used public library computers and Internet access.

❖ Among young adults (14–24 years of age) in households below the federal poverty line, 61 percent used public library computers and Internet for educational purposes.

❖ Among seniors (65 and older) living in poverty, 54 percent used public library computers for health or wellness needs. “People of all ages, incomes, races, and levels of education go to the library for Internet access

“This access has also proven to be critical in times of disaster, where libraries may be the only access point still operating that can provide a delivery point for government and social services to those displaced.”

Budgeting and restructuring must take into consideration the disproportionate effect of cutting library services on lower income households especially. But it is also true that the li-

braries are vital to all residents.

On Federal Dollars in Virginia

We received some emails and phone calls about the expansion of Medicaid in response to last week’s editorial. Many asserted that Virginia should not accept federal dollars for its residents without health insurance in order to help control federal spending.

Virginia already receives more federal money per capita than any other state except Alaska. Virginia received \$136 billion in federal funds in 2010, more than \$17,000 from the feds per capita, and paid \$2,807 per capita in federal income taxes. (Data from Consolidated Federal Funds Report for Fiscal Year 2010 by State and County from the Census Bureau, analyzed by 247wallst.com)

Two examples: \$1.3 billion in federal transportation money came to Virginia. Virginia was on the receiving end of more than \$5,000 per capita in defense spending. Do the people (who almost certainly have their own health insurance) who think that we should turn away federal money to expand Medicaid think we should lobby to reduce defense and transportation spending in Virginia to help control federal spending?

— MARY KIMM,
MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Skeptical on Medicaid

To the Editor:

Judging by your editorial [“Issues That Matter: Mental health services discussion gives insight into real differences between candidates,” Connection, August 7-13, 2013], gubernatorial candidate Ken Cuccinelli has a real problem with a key demographic: voters who believe in Santa Claus, the Tooth Fairy and the Easter Bunny. You fault Ken for being skeptical of what you see as Virginia’s opportunity to expand health care for poor residents, with the bill paid by the federal government. Would that it were so.

Ken is trained as an engineer and given the opportunity will be Virginia’s Innovation Governor. By training and experience he knows what works and what doesn’t in the real world.

Yes, the federal government is supposed to pay the full cost for Medicaid expansion during the first three years (2014-16) but the costsharing rate would be reduced from 100 percent to 92.8 percent by 2019.

Medicaid is already the largest budget item for the states, accounting for 22 percent of their budget expenditures as of 2010,

and recent studies such as that by Jagadeesh Gokhale of the Cato Institute suggest that for some states, even without any expansion, Medicaid expenditures are already unsustainable. Moreover, the unprecedented federal budget deficits projected through 2019 and beyond put Medicaid support for states and all other general revenue-supported federal programs at risk. Therefore, perhaps you will forgive Ken for looking forward a bit and being skeptical of what you apparently regard as free money.

With respect to mental health, Ken has an outstanding, demon-

strated record of personal dedication. He has served on the Virginia Supreme Court Commission on Mental Health in the Justice System and has personally represented individuals in Virginia’s civil, involuntary commitment process.

Finally, perhaps we should be at least a little careful as to what we wish for. A University of Virginia study shows that surgical patients on Medicaid are 13 percent more likely to die than those without any health insurance at all.

Burton Jay Rubin
Burke

BULLETIN BOARD

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

WEDNESDAYS/AUG. 14-28

Dulles University Success Series. 1-5 p.m., at 1934 Old Gallows Road, Suite 510, Vienna. All the Buzz and Dulles University offer marketing managers, salespeople and other marketers a series of hand-on marketing workshops with practical, immediate takeaways. \$199 per workshop. 703-688-2899 or <http://allthebuzzcreative.wordpress.com>.

MONDAY/AUG. 19

MCC Fall Course Registration for Dranesville at The McLean Community Center, 1234 Ingleside Ave., McLean. Infants through senior

adults residing in Small District 1A-Dranesville may register for continuing, affordable education classes (more than 80 options) aligning with various interests. Full listing of courses and 24-hour registration is online. 703-790-0123, TTY: 711 or www.mcleancenter.org/classes-trips.

MONDAY/AUG. 26

MCC Non-Resident Open Fall Registration at The McLean Community Center, 1234 Ingleside Ave., McLean. Infants through senior adults who are non-residents of Small District 1A-Dranesville may register for continuing, affordable education classes (more than 80 options) aligning

with various interests. Full listing of courses and 24-hour registration is online. 703-790-0123, TTY: 711 or www.mcleancenter.org/classes-trips.

WEDNESDAY/AUG. 28

Alzheimer’s Family Day Center’s Music and Memory Program Fundraiser. 5-10 p.m. Merrifield Silver Diner, 8150 Porter Road, Falls Church. The Silver Diner will donate a portion of the night’s proceeds to the center’s effective program uses music to help those with Alzheimer’s. www.alzheimersfdc.org.

THURSDAY/AUG. 29

American Red Cross Blood Drive.

10 a.m.-4 p.m. Cordial Partners, 8229 Boone Blvd., Vienna. The organization’s Greater Chesapeake and Potomac Blood Services Region is taking blood donations. Schedule a donation appointment at 1-800-733-2767 or redcrossblood.org.

SATURDAY/SEPT. 7

Household Hazardous Waste Disposal. 9 a.m.-2 p.m., McLean Community Center, 1234 Ingleside Ave., McLean. The Fairfax County HHW Program accepts and discards or recycles hazardous materials from Fairfax County residents according to all legal regulations. www.fairfaxcounty.gov/dpwes/trash/disphhw.htm.

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PEOPLE

Rachel Gart and Daniel Raphael Engaged

Rachel Gart of Fairfax Station, daughter of Ron and Ilyse Gart of Fairfax Station, and Daniel Raphael of Oakton, son of Larry and Marlene Raphael of Oakton, are engaged and plan to wed in early September.

The bride-to-be graduated from Robinson High School and is an alumnus of The University of Virginia McIntire School of Commerce and Harvard Law School.

She will be working for Crowell and Moring in its Washington, D.C. law offices.

The future groom graduated from Oakton High School and holds a business degree from Virginia Tech. He works for Avalon Bay Communities, Inc.

A September wedding is planned at Raspberry Plain in Leesburg, Va. and the couple plan to honeymoon in Bali, Indonesia.



Daniel Raphael and Rachel Gart

WEEK IN VIENNA

Vienna Ranked 3rd Best Place to Live

The Town of Vienna has been ranked third on Money magazine's list of Best Places to Live – America's Best Small Towns. Rankings were based on population, family income, job growth, housing, safety, schools, health care, arts and leisure, diversity and ease of living.

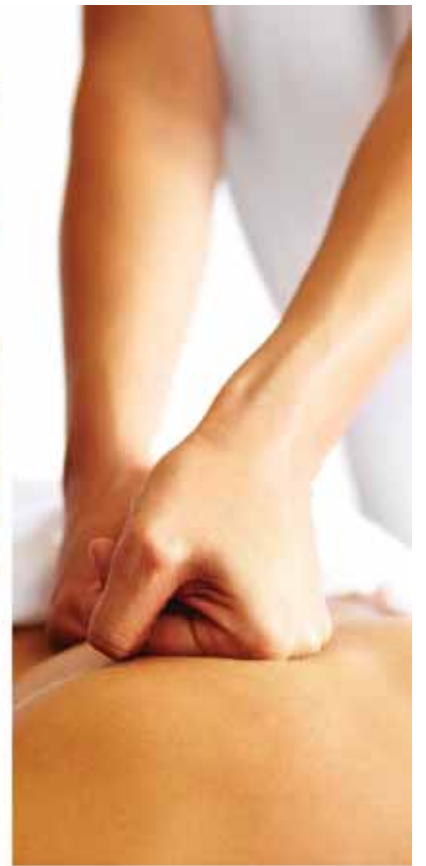
Unlike other places in the Northern Virginia region, "Vienna offers walkability, a historic center and unique businesses that give Vienna an identity all its own," the magazine notes. "The small-town feel comes with access to all the D.C. metro area attractions."

Sharon, Mass., was ranked number one on the list. Vienna was one of two Virginia localities to make the list this year with neighboring Leesburg coming in at 35. You can view Vienna's profile and the full list at money.cnn.com/magazines/moneymag/best-places/2013/snapshots/PL5181072.html?iid=BPL_lp_arrow1.

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How it Works:

1. Exhibition Theme: "Green Earth, Beautiful US"
2. Eligible Participants: Children and young adults from 5 to 18 years old. Bring your own bottle (plastic or glass).
3. Paint Your Bottle Classes: August 21st - September 11th, children are welcome to join our teachers in drawing their designs onto the bottles.

Class Times:

- 5-11 years old 9am-10:30am; After 9/4 5pm-6:30pm (Wed-Fri)
- 9am-12:30pm (Sat-Sun)
- 12-18 years old 11am-12:30pm; After 9/4 3:30pm-5pm (Wed-Fri)
- 1-2:30pm (Sat-Sun)

4. We welcome any submission of artwork with our theme before September 11th.

Awards Ceremony:

September 21st, 2013 (11:00am to 12:00pm). The best artworks will be chosen by our jury panel and the winners will receive free classes and other exciting prizes from YMM Art Space. Artworks will be judged base on creativity and execution of 2 age groups: 5-11 and 12-18.

Please RSVP:

Call: (703) 942-8677 or E-mail: usa@ymmart.com

For more info please visit www.ymmart.com



Dr. Ben Glasman, Michael Polychrones, Virginia Inglese and the Total Health Concepts staff cut the ribbon at the start of the grand opening celebration.

Total Health Concepts Opens in Vienna

Local residents, current clients and friends celebrated the grand opening of Total Health Concepts of Vienna in June, enjoying a sampling of the company's services, nutritious grilled food, and a moon bounce for youngsters. Total Health Concepts integrates nutrition counseling, fitness training, relationship coaching and therapy in a multifaceted approach to help people live healthy lives and find personal fulfillment. Founded in 1986 by Virginia Inglese, the company recently expanded its offices to its new Vienna location. The new facility includes several offices, a large fitness room, and a group and multimedia room. Total Health Concepts offers individual, couples, family and group services in all of its disciplines. Special focus is given to weight management and disordered eating treatment. The grand opening also introduced a new partner company, Parenting By Heart. This new endeavor helps parents learn to connect with their children and positively cope with behavioral issues. The company has two upcoming workshops on July 16 and Aug. 8 at 7:30 p.m. Interested participants can contact the Parenting By Heart offices to sign up or hear additional information.

Joining in the grand opening was Breakthrough Chiropractic Care run by Dr. Ben Glasman,



Kelly McGrath talks to local residents about nutrition strategies.

specializing in pain relief and functional neurology. The ribbon cutting ceremony was attended by Mike Polychrones of the Vienna Town Council and the Vienna chapter of Moms Run This Town, a running group for local mothers and women. Total Health Concepts sent out a thank you to attendees and posted pictures of the event on its Facebook page.

All three companies have offices

located at 402 Maple Ave. West in Vienna. Total Health Concepts can be contacted at 703-255-7012 or online at www.totalhealthconcepts.net. Parenting By Heart can be contacted at 703-309-9131 or online at www.parentingbyheart.net. Breakthrough Chiropractic Care can be contacted at 703-291-6677 or online at breakthroughchiropractic.com.



Rachel Bailey and Brittany Lutz introduce local residents to the new Parenting by Heart company.

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/AUG. 14

Diana Ross. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Motown singer Diana Ross returns to Wolf Trap for the first time in over a decade, with No. 1 hits like "You Can't Hurry Love," "I'm Coming Out," and "Ain't No Mountain High Enough." \$30-\$48. 1-877-965-3872 or <http://www.wolftrap.org>.
Falstaff. 8 p.m., The Barns, 1635 Trap Road, Vienna. The artists sing favorite opera highlights from Verdi's Falstaff chosen by the audience in Italian with English supertitles. \$35-\$85. <http://www.wolftrap.org/Barns.aspx>.

THURSDAY/AUG. 15

Care To Lunch. 11:30 a.m.-1 p.m. Marriott Tyson's Corner, Shuttles Restaurant, 8028 Leesburg Pike, Vienna. Yoni Kalin discusses his experiences as the teenage founder of the Color My World Project, which inspires lessons of recycling and social responsibility at this luncheon. \$25, free validated parking. www.caretolunch.org.
Art of Fine Framing Seminar. 6:30 p.m., at Color Wheel Gallery 65, 1374 Chain Bridge Road, McLean. Join Color Wheel Gallery 65 together with Color Wheel's award winning Fine Framing for an informative evening of creative ideas for custom framing your artwork. Learn how all the individual parts come together in this fine craft for your artwork to be preserved, archivally safe, and of course, beautiful.

Grace Potter & The Nocturnals with Guest: Trombone Shorty & Orleans Avenue. 7:30 p.m., at Filene Center, 1551 Trap Road, Vienna. Direct from Vermont comes pop-rock band Grace Potter & The Nocturnals, whose music encompasses folk, country, blues, hard and alternative rock. \$30-\$40. 1-877-965-3872 or <http://www.wolftrap.org>.
Seldom Scene. 7:30-8:30 p.m., at Nottoway Park, 9537 Courthouse Road, Vienna. The Seldom Scene has long been one of the most progressive bands in bluegrass and one of this musical genre's finest acts. www.seldomscene.com.

FRIDAY/AUG. 16
US Navy Band Cruisers. 6:30 p.m., at 144 Maple Ave. E., Vienna. Listen to the US Navy Band Cruisers play their rock music on the green. <http://www.viennanava.gov>.
Dart Tournament. 6:30-9 p.m. American Legion Post 180, 330 Center St. N, Vienna. Compete against locals in a dart tournament hosted by the American Legion. \$15 per 2-person team. 703-938-9535 or Drjazz777@mac.com.
Josh Groban. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Josh Groban comes to the Filene Center stage with hits "You Raise Me Up" and "You're Still Young" in his Wolf Trap debut. \$40-\$95. 1-877-965-3872 or <http://www.wolftrap.org>.

SATURDAY/AUG. 17

Falstaff. 7 p.m., The Barns, 1635 Trap Road, Vienna. The artists sing favorite opera highlights from Verdi's "Falstaff," chosen by the audience in Italian with English supertitles. \$35-\$85. <http://www.wolftrap.org/Barns.aspx>.
"Point of View" Awards Reception. 7-9 p.m., at Vienna Art Center, 115 Pleasant St. N.W., Vienna. Juror Cory Hiltz judges the Vienna Arts Society's annual photography exhibition, showcasing more than 30



"This time Around," photograph, by Heather Elliott, is featured in the Point of View exhibition, the Vienna Arts Society's annual judged photography exhibition showcasing more than 30 photographers from the area. The exhibit is open Tuesdays-Saturdays, 10 a.m.-4 p.m. and Sundays, noon-4 p.m., through Sept. 1.



For parents looking for an alternative to computer games for their children: toy trains are real objects that children can learn to put together and operate. See what they're all about at the Vienna Train Show at the Vienna Firehouse Saturday, Sept. 14, from 9 a.m.-2 p.m.

photographers from around the region. Enjoy music and light refreshments; normal show hours are Tuesdays-Saturdays 10 a.m.-4 p.m. and Sundays noon-4 p.m., Aug. 6-Sept. 1. 703-319-3971 or www.ViennaArtsSociety.org.

SUNDAY/AUG. 18

Breakfast Buffet. 8 a.m.-noon. American Legion, 330 Center St. N, Vienna. Join the American Legion for a breakfast buffet including omelets, scrambled eggs, blueberry pancakes and bacon, etc. Adults \$8, children \$3. 703-938-1379.

Country Western Dance Extravaganza. 4:30-10 p.m. Colvin Run Schoolhouse, 10201 Colvin Run Road, Great Falls. Country western world champions Dale and Anita Strawser teach lessons at this social dance event, featuring the West Coast swing, East Coast swing, cha-cha, and more. No partner needed, all skill levels welcome. 703-435-5620 or www.colvinrun.org.
Bill Emerson and the Sweet Dixie Band. 6:30 p.m., at 144 Maple Ave. E., Vienna. Listen to bluegrass music on the green. <http://www.viennanava.gov>.

MONDAY/AUG. 19

Chicago. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Chicago has become one of the most commercially successful bands of all time with 21 top 10 singles on the Billboard charts

and a Grammy Award for Best Pop Performance for "If You Leave Me Now." \$30-\$48. 1-877-965-3872 or <http://www.wolftrap.org>.

TUESDAY/AUG. 20

Pat Benatar, Neil Giraldo and Cheap Trick. 7:30 p.m., at Filene Center, 1551 Trap Road, Vienna. Four-time Grammy winner Pat Benatar, guitarist Neil Giraldo and Cheap Trick, come to Wolf Trap to perform their hits. Special guest Brynn Marie also performs. \$25-\$42. 1-877-965-3872 or <http://www.wolftrap.org>.

THURSDAY/AUG. 22

Cheryl Wheeler. 7:30-8:30 p.m., at Nottoway Park, 9537 Courthouse Road, Vienna. You may not be familiar with Cheryl, but you have probably heard her music. She is a respected songwriter by her peers, and many record her songs. www.cherylwheeler.com.
The Albert Lee Band. 8 p.m. Jammin' Java, 227 Maple Avenue E, Vienna. The two-time Grammy Award-winning guitarist performs as part of his national tour. Forward Motion will open the show. \$25. jamminjava.com

THURSDAY-SUNDAY/AUG. 22-25

Cancelled: Jennifer Holliday in "Dreamgirls" Performances. Visit <http://www.wolftrap.org> for more information.

PUBLIC NOTICE

McLean Community Center Governing Board

Public Hearing on FY 2015 Budget
(July 1, 2014-June 30, 2015)

Follows the Finance Committee Meeting of the Whole

Monday, Sept. 16, 2013 at 7:30 p.m. at the Center

Residents who wish to speak at the Public Hearing are asked to call 703-790-0123, TTY: 711, to be placed on the speakers' list. Copies of the draft budget proposal will be available during the committee meeting and public hearing.

Written comments may be delivered to the Center's address (shown below.) marked "Attention: Executive Director," or sent by email to feedback@mcleancenter.org. Written comments must be received prior to the Governing Board's regular September meeting, on Wednesday, September 25 at 7:30 p.m.

The McLean Community Center
1234 Ingleside Ave., McLean VA 22101
703-790-0123/TTY: 711
www.mcleancenter.org

23RD ANNIVERSARY

Saturday, Aug. 24, 2013
4 p.m.-10 p.m.
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Old Firehouse Teen Center
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www.mcleancenter.org

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SPORTS

Oakton Football Looking to Maintain Success

Cougars won 2012 Division 6 Northern Region championship.

BY JON ROETMAN
THE CONNECTION

Members of the Oakton football team huddled at the end of a recent practice and watched as head coach Jason Rowley shaped his hand like the number zero.

"This group," Rowley said, "has done this much."

The Cougar coach's words served as a reminder that the approaching 2013 season presents a clean slate. After a 2012 campaign in which Oakton captured the Group AAA Division 6 Northern Region championship and reached the state playoffs, Rowley doesn't want the Cougars resting on their laurels.

"I think we had a really successful year last year and I think you can go two routes with it," Rowley said. "You can either be complacent or you can work really hard to stay on top, and I think that that's what we're working toward. I think they really want to stay on



The Oakton football team opens its season against T.C. Williams on Aug. 30.

top. I feel like they feel they have some unfinished business."

If this year's group has hopes of similar success, the Cougars will have to compensate for the loss of several key athletes, including quarterback Kyle Downer and left tackle Chris Durant.

Downer was a dual-threat QB who terrorized opposing defenses from Oakton's read-option offense. He passed for 1,409 yards and 12 touchdowns, and rushed for 1,460

yards and 25 scores during his senior season. Downer received a scholarship to University at Albany and leaves some big shoes to fill.

TAKING OVER AT QUARTERBACK for Oakton is 5-foot-8 senior Michael Ficarra. He started at linebacker for the Cougars last season before suffering an injury, and last played quarterback as a sophomore on the junior varsity team.

"Mike's a good decision-maker.

He's a heady player," Rowley said. "... I feel like he's a cerebral player. He's a smart kid and he has a good understanding of what our expectations are. The expectations are he doesn't have to be Kyle Downer—he's not Kyle Downer. Kyle Downer was 6-foot-2, 215 pounds. Mike is 5-foot-8, 175 pounds. He's a different kid."

"We don't need him to be Kyle; we need him just to be Mike. We as a coaching staff, it's our job to put him in place to be successful."

Ficarra said he's worked hard in order to help maintain the Cougars' success.

"It's definitely a major change going from JV to varsity," he said, "but over the off-season ... I've been doing a lot of work to get ready for this year so I can help the team move on and compete like we did last year."

Durant, listed at 6-foot-4, 286 pounds, was a first-team all-Concorde District selection at left tackle as an Oakton senior, and is now a member of the William & Mary football team.

Senior Connor Fagan will move from right guard to left tackle for the Cougars.

Senior running backs Alek Schultz, Bobby Lam, Eric South and Cory Harris are candidates for carries in the Cougar offense. Senior Bobby Kurtzman could make an impact at receiver.

On defense, Harris, South and senior DJ Smith are impact players in the secondary. Senior Bobby Lam and sophomore Cesar Escajada lead the linebackers, and junior Dave Allely is a returning defensive lineman.

"We're a lot different team this year," Allely said. "We lost a lot of guys on offense, but our defense I think will come out strong."

OAKTON WILL HOST scrimmages against Hylton (7 p.m., Aug. 16) and West Springfield (7 p.m., Aug. 23) before opening the regular season at home against T.C. Williams at 7:30 p.m. on Friday, Aug. 30. The Cougars' other non-conference opponents are: Madison (home, Sept. 6), Annandale (away, Sept. 20), West Potomac (home, Sept. 27) and Woodson (away, Oct. 5).

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HomeLifeStyle

Is Your Home Ready for Back-to-School?

Local designers offer tips for creating functional and stylish homework spaces.

BY MARILYN CAMPBELL
THE CONNECTION

Summer will soon come to an end, and children everywhere will be heading back to school and coming home with homework. To keep students engaged and excited, some local designers offer suggestions for creating a space so fun and inviting that your children will want to hang out there — even if that means doing homework.

When embarking on the task of creating a homework space, choosing a location is one of the first considerations.

Bill Millholland, executive vice president of Case Design/Remodeling, Inc. in Bethesda, Md., said, “There are two schools of thought: One is to have the ‘homework space’ in a public area, ... so that a parent can be involved in the activity. The other school places more emphasis on teaching personal responsibility.”

According to Jean P. Freeman, associate professor of Interior Design at Marymount University in Arlington, homework space should be “away from television, but near an adult for any questions that need to be answered. It should be quiet for concentration, but having a window where the child can look up and out at the world is soothing.”

Potomac, Md. resident Susan Matus, a senior project designer with Case Design/Remodeling, adds that the location of the homework area is dependent upon a child’s age. “Elementary school kids seem to do quite well getting things done in a location that is close to parents,” she said. “Middle schoolers are more independent and seem to prefer more private locations with less distractions and less input from parents. A family office that can be closed off or even a bedroom work-space [work well]. High schoolers just need a comfortable space to get it done.”

Designers say the kitchen is one such popular public area for completing homework assignments.

“Often connected to the kitchen is a family area,” said Kai Tong, AIA, director of Potomac, Md., based Hopkins & Porter Inc.’s architecture department. “Parents want to have a line of sight to their kids, especially if they are going to be on the Internet. What adds

to the kids’ experience is having a lot of counter space or layout space.”

Evelyn Nicely, president of Nicely Done Kitchens in Springfield, said, “A design option is the designated computer or desk area, typically found on the perimeter of the kitchen, so school work is kept out of the way. But the most popular homework space we design is at the island. This casual seating appeals to children and gives them a stylish, yet functional, open space to do their work without isolating them.”

Arlington resident Christie Doebl, lead designer at Sun Design Inc., which has offices in both Burke and McLean, says she gets frequent requests for a space that allows for multitasking. “Very often we are looking to create the kind of environment where a parent can make dinner while still rehearsing words for

the spelling bee.”

ONCE A SPACE IS CHOSEN, it’s time to select the fixtures that will fill the space. Good indoor lighting with a window for sunlight is essential, said designers. Freeman said the most obvious components of a homework space are electrical outlets, a Wi-Fi connection and a comfortable, adjustable chair.

Designers suggest investing in a chair that fits your child’s needs. “Don’t use dad’s old chair ... or pull a chair from the dining room table,” said Deborah Wiener, owner of Designing Solutions in Silver Spring, Md. “If the back of the chair hits the back of their head, it is too tall. If their feet are dangling, the chair is too big. One of the many reasons kids tire when doing homework is that they don’t get back support. ... It’s a mistake

SEE TIPS, PAGE 13



PHOTO COURTESY OF CASE DESIGN/REMODELING, INC.

An under-the-staircase nook, designed by Case Design/Remodeling, Inc. for a McLean home creates a quiet place for reading or studying.

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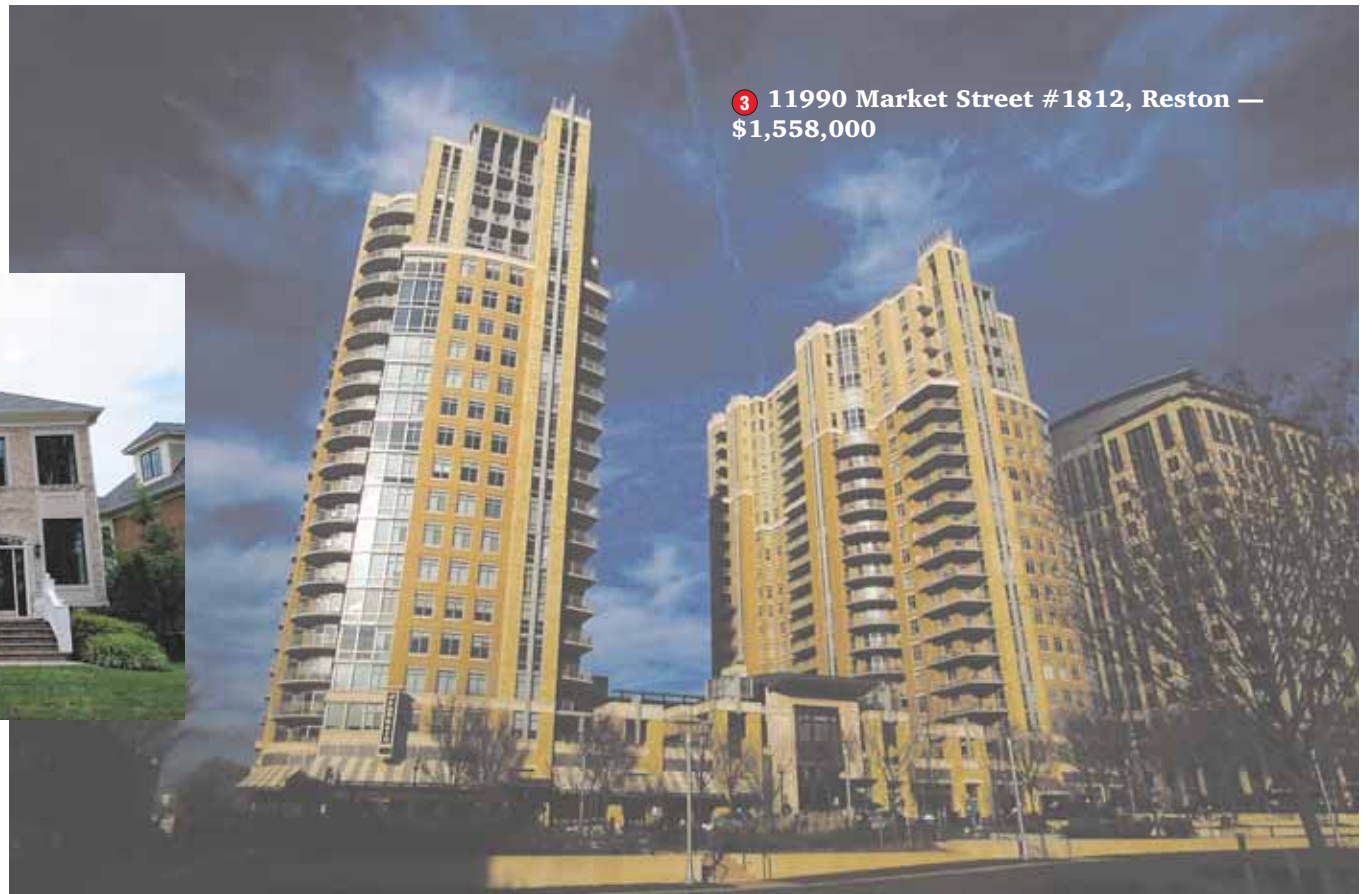
June 2013 Top Sales in Oakton, Vienna, Reston, Oak Hill and Herndon

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

IN JUNE 2013, 160 HOMES SOLD BETWEEN \$1,960,000-\$199,900 IN THE VIENNA AND OAKTON AREA. 149 RESTON HOMES SOLD BETWEEN \$1,558,000-\$110,000 AND 123 HOMES SOLD BETWEEN \$1,340,000-\$165,000 IN THE HERNDON AND OAK HILL AREA.



6 8425 Falcone Pointe Way, Vienna — \$1,400,000



3 11990 Market Street #1812, Reston — \$1,558,000



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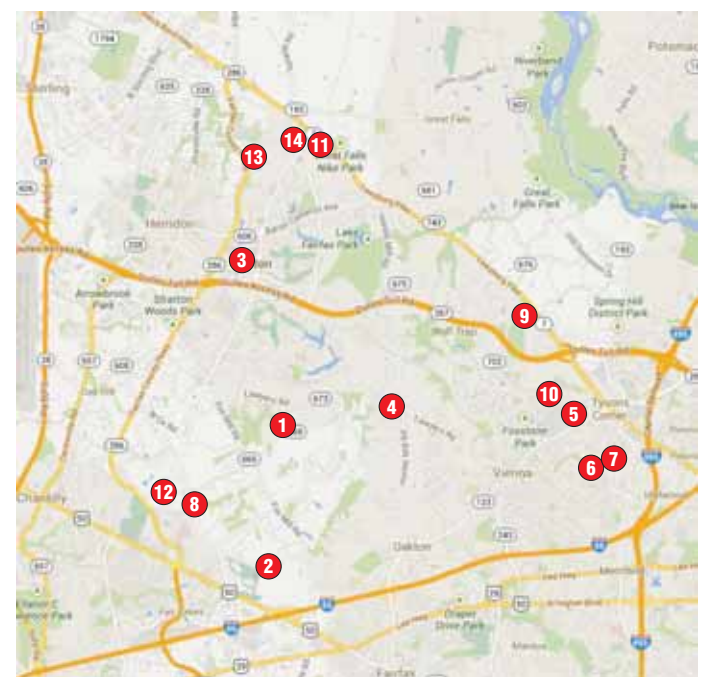
11 11270 Stones Throw Drive, Reston — \$1,275,000



13 11885 Shaker Meadows Court, Herndon — \$1,162,000

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3 11990 MARKET ST #1812	3	3	0		RESTON	\$1,558,000	Hi-Rise 9+ Floors		20190	MIDTOWN AT RESTON TOWN	06/10/13
4 2220 ARYNESS DR	6	4	1		VIENNA	\$1,475,000	Detached	1.72	22181	WICKENS	06/28/13
5 1113 WESTBRIAR CT NE	6	5	2		VIENNA	\$1,450,000	Detached	0.51	22180	WESTBRIAR CC HILLS	06/14/13
6 8425 FALCONE POINTE WAY	6	5	1		VIENNA	\$1,400,000	Detached	0.22	22182	TYSONS CHASE	06/28/13
7 2120 FRANK ST	5	4	2		VIENNA	\$1,380,000	Detached	0.56	22182	WILLIAMS ANNIE C	06/28/13
8 12516 NATHANIEL OAKS DR	5	5	0		OAK HILL	\$1,340,000	Detached	1.57	20171	WEST OAKS ESTATES	06/27/13
9 1405 HIDDEN HILL LN	5	4	1		VIENNA	\$1,327,500	Detached	0.26	22182	COVENTRY SPRINGS ESTATES	06/18/13
10 1750 TYSONS CREST LANE#LOT 3	5	4	1		VIENNA	\$1,315,065	Detached	0.34	22182	TYSONS CREST	06/26/13
11 11270 STONES THROW DR	5	4	1		RESTON	\$1,275,000	Detached	0.60	20194	ESTATES AT WYNDHAM HILLS	06/26/13
12 3415 OAKTON CHASE CT	4	5	1		HERNDON	\$1,197,500	Detached	0.84	20171	OAKTON CHASE	06/26/13
13 11885 SHAKER MEADOWS CT	5	4	1		HERNDON	\$1,162,000	Detached	0.84	20170	SHAKER GROVE	06/25/13
14 1136 ROUND PEBBLE LN	5	3	1		RESTON	\$1,125,000	Detached	0.53	20194	RESTON	06/03/13

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© Google Map data

Tips for Functional Homework Spaces

FROM PAGE 11

to skimp on a chair.”

“The chair should support the student’s back and posture, and adjust to the growing needs of the student,” added Freeman. “There should be an adequate work surface to accommodate books, computer, writing pad and task lighting, [as well as] storage.”

Lisa Magee, project designer at Case Design/Remodeling, Inc., adds, “A place with upright seating — no swivel chairs or recliners — is best for learning. Good lighting ... helps children stay focused on their work and also keeps them alert.”

Centreville resident Liz Lee, a senior designer at Sun Design Inc., encourages parents to ensure that the homework area has “functional types of storage, [such as] file cabinets, baskets for crayons [and] scissors, so all of the supplies they need are right there.”

Bruce Wentworth, president of Wentworth, Inc. in Chevy Chase, Md., said, “A simple counter top with bookcases is very practical. A large work surface for laptops, printers and scanners is desirable, and grommets help hide the cords below the work surface.” Wentworth also suggests adding custom-built drawers and filing cabinets to homework spaces.

Arlington resident Allie Mann, project manager, Case Design/Remodeling, Inc., said “A fun or personalized calendar to teach time management,” she said. “Along those lines, have a clock nearby.”

Marika Meyer of Marika Meyer Interiors in Bethesda, Md., said, “One thing I always love to incorporate is a custom tack board. We choose a fun fabric that the children help pick out and then have [it] sized to fit specific workspace.”

WHEN DESIGNING A SPACE that is both functional and stylish, Moira Gannon Denson, an assistant professor of interior design at Marymount University, suggests using the elements and principles of design — color, shape, pattern and scale — to set the tone. This will allow the space to evolve as the child grows, she says: “Save the TV characters and cartoons for the stickers [for] their notebooks. ... Too much ‘trending’ can mean replacing in a year.”

When creating a space that is appealing to both children and their parents, Doebel does suggest




PHOTO COURTESY OF CASE DESIGN/REMODELING, INC.

Lisa Magee of Case Design/Remodeling, Inc. says upright seating, like the desk chair in this McLean home, rather than swivel chairs or recliners, is best for learning.

teamwork, however. “It’s fun when a kid gets involved in the design process,” she said. “They are drawn to contrast and comfort

[like] bold, bright colors [and] soft, warm surfaces. They are always honest about what they see and how they feel.”



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N.P.O.

By KENNETH B. LOURIE



"Nothing per orem." Which means no food after midnight — with a Latin derivation. And why would I have a clue about "no food after midnight" in Latin or in plain old English? I wouldn't normally, but normally I wouldn't have been admitted to a hospital awaiting surgery to help relieve the terrible difficulty I've had lately speaking/breathing a complete sentence and still having air after the final word had been spoken, catching my breath after walking only a few steps (exerting myself physically as well and/or walking up stairs or at any pace other than snail's has been a further challenge) and finally, and most disturbingly, not being able to perform some of my activities of daily living — without some degree of stress, anyway.

Nevertheless, Friday, Aug. 2 was scheduled to be a chemotherapy day so off my wife, Dina and I went, as usual. Having been infused multiple times over the past four and a half years, I attributed the breathing difficulties that I was experiencing as merely semi-expected side effects (necessary evils) of my lung cancer treatment. However, after I explained — and exhibited, some of these same difficulties to my regular oncology nurse, Ron, he decided to walk me around the unit attached to an oxygen-monitoring machine in order to measure my oxidation rate. It was not good. My number was way too low — and cause for concern.

Ron then returned me to the infusion center where he spent the next 30 minutes attempting to coordinate my next step. It was not to continue chemotherapy, that's for sure. It was to have me evaluated by my H.M.O.'s Clinical Decision Unit, a unit I learned, where serious-type assessments and decisions are made. After being assigned to a room, the process began. I soon had an EKG and a Chest X-Ray. The X-Ray indicated that my left lung was almost entirely filled with fluid; no wonder I couldn't breathe. It was confirmed then: health-wise, I was in a bit of trouble.

Given these results, before too long, a multi-person, multi-hour effort was put forth to get me admitted directly into a room at Holy Cross Hospital with the expectation that my condition warranted surgery that evening to alleviate my discomfort. After having initially arrived at 10:30 a.m. for my infusion (an appointment which typically lasts about two hours and then I'm free to go home), I was quite anxious as the early afternoon passed without any resolution and the late afternoon fast approached. Finally, at approximately 6 p.m., an ambulance arrived and I was transported to the hospital arriving in my room by gurney at 6:45. Since there was a presumption/expectation that surgery would indeed occur that night — to possibly include anesthesia/a narcotic, I was advised not to eat — in English. However, hours later it became obvious that I would not be operated on that evening, and thus was allowed to eat — at 9:30, but subsequently received my first official "NPO" for Saturday, beginning of course at midnight that Friday, the first day of my admission.

I remember seeing the initials NPO printed on the easel on the wall directly in front of my bed, along with the understanding that I wasn't to eat — or drink, anything after 12 o'clock, but I couldn't reconcile the letters (NPO) with the words: "no food or drink after midnight" advisory/direct order. They didn't sync up. It wasn't until Saturday afternoon that I received the medical jargon/Latin connection.

So here I sit/lay in my hospital bed, hungry for a second consecutive day. After the surgery and post-op. recovery, presumably I'll be able to eat. I just hope I'll be able to breathe as well.

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

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Paul Frank Elected McLean Orchestra Board President

Paul A. Frank has been elected president of the Board of Trustees of McLean Orchestra. Frank was the unanimous choice of the board and will serve through the 2013-2014



Paul A. Frank.

McLean Orchestra concert season, "A Season of Festivity." Frank is no stranger to the McLean Orchestra, having served on the board from 2002-2007 as a trustee, a treasurer, a gala chair and finally as its president in 2004-2005.

According to John Huling, executive director of the McLean Orchestra, "Paul has been a tremendous supporter and friend of the orchestra for over a decade and we are thrilled to have him back in the family as our president."

Frank is an experienced leader of non-profit organizations, currently serving as executive director and CEO of Collingwood Library and Museum. His current community involvement includes Rotary Club of Alexandria (Fundraising Committee chair) and The Alexandria Arts Forum (former president). He is past president of Rotary Club of McLean, and McLean Orchestra.

Frank is a graduate of George Washington University and attended George Washington University Law School. He is a graduate of Leadership Fairfax Class of 2008 and holds professional fundraising certification with CFRE designation from the Association of Fundraising Professionals.

The Greater McLean Chamber of Commerce recognized Frank with the "President's Award" for "exceptional contribution," and subsequently the "Home Town Hero Award" for raising the largest amount for a single event in chamber history. Frank succeeds Aileen A. Pisciotto who will continue her involvement with the McLean Orchestra as immediate past president. Other elected or appointed orchestra officials for the 2013-2014 season include Wayne Winston Sharp, special advisor to the president; Frank McGovern, VP of administration; Sydnee Stein, VP of development and Pamela Bogdonoff, VP of events. The remaining trustees serving the orchestra are Michael Cardaci, Anthony C. Chang, David Gische, Timothy Hawkins, Marilen King, Shane McLaughlin, Sarah Merservey, Joseph O'Brien, Chris Payton, Jennifer Shatwell and Laura Schuldt. The McLean Orchestra concerts season opens on Oct. 12 at Oakcrest School with a concert of Mozart, Schumann and Brahms.

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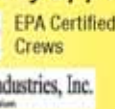
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