Anne Augusterfer of the Virginia Cooperative Extension explains the importance of breakfast to clients of Share Wednesday, Aug. 14

Share Readies Students For School

ONTRUS

McLean

News, Page 3

Republicans Nominate Wolfe For Sheriff News, Page 4

Page 13

The Most Exciting Changes in McLean Area Schools

BACK TO SCHOOL, PAGE 3

3

August 21-27, 2013

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NEWS



From left. Share volunteers Jack **Buttarazzi and Lizzie Gidley** sort donated school supplies for Share clients Wednesday, Aug. 14, part of Share's back-toschool drive.

What Are the Most Exciting Changes in McLean Area Schools?

Ellen Reilly, McLean High School principal:

–Back to School —

"One of the things that we're starting this year is that we're having a Highlander Kickoff on Aug. 27. We're trying to find a way to welcome the community and the kids back, and make it a fun atmosphere for everybody. It is a day for students to come get their schedules, pick up their parking and



uniforms, meet some coaches, and for clubs to sell some stuff and start fundraising. It's a day for everyone to get back in the mood and get ready for school. We'll have food, cheerleaders, and the band. It will be the first time we'll ever be doing it. The second thing is that we're embedding our Highlander Time, which is our intervention period, so we'll be having intervention everyday for half an hour so kids can meet with teachers, catch up on their homework and do things to de-stress during the school day. We also have a new instructional coach at our school, Kate Stavish, and she'll be working with our teachers and team during the school day on curriculum and different components about teaching, so we're very excited about that too."

Jessica Statz, Langley High School assistant principal:

"I think the most exciting change that is coming to Langley is just our emphasis on teacher and student morale in the building. Although this is first and foremost a place for kids to learn, we still want kids and teachers here to be happy and have a good time. We're try-



ing to come up with creative ways to really establish a school culture that embraces the aspect of students still having some fun and doing that without affecting their grades entirely. In terms of new changes, we are revamping our Saxon Time, which is our intervention period that we have during the school day, and the new guidelines will be coming out in the next two weeks, so that will give kids a little bit more freedom and free time."

Christie Day, a seventh grade English teacher, and Cherith Pierson, the assistant principal at Cooper Middle School

Cherith Pierson: "At Cooper, I think one of the most exciting changes is that we are really focused on raising our expectations for students and increasing our rigor. That's going to really provide a well-rounded experience



for our students and that is exciting for us. One of the things we have created and that Mrs. Day has been working on this summer is the CELL program, which stands for Cooper Empowered for Life and Learning. This program basically provides our students with the 21st century skills they need in order to look successfully forward into the future, such as executive and thinking skills. At Cooper, we're really a team. The students, the teachers and the parents are a team, and we're excited to work together as a community."

See Schools, Page 4

From left, Melissa Silva, Simon Bechara and Ann Trowbridge of Salon Daniel. The three spent the morning at Share Wednes-

Nonprofit gives out school supplies, backpacks, back-

day, Aug. 14, giving free backto-school haircuts to children of clients.

> gram trains volunteers in food safety, preparation and nutrition, and volunteers commit to donate at least 40 hours of volunteer work to their communities.

Anne Augusterfer, a certified volunteer, was on hand to speak to parents about the importance of breakfast to children attending school. She handed clients a bag containing instant oatmeal, boxes of raisins and brown sugar.

"There are a lot of studies that show that students who eat breakfast before school have dramatically lower stress rates, and much better grades and test scores," Augusterfer said. "Many of my classmates during training are involved in schools, and they all see too many kids coming in with chips, cookies, crackers, just empty calories to eat. With oatmeal, raisins and some brown sugar, they'll get a much more complete, nutritious meal that takes only a minute or two to prepare."

Food Bank Items Needed

Share's food pantry has been depleted over the course of the summer. While all nonperishable food items are needed, several items are in especially high demand.

Those items are: white rice (one and two-pound bags), vegetable oil, ground coffee, laundry detergent, baby wipes, canned fruit, 100 perjuice, toothpaste and toothbrushes.

Share's food and clothing room acc<mark>epts donations Wednesdays</mark> and Saturdays from 9:30 until noon at the McLean Baptist Church, 1367 Chain Bridge Road.

band Dan runs the company, and Jean Kliska heads the "Get One, Give One" program,

Each person that got a haircut Wednesday at Share also got a bottle of Joe ONE, and Share regularly stocks it in their pantry.

also featured the Virginia Cooperative Extension's Master Food Volunteer program. The pro-

where for every bottle purchased, one is donated.

Share's back-to-school drive

member and chair of the drive. "We also bought Target gift cards to give out, with the amount depending on the age of the student, to purchase needed things like calculators." Volunteers helped sort the

donated pens, pencils, Post It notes, highlighters, notebooks. paper, crayons, sandwich bags, hand sanitizer or other supplies.

to-school haircuts.

BY ALEX MCVEIGH

hare of McLean helped

its clients get into

back-to-school mode

Wednesday, Aug. 14,

with their annual school supply

drive. The nonprofit worked

with local individuals and or-

ganizations to stock their

shelves with the items return-

ing students were sure to need.

ply lists for elementary schools

in the area, and started collect-

ing the most needed items that

were on all the lists," said

Bonnie O'Neill, Share board

"We surveyed the school sup-

THE CONNECTION

Lewinsville Presbyterian Church, Emmanuel Presbyterian Church and other donors provided funds, backpacks and insulated lunch bags for the drive.

Several children were able to take the next step in getting school ready courtesy of Salon Daniel in McLean. Three staff members from the salon stopped by the McLean Baptist Church to provide free backto-school haircuts.

"We usually donate school supplies around this time of year, but one of our clients, Jean Kliska, mentioned that they had already collected the supplies," said Ann Trowbridge of Salon Daniel. "So we thought giving haircuts would be a great fit for back to school. Share is such a great organization, they do so much for this community, we're happy to support any way we can."

Salon Daniel also sells Joe Grooming ONE, an allin-one shampoo, face and body wash. Kliska's huswww.ConnectionNewspapers.com



News

Fairfax Republicans Nominate Bryan 'BA' Wolfe for Sheriff

Wolfe faces Democratic nominee Stacey Kincaid in Nov. 5 special election.

By Victoria Ross The Connection

hen retired Fairfax police officer Bryan "BA" Wolfe was selected as the Republican nominee for Fairfax County Sheriff last week, he vowed to "restore the public trust" by making the 500-member department more "accountable and transparent."

He also pledged to donate his salary to charity if he wins against Democratic challenger Stacey Kincaid in the Nov. 5 special election.

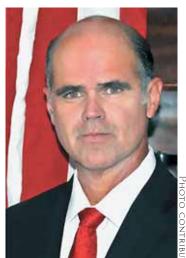
Wolfe's campaign promise echoes a similar pledge made by former Sheriff Stan Barry during his 2011 run.

Barry's salary pledge and his participation in the county's Deferred Retirement Option Program (DROP) ignited the "DROP Stan Barry" bomb. County Republicans hammered Barry for his participation in DROP, claiming Barry could collect nearly \$1 million in pension benefits in a program never intended for elected public officials. Barry, whose salary was set at \$160,000 a year by the Fairfax County Board of Supervisors, challenged the claims.

FIRST ELECTED SHERIFF IN 1999, Barry announced last May that he would retire in July, launching the special election between Wolfe and Kincaid. The winner will serve the remaining two years of the sheriff's four-year term.

"[Wolfe's] pledge to donate his salary to charity shows clearly how passionate he is that leadership changes are needed at the department," said Jay McConville, chairman of the Fairfax County Republican Committee (FCRC), in an Aug. 15 news release.

"I am running for sheriff to restore the public trust and conficommunity," Wolfe, 51, said. The U.S. Air Force veteran said he will hold the Sheriff's Department "to a higher standard of accountability than previously held and I will the Democratic nod against acting 4 ♦ McLean Connection ♦ August 21-27, 2013



Bryan Wolfe, a former Fairfax police officer and U.S. Air Force veteran, was chosen by the Fairfax **County Republican Commit**tee last week as its nominee in the Nov. 5 special election to succeed retired Sheriff Stan Barry.

work to create greater transparency that is so necessary."

McConville said Wolfe's record of service, both in the military and as a police officer, "demonstrates the kind of commitment to community and selfless service so needed at the top of the Sheriff's Department."

"I strongly believe in a leadership style encouraging participation which calls for greater involvement from all levels of the Sheriff's Department and I have the necessary skills, knowledge and drive to effectively serve as the next sheriff," Wolfe said.

A 1979 graduate of Robinson Secondary School, Wolfe joined the U.S. Air Force in 1981. He is an 18-year member of American Legion Post 177 in Fairfax and a member of the National Rifle Association. Wolfe has earned several awards for his service to his community, including being named Policeman of the Year twice, as voted by his peers in the department. He and his wife Kelly live in Clifton and have three daughters and two sons.

Kincaid, a graduate of Frostburg State College, began her career with the Fairfax County Sheriff's Office in 1987. She said a summer internship at the Sheriff's Office dence in our law enforcement as a deputy sheriff." In 2008, she received the agency's highest honor, the Distinguished Service Award.

A Vienna resident, Kincaid won



Stacey Kincaid, a 26-year veteran with the Fairfax **County Sheriff's Department,** won the Democratic nomination for sheriff during a caucus held July 17.

Sheriff Mark Sites in a caucus last month.

Kincaid said that while she is focused on the three main functions of the sheriff's office-running the county's jail, performing security at the courthouse and serving civil process-she also wanted to "bring the agency forward."

"As the largest sheriff's office in Virginia, we should be the role model for the commonwealth," she said after her win over Sites last month. She added that she wanted to focus on diversity inside the department as well as in community outreach efforts.

"When I say diversity, I am talking about diversity of thought, values and beliefs, not just skin color," Kincaid said. "We need the office to respect and reflect the diversity in our community. ... Listening and learning is an important part of forging a relationship with the community."

THE FAIRFAX COUNTY SHERIFF'S OFFICE is responsible for managing the Adult Detention Center, providing security in the courthouse and serving civil law process. The sheriff and the sheriff's deputies have civil and criminal jurisdiction in Fairfax County, the City of Fairfax and the towns of Vienna and Herndon.

"Our sheriffs serve our commu-"sparked my interest in a career nity well, and they deserve someone who has a passion for service and not a continuation of the establishment bureaucracy that has failed for years to provide the type of leadership needed," McConville said.

BACK TO SCHOOL ·

What Are the Most Exciting Changes in McLean Area Schools?

From Page 3

Christie Day: "The CELL program has been going great and we're working on our eighth grade portion of it right now. The past Monday and Tuesday, Aug. 12 and 13, we had about a third of our rising seventh graders come in to get a great introduction to middle school and learn about the school but also our increased expectations here compared to elementary school. We want to get them ready to start thinking about what they need to do themselves to be able to critically think and be a little bit more creative. We talked to them about the importance of experimenting on their own academically and taking ownership over their learning-thinking for themselves, figuring out where their academic strengths lie, and being successful in middle school themselves. For the eighth grade session, our eighth graders will be mostly going to Langley, where there are high expectations, and we really want to give them a solid foundation. There will be a very intensive focus on study techniques and organizational strategies, thinking critically about their own lives."

Donald Hutzel, Churchill Elementary School principal (pictured with Assistant Principal Sharon Jones):

"There are several things we are very excited about for the upcoming school year. The biggest change, or addition, is our initiative to have a one-to-one ratio of laptops to students, especially for the upper grades. We worked hard last year to acquire laptops and get them



re-imaged so when students come back, they'll be assigned to a laptop that they will be able to use for the whole year. They'll be stored in the classroom and we are so pleased that we've got all this technology available for students to access and utilize in school. Students will also be able to bring their own devices but we're really happy to have laptops for every student in the building. In terms of other changes to be excited about, we'll continue to focus our efforts on environmental education, making connections between curriculums that the students are learning and applying that to environmental education. The third change is that our enrollment is going up a little bit this year. We will begin with over 840 students and we're really happy to be able to welcome a lot of new families to the community. Every time we gain more families, they bring great ideas and interesting backgrounds to our school community that makes everything richer and more interesting."

-Sandy Cho



Giant Presents Check to McLean High

McLean Giant Food Store Manager Rick Makely (second from right) and Felis Andrade (third from right), director of marketing and external communications, Giant Food, present a check for \$16,142.53 to McLean High School Principal Ellen Reilly (front row, fourth from right). They are joined by several McLean High School students. The grant comes to the school as a result of its outstanding performance in Giant's A+ School Rewards Program. McLean High School was the second high-est earner from across the Mid-Atlantic region. A+ School Rewards provides a simple way for schools to earn funds to support school programs and enrichment activities every time a customer makes a purchase using their Giant card in their neighborhood Giant Food.

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OPINION Excerpts From King's 'I Have a Dream'

Martin Luther King Jr. spoke to the March on Washington 50 years ago, next week, Aug. 28, 1963.

www.smithsonianmag.com/multi media/audio/128077288.html. To read the full speech, see: www.archives.gov/press/exhibits/dreamspeech.pdf.

"Five score years ago, a great American, in whose symbolic shadow we stand signed the Emancipation Proclamation. This momentous decree came as a great beacon light of hope to millions of Negro slaves who had been seared in the flames of withering injustice. It came as a joyous daybreak to end the long night of captivity.

"But one hundred years later, we must face the tragic fact that the Negro is still not free. One hundred years later, the life of the Negro is still sadly crippled by the manacles of segregation and the chains of discrimination. One hundred years later, the Negro lives on a lonely island of poverty in the midst of a vast ocean of material prosperity. One hundred years later, the Negro is still languishing in the corners of American society and finds himself an exile in his own land. So we have come here today to

isten to audio of the entire speech at dramatize an appalling condition....

"We have also come to this hallowed spot to remind America of the fierce urgency of now. This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism. Now is the time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice. Now is the time to open the doors of opportunity to all of God's

children. Now is the time to lift our nation from the quicksands EDITORIAL of racial injustice to the solid rock of brotherhood. ...

"We can never be satisfied as long as a Negro in Mississippi cannot vote and a Negro in New York believes he has nothing for which to vote. No, no, we are not satisfied, and we will not be satisfied until justice rolls down like waters and righteousness like a mighty stream.

"I say to you today, my friends, that in spite of the difficulties and frustrations of the moment, I still have a dream. It is a dream deeply rooted in the American dream.

"I have a dream that one day this nation will

rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident: that all men are created equal.'

"I have a dream today. ...

"This is our hope. This is the faith with which I return to the South. With this faith we will be able to hew out of the mountain of despair a stone of hope. With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood.

"This will be the day when all of God's children will be able to sing with a new meaning, 'My country, 'tis of thee, sweet land of liberty, of thee I sing. Land where my fathers died, land of the pilgrim's pride, from every mountainside, let freedom ring.

"And if America is to be a great nation this must become true. So let freedom ring ...

"And when this happens, when we allow freedom to ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, 'Free at last! Free at last! Thank God Almighty, we are free at last!"

COMMENTARY Investing in 21st Century Industries and Jobs

By Barbara Comstock State Delegate (R-34)

he Northern Virginia region clearly faces economic threats and challenges as a result of sequestration and government downsizing. The national economy continues to stagnate. If you are looking for a bright sign on our local horizonthe data center industry, which is expected to still grow by hundreds of millions over the near future, is a sector to double down on.

That is why, once again, this year, I worked with the Northern Virginia Technology Council, local business leaders and a bipartisan coalition in the General Assembly to pass another bill to promote this important industry that is thriving in Northern Virginia and throughout the commonwealth. Our aim is to be one of the most "Data Center Friendly" places in the country.

Each day, over 70 percent of the world's Internet traffic passes through Northern Virginia. Virginia has the highest concentra- in the country, and we expect this tion of technology workers per to continue for some time to capita in the nation. In 2012, data center companies such as Equinix, Raging Wire, Latisys and duPont Fabros have expanded in Virginia along with industry leaders: Facebook, Microsoft and Amazon. As The Washington Post reported

last year, the county now has about 40 centers comprising roughly 4 million square feet of space, which is equivalent to 22 Walmart Supercenters.

Buddy Rizer, Loudoun's assistant director for Economic Development has made clear our local commitment to the industry: "Loudoun County remains one of the strongest data center markets come." And the county still has lots of property for new centers. Data Center Knowledge recently reported, "This industry has helped drive one of America's great economic development success stories. The tax benefits to Loudoun

County have been incredible. We are very focused now on continuing to grow the data center cluster," said Rizer.

We in the General Assembly are also committed to growing the data center cluster. With broad bipartisan support, we passed my bill HB 1699, which creates a separate tax classification, for purposes of permitting localities to set a lower personal property tax rate on computer equipment and peripherals used in a datacenter. We worked closely with Loudoun officials and other Northern Virginia technology leaders to make sure this would be helpful in their economic development efforts in attracting more business in this sector. I partnered with a rural senator, Ryan McDougle, on the bill because this industry is ideal for rural communities with space availability for the large centers and the need for anchors to attract business. This kind of partnership also gets all regions of the commonwealth committed to and invested in this growing industry.

This year's legislation will build on my successful legislation last year, HB216 that provided state tax incentives to keep this important industry here in the commonwealth and to counter growing competition in other states. We have already had companies relocate or expand here in Virginia as a result of our legislation last year.

Both of these measures will help Virginia continue to be a leader in this 21st century marketplace. Data center expansion and investment are a critical element in diversifying Virginia's technology economy and attracting private sector jobs and local revenue as federal spending and procurement decreases. Data center projects bring substantial investment but don't make a lot of demands on our schools or social services so it is one of those unique win-win propositions.

Local industry and business leaders now are looking at Loudoun County and Northern Virginia as "the Silicon Valley of the data center industry." The growing Data Center industry can in turn serve to attract a broad array of technology companies and make us a center of innovation where all kinds of dynamic 21st entrepreneurs, industries and jobs can flourish and grow.

With the commonwealth and Northern Virginia uniquely situated to benefit from this industry growth, we will continue to work with our tech community and industry leaders to make sure we at the state level promote and protect this vital industry that will enhance and enrich our community for years to come.



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NEWS DEPARTMENT: To discuss ideas and concerns, Call: 703-778-9410 e-mail:

mclean@connectionnewspapers.com

Kemal Kurspahic Editor ***** 703-778-9414 kemal@connectionnewspapers.com

Chelsea Bryan Editorial Assistant 703-778-9410 ext.427 cbryan@connectionnewspapers.com

Alex McVeigh Community Reporter * 703-778-9441 amcveigh@connectionnewspapers.com @AMcVeighConnect

Victoria Ross County Reporter ***** 301-502-6027 rosspinning@vahoo.com

ADVERTISING: For advertising information e-mail: sales@connectionnewspapers.com

Trisha Hamilton Display Advertising 703-778-9419 trisha@connectionnewspapers.com

Andrea Smith Classified Advertising 703-778-9411 classified@connectionnewspapers.com

Debbie Funk National Sales 703-778-9444 debfunk@connectionnewspapers.com

Editor & Publisher Mary Kimm 703-778-9433 mkimm@connectionnewspapers.com @MaryKimm

Executive Vice President Jerry Vernon jvernon@connectionnewspapers.com

> **Editor in Chief** Steven Mauren **Managing Editor** Kemal Kurspahic

Photography: Deb Cobb, Louise Krafft, Craig Sterbutzel Art/Design: Laurence Foong, John Heinly **Production Manager:** Jean Card Geovani Flores

Special Assistant to the Publisher Jeanne Theismann 703-778-9436 jtheismann@connectionnewspapers.com

@TheismannMedia

CIRCULATION: 703-778-9426 **Circulation Manager:** Linda Pecquex circulation@connectionnewspapers.com Virginia

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6 ♦ McLean Connection ♦ August 21-27, 2013





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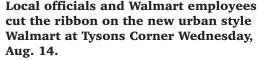


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Employees of the new Walmart in Tysons Corner celebrate their grand opening Wednesday, Aug. 14. The location is the first urban style Walmart.

Walmart Comes to Tysons

New store at Tysons West is first 'urban style' location.

> By Alex McVeigh THE CONNECTION

almart opened their first urbanstyle location in the country in Tysons Corner Wednesday, Aug. 14. The store, which is one of their "supercenters" will be open 24 hours a day, seven days a week and serves as the anchor of the JBG Rosenfeld Retail-owned Tysons West.

"This is the first urban style Walmart in the region, and it's going to pave the road for a lot of different things we want to do," said Marty Reighard, store manager. "When Walmart opens a new store, we have a blueprint that we go by, but for this project it was a lot different. The ability to have a stacked retail is something we haven't done before in this area, it was new to us. We went into the local community to give them what they want fore the opening. and what they need."

Moore Hummer dealership. The 16-acre lot, which more. also includes the Sheraton Hotel, was purchased Tysons West has approximately 500 spaces.

"This store has been in the works for about four ership and a parking garage. The vision that many is amazing to me."

give access to affordable medication. "We have signature locations. insured and uninsured," she said.

Westbriar Elementary School, Graham Road El- of what Tysons is."



Alex Barron, regional general manager of Walmart, presents employees of the new location in Tysons Corner with a drawing of the outside of the store during its ribbon cutting Wednesday, Aug. 14.

ementary School, the Westgate Elementary School this with a lot of questions, but what we have now PTA, Kids R First, the Capital Area Food Bank and is a result of getting together with a developer and the Leukemia and Lymphoma society the day be-

AFTER THE RIBBON WAS CUT, customers **PARTS OF THE BUILDING** where Tysons West streamed in and toured the store, wandering from and the new Walmart is located was formerly a the grocery section, to clothing, electronics and

"It's interesting to be one of the first customers by JBG in 2006. The development features about because I've never seen shelves that are completely 200 parking spots outside of the building along full of every single item," said Al Pechi of Vienna, Leesburg Pike, and a parking garage that serves who stopped by on his way to work. "I know Walmarts aren't exactly a popular thing to welcome into a neighborhood these days, but I think it's years," said Alex Barron, regional general manager. something that will serve more people than a car "We would drive around Tysons Corner in one of dealer ever could have." JoAnne Hardy of McLean our Walmart vans to search real estate sites, and said she thinks the store is a step in the right directhen we came to this one, an abandoned car deal- tion when it comes to Tysons Corner development.

"I like that it's open 24-7, and right next to one folks on our team had to bring this store to reality of the Metro stops, I think that's going to he a very good thing for residents and regular Metro travel-Jackie Ngo, pharmacy manager at the new store, ers," she said. Reighard said he looks forward to says she is excited about the location's ability to Tysons West becoming one of Tysons Corner's new

e than 300 generic drugs that are available for "There's going to be a lot of residential, some \$4 for a month's supply, \$10 for a three month's high rises, a very exciting place to dine, shop, play, supply, which will reduce health care costs for the relax, things like that," he said. "That's going to be the theme of this area, and within the next five to Walmart presented grants to Jill's House, 10 years, this location is going to be a central hub

ENTERTAINMENT

Send

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

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 spected 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 Awardwinning 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.

FRIDAY/AUG. 23

Barboursville Vineyards Wine Dinner, 6:30 p.m. Wildfire, Tysons Galleria, 2001 International Drive, McLean. Chef Eddie Ishaq creates a custom menu for a four course dinne paired with wine from Barboursville Vineyards. Jason Tesauro of rboursville Vineyards will speak about the wines. \$75 per person, plus tax and gratuity. For more information or reservations, please call Amanda or Erika at 703-442-

SATURDAY/AUG. 24

- Global Camps Africa's Shop for a Cause. 10 a.m.-9:30 p.m., at Tyson's Corner Macy's, 8000 Tyson's Corner Center, McLean. Macy's customers with a Global Camps Africa shopping pass receive special shopping ounts and benefit Global Camps Africa of Reston with pass proceeds
- OFTC Block Party. 4-10 p.m., at the Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. The McLean Community Center annua party features live music from Motown band Another Level, the McLean Teens Got Talent competition, a living history exhibit and free activities such as airbrushed tattoos, spin art t-shirts and a climbing wall. 703-448-8336 or

www.mcleancenter.org/teens/events

SUNDAY/AUG. 25

Providence House of Bounce. 2-4 p.m., at Providence Baptist Church, 8980 Brook Road, McLean. A day of giant inflatables, Wii games and snacks to make children jump for joy

Bulletin Board

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

MONDAY/AUG. 26

MCC Non-Resident Open Fall Registration at The McLean nunity Center, 1234 Ingleside classes (more than 80 options) aligning with various interests. Full listing of courses and 24-hour



Soulful folk-rock band The Post co-headlines with indie gospel singer/songwriter Jason Brown Wednesday, Aug. 28 at Jammin Java. Also playing are Mariah Maxwell and Vienna Idol winner Ethan Schaefer, opening for special guest Amy Andrews. https://jamminjava.com/events/august28. \$10. https://jamminjava.com/events/

august28

www.wolftrap.org.

www.wolftrap.org.

United States Army

FRIDAY/AUG. 30

inside the church gym.

THURSDAY/SEPT. 26

Great Falls Writing Group. 1-2:30 p.m., at the Great Falls Public Library in the large conference room, 9830 Georgetown Pike, Great Falls. The GFWG joins with matters surrounding the daily practice of writing on the agenda: local writers and authors within the community are invited to take part in the twice-a-month neetings. 703-757-8560.

TUESDAY/AUG. 27

Reflections on Koi. 10 a.m.-4 p.m. Tuesdays through Saturdays, at The Vienna Arts Society's Gallery in the Village Green, 513 Maple Ave. W, Vienna. Up through Oct. 5 in the gallery are Ruth Ensley's new series showing the light patterns that are created on the surface of water as colorful fish move fluidly beneath More than a dozen other members of the Vienna Art Society also have original paintings in the exhibition. 703-319-3220 or www.ViennaArtsSociety.org

WEDNESDAY/AUG. 28

WEDNESDAY/AUG. 28

The Post + Jason Brown With Guest Amy Andrews. 6:30 p.m., at Jammin Java, 227 Maple Ave. E. Vienna. New artists on the Washington, D.C. Metropolitan music scene, soulful folk-rock band The Post headlines with indie gospel singer/ songwriter Jason Brown and his band Ethan Schaefer and Mariah Maxwell open for special guest Amy Andrews.

TUESDAY/SEPT. 3

lowland-hum

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.

Life Line Screening. By appointment, at Sharon Masonic Lodge, Suite 327, 999 Balls Hill Road, McLean. Minimally Invasive Vascular Centers sponsors a screening for McLean area residents to reduce their risk of having a stroke or bone fracture. The screenings identify potential cardiovascular conditions including blocked arteries, irregular heart rhythm, bone density screenings, abdominal aortic aneurysms and hardening of the arteries in the legs, a strong predictor of heart disease; screenings take 60-90 minutes and are noninvasive and painless. \$159. 1-877-237-1287 or www.lifelinescreening.com

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Ave., McLean. Infants through senior adults who are non-residents of Small District 1A-Dranesville may register for continuing, affordable education registration is online. 703-790-0123, TTY: 711 or www.mcleancenter.org/ classes-trips.

Carly Rae Jepsen and Hot Chelle Rae. 7 p.m., at Filene Center, 1551 Trap Road, Vienna. Carly Rae Jepser makes her Wolf Trap debut this summer, bringing her dance-pop tunes such as "Call Me Maybe" and "Good Time," along with Nashvillebased foursome Hot Chelle Rae, \$30-\$42. 1-877-965-3872 or http://

THURSDAY/AUG. 29

Lyle Lovett and His Large Band. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Texan singer/ songwriter Lyle Lovett and his band fuse country music with hints of blues, gospel, and swing. \$24-\$42. 1-877-965-3872 or http://

The United States Army Field Band Jazz Ambassadors. 7:30-8:30 p.m., at Nottoway Park, 9537 Courthouse Road, Vienna. The Jazz Ambassadors-America's Big Band is the official touring big band of the www.armyfieldband.com.

Lowland Hum. 7 p.m., at Jammin Java, 227 Maple Ave. E., Vienna. Husband and wife folk-duo from North Carolina incorporate sight, sound, smell and touch into their show using visual elements that frame the performance area, hand-bound lyric books and essential oil burners. \$10. https://jamminjava.com/events/



Free Classes: August 21st - September 11th, 2013

Exhibition Dates: September 14th - September 21st, 2013

Location: YMM Art Space 8216 Old Courthouse Road, Suite C, Vienna, VA 22182

How it Works:

IVI YMM ART SPACE

- 1. Exhibition Theme: "Green Earth, Beautiful US"
- 2. Eligible Participants: Children and young adults (5 -18 years old)
- 3. Paint Your Bottle Classes: August 21st September 11th Bring your own bottle (plastic or glass)
- 4. Class Times: 5-11 years old 9am-10:30am; After 9/5 5pm-6:30pm (Wed-Fri) 9am-12:30pm (Sat-Sun) 12-18 years old 11am-12:30pm; After 9/5 3:30pm-5pm (Wed-Fri) 1-2:30pm (Sat-Sun)
- 5. We welcome any submission of artwork with our theme before September 11th

Awards Ceremony: September 21st, 2013 (11:00am to 12:00pm) Winners will receive exciting prizes from YMM Art Space.

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





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People

2-Year-Old Completes Summer Reading Program

cLean resident Jet Christian Randolph, age 2, was recently congratulated by Chris LaMarca, the branch manager of the Fairfax County Library, Dolly Madison branch for having 15 books read to him during the Fairfax County Public Library Summer Reading Program running through Aug. 31.

Jet, the son of former NFL Giant Thomas Randolph and attorney Evelyn Miller Randolph, who both manage the Friendship Heights offices of Monarch Title, has been an avid participant in the library, having read more than 200 books already.

Whether it's "Gotcha Louie," "It's A Tiger" or any of "The Berenstain Bears" books, Jet enjoys the journeys that the library makes available to him.

This year's winners who completed their summer reading goals received a certificate and coupon books full of delights such as a free soft serve cone from McDonald's, a complimentary child's meal at Old Country Buffet or a free admission to the Water Mine.



Jet Christian Randolph, a 2-year-old McLean resident and son of former NFL Giant Thomas Randolph and attorney Evelyn Miller Randolph, stands beside Chris LaMarca, branch manager of Dolly Madison. Jet had 15 books read to him this summer to complete the Fairfax County Public Library Summer Reading Program, which ends Saturday, Aug. 31.

How to Get Your Organization's Special Events in The Connection

Calendar Listings

The Connection Newspapers contain a Calendar of Upcoming Events every week. While we cannot guarantee that every event we receive information about will be listed, here is the information we need for your upcoming event to be considered for the Calendar. We welcome photographs of similar events held previously, which sometimes appear with Calendar items.

> Name of Event: Day of the Week, Date and Time: Name of the Place Event will Be Held: Address of the Place Event Will Be Held: Name and Phone Number for More Information: Three Sentences Describing the Event:

Please submit your calendar information at least two weeks before your event. Clear photographs from similar previous events are always welcome. All events should be open to the public. We give first priority to free events. E-mail listings to:

mclean@connectionnewspapers.com or mail to: Calendar, Connection Newspapers

1606 King Street Alexandria, VA 22314. For more information, call 703-778-9410.



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10 & McLean Connection & August 21-27, 2013

Week in McLean

McLean Community Center Begins Fall Class Registration

The McLean Community Center (MCC) opened registration for its fall session classes, events and activities on Monday, Aug. 19, for the residents of Small District 1A-Dranesville who pay a special real estate tax surcharge to fund the center. All others can begin registering on Monday, Aug. 26. MCC offers more than 80 classes this fall for infants through senior adults who want to pursue various interests. MCC offers 24-hour online registration and the center is located at 1234 Ingleside Ave., McLean, To view detailed descriptions of classes or to register, visit MCC's http:// website. www.mcleancenter.org/ classes-trips or call 703-790-0123.



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Sports

Langley Fall Sports Openers

The fall sports season is right around the corner for Langley teams.

The field hockey team will open its season at home against Lake Braddock at 7:30 p.m. on Monday, Aug. 26. The Saxons will host Herndon on Aug. 28 before competing in the Herndon Invitational Aug. 30-31.

The volleyball team will participate in a showcase tournament Aug. 30-31 at Richmond Volleyball Club. The Saxons will host Potomac Falls at 7 p.m. on Sept. 3.

The cross country team opened with the PR Kickoff Meet on Aug. 15, and will compete in the Monroe Parker Invitational on Sept. 7 at Burke Lake Park.

The football team will open at home against Yorktown at 7:30 p.m. on Friday, Sept. 6. The Saxons will follow with a home game against Stone Bridge on Thursday, Sept. 12 and a road game against T.C. Williams at 1 p.m. on Saturday, Sept. 21.

McLean Fall Sports **Openers**

The McLean field hockey team will open its season next week. The Highlanders will travel to face Yorktown at 7:30 p.m. Wednesday, Aug. 28. Their home opener is Sept. 10 against Fairfax, which won the last four Liberty District championships.



The McLean and Langley football teams, seen last season, will open their respective 2013 seasons on Sept. 6. McLean will host Washington-Lee and Langley will host Yorktown.

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The volleyball team will travel to face Westfield at 7:15 p.m. on Tuesday, Sept. 3. The Highlanders' home opener is Sept. 16 against Stone Bridge.

The cross country team will compete in the Monroe Parker Invitational on Saturday. Sept. 7 at Burke Lake Park.

The football team will open at home against Washington-Lee at 7:30 p.m. on Friday, Sept. 6. The Highlanders will host Marshall on Thursday, Sept. 12 and travel

to face Falls Church on Friday, Sept. 20.

McLean Finishes Runner-Up at Little League Softball World Series

The McLean All-Stars reached the cham-

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pionship game of the Little League Softball World Series, but fell short against Sunnyside from Arizona, 9-0, on Aug. 14 in Portland, Ore.

McLean won its first five games of the World Series, beating teams from Oregon, Puerto Rico, Ohio, Italy and New Jersey.

McLean team members were: Caitlin Jorae; Madison Wolfe; Gracen Govan; Kathryn Sandercock; Elizabeth Hoeymans; Rachel Remer; Julia Jones; Jamie Wang; Kate Haas; Cate Willing; Riley Simon; and Sarah Stahlman.

USA Hockey Team Camp to Include Public Day on Aug. 27

USA Hockey's 2013 U.S. Men's National Team Camp, which will be staged at the Kettler Capitals Iceplex in Arlington, will include a public day on Tuesday, Aug. 27. Tickets for the event are limited and are

on sale at ticketmaster.com.

All ticket holders will receive the following: player autographs; collectible puck; limited edition scarf; American flag; chance to skate; exclusive pre-order access to the Nike USA Hockey Olympic replica jersey.

In addition, NHL Network's Kathryn Tappen will host an on-ice program that will include the unveiling of the 2014 Nike Olympic jersey, the introduction of all 48 players attending the camp, and product giveaways.

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12 & McLean Connection & August 21-27, 2013

Education Learning Fun



One hurdle that parents and students, like these Height School chemistry students, led by teacher Peter Bancroft, face when making the transition from a relaxed summer schedule to a demanding academic year is the mental preparation for the pace and discipline that school requires.

Easing Into Back to School

End-of-summer tips to make the first day of school less stressful.

> By Marilyn Campbell The Connection

or some children, the transition from laid-back summer days to intensely structured school hours can be jarring. Moving from an environment where one's greatest challenge is deciding whether to choose chocolate or vanilla ice cream, to a routine that calls for getting dressed before dawn, heading to school and paying attention in classes all day can be jolting.

One of the most challenging aspects of returning to school, say experts, is children's loss of some control over their schedules. "In the summer, children have more control over their lives," said Alice Young, Ph.D., a professor of education at Marymount University in Arlington. "They have greater ability to make decisions about what time they're going to wake up and what they will do next. When they get ready to back to go to school, they control nothing. Parents and teachers tell them what they have to do."

"Humans are innately routine driven beings," said Len Annetta, Ph.D. professor in the College of Education and Human Development at George Mason University. "Whether or not it is hard wired or a learned behavior is often debated. Regardless, our bodies and minds often function better once in a routine. Parents would be wise to...start their children with a breakfast that is...consistent with what they will have during the school year [and] limit screen time to just educational activities or activities that get the brain thinking analytically."

There are schedule modifications that parents can implement now to make the first day of school less jolting, however, and local education experts offer tips that range from gradually modifying a sleep schedule to planning after school activities.

"Start getting back into a school-year sleep schedule," said Ashley C. Lowry, the upper school academic coordinator and

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Advanced Placement U.S. history teacher at Connelly School of the Holy Child in Potomac, Md. "It's important that students hit the ground running. Continuing to stay awake until midnight or later will not provide students with the brainpower needed to start the year off right."

Ann Richardson Miller, director of admission at The Madeira School in McLean, said "Sufficient sleep is critical to academic success. While harder to enforce at home, we believe strongly that this one simple thing can ensure success for transition into high school."

Setting goals, both academic and personal, is important when beginning a new school year.

Young says that parents should help children choose attainable goals. "Success breeds success. Early in the school year, set goals that are achievable," she said. "A bad goal is 'I'm going to make straight As this semester' if the child made Ds and Cs last semester. A better goal, for example, would be, 'I am going to turn in all my homework and not having any missing assignments during the first session."

One hurdle children and parents face when making the transition from the more relaxed summer schedule to the demands of the academic year is the mental preparation for the pace and discipline that school requires, said Michael S. Moynihan, head of the Upper School at The Heights School in Potomac.

"As study requires focusing one's attention and energy on texts or material to be mastered, it is necessary to start to build up the mental habits of focus and contemplation before one jumps into the classroom," he said. "The best practical way for parents to help their children do this is to build set reading times into the daily schedule in the days leading up to the start of the school year. Wise parents will help their children choose reading materials that are a bit challenging.."

To help jumpstart brainpower, Lowry suggests "spending two to three hours a day on school-related work. This can be working on required summer work, or exploring academic areas of interest. This helps dust off the cobwebs."



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S.I.C.U. By KENNETH B. LOURIE

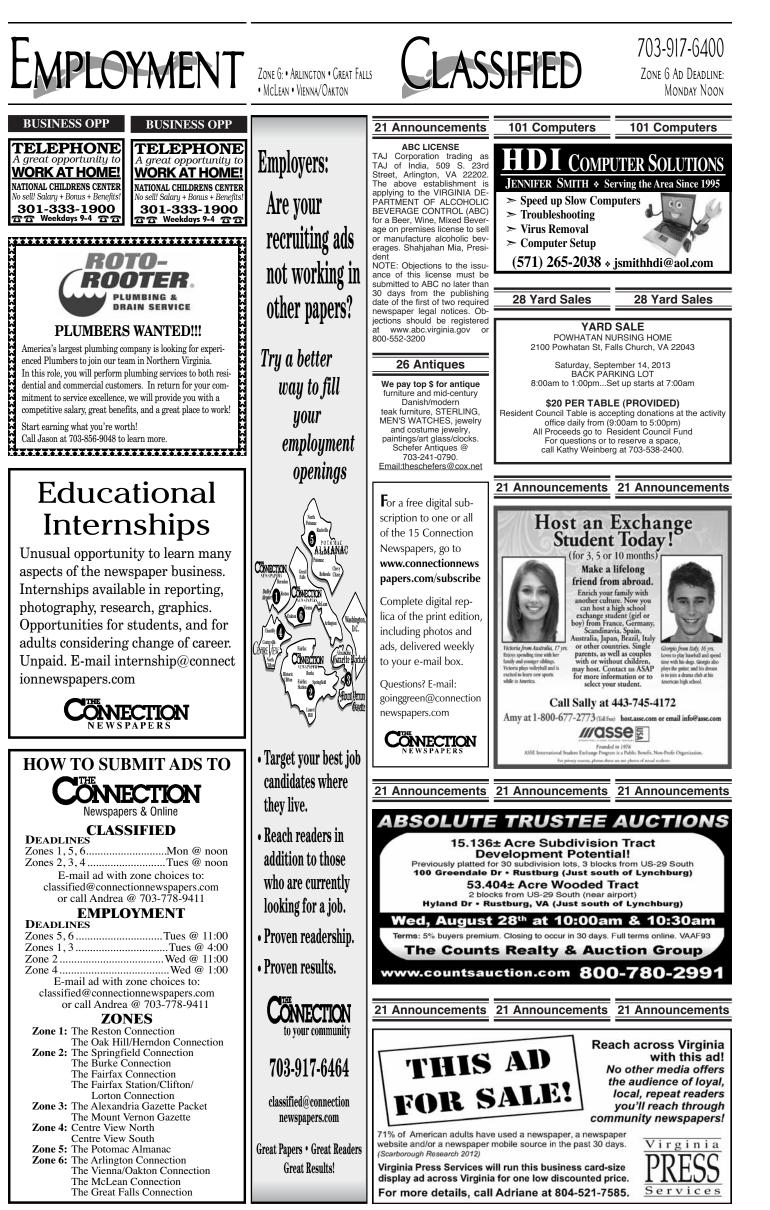
Surgical Intensive Care Unit. And why, pray tell, am I titling a second consecutive column with a hospital-related acronym? Because, for the second consecutive time when I feel like writing, I am still in the hospital, the Intensive Care Unit, to be specific. Three days after being admitted, (since I was having trouble breathing, talking and catching my breath), a thoracic surgeon and a pulmonologist performed emergency-type surgery on my left lung and withdrew 4.5 liters of fluid from it. Followed by, so I was told, a left lung which did not re-inflate (as we needed it to) further compromising my recovery. And though typically we can live with one good lung, for a stage IV, non-small cell lung cancer survivor however, such challenges are a bit beyond the pale. And that's how I looked pre-surgery: pale. In fact, the color was draining right out of my face. I describe that lack of color as ashen gray and death warmed over. It was not a good look.

But I have lived to fight another day/days. Three days now, post surgery, and after yet another CT Scan, my thoracic surgeon visited me and seemed pleased and somewhat surprised to report that, as evidenced by this most recent scan, my left lung seemed to look better than he had expected (given the surgical timeline), and had even inflated a bit. As such, tomorrow, the plan is to remove the 28-centimeter long chest tube which had been inserted into my left lung (from under my left arm) the purpose of which was-to/isto assist in draining any remaining fluid/"infiltrate" (doctor's word for schmutz) to hopefully enable the lung to heal and possibly expand. As the fluid continues to diminish and become clear, I, too, continue to improve. So I remain hopeful. However, what this clarity actually means in the shortterm (or even the middle- or long-term), I certainly don't know. Nevertheless, I have decided to not look askance at any good news I receive. If my doctors are happy, I'm happy.

When the chest tube comes out, it will be replaced by a narrower catheter, a more durable everyday-type tube. Apparently, I will henceforth be in the on-and-off business; letting any accumulating fluid in my lung drain and then sealing the catheter with a turn; somewhere between a spigot and a faucet, I imagine. I suppose I can live with that. What alternatives do I have, really? Living forward however, I don't anticipate I'll be running any marathons. Heck, I'll likely not even be able to watch any on television or in person either; and for a Bostonian, that would be disappointing.

Today, in the addition the miscellaneous and ongoing, medical assessments I regularly receive, my family and I will be meeting with the palliative care team. Presumably, given the recent changes to my health, it's a discussion which seemed prudent to have and thus a recommendation was made - to us. From what little I understand, palliative is not exactly hospice, nor is it giving up. It's not necessarily about dying either, but living in a more manageable and organized way in order to maximize options (non-curative though they may be) and minimize distractions/discomfort while seeking to improve one's overall quality of life. Moreover, if its suggestions lower stress, I'd be all the more grateful because what we got here, to quote Judge Roy Bean is, "a serious situation," and probably getting more serious by the day.

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



14 & McLean Connection & August 21-27, 2013



NEWS Fairfax County Police Officers Win Gold in Darts At World Games

airfax County Police officers Mike Tucker and Mark Kidd won gold medals in the darts competition at

the 2013 World Police & Fire Games in Belfast. The pair defeated dart throwers from numerous other countries in "501" doubles. "I thought coming to Northern Ireland we'd have much greater competition because in Ireland and the UK, dart is more their pastime," Kidd said. "And we did."

The World Police & Fire Games are one of the largest multi-sport, multi-venue athletic events in the world, drawing more than 12,000 competitors from police, fire and public safety agencies from more 70 countries. The games will be hosted by Fairfax County in the National Capital Region in 2015.

The atmosphere was one of camaraderie and good times among old friends, and the people of Belfast were very friendly and helpful, Tucker said. "One of the best things here, competition put aside, is just meeting all the different people from all the jurisdictions," he said.

Tucker and Kidd are among a group of about 60 men and women from the National Capital Region who are part of a large contingent of American competitors at the 2013 Games in Belfast.

As liaisons to Fairfax 2015, Kidd and Tucker hope to bring the lessons they've learned competing against the world's best fire and police dart throwers when the games come to the National Capital Region in two years. The two police officers won bronze when they competed in the 2011 World Fire & Police Games held in New York. "Darts is really a worldwide competition especially when it comes to the UK, Australia and South Africa. When we come to Fairfax, we are going to make sure it's done, and done right and make sure we please everyone across the globe," Kidd said. The 2013 darts competition was held at the Newforge Country Club in south Belfast, home to the Police Athletic Association of Northern Ireland.

FAIRFAX 2015 is a nonprofit organization established by Fairfax County to organize, manage and operate all activities related to hosting the 2015 World Police & Fire Games. The 2015 games will take place in more than 40 venues throughout the National Capital Region (VA, DC and MD) from June 26 to July 5, 2015. Beneficiaries of the 2015 WPFG will include the U.S. National Law Enforcement Memorial, the U.S. National Fallen Firefighters Memorial and the local Valor Awards Scholarship Fund. The games are projected to attract more than 30,000 visitors to the Washington, D.C. area and generate an estimated \$80 million for the regional economy.

For more information, go to: www.Fairfax2015.com or www.wpfg2013.com.

McLean Connection & August 21-27, 2013 & 15

