

McLean Woman's Club Holds Annual Kickoff Tea News, Page 16

September 4-10, 2013

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# **OVER 70 HOMES SOLD SO FAR THIS YEAR!**



# NEWS It's Back to Churchill Road in McLean

First day for first graders, other students at Churchill Road Elementary.

> By Ryan Dunn The Connection

n Tuesday, Sept. 3, parents, students and faculty came together at Churchill Road Elementary School in McLean for the first day of school. Danielle M. Mazurowski, a music teacher for nine years at Churchill Road, was at one of the doors greeting people as they entered into the cafeteria. "It is always a great day, the first day of school," said Mazurowski.

David Suchoski, one of the school's first grade teachers was preparing papers for the day's activities. "It is always exciting and wonderful to have a new start. I am just as nervous as the kids," said Suchoski. A resident of Falls Church, this is Suchoski's 28th year teaching at this school. Suchoski previously taught first, third, and fourth grade, and welcomes the return to teaching first grade classes.

"By far you see the most growth, both intellectually and socially, in kids during this time. They may enter in first grade and not be able to fully write their names and when they leave they will be able to read," said Suchoski. "It is refreshing to be in a situation where you make an impact with the kids. It is a great deal of work but the benefits outweigh the challenges."

First grade teacher Elizabeth Diffie was also preparing for the day's activities.

Diffie has been teaching on and off for 30 years, and has 10 years teaching experience at Fairfax County schools. "I love this community, it is warm and has caring families, and a fabulous staff of teachers. We are also very involved in ecology and recycling," said Diffie.

The school has an active Eco Team, and redistributes unopened food to local food banks. Churchill Road is proud of its Enviroment-Based Education Program and the connection it makes with students. "We have a winter garden and now have pumpkins growing. First grade is all about helping students fall in love with school and the process of learning, inspiring students so hopefully they will want to continue learning," said Diffie.

Teacher Mary Lynn Robosky was looking forward to the first day of school.

"This is my first year teaching first grade at this school," said Robosky. This will be Robosky's third year at Churchill Road Elementary, where she has previously taught other grades.

"We are looking forward to a lot of hands on experience ... being a first grade teacher, has been a dream of mine. My first grade teacher, Ms. Helman, was so memorable.

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A father walks his son to Churchill Road Elementary

School for the first day of school on Tuesday, Sept. 3.

Students assemble by the sidewalk outside Churchill Road Elementary School on the first day of school.



First grade teacher David Suchoski.

You always remember your first grade teacher," said Robosky.

Some parents brought cameras to record the moments their children returned to



First grade teacher Elizabeth Diffie. Robosky.

school. "We are super excited, and can't believe our son is already in the first grade," said local resident Trita Parsi. "I think this is really one of the best schools in the area,"



First grade teacher Mary Lynn

said parent Lucy Sum.

To learn about Churchill Road Elementary School, visit their webpage at: http:// www.fcps.edu/ChurchillRoadES/.

## News

Chesterbrook Charity Swima-thon participants get ready to swim.





Event organizers, Jake Huber and Meagan McArthur, rising seniors at McLean High School.

### Chesterbrook Swimclub Raises More Than \$3,000 in First Charity Swim-a-Thon

Chesterbook Swim and Tennis in McLean hosted a Charity Swim-a-Thon on Saturday, Aug. 31, to benefit two charities with close ties to the membership. The first charity, Nadar por Vida, works to break the cycle of drowning and minority obesity in traditionally non-swimming populations. For several years, Chesterbrook teens have volunteered coaching for NPV. The second charity, Environment Virginia—Research and Policy Center, is an educational organization dedicated to protecting air, water and open spaces. Environment Virginia was chosen to memorialize Chesterbrook's beloved former vice president, Ken Meade, who died tragically earlier this summer.

The event was organized by Jake Huber and Meagan McArthur, rising seniors at McLean High School and longtime Chesterbrook swim team members and coaches. More than two dozen swimmers participated in this fun event with the youngest member, five-year-old Alex Valencic swimming twelve laps. Event organizers, Jake and Meagan, reported that more than \$3,000 was raised at the event. They described it as "a fantastic event which really brought the community together at the end of the summer in support of these two great causes." They are planning to make it an annual occurrence.



Youngest swimmer, Alex Valencic, 5.



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## COMMUNITY

### Used Book Sale To Be Held Sept. 20-22

The McLean Branch of the American Association of University Women (AAUW) will hold its 44th AAUW Annual Used Book Sale at the McLean Community Center, on Friday Sept. 20 from 9 a.m. to 7 p.m.; Saturday, Sept. 21 from 10 a.m. to 6 p.m. and, Sunday, Sept. 22 from noon to 4 p.m.

Funds raised last year from the 43rd Annual Used Book Sale, contributed both to local scholarships and also to national AAUW efforts. Nationwide, the 165,000-member organization of AAUW awarded \$4.3 million dollars in fellowships, grants, research projects, legal advocacy and leadership training for women and girls. The community support and the thousands of hours of volunteer labor donated by the Branch members and the facilities donated by the Vienna Sun Trust Bank resulted in the McLean Area Branch of AAUW being recognized nationally and state-wide for outstanding achievement in fund raising.

Among the AAUW's 1,000 branches and 800 colleges and universities partners, the McLean Area Branch of AAUW received five fundraising awards for 2012.

The AAUW McLean Area Branch achieved first place in total branch giving to the AAUW Public Policy Fund, which is nationally recognized to be one of the top advocates for laws and policies that are fair to women.

The AAUW McLean Area Branch achieved fourth place in total branch giving to the AAUW Leadership Programs Fund which helps develop women's potential to lead in their schools, communities and country.

The AAUW McLean Area Branch achieved fifth place in total branch giving to the AAUW Legal Advocacy Fund, which serves as one of the top protectors of the legal rights of those facing discrimination.

The AAUW McLean Area Branch achieved seventh place in total branch giving in Combined Support to all of AAUW's programmatic areas.

And to top it off, the AAUW McLean Area Branch was recognized as one of the ten top branches to contribute to the AAUW Eleanor Roosevelt Fund. This fund enables top researchers to provide understanding of issues that are important to women and girls.



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News

The annual sale boasts more than 50 sellers.



## McLean Community Center to Host Flea Market

McLean Fall Community Flea Market will be held on Saturday, Sept. 7.

s the season changes and students prepare to go back to school, the McLean Community Center offers local residents an opportunity to change their "trash into cash" by selling their gently used items. The center's McLean Fall Community Flea Market will be held from 9 a.m. to 1 p.m. on Saturday, Sept. 7, in the parking garage located at 1420 Beverly Road (behind the Giant Shopping Center). Admission to the sale is free.

The first, biggest and best sale of the season, the annual sale boasts more than 50 sellers. Commercial vendors and flea market dealers are also welcome to participate in the sale. Vendor spaces are available on a first-come, first-served basis for \$45. Vendors can register in person at the center or online at the www.mcleancenter.org, using Activity No. 2001.213. The deadline to apply is Thursday, Sept. 5.

To register or for more detailed information, call the center at 703-790-0123, TTY: 711, or visit www.mcleancenter.org/special-events/upcoming.



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The McLean Community Center offers local residents an opportunity to change their "trash into cash" by selling their gently used items.



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## OPINION Later Start Times for High School

### It's past time to act; let this year be the year.

uesday morning, Sept. 3, the first day of school in Fairfax County, Dr. Karen Garza began her official day at 6:30 a.m. at Chantilly High School. While Garza was making Editorial herself available for interviews before the first class started at 7:20 a.m., many

students were already on the school bus. That means the students, and most likely their sleep-deprived parents, were rousted out of bed before 6 a.m., a time that is essentially the middle of the night for teenagers.

The science on teenagers, sleep schedule, health, learning and more all points in a single direction.

"The scientific evidence is irrefutable: chronic sleep loss and disruption in circadian

#### LETTERS TO THE EDITOR

#### Heading to Polls Saving the Book

To the Editor:

To the Editor:

Thanks to the Connection and reporter Victoria Ross for the "Every Year is Election Year in Virginia" information in the Aug. 28 edition. I hope that readers will clip and save the article and then go to the polls and vote on Nov. 5.

I would like to add two points that were not mentioned in the article:

 Virginia citizens who have a current Virginia driver's license or ID card issued by the DMV can now register or update their registration information online by going to: https:/ /www.vote.virginia.gov.

The Fairfax County Office of Elections will need over 2,000 election officers to work at the polls for the Nov. 5 election. Persons with fluency in several languages are especially needed. Persons able to spend election day plus several hours for training to "help make democracy work" can sign up by calling the Office of Elections at 703-324-4735 or going to the office's website at: http://www.fairfaxcounty.gov/ elections/working.htm# electionofficer.

The League of Women Voters of the Fairfax Area (LWVFA) will be tion. Stop by.

#### Therese Martin LWVFA first vice president

times are associated with negative consequences including poor academic performance, increased sport-related injuries, and potential long-term increases in cardiovascular and metabolic (i.e., type 2 diabetes) health risks, said Judith Owens, MD, director of Sleep Medicine at Children's National Medical Center. "We

know that delaying high school start times increases total sleep time and positively impacts academic achievement and school attendance. There are

also documented mental and physical health benefits for students that include reductions in rates of depression and fewer drowsy driving crashes."

Children's National Medical Center's Division of Sleep Medicine has been contracted by the Fairfax County School Board to develop a plan to delay high schools' start time to 8 a.m. or later. A 2011 survey showed that more than a quar-

ter of 10th and 12th grade students were get-

rhythms associated with early high school start ting less than five hours of sleep on school nights, about half of the recommended eightand-a-half to nine-and-a-half hours of sleep for teenagers

> Sleep deprivation can also affect teen mood and ability to cope with stress. About a third of Fairfax County students surveyed in the last county student youth survey reported feeling depressed, with more than 15 percent reporting that they had considered suicide in the past vear.

> Fairfax County Public Schools, with a new superintendent supportive of later start times, is poised to do the right thing. It's time to make this the last year that high school begins at 7:20 a.m.

> For more information see http:// smartschoolstart.wordpress.com/ and http:// www.sleepinfairfax.org/

> > — Mary Kimm, MKIMM@CONNECTIONNEWSPAPERS.COM

ever be another child who reads these words from this very book, "Listen my children, and you shall hear/ Of the midnight ride of Paul Revere."

I cannot bring myself to take it back to the library. The fate of this one book is important to me. It should be important to you. We need Fairfax County to understand we will not tolerate any more destruction of our library books. Write the Fairfax County Board of Supervisors. Write the Library Board of Trustees. Tell them to cancel the Beta Plan and revisit the Library Strategic Plan which seeks to replace our print books with eBooks. Do it soon. Every day more books are culled from the shelves and sent to the dumpster at Chantilly waiting for transport to the incinerator.

> **Kathy Kaplan** Reston

#### Write

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

Letters to the Editor The Connection 1606 King St. Alexandria VA 22314 Call: 703-917-6444. By e-mail: mclean@connectionnewspapers.com McLean

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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@yahoo.com

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

> Trisha Hamilton Display Advertising 703-778-9419

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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 @ connection newspapers.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

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I picked up a book of poetry at Reston Regional Library so I would have something to read my granddaughter at bedtime while we were at the beach last week. I found "The Children's Own Longfellow." It's illustrated with wonderful old, oil paintings. When

I was reading it to my granddaughter, I came across a poem my sixth grade teacher in Salt Lake City required us to memorize. "Under a spreading chestnut-tree/ The village smithy stands;/ The smith, a mighty man is he,/ With strong and sinewy hands." It was one of three poems we were required to memorize that year.

My teacher, Mr. Boyce, was a WWII veteran and brought home a French wife. Since he had had to learn French to talk to his wife, he decided we should, too. Every morning, all year, we conjugated French verbs. He really loved poetry. "One ship sails East,/ And another West,/ By the self-same winds that blow,/ 'Tis the set of the sails/ And not the gales,/ That tells the way we go."

Why is poetry important for children? For one thing, it adds complexity of language they cannot get from contemporary spoken language. It exposes them to an exat the Reston Multi-Cultural Festi- panded vocabulary. Poetry is also val at Lake Anne Plaza on Sept. at the nexus of cognitive experi-28 to register voters and provide ence and the creation of thought. (nonpartisan) election informa- It is where we go when we want to think new thoughts, to describe new experiences, to explore, playfully, how language works.

Poetry is also the only link we have to a pre-literate past from

culture with the written word. The Bible, Gilgamesh, Beowulf, Iliad and the Odyssey were all memorized and recited before they were finally put down on paper generations after they were first spoken. Those rhythmic poetic cadences are what we have left from our earliest experiences as human beings

before we began to transmit our

Chanting and rhyming repetition is how children learn and remember language. Who doesn't remember, "By the shores of Gitche Gumme,/ By the shining Big-Sea-Water,/ Stood the wigwam of Nokomis,/ Daughter of the Moon, Nokomis."

I found Susan Jeffers' illustrated Hiawatha at Reston Regional in with the other children's poetry. Much of that collection has been culled, sold away or burned. Now that my granddaughter knows from reading this edition of Longfellow that there are many more poems in the original Hiawatha, she wants to hear them all. Luckily, I have a copy of the entire epic poem.

But this little book, the one we read at bedtime last week, I worry about. When I take it back to the library will some wet-behind-the ears library page pull it for disposal because it's old? Inside the book it says it was published in 1908. Library Director Sam Clay is having library pages pull old books. Under the Beta Plan, a front-line librarian will not see this book again before it goes to the dumpster. Will the kid know that this is a recent printing? Will the kid ever have heard of Henry Wadsworth Longfellow? Will there

## NEWS Balancing Influence and Manipulation

### Local author Rob Jolles releases fifth book.

By Alex McVeigh The Connection

ob Jolles has spent 30 years writing and speaking about topics that can be difficult for others to pick up. Sales, public speaking, personal and business development are all subjects he tackles in his best-selling books. With his fifth book, "How to Change Minds: The Art of Influence without Manipulation," the 24-year Great Falls resident has focused on the personal level.

"My publisher had approached me about writing a sales book, but I had sort of resisted, and then I had an epiphany," he said. "I've told a lot of people how to make decisions over the years, but I've never told them why decisions are made."

In the book Jolles operates under the principle that influence is



Rob Jolles, Great Falls resident and author, has released his fifth book, "How to Change Minds: The Art of Influence Without Manipulation."

a good thing and manipulation is a bad thing, since the former benefits both parties, while the latter only benefits the person trying to change the other's mind.

"The idea when it comes to changing someone's mind is for someone to take my idea, and I put it in your head and make you think it's yours," he said.

Jolles says he is greatly con-



#### **ROB JOLLES**

#### The latest book by Great Falls resident Rob Jolles.

cerned about the ethics in trying to make other, so much so that he spends the first quarter of the book discussing the various ethical questions that come with influencing the decision making process.

"Basically, influencing someone is merciful, it could be influencing a driver who is too drunk to drive to hand over their keys, or speaking to an elderly parent who can barely walk about getting care, that's done for their benefit and for yours," he said. "When you're manipulating someone, that's only for your benefit."

Jolles's research has shown that almost 80 percent of people say they have a problem with something in their lives, such as being overweight or funny car noises, but only 7 to 8 percent have a problem that requires them to fix it, such as diabetes or a flat tire.

#### HIS GOAL IN THE BOOK is to

teach people how to reach that 80 percent and convince them to become more pro-active in making a decision before there is an issue. "People make decisions through

a process, and I'm interested in how to approach those decision points, and where to dip in and introduce an idea, how to create a trust," he said. "But the most important part is creating a sense of urgency. Not threatening, or anything like that, but people tend to stay in a situation until it becomes unbearable, and that wastes time, so the idea is to make a decision before it comes to that."

The book contains more than 20 "litmus tests," as Jolles calls them,

to help people make the distinction between influence and manipulation.

For someone who has written five books, Jolles estimates he has written "less than 10 hours" at his house. Instead, he likes to write on planes while traveling, he estimates he's traveled around 2.5 million miles in the air throughout his career.

"An airplane is like a white noise machine, it's the perfect place for me to write. From the time they start preparing to take off until I hear the beep and the announcement that I can turn on my laptop, I'm like a racehorse in the stall waiting for the horn, I'm ready to go," he said. "The airplane and hotel are the times I can be antisocial and sit down and write, but when I'm home, that's time for my family."

#### **"HOW TO CHANGE MINDS"** is available online at Amazon.com in paperback, enhanced e-book with videos, and as an audio book.

More information on Jolles, including his others works and his newsletter, can be found at www.jolles.com.



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# Wellbeing How to Set Realistic Goals

### Local experts say the key to success is setting achievable goals.

make a career change. As a wife, mother and working pro- say, one must be prepared for the fessional, the goal, she said, often work involved in making the shift. felt lofty.

looked at it as one huge project," Ph.D., assistant professor of psy-Fairfax. "I set goals like writing one how. page or doing one analysis each along the way."

Whether one desires to make a ca- Arsdale continued. reer change, set boundaries in an is difficult for some.

off the bandwagon is that they pick tain your perseverance. goals that are outside their behavplish," said Linda Berg-Cross, want to quit?' Ph.D., a therapist in private practice and a professor of psychology has over the situation is another at Howard University in Washing- key tactic. "A person should look ton, as well as a Potomac, Md., resi- at what they can change and what dent. "If you say, 'I'm going to ex- cannot change," said Van Arsdale. ercise an hour a day,' but you have "When setting a boundary with a full-time job and children, you another person, for example, a perreally don't have time to exercise son could say, 'Maybe I can change for an hour."

"If your goal is motivated by guilt, achieve that goal," she said. "If est changes you can think of that realistic, time-based) model when for dealing with things."

BY MARILYN CAMPBELL someone tells you that you need THE CONNECTION to lose weight, unless that realization has come home to you, it is aura Wheeler Poms, of not very useful. ... If you don't see Fairfax, set out to earn a the need, you're not going to be doctorate degree and motivated to accomplish it."

To make lasting changes, experts "Sometimes when people want to "Writing my dissertation at times make a change, they are not quite felt overwhelming, especially if I ready," said Amy Van Arsdale, said Poms, who now holds a Ph.D. chology at Marymount University in industrial/organizational psy- in Arlington and a therapist in prichology and is an assistant profes- vate practice who lives in Fairfax. sor of global and community health "And sometimes people want to at George Mason University in make a change, but they aren't sure

"Another reason that sometimes day and I was able to get it done. I makes it really hard for people to aries with someone they love, is While Poms set and achieved an because that person might feel ambitious goal, she and other psy- hurt, so the person who is trying chologists say many people do not. to change backs down," Van are part of your normal routine," setting and working to reach goals

Whether your goal is getting out unhealthy relationship or lose of a toxic relationship, making a weight, setting and achieving goals career change or maintaining an exercise plan, there are strategies "The biggest reason people fall that you can implement to main-

"If someone starts to give up," ioral repertoire, that are environ- said Van Arsdale, "I recommend mentally impossible or that they that they do a check-in and ask don't have the skills to accom- 'What is going on that makes me

how often I call my mother, but I Poms says that a person's reasons can't control how often she calls me for waiting to make a change could so I need to change how I respond, affect his or her success or failure. because I can only control myself." Berg-Cross recommends small, fear or regret, you're less likely to gradual changes. "Make the teeni-



<sup>-</sup> Laura Wheeler Poms

tinuum, little by little."

feel more powerful."

better than giving up."

Van Arsdale said that sometimes

For example, "If I didn't lose weight

the worse part?" she asks. "I am

having problems with my mother

and want to set better boundaries.

[If] I don't change set boundaries,

Re-evaluate specific goals and

tweak them if needed. "Sometimes

people set goals that are too high,"

said Van Arsdale. "If you set you

goals to go to the gym five days a

week and that it isn't happening,

instead go three times a week.

Hanging in there and tweaking

goals so that they work for you is

Poms recommends a SMART

(specific, measureable, achievable,

"The biggest reason people fall off the bandwagon is that they pick goals that are outside their behavioral repertoire, that are environmentally impossible or that also gave myself little rewards make changes like setting bound- they don't have the skills to accomplish." - Linda Berg-Cross, Ph.D.

**Amy Van Arsdale** 

she said. "It is not making behav-"Set small, achievable goals and ioral changes, it is fading from one get excited when you meet your behavior to another on a long congoals," she said. "Accentuate the small things that you've done."

Van Arsdale said, "Think how she asks clients to think in reverse. your life will change if you make the change, but be realistic. Sayand I didn't get in shape, what is ing I want to lose 10 pounds is vague. Saying 'I really want to be able to walk a 5K race with my friend' is more doable.'

This strategy also works in inter-Assessing how much control one I will feel powerless, and I want to personal relationships. "You have to figure out what it is about the other person that makes you feel the need to set the boundary," said Poms. "You have to figure out deep down what is the source of the irritation and then set a boundary, but you want to try to talk to that person first."

Get support from friends and family for any challenging goal. Also, "Don't set too many goals at once because it gets overwhelming," said Poms. "You need practical solutions



one's goals into small, gradual steps.

### Great Falls Senior Center to Host Capitol Squares

The Great Falls Senior Center (GFSC) hosts its first-ever dance program in September when the square dance exhibition team Capitol Squares of Washington, D.C. displays the footwork and choreography that have made them famous throughout the country.

In 2002, the Capitol Squares were formed to promote square dancing by appearing in parades and exhibitions. Dancers, some veterans of more than 30 years, are from Maryland and Virginia. The team's signatures are intricate patterns and movements such as octagons, hexagons and pentagons as well as traditional through dance."

After a demonstration, guests the event. He also is the group's September is Brightview Great shoes are a must

formed at major square dance The Sept. 10 event will be at the and Michigan.

call for the Capitol Squares at The event and food sponsor for McCabe at 703-438-0810.

Capitol Squares have per- the Western Pacific.

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four couple squares. Its motto is: Capitol Squares will perform at the Great Falls Senior "Sharing friendship and fun Center event on Sept. 10 at the Colvin Run School House.

will be invited to take a turn on creative choreographer. Since Falls, an assisted living commuthe dance floor. Comfortable 1960, he has called throughout the nity scheduled to open early United States, Canada, Europe and summer 2014 at 10200 Colvin Run Road. Reservations are a must. To re-

events in Washington, D.C., Vir- Colvin Run School House, 10201 serve, e-mail Joyce Trickett at ginia, Massachusetts, Connecti- Colvin Run Road, Great Falls. The joygoodshepherd@verizon.net cut, North Carolina, Kentucky program runs 11 a.m.-1:30 p.m. or call 703-887-5772. Guests Lunch will be served; a modest who require transportation to Butch Adams is scheduled to contribution is appreciated. attend, call Gene or Maddie



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## Congressman **JIM MORAN** presents

# **AFFORDABLE** CARE ACT:

# Making Health Reform **WORK** For **YOU** & **T YOUR FAMILY**

## Monday, September 16, 2013 | 7:00 pm

TC Williams High School | Auditorium | 3330 King St., Alexandria, VA

**Register at moran.house.gov** | For more information, contact **703-971-4700** 





"Buried Voices Etruria-Appalachia, Nos. 2 -4," encaustic, oil, charcoal, and dry pigment on paper, wood and carved laminated polystyrene.

Susanne K. Arnold

## Three New Exhibitions Open at MPA

cLean Project for the Arts will open three new exhibitions with a reception and gallery talk from 7 to 9 p.m. on Thursday, Sept. 12. The opening is free and open to the public.

♦ Buried Voices: Retrospective of Works by Susanne K. Arnold. An exhibition of works by Richmond-based and McLeanbred artist Susanne K. Arnold representing over 30 years of work. Arnold explores archeology, mythology and personal history through the mediums of painting, drawing and sculpture and has a particular interest in three-dimensional encaustic techniques. Mostly Landscapes: McLean artist Alex Tolstoy creates evocative, expressionistic landscapes that evoke a dream-like world, both beautiful and stark.

Connecting the Parts: Paintings by Carol Lukitsch. This well-respected midcareer artist will present a new series of seven triptychs, each one focusing on a specific energy center in the body. Exploring physics and microbiology as well as Vedic teachings and Hindu mythology, these paintings represent the artist's intuitive path towards energetic balance.

The exhibitions will run through Nov. 2. McLean Project for the Arts is a non-profit

visual arts center founded in 1962 to exhibit the work of emerging and established regional artists. In addition to its program of high quality, professionally-curated art exhibitions, MPA offers art classes for children and adults taught by professional art instructors. MPA also presents the Art Reach program for area schools, gallery talks, and day trips to area museums and galleries. MPA is a partner with the Virginia Museum of Fine Arts.

McLean Project for the Arts is located at 1234 Ingleside Avenue, McLean.

For more information, visit www.mpaart.org or cal 703-790-1953.

### MPA Presents Encaustic Art Talk on Sept. 20

Encaustic specialist Susanne K. Arnold will give a PowerPoint presentation at McLean Project for the Arts on Friday, Sept. 20 at 7 p.m. Arnold, whose work is currently on exhibit at MPA, will cover the history of encaustic and how it is being used today. She will also talk about the evolution of her own work. Encaustic is pigmented beeswax used as a painting medium and requires special handling.

The talk is free and open to the public, but reservations are requested at info@mpaart.org. For more information visit www.mpaart.org.



12 September 4-10, 2013

www.ConnectionNewspapers.com

HOME SALES in the McLean and Fails Glutter area. This week's list represents those homes sold in the \$3,875,000-\$220,000 range.

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News

### Weichert, Realtors Recognizes McLean Office, Sales Associate

Bruce L. Green, regional vice president of Weichert, Realtors, announced the McLean/Dolley Madison office was recognized for outstanding performance in July. The office led the entire company for dollar volume, as well as the region, which comprises offices throughout Fairfax, Loudoun, Fauquier and Delaware counties, for resale dollar volume.

Green also announced that Sales Associate Sari Zuhar Dajani of the McLean/Old Dominion office was individually recognized for his exceptional industry success during



Sari Zuhar Dajani

the month of July. Top producer, Dajani led the entire company for new home sales, as well as the region.

### Dr. Ericksen Joins Kaplan Center

Jeffery Ericksen, MD, an expert in regenerative medicine, joined the Kaplan Center for Integrative Medicine team, June 6.

Before joining the Kaplan Center, Dr. Ericksen served at the Hunter Holmes McGuire VA Hospital as an attending physician and as the director of the hospital's Interventional Pain Clinic and Polytrauma Network Site. Dr. Ericksen also holds an associate professorship at the Virginia Commonwealth University Medical College Department of Physical Medicine and Rehabilitation. He has won numerous awards for excellence in teaching and for contributions to the field of physical medicine and rehabilitation.

According to Dr. Kaplan, "Dr. Ericksen is a nationally recognized expert in regenerative therapies such as dextrose prolotherapy, platelet-rich-plasma (PRP) therapy and stem-cell injections to treat degenerative joint pain. Most importantly, having cared for military veterans for many years, he also understands the value of delivering comprehensive, coordinated medical care to patients living with chronic illness and pain." In addition to his clinical work,



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

#### SATURDAY/SEPT. 7

McLean Community Flea Market. 9 a.m.-1 p.m., 1420 Beverly Road, McLean. Recycle old items and purchase new ones. Free. Vendor spaces are accepted on a first-come, first-served basis for \$45: register using the form on the inside back cover of the program guide or online at www.mcleancenter.org by Sept. 5

**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. http://



Jeffery Ericksen, MD, regenerative medicine specialist.

Dr. Ericksen has presented his own research at national and international medical conferences. He has studied the biomechanics of older women's sacroiliac joints and authored or co-authored nine biomedical research papers on platelet rich plasma and other regenerative therapies. His articles have been published in scholarly journals such as the International Journal of Biomaterials, the Journal of Spinal Cord Medicine and the Archives of Physical Medicine and Rehabilitation.

Kaplan Center office is located at 6829 Elm St. in McLean. To learn more about The Kaplan Center for Integrative Medicine, visit their website at www.kaplanclinic.com.

www.fairfaxcounty.gov/dpwes/ trash/disphhw.htm. Free. Vienna American Association of **University Women Open House.** 10:30-noon, Oakton Library, 10304 Lynnhaven Place, Oakton. An

informational open house with refreshments and discounted membership dues available. ViennaAAUW@yahoo.com. Vienna Woman's Club Open House. 1-4 p.m., at Patrick Henry Library, 101 Maple Ave. E., Vienna. The service and civic organization supporting the Vienna community for more than 58 years holds a

membership drive at the library to

welcome newcomers. www.viennawomansclub.org. McLean Connection & September 4-10, 2013 & 13

## ENTERTAINMENT

#### WEDNESDAY-FRIDAY/ **SEPT. 4-OCT. 4** Artists Atelier Exhibit: Carol

Howard and Lisa Tureson. Reception Saturday, Sept. 28, noon-4 p.m., at The Artists Atelier, 1144 Walker road, Suite G, Great Falls. Meet the artists at the reception and view Tureson and Howard's work highlighting contrast as seen in both artists' style

#### SATURDAY/SEPT. 7

- AAUW Open House. 10:30 a.m.-noon, Oakton Public Library, 10304 Lynnhaven Place, Oakton. The Vienna branch of the American Association of University Women (AAUW) will host an open house for prospective members; light refreshments provided. 703-321 7499
- Ballroom Dance. 8-9 p.m. waltz lesson, 9-11:30 p.m. dance, at Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. Hall-N-Notes provides live music, featuring dance tunes from the 1930s to today, and Bill and TJ lead an optional lesson preceding a night of dancing (attire is ballroom casual). 703-759-2685 or www.colvinrun.org

#### **TUESDAY/SEPT. 10**

Great Falls Writer's Group. 1:15-2:30 p.m., at the Great Falls Public Library in the large conference room, 9830 Georgetown Pike, Great Falls. The first meeting of the Great Falls Writer's Group (GFWG) joins for discussion on the details of how to get published. Local writers and authors within the community are invited to take part in the twice-amonth meetings. 703-757-8560.

Mark Anthony. 8 p.m., at Filene

aged. For additional listings, visit www.connectionnewspapers.com

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.

Center, 1551 Trap Road, Vienna. Grammy-winning Latin superstar Mark Anthony appears at Wolf Trap for the first time . \$45-\$125. http:// www.wolftrap.org/ Filene\_Center.aspx.

#### WEDNESDAY/SEPT. 11

ZZ Top. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. The Texas band brings its unique blues-rock sound and rock anthems such as "La Grange" and "Gimmie All Your Lovin" to Wolf Trap. \$30-\$45. 1-877-965-3872 or http:// www.wolftrap.org

#### THURSDAY/SEPT. 12

Heather Maloney. 8 p.m., at Jammin' Java, 227 Maple Ave. E., Vienna. The sincere singer-songwriter plays with Naked Blue and Dean Fields. \$12.

#### SATURDAY/SEPT. 14

jamminjava.com.

Vienna Train Show. 9 a.m.-2 p.m. Vienna Firehouse, 400 Center St. S, Vienna. Children and adults are invited to view and purchase a variety of train-related merchandise and service. \$5; free for children under 12, scouts in uniform, and military with proper identification.

#### SUNDAY/SEPT. 15

Breakfast Buffet. 8 a.m. to noon, at American Legion Post 180, 330 Center St., N., Vienna. Enjoy a full breakfast while you meet your neighbors; on the menu are: omelets, scrambled eggs, blueberry pancakes, bacon and all the fixings. Adults \$8, children \$3. 703-938-1379.

#### FRIDAY/SEPT. 20

Send announcements to mclean@connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encour-

Encaustic Art Talk. 7-9 p.m., at the Emerson Gallery at McLean Project for the Arts, McLean Community Center, 1234 Ingleside Ave., McLean. Susanne K. Arnold gives an art talk on her three dimensional encaustic techniques. http://www.mpaart.org/ exhibitionsfutr.php.

#### SATURDAY/SEPT. 21

Encaustic Art Workshop. 10 a.m.-4 p.m., in the Susan B. DuVal studio at MPA, McLean Community Center, 1234 Ingleside Ave., McLean. Artist Susanne K. Arnold works with artists interested in the medium of encaustic, or hot wax and pigment, also using charcoal, tools and brushes to create works on panels; bring additional paper, tools, pastels, collage material, if desired, and a smock. \$60 per person (max of 10). info@mpaart.org.

Painting Demonstration: Robert Thoren. 1-4 p.m., at Color Wheel Gallery 65, 1374 Chain Bridge Road, McLean. Robert Thoren presents a painting demonstration and talk about painting and the "En Plein Air" artistic process. He will be demonstrating the painting process from initial drawing, to blocking in, to refinement and completion. 703-356-6345, X165

#### SATURDAY-SUNDAY/SEPT. 21-29

Around Town: A Plein Air Event. Various times, around Vienna; enter at Vienna Art Center, 115 Pleasant St. N.W., Vienna. The Vienna Arts Society calls artists to enter a plein air painting competition to win up to \$700 in awards. For entry details artists may either drop by the Vienna

BARBECUE, MOONBOUNCE, FACE PAINT, MECHANICAL BULL, RING-TOSS



COTTON CANDY, POTATO SACK RACE, CARNIVAL GAMES, LIVE MUSIC

#### www.ConnectionNewspapers.com

#### Russian Revolution and Hitler's Germany as a child and then served in the U.S. army and the U.S. State

Department. Free. For more information, call Len Ignatowski at 703-255-0353 or visit the web page at www.vva227.org.

Art Cente, call 703-319-3971 or

www.ViennaArtsSociety.org. The

paintings inspired by Vienna will be

judged, with awards presented at a reception at the art center on Oct. 5,

America's Adopt a Soldier 5K/10K

Fun Walk/Run. 10 a.m., at Lake

Fairfax Park, 400 Lake Fairfax Drive

Reston. Wear red, white or blue and

run or walk varied terrain in support

of America's Adopt A Soldier projects

homeless veterans or other items (see

for care package assembly during and

\$40. http://run-walk.eventbrite.com/

Library in the large conference room,

9830 Georgetown Pike, Great Falls. The Great Falls Writer's Group

(GFWG) joins for discussion on the

writers and authors within the

details of how to get published. Local

community are invited to take part in

the twice-a-month meetings. 703-

at http://run-walk.eventbrite.com/)

after the event. Preregistration only.

Great Falls Writer's Group. 11:15 a.m.-1 p.m. at the Great Falls Public

and programs; donate coats for

check the website

SUNDAY/SEPT. 22

**THURSDAY/SEPT. 26** 

757-8560.

SUNDAY/SEPT. 28

Flea Market. 8 a.m.-2 p.m., at

American Legion Post 180, 330 Center St., N., Vienna. Proceeds

benefit Project Enduring Pride and

children's charities: to rent a table

contact Richard Cunningham.

Ralph Covert's "Ralph's World." 11 a.m. and 2 p.m. Jammin' Java,

227 Maple Ave. East, Vienna. The Grammy nominee performs songs from his eight Disney albums in two family-friendly performances. \$15. 703-255-1566 or jamminjava.com.

"An Amazing American Immigrant

Lane Shopping Center, Vienna. Alexey Ivanchukow survived the

**Story.**" 7:30 p.m., Neighbor's Restaurant, 262D Cedar Lane, Cedar

drjazz777@mac.com.

SUNDAY/SEPT. 29

3-5 p.m.

#### ONGOING

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- Straight Ahead Jazz. 8 p.m., at the Maplewood Grill, 132 Branch Road, Vienna. Every Monday drummer Karl Anthony hosts a night of straight ahead jazz featuring guest musicians and open to sit-in musicians. www.maplewoodgrill.com.
- "Point of View" Photography Exhibition. Through Sept. 1; 10 a.m.-4 p.m., Tuesdays-Saturdays; 4 p.m. Vienna Arts Center, 115 Pleasant St., N.W., Vienna. The Vienna Art Society's annual judged photography exhibition showcases over 30 regional photographers. Free. 703-319-3971 or
- www.ViennaArtsSociety.org. "Share the Pie." Through Sept. 15. Paisano's Pizza, 8603 Westwood Center Drive, No. 130 B, Tysons Corner; 312 Maple Ave. W, Vienna. Mention "Boys and Girls Club" when ordering so that Paisano's will donate 10 percent of the order to support the Club. www.pizzapaisanos.com.
- Personalized ebook/e-Reader Instruction. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Learn about your e-reader and downloading eBooks; event continues through March 31st.

## FAITH

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

Antioch Christian Church celebrates Grandparents day at the 9:30 and 11 a.m. worship services on Sunday, Sept. 8. antiochdoc.org.

The Antioch Christian Church Chancel choir will meet to rehearse Thursdays at 7 p.m., 1860 Beulah Road, Vienna, and sings classical, spiritual and gospel music each week on Sundays at 11 a.m. Those who love to sing are invited; contact John Holley, choir director, 703-255-2761.

St. Timothy Episcopal Church, 432 Van Buren St., Herndon, hosts a Welcome Home Sunday service on Sept. 8; join at 8, 9:30 or 11 a.m. for the service (Sunday school classes are 9:30 a.m. and 11 a.m.). A BBQ picnic follows at 12:15 p.m. featuring a moon bounce. 703-437-3790

St. John's Episcopal Church, 6715 Georgetown Pike, McLean, invites all to a Homecoming Celebration Sunday, Sept. 8, with the annual Homecoming picnic following a 10 a.m. service. Register for church school, browse the ministries fair on the front lawn and catch up with community 703-356-4902 members. or www.stjohnsmclean.org.

Passages at Vienna Presbyterian Church, on the corner of Maple Avenue and Park Street, offers a 15week Divorce Care series Tuesdays, 7-9 p.m., beginning Sept. 24 for those going through the pain of separation or divorce. \$20 (covers materials, scholarships available). 703-938-9050, Passages@ViennaPres.org or www.viennapres.org.

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

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly 703-941-7000 basis. www.havenofnova.org.

**McLean Bible Church Fitness** Class at Body & Soul Fitness. Gain balance, energy and strength at 9:45 a.m. Mondays and Fridays. Free childcare for registered students. bodyandsoul@mcleanbible.org.

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

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

**Chesterbrook United Methodist** Church is at 1711 Kirby Road, McLean. Worship service is at 11 a.m. Sunday school is at 9:30 a.m. for adults and children. 703-356-7100 or www.ChesterbrookUMC.org.

**Centering Prayer Group** meets Fridays, 9:30 a.m. at Andrew Chapel United Methodist Church, 1301 Trap Road, Vienna. The hour includes a brief reading related to Centering Prayer, followed by a 20-minute prayer period. E-mail Martha Thomas at mmthomas211@hotmail.com or call the church at 703-759-3509.

The Jewish Federation of Greater Washington and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom. Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. ShalomDC.org.

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

Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton, offers the Religious Exploration (RE) program for all children, from pre-K toddlers through high school seniors, emphasizing exploration of all religious traditions while developing a personal spiritual path. The RE program offers classes on Saturday afternoons and Sunday mornings. 703-281-4230. <text>

Walker Chapel United Methodist ...703-538-5200 United Church of Christ

Bethel United Church of Christ ... 703-528-0937

Rock Spring Congregational United Church of Christ...703-538-4886

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## **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

To highlight your Faith Community, call Karen at 703-778-9422 

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The McLean Community Center

703-790-0123/TTY: 711

www.mcleancenter.org

## COMMUNITY

From left: Mildred "Millie" Thompson, Woman's Club president; Supervisor John Foust (D-Dranesville), Honorary Tour Host Admiral Kathleen L. Martin, Mrs. Albert Rosecan and Dr. Karen Kierce, owners of homes on the 2013 Holiday Homes Tour; Woman's Club Homes Tour Co-Chairmen Rosemarie Lazo and Jane Studabaker.

> Photos by Laura Sheridan/ Woman's Club

## McLean Woman's Club Holds Annual Kickoff Tea

### Planning for Holiday Homes Tour underway.

he Woman's Club of McLean held its annual "Christmas in August" Kickoff Tea on Thursday, Aug. 22, to preview its 47th annual Holiday Homes Tour in early December. This year's tour will have the theme of "four centuries in McLean," with each of the four tour homes representing a different century.

At the tea, club members welcomed Dranesville District Supervisor John W. Foust. Mr. Foust and his wife, Dr. Marilyn Jerome, are longtime supporters of the Woman's Club and offered their house for the Holiday Homes Tour in 2009. Other guests at the tea were Del. Barbara J. Comstock (R-34), honorary Homes Tour host Rear Admiral Kathleen L. Martin (Ret.), executive director of the Navy Marine Cost Guard Residence Foundation, including the Wounded Warrior Transitional Housing project at Vinson Hall; and the owners of two of the four homes on this year's tour. The tea was held at the McLean house of Susan Cooper Jordano, membership co-chairman of the Woman's Club, and her husband Tony Jordano.

December's tour will feature four houses, each of which represents a different century in McLean: a stone house reputedly built in 1754, a former public meeting house built in 1842, a colonial built in 1952 and later expanded and a uniquely modern home built in 2010. Each house will be decorated for the holidays and will highlight family life in McLean. In addition, Trinity United Methodist Church, at 1205 Dolley Madison Blvd., will host a MarketPlace, offering gifts and holiday items, a lunch and snack concession, and an auction that will sell chances on a variety of merchandise and services.

Woman's Club members have been working on preparations since February, when they began soliciting advertisements for the tour brochure. Additional efforts over the summer included selection of the homes, brochure preparation, publicity arrangements and plans for decoration.



From left: Woman's Club Homes Tour Co-Chairman Rosemarie Lazo, Woman's Club Membership Co-Chairman Susan Cooper Jordano and Virginia State Delegate Barbara J. Comstock (R).

All proceeds will be donated to local charities and nonprofit organizations, such as Share, Inc., Alternative House, the McLean Project for the Arts (The Children's Outreach), Claude Moore Colonial Farm, the McLean Volunteer Fire Department, Fisher House and the McLean Symphony, as well as used for scholarships and education.

The tour will take place on Thursday, Dec. 5, from 10 a.m. to 3 p.m. Tickets will be available in early October at local businesses, including Mesmeralda's Gifts of McLean, Karin's Florist of Vienna and Great Dogs of Great Falls or may be obtained at one of the homes on the tour.

—Laura Sheridan



Kidsinger Jim and Friends will bring all-original "POSITIVE-ly Fun" songs to the McLean Community Center on Sept. 28.

## Celebrating the Change of Season

Children can welcome the change of season at McLean Community Center's Harvest Happenings.

oung children ages 3-8 can experience the fun and excitement of the changing of the seasons as they participate in a variety of activities at the McLean Community Center's Harvest Happenings. The event will be held from 11 a.m. to 2 p.m. on Saturday, Sept. 28, at the center, located at 1234 Ingleside Ave. General admission is \$5 at the door; admission is free for children up to 36 months old.

Kidsinger Jim, a children's entertainer who sings and plays guitar while his farm animal friends roam and interact with the audience, will perform at the event. Jim has been singing his all-original "POSITIVE-ly Fun" songs exclusively for children and families for 20 years. A former preschool through elementary school music teacher, he has performed more than 3,500 concerts to date.

Activities include amusement and carnival games and arts and crafts projects. Participants can purchase and decorate small pumpkins. A variety of child- and adult-friendly food



Children ages 3-8 can experience the fun and excitement of the changing of the seasons as they participate in a variety of activities at the McLean Community Center's Harvest Happenings.

choices will be available for purchase as well.

For more information, call 703-790-0123, TTY: 711, or visit the center's website: http:/ /www.mcleancenter.org/kids/ events.

16 & McLean Connection & September 4-10, 2013

## Sports McLean's Geisler Ties School Goal-scoring Record

### Senior scores five goals in win over Yorktown.

By Jon Roetman The Connection

rika Eckrod showed the McLean field hockey team can score quickly. Christin Geisler showed the

Highlanders can score often.

Together, the senior forwards helped set the tone for what head coach Summer Vanni hopes could be a state-tournament-caliber squad.

Eckrod scored 20 seconds into McLean's season opener against Yorktown and Geisler tied a school record with five goals as the Highlanders secured a 7-1 mercy-rule victory over the Patriots on Aug. 28 in Arlington.

Geisler scored three goals in the first half as McLean built a 5-1 halftime lead. She converted a stroke early in the second half and ended the game via mercy rule with her fifth goal at the 5:03 mark. The game ends if a team is ahead by six goals at the midway point of the second half.

Geisler's five goals tied a school record set last season by Sofia Andreoli.

"The ball was in the offensive half the whole game," Geisler said, "and that just opened up tons of opportunities for me to score [and] for Erika to score."

Eckrod came out aggressive, swiping the ball from Yorktown and scoring the game's first goal just 20 seconds into the contest. She added a second goal in the first half.

"Our last [scrimmage], I was having trouble recovering and my first goal was to be better at attacking the ball," Eckrod said. "I just saw the opening to the ball and took it right away."



McLean senior Christin Geisler tied a school record with five goals against Yorktown on Aug. 28.

McLean led 3-0 when Yorktown's Melissa Land scored with 19:28 remaining in the first half, cutting the Highlanders' lead to two. Geisler answered with her third goal with 12:18 left in the half, and Eckrod scored nearly six minutes later.

"As two forwards, their expectations are obviously to score, but they're also captains, as well, so their leadership skills are really important," Vanni said. "Both girls offer speed, as well as strength and athleticism to [make] plays that not a lot of my athletes can do naturally. They're impressive. They've worked hard over the last couple seasons and now it's their time in the spotlight."

McLean traveled to face Centreville on Tuesday, after The Connection's deadline. The Highlanders will play three games in Virginia Beach this weekend before hosting

Fairfax at 7:30 p.m. on Tuesday, Sept. 10.

McLean senior Erika Eckrod scored two goals against

Yorktown, including the game's first goal just 20

seconds into the contest.

"We've got a serious group, which I don't always have," Vanni said. "They can be goofy, but they've got a really good mentality to win a lot this year, so that's the plan. "... I'm not going to jinx us, but the sky is

the limit with this team. We're going down to Virginia Beach [this] weekend to play three games, and I hope to be down there in November for the state tournament."

# What a Difference a Year Makes

### Langley field hockey wins Herndon Invitational.

hen the Langley field hockey team started practices at the beginning of August, coach Jennifer Robb, returning for her 13th season, felt good about what she was seeing on the practice field. Langley has nine returning varsity players, including seven seniors, and a number of strong new offensive talents that played for the junior varsity team last year.

Little did she realize that Langley would start the season so strong, winning their first league game and then taking the Herndon Invitational Field Hockey Tournament champion-

ship trophy this past Labor Day weekend. And Langley did it in impressive fashion, outscoring their first four regular season opponents by a margin of 15-0, and then beating powerhouse Madison in a tight 3-1 contest to win the tournament. This was the first time that Langley has won the Herndon Invitational since it began in 1996; its best showing was a runner-up finish in 1999.

"I am so proud of the way the girls played throughout the entire tournament," Robb said. "They played as a team with great passing and a level of aggressiveness that allowed them to control the field of play. Not only did they play

great defense but they finished strong and scored a lot of goals. What a great way to begin the season!'

In addition to winning the tournament, seniors Erin Klein and Lizzie Rollman and sophomore Halle Duenkel were named to the all-tournament team for their outstanding play.

Langley is anchored by an experienced defensive corps, led by senior captains Amanda Lund and Julia Pierce, as well as senior Klein. Their goalie, Brittony Trumbull, had a great tournament, stopping all but one shot. Their starting offense includes all returning players in addition to Duenkel,



The Langley field hockey team celebrates with the trophy after winning the Herndon Invitational.

Morgan Kuligowski and Kaylea Maggie Farnsworth. The other von Seggern, all sophomores who returning offensive starters inmade an immediate contribution in the tournament by scoring 11 of the 15 goals, led by Duenkel's seven. The other four goals in the tournament were scored by Rollman (3 goals, 4 assists) and

clude juniors Delaney Burkart and Nichole Hottle, and senior Rollman.

Langley's next game is against Oakton on Monday, Sept. 9.

### Indeterminate Sentence

#### By KENNETH B. LOURIE

And no, that's not another madeup phrase by yours truly describing my occasionally cluttered/run-on prose with which many of you extremely patient regular readers are all too familiar. No, it has to do with how I perceive my future now that I'm post-hospital and sleeping in my own bed. Instead of nurses, respiratory therapists, X-ray technicians, doctors and miscellaneous other hospital staff too numerous to list. I have one wife and five cats to do my bidding. And though they're not nearly as attentive as the hospital staff, I know that they all have my best interests at heart.

Not that I thought I was going to die during this most recently-writtenabout hospital stay; still, the experience was unsettling and reminded me of how fragile and maybe even precarious my situation might be. As much as I try to ignore certain stage IV, terminal-type facts/prognosis, a four-day stay in S.I.C.U. sort of brings the reality into sharper focus, despite my best – and continuing – efforts to delude myself otherwise.

As I sit here at home, comfortably and relatively normally (I know, "normally" is a relative term), I am betwixt and between emotionally. I can't decide if this hospital stay has given me direction or misdirection. Do I now have a truer, more honest sense of my own insecurity (mortality) or have I just created a false sense of security in its place – having survived the ordeal so unexpectedly well?

I realize I'm not bullet-proof; but if there ever were a hollow point-type metaphorical bullet, stage IV nonsmall cell lung cancer would likely be it; it's a killer, usually. However, I can't help but feel empowered somehow, more confident even, in my body's ability to withstand the rigors an incurable disease can impose. I'm sure there's a toll to be paid, but so far, I'm living proof that statistics are not exactly about everybody, if you know what I mean. I know that wishing and hoping don't necessarily make it so, but after yet another experience where I far exceeded my doctor's rather modest expectations, I can't help but feel more positive about my prospects (there's my delusional naïveté rearing its illogical head).

In February, 2009, I was "prognosed" to live "13 months to two years" according to my oncologist. Yet, here I still am, four-and-a-half years later, released from the hospital, better than when I went in. Anything is possible: I think I've proven that. And I don't intend to stop now.

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





## News Great Falls to Celebrate Arts In October

reat Falls Studios (GFS) will celebrate a decade of art on Saturday, Oct. 5 at the Great Falls Community Library, 9830 Georgetown Pike, Great Falls. This is an opportunity to meet GFS artists, view some of their original work, enjoy hands-on activities and learn the stories of their studios. A 10th Anniversary book is scheduled to be released that day—a community occasion to celebrate creativity.

On Saturday, Oct. 19 and Sunday, Oct. 20 join GFS on a self-guided driving adventure to art studios tucked along the scenic roads of Great Falls, at the 10th Annual Great Falls Studios Art Tour: 60 member artists—painters, potters, sculptors, jewelry makers, photographers, digital artists, a weaver, a printmaker, a wood carver, two quilters, a layered-paper artist, and other talented folk—will be opening the doors to their individual studios, the three group ateliers in town, and several shared venues created just for the event.

Artists will be demonstrating their crafts and techniques, engaging in inspiring conversation and some will offer visitors a chance to touch, dabble or scribble. All artists will be selling art "Made in Great Falls."

Sun Design Remodeling Specialists, Inc. is a sponsor of the event. See the craftsmanship of this award-winning home remodeler, at the house tour running concurrent with the art tour.

Throughout the weekend, the Great Falls Community Library will serve as "Studio Tour Headquarters." Tour information will be available and a photography exhibit in the large conference room will feature the portraits of 16 GFS members and their studios featured in the 10th Anniversary book created to commemorate a decade of art in the village. Dean Souleles, co-editor/photographer of the book, will be on hand to answer questions.

Additional information, member artist bios and images of their work can be found at www.Great FallsStudios.com.

Great Falls Studios manages several exhibit venues in the community. The public is invited to Katie's at The Old Brogue Irish Pub/760 Walker Road, Great Falls; Seneca Hill Animal Hospital, Resort & Spa/11415 Georgetown Pike, Great Falls; and a new space featuring the work of local elementary school students at Starbucks at Great Falls Center/9862 Georgetown Pike, Great Falls.

#### School Notes

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

**Megan Kent** of Great Falls has graduated from Georgetown University with a master's in public relations and corporate communications and a 3.96 GPA. She currently works as the director of marketing, communications, and public relations at Marshall Moya Design and in Nuevo in Washington, D.C.

www.ConnectionNewspapers.com

McLean Connection & September 4-10, 2013 & 19

## **Award-Winning Connection Newspapers**

More Reasons the Connection Newspapers are the Best-Read Community Papers Winners of Awards in the 2012 Virginia Press Association and Maryland-Delaware-D.C. Press Association Editorial Contests

#### Best in Show, Non-daily Artwork

The top prize when the first place winners of all the design categories for all Virginia Press Associationmember, non-daily papers are judged against each other.



#### Jean Card, Laurence Foong, Craig Sterbutzel, Fairfax Connection: Informational

Parks in Fairfax

Graphics

Jean Card

County Win, Place, Show for Alexandria



Craig Horrock, Sterbutzel

**First Place** \* Nicholas Alexandria Gazette Packet: In-depth or investigative

Laurence

Foong

Nicholas \* Montie Martin, Alexandria Horrock Gazette Packet: Indepth or investiga-

#### tive reporting • Guns From the South Third Place Michael Lee Pope, Alexandria Gazette Packet: Indepth or investiga-

**Second Place** 

Montie Martin

reporting

#### **First Place Winners**

\* Jean Card, Laurence Foong, Craig Sterbutzel, Fairfax Connection: Informational Graphics • Parks in Fairfax County \* Nikki Cheshire, Great Falls

tive reporting

• Looking Behind the Numbers



Rescue at Great Falls \* Deb Cobb, Mount Vernon Gazette: Online Slideshow Daily Patrols Take to the Water Deb Cobb,

Nikki Cheshire

for a Reason **\*** Laurence Foong, Michael Lee **Pope**, Alexandria Gazette Packet: Informational Graphics

Reston

Connection:

General news



Connection: Breaking News Photo

Michael

Lee Pope

Bonnie Hobbs, Centre View North: Public Safety Writing \* Kenneth Lourie, Arlington



Hobbs

Alex

Pope, Arlington Connection: Multimedia News Report • Secret Police Michael Lee Pope, Alexandria Gazette Packet: Business and

\* Michael Lee Pope, Mount **McVeigh** Vernon Gazette: Breaking News Writing

\* Victoria Ross, Springfield Connection: In-depth or

Element of

Michael Lee

Learning

#### • Immigration Second Place Winners

Investigative Reporting

\* lean Card, Mount Vernon Gazette: Page Design **\* Bonnie Hobbs**, Fairfax

Jeanne

Louise Packet: Krafft Combination Picture and Story • Memorial Day

\* Craig Sterbutzel, Burke Connection: Sports News Photo

Santiago Valdez

✤ Jeanne Theismann, Alexandria Gazette Packet: Headline Writing

**♦ Jeanne Theismann**, Alexandria Gazette Packet: **Column Writing** 



Geovani Flores, Stuart Moll, Laurence Foong,

Jean Card, Mount Vernon Gazette: Special Sections or **Special Editions** • Insider's Guide



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Kemal **Kurspahic** 



**Financial Writing** 



Victoria

Ross Safety Writing  **Louise Krafft**, Mount Vernon Gazette: Picture Story or Essay

• Mount Vernon Graduation 2012 Louise Krafft,

Theismann, Alexandria Gazette



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Rehmatulla

Mary Kimm

Amna

Report • Schools in Crisis Michael Lee Pope, Mount Vernon Gazette: Feature Series or Continuing Story • Horses and

Health, Science and Environmental Writing

**Son Roetman**, Arlington Connection: Sports Writing \* Steven Mauren, Jean Card, Geovani Flores, Laurence Foong, Stuart Moll, Alexandria Gazette Packet: General Makeup

\* Steven Mauren, Geovani Jon Flores, Stuart Moll, Laurence Foong, Jean Card, Mount Vernon Gazette: Special Sections or Special Editions • Children's Edition



The Potomac Almanac, a Connection Newspaper located in Potomac, MD, competes in the Maryland-Delaware-DC Press Association, and won at least six press association awards, which will be formally announced on May 17 at the MDDC Press awards luncheon. Susan Belford, John Byrd, Laurence Foong, Ken Moore (2) and amed a





Kemal

Connection:

Winners

Packet: Page

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Informational

General Makeup

Third Place

Kurspahic, Amna Rehmatulla,

NECTION

Stuart Moll



Design **& Laurence** Chelsea Foong, The Fairfax Bryan

Graphics **A Mary Kimm**, Fairfax Connection: Editorial Writing Louise Krafft, Arlington Connection: Sports Feature Photo Louise Krafft, Alexandria Gazette Packet: Picture Story or Essay • Celebrating the Irish \* Michael Lee Pope, Alexandria

Gazette Packet: Multimedia News

Graves Versus Road Widening Michael Lee Pope, Mount Vernon Gazette:



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