

Widening Route 7: Great Falls Perspective

NEWS, PAGE 4

Concerned citizens talked to VDOT representatives during a Route 7 widening project information session at Forestville Elementary.

Area Gears Up for Rail Opening

NEWS, PAGE 3

Local Team Places Sixth in World Finals

NEWS, PAGE 4

State of \$avings.

Get discounts up to 40%.*

Saving money is important. That's why you can count on me to get you all the discounts you deserve.

GET TO A BETTER STATE™.

CALL ME TODAY.



G Stephen Dulaney, Agent
731 C Walker Road
Great Falls, VA 22066
Bus: 703-759-4155
www.gstephendulaney.com



*Discounts vary by state.

State Farm, Home Office, Bloomington, IL

1101282.1

NEWS

Create Day Showcase at Cooper Middle

Parents, teachers, students and community members observed hundreds of projects that Cooper students created throughout the year and exhibited at the school's Create day showcase. All classes and students were represented.



PHOTOS CONTRIBUTED

Eliza Roth – English Create project “Image vs. Reality.”



Olivia Grommers looking at a student's Civics Create project “Project Citizen – School Start Time.”



Fourth Annual Dog Days of Summer

Sunday - July 15th from 10am to 5pm

- Free Hot Dogs & Soft drinks
- Free Frosty Paws
- Sidewalk Sale
- Boutique Sale
- Frontline Sale –
8 Doses \$75, any size
- Hospital and Resort Tours
- Cool off Laps in Our Pool – For the Pups



Seneca Hill Animal Hospital, Resort & Spa

11415 Georgetown Pike
Great Falls, VA 22066

www.senecahillvet.com
703-450-6760

Retirement living that's active and engaging



Vinson Hall Retirement Community is a well-respected, nonprofit CCRC located in McLean, VA offering independent residential living for military officers, their immediate family and select government employees of equal rank.

An **expansion** is underway to add 75 expansive, elegant independent living apartments and a community building featuring a short-term rehabilitation center.

VINSON HALL RETIREMENT COMMUNITY

supported by Navy Marine Coast Guard Residence Foundation

6251 Old Dominion Drive, McLean, VA 22101

Please visit us at www.vinsonhall.org 703-536-4344





PHOTO BY WHITNEY WINN

McLean Metro Station: Silver Line trains will start running on Saturday, July 26.



PHOTO BY CHUCK SAMUELSON

Tysons Corner Metro Station: Metro is expected to relieve traffic on Route 7.

Area Gears Up for Rail Opening

Silver Line starts running on July 26.

BY REENA SINGH
THE CONNECTION

On July 26, the expectations and hopes of commuters in Tysons and Reston will either be met or dashed when the gates to the Silver Line Metro stations are opened at noon.

Phase I of the project - which had to deal with opening date delays for the past two years - may bring traffic into an already traffic-congested area, some fear, but also hold the promise of an economic boom.

"I know that people say that with more businesses coming that there's going to be more traffic," said Greater Reston Chamber of Commerce President Mark Ingrao. "I say it's better that we have traffic and commerce here than nothing at all."

Because the Wiehle-Reston East station boasts a 2,300 vehicle garage, it will attract many of the Loudon County commuters in addition to those in Reston and Herndon.

THE WIEHLE-RESTON EAST STATION, according to silverline.com, also has an additional 1,000 parking spaces operated by Comstock. For those who are close enough to pedal to the station, there are 15 bicycle racks as well as a reserved bike room for 200.

"We need to have people get to the metro without driving," said Reston Association President Ken Knueven. "I rode my bike to the metro station, and it's not difficult for me. Until both phases are finished, there will be an influx of people coming from the west and parking here, but I only see that as a short term problem."

Ingrao, who said GRCC has been pushing for the Silver Line during the past five years, said more D.C.-area residents are going to want to move to Reston because of the jobs being created by developers.

"I think you're going to see a reverse commute phenomenon, and this will be a game changer," he said.



PHOTO BY CHUCK SAMUELSON

Train approaches McLean Metro Station.

With the population boom will come an even greater need for better pedestrian walkways and bicycle paths.

As the stations were being finished, meetings were being set up in Reston seeking avid bicyclists and those who are within walkable distance to the station about the best places to put new sidewalks and bike lanes.

The Washington Metropolitan Area Transit Authority announced that the Silver Line reached "substantial completion" in May. However, just a year ago, Metropolitan Washington Airport Authority pushed the opening date from last December to this February after the original plan's September 2013 substantial completion goal snagged an eight week delay.

In February, MWAA rejected a notice of substantial completion after seven of 12 key criteria - including incomplete testing and documentation security verifications - had not been met by Dulles Transit Partners.

Phase II will eventually take the Silver Line into Loudoun County.

Now that the date and time of the opening for the Phase I stations has been determined, training has started. On Sunday, the

Spring Hill Metro station had an emergency scenario drill with countywide emergency responders.

Artists and urban developers held a brainstorming session last month to turn the Tysons-area stations into visually appealing walkway. Additionally, WMATA is selecting 10 people to be a part of the first ride from the Wiehle-Reston East station on June 26 if they enter on the Silver Line website.

TRAINS WILL RUN every 6 minutes during rush hour and every 12 to 20 minutes during off-peak times, according to a statement from WMATA.

According to WMATA Public Information Officer Philip Stewart, station boardings after one year will be:

- ❖ Wiehle-Reston East: 8,244
- ❖ Tysons Corner: 5,209
- ❖ Spring Hill: 4,002
- ❖ McLean: 3,803
- ❖ Greensboro: 3,306

Actual ridership, he said, will be double those statistics.

Because this means thousands of people will be heading towards stations that do not have any parking space - Tysons Corner,

Spring Hill and Greensboro stations - bike paths and bus routes will be beefed up.

"You'll see significantly improved bus transit services in the surrounding areas," said Dranesville Supervisor John Foust. "We're also planning dramatic road improvements."

Foust sees the influx of commuters heading to the stations as economy drivers who are stimulating developers to build more in the area. He foresaw that, with less people using cars in their commute to Tysons, that traffic through Route 7 would be less congested.

McLean Citizens Association President Sally Horn also sees the economy being boosted by the stations, but does not think Metro will be a realistic option for most McLean residents. The McLean station has five bus bays total and 26 bicycle racks.

"I'm hoping that the arrival of metro next month will be a positive game changer for the Tysons area, spurring positive economic development and community," she said in an email. "I also hope that the arrival of metro will help to reduce traffic congestion as more people opt to take metro to and from Tysons."

"I am concerned, however, that the lack of any parking at three of the four stations in the Tysons area means that metro will continue to not be a viable option for most current residents in the greater McLean area as most of McLean is not on any bus route now and will not be getting access to buses that could take them to the metro stations once the Silver Line opens; only the McLean station has any parking and that is limited to about 730 spaces."

Most officials are cautiously optimistic about the station openings, with visions of toll road corridor revitalization in Reston's case and decreased traffic in Tysons case.

But there is still work to finish, most agreed.

"We're enthusiastic," said Knueven. "It's critical for us and we will be a critical voice for our stakeholders. There's work to be done, but we're excited. This is only the beginning."

For more information on the Silver Line, visit <http://silverlinemetro.com>.

Widening Route 7

VDOT: Plans not finalized.

BY REENA SINGH
THE CONNECTION

Construction to add another two lanes to seven miles of Route 7 could start by 2018.

Virginia Department of Transportation held a public information session on June 24 at Forestville Elementary to allow residents to voice concerns and make suggestions about the potential widening of the oft-traffic congested area.

The construction would affect the area between Reston Avenue and Jarrett Valley Drive.

"We're still at the conceptual level, so we want to see what will work best for traffic flow on Route 7," said VDOT Assistant Location and Design Engineer Lee Ann Hall.

According to JMT-Design consultant Phitsuru Tanaka, 2,117 cars travel towards Tysons during morning rush hour in the area being studied. During evening rush hour, 2,000 cars travel westbound and 1,300 travel eastbound.

He said the data is from November 2012. "In the worst case, it took 30 minutes to go through this area," he said.

When the Tysons area metro stations open, those numbers may worsen.

"We're still at the conceptual level, so we want to see what will work best for traffic flow on Route 7."

— Lee Ann Hall, VDOT assistant location and design engineer

A more formal public hearing for the project is planned for next spring, where a design would be approved.

"We're still waiting for our funding to come into play," Hall said. "We know money is coming. It's just not on the project yet."

She said residents from Harpers Farm Way were vocal that they were not going to be provided with a full-movement stop at their intersection.

Other intersections, such as at Atwood Road, Middleton Ridge and Fauquier Drive, would involve residents taking a left out of their neighborhood and taking a U-turn at the next signal in order to go westbound.

Colvin Run Mill manager Mike Henry came to the information session to make sure the cultural and natural resources of the area are preserved.

"We're here to make sure the mitigations considered for the past,

present and future of this wonderful community protect our resources," he said. "Obviously, this is a need that has to be addressed. So far, I believe they are being considerate."

Another resident, Brad Hargroves, said he did not want to see the westbound traffic the project will bring.

"They've been planning this for 40 to 50 years now, and they still don't have funding," he said. "They shouldn't widen Route 7 to get Loudoun County to D.C. The toll road is underused."



Concerned citizens talked to VDOT representatives during a Route 7 widening project information session at Forestville Elementary.



Concerned citizens talked to VDOT representatives during a Route 7 widening project information session at Forestville Elementary.

Local Team Places Sixth in Odyssey of the Mind World Finals

Forestville Elementary's Odyssey of the Mind team took home sixth place in the May World Finals competition.

The competition took place May 28-31 at Iowa State University. The team members were Macey Jacobs, Cassie Dallas, Jenna Waters, Zoe Wang, Lindsay Togher, Sarina Bell and Juliette Kim.

"This is the third year running that Forestville Elementary School competed in the World Finals of Odyssey of the Mind," parent Jim Dallas said.



Odyssey of the Mind Team members Macey Jacobs, Cassie Dallas, Jenna Waters, Zoe Wang, Lindsay Togher, Sarina Bell and Juliette Kim take a photo with the OM mascot.

PHOTO: JIM DALLAS

News

Tour de Tysons bicycle races attracted 427 cyclists who competed in nine separate races.



PHOTO COURTESY OF TYSONS PARTNERSHIP

Tour de Tysons Attracts Hundreds

427 cyclists swarm Tysons.

The 2nd Annual Tour de Tysons bicycle races attracted a record 427 cyclists who competed in 9 separate races. Prize money was awarded to winners. Food, music, and merriment were awarded to all who attended, including hundreds of spectators.

"It's a great day for bicycles in Tysons," said Providence District Supervisor Linda Smyth.

On the eve of the Tour de France, Tour de Tysons was the site of spirited competition among the region's top cyclists and cycling clubs. Hundreds of bikers embraced the challenging 1-mile closed course that circled around Tysons Boulevard and Westpark Drive. The longest race was 35 miles, with speeds reaching 27 miles per hour.

"This event celebrates the key role of bicycles in the present and future of Tysons," said Michael Caplin, Director of the Tysons Partnership. "Life-style in Tysons is evolving in favor of pedestrians, bicycles, busses and our new Silver Line Metro."

There's No Better Time To Get Your Beach House

30-YEAR FIXED JUMBO MORTGAGE

4.125% RATE 4.217% APR
FIXED RATE + 60 day FREE Rate Lock*
1% origination fee



Apply Now! PenFed.org/MortgageGFC072 Or Call **866.367.5802**

All rates and offers are effective as of June 26, 2014 for new applications only, for a limited time, and subject to change without notice. 30-Year Fixed Mortgage Payment Example: The information provided assumes the purpose of the loan is to purchase a property, with a loan amount of \$600,000 and an estimated property value of \$750,000. At a 4.125% interest rate, the APR for this loan type is 4.217%, other rates and terms available. The monthly payment schedule would be 359 payments of \$2,907.90 and 1 payment of \$2,907.23 at an interest rate of 4.125%. Payments shown do not include taxes or insurance, actual payments may be greater. The application of points will be determined by the loan to value (LTV) ratio combined with certain representative credit scores. Additional points also apply to certain cash-out refinance transactions, certain condominium transactions, and some transactions with subordinate financing that will reflect on the Good Faith Estimate and/or Settlement Statement. *For purchase transactions, the rate cannot be locked until PenFed has received a ratified purchase agreement. Investment properties not eligible for offers. The maximum combined loan-to-value (CLTV) is 95%. The maximum LTV and CLTV for condominiums is 80%. The applicant is responsible for the following fees and costs at the time of closing: Origination fee, appraisal fee, tax service fee, title fees, transfer tax fees, credit report fee, flood cert fee, recording fee, survey if required and work verification fee, escrow reserves and interest due until first payment. Other cost may be included due to program specific circumstances. This is not intended to be an all-inclusive list. Additional terms & conditions apply. Federally insured by NCUA.

Shop Great Falls

Great Falls Village Centre

www.gfvcca.com

Adeler Jewelers.....	703-759-4076
AdGen Telecom.....	703-757-6757
Allstate Insurance/Doug White.....	703-759-7700
Aquarian LLC.....	703-438-8838
Artists on the Green.....	703-609-3092
Capitol Realty Services.....	703-759-4900
Dent Asset Management.....	703-286-7555
Dr. C. Ayers.....	703-757-6445
Executive Suites at Great Falls.....	703-865-2500
Falls Salon, The.....	703-759-4758
First Line Financial, Inc.....	703-757-7393
Georgetown Learning Centers.....	703-759-3624
Great Falls Family & Cosmetic Dentistry..	703-759-4707
H2O Pools.....	703-250-5585
Jinny Beyer Studio.....	703-759-0250
Katie's Coffee House.....	703-759-2759
Knowlera Media.....	703-757-5444
Lauren Liess Interiors.....	571-926-7825
Loebig Chiropractic.....	703-757-5817
New Paradigm Capital Mgmt.....	703-757-4802
Old Brogue Irish Pub.....	703-759-3309
Peking Delight Chinese Restaurant.....	703-759-5040
Pilates Place, LLC.....	703-405-3371
Robert Mobley, AIA Architect.....	703-759-1927
School of Theatrical Dance.....	703-759-5652
Spectrum Property Management.....	703-307-2965
Teel Construction.....	703-759-4754
Village Centre Mgmt Office.....	703-759-2485
Village Retreat/Massage Therapy.....	703-638-4852
Wells Fargo Bank.....	703-757-1040

~ At The Great Falls Village Centre ~

4th of July Hometown Celebration and Parade • Friday, July 4th
8:00 AM 5K Walk • 9:00 AM Little Parade • 10:30 AM Festivities, Food, Fun

Concerts on the Green

Sunday, July 6

Diamond Alley sponsored by Dr. Donna Greco, Great Falls Family & Cosmetic Dentistry. A diverse mix of contemporary and classic hits highlighting their unusual vocal talent.

Sunday, July 13

The Remedy sponsored by Bic DeCaro, Westgate Realty Group, Inc. From Duran Duran to Van Halen to the Rolling Stones... rock at its best

Sunday, July 20

Ruthie & The Wranglers sponsored

by Great Falls Auto Service. High-energy Americana country with brilliant songwriting and vibrant harmonies

Sunday, July 27

The Morrison Brothers sponsored by AOG Wealth Management. The premier country/rock act in the Washington, D.C. area, soon to be a national contender.

Sunday, August 3

Atlas Road Crew sponsored by Glynis Canto & Kevin Canto, Realtors.

A band that punctuates its rock vibe with Southern gentleman swagger.

Sunday, August 10

Tom Principato sponsored by Capital One Bank, Great Falls. Guitarist combining rich blues with high energy rock.

Sunday, August 17

High Five Worldwide sponsored by The Simmons Team, George Mason Mortgage. Fusing high energy modern pop with yesterday's hits, High Five Worldwide combines four of the region's finest talents into one dynamic package.

Proud Location of the Following Events:

"Egg Hunt" "4th of July Parade" "Concerts on the Green" "Halloween Spooktacular" "Celebrations of Lights" "Cars and Coffee" "Farmers Market"



The Great Falls Village Centre
776 Walker Road • Great Falls, VA
703-759-2485 • gfvcca@aol.com

Village Centre
Shops Restaurants Offices

OPINION

Silver Line No Silver Bullet

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)

The Silver Line Metrorail extension will open for riders on July 26. For those of us who have been looking at the seemingly completed infrastructure for many months, announcement of the actual date that we can ride this important new service for our community is welcome news.

Having worked on bringing Metrorail to Reston and beyond for the last 20 years, I am especially excited about the opening. In the 1990s I was the lone politician calling for rail service in the Dulles Corridor while some dismissed the idea as a pipe dream. In order to develop support for the rail project, I enlisted the help of business and community leaders who supported the idea. In August 1998, I announced the formation of the Dulles Corridor Rail Association (DCRA) as a nonprofit, non-partisan advocacy group supporting rail in the Dulles Corridor. Joining in the announcement



GUEST
EDITORIAL

were professional planner Patty Nicoson who became president of the group and continues in that capacity today, former Delegate Vincent Callahan who demonstrated bipartisan representation, former Virginia Secretary of Transportation John Milliken and Restonians Joe Stowers and Steve Cerny among others.

We set to work with letters and opinion columns, testimony at public hearings and a variety of advocacy activities that built support for the project. The task was not easy and not without setbacks. While there was

widespread agreement about the need for more public transit options in a metropolitan area that had outgrown its transit service planned for in the 1960s, we had to convince some elected leaders that rail was justified over simply expanded bus service or bus rapid transit. The idea of putting the extension in a tunnel sounded attractive but was cost prohibitive. Commercial interests were agreeable to additional taxes to help pay for the system, but the project had to be broken into two phases to

accommodate when a business interest would start paying an additional tax and when they would receive service. Toll increases on commuters were projected to be unbearably high requiring DCRA to successfully lobby for more direct state appropriations to keep tolls down.

With no direct financial support for the project and a 2010 goal to deliver a completed system, the 30 men and women who made up the original board and those who have joined and left since that time are to be thanked and congratulated. I am honored to continue to serve as chairman of the board of DCRA.

The Silver Line will not be a silver bullet to solve all our transportation woes. We still live in an area ranked 10th in the country for the worst traffic! Rail and bus riders will be asked to make adjustments; drivers may have to change their commuting habits; and some will complain about tolls and fares. Even so, the Silver Line brings a critically important part of infrastructure to our area that will add to our quality of life in getting to and from work and taking advantage of the rich educational and cultural resources of our region and our nation's capital.

LETTERS TO THE EDITOR

Senator Who Gets It

To the Editor:

Senator Mark Warner is widely known for his efforts to represent all Virginians. Throughout his years in office he has successfully engaged the Commonwealth's many cultures, ethnicities and religions. This is not just good democracy – it's also great for business.

Immigrants account for about a quarter of American jobs in critical STEM fields (science, technology, engineering and mathematics), and about a quarter of new patents and new start-ups. Additionally, the children of these immigrant professionals are already key contributors to the present and future US workforce.

Senator Warner gets it. For years he's Chaired the Senate's India Caucus, and more recently he visited the ADAMS Center mosque in Sterling, where I met him during Friday prayer services as he offered us a greeting on the start of Ramadan. During his visit, he met with community leaders and stressed the importance of a strong economic vision and other issues important to the thousands of Muslim American professionals and families throughout Virginia.

As a small-business owner, I appreciate Mark Warner's work to foster the right environment to attract and retain new businesses. He has been a leader to pass legis-

lation expanding resources for start-ups, and he has consistently reached across the aisle to support tax credits encouraging entrepreneurship. Senator Warner understands that for our nation to succeed we must keep opportunities open for all Americans, regardless of their backgrounds.

I respect Mark Warner for representing Virginia well. As a businessman, a second-generation American, and a proud Virginian, I look forward to supporting him in November, so he can continue his work to represent us all.

Mehmood Kazmi
Great Falls

Thinking Twice

To the Editor:

It's usually not til the state government tries to reach into our bedrooms that Northern Virginia residents sit up and start checking their state representatives' voting records. As for example Delegate Barbara Comstock's vote to ban certain forms of birth control by voting for the "Personhood Amendment." That decision, along with others such as her votes to repeal the one-gun-a-month law and to allow guns in bars, might cause some habitual Republicans to think twice about voting for her to represent us in the U.S. House of Representatives.

Linda Burchfiel
McLean

Outraged by Medicaid Rejection

To the Editor:

The article in The Connection which described the rally at Neighborhood Health Services in Lorton ["Medicaid Expansion Supporters Rally," June 19-25, 2014] is a perfect demonstration of the disgust and outrage that many feel over the rejection of Medicaid expansion in the recent budget passed in the General Assembly.

It is senseless to reject federal funds that would clearly benefit Virginians. Even more preposterous is the fact that, despite being one of the richest counties in the nation, Fairfax County is home to tens of thousands of people who lack health insurance. More than 35,000 of our fellow Fairfax neighbors could be covered under Medicaid expansion.

Republican Delegates like Jim LeMunyon, Dave Albo, and Barbara Comstock insist on denying healthcare to people because of ideology, not facts. Virginia Republicans have not offered any alternatives to closing the coverage gap, and their inaction is clear – they have no plans to help uninsured Virginians.

Expanding Medicaid in Virginia is a moral imperative and makes sense economically. Medicaid expansion means more productive employees for businesses. It means Virginians would have more money in their pockets. It can lift struggling people

out of poverty and reduce the threat of a devastating medical bankruptcy. However, the Republican Party of "No" once again, stands in the way.

Kathie Wespheling
Vienna

Campaign Experience

To The Editor:

I recently had the opportunity to volunteer on the John Foust for Congress Campaign – a small office with a small army of professionals, interns, and volunteers – and I'm pleased to say that it was an extremely positive experience.

Although the office is barely noticeable from the outside, the hallways are constantly buzzing with interns, field coordinators, and campaign staff discussing issues, cracking jokes, making phone calls, and drinking an exorbitant amount of coffee.

I made calls, knocked on doors, and talked to many voters. Most were friendly and interested in the election. I was pleasantly surprised by the experience as a whole. Everyone was polite, hard working, and dedicated to the cause. The people working on the campaign genuinely believe John Foust would be the best Congressman for the Tenth District. I would encourage anyone to stop by the office and get involved.

Jisu Kim
Vienna

Great Falls CONNECTION

www.ConnectionNewspapers.com

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to
connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-778-9410
e-mail:
greatfalls@connectionnewspapers.com

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

Amna Rehmatulla
Editorial Assistant
703-778-9410 ext.427
arehmatulla@connectionnewspapers.com

Reena Singh
Community Reporter
757-619-7584
rsingh@connectionnewspapers.com

Jon Roetman
Sports Editor ♦ 703-752-4013
jroetman@connectionnewspapers.com
@jonroetman

Victoria Ross
County Reporter ♦ 301-502-6027
vross@connectionnewspapers.com

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

Salome Howard-Gaibler
Display Advertising
703-778-9421
salome@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, Craig Sterbutzel
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Geovani Flores

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

CIRCULATION: 703-778-9426
Circulation Manager:
Linda Pecqueux
circulation@connectionnewspapers.com





Established in 1845, New York Life serves the insurance and financial needs of individuals, families, and businesses. As one of America's longest standing insurance companies, New York Life has honored its commitment to its policyowners through the Civil War, two World Wars, the Great Depression, and numerous recessions. Our conservative investment philosophy and prudent management principles enable the Company through generations to continue helping Americans fulfill their financial objectives.

***Financial strength matters ...
especially if you want guarantees.****

At New York Life, I and my team represent a 169 year tradition of personal service and unsurpassed financial strength for your retirement, education funding, and legacy needs.

Let's discuss wealth creation and preservation.

Call today and schedule a complimentary consultation.

Will Radle

**Financial Services Professional
Licensed Agent
New York Life Insurance Company**

8075 Leesburg Pike, Suite 200
Tysons Corner, Virginia 22182-2739
Office 703.610.4062
Mobile 703.624.6589
Radle@ft.NewYorkLife.com



**Registered Representative offering securities through
NYLIFE Securities LLC (member FINRA/SIPC)
A Licensed Insurance Agency**

*Guarantees are fully backed by the unsurpassed claims paying ability of New York Life. Financial strength does not apply to any investments not held within an insurance or annuity contract. Such investments are subject to market risks and will fluctuate in value.

SMRU 1604967 (Exp. 6/13/2016)

Youth Suicide Prevention Training Offered Online

Interactive training helps adults deal with serious issues.

BY JANELLE GERMANOS
THE CONNECTION

Following several incidents in the community involving youth and suicide, Laura Yager, the director of partnership and resource development for the Fairfax-Falls Church Community Services Board, said the community has recognized the need for youth suicide prevention. "I think our community has reached a tipping point in terms of people wanting to really work on strengthening our kids and preventing suicide in our community," Yager said.

That's where tools like the CSB's online Youth Suicide Prevention Program come in handy. The CSB is working with Kognito, which has a variety of online suicide prevention programs that help adults recognize when a young person is experiencing psychological distress.

actually gain skills as opposed to just knowledge, which is very important with prevention efforts. It's important to have techniques to intervene. You don't have to be a mental health professional to do that," Yager said.

According to Yager, this is one of the first times the CSB has had an online program.

"You can be anywhere when you take it. You don't have to be in a classroom. It has a very broad reach," she said.

A new planning grant has also been awarded to the region, which will allow organizations to work together to ensure effective youth suicide prevention programs.

"We are very excited about the planning grant, as it provides the resources to better allow us to take a regional approach, incorporating partners throughout Northern Virginia so there is better consistency in our efforts," said Jesse Ellis, prevention manager of Fairfax County Department of Neighborhood and Community Services. "Further, it will provide more opportunity to

engage diverse stakeholders and community members to ensure we have a well informed and representative plan."

Last fall, a report titled "Suicide in Fairfax County" was released. According to the report, an average of 82 people per year died of suicide in Fairfax County from 2003 to 2011. Between four to seven youth die of suicide each year from 2003-2011.

THE REPORT recommended several short-term recommendations, including a Youth Suicide Review Team.

"The team, which we anticipate beginning operations this fall, will conduct in-depth reviews of cases of youth suicide in Fairfax to determine opportunities to implement changes in how our systems operate in order to better prevent future suicides. For example, the team may identify gaps in referral systems or a category of adults who work with kids who should be trained in recognizing warning signs," Ellis said.

"I think our community has reached a tipping point in terms of people wanting to really work on strengthening our kids and preventing suicide in our community."

— Laura Yager

Ellis said he went into the online training somewhat skeptical, but now recommends it to everyone he meets.

"The story lines and interactions with the characters are realistic and thought-provoking, and the lessons are wide-ranging," he said. "I have been able to incorporate what I learned, for example, into how I interact with my own kids."

According to Gail Taylor, Prevention Services Manager at Virginia's Office of Behavioral Health Services Department of Behavioral Health & Developmental Services,

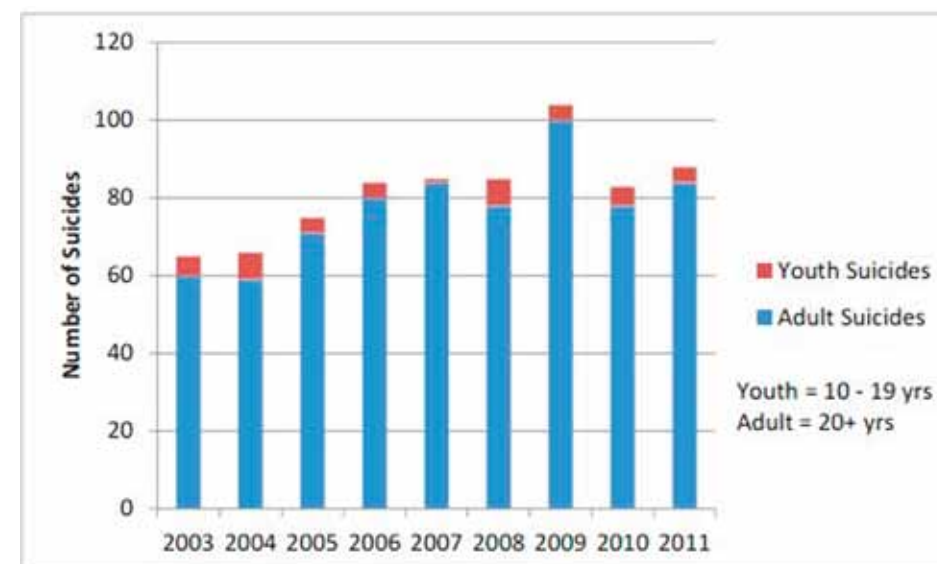
resiliency is a key strategy to practice.

"There is no simple answer to a complex issue and building resiliency is one of the important strategies. In general, it is important

that we have supportive adults and systems that have the capacity to promote youth behavioral wellness as it relates to positive youth development, meaningful relationships and involvement, provide

access to resources such as effective programming and coordinated community efforts," Taylor said.

Anyone is encouraged to take the online training, which is available at fairfax.kognito.com.



FROM SUICIDE IN FAIRFAX COUNTY REPORT
The suicide rate in Fairfax County from 2003 to 2011: 735 people died in total, the report said. CSB's Online Youth Suicide Prevention Training is working to help adults recognize signs of psychological distress in youth to prevent suicide.

Great Falls \$925,000



LOCATION LOCATION LOCATION!!

Beautiful home located in the heart of Great Falls – Minutes to Great Falls Village, trails in Great Falls & River Bend Park, D.C., Tysons & Beltway. This is a must-see meticulously maintained home. Many updates, granite in kitchen, updated bathrooms, HWD floors main level, 5 bedrooms including two master suites, 3 full baths, 2 fireplaces, great rec. room with walkout to beautiful back yard that backs to 15+ acre Common grounds. Large inviting 3-season sunroom, big enough for entertaining, 2-car oversized garage.



Toni McIntyre
703-328-5059
Toni.mcintyre@Inf.com



garai
ORTHODONTIC
SPECIALISTS
BracesVIP.com



Dr. Allen S. Garai

- Specialist in Orthodontics
- Diplomate, American Board of Orthodontics (Board Certified)
- Premier Preferred Invisalign Provider 2012, 2013 and 2014
- Attending Faculty— Orthodontic Department Children's/Washington Hospital

"BEST ORTHODONTIST"
Washingtonian Magazine
Families Magazine
"TOP ORTHODONTISTS"
Northern Virginia Magazine
Virginia Living
Health & Beauty Magazine

invisible Braces for Teens

At our iBracesVIP Center

invisalign Teen



Invisalign Teen is a series of clear, removable aligners that allow you to straighten your teeth

invisible Lingual Braces



Lingual Braces are truly invisible as they are placed on the tongue side of the teeth

Our office uses the latest technology including:

- **AcceleDent** is cleared by the FDA as a hands-free medical device designed for faster orthodontic treatment with only 20 minutes of daily use
- **ITERO** digital scanner eliminates the need for messy, uncomfortable impressions of the teeth for Invisalign treatment

Vienna
427 Maple Ave, West
Vienna, VA 22180

703.281.4868
BracesVIP@gmail.com
www.BracesVIP.com

Great Falls
9912D Georgetown Pike
Great Falls, VA 22066

Bathroom Remodel Special \$6,850
Celebrating 15 Years in Business!

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling



Free Estimates
703-969-1179

Select your products
from our Mobile Showroom
and Design Center



Visit our website: www.twopoorteachers.com

Handyman Services
Available:
Call 703-999-2928



Fully Insured &
Class A Licensed
Est. 1999

SHOP THE COMPETITION FIRST!

703-938-3160



Then come to us for the best selection of quality products and professional installation, all at an affordable price. Our references include your neighbors.

FREE ESTIMATES ON INSTALLATIONS

SE HABLE ESPAÑOL

VIENNA FLOORS

ESTABLISHED IN 1984

208 DOMINION ROAD • VIENNA, VA

HARDWOOD—CARPET—WOOD LAMINATES—CERAMIC TILE—SHEET VINYL

WWW.VIENNAFLOORS.COM

Hours: Mon-Fri: 9:00 am–5:30 pm • Sat: 9:00 am–4:30 pm

Merrifield GARDEN CENTER

Add July 4th Sparkle To Your Garden –
Annuals • Perennials
Flowering Tropicals
Container Gardens
Hanging Baskets
and so much more!
Plus bright and beautiful flags and home décor

Merrifield's TENT SALE

SAVE 50-75% and more!

Great bargains on selected gardening supplies, plants, containers, statuary, ribbon, home décor, Christmas items & more
Stop by often to see what's been added!

Enjoy delicious food in a gorgeous setting
Merrifield's GARDEN CAFÉS
at our Merrifield and Gainesville stores
We offer a menu of hearty breakfasts, specialty sandwiches and tasty treats

MERRIFIELD
703-560-6222

FAIR OAKS
703-968-9600

GAINESVILLE
703-368-1919

Hours: Monday - Saturday 8 am - 8 pm • Sunday 8 am - 7 pm • July 4th 8 am - 5 pm
merrifieldgardencenter.com

MAJOR LEAGUE SERVICE.

From backyards to big leagues, count on me to be there. I can help you get the coverage you need and the discounts you deserve.



Kyle Knight Ins Agcy Inc

Kyle Knight, Agent
11736 Bowman Green Drive
Reston, VA 20190
ACROSS FROM RESTON TOWN CENTER
WWW.KYLEKNIGHT.ORG
703-435-2300



State Farm, Home Office, Bloomington, IL

CALENDAR

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

MONDAY/JUNE 30 – JULY 9

Teen Yoga. 5 – 6 p.m. Margaret Haddad Studio of Classical Ballet, 9911 Georgetown Pike, Great Falls. Classes are held Mondays and Wednesdays. The cost is \$60/session. No previous experience required. Please bring a yoga. To register, email JidoFAH@aol.com.

FRIDAY/JULY 4

Great Falls Fourth of July Celebration. 9 a.m.-1 p.m. Great Falls Village Centre, 776 Walker Road, Great Falls. Walk/run, parades, festivities, fun and food. Fireworks at Turner Farm Park on Saturday, July 6. Visit www.celebrategreatfalls.org for more.

Vienna's 4th of July Festival and Fireworks Show. 11 a.m.-9 p.m. Live musical entertainment, arts and crafts for kids, antique and classic car show and fireworks. Visit www.viennava.gov.

McLean 4th of July Fireworks Celebration. 8 p.m. Langley High School Stadium, 6520 Georgetown Pike, McLean. Enjoy food and music and receive a flag from the McLean American Legion. Shuttle busses will be available at St. John's Episcopal Church and the McLean Community Center. Free. 703-790-0123.

Enter the Haggis All-America BBQ Dinner Add-On. 6 p.m. - 9 p.m. Jammin Java, 227 Maple Ave. East, Vienna. Toronto rock band plays hits and music from its latest release, The Modest Revolution. Tickets \$20. 703-255-1566.

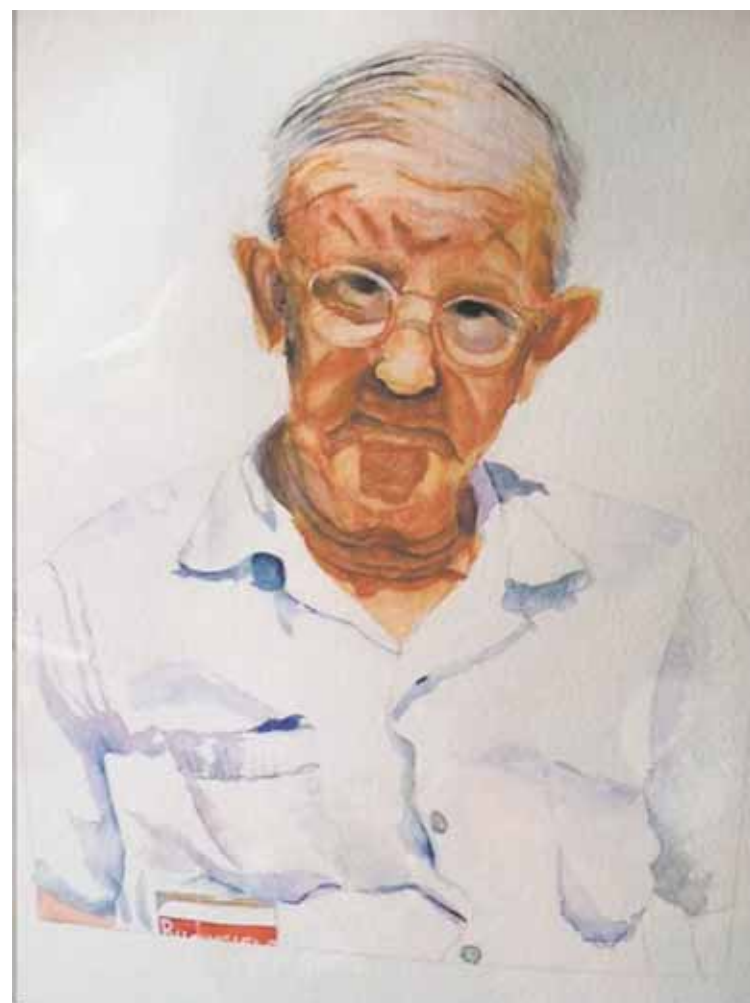
SATURDAY/JULY 5

Sunrise Kayak Tour. 7-9 a.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Paddle with a naturalist and learn about the historical and natural beauty of the Potomac. Ages 14+. \$59-\$74. Register at <http://www.fairfaxcounty.gov/parks/riverbend-park/kayaktours.htm>.

Ballroom Dance. 8 – 11:30 p.m. Colvin Run Dance Hall, 10201 Colvin Run Rd, Great Falls. East Coast Swing lessons until 9, then dance to tunes from '30s to today. Attire is ballroom casual, everyone welcome. \$15. 703-759-2685. www.colvinrun.org

SUNDAY/JULY 6

Intro to River Kayaking. 1-1:30 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. This introductory level course covers river



“Papa” watercolor by George Williams. Williams, a Nokesville artist who transitioned from painting in oils to watercolor 14 years ago, will demonstrate his technique at the Vienna Arts Society’s meeting on July 10 at the Vienna Art Center, 115 Pleasant Street NW, Vienna.

hazards, water safety and paddling basics. Ages 14+. \$28-43. Register at <http://www.fairfaxcounty.gov/parks/riverbend-park/kayaktours.htm>.

Diamond Alley Celebrate Great Falls Concert on the Green. 6-8 p.m. Great Falls Village Centre Green, Georgetown Pike and Walker Road, Great Falls. Come out with your picnic baskets and chairs for an evening of live, free, contemporary and classic hits. 571-293-0474.

American Idol Live! Tour 2014. 8 p.m. Wolf Trap - The Filene Center, 1551 Trap Road, Vienna. See the top 10 finalists from this season's American Idol. \$30-70. 1-877-WOLFTRAP.

TUESDAY/JULY 8-WEDNESDAY/JULY 9

Mr. Molecule: Big, Bang, Boom! Science Show. 10:30 a.m. Wolf Trap Children's Theatre-in-the-Woods, 1551 Trap Road, Vienna. Mr. Molecule leads wild and wacky experiments that illuminate scientific

principles and inspire curiosity. Tickets \$10. 703-255-1900.

WEDNESDAY/JULY 9

Kayaking for Fitness. 5-7 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Four beginning kayaking classes that teach flat and moving water kayaking basics while increasing fitness. Ages 14+. \$119-\$134. Register at <http://www.fairfaxcounty.gov/parks/riverbend-park/kayaktours.htm>.

THURSDAY/JULY 10

Watercolor Portraits. 7:30 p.m. Vienna Art Center, 115 Pleasant Street NW, Vienna. George Williams, a Nokesville artist who transitioned from painting in oils to watercolor 14 years ago, will demonstrate his technique at the Vienna Arts Society's July Meeting. 703-319-3971.

SEE CALENDAR, PAGE 13

Visit These Houses of Worship To Highlight Your Faith Community, call Karen at 703-917-6468

Welcoming, Diverse, Progressive

ST. ANNE'S EPISCOPAL CHURCH • Reston



8:00 a.m. Holy Eucharist, Rite I
10:00 a.m. Holy Eucharist, Rite II
5:00 p.m. Come Just as You Are Contemporary Service

Nursery care provided at 10:00 a.m. service

The Rev. James Papile, Rector
The Rev. Laura Cochran, Assoc. Rector

703-437-6530

www.stannes-reston.org
1700 Wainwright Dr., Reston

FIRST BAPTIST CHURCH OF VIENNA

450 ORCHARD STREET, NW
VIENNA, VA 22180
703-938-8525
fbcvoffice@verizon.net
www.fbcv.org

SUNDAY WORSHIP, 7:45 AM & 11:00 AM
CHURCH SCHOOL 9:30AM-10:30AM
MIDWEEK SERVICES, WED. 7:00 PM



If we can't **reach** you,
we can't **alert** you!

Fairfax County's FREE alert system sends you important information during an emergency

- Choose alerts for up to 5 locations
- Choose from up to 10 delivery methods
- Receive weather and traffic updates

www.fairfaxcounty.gov/alerts



lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

Adopt
Donate
Volunteer

lostdogandcatrescue.org



SPORTS

Winning the Spirit Award

Langley Crew honors graduating senior.

T Tyler Seckar, Langley rower and graduating senior, has won the Hillary J. Fein Spirit Award for the "athlete who best embodies the true spirit and passion for Crew."

This honor is awarded every year by Langley Crew to honor the memory of Hillary Fein, Langley Class of 1999. Fein was a dedicated member of the Langley Crew Team who died in 2000.

Words engraved on the plaque from a diary entry made by Hillary in 1996 after the Stotesbury Regatta in Philadelphia read in part, "Today ... we realized what 'team' means ... honor, heart and honesty about pulling your best and never giving up. I am dedicated to this sport forever. You don't win a race on the water, you win a race in your heart."

Although injured this year and unable to directly compete, Seckar



PHOTO BY ROB SHENK

Tyler Seckar, Langley rower and graduating senior, receives the Hillary J. Fein Spirit Award.

came to every single practice and regatta, helping her coaches and teammates in any way she could. Head Women's Coach Ashley Leake said, when selecting Seckar for the Fein award, "There was really no debate as to who it should be this year. Tyler just embodies everything we hope these kids learn about crew and what crew can teach you in life."

Seckar served as Captain of the Langley women's team as a junior in 2012-13 and again this year as a senior. In 2013, she was part of the Langley Women's Varsity 4 that had an undefeated record in state competition and won first place at the Virginia State Championships. Her boat also went on to finish in eighth place at both the Stotesbury and SRAA Nationals Regattas.

In addition, Seckar won medals at the 2013 Ergathon as fastest varsity woman and best power to weight and won Langley's 2013 Hammer award for fastest varsity woman. She raced at the Mid-Atlantic Erg Sprints in 2012 and 2013, finishing 12th and 8th, respectively. In 2012, Seckar won the Langley Captains' Award. Finally, Seckar also raced for Thompson's Boat Center during fall 2012 and 2013, winning second place at the 2012 Head of the Schyukill as part of TBC's Women's Junior 8.

Seckar was recruited by Trinity College, the 2014 NCAA Division III Women's National Champions, where she will enroll as a freshman in fall 2014 and start her college rowing career.

— JAN ROSSBERG

Langley Wildthings, Cardinal Hill Cardinals Fight to the Finish

In a fiercely competitive battle that wasn't decided until the last relay, the Langley Wildthings rivaled Cardinal Hill, only to lose in the final event. The final score was 213-207, Cardinal Hill. The Wildthings took first place in 19 of 39 events, including five sweeps.

Double blue ribbons went to:

Brady Quinn - Boys 8 & Under 25 Meter Backstroke and Boys 8 & Under 25 Meter Butterfly;

Ellie Ryan - Girls 11-12 50 SC Meter Freestyle and Girls 11-12 50 SC Meter Breaststroke;

Adair Sand - Girls 13-14 50 SC Meter Backstroke and Girls 11-12 50 SC Meter Butterfly;

Jack Hoeymans - Boys 11-12 50 SC Meter Breaststroke and Boys 11-12 50 SC Meter Butterfly;

Audrey Wallach - Girls 13-14 50 SC Meter Breaststroke and Girls 13-14 50 SC Meter Butterfly.

Individual first place ribbons were earned by:

Colin Walter - Boys 8 & Under 25 SC Meter Freestyle;

Muriel Wallach - Girls 8 & Under 25 SC Meter Freestyle;

Kate Walter - Girls 9-10 50 SC Meter Backstroke;

Izzy Schone - Girls 11-12 50 SC Meter Backstroke;

Evan Poulos - Boys 8 & Under 25 SC Meter Breaststroke;

Zoe Myslewicz - Girls 8 & Under 25 SC Meter Breaststroke;

Liliana Schone - Girls 9-10 50 SC Meter Breaststroke;

Marine Watson - Girls 8 & Under 25 SC Meter Butterfly;

Nathalie Schmanske - Girls 9-10 25 SC Meter But-



Langley Wildthings, Cardinal Hill Cardinals battle wasn't decided until the last relay.

terfly.

The blue ribbon relay teams were:

Brady Quinn, Beckett Collins, Conor Farah, Colin Walter: Boys 8 & Under 100 Meter Freestyle;

Muriel Wallach, Margit Crittenberger, Tessa Jones, Gabriella Sanchez: Girls 8 & Under 100 Meter Freestyle;

Kate Walter, Liliana Schone, Nathalie Schmanske, Helena Swaak: Girls 9-10 100 SC Meter Medley;

Izzy Schone, Audrey Wallach, Kate Williams, Karissa Smith: Girls 11-12 100 SC Meter Medley.

SUN DESIGN INVITES YOU TO A WHOLE HOUSE HOME TOUR IN ARLINGTON!

Saturday, July 12th, 12pm-4pm

3140 North Piedmont Street, Arlington, VA 22207



REINVENT YOUR HOME TO ENRICH YOUR LIFE *

Why add more square footage when, with careful consideration and armed with a unique design, you can accomplish much more with less? Come see first hand how redesigning existing space created better function, flow, and light in this remodeled home.



SUN DESIGN

design/build | additions | kitchens | baths | basements | outdoor spaces
703.425.5588 SunDesignInc.com info@SunDesignInc.com



Year-Round Tennis Served Up at Hidden Creek on Reston Area's Only Indoor Courts



Come Play with Us ~ Affordable Memberships Just Minutes from Reston Town Center

- Active Tennis Program with Monthly Socials
- Ladies & Men's Leagues
- Convenient Online Court Reservations
- Junior Inter-Club and USTA JTT Play
- USPTA/USPTR Private or Group Lessons
- Full Family-Friendly Social Calendar

Located Adjacent to Reston Town Center ~ Convenient Dulles Toll Road Access

RSVP Today to Schedule Your Complimentary Tennis Member for a Day Experience



Please Call **Jim Grady**

703.437.5222 x102

Membership1100@HiddenCreekCC.com

JOINHIDDENCREEK.COM

SUMMER SUNDAY CONCERTS **Concerts begin at 5 p.m.**

The Aloha Boys	July 6
The English Channel	July 13
Washington Balalaika	July 20
Tom Principato	July 27

SUNDAY SUMMER CONCERTS IN THE PARK

SUNDAYS IN JULY AT 5 P.M.

McLean Central Park Gazebo
corner of Old Dominion Dr. and Rt. 123
McLean, VA 22101
703-790-0123

Free. No reservation required.

facebook.com/thealden
twitter.com/@thealden

ALDEN SMALL STAGE. BIG TALENT.

WWW.ALDENTHEATRE.ORG



Be Part of The Pet Connection in July

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

Be sure to include your name,
address and phone number, and
identify all people and pets in photos.
Submission deadline is July 17.

WELLBEING

Summer Health and Safety Hazards

Keeping danger at bay during warm weather months.

BY MARILYN CAMPBELL
THE CONNECTION

Summer comes but once a year. From picnics and days at the pool to backyard barbecues and day-long hikes, many of us spend the season outdoors. Danger, from water-related illnesses to heat stroke, often comes with the fun, however. Public safety officials say people can prevent accidents and illnesses by taking safety measures and staying informed.

"One of the core messages with public health is that we can't be everywhere all the time," said Glen Barbour, public safety information officer for the Fairfax County Health Department. "It is really in the hands of the public to take precautionary measures and protect themselves."

Celebratory sparklers are popular during the summer, but they're a source of danger. The U.S. Consumer Product Safety Commission (CPSC) reports that 60 percent of fireworks injuries occur around July 4th. Hand, eye and face injuries are among the most common.

"The first thing that we recommend is viewing fireworks displays in a public place that has been permitted and checked for safety," said Dan Schmidt, spokesman for the Fairfax County Fire and Rescue Department. "It saves them money and provides a safe environment to view fireworks."

Other safety officials agree. In fact, fireworks are banned in the City of Alexandria. "We have close to 100 percent compliance, so we don't see many injuries," said Tony Washington, spokesman for the City of Alexandria Fire Department.

For those who decide to use consumer fireworks, there are a few safety considerations to keep in mind: "Fire them from a flat surface and make sure there are no combustible materials near the fireworks," said Schmidt. "Have bystanders at least 25 feet away, read the directions and don't let children handle or light fireworks."

OTHER SUMMER HEALTH HAZARDS are equally preventable. From recreational water illnesses to sunburns, staying informed about potential hazards and strategies for keeping them at bay can lead to a more fun and relaxing summer for everyone.

"The best way to prevent recreational water illnesses is to keep germs, pee and poop out of the water," said Kurt Larrick, spokesman for the Arlington County Department of Human Service.

"Check diapers frequently and take a shower with soap before going into the water."

Fairfax County issues the same message. "The main thing that we at the health department emphasize is gastrointestinal illness caused by feces in the water," said Barbour. "We encourage people, especially the parents of small children, to not go to a public pool when they have diarrhea."

Barbour warns of factors that might give the public a false sense of security. "We want parents to be mindful that not all germs are killed right away, even in chlorinated water, and that leak-proof diapers don't always keep feces out of the water."

Other preventative measures include frequent hand washing, taking a shower before entering a public pool, discouraging children from drinking water that is used for swimming and giving young children bathroom breaks at least every 60 minutes.

In addition to illnesses, other water-related dangers spike during the summer. "They are a lot of accidents like drowning," said Barbour. "Teach their kids how to swim, watch young children very carefully when they are near water."

Swimming with a partner and wearing a life vest when boating are also important. "Should someone fall in the water and injure their head, the life vest will keep them floating," said Barbour.

Heat-induced ailments like sunburns, heat rashes, heat exhaustion and heat stroke are other hot-weather culprits. "The three most important things to do to prevent them are drink enough fluids, wear proper clothing and choose the best times to be outside," said Caroline Sutter, RN DNP-BC, assistant professor of nursing, George Mason University. "Avoid the extreme heat of midday."

Wearing sunscreen, staying hydrated and avoiding alcohol when in the heat are also good ideas. "Most of the research shows that you should drink water before going out into the heat, even if you don't feel thirsty. Thirst is the last warning sign of dehydration," said Sutter. "After you come in you can add back water with sports drinks that have electrolytes."

Know the warning signs that it is time to get out of the heat: "Heat cramps are the first thing that you'll feel," said Sutter. "Your muscles will get tired and cramp easily because they aren't getting enough blood flow."

Nausea, vomiting and headaches

are also clues. "Your body is good about giving you warning signs," said Sutter. "If you listen to your body you can avoid some of these major complications."

The elderly and very young children are at greatest risk of heat illnesses.

"Children in sports camps or outdoor camps should wear sunscreen and have regular rest breaks in the shade," said Rosemarie Berman, RN, Ph.D., chair, B.S.N. program, assistant professor of nursing, Marymount University in Arlington. "A well-regulated camp will have regulated rest periods."

Barbour said, "Parents of infants and small children should be aware because a baby can't tell you when they're sick. Check on elderly neighbors who don't have air conditioning."

Avoid leaving the elderly, young children and pets in small, enclosed spaces like cars. "They could die even after a short period of time like when you're running to get gas," said Sutter.

Stay informed about potentially dangerous weather like heat waves. "We have cooling centers open on really hot days," said Barbour. "You can also go into an air conditioned public space like a library."

BITES FROM MOSQUITOES and ticks can also pose health threats. "People should be mindful that we do have West Nile Virus and Lyme disease in our area," said Barbour. "When summer comes people are outside and are exposed to insects that cause people to get sick."

Heavily foliated spaces, like those with tall grass, are where such bugs hide. "If you're in an area where the grass is high, on the fringes of a park or even your backyard, be aware," said Barbour.

When hiking or working outside, wear light-colored, loose fitting clothing, long sleeves and long pants. "Ticks are sneaky," said Barbour. "They will crawl up your leg without you knowing it."

Other precautionary measures include checking your body carefully for ticks after coming inside and eliminating standing water from around a home. "At least once a week, we encourage people to walk around their house and dump water from places like bird baths and your dog's water bowl."

Health and safety officials say that most summer hazards are avoidable. "Summer safety pretty much all boils down to common sense and reducing your exposure to risks," said Larrick.

CALENDAR

FROM PAGE 10

FRIDAY/JULY 11

Summer on the Green Concert. 6:30 p.m. Vienna Town Green, 144 Maple Avenue E, Vienna. Bring chairs and blankets to come hear some rock and country with Stealin' the Deal. No alcoholic beverages allowed; recommended pets be left at home.

McLean Farmers Market. 8 a.m.-12 p.m. Fridays, May 2-Nov. 21. 1659 Chain Bridge Road, McLean. www.fairfaxcounty.gov/parks/farmersmarkets/mcleanmkt.htm

Scars on 45 + Broken Anchor. 8 p.m. Jammin Java, 227 Maple Ave. East, Vienna. After years of struggling to become known in England, the band gained fame when their song "Beauty's Running Wild" was featured in an episode of CSI: New York. Their single "Heart on Fire" is the lead song on the 8th season soundtrack of the show "Grey's Anatomy." Tickets \$12-15. 703-255-1566.

Kayak Tour – Moonshine & Mayhem. 5-7 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. What is now Riverbend Park once was a safe haven for illegal whiskey-making operations during the 1920s; kayak past river islands and discover its shady past. Ages 14+. \$59-\$74. Register at <http://www.fairfaxcounty.gov/parks/riverbend-park/kayaktours.htm>.

SATURDAY/JULY 12

Great Falls Farmers Market. 9 a.m.-1 p.m. Great Falls Village, 778 Walker Road, Great Falls. Don't

forget to bring your recyclable bag. www.greatfallsfarmersmarket.org.

Oakton Farmers Market. 10 a.m.-2 p.m. Year round. Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. www.smartmarkets.org/

Vienna Farmers Market. 8 a.m.-12 p.m. Faith Baptist Church Parking Lot, 301 Center Street South, Vienna. www.viennafarmersmarket.com.

Model Trains at Open House. 1-5 p.m. Historic Vienna Train Station, 231 Dominion Road NE, Vienna. See and hear model trolleys and steam and diesel trains, plus Thomas and some of his friends. 703-938-5157.

SUNDAY/JULY 13

The Remedy Celebrate Great Falls Concert on the Green. 6-8 p.m. Great Falls Village Centre Green, Georgetown Pike and Walker Road, Great Falls. Come out with your picnic baskets and chairs for an evening of live, free, rock music. 571-293-0474.

Tyson's Farmers Market. 10 a.m.-2 p.m. NADA Campus, Greensboro & Westpark Drive. www.tysonspartnership.org

Intro to River Kayaking. 1-1:30 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. This introductory level course covers river hazards, water safety and paddling basics. Ages 14+. \$28-43. Register at <http://www.fairfaxcounty.gov/parks/riverbend-park/kayaktours.htm>.

FRIDAY/JULY 18

Kayak Tour – Sunset over Riverbend. 5-7 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Experience the end of the day with a tour of the upper Potomac.

Ages 14+. \$59-\$74. Register at <http://www.fairfaxcounty.gov/parks/riverbend-park/kayaktours.htm>.

SATURDAY/JULY 19

Ballroom Dance. 8 – 11:30 p.m. Colvin Run Dance Hall, 10201 Colvin Run Rd, Great Falls. Samba lessons until 9, then dance to tunes from '30s to today. Attire is ballroom casual, everyone welcome. \$15. 703-759-2685. www.colvinrun.org

Sunrise Kayak Tour. 7-9 a.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Paddle with a naturalist and learn about the historical and natural beauty of the Potomac. Ages 14+. \$59-\$74. Register at <http://www.fairfaxcounty.gov/parks/riverbend-park/kayaktours.htm>.

Ballroom Dance. 8-11:30 p.m. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. 8-9 p.m. Samba lesson; 9-11:30 p.m. dance with favorite dance tunes from the 1930s to today. Attire is ballroom casual. \$15. 703-759-2685.

SUNDAY/JULY 20

Intro to River Kayaking. 1-1:30 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. This introductory level course covers river hazards, water safety and paddling basics. Ages 14+. \$28-43. Register at <http://www.fairfaxcounty.gov>.

Ruthie & The Wranglers Celebrate Great Falls Concert on the Green. 6-8 p.m. Great Falls Village Centre Green, Georgetown Pike and Walker Road, Great Falls. An evening of live, free Americana country music. 571-293-0474.



Dive In to Family Fun at Hidden Creek
Just Minutes from Reston Town Center

Affordable Family Swim-Social Memberships in a Friendly Private Club Setting

- Junior Olympic Size Pool with Lifeguard
- 6 Lap Lanes & Toddler Pool
- Championship Swim Team
- Junior Swim, Tennis & Golf Programs
- Delicious Cabana Poolside Service
- State-of-the-Art Fitness Center
- Full Family-Friendly Social Calendar

Located Adjacent to Reston Town Center – Convenient Dulles Toll Road Access

RSVP Today to Schedule Your Complimentary Member for a Day Experience

Please Call **Jim Grady**
703.437.5222 x102
Membership1100@HiddenCreekCC.com
JOINHIDDENCREEK.COM

McLEAN COMMUNITY PLAYERS

OPENS FRIDAY, JULY 11

Guys and Dolls

A Musical Fable of Broadway Based on a Story and Characters of Damon Runyon

MUSIC AND LYRICS BY FRANK LOESSER BOOK BY JO SWERLING AND ABE BURROWS

ALDEN THEATRE, MCLEAN COMMUNITY CENTER

JULY 11-27

FRIDAYS & SATURDAYS 8:00 P.M. • SUNDAYS 2:00 P.M.

TICKETS 866.811.4111 OR MCLEANPLAYERS.ORG

Audio description services for individuals with vision challenges will be offered on July 26.

Guys and Dolls is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI, 421 West 54th Street, New York, NY 10019. Phone: 212-541-4684 Fax: 212-397-4684 MTIShow.com

Join the McLean Players' Facebook Group

FREE ESTIMATES!
Patios, Walkways, Retaining Walls, Landscaping and so much more!

Bonsai, Orchids & Cactus 25% Off	30% OFF Nursery Stock	Fountains, Benches & Statues 25% Off
New Shipments Annuals & Perennials, Hanging Baskets!	Blooming Tropicals 25% Off	
60-75% Off Pottery <i>Lowest Prices Since 2008!</i>	35% OFF Japanese Maples Over 150 varieties	
FREE Fill! Playground Chips & Organic Compost \$29.99 cu. yd.	Bulk Mulch \$24.99 cu. yd.	

Cravens Nursery & Pottery

9023 Arlington Blvd., Fairfax, Virginia
2 miles west of I-495 on Rt. 50.
1 mile from I-66 (Vienna Metro)

703-573-5025
Open 7 days a week
Visit our new Web site:
www.cravensnursery.com

Follow us: 

Look Out Below

By KENNETH B. LOURIE



I think I know what a rampaging bull feels like; and I don't mean one on Wall Street, either. I mean one in the figurative sense: when one has a need, an overwhelming, unstoppable-type urge, to scratch that itch, to gratify that which has been delayed. What am I talking about? (You sound like my wife, Dina.) I am talking about food. More specifically, I am talking about a side effect I've been experiencing of late from the chemotherapy drug Alimta, with which I've been infused every three weeks since late September, 2013 (successfully I may add, given the shrinkage noted in my most recent CT Scan).

I would say that sometime within the last three months, for seven to 10 days immediately after my Friday infusion, food doesn't taste right; it doesn't feel right (its texture in my mouth), it doesn't digest right, its after-taste is not right; it doesn't do anything right. In fact, it's downright wrong. Oh, I still have an appetite, but the idea of actually eating doesn't appeal to me, almost instinctively, if that makes any sense. And when I do think about eating now/eating later, it's way less than thrilling and way more than simply distressing. You see, I'm an "oral-fixator" and not being able to gain any pleasure from eating is making me feel null and void.

Apparently, according to my oncologist, (If I understand him correctly, and there's a huge chance that I don't), my taste buds are being adversely affected by the Alimta, doing the same kind of damage to them that chemotherapy, generally speaking, does to hair: eliminating it/slowing its growth/changing its properties. Consequently, my taste sensation is not sensational. It's quite the opposite. Throw in some lingering post-chemotherapy nausea and related burping, and another side effect: hiccuping, and you have a recipe not for food/eating. Not that I'm thin as a result; hardly, but I am not exactly bursting at my seams, either. Certainly I could stand to lose a pound or two, but I'd rather pick my own battles, if you know what I mean.

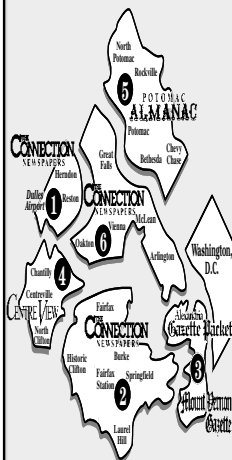
Fortunately, (so far) my taste issues seem to resolve themselves within the time frame I've mentioned. And oddly, therein lies a problem. After not eating much – or deriving any pleasure from eating during the previous week or so, once food regains its appeal and I can eat "normally" – for me, it's Katie bar the door. I might as well be Dan Aykroyd as Beldar from the Saturday Night Live Conehead sketches eating "mass quantities." It's not merely a slippery slope I'm on, it's more like an avalanche threat with "falling rocks." Once I start eating, I'm not stopping – until I hit bottom; of the bag, the box, the plastic container, the carton, anything. I'll admit, it's not a pretty sight, but as yet, it's a sight unseen by either man or beast. (At present I'm eating my way through a bag of Starburst Fruit Chews; I'm not proud, just hungry.)

At least I'm smiling again, and feeling more positive, which of course is a must as a cancer patient. However, that pent-up demand from a week of not eating is a killer. I wish I could stop it, but being interested in eating again feels so good – for which I'm exceedingly grateful – and so far, there's seems to be very little I can do to slow down the train. (I imagine Nabisco and M&M/MARS are grateful, too. At least now they won't have to declare bankruptcy.)

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

Employers:
Are your recruiting ads not working in other papers?

Try a better way to fill your employment openings



- Target your best job candidates where they live.
- Reach readers in addition to those who are currently looking for a job.
- Proven readership.
- Proven results.

THE CONNECTION
to your community

703-917-6464

classified@connectionnewspapers.com

Great Papers • Great Readers
Great Results!

ZONE 6: • ARLINGTON • GREAT FALLS
• MCLEAN • VIENNA/OAKTON

CLASSIFIED

703-917-6400

ZONE 6 AD DEADLINE:
MONDAY NOON

26 Antiques

We pay top \$ for antique furniture and mid-century Danish/modern teak furniture, STERLING, MEN'S WATCHES, jewelry and costume jewelry, paintings/art glass/clocks. Schefer Antiques @ 703-241-0790. Email:theschefer@cox.net

21 Announcements

ABC LICENSE
Pio Pio Pollo Inc, trading as Pio Pio Pollo, 762-A Walker Rd, Great Falls, VA 22066-2611

The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer and Wine on and off Premises and Delivery and Keg license to sell or manufacture alcoholic beverages. Edna Feizi, Managing member
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200

The biggest things are always the easiest to do because there is no competition.
-William Van Horne

21 Announcements

ABC LICENSE
Santinis Mclean, Inc trading as Santinis New York Style Deli, 1443 Chain Bridge Rd, Mclean, VA 22101-3722. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises license to sell or manufacture alcoholic beverages. Robert Lesando, Member
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200

101 Computers

101 Computers

HDI COMPUTER SOLUTIONS

JENNIFER SMITH ♦ Serving the Area Since 1995

- Speed up Slow Computers
- Troubleshooting
- Virus Removal
- Computer Setup



(571) 265-2038

jennifer@HDIComputerSolutions.com

3 RE for Rent

3 RE for Rent

WayneWood School District, Fort Hunt, Five miles south of Old Town, off Parkway

* Walk, jog or bike to river, Hollin Hall shopping center, private pool parks, public parks playgrounds, tennis courts*
Drive, metro or bike to work

\$2950/mo with bank wire, negotiable lease term, available 7/22, one mo deposit, credit check, house trained dog considered with deposit, no cats due to allergies.

4BR/3BA/Country kitchen/Family room, double garage & patio room with swingset behind privacy fenced back yard. Partially finished basement with private entrance, updated bath, sink, small fridge and microwave, Modest brick exterior on wooded and fenced 3/4 acre lot disguises roomy interior with many unique features

Located in the heart of the Fort Hunt section of Alexandria. 4 bedrooms, 3 full baths, country kitchen, family room with fireplace, hardwood floors and ceiling fans throughout, gas radiator heat, ac, covered porches front and rear, plus basement with updated 3rd bath, sink, small fridge, microwave and private entrance, washer/dryer, privacy yard with swing set off patio room and double garage separated from house with breezeway. Storage plus in attic, basement, garage, patio room.

Easy drive, bike or metro to Old Town Alexandria, Fort Belvoir, Pentagon, Fort Myer, Navy Yard and DC. Conveniently located less than a mile from the George Washington Parkway for easy access to 495, Old Town Alexandria, Reagan National Airport, and Arlington.

*Call 703-862-7240

THE CONNECTION
NEWSPAPERS

CLASSIFIED

Classified or Home • Lawn • Garden:
703-917-6400

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com

21 Announcements

21 Announcements

21 Announcements

Outer Banks, NC Vacation Homes!

Brindley Beach
VACATIONS & SALES

Over 500 Vacation Homes, from Duck to Corolla, Oceanfront to Soundfront, Private Pools, Hot Tubs, Pets and More...

Book Online at www.brindleybeach.com

1-877-642-3224

"SERVICE FIRST... FUN ALWAYS!"

21 Announcements

21 Announcements

21 Announcements

STORM PROOF! LIFETIME METAL ROOFING
1-800-893-1242
www.metalroofover.com
VaCarolina Buildings - Licensed & Insured - Free Inspection

21 Announcements

21 Announcements

21 Announcements

PRIME ROANOKE PROPERTY

3.2± ac. located directly across from Roanoke Civic Center at an I-581 interchange. Views of Downtown and mountains. Great visibility from I-581. AVD: 39,000. Entrances on two streets. Improved with 3 buildings: service garage with office, garage/warehouse/office bldg and retail sales/warehouse building. Currently occupied by Roanoke Auto Spring Works. Great development potential. \$3,500,000. Contact Jonna McGraw, REALTOR at 540-309-3560 (mobile) or visit www.woltz.com for information. Woltz & Associates, Inc., 800-551-3588.

21 Announcements

21 Announcements

21 Announcements

Driver/Class A DEDICATED \$1,500 SIGN ON BONUS

Jacobson Transportation is currently seeking full-time Class A drivers For our dedicated customer account on the East Coast. \$1000-\$1200/wk. Home Weekly. Additional Incentive Based Bonus Pay. No touch freight. Great Family Benefits (BCBS) Jacobson Companies Call Today! 866-511-1134

Or apply online at www.DriveJTC.com

21 Announcements

21 Announcements

21 Announcements

Help for people with

MACULAR DEGENERATION

Find out if special glasses can help you see better.



Call for a FREE phone consultation with Dr. Armstrong, Optometrist

Offices in: Roanoke, Charlottesville, Harrisonburg, Wytheville
Learn more at: www.VirginiaLowVision.com
Dr. David L. Armstrong (866) 321-2030

ZONE 6 • ARLINGTON • GREAT FALLS
• McLEAN • VIENNA/OAKTON

HOME & GARDEN

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.COM

703-917-6400

ZONE 6 Ad DEADLINE:
MONDAY NOON

EMPLOYMENT

ELECTRICAL

K & D ELECTRIC

COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated

Recessed Lighting
Ceiling Fans
Phone/CATV
Computer Network Cabeling
Service Upgrades
Hot Tubs, etc....
Licensed/Bonded/Insured
Office 703-335-0654
Mobile 703-499-0522

ELECTRICAL

HAULING

AL'S HAULING

Junk & Rubbish
Concrete, furn., office,
yard, construction debris
Low Rates NOVA
703-360-4364
703-304-4798 cell

7 DAYS A WEEK

LANDSCAPING

JUNK HAULING

Junk, Rubbish,
Homes, Offices,
Commerical,
Yard/Construction
Debris, Lot Clear
out, 24 hrs day,
General Hom Work.

703-520-4338 N-VA

BUSINESS OPP

TELEPHONE A great opportunity to WORK AT HOME!

NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!

301-333-1900

Weekdays 9-4

BUSINESS OPP

TELEPHONE A great opportunity to WORK AT HOME!

NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!

301-333-1900

Weekdays 9-4

GUTTER

GUTTER

GUTTER CLEANING

Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards

PINNACLE SERVICES

lic/ins 703-802-0483 free est.
email jamie@lawnsandgutters.com
web: lawnsandgutters.com
Friendly Service with a Friendly Price!

IMPROVEMENTS

IMPROVEMENTS



R&N Carpentry

♦BASEMENTS ♦BATHS ♦KITCHENS
Foreclosure specialist/Power washing
♦Exterior Wood Rot More!

Deck & Fence repair, Screen Porches

No jobs too large or small

Free est. 37 yrs exp. Licensed, Insured

703-987-5096

The HANDYMAN

A DIVISION OF NURSE CONSTRUCTION

BATHROOM REMODELING, DRYWALL,
PAINTING, CERAMIC TILE, CARPENTRY,
POWER WASHING & MUCH MORE

You have tried the rest - NOW CALL THE BEST!!
Proudly serving Northern VA - 46 yrs. exp.

Licensed
Insured
We Accept VISA/MC
703-441-8811

Picture Perfect Home Improvements
(703) 590-3187 www.pphionline.com

Remodeling Bathrooms, Kitchens & Basements

- FREE Estimates Exterior & Interior Repair,
- FAST & Reliable Service Painting, Carpentry, Wood Rot,
- EASY To Schedule Drywall, All Flooring, Decks
- NO \$\$\$ DOWN!

Handyman Services
Available
"If it can be done, we can do it"

Licensed — Bonded — Insured

A&S Landscaping

- All Concrete work
- Retaining Walls • Patios
- Decks • Porches (incl. screened) • Erosion & Grading Solutions
- French Drains • Sump Pumps
- Driveway Asphalt Sealing



703-863-7465

LICENSED

Serving All of N. Virginia

ANGEL'S HAULING

Junk Trash Removal,
Yard/Construction
Debris, Garage/Base-
ment Clean Out,
Furniture & Appl.

703-863-1086

703-582-3709

240-603-6182

LANDSCAPING

A&S LANDSCAPING

Planting • Mulching • Sodding
Patios • Decks • Driveway Sealing,
Asphalt • Retaining Walls
Erosion Control • Drainage Solutions

703-863-7465

IMPROVEMENTS

R.N. CONTRACTORS, INC.

Remodeling Homes, Flooring,
Kitchen & Bath, Windows,
Siding, Roofing, Additions &
Patios, Custom Deck, Painting

We Accept All Major Credit Cards

Licensed, Insured, Bonded • Free Estimates • Class A Lic

Phone: 703-887-3827 Fax: 703-830-3849

E-mail: rncontractorsinc@gmail.com

www.rncontractors.com

LAWN SERVICE

LAWN SERVICE

PINNACLE SERVICES, INC.

LAWN SERVICE

MOWING, TRIMMING, EDGING,
MULCHING & TRIM HEDGES

Friendly Service for a Friendly Price

703-802-0483

MASONRY

MASONRY

BRICK AND STONE

Custom Masonry
703-768-3900

www.custommasonry.info

Patios, Walkways, Stoops, Steps, Driveways

Repairs & New Installs • All Work Guranteed

TREE SERVICE

TREE SERVICE

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured

Spring Cleanup...

Tree removal, topping & pruning,
shrubbery trimming, mulching, leaf
removal, planting, hauling, gutter cleaning,
retaining walls, drainage problems, etc.

25 years of experience - Free estimates

703-868-5358

24 Hour Emergency Tree Service

Home Instead SENIOR CARE

If you want to
make a difference,
Apply with us!

Serve the elderly with non-medical care,
companionship and help in their homes.
Flexible day, evening and weekend shifts available.
No certification required and age is no barrier.
11347 Sunset Hills Rd., Reston, VA 20109
703-464-1268 • www.caregiversareawesome.com

J RICKARDS UNISEX HAIR SALON AT
6801 WHITTIER AVE McLEAN, VA
22101

UNDER NEW MANAGEMENT:
**HIRING HAIRDRESSERS,
BARBERS AND MANICURIST**

WITH THEIR OWN
CUSTOMERS, OPEN 7 DAYS A WEEK.
RENTAL STATIONS AVAILABLE,
CONTACT SANDRA: 703-895-7585.

Nysmith School for the Gifted Herndon, VA

Nysmith School Preschool through 8th Grade
Hiring for 2014-2015 academic year

College Degree Required:

- Preschool Co-Teachers - \$26.67
- Middle School Co-Teachers
- Part time 7th Grade Earth Science (7.5 hours per week)
- Latin
- Spanish
- French

Extended Care Counselors:

Bachelor Degree preferred/Min. high school
diploma plus 6 months childcare experience.
\$8-\$11/hr. based on experience.
Flexible after school hours

Join our Playground Team!

Looking for several people to assist teachers in
monitoring children at recess on the playground. Fun
and friendly environment - Flexible Hours. \$12/hr.

Send resumes to resume@nysmith.com
Fax: 703-713-3336

Educational Internships

Unusual opportunity to learn
many aspects of the newspa-
per business. Internships
available in reporting, pho-
tography, research, graphics.
Opportunities for students,
and for adults considering
change of career. Unpaid.
E-mail internship@connec-
tionnewspapers.com

THE
CONNECTION
NEWSPAPERS

News

Volunteer Opportunities

**Fairfax County's Respite Care Vol-
unteers** give family caregivers of a frail
older adults a well-deserved break so they
can go shopping, attend a doctor's appoint-
ment or just have coffee with a friend. Vol-
unteers visit and oversee the safety of the
older adult for a few hours each month.
Support and training are provided. Contact
Kristin Martin at 703-324-7577, TTY 711,
or Kristin.Martin@fairfaxcounty.gov.

The Herndon Senior Center, 873
Grace Street, Herndon, needs a volunteer
mosaic instructor and knitting instructor.
For these and other volunteer opportuni-
ties, call 703-324-5406, TTY 711 or visit
www.fairfaxcounty.gov/olderadults and
click on Volunteer Solutions.

The Lewinsville Senior Center, 1609
Great Falls Street, McLean, needs a certi-
fied volunteer Zumba instructor and an of-
fice assistant. For these and other volunteer
opportunities, call 703-324-5406, TTY 711 or
visit www.fairfaxcounty.gov/olderadults and
click on Volunteer Solutions.

Fairfax County needs volunteer On-Call
IT Specialists are needed to help older
adults. Schedule is flexible. For these and
other volunteer opportunities, call 703-324-
5406, TTY 711 or visit
www.fairfaxcounty.gov/olderadults and
click on Volunteer Solutions.

**The Lincolnia Adult Day Health
Care Center**, 4710 N. Chambliss Street,
Alexandria, needs an office assistant on Fri-
days, 1-2:30 p.m. For these and other volun-
teer opportunities, call 703-324-5406, TTY
711 or visit www.fairfaxcounty.gov/
olderadults and click on Volunteer Solutions.

The James Lee Senior Center, 2855-
A Annandale Road, Falls Church, needs a
line dance Instructor for a beginner class
on Mondays, 10 a.m.-12 p.m. For these and
other volunteer opportunities, call 703-324-
5406, TTY 711 or visit
www.fairfaxcounty.gov/olderadults and
click on Volunteer Solutions.

The Bailey's Senior Center, 5920
Summers Lane, Falls Church, needs office
assistance with the front desk and data en-
try, Monday-Friday, 10 a.m.-2 p.m. For these
and other volunteer opportunities, call 703-
324-5406, TTY 711 or visit
www.fairfaxcounty.gov/olderadults and
click on Volunteer Solutions.

The Hollin Hall Senior Center, 1500
Shenandoah Road, Alexandria, needs a DJ
ballroom and dance instructor. For these
and other volunteer opportunities, call 703-
324-5406, TTY 711 or visit
www.fairfaxcounty.gov/olderadults and
click on Volunteer Solutions.

Meals on Wheels needs drivers in
Franconia, Reston, McLean and Falls
Church. For these and other volunteer op-
portunities, call 703-324-5406, TTY 711 or
visit www.fairfaxcounty.gov/olderadults
and click on Volunteer Solutions.

Fairfax County needs volunteers to
drive older adults to medical appointments
and wellness programs. For these and other
volunteer opportunities, call 703-324-5406,
TTY 711 or visit www.fairfaxcounty.gov/
olderadults and click on Volunteer Solutions.



JAN & DAN DIANNE

www.GreatFallsGreatHomes.com



Great Falls \$949,999



Great Falls \$1,289,000



Great Falls \$1,275,000



Great Falls \$995,000



Great Falls \$1,699,999



Great Falls \$1,750,000



Great Falls \$1,149,000



Great Falls \$5,995,000



Great Falls \$1,749,000



Reston \$1,175,000



Great Falls \$1,488,000



Great Falls \$1,287,000



Reston \$889,000



Great Falls \$1,795,000



Great Falls \$1,560,00



Susan Canis



Helen Chung Vasiliadis

Jan & Dan Laytham
Dianne Van Volkenburg
703-757-3222 Office

LONG & FOSTER
REAL ESTATE
LUXURY HOMES
CHRISTIE'S
INTERNATIONAL REAL ESTATE

THE WORLD'S MOST DESIRED HOMES —
BROUGHT TO YOU BY LONG & FOSTER AND CHRISTIE'S.

LUXURY
PORTFOLIO
INTERNATIONAL

