

The entrance to the Greensboro station on a Sunday afternoon. The Silver Line will start running on July 26.

# Area Gears Up for Rail Opening

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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

**O**n 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>.



# Teens Talk Depression

**Teen-to-Teen Mental Health Summit focused on destigmatizing depression.**

BY REENA SINGH  
THE CONNECTION

**W**hat if mental illness and suicide didn't have a stigma? That's a question Safe Community Coalition and the Josh Anderson Foundation hope to make into a reality.

The two organizations invited students from schools throughout the area and parents to the Teen-to-Teen Mental Health Summit at McLean Community Center on June 5 to listen to a panel of teenagers about their experience with depression and how to help those who may be fighting the problem themselves.

"You have to speak up, or you will be battling it alone," said Will Rau, senior at Langley High School. "Happy thoughts or wishful thinking won't cut it."

Each of the six panelists - from schools like Thomas Jefferson High School of Science and Technology, McLean High and Langley High - urged those with depression

to get professional help. The first step for many was to tell their parents.

"Telling my parents was one of the best things in my life because at that point, things started to change," said Jack Saunders.

Saunders said he was a happy kid, but he began feeling a change in his mood when he was in middle school.

"I was always a happy person," he said. "My parents would call me their sunshine."

By the time he was in high school, he coped with his stress by scratching, then cutting, his arm. He also coped through alcohol, and nearly drank enough to kill himself one night.

"I wanted to get better, and that was a big part of it," he said. "You have to want to get better."

Miss State Fair of Virginia Hanna Hunt took her pageant crown off of her head that night to reveal herself as a Langley student who suffered from anxiety. The 17-year-old junior made teen depression and anxiety her platform after winning the pageant.



PHOTO BY REENA SINGH/ THE CONNECTION  
**Clinical Psychologist Jennifer Leyton-Armakan talks to teens during the Teen-to-Teen Mental Health Summit June 5.**

She said she often feels alone and like a failure even after having successes.

"I didn't want to go to therapy because you don't want to think you're crazy," she

said.

After the panelists spoke, teens and parents separated. Parents were informed the best way to help teens deal with depression and anxiety while the students had a break-out session to figure out the best way to destigmatize depression at school.

After the teens discussed options, they presented the list to other groups. Many students found the event and discussion helpful and enlightening.

"I have experience with depression," said 17-year-old Jamie Simon, Reston. "It was good to hear other people tell their stories, and I felt a grounding experience that helped me orient myself."

Others came to the event because they had friends who were dealing with depression and did not know how to help them. In February, two students at Langley High School killed themselves in the same week due to unspoken depression, causing a surge of interest in the topic and a hope for change.

"I came here because I'm interested in this topic," said 16-year-old Apiding Osika, McLean. "A lot of people at my school have these issues, and I don't know how to help them. It helped me to see how to deal with the issue and see how common it is."

# Langley High Renovation Moves Forward

**Three phases of renovation will span three and a half years.**

BY JEAN T. JIANOS  
THE CONNECTION

**T**he plan for renovation of Langley High School was presented to parents by Langley High School Principal Matthew Ragone and Mr. Brady Rauch, Fairfax County Public Schools Coordinator, Design and Construction, at a presentation in the LHS auditorium on Wednesday morning, June 11. The FCPS Office of Design and Construction, working with the Washington, D.C. office of Perkins Eastman Architects, P.C., put the LHS renovation project out for construction bids on June 5; bids are due from general contractors on July 9; and by the time students start back to school on Sept. 2, preparation for Phase I construction will be underway.

**THE LHS RENOVATION** is what the Office of Design and Construction refers to as a "phased occupied renovation," meaning that construction will take place year round. The work has been divided into three phases that will span three and a half years. Phase I primarily consists of building an addition on to the rear of the school for new classrooms and labs, and constructing another addition toward the front of the school for



PHOTO BY JEAN JIANOS/THE CONNECTION  
**Brand-new "quads" of portable classrooms have been installed at the rear of the Langley High School parking lot in preparation for renovation.**

the Performing Arts wing and school administrative suite. In order to accommodate the rear addition, the tennis courts will be relocated to the athletic fields. Relocation of the tennis courts is one component of an overall site plan that also includes parking improvements, incorporation of outdoor learning spaces and full accessibility to the athletic fields. Phase I is scheduled to be completed by December of 2015.

Rauch assured the parents that the Office of Design and Construction has proven expertise in construction management, ex-

perience with phasing and isolating work areas, and that, "we finish on time." Rauch introduced Jay Zayas, the Construction Manager with the Office of Design and Construction responsible for oversight of the complete school renovation and expansion of FCPS George C. Marshall H.S. that is due to be completed at the start of the 2014 - 2015 school year. Zayas will be responsible for oversight of the LHS renovation, as well.

**MANY OF THE PARENTS** asked questions about health and safety issues, and

about logistics. In answering their questions, Rauch and Principal Ragone referred to the many policies, procedures and standards that have been established by Fairfax County Public Schools, its Office of Facilities Management, and the Office of Design and Construction. Any work that interrupts electric, water, heating or air conditioning services is scheduled for when staff and students are not in the building to minimize disruption of the school's learning environment.

Both Rauch and Principal Ragone were open about the extensive adjustments needed to initially stage the construction and during Phase I, the longest phase of the renovation. As this school year draws to a close, teachers are currently preparing to relocate. Classrooms within the existing school building will be moved and rotated through 32 portable classrooms to facilitate the renovation. The brand-new "quads" have already been installed at the rear of the parking lot. The Band, Chorus, Orchestra and Theater Arts programs will hold performances off-campus at alternate performing arts venues while the Performing Arts wing is being constructed; and LHS Principal's Coffees will be held at Cooper Middle School.

"When I saw the phasing for this, I was really excited. ...We are really at a great crossroads here for innovations," said Principal Ragone, later reiterating that, "I am going to appreciate everyone's flexibility and patience throughout the whole process, but in the end, we are going to be rewarded for that flexibility and patience."



## News



### Performing in a Buskapade

Larry Rice teaches fiddle/violin, guitar, mandolin, banjo, electric bass, and ukulele at his studio in Falls Church City. On July 4, from 9 to 11 a.m., he'll be joined by his students, children and adults, when they perform in a Buskapade

at the McLean Farmers Market at Lewinsville Park. Rice will accompany some of them while they play their instrument and sing. Pictured are Larry Rice and student Harrish Ganesh.

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# Libertarian Challenge

## Robert Sarvis to tap statewide contacts in race for United States Senate.

BY MICHAEL LEE POPE  
CONNECTION NEWSPAPERS

**T**his fall, Republican Ed Gillespie is facing a two-front campaign for the United States Senate. To his left, he faces incumbent U.S. Sen. Mark Warner, first elected in 2008, who will be able to raise vast sums of money and use the power of his office against the Republican challenger. To his right, he will face Libertarian candidate Robert Sarvis, fresh off his 2013 campaign for governor. In an interview with Connection Newspapers, Sarvis dismissed criticism that his candidacy will do nothing more than act as a spoiler in favor of the incumbent Democrat.

"There's a real palpable sense among voters that the two parties have become pretty much the same," said Sarvis. "So absent Libertarians getting on the ballot, we have no one to vote for who will decrease the government's intrusion into our lives."

If elected, Sarvis said, he would seek to legalize marijuana and moving away from a criminalization approach to drugs. He also wants to loosen restrictions on immigration, allowing more people into the country. He also wants to lower taxes and decrease regulation, an approach Sarvis hopes will resonate in a commonwealth known for its distrust of executive power and excessive taxation.

"Sarvis can be a deal-breaker for Republicans in this election," said Stephen Farnsworth, political science professor with the University of Mary Washington. "Gillespie now basically has to fight a two-front war, the people who might support Sarvis and the people who might support Warner."

**UNLIKE GILLESPIE**, Sarvis is not a first-time candidate. His first campaign was in



PHOTO BY MICHAEL LEE POPE/THE CONNECTION

**Libertarian candidate Robert Sarvis greets voters at the Annandale campus of Northern Virginia Community College last year during his campaign for governor.**

2011, when Sarvis ran as a Republican against longtime incumbent state Sen. Dick Saslaw (D-35). Saslaw won with 62 percent of the vote, but Sarvis was able to get more than 9,000 votes in that election — about 36 percent of the electorate. Last year, he was the Libertarian candidate for governor. In the race against Democrat Terry McAuliffe and Republican Ken Cuccinelli, Sarvis took more than 146,000 votes, about 7 percent of the electorate.

"The reason Sarvis performed so well in the governor's race was largely because conservatives and Republicans were not happy with Ken Cuccinelli," said Quentin Kidd, professor at Christopher Newport University. "That unhappiness doesn't seem to exist with Gillespie."

Sarvis says the Democrats and Republicans should not have a lock on American politics in general or the United States Senate in particular. He says both have increased the size of government, as well as

**"If people are worried about the spoiler effect, well then they should support me in calling for changes to our electoral system. We should have instant runoff voting and easier ballot access and term limits."**

— Robert Sarvis

the amount of federal spending as well as the amount of what he calls "intrusion" into the private lives of Virginia citizens. Sarvis wants to join the United States Senate and work for smaller government that he says would be more responsive to the people.

"If people are worried about the spoiler effect, well then they should support me in

## Robert Sarvis, 37

A native of Springfield, Sarvis graduated from Thomas Jefferson High School for Science and Technology before receiving a bachelor's degree in mathematics from Harvard University. He studied mathematics at the University of Cambridge, has a juris doctor from New York University School of Law and a master's degree in economics from George Mason University. His professional background includes being an entrepreneur, a small-business owner, a software engineer, a mobile-app developer and a math teacher. Sarvis lives in Annandale.

calling for changes to our electoral system," said Sarvis. "We should have instant runoff voting and easier ballot access and term limits."

**NO THIRD-PARTY** candidate has been elected from Virginia to the United States Senate in modern times, although the Reconstruction era saw the election of a senator from the Readjuster Party. Aside from whatever influence the libertarian might have on the debate over federal policy, the real impact Sarvis is likely to have on the race would be attrition of Republican votes. If Cuccinelli was able to capture 40 percent of Sarvis voters last year, he would have won the election for governor.

"Some of those conservative Republican voters were casting protest votes for Sarvis, so he might not have the fissure in the Republican base to use like he did last year," said Kidd. "The difference is that Gillespie spent nine months going around the state talking to everybody who would talk to him and essentially went into the convention in Roanoke with a lot of support among conservatives and even the Tea Party side of the Republican Party."

Nevertheless, the Sarvis campaign is likely to be a drag on the Republican candidate for Senate. The most recent poll, conducted by from Quinnipiac University in March, had Warner with 46 percent and Gillespie with 31 percent. Sarvis was polling at 6 percent. The poll of 1,300 Virginia voters had a margin of error of plus or minus 2.7 percent.

"What we are talking about is an uphill challenge that has gotten even more steeply uphill since Sarvis qualified for the ballot," said Farnsworth.

## SCHOOL NOTES

Send school notes to [mclean@connectionnewspapers.com](mailto:mclean@connectionnewspapers.com) by Friday.

**Angela Wertz**, daughter of Daniel and Lori Wertz of McLean, and a former student of Langley High School, has graduated from Duquesne University's Rangos School of Health Sciences. Angela will be attending the twelve month Accelerated Nursing Program this year at George Mason University.

**Seth McNair** of McLean, a student at Landon School in Bethesda, Md. will participate in the 2014 U.S. Naval Academy (USNA) Summer Seminar program. USNA invited a select group of approximately 2,550 young

men and women from around the nation and abroad to attend the Naval Academy Summer Seminar program this year. Summer Seminar is a fast-paced leadership experience for rising seniors in high school. This program helps educate, motivate and prepare selected students who are considering applying for admission to USNA.

For more information about the Naval Academy, visit: [www.usna.edu](http://www.usna.edu) or the USNA Admissions Facebook page.

Longfellow Middle School stu-

dents **Aaditya Singh, Franklyn Wang, and William Sun** have qualified to the United States of America Junior Mathematical Olympiad (USAJMO) 2014. The USAJMO is an invitation only competition where the MAA invites the top scoring 230 students (10th graders and below across the US) based on a combination of their performance in the AMC-10 and AIME competitions. See more at: <http://www.maa.org/node/79/#USAMO>

**Courtney Cross**, of Great Falls, graduated from Bishop

O'Connell high school. She is a sophomore at Villanova University and was named to the Dean's List for the fall semester of 2013.

**Matthew Kent**, of Vienna, was named to the Dean's List at Carnegie Mellon University for the fall semester of 2013.

**Lindsay Weber**, a 2010 graduate of James Madison High School, has been named to the Dean's List for the fall semester of 2013 at Radford University.

**Julian Kell**, of Vienna, was

named to the Dean's List at University of New England for the fall semester of 2013.

**Aline Dolinh**, 15, is a sophomore at Oakton High School in Vienna and has been appointed as the National Student Poet by the President's Committee on the Arts and the Humanities. Dolinh will participate in readings and workshops at libraries, museums and schools in Virginia as well as create community service projects to expand their reach while increasing engagement in the literary arts.



# NEWS

## Herrick and Conrad Named 'Friends in Deed'

The Friends of the McLean Community Center (FMCC) organization has named McLean residents Carol Conrad and Carole L. Herrick the recipients of its 2014 "Friend in Deed" award. Conrad and Herrick are the 21st and 22nd persons to receive this recognition "with gratitude for outstanding leadership and support of the McLean Community Center." The two women received plaques at the Friends' monthly meeting on Monday, June 9, at the Center, 1234 Ingleside Avenue.

Both Conrad and Herrick have been strong supporters of the Center's programs and activities for many years.

Conrad has served as the secretary of the Friends Board for the last four years. Trained as an attorney, she has added stability and growth to the Friends Board and has overseen a tremendous growth in the activities of Friends as they supported the requirements of the community center.

Herrick, a well-known local historian, previously served as president of the Friends organization and has been involved in many



PHOTO CONTRIBUTED

**Carol Conrad (left) and Carole Herrick received Friends of the McLean Community Center's 2014 Friend in Deed award.**

community activities. In conjunction with the McLean Historical Society, she has presented history lectures at MCC over the last year. FMCC President Glenn

Yarborough saluted the accomplishments of both winners.

More information concerning Friends may be found at [www.friendsmcc.com](http://www.friendsmcc.com).

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PHOTOS CONTRIBUTED

**Eliza Roth – English Create project "Image vs. Reality."**

## Create Day Showcase at Cooper Middle

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



**Olivia Grommers looking at a student's Civics Create project "Project Citizen - School Start Time."**

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# OPINION

## Silver Line No Silver Bullet

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

**T**he 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

McLean  
**CONNECTION**

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## Charity Champions Dinner to Support MPA

A fundraiser for McLean Project for the Arts has been announced by HBC Realty Group's (Keller Williams Realty) Community Charity Champions. Come to dinner on Tuesday, July 8, 2014 from 5 to 8 p.m. at Pulcinella Italian Host in McLean to support McLean Project for the Arts. Enjoy dinner and know that approximately 70

percent of the proceeds from food and drink will go to the charity, as long as the diner brings the flyer for the event. Contact HBC Realty Group at 703-734-0192 or visit [www.HBCRealtyGroup.com](http://www.HBCRealtyGroup.com) to receive a flyer.

MPA 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 presents special traveling exhibitions from the Virginia Museum of

Fine Arts. 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.

Sponsors of the event are: Karen Briscoe and Lizzy Conroy with the HBC Realty Group of Keller Williams Realty, The Simmons Team of George Mason Mortgage LLC, Betty

Sparkman and Chris Lara of Reveal Remodel, Kevin Dougherty of

Pillar to Post Home Inspections, Marcus Simon with EKKO Title, Moe Jebali of Pulcinella Italian Host, and One to

One Fitness Centers.

## McLean and Great Falls Celebrate Virginia to Meet July 14

McLean & Great Falls Celebrate Virginia will meet Monday, July 14, at 5:30 p.m. at the McLean Community Center, 1234 Ingleside Ave., McLean. The group will be finalizing plans for their 2 p.m. Aug. 24 event, An Afternoon with the Madisons, commemorating the bicentennial of the burning of the nation's Capitol during the War of 1812. Roger Mudd will be the Honorary Chair and the event will be free of charge. If interested in knowing more contact Carole Herrick at 703-356-8223.

### FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to [vienna@connectionnewspapers.com](mailto:vienna@connectionnewspapers.com). Deadline is Friday.

**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](http://www.jssa.org/growth-learning).

**HAVEN of Northern Virginia** offers a variety of free bereavement support groups, meeting on a weekly basis. 703-941-7000 or [www.havenofnova.org](http://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](mailto: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 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 [www.viennachristianhealingrooms.com](http://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](http://www.ChesterbrookUMC.org).

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# Silver Line: A Welcome Newcomer to Neighborhood

Reston, Herndon residents, community leaders reflect on upcoming opening of Silver Line.

BY ANDREA WORKER  
THE CONNECTION

Just how long have the residents of Reston and Herndon been waiting for their own rail connection to the Greater Washington Metro system? And just how do folks feel about the addition of Metro to the community? Well, when Jim Curren moved to Reston in 1986, “our District Supervisor at the time assured us that light rail would be in place within three years,” he laughed. As everyone knows, the light rail plan was shelved long ago, but even in its current composition, Metro’s Silver Line, designed to ultimately run from Dulles Airport and Eastern Loudoun County all the way to Largo Town Center, Md., with options for connecting to other Metro lines, has still been a long time coming. “Let’s just say a lot has happened since I first became aware that the Metro was really in the works for our area,” said Jason Lee of Herndon. “I was still single, and these young ladies were not in the picture yet,” said Lee, pointing down to toddlers Michelle and Marina, the twin daughters he was strolling on the Washington and Old Dominion Trail near the historic Herndon town square. “But we are glad it’s finally coming, although we still have a long wait for our station in Herndon.” Lee is right. Phase 2 of the Silver Line Project, beginning at the Wiehle-Reston East station and heading west hasn’t even begun construction as of yet, and estimates today put the operational arrival of Phase 2 somewhere beyond 2018. “Maybe we’ll get lucky,” added Lee, “and they will open a portion of Phase 2 before the whole thing is ready.”

**FOUR YEARS** may seem like an eternity to those who are waiting to catch a carefree ride to Tysons, D.C., the Airport, or other locations along the Silver Line’s route, but for some, like Herndon Mayor Lisa Merkel, it means more time to plan and prepare. “Metro is finally getting closer to home for us,” said Merkel. “Our residents who now go to Falls Church or Vienna as part of their commute will only have to go just down the road to the Wiehle Station. A huge time saver.”

In a phone interview, Mayor Merkel spoke of Herndon’s past, present and future preparations for the local advent of rail transportation. “It’s always a topic of discussion and part of our work. There are nine property owners involved where the Herndon Station will be built, so there’s a lot of coordinating going on, but everyone is working together.” Merkel also thinks that being “second” will help address any kinks before Herndon gets



The Wiehle-Reston East Metro Station – Ready to go, just waiting for the train.

on board with Metro. “Even with all our plans already in place, we have the opportunity to watch and learn from the Reston start-up. We can incorporate what works well and maybe circumvent some potential problems.”

Merkel had no qualms about mentioning the elephant in the room. “Traffic,” she said. “That’s the word that comes up the most often in any discussion about our area, in any regard, not just about Metro. It certainly came up when I did some door-knocking this spring, talking to residents and asking their thoughts on the Silver Line and other issues.” Merkel says it’s up to the Town, working with everyone involved, from the Washington Metropolitan Area Transit Authority (WMATA) to Fairfax and Loudoun counties, from citizens’ groups to the Virginia Department of Transportation to keep traffic mitigation at the top of the list at all times. “We need to keep looking for ways to connect people to transportation outside of their cars. We are working to make Metro as accessible as possible from everywhere within our borders.” Merkel urged Herndon residents to stay informed – “the website on the Herndon Metrorail Stations Access Management Study at [www.hmsams.com](http://www.hmsams.com) is one resource” she cited – and “stay involved and vocal.”

Some local businesses aren’t willing to wait for Metro to get closer to them. Companies like Herndon-based BridgeStreet Global Hospitality are being proactive and taking steps now to get *themselves* closer to Metro access. “The company is really grow-

ing,” said J.R. Dembiec, BridgeStreet’s Managing Director - Operations (Americas) and Brand Support Services. “We need more efficient space, so we decided to look at sites as close to the Wiehle Station as possible. This will open up an additional pool of talent for our recruiting needs, helping us attract those who might see our area as too far to travel to by car or too difficult with transit challenges. I think the Silver Line will have a positive influence on all local employers.” An added bonus offered by some of the complexes that Dembiec and the company’s leadership are considering – “Shuttle service. One that’s high on the list will be offering a frequent shuttle service between the station and the buildings.” It sounds like the commercial real estate industry in the area agrees with Dembiec that the new metro line will help Reston/Herndon, Virginia’s second-largest employment hub, grow their businesses, as well as attract more employers to the area. The shuttle service shows they are considering ways to entice those employers to their facilities.

More companies making the move to Reston, with its new access to rail transportation as a factor when choosing an operating location is one of the benefits that Reston Association President Ken Kneueven says they’ve been counting on. “The arrival of the Silver Line can’t help but positively impact our area economically through increased business opportunities, job opportunities and up-valuing our real estate.” A

work has been cooperative and goal oriented. Get cars off our roads wherever possible and provide our residents with exceptional opportunities to ‘Live, Work, Play and Get Involved’ – the Reston motto.” Part of Reston’s Phase 2 is focusing on the redevelopment of the town “villages.” “All of this, Metro and Reston’s growth and refreshing, goes together.”

Knueven does wish that the Wiehle-Reston Station East was not the short-term terminus for the Silver Line. “Of course that creates its own problems with traffic, but we have planned and prepared and will do everything we can to offset those problems. We have a variety of multimodal plans in play to make access to Metro and around Reston even easier for bikes, and pedestrians, as well as intersection improvements to help keep the traffic flowing. I really believe the positive effects far outweigh any of the possible growing pains.”

Someone else who thinks the Silver Line will be good for the local real estate business is Tracy Comstock. Although she is headquartered in Tysons, Comstock also serves the real estate needs of clients in the Reston area. She can almost see the Tysons Metro Station from the window of her office. That, and the fact that so many of her foreign national clients are contacting her with the specific requirement of being near the Silver Line caused her to recently change her company’s name to SilverLine Realty and Investment, LLC. “I have numerous clients, many willing to pay cash, who have been interested in this area for years. Now that the rail line is almost here, they are ready to buy,” said Comstock. “They mostly come from big cities that have rail services and they want the same. Many come here because of our schools and because we offer a more politically and economically stable environment.” While local real estate prices may cause sticker shock to people moving here from around the country, “for some of my clients, real estate near metro lines here seems like a sale compared to where they are coming from.” At this point in time, Comstock says most of those clients are sticking to McLean and Tysons for their searches, “but you can already see the effect moving outward. Purchase inventory is very limited in those areas, so those clients, and others, are starting to be willing to widen their search – especially since they can now hop on the train and get closer to the city if that’s what they want.”

Fairfax County Supervisor Cathy Hudgins agrees with Reston Association President Knueven about some potential pitfalls but like Knueven, she firmly believes in the positives to be gained. “Being the short-term terminus for the new line will require us to really manage the situation, but overall this is a great thing for Reston and for all of us. The long-term impact will be to provide us with higher quality services, more opportunities for everyone, and to keep us together as a community. Of course there’s some angst. Change is hard. And this is a big change, but a great

one.” In addition to her work for the Hunter Mill District of the Fairfax County Board, which includes Reston and parts of Herndon, Hudgins has become a noted authority on transportation issues and options in the area, having served as Chairman for the WMATA Board, the Northern Virginia transportation Commission and the National Capital Region Transportation Planning Board. She has been a part of this project since Day One. “It’s exciting to see something this large and impactful finally come to life.”

Hudgins is looking forward to another opening – even before the first train carrying paying commuters leaves the station. “I am looking forward to really taking a look at the new parking facilities. I think that takes place on July 19.” Many locals don’t realize just how much parking is being made available at the Wiehle-Reston East Station. Karen Case of Reston didn’t. “I had no idea,” she said. “That should really help.”

**THE FACILITY**, on the north side of the station, will include a 2,300-car garage, a secure, reserved bike room for more than 200 bicycles, a Kiss and Ride area and a 10-bay bus terminal with services to connect the station to numerous stops throughout Reston and Herndon. There will even be buses to Dulles Airport and to the Udvar-Hazy National Air and Space Museum. “That is a good thing,” says Jose Morales of Herndon. “We don’t have a car right now, so it would be nice to go to places like the museum with my family. And we could go into D.C. now.” Taking the bus to the Udvar-Hazy would also mean saving the \$15 parking fee.

Angela and Mike Salafia of Reston didn’t know about the additional facilities at the station, either. Nor did they know that part of the Silver Line will have additional policing in the form of Tysons Urban Team 9, a specially selected group of law enforcement personnel authorized and funded by the Fairfax County Board of Supervisors to add additional security to the four new stations in that area. The Salafias say they are all in favor of Metrorail in Reston and will probably use it to spend more time enjoying D.C., but do admit to some reservations. “The Line goes both ways. You hope that people who come this way will care for and respect our community. We have a really great place to live here.”

This sampling of community reaction to the opening of Metrorail service through Reston and Herndon (as random and unscientific as it was) seemed to show a community that was ready for the change. Of course, “Maybe we’re just tired of waiting and all the construction, come what may,” said one unwilling-to-be-quoted Restonian. But everyone who shared their comments and thoughts seemed to genuinely believe that – properly managed, with community input and protections in place to preserve the “urburb” atmosphere, particularly on Reston Town Center – Metro’s Silver Line was a welcome addition to the neighborhood. All aboard!

## Reston, Herndon Welcome Silver Line Arrival

— ANDREA WORKER

PHOTOS BY ANDREA WORKER/THE CONNECTION



Curren

Reston resident and avid cyclist **Jim Curren** can’t wait until the Silver Line pulls into the Wiehle-Reston East Station. “Actually, I guess I can, since I have been waiting since I moved here in 1986!” said Curren. “I live on a lake, and yet I am only 0.6 miles from the station. That’s fabulous! That’s what makes this area great. Access like this, and the serenity of Reston.” Curren says he will be really happy to catch a Nats game and other events in D.C. by taking the Silver Line. “I am going to the Billy Joel concert the day the metrorail opens. I thought about it, but like when a new restaurant opens, maybe you should give it a couple of days before you try it out. But, really, I think this will have a huge positive impact on our area.”



Salafia

**Mike Salafia**, enjoying the sunshine in Reston Town Center, is ready for the Silver Line to open its door. The Reston resident, and his wife Angela, are ready to spend more time exploring the nation’s capital. “I think there could be a few problems, maybe traffic, security, but I am generally in favor and think it will be good thing for the community,” he said.

“The Silver Line is not quite here in Herndon, but right on the doorstep.” Herndon Town Mayor Lisa Merkel thinks the arrival of Metrorail to the area is a great boon for both Herndon and Reston. “I know we’ll have some kinks to work out, but so much planning and effort and thought has gone into this project, and is still happening, that I am confident we will all benefit. We just have to keep the goal of connecting people and transit up front.”



PHOTO CONTRIBUTED  
Merkel

The President of the Reston Association, and himself a Reston resident since 1987, **Ken Knueven** couldn’t be more supportive of the arrival of the Silver Line. “It goes hand in hand with the continued smart growth and redevelopment of Reston,” said Knueven. “The great news is that all of the stakeholders - developers, elected officials, citizens’ groups, county and state agencies and residents have worked, and continue to work together to provide the best services while protecting our Reston values.”



PHOTO CONTRIBUTED  
Knueven

She’s so sold on the Silver Line and the positive benefits to the affected communities that **Tracy Comstock** re-named her real estate business to SilverLine Realty and Investment Group. “It’s great for the business right along the lone, like in Tysons, but it is good for all the areas nearby. My clients, especially those from big cities around the world, really want to be here and near rail public transportation.”



PHOTO CONTRIBUTED  
Comstock



# 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



PHOTO BY MARILYN CAMPBELL

**Water-related injuries and illnesses increase during the summer. Among the best defenses against such hazards are awareness and good safety practices like teaching children how to swim.**

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 out-

side," said Caroline Sutter, RN DNP-BC, assistant professor of nursing, George Mason University. "Avoid the extreme heat of mid-day."

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 MOS-

**QUITOES** 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.

## More on Summer Safety

**Fairfax County Emergency Information Blog**  
[fairfaxcountyemergency.wordpress.com/](http://fairfaxcountyemergency.wordpress.com/)

**Arlington County Public Health Department**  
[health.arlingtonva.us/](http://health.arlingtonva.us/)

**Alexandria Health Department**  
[alexandriava.gov/health/](http://alexandriava.gov/health/)

**Fairfax County Health Department**  
[www.fairfaxcounty.gov/hd/](http://www.fairfaxcounty.gov/hd/)



# Full-Day Mondays Start in September

**Teachers promised planning time.**

BY REENA SINGH  
THE CONNECTION

Full-day Mondays for all. After 40 years, Fairfax County Public Schools will give all elementary students "full Mondays" for more learning time - and more recess. During a school board meeting Thursday Superintendent Karen Garza said Mondays were cut in half for elementary students since 1972.

"While not everyone tonight will embrace the change, we will engage the stakeholders," she told the board.

Mondays were originally cut to give elementary teachers more planning time. Garza said she promised teachers would still be given enough planning time.

"We will be ready in September," Garza said.

When Monday was chopped in half, recess time was also cut. Stu-

dents had 10 minute recess breaks to make up for lost time in the classroom.

Because the week will be more uniform, she said, it will also be easier on parents.

Sully district board member Kathy Smith was the only person to vote against the action. Lee district board member Tammy Derenak Kaufax was absent.

"There's a lot of pressure on me to vote yes," she said. "I need to be a voice for the teachers who are concerned."

She said Kaufax would have voted against the action for the same reasons. Smith said she would feel more comfortable if the board voted to have full-day Mondays begin in fall 2015 to give teachers more time to adjust to the change.

Others felt like elementary students this year deserve to benefit from the extra time full-day Mondays would give back to them.

"We can't continue to educate children in 2014 and beyond as we did in the 1970s," said Springfield district board member Elizabeth Schultz.

Schultz was in the second grade when her family moved - resulting in her moving to a FCPS elementary school. She said she remembers not understanding why Mondays were cut in half. During the past two years, she asked administrators how the elementary schools were meeting accreditation standards with the hours missed and was dissatisfied with their answers.

She said 94 percent of parents who answered a recent survey about the topic said "do it and do it now."

Dranesville district board member Jane Strauss said some members of the county Board of Supervisors - including Dranesville supervisor John Foust - promised to pour extra money into the school system to support the move.

"Parents have been hoping for the change for a long time," said Hunter Mill district board member Pat Hynes.

"We're asking for a leap of faith from the teachers, which is absolutely true," she said. "With every conversation, we get closer and closer to their comfort level."



PHOTO BY REENA SINGH/ THE CONNECTION

**Superintendent Karen Garza talks to the FCPS board about why full-day Mondays are needed for the upcoming school year.**

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Washington Balalaika July 20  
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Submission deadline is July 17.

## CALENDAR

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

### 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](http://www.celebrategreatfalls.org) for more.

**Vienna's 4<sup>th</sup> 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](http://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](http://www.colvinrun.org)

**Counting Crows with Special Guest Toad the Wet Sprocket.** 7 p.m. Wolf Trap-The Filene Center, 1551 Trap Road, Vienna. Alternative band Counting Crows and Toad the Wet Sprocket perform their hits. Tickets \$35-55. 1-877-WOLFTRAP.

**Rick Thompson Jazz Quartet.** 5-7 p.m. The Palladium Civic Place Green, 1445 Laughlin Avenue, McLean. Free outdoor concert. 703-288-9505.

### 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 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.

**The Aloha Boys.** 5 p.m. McLean Central Park Gazebo, 1468 Dolley Madison Blvd., McLean. The Aloha Boys play an acoustic, down-home, backyard-style Hawaiian music, which includes everything from the very traditional to contemporary

songs and styles. Parking available at McLean Community Center. Free. 703-790-0123.

### TUESDAY/JULY 8

**Replay America 2014.** 8 p.m. Wolf Trap-The Filene Center, 1551 Trap Road, Vienna. All-star lineup of '80s New Wave, punk and rock 'n' roll hit makers. Performers include, The Go-Gos, Scandal featuring Patty Smyth, The Motels featuring Martha Davis, Naked Eyes featuring Pete Byrne. Tickets \$25-50. 1-877-WOLFTRAP.

### 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.

### FRIDAY/JULY 11-SATURDAY/JULY 12

**Disney Fantasia Live in Concert - National Symphony Orchestra.** 8:30 p.m. Wolf Trap - The Filene Center, 1551 Trap Road, Vienna. Emil de Cou, conductor. Experience Disney magic on the big screen when the National Symphony Orchestra casts an enchanting musical spell on sorcerer Mickey and other cherished characters from the animated masterpiece.

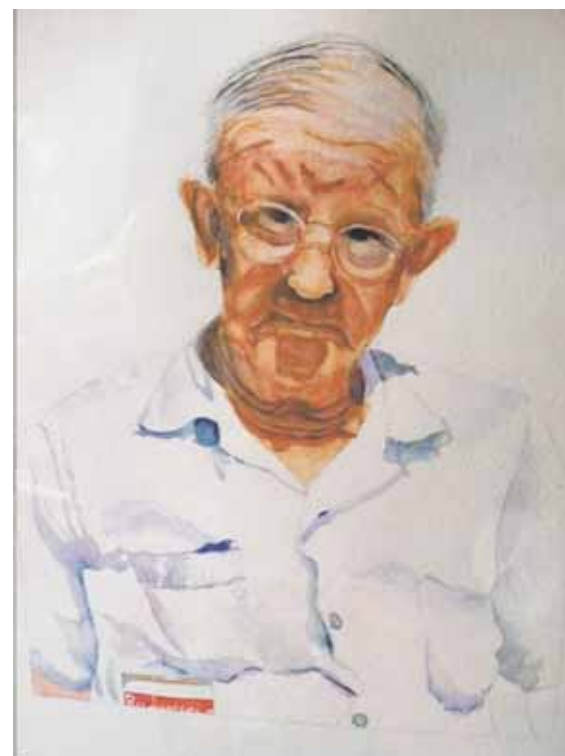
### FRIDAY/JULY 11-SATURDAY/JULY 26

**Guys and Dolls.** 2 and 8 p.m. Alden Theater, 1234 Ingleside Ave, McLean. The McLean Community Players present one of the most enduring works of musical comedy, set in Runyon's mythical New York City. \$18-20. 866-811-4111. [www.mcleanplayers.org](http://www.mcleanplayers.org)

### FRIDAY/JULY 11

**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](http://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



**"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.

Anatomy." Tickets \$12-15. 703-255-1566.

### SATURDAY/JULY 12

**Great Falls Farmer's 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](http://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/](http://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](http://www.viennafarmersmarket.com).

**Model Trains at Open House.** 1-5 p.m. Historic Vienna Train Station, 231 Dominion Rd NE, Vienna. See and hear model trolleys, steam, and diesel trains plus Thomas and friends. Free admission. 703-938-5157. [www.nvmr.org](http://www.nvmr.org)  
**Tai-Chi and Balance with Maria Spearman.** 8-9 a.m. The Palladium Civic Place Green, 1445 Laughlin Avenue, McLean. Free outdoor event. 703-288-9505.

**Music with Bach to Rock Teachers.** 5-7 p.m. The Palladium Civic Place Green, 1445 Laughlin Avenue, McLean. Free outdoor event. 703-288-9505.

### SUNDAY/JULY 13

**Tyson's Farmers Market.** 10 a.m.-2 p.m. NADA Campus, Greensboro & Westpark Drive. [www.tysonspartnership.org](http://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>.

### SATURDAY/JULY 19

**The Folsom Prisoners Country Concert.** 5-7 p.m. The Palladium Civic Place Green, 1445 Laughlin Avenue, McLean. Free outdoor event. 703-288-9505.



# 'Guys and Dolls' Hitting the Alden Stage

**McLean Community Players to present the musical theater classic.**

BY DAVID SIEGEL  
THE CONNECTION

The energy was high as the cast arrived to begin rehearsals for the McLean Community Players' upcoming production of the musical theater classic, "Guys and Dolls." Soon enough, the hustle and bustle of New York City came into the mind's eye.

Many may know "Guys and Dolls" from its mid-50s movie version with Marlon Brando and Frank Sinatra.

Hold on though, the movie was an adaptation of the 1950 Broadway stage musical that ran for 1,200 performances and garnered five Tony Awards. It has music and lyrics by Frank Loesser and a book by Jo Swerling and Abe Burrows.

It is based on a story with mythical New York City characters by short story humorist Damon Runyon.

"Guys and Dolls" is full of small-time criminals and petty gamblers. They are out for a fast buck, yet with their big appetite comes a soft spot for love. The "dolls" in their lives are every bit as tough as the "guys." Everyone is reaching for the moon and a better life.

With a score of about 20 memorable songs, including the quickly recognizable "Luck Be a Lady," "Sit Down, You're Rockin' the Boat", the production is a tuneful night of entertainment. Director Rachelle (Shelly) Horn called the show "the ultimate theater experience for those who know the show well, but also for those who have never seen it.

"It has great music, a great story, many laughs and, a talented and hard-working cast, crew and production staff," said Horn. "The characters are

wonderful. They are people with faults, yet are so likeable. They all have caring souls."

Musical theater veteran, Rich Amada plays character Nathan Detroit, "a very flawed character, but with a big heart. A man with a 1000 schemes, none that really work." As Amada got into his character, he was soon using a delightful herky-jerky New York cadence and accent for speaking.

Jocelyn Steiner, of Vienna, is Miss Adelaide, Nathan Detroit's long term fiancé. For Steiner it is clearly a part she relishes. Miss Adelaide "is far from a ditsy character. She is not dumb at all, in fact. She is worldly-wise. She also so many funny lines."

"Guys and Dolls" producer Terry Yates added: "You will be humming when you leave the theater after the show, the songs are so great." So, get ready to have "Guys and Dolls" ring your bell.

## Where and When

McLean Community Players present "Guys and Dolls" at the Alden Theatre, McLean Community Center, 1234 Ingleside Ave, McLean. Performances July 11- July 27. Fridays and Saturdays at 8 p.m. and Sunday matinees at 2 p.m. Tickets are \$18-\$20, and group rates are available. For more information, call 703-790-9223 or visit [www.McLeanPlayers.org](http://www.McLeanPlayers.org)

Note: Through a cooperative agreement with The Metropolitan Washington Ear, along with the support of the Alden Theatre, audio description services for individuals with vision challenges will be offered at the July 26 performance.



PHOTOS BY TRACI J. BROOKS STUDIOS/COURTESY OF MCLEAN COMMUNITY PLAYERS

**Miss Adelaide (Jocelyn Steiner) surrounded by dancers from the Hot Box Club, the cabaret where they all work.**



**Nathan Detroit (Rich Amada), the gambler who runs the "Oldest Established" crap game in New York, surrounded by fellow gamblers.**

McLEAN COMMUNITY PLAYERS  
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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 MTIShows.com

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## SPORTS

# Winning the Spirit Award

**Langley Crew honors  
graduating senior  
Tyler Seckar.**

**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 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 the 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



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

PHOTO BY ROB SHENK

## Langley Wildthings, Cardinal Hill Cardinals Fight to the Finish

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

Nathalie Schmanske - Girls 9-10 25 SC Meter Butterfly.

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.

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;



PHOTO CONTRIBUTED

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



## SPORTS



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 nine 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."



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# 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.

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## 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

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## News

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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  
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adults. Schedule is flexible. For these and  
other volunteer opportunities, call 703-324-  
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www.fairfaxcounty.gov/olderadults and  
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**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  
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**The Hollin Hall Senior Center**, 1500  
Shenandoah Road, Alexandria, needs a DJ  
ballroom and dance instructor. For these  
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324-5406, TTY 711 or visit  
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**Fairfax County** needs volunteers to  
drive older adults to medical appointments  
and wellness programs. For these and other  
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