

# Snap, Crackle and Pop at Langley High

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The fireworks at Langley High School burst into the air for nearly 30 minutes.

# Shaping New Tysons

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PHOTOS BY REENA SINGH/ THE CONNECTION

Thousands of people came to Langley High School on July 4 to watch the fireworks.



The Navy Colorguard presented the flag for the national anthem.

## Snap, Crackle and Pop at Langley High

### Thousands view fireworks at high school.

BY REENA SINGH  
THE CONNECTION

The first crackle in the night sky always has everyone running to their seats to get the best view of the fireworks on Independence Day.

Thousands of people sprawled on the grass and perched in the stadium at Lan-

gley High School [LHS] came to watch the fireworks on Friday, July 4.

The 30-minute show began around 9:15 p.m., but the gates opened at 8, giving early visitors the chance to snack on chili dogs and popcorn before the grounds got crowded.

"Between 6,000 to 8,000 people attend every year," said McLean Community Center Director of Special Events Sam Roberts III in a previous interview. "This will be our last year at Langley High School because they are going under construction for five years."

The fireworks show will move to Cooper Middle School next year.

Since Great Falls did not have its own fireworks show that night, many of its residents showed up in the stands at the high school football field.

Additionally, several of this year's local visitors had never come to LHS to view the fireworks, but relished an excuse to not celebrate in the nation's capital, which they feared would be overcrowded.

"We live in McLean for two years, and we usually go to the beach," said McLean resident Franck Journoud. "We didn't want to

be with a million of [our] closest friends at the [National] Mall."

He said his family spent the holiday listening to Americana, going to a barbecue and spending time at a lake.

McLean residents Lisa and Brett Korade said they went to the National Mall last year to watch the fireworks and did not want to face the crowds again this year. They came to Langley High School early to claim the grassy space with a blanket and folding chairs.

"We're active duty military, and we move a lot, so we don't have a lot of fourth of July traditions," said Brett.

## New Tysons Transportation Management Named

### Tysons Partnership hopes to reduce traffic.

BY REENA SINGH  
THE CONNECTION

The number of single occupancy vehicles in Tysons Corner will be reduced as more people take the bus, metro or carpool to work.

That's what Tysons Partnership sees for the future of the urban center.

The organization was unanimously appointed the Tysons Transportation Management Association by the Fairfax

County Board of Supervisors at the July 1 meeting.

"I think people are sick and tired of being sick and tired of the traffic, so they're ready to use other options," said Tysons Transportation Administrator Moira Bindner.

Tysons Partnership is branding Tysons Transportation as TyTran. The association, with employers, residents and property managers, will look into the promotion of mass transportation to reduce traffic in the area and get people to where they need to go in a timely manner.

The Fairfax Connector bus system will play a big role in keeping people from driving to the metro stations to get to work.

"The Fairfax Connector will have a new bus system to drop people off at their offices," said Bindner.

Before the stations open, Tysons employers will meet to find out how they can offer

Metro-related benefits to their employees, giving some incentive to use the bus system and Metro to get to work and back home.

She says TyTran does not have a goal of what percentage of people they hope use public transportation. She does not expect that many will choose to walk or take the bus to the office every day.

"If people made the choice a couple days a week or a couple days a month, that's still less wheels on the road," she said.

The next step for the newly named association is to do some market research and find out what can be done in the few weeks before the four Metro stations in Tysons Corner open.

Although the motion passed unanimously, several of the Supervisors had questions about the proffers funding the TMA and whether the metrics proved it would be an

effective method to improve transportation in an already highly congested area.

"We continue to burden our citizens with the cost of [transportation demand management], but there is no hard evidence that they're working," said Springfield District Supervisor Pat Herry. "They don't have the metrics that say that."

County Department of Transportation Director Thomas Biesiadney said metrics have shown that TDMs are cost effective and he could present those findings to the board at a later date.

Before any transportation plans are finalized, it will be brought before the board to review again.

"If we do not capture people at the beginning of service, we're going to be playing catch-up," said Providence District Supervisor Linda Smyth.



# You Can Run, But You Can't Win?

## Fairfax County fires attorney for winning city council seat.

BY VICTORIA ROSS  
THE CONNECTION

**L**ike many lifelong City of Fairfax residents, Nancy Fry Loftus is proud of her hometown's character and charm — a Norman Rockwell postcard of small-town life in the heart of an increasingly urban, diverse and bustling region.

After winning a seat on the six-member City of Fairfax Council in May, Loftus was looking forward to celebrating Independence Day with her family and participating in the city's annual old-fashioned July 4th extravaganza, which includes a colorful hometown parade, firefighter's competition, and the largest fireworks display in the area.

But as she sat in historic Old Town Hall on Friday, July 4 — during the annual meet-and-greet luncheon with city leaders — Loftus started to tear up.

What she thought would be a moment of pure celebration had turned bittersweet.

A week earlier, on June 27, Loftus had been abruptly fired from her job as a Fairfax County assistant attorney by County Attorney David Bobzien.

"My computer was shut down, and I was locked out of the office ... I had worked there for 17 years, and I always had great reviews. This was just humiliating," Loftus said.

So why was Loftus terminated?

According to her attorney, state Sen. Chap Petersen (D-34), winning the non-partisan election — which comes with a \$4,500 salary — cost Loftus her \$85,000-a-year county job.

In fact, her termination followed two warnings from the County Attorney's Office — the first on April 17, just 19 days before Election Day.

**THOSE WARNINGS**, Petersen said, stated that Loftus would be terminated unless she either withdrew from the election or declined the office.

Petersen released correspondence with the Fairfax County attorney's office, which includes Bobzien's 12-page dismissal letter. In the letter, Bobzien acknowledges that Virginia State Law allows Loftus to be a candidate, but claims the same law does not provide her with the right to actually hold office.

If Loftus accepted the will of the voters in the City of Fairfax — and held the office to which they elected her — it would create a terminal conflict of interest in matters that involve both the city and the county, according to the County Attorney's office.

"I find that distinction to be an absurdity which would nullify the state law which

specifically permits local government employees to be 'candidates' for public office," Petersen said. "Nancy was terminated solely for being elected to the Fairfax City Council while being employed by the county. It's bizarre. I mean, if someone gets too active in their church, are we going to fire them next?"

A former Fairfax City council member, Petersen said he called Bobzien several times to discuss alternatives to firing Loftus, but Bobzien never called him back. Petersen said he took the case for several reasons.

"I've known Nancy since we were elementary school students together in the 1970s. I have great respect for her honesty and integrity," Petersen said. "I also think that the county attorney's actions are wrong, both as a legal matter and as a matter of fairness and consistency."

Petersen said the core issue is one of "free speech."

"Localities in Virginia cannot arbitrarily fire employees who exercise their First Amendment rights of political speech and participation. I am disappointed and frankly surprised that the county attorney's office would ignore the law, especially after the County Attorney himself authorized Nancy's candidacy back in February."

Loftus said she approached her boss when she first thought about running for the seat. "If David had said no, I don't think I would have run...He hired me as a clerk when I was in law school. He would ask me how the campaign was going, and we would joke about it in a friendly way, like 'don't campaign in your county uniform ...' I thought he was totally fine with it."

Loftus said her first inkling that Bobzien might not be completely fine with her campaign came in a Feb. 12 email.

"He said, 'I'm having some thoughts about conflict of interest, maybe we can meet one day next week.' I called the office immediately, but it was during a snowstorm and the offices were closed. I emailed him that this was really, really important, and I said there are ways to deal with (any concerns), and state law was clear ... Even if you work for the county, you don't waive the right to the rest of your life ... I asked him to please call me back," Loftus said Friday, adding that Bobzien emailed her a note that night stating there was "no need to discuss this further. I see and accept your point."

Loftus said her interactions with her boss after that exchange were cordial, and there



PHOTO BY VICTORIA ROSS/THE CONNECTION

**Newly-elected Fairfax City council member Nancy Fry Loftus, a former Fairfax County assistant attorney, attended the annual Independence Day luncheon at the city's historic Old Town Hall with her husband, Connell, and two daughters, Anastasia, 9 and Colleen Marie, 12.**

was nothing out of the ordinary.

Until April 17 at 8:30 a.m., when she received a 30-page memo from Bobzien informing her that she would be fired if she did not withdraw from the race.

"I was completely blindsided. It was just a few weeks before the election and the campaign had gotten heated ... I thought I would be sick," Loftus said Friday.

Loftus was concerned enough about the ethical questions Bobzien raised to contact the Virginia State Bar's ethics hotline that same day. She received an email reply later that day from James M. McCauley, Ethics Counsel of the Virginia State Bar.

"You have asked '[i]s it unethical for me to be an Assistant County Attorney for Fairfax County and also serve on the Fairfax City Council?'"

"The short answer to this question is 'no' it is not per se unethical for a lawyer to be employed in a law firm or government attorney's office and concurrently hold a public position or office. Many lawyers have served in public office while practicing in a law firm at the same time, especially when the public position is only a part-time endeavor. To hold otherwise would mean that no lawyers could ever hold public office and practice law in a law firm. Obviously, that is not the position of the Virginia State Bar, Ethics Counsel or the Standing Committee on Legal Ethics.

Loftus also asked if it was unethical for the county attorney to "threaten to fire me if I participate in statutorily protected political activity?"

McCauley wrote that the question was "beyond the purview of the Rules of Professional Conduct and therefore I am not authorized to render an opinion on that issue."

"I was satisfied that I was not violating VSB ethics," Loftus said.

"They threatened her with her job. She had this ax hanging over her head for the rest of the campaign," said Connell, Loftus' husband, who brought Loftus a plate of food Friday at the Old Town Hall luncheon as she sat with well-wishers.

Connell Loftus, who also grew up in the City of Fairfax, said he had just started a new job when his wife was fired from hers.

"It was a catastrophic economic event for our family. We lost our insurance, and 50 percent of our family's income. It's been a stressful time," Connell said.

Bobzien was not available for comment, but several county officials, who asked not to be named, said Bobzien's concerns over a conflict of interest are justified and they supported his move to fire Loftus.

Bobzien's correspondence shows he consulted with the Virginia state bar's ethics counsel who advised that if Loftus won the election, a conflict of interest would be "imputed to every attorney" in the county attorney's office.

For example, if Loftus — as a city council member — could not lobby the state legislature, then no one in his office could lobby in Richmond. He also listed potential legal conflicts between the city and the county, such as tax and zoning disputes.

Bobzien also mentioned the recent epic legal battle known as the "water wars," triggered when Fairfax County enacted an ordinance in 2011 to regulate the city's "high" water rates, and the city — seeing the ordinance as a blatant power grab for water systems the county didn't own — sued the county.

**THE SHOWDOWN** ultimately embroiled the City of Fairfax, Fairfax County and two other government bodies, the U.S. Army Corps of Engineers and a billion-dollar utility company, who all spent a significant amount of time and money on legal counsel and PR campaigns battling each other for control.

In the end, Fairfax County won.

Loftus acknowledged she publicly talked about the "water wars" during the campaign, and she said she wonders if those statements — on such a prickly subject — caused her job to be in jeopardy. But Loftus said that if that's true, then Fairfax County should be pleased, since she stated she did not think the city should have sued the county.

As Loftus finished her Independence Day lunch, one well-wisher, Steve Caruso, a part-time City of Fairfax employee, came up to Loftus and said he wanted to shake her hand. "I just read about your plight in the paper. I think it's totally unfair," he said.

"That makes me feel good to know there are people supporting me in this," Loftus said.



# 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.



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



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

PHOTOS CONTRIBUTED

## SCHOOL NOTES

Send school notes to [vienna@connectionnewspapers.com](mailto:vienna@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.

**Grayson Smith**, of Great Falls, earned a Bachelor of Science Degree in accounting, cum laude, during the spring commencement exercises at Auburn University. He is currently enrolled in Auburn's Master's of Accounting Program.

**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.

**Curtis A. Khol, Jr.**, of Vienna, graduated from the United States Naval Academy in May 2014 and was commissioned as an Ensign in the United States Navy. Ensign Khol graduated with Distinction (top 10 percent) and received a Bachelor of Science Degree from the Systems Engineering Honors Program.

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

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# 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 Yaeger, 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.

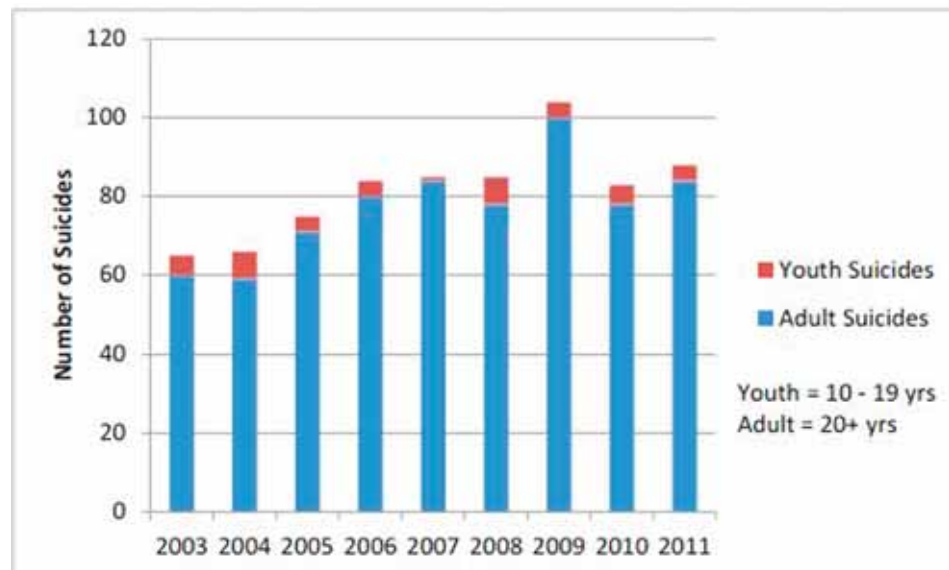
"I think our community has reached a tipping point in terms of people wanting to really work on strengthening our kids and preventing suicide in our community," Yaeger said.

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.

**THE TOOL** is fun and interesting, Yaeger said. It allows the user to interact with students in various scenarios and provides instant feedback.

"It's different from the typical suicide prevention program. Those sort of just talk to you. This is actually a simulation where you become a classroom teacher. You have different scenarios and ages and choose your response," she said.

Each of the scenarios involves youth with some sort of psychological distress, including At-Risk for Middle School and High School, and Step In, Step Up! which involves youth who are being harassed because of the sexual orientation or identity. So far, the feedback has been pretty posi-



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.**

itive, Yaeger said.

"When you complete the training, the research shows that people 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," Yaeger said.

According to Yaeger, 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

**"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 Yaeger

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.

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](http://fairfax.kognito.com).

## Locker Cleanout Day Longfellow Middle

Longfellow Middle School conducted its annual locker cleanout day on Tuesday, June 24. But this year was different than past years as a team of parents, organized by the Longfellow Environmental Team, helped students recycle papers and sort through materials still in good shape. Collection boxes were distributed in the seventh and eighth grade hallways to make it easy for students to donate unused and lightly used school supplies. The team of parents was able to salvage plenty of things that would have gone in the trash, including dozens of notebooks, folders, binders, dividers, locker organizers, pencil pouches, glue sticks, tape, pens, pencils, highlighters and unused paper.

Seventh Grade science teacher, Kate Williams, reported "It was fantastic! Thank you parents for your organization

and monitoring the clean out. It went so smoothly and I think we diverted a lot of reusable goods from the waste stream."

The school supplies will now be distributed to local schools in need through Help Us Help Them, a charity formed by Longfellow students Lauren and Megan Grohowski and their younger brothers. Help Us Help Them got its start in 2013, following up on the Grohowski kids' work with an orphanage in Vietnam. They now look for opportunities to help less fortunate children all over the world. "We are so happy to have this chance to help less fortunate kids here in our local community," said HUHT President Lauren Grohowski. "These school supplies would have gone in the trash. Now they'll go to really good use, to kids right here in our community." For more information on Help Us Help Them, visit [HUHT.org](http://HUHT.org).



PHOTO BY ELIZABETH ENDE

**A team of parents, organized by the Longfellow Environmental Team, helped students recycle papers and sort through materials still in good shape.**



## McLean Episcopal Churches Celebrate Thanksgiving in July for SHARE

SHARE operates the McLean area's food pantry out of the McLean Baptist Church. Donations of food and other needed items drop-off during the summer months. The Episcopal churches in McLean are participating in Thanksgiving in July to raise awareness of the need and to collect donations of food. Inventory may wane in the summer months but for those who require assistance the need does not diminish. Donations may be dropped off at the following locations:

St. Dunstan's Episcopal Church, 1830 Kirby Rd.,

St. Thomas Episcopal Church 8991 Brook Rd.,

St. John's Episcopal Church 6715 Georgetown Pike, McLean. Food can also be dropped off at SHARE McLean Baptist Church, 1367 Chain Bridge Rd. Wed & Sat 9:30-noon.

Current needs:

- ❖ Laundry Detergent
- ❖ Cooking Oil
- ❖ Disposable Diapers
- ❖ Baby Wipes

- ❖ White Rice
- ❖ White Sugar
- ❖ Grape or strawberry jelly
- ❖ Ground Coffee
- ❖ Black Tea
- ❖ Mayonnaise, mustard, and ketchup

❖ Chunky Chicken Soups (only this kind)

- ❖ 100 percent Juice
- ❖ Bars of Soap
- ❖ Toothpaste
- ❖ Tuna Fish
- ❖ Toilet Paper

## 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.

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-Theresa Ott, Springfield, VA

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# OPINION

## Hurray for Full Day Mondays

**Hoping that later start times for high schoolers follows quickly.**

For decades, Fairfax County schools have sent elementary school students home after half a day on Mondays. This was never a good idea, and it has been more damaging to family schedules and student learning with the increase over the years of two-income households and greater economic diversity.

That is about to change.

Karen Garza, superintendent of Fairfax County Public Schools, has demonstrated in several ways that she understands tackling the challenges of educating all of Fairfax County's students will require deviation from the status quo.

Not only will half day Mondays come to an end, but it will come to an end in two months, in September, 2014, a remarkable accomplishment for a bureaucracy the size of Fairfax County Public Schools.

The change will also come with

20 minutes of recess a day. Research shows (and common sense confirms) that recess and physical activity benefit student learning.

It's an important step showing responsiveness to the needs of families and students. Nearly one third of the county's kindergarteners are poor. How do we think those parents are managing the need for child care on Monday afternoons? FCPS has resisted meeting the needs of the whole child, but cannot expect to successfully educate its 186,785 students without this kind of change.

Programs to identify gifted and talented students among poor and minority students, summer school, year-round modified calendars for some schools, and many other changes will need to be considered and fast tracked for the county school system to succeed.

Consider: About 50,000 of the county's public school students are poor enough to receive subsidized meals. About 30,000 of the county's public school students are receiving specialized instruction to better learn English. More than 25,000 of the county's public schools students are receiving spe-

cial education services. White students make up 42 percent of the student body; 23 percent are Latino; 19 percent are Asian American; 10 percent are African American.

Fairfax County is by some measures the wealthiest county in the nation, or at least in the top five.

If success educating this population of students is possible anywhere, it should be here, but there is nothing simple about it and will require much more change.

### More Sleep for Teens

Later start times for high school is slated as another top priority for change in FCPS, and we agree.

New research continues to pile up about sleep deprivation and the damage it does to teens. A rigorous study published in February demonstrates that reduced quantity of sleep in adolescents increases risk for major depression, according to research at the University of Texas School of Public Health.

The Centers for Disease Control: "Sleep is increasingly recognized as important to public health, with sleep insufficiency linked to mo-

tor vehicle crashes, industrial disasters, and medical and other occupational errors. ... Persons experiencing sleep insufficiency are also more likely to suffer from chronic diseases such as hypertension, diabetes, depression, and obesity, as well as from cancer, increased mortality, and reduced quality of life and productivity."

According to Judith Owens, M.D., director of Sleep Medicine at Children's National Medical Center: "The scientific evidence is irrefutable: chronic sleep loss and disruption in circadian rhythms associated with early high school start times are associated with negative consequences including poor academic performance, increased sport-related injuries, and potential long-term increases in cardiovascular and metabolic (i.e., type 2 diabetes) health risks. We know that delaying high school start times increases total sleep time and positively impacts academic achievement and school attendance. There are also documented mental and physical health benefits for students that include reductions in rates of depression and fewer drowsy driving crashes."

— MARY KIMM,  
MKIMM@CONNECTIONNEWSPAPERS.COM

## Later Start Times Can Benefit Community

To the Editor:

To set the record straight, there is nothing worse for traffic than a car crash, and sleepy teen drivers are like drunk drivers in terms of performance behind the wheel. Later high school start times are safer for teens and also for the rest of us as they have been shown to significantly decrease car crashes in young drivers.

When you read letters opposing this effort, please ask yourself whether the letter-writer has a personal vested interest in retaining the status quo. Last week's letter, "Later Start Times Affect Commuters," was filled with misinformation and scare tactics.

The letter made it sound as if there are only a small number of children impacted by the morning start times that are among the earliest in the nation. Fairfax high schools start classes at 7:20 a.m. Only 10 percent of schools in the nation start before 7:30 in the morning. Seventy-two of 95 counties in Virginia start high schools at 8 a.m. or later. Perhaps the letter writer would prefer that FCPS start school at 5 a.m. to ensure that our children are all out of the way before his morning commute? The

reality is that Fairfax County Public Schools are a massive part of the traffic flow for the entire morning commute. It will remain that way with any of the new schedules as well.

The majority of FCPS high school students are sleep deficient. Only 15.5 percent of seniors get 8 hours of sleep per night on school nights and medical experts recommend about 9 hours for adolescents. In 10th grade, only 25 percent are getting at least 8 hours of sleep per night. The letter writer seems to be suggesting that 75 percent or more of our students pay for unnecessary medical tests and ask doctors to write medical excuses for a problem that is the norm, not the exception to the rule. Perhaps he is unaware that there is compelling medical and educational evidence that very early school start times are a problem and that the Virginia Chapter of the American Academy of Pediatrics has a position in favor of later high school start times for students in Virginia as does the Medical Society of Virginia and the Medical Society of Northern Vir-

ginia.

For more than a year, FCPS has partnered with Children's National Medical Center and has met with stakeholder leaders from more than 45 different organizations, agencies, and community groups. Transportation experts and stakeholder leaders studied about 20 scenarios before the school board selected four potential scenarios to bring to the community for input. The School Board has been extremely slow and deliberate in this process. Children's National Medical Center has been working to include input from all stakeholders, including principals, social workers, leaders from the teacher organizations, PTA's, the athletic council, the Park Authority, School Aged Child Care providers, the middle school after school program, Safe Routes to School, and others. In July, there will be a work session with a report to the board. School board members have suggested that the Blueprint for Change may be one of the four options or it may be a hybrid based on the community input.

Montgomery County's Superin-

tendent delayed implementation of any high school start time changes, but he will not be able to close the door on the need for later morning schedules because it is critical to his desire to close the achievement gap. Seventy-eight percent of the parents polled in Montgomery County supported the change despite what seems to be an inflated cost estimate.

Abundant research on this topic is clear: When schools have delayed the start of the school day, students have shown improved physical and mental health, less depression, reduced car crashes and improved performance in the classroom and on the field.

Multiple organizations have studied and support this change and community members who care about child health and safety as well as their own commutes should support this change as well by signing the petition at [sleepinfairfax.org](http://sleepinfairfax.org).

As Dr. Owens from Children's National Medical Center says, "To do nothing is to do harm." I firmly believe that.

**Phyllis Payne**  
Fairfax

McLean  
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# Shaping New Tysons

MCA discusses Tysons' past, present and future.

BY REENA SINGH  
THE CONNECTION

As the Silver Line Metro stations prepare to open this month, McLean Citizens Association is educating its members about the county's comprehensive plan for Tysons.

MCA held a Tysons 101 informative session at its July 2 meeting to bring its members up to date on land use transportation issues in the urban center's future.

"The county wants to have 200,000 workers there - double the current size," said MCA Tysons Liaison Co-Chairman Robert Jackson. "They want to have 100,000 residents there."

Growth predictions calculate there will be 44,000 residents and 167,000 employees in Tysons Corner by 2030. Tyson's residential

## Upcoming Events

MCA and Great Falls Citizens Association are hosting a congressional debate for John Foust and Barbara Comstock from 7:30 to 9 p.m. Sept. 18 at the McLean Community Center.

A transportation meeting is planned for around Oct. 14.

An education meeting with Dr. Garza is planned for Dec. 9.

Horn reminded members that the MCA Centennial Celebration is on Nov. 20.

The next meeting will be Sept. 3 at Tysons-Pimmet Regional Library at 7584 Leesburg Pike.

and employee statistics expect to double in size by 2050.

Jackson said a huge part of the "traffic nightmare" happens during morning and evening rush hour because of the number of single occupancy vehicles traveling into or through Tysons Corner to get to Washington D.C.

He said that, with the metro stations opening, traffic in McLean may get worse before it gets better.

"If it's a road that you can get to and from Tysons, it's going to get more crowded," he said.

Tysons Liaison Co-Chairman Mark Zetts said the original comprehensive plan suggested two to three lanes would be needed on

the Dulles Toll Road. The newest amendment proposes only one additional eastbound and westbound lane.

"I don't think this is adequate," he said.

**ADDITIONAL RAMPS AND CONNECTORS** will be added to Tysons, but much of the construction will not happen for several more years to come.

Land use amendments include not building density along bus routes and keeping much of the density around the four metro stations in Tysons.

"We want density along the

SEE TYSONS, PAGE 13



PHOTOS BY REENA SINGH/ THE CONNECTION

McLean Citizens Association discussed the Tysons Corner comprehensive plan at the July 2 meeting.

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

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3 6810 WEMBERLY WAY	6	5	2		MCLEAN		\$3,337,667	Detached	0.58		22101	LANGLEY FOREST	05/09/14
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# Home LifeStyle

## A New Work Order

Local designers help create organized and stylish home offices.

BY MARILYN CAMPBELL  
THE CONNECTION

Whether it's a nook, in the kitchen or a designated room, a home office is the place where ideas come to life. Local designers dish about the secrets to creating a workspace that is organized and functional yet stylish.

"You're going to spend a lot of time in it so aesthetics do matter," said Patricia Tetro of BOWA Builders Inc., in McLean.

Thinking about how a space will be used is the first step in the design process. "An office is as unique as a person," said interior designer Julie Sproules of the Art Institute of Washington in Arlington. "Each person has a different way of working and therefore a different

set of needs. If you are working from home, you'll be spending a lot more time there than if you are using it to keep the household paperwork in order."

There are a series of questions that one might consider: "How will you use the office? Is it just for you? Do others come in and meet with you? Do you tend to do most of your work on the computer?" asks Tetro. "Do you do things by Skype? If so, the placement of the computer becomes more critical."

Storage and the placement of it is one of the most important home office design decisions. "Where do you want to keep things?" asks Tetro. "When sitting in a chair, do you need to have your entire realm within arm's reach?"

Getting creative with storage supplies is a technique that Sallie Kjos of Grey Hunt Interiors in Chantilly, uses to avoid compromising style for order. "A floating shelf will help to keep a clean look, but have it organized," she said. "You can also get decorative boxes in a variety of colors."

Sproules uses labeled storage bins to create home office space

that has a place for everything. "There are a million different kinds out there, from wood to rattan to linen," she said. "Get a bookshelf that you can fit the bins in. ... Leave some room ... for a filing binder and books, but anything small should go in a bin. This way you can just throw all the markers, yarn, buttons and [other miscellaneous items] into their bin and not have to worry about them being misplaced."

Don't forget to save a space for smart phones and tablets. "You might need charging spaces with electrical outlets that are easily accessible," said Tetro.

To create an orderly appearance, stash files, papers and other office supplies out of sight. "A lot of people use an extra bedroom as a home office. Take the doors off the closet and create a storage area," said Bart Goldstein of Bart Goldstein Interior Design in Potomac, Md. "Add closed storage on the bottom that works as file cabinets, but looks like a piece of furniture" such as a chest or a credenza.

SEE DESIGNING, PAGE 12



PHOTO COPYRIGHT GWIN HUNT PHOTOGRAPHY

The office of this Great Falls home features an abundance of storage and workspace. Designers at BOWA Builders, Inc. combined natural and recessed lighting to bring organization and style to the space.



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This Vienna home office designed by BOWA Builders, Inc. features natural and recessed lighting, custom crown molding and wood flooring.

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# Home LifeStyle

## Designing Stylish Home Offices

FROM PAGE 11

“You can make it look like a built-in,” said Goldstein. “Closet companies ... are able to make it look like a real working office with nice furniture.”

**GET CREATIVE** when selecting a desk to add interest and express your personal style. “You can use an old writing table, side table or console table to use with a nice parsons chair,” said Kjos. “This makes more inviting space that is decorative but functional.”

Choose seating that incorporates style and comfort. “This doesn’t have to mean a task chair,” said Sproules. “Task chairs are great if you’re sitting in them many hours a day, and there are some attractive options, but I prefer ... a small lounge chair to give it more of a homey feel. Just make sure it can be pushed under the desk or table when not in use. ... I have even used small metal side chairs or stools like an old classroom.”

A person’s occupation and work style should be considered. “Stools are especially great if you get up and move a lot as a part of your working routine,” said Sproules. “You can swivel from one side of the table to another and being on a bar-height stool means you’re more likely to get up and walk around routinely. If you do choose a bar-height stool, make sure your desk or table is either height-adjustable or standing-height.”

Proper lighting is another key component of a well-designed home office. “Consider overhead lighting” said Goldstein. “[It] will not take up space like a lamp. You can run an eight-foot [lighting] track through the middle of the room and turn the lights toward the desk.”

Incorporate more than one lighting source into a room’s design.

“This helps you modulate the light for the task that you’re doing,” said Sproules. “You should have one general light: an overhead light or a floor lamp that ... provides general, diffused light and a task light for more focused work,” such as a small, adjustable lamp with dimming capabilities.

When it comes to maintaining a sense of home in a home office, designers suggest getting personal. “You can mix interesting accessories like family pictures and a plant here or there to give



PHOTO COURTESY OF GREY HUNT INTERIORS

**Sallie Kjos of Grey Hunt Interiors created a home office for herself in the corner of her kitchen. She personalized it by adding plants and family photos.**

the office aesthetic appeal as opposed to just function,” said Goldstein.

**ROOM DESIGN** should reflect one’s profession and personal needs. “Are you dealing with paperwork, mail and working on the computer, or would you be better off with a set up that is more like an artist’s studio, with a clean table for ‘making’ and another area for the ‘office’ side of things [with a] bookshelf, table and storage?” asked Sproules. “How many hours a day or week to you plan on being in that space?”

Sproules believes that one’s occupation can be a source of design inspiration. “As an interior designer, I have an excessive collection of pens and markers that are organized in small boxes along a wall, like an art store,” she said. “It’s a nice way to personalize the

space with your specific type of work without having it get too messy. And there’s always a pen when I need one.”

“In my own home office I have my desk against the wall with floating shelves,” said Goldstein. “As an interior designer, I have a lot of catalogues that I’m always pulling from. I have a seating area in my office because people are always coming in. We can have a conversation while I’m working.”

“There is one accessory that no home office should be without,” said Sproules. “Everyone needs a tack board,” she said. “If you’re more of the artistic type, use cork board tiles. They come in all sorts of colors, and you can paint them too. [You can] cover a whole wall or a large section to use as an inspiration board. If not, you should still tack up images that you find inspiring, or at least peaceful.”

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# McLean Chef Hosts 'American Grilled'

## David Guas takes on television.

BY EMMA HARRIS  
THE CONNECTION

**O**n Wednesday, July 2, McLean's own Chef David Guas took on television as host and co-judge of the Travel Channel's new show "American Grilled," in which he travels around the country hosting grilling competitions every Wednesday at 9 p.m.

Guas, a native of New Orleans, is no newcomer to the world of food, he said. "Food is a big part of the culture in New Orleans, and I was always around it," he said, adding that he got his first taste of grilling from his Dad, a "weekend warrior" who loved outdoor cooking.

But Guas didn't always aspire to be a chef. He first began cooking himself in a mall food court at a place called "Philly's Steak and Cheese," he said. "I loved cooking and the feeling of making something with my hands. Even in the simplest of forms, it's artistry."

**GROWING UP**, he watched Justin Wilson on PBS. "He was the Cajun Julia Childs," Guas said, "and he was my celebrity." Guas' grandmother grew up with Wilson, so Guas talked to him on the phone when he was trying to pick a career to pursue. Wilson had a friend who owned a cooking school and pushed Guas to attend, he said.

"My Aunt was pushing me to pick a trade. 'Be exposed to things you're passionate about, and find something to learn,' she said, so I went to the cooking school," Guas said.

It was a short program, two or three months Guas said, so he then went looking for a job where he could continue to learn. "I wanted to work at the best place in the

city, so I looked to the hotel environment," Guas said. Through one of his father's connections, he managed to get an interview at the Windsor Court Hotel.

And though he thought he had no chance of getting the job, Guas found himself working under a professionally trained German pastry chef within the week. The only problem was that he had no experience with pastries at all.

"I told the chef to just show me once, and I'll do what it takes to learn," he said. "The rest is history," Guas added, saying that he learned so much he didn't even consider working with savory foods.

After two years, he was given the opportunity to move to D.C. with two partners and be the executive pastry chef of DC Coast, a new restaurant they were planning to open in 1998. He stayed with Passion Food Hospitality as they opened more restaurants in D.C. for the next 10 years, he said.

Then Hurricane Katrina hit. "My parents decided not to move back to New Orleans, and I struggled with that," Guas said. He felt as if he was losing his identity and his anchor, he said, so Guas decided to write a book, "DamGoodSweet: Desserts to Satisfy Your Sweet Tooth, New Orleans Style."

It was 2009, and Guas started working on Bayou Bakery, his coffee bar and eatery in Arlington and soon-to-be Capitol Hill. "I didn't want to be known for one thing, and I wanted a place that had a little bit of everything," he said of the concept for his own business. "This is an homage to my childhood and home state," he said while motioning around Bayou Bakery.

Guas finally "gave in" and appeared in an episode of "Chopped" on the Food Network in 2012, warming him up to television. He has also appeared in interviews throughout the years and enjoyed them, he said, so when he was approached for a Travel Channel show he was excited.



PHOTO BY SCOTT SUCHMAN

**Chef David Guas in Bayou Bakery, Coffee Bar & Eatery in Arlington, his homage to New Orleans, his hometown.**



PHOTO COURTESY OF SIMONE INK

**Chef David Guas on the set of "American Grilled."**

**AFTER INTERVIEWS** and phone conversations for months, Guas was finally offered something he couldn't resist: "Wanna make a show?" asked an executive from the Travel Channel. "Let's do this," Guas replied.

He filmed three cities in one month, then the episodes were sent to focus groups for review. "They were blown out of the wa-

ter," Guas said, so they filmed another 10, traveling from city to city and grilling all the way. "It's just straight up grilling — something people can relate to," he said.

Guas said it hasn't hit him yet that he hosts a television show, placing him in the same ranks as his idol, Justin Wilson. "I just do what I love to do," he said.

FROM PAGE 9

metro, not along a bus route that can change from year to year," said Zetts.

A new wave of rezonings are expected to be approved in the next 18 months as developers get a better idea of what Tysons' future will look like.

"These developers are asking for a lot," said Zetts. "They're asking for the world."

At the moment, there is a 400 foot height limit on buildings being approved, but "gateway" buildings can be taller.

Many of the newest buildings will be hotels and apartments for people who want to live closer to where they work.

"There is a huge push to have more residents there, more people," said Jackson.

However, he warned that the more public facilities, like libraries, police sta-

tions and schools need to be added to the comprehensive plan, or Tysons residents will be forced to use McLean facilities.

"If there aren't parks in Tysons, guess whose they're going to use?" he said. "If there aren't any libraries in Tysons, guess whose they're going to use?"

**CURRENTLY**, according to Zetts, Tysons Corner has 26.8 million square feet of office space, 4.9 million square feet of retail space and 2.6 million square feet of hotel space. Most of the rezoning is expected to take place in east and west Tysons, since most of central Tysons has been claimed.


"Are we going to have the same McLean or the same Tysons as we have now? No," said MCA President Sally Horn. "But we do have a role in how it is shaped."

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The entrance to America Eats Tavern, located in the Ritz-Carlton, Tysons Corner. Opened last month, the restaurant offers up breakfast, lunch, and dinner inspired by American cultural traditions with a modern twist.



A tray of Stone Crab Claws awaits, one of the many chilled fresh seafood selections from the restaurant's seafood bar, selected from local shores.

PHOTOS BY VERONICA BRUNO/THE CONNECTION

## America Eats Tavern Opens at Tysons

### American cuisine and culture on display at the Ritz-Carlton.

BY VERONICA BRUNO  
THE CONNECTION

America Eats Tavern (AET), the new restaurant helmed by Spanish-born and award-winning celebrity chef José Andrés and business partner Rob Wilder, opened in the Tysons Corner Ritz-Carlton last month. Open for breakfast, lunch, and dinner, AET offers favorite American dishes such as Eggs a la Benedict, a beef rib-eye dish Roseda Farm Delmonico Steak, and Chicken Pot Pie. In addition to the main menu, there is a seafood bar that offers fresh chilled catches from local farms including Littleneck Clams, Poached Shrimp, and King Crab.

AET was born out of Andrés' fascination with American cuisine. "Yes I am a chef but I am also a storyteller and America Eats Tavern is the story of a Spanish chef paying tribute to the country that welcomed me with open arms. It's about celebrating the traditions of the local farms and producers of Virginia, and Pennsylvania and the rise of the Virginia wine country, which I think is the next big wine-producing region," said Andrés in an email.

In fact, the entire beer and wine menu is all-American. Wines come from the California, Oregon, New York, Michigan, and Washington states in addition to Virginia. According to Daniella Dixon, the beverage manager for the restaurant, "we have a number of Virginia wines and we did extensive research in Virginia. The U.S. has incredibly excellent wines and we



Used for intimate gatherings and business meetings, AET offers a private dining room that seats up to 18 guests.



The main dining hall includes a direct view of the bright, open kitchen where diners can view the chefs at work. Framing the kitchen is a bold excerpt from the U.S. Constitution

wanted to feature Virginia. Our focus is on the best things the U.S. has to offer."

**TRUE TO FORM**, the patriotic fervor doesn't stop there, but also extends to the cocktail menu as well. The local urban influence can be seen with cocktail names such as Tractor Pull and Green Acres, an interesting concoction that includes vodka, cucumber, fennel, lime, and grapefruit bitters, all-natural ingredients chosen from

local farms. Dixon works with over 25 small farms in choosing what goes in the specialty drinks. "We are going for flavor and working with what's in season. We support the local farmers."

The beer section of the menu even begins with the statement "In 1789 George Washington presented a policy referred to as 'Buy American' stating that he would only drink American made beer... who are we to disagree."

If you are familiar with America

Eats, you may have seen the temporary version of it in the Washington, D.C. Penn Quarter district. A collaboration with Foundation for the National Archives, AET was conceived after research of American recipes and stories. Named after the Works Progress Administration (WPA) writers project of the 1930s, America Eats celebrates American classic dishes with a modern twist, showcases native ingredients, and works to bring back some long-ago forgotten dishes as well.

It has now found a permanent home at the Tysons Corner Ritz Carlton. New York-based firm Celano Design has created a comfortable and engaging layout that includes a classic 65-seat main dining room with colonial touches, a view of the kitchen, and excerpts of the U.S. Constitution as graphic art along the wall.

**AN OPEN**, airy 55-seat bar occupies the front space of the restaurant for casual dining and a private dining room that accommodates 18 completes the construct.

"We are excited to have America Eats Tavern open within the hotel," said Raj Khubchandani, General Manager of the Ritz-Carlton, Tysons Corner, in a prepared statement. "The vibrant design and atmosphere is the perfect addition to our lobby complex. Initial feedback from the hotel guests and local community has been very positive."

"As a chef, I learned about the world through food and with America from very early on I became fascinated to learn about the melting pot of this country by collecting old early edition American cookbooks like 'The Virginia Housewife' by Mary Rudolph and 'The Joy of Cooking' by Irma S. Rombauer," explained José Andrés, recently awarded an "Outstanding American by Choice" by President Obama.

### CALENDAR

Send announcements to [north@connectionnewspapers.com](mailto:north@connectionnewspapers.com). Deadline is Friday for the following week's paper. Photos/artwork encouraged.

#### 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](http://www.fairfaxcounty.gov/parks/farmersmarkets/mcleanmkt)

#### 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](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).

**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.

**Da Vinci Challenge - Build a Drone Workshop.** 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Learn about building drones. Other dates in this series are July 12 and 19. Registration required. Adult, teen, school-age. 703-757-8560.

#### SUNDAY/JULY 13

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

**Summer Sunday Concerts in the Park.** 5 p.m. McLean Central Park, 1468 Dolley Madison Boulevard, McLean. The English Channel will perform. The English Channel authentically recreates British rock and pop from the 1960s and 1970s.

#### MONDAY/JULY 14

**Sara Bareilles.** 7:30 p.m. Wolf Trap, 1645 Trap Road, Vienna. "Brave" singer/songwriter infuses her piano-based pop rock with sincerity and moxie from breakthrough "Love Song" to romantic ballad "I Choose You." Tickets: \$25-\$60. [www.wolftrap.org/](http://www.wolftrap.org/)

#### WEDNESDAY/JULY 16

**Birthday Bash.** 6-8 p.m. The Dandelion Patch, 111 Church Street NW, Vienna. Girls' Night Out 20th Birthday Party with an ADMK jewelry trunk show,

SEE CALENDAR, PAGE 15



# CALENDAR



**Multiple Washington Area Music (WAMMIE) Award-winner and bluesman extraordinaire, Tom Principato sets the telecaster on fire and makes having the blues so good. See him at McLean's Summer Sunday Concerts in the Park on July 27 at McLean Central Park.**

FROM PAGE 14

Scout bag showcase, free chair massages, cocktails and treats from Amphora Bakery. Please RSVP to 703-319-9099.

**Ahoy Pirates!** 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Pirate and sea stories songs and activities. Ages 3 to 5 with an adult. 703-356-0770.

## FRIDAY/JULY 18

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

## FRIDAY/JULY 18 & 25

**"Pippi Longstocking: The Family Musical."** 7:30 p.m. Lanier Middle School, 3801 Jermantown Road, Fairfax. A family-friendly musical comedy for all to enjoy. For ticket information, visit [www.fairfaxcitytheatre.org](http://www.fairfaxcitytheatre.org).

## SATURDAY/JULY 19

**Da Vinci Challenge - Build a Drone Workshop.** 9 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Learn about building drones. Registration required. Adult, teen, school-age. 703-757-8560.

## SATURDAY/JULY 19-SUNDAY/JULY 20

**Claude Moore Colonial Farm 1771 Market Fair.** 11 a.m.-4:30 p.m. at 6310 Georgetown Pike, McLean. Sit in the shade and savor roast chicken and spicy sausages, enjoy dancing and singing with the fiddler, test your water color and writing skills with Mr. Andrews at the Stationer. Visit <http://1771.org> for more.

## SUNDAY/JULY 20

**Summer Sunday Concerts in the Park.** 5 p.m. McLean Central Park, 1468 Dolley Madison Boulevard,

McLean. The Washington Balalaika Society Chamber Orchestra will perform. The English Channel authentically recreates British rock and pop from the 1960s and 1970s. For more than 20 years, the Washington Balalaika Society has been performing the music of Russia, Ukraine and Eastern Europe on a variety of traditional Russian folk instruments — the balalaika, domra, bayan and related folk wind and percussion instruments.

## MONDAY/JULY 21 - TUESDAY/JULY 22

**Lionel Richie.** 8 p.m. Wolf Trap, 1645 Trap Road, Vienna. Multiplatinum R&B icon and a fresh hip-hop hit-maker will have you "Dancing on the Ceiling" like "Crazy." Tickets: \$45-\$140. [www.wolftrap.org/](http://www.wolftrap.org/)

## WEDNESDAY/JULY 23

**Diggers.** 2:30 p.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Tracy Eldridge presents this interactive musical celebration of the creatures who sleep under our feet. All ages. Sign up each child and adult separately. 703-356-0770.

## SATURDAY/JULY 26

**Sarah McLachlan.** 8 p.m. Wolf Trap, 1645 Trap Road, Vienna. With emotional ballads and ethereal vocals, this Grammy-winning "Angel" has become "pop's voice of compassion and consolation" (The New York Times). Tickets: \$30-\$70. [www.wolftrap.org/](http://www.wolftrap.org/)

## SUNDAY/JULY 27

**Summer Sunday Concerts in the Park.** 5 p.m. McLean Central Park, 1468 Dolley Madison Boulevard, McLean. Multiple Washington Area Music (WAMMIE) Award-winner and bluesman extraordinaire, Tom Principato sets the telecaster on fire and makes having the blues so good.



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# SPORTS

## World Cup Fever

Area soccer coaches, players share 2014 World Cup viewing experiences.

BY JON ROETMAN  
THE CONNECTION

Even on his wedding day, Robinson boys' soccer coach Robert Garza couldn't escape World Cup fever. Garza married his wife, Jennifer, on June 21 at the Hendry House at Fort C.F. Smith in Arlington. During that Saturday in Northern Virginia, Garza and a group that included his best man, West Potomac boys' soccer coach Andrew Peck, watched the Ghana-Germany match in the groom's suite. Later, when the group was taking pictures, Peck had the match streaming on his cell phone.

What was Jennifer's reaction?  
"She laughed when she found out," Garza wrote in a twitter message. "She married a soccer coach."

Garza is among the local residents who have closely followed the 2014 World Cup in Brazil. As the competition nears an end, soccer coaches and players from Northern Virginia and Potomac, Md., shared their memorable experiences from the month-long event, and their predictions on who would emerge victorious from the tournament's final four teams: Brazil, Germany, Argentina, and the Netherlands.

"This has been," Churchill girls' head coach Haroot Hakopian wrote in an email, "the most interesting/exciting cup in years."

Garza wasn't the only one making an effort to watch the World Cup. Oakton boys' coach Todd Spitalny, who owns a kitchen and bath company in Manassas, said he had DirecTV installed in his office specifically to watch the World Cup. South Lakes girls' coach Mike Astudillo took in some of the action at Reston Town Center, and Lucas Belanger, a 2013 Mount Vernon High School graduate and rising sophomore goalkeeper at American University, watched the United States matches at National Harbor in Washington. T.C. Williams rising senior Eryk Williamson downloaded an app on his phone to receive live updates if he wasn't able to watch.

Along with following the action at home — and on a cell phone during his wedding day — Garza, a 1991 Hayfield graduate, has watched the World Cup at the Bungalow and Lucky's Sports Theatre in Kingstowne.

"The atmosphere has been phenomenal," Garza wrote, "with so many fans coming out to watch."

**MUCH EXCITEMENT** centered around the performance of the United States men's national team, which competed against Ghana, Portugal, and Germany in Group G, nicknamed the "Group of Death." The U.S. emerged from group play with a 1-1-1 record, including a 2-1 victory over Ghana on June 16, and advanced by virtue of a goal-differential tiebreaker over Portugal.

The United States' World Cup appearance ended on July 1 with a 2-1 loss to Belgium in extra time in the round of 16.

"Like we all should, I've been supporting the U.S.," Joe McCreary, a 2014 Yorktown graduate and future James Madison University soccer player wrote in an email. "I think soccer in America the next four years is on the rise after team USA advanced from the group of death."

While the USMNT fell short against Belgium in the round of 16, goalkeeper Tim Howard produced a record 16 saves, holding Belgium scoreless until the 93rd minute.

"Sixteen saves in a game is hard to do in high school soccer," Hakopian wrote. "I have never seen that happen at the professional/World Cup level."

It wasn't just the USMNT or its players generating interest, however. Along with rooting for the U.S., Hakopian, who was born in Iran, also followed the Iranian team. Iran finished last in Group F with a 0-1-2 record, scoring their lone goal of the World Cup against Bosnia and Herzegovina in a 3-1 loss on June 25.

Hakopian, who has coached at Churchill High School in Potomac, Md., for 12 years, also said he would like to see Argentina star Lionel Messi win a World Cup. He also cheers for the Netherlands, which has been his favorite team since age 7, thanks to their "cool" orange jerseys — though Hakopian added "[forward Arjen] Robben's consistent flopping annoys the hell out of me ..."

**"I think soccer in America the next four years is on the rise after team USA advanced from the group of death."**

— Joe McCreary,  
a 2014 Yorktown graduate

"I was born in Iran so I am always interested in how they perform, considering their players have difficulty playing outside the Middle East," Hakopian wrote. "My wife was in the Peace Corps and traveled extensively in South America. Although she spent most of her time in Paraguay, she always roots for Costa Rica and Chile, which has made this year's cup even more fun."

Washington-Lee rising junior Maycol Nunez scored 37 goals in 2014 and helped the Generals advance to the Group 6A Virginia state final. Nunez lived in Honduras before moving to the United States four years ago at the age of 12. He cheers for his native country during the World Cup, along with Belgium and Argentina.

Honduras finished last in Group E with a



PHOTO BY LOUISE KRAFFT/THE CONNECTION

**T.C. Williams rising senior Eryk Williamson, left, has followed the action closely during the 2014 World Cup.**

0-3 record, scoring its lone goal in a 2-1 loss to Ecuador on June 20, but that hasn't stopped Nunez from enjoying the experience.

"Honduras is probably one of worst teams in the World Cup, but the fact that they are there means a lot," Nunez wrote. "... Honduras [scoring] their first and only goal in the World Cup against Ecuador has been definitely one of my favorite moments in this World Cup so far. ... Words cannot describe what watching Honduras in the World Cup means to me. It's just such an amazing feeling that I can't even describe."

Astudillo, who has coached the South Lakes girls' team the last two seasons and used to coach at Chantilly, has extended family from Colombia. Along with cheering for the U.S., Astudillo followed the Colombian team that won Group C with a 3-0 record, and defeated Uruguay 2-0 in the round of 16 before falling to Brazil 2-1 in the quarterfinals.

"Best tournament in our history," Astudillo wrote. "[I'm] so proud and we have so many young players. Look out Russia 2018!"

Williamson, who led T.C. Williams to the 2014 Group 6A Virginia state championship, said he is a passionate supporter of host Brazil, though he also cheers for the U.S.

"I'm a huge Brazil fan," Williamson wrote. "I just love the way they play. However, growing up I always used to cheer for France. Now that they've been knocked out, I've been all about Brazil. ... Both of my parents are American so, at heart, I cheer for the U.S."

Belanger was a goalkeeper on Mount Vernon's 2013 state championship team. He made a pair of key saves during the Majors' penalty-kick shootout victory against Cosby in the state final. Belanger said he has enjoyed watching goalkeepers perform during the World Cup.

"I have always been a huge U.S. fan, even though they have been disappointing up until this World Cup, but I've also been rooting for a few individual players (mostly goalkeepers) such as Gianluigi Buffon for Italy and Thibaut Courtois for Belgium," Belanger wrote. "Being a goalkeeper my-

self, I have learned to appreciate the difficulty [of] some of the saves they make, and I always enjoy watching a goalkeeper have a great game.

"... I always love watching penalty-kick shootouts, but I have enjoyed watching all the games where the goalkeepers performed well, like Costa Rica, Nigeria, and especially the United States."

**THE SEMIFINALS** had yet to be played when coaches and players were interviewed. The first semifinal match, Germany versus Brazil, was played Tuesday. The Netherlands and Argentina faced one another Wednesday. The majority said Germany would win it all. Williamson said Brazil would have a tough time getting past Germany in the semifinals without star forward Neymar (back injury) and captain Thiago Silva (cards).

Nunez picked Argentina to win "because they have Messi and the other teams don't." Astudillo had far less praise for the Argentine star.

"I know I sound like a hater, but I'm not a Lionel Messi fan," Astudillo wrote. "I grew up watching Diego Armando Maradona single-handedly carry [Argentina] to a World Cup championship in Mexico in 1986. Teams would triple team him because he had zero help on that squad, but it didn't matter. He always found a way to make those around him better. If Lio can't deliver a World Cup to his native Argentina, I think we should hold off on considering him one of the greatest ever."

The championship match is scheduled for Sunday, July 13, providing the final opportunity for a memorable World Cup viewing experience.

"This World Cup, we saw so many come together — friends, family, strangers — all to see the world play," Garza wrote. "Compared to previous years, this World Cup has been huge. Every U.S. game I have watched with family and friends and fellow coaching colleagues from the high school ranks. Each time, we easily took up quite a few tables, getting to the pubs quite early to secure space."



# SPORTS



PHOTOS BY BIJAN TODD/THE CONNECTION

**Jacob Kohlmayer, 11, of Chesterbrook Elementary and the Chesterbrook Tennis Team supplies his best backhand shot in a match against Sudley Tennis Club on July 2.**



**Akash Gupta, 11, treks to the far left of the court to retrieve a well-placed shot.**

## Summer on the Tennis Court

### Chesterbrook Junior Tennis Team hosts camp and matches throughout Summer 2014.

BY BIJAN TODD  
THE CONNECTION

**Y**ou're a 12-year-old living in McLean. School j u s t ended and you have nothing to do for the next three months. As you watch the Wimbledon Tennis Tournament, it dawns on you what the perfect summer activity would be: tennis.

Well, you're in luck, because the Chesterbrook Swim and Tennis Club is hosting a tennis summer camp available to local tennis-obsessed children over the summer. Open to any children ages 9

through high school, this summer camp is the perfect way for a child to have fun while enjoying the sport they love.

Founded in 1954, Chesterbrook Swim and Tennis Club is managed by its own members, and includes tennis courts, three swimming pools, and locker rooms as well as several other amenities such as a volleyball court and ping pong tables. The Tennis Club is not only available to children; adult tennis programs, private, and semi-private lessons are also available for anyone who is interested in improving their game.

The tennis programs at Chesterbrook are operated by a group of three tennis pros, who each have an impressive résumé of experience, one of whom is Othmane Garma, better known as "O.G.". Born in Morocco, Garma played tennis throughout his childhood in a variety of places, such as France and Switzerland. "I moved to the States when I was 14," said Garma. "I played national tournaments, and was ranked Top 10 in the Mid-Atlantic and Top-50 in the country. I ended up eventu-

ally getting a full scholarship to Howard University." Garma said that he wanted to "go pro," but couldn't due to a lack of resources. Garma then started his coaching career, where he says he couldn't be happier. "My favorite part of coaching is honestly developing a strong bond with my kids. Because I can see what they go through, I can relate to how I was growing up as a young player," said Garma.

The child players at Chesterbrook share Garma's enthusiasm. Conner Moore, 11, of Chesterbrook Elementary has been involved with the team for the past two years. "I just love the matches, and the coaches are pretty awesome," said Moore. "The practices are also pretty fun, so all in all it's a really fun sport."

The Chesterbrook Swim and Tennis Club is located on 1812 Kirby Road in McLean, and is open Monday-Saturday from 11 a.m. through 9 p.m. and on Sunday from noon through 8 p.m. The club can be contacted at membership@chesterbrookclub.com or during pool hours at 703-356-4471.



**Will French, 16, attempts to defend a high shot to his forehand side**



**Mateusz Bak, 13, of the Chesterbrook Tennis Team performs an inside-out forehand in a match vs. Sudley.**

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## Not That I'll Ever Be Out, But...

By KENNETH B. LOURIE



"Just when I thought I was out...they pull me back in." Although this quote is from Michael Corleone from "The Godfather: Part III," it very much characterizes my daily struggle being a terminal cancer patient; non small cell lung cancer, NSCLC, is like that, almost always. Even though I don't want to think about the fact that I have cancer, or not let it affect my judgment on life – or perspective; or let it impede my path to a happier existence, more often than not, it does.

Not that I'm morose or depressed or a dismal Jimmy, I am however, as Curly Howard of The Three Stooges so regularly said: "I'm a victim of soycumstance." And not that I dwell on having lung cancer either; it is what it is, and of course, I am extremely happy to still be alive. Nevertheless, having lived post-diagnosis now for five years and nearly four months, (after initially being given a "13 month to two year" prognosis by my oncologist), doesn't necessarily make my circumstances any easier.

I won't bore you with the details, both mentally or physically, facing cancer patients as they/we endure a rather difficult set of challenges. Suffice it to say, there are good days and bad days – and many in the middle, to be honest. I've been fortunate to have many more good days than bad. And it's those good days that we try to hang on to and harness somehow when the inevitable bad days begin to overwhelm. And as often as I try to compartmentalize the cancer effect, it still manages to rear its ugly head: consciously, subconsciously, literally, figuratively, generally, specifically; and/or any other word or phrase you can imagine. As much as I don't want to feel its effect, emotionally I do.

Practically speaking then, how do I forget that I have cancer? How do I control the uncontrollable? Given my daily routine of pills, supplements, special drinks, food choices and lifestyle changes and alone time, how do I not let the fact that I have an incurable form of cancer dominate how I live and breathe; especially when my breathing is often compromised and my life is one continual set of immune-system boosting, anti-cancer activities and behaviors? Believe me, it's not easier written that it is said and certainly neither is its doing. And it certainly beats the alternative, if you know what I mean? However, it is something that I am mostly able to do. I give myself a "B," because I'm able to remain/"B" positive.

But, and it's a huge but, to say the process is not one gigantic emotional ball and chain would be denying the very reality in which I'm immersed 24 hours a day. Still, how much additional good would it serve to focus on it more exclusively than I presently do? However, if I don't focus on it, perhaps I don't consistently do the things that I need to do to stay alive and maintain the reasonably good health with which I've been blessed. As much as I'd like to be "out," I'd just as soon not have the cancer "pull me back in" every single day.

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

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E-Verify Required. EEO/AA/ADA

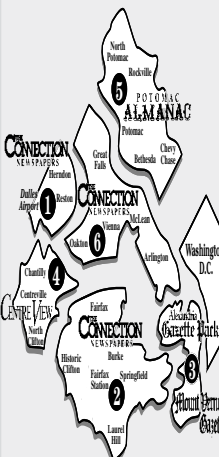
Computer-US Resources Inc. seeks a  
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Keg license to sell or manufac-  
ture alcoholic beverages.  
Edna Feizi, Managing member  
NOTE: Objections to the issu-  
ance of this license must be  
submitted to ABC no later than  
30 days from the publishing  
date of the first of two required  
newspaper legal notices. Ob-  
jections should be registered  
at [www.abc.virginia.gov](http://www.abc.virginia.gov) or  
800-552-3200

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Mclean, VA 22101-3722. The  
above establishment is apply-  
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**FRIDAY/JULY 11**

**English Conversation Group.** 10 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Practice your English conversation skills in a group. Adults. 703-938-0405.

**MONDAY/JULY 14**

**McLean & Great Falls Celebrate Virginia** will meet 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, 2014 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.

**Spanish Conversation Group.** 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Practice Spanish as a foreign language in this casual conversation group. Adult. 703-757-8560.

**The Frisbee Guy.** 2:30 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Freestyle Frisbee Champion Gary Auerbach shares stories and tricks so you can master the Frisbee, too. School-age. 703-938-0405.

**ESL for Intermediate Students.** 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Juanita's Monday conversational group. Adults. 703-689-2700.

**English Conversation Group.** 7 p.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Practice conversational English in a group setting. Adults. 703-356-0770.

**TUESDAY/JULY 15**

**Toddlin' Twos.** 10:30 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Early literacy enhanced story time featuring stories and songs. Age 2 with adult. 703-938-0405.

**One-on-One Computer Tutoring.** 11 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Work with a volunteer tutor to learn about using the Internet, setting up an email account and using basic software. Adults. 703-938-0404.

**E-Readers for Seniors.** 11 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Hands on help with e-readers. Older adults. 703-757-8560.

**One-on-One Computer Tutoring.** 12 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Work with a volunteer tutor to learn about using the Internet, setting up an email account and using basic software. Adults. 703-938-0404.

**English Conversation One-on-One.** 1:30 p.m. Oakton Library, 10304 Lynnhaven Pl., Oakton. English practice for a non-native speaker with a library volunteer. Call for appointment. Adults. 703-242-4020.

**WEDNESDAY/JULY 16**

**Morning Book Group.** 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Call branch for title. 703-757-8560.

**Computer One-on-One.** 11 a.m. Oakton Library, 10304 Lynnhaven Pl., Oakton. Internet, Microsoft Word, Excel and Powerpoint. Adult. 703-242-4020.

**English Conversation Group.** 1 p.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Practice your English in a conversational setting. Adults. 703-356-0770.

**ESL Conversation Group.** 2 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Practice English in this casual conversation group. Adults. 703-757-8560.

**One-on-One Computer Tutoring.** 2 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Work with a volunteer tutor to learn about using the Internet, setting up an email account and using basic software. Adults. 703-938-0404.

**One-on-One Computer Tutoring.** 3 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Work with a volunteer tutor to learn about using the Internet, setting up an email account and using basic software. Adults. 703-938-0404.

**Pokemon League.** 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Come play

**FRIDAY/JULY 18**

**English Conversation Group.** 10 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Practice your English conversation skills in a group. Adults. 703-938-0405.

**SATURDAY/JULY 19**

**McLean Child Safety Inspection.** 9:30 a.m. – 12 p.m. Lewinsville Center, 1609 Great Falls Street, McLean. The McLean District Police Station holds child safety seat inspections once per month.

**MONDAY/JULY 21**

**English Conversation.** 10:30 am. Oakton Library, 10304 Lynnhaven Pl., Oakton. English practice for non-native speakers. Adults. 703-242-4020.

**Spanish Conversation Group.** 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Practice Spanish as a foreign language in this casual conversation group. 703-757-8560.

**TUESDAY/JULY 22**

**Improve Your English Skills.** 11 a.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Get focused help with reading, writing, speaking and listening skills. Adults. 703-356-0770.

**Computer One-on-One.** 11 a.m. Oakton Library, 10304 Lynnhaven Pl., Oakton. Internet, Microsoft Word, Excel and Powerpoint. Adult. 703-242-4020.

**One-on-One Computer Tutoring.** 11 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Work with a volunteer tutor to learn about using the Internet, setting up an email account and using basic software. Adults. 703-938-0404.

**English Conversation One-on-One.** 1:30 p.m. Oakton Library, 10304 Lynnhaven Pl., Oakton. English practice for a non-native speaker with a library volunteer. Call for appointment. Adults. 703-242-4020.

**WEDNESDAY/JULY 23**

**Computer One-on-One.** 11 a.m. Oakton Library, 10304 Lynnhaven Pl., Oakton. Internet, Microsoft Word, Excel and Powerpoint. Adult. 703-242-4020.

**English Conversation Group.** 1 p.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Practice conversational English in a group setting. Adults. 703-356-0770.

**English Conversation Group.** 2 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Practice English in this casual conversation group. 703-757-8560.

**One-on-One Computer Tutoring.** 2 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Work with a volunteer tutor to learn about using the Internet, setting up an email account and using basic software. Adults. 703-938-0404.

**THURSDAY/JULY 24**

**Computer One-on-One.** 11 a.m. Oakton Library, 10304 Lynnhaven Pl., Oakton. Internet, Microsoft Word, Excel and Powerpoint. Adult. 703-242-4020.

**FRIDAY/JULY 25**

**English Conversation Group.** 10 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Practice your English conversation skills in a group. Adults. 703-938-0405.

**MONDAY/JULY 28**

**English Conversation.** 10:30 a.m. Oakton Library, 10304 Lynnhaven Pl., Oakton. English practice for non-native speakers. Adults. 703-242-4020.

**Spanish Conversation Group.** 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Practice Spanish as a foreign language in this casual conversation group. Adult. 703-757-8560.

**TUESDAY/JULY 29**

**Computer One-on-One.** 11 a.m. Oakton Library, 10304 Lynnhaven Pl., Oakton. Internet, Microsoft Word, Excel and Powerpoint. Adult. 703-242-4020.

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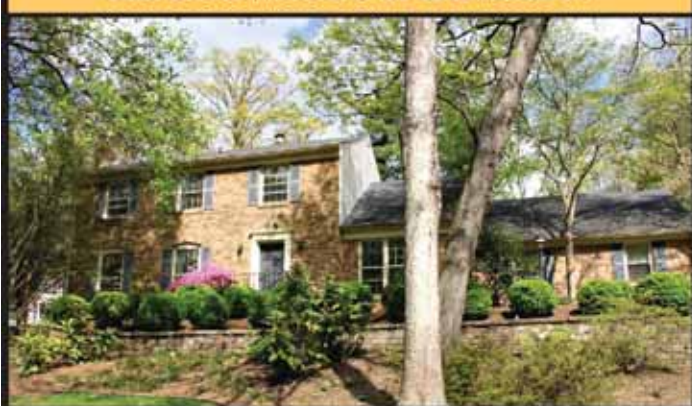


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