

Having a Great Time at Great Falls Park

NEWS, PAGE 3

Hendrika Vande Kemp, second from right, brought her family, who was visiting from Canada, to Great Falls Park.

Josh Anderson
Foundation
Spotlighted on
National Show

NEWS, PAGE 3

Turner Farm
Revisited

NEWS, PAGE 4



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PHOTOS BY REENA SINGH / THE CONNECTION



Locals and tourists picnic at Great Falls Park Sunday afternoon.

Several thousands of people come to Great Falls Park every week.

Having a Great Time at Great Falls Park

Treasure for tourists and locals.

BY REENA SINGH
THE CONNECTION

Great Falls Park, located 15 miles away from the nation's capital, can get flocked with tens of thousands of tourists looking for a reprieve from the concrete and marble every week.

With cars lined up for sometimes an hour to get into the park, locals do not come of-

ten - but when they do, they make a day of it.

Hendrika Vande Kemp, Annandale, is one local who does not come often. However, on Sunday, she happily exclaimed she got her \$10 Interagency Senior Pass.

Vehicle passes are \$5 and are good for three consecutive days. Individual passes - if someone comes to the park on foot, by bike or on horseback - are \$3 and are also good for three days.

"I bring visitors here," she said. "It's one of my favorite places to bring out-of-town visitors."

Her family, by the way of Ontario,

Canada, came last year as well. She said they enjoyed the trails and scrambling up the rocks that lead to the view of the falls.

They were getting ready to do the same again on Sunday, but first laid out a spread of sandwiches and drinks to fill up at a picnic table under a shady tree.

"We brought a picnic," she said. "Just some cold cuts."

At a nearby table, surrounded by picnickers from as close as Arlington and as far away as Pennsylvania, were locals Mike Lu and Di Shao. The pair moved to McLean a year ago. They love the park so much that they bought an annual pass and come of-

ten to hike on the trail and see the thunderous waterfall. They were setting up a barbecue bash for Lu's fraternity. Burger buns, hotdog buns, plastic cups and piles of disposable plates covered a table as they waited for their friends to show up.

Lu, who attends Carnegie Mellon University, said it is the first time the fraternity had a summer barbecue at Great Falls Park.

"It's a nice park," he said. "There will probably be about 20 people who show up. It was a Facebook invite, so it's hard to tell."

The park, located at 9200 Old Dominion Drive, is open every day except federal holidays from 10 a.m. to 5 p.m.

Josh Anderson Foundation Spotlighted on National Show

Deepak Chopra interviews Lauren Anderson.

BY REENA SINGH
THE CONNECTION

A local foundation was catapulted to national status on Friday.

Josh Anderson Foundation [JAF] Executive Director Lauren Anderson had a chance to talk to holistic health advocate Deepak Chopra for his show One World about JAF's mission.

"I was actually approached by the producer of the One World show, who happened to hear of our work through my boyfriend who coaches her son in soccer - small world, I know!" she said in an email. "I was super excited for the opportunity to interview with Deepak Chopra - not only to get JAF's mission out on such an international platform, but also because Deepak believes in mind-body health and integration, something I believe in and am trying to bring into schools through yoga and mindfulness."



Deepak Chopra interviews Lauren Anderson for his show One World.

Lauren Anderson created the foundation after her brother, Josh, died of suicide in 2009. She said he was caught with marijuana at Langley High School and was sent to South Lakes High School in 2008.

He played lacrosse and football. He had a girlfriend. But he also had a secret he kept from everyone: his depression. He died in March 2009, the day before he was supposed to have an interdisciplinary hearing

after being caught with marijuana on school grounds again.

"The statistics are pretty staggering,"

SEE MENTAL HEALTH, PAGE 4



Gillian Anderson, Lauren Anderson, Deepak Chopra and Sue Anderson pose for a photo. The Josh Anderson Foundation was spotlighted in Deepak Chopra's show on Friday.

PHOTOS COURTESY OF LAUREN ANDERSON



PHOTOS BY ALEX McVEIGH/ THE CONNECTION

Erin Gill, 9, rides My Guy for Turner Farm Park in 2012. Great Falls Citizens Association hopes to keep the park low impact.

Turner Farm Revisited

Great Falls residents, groups want to preserve local historic site.

BY REENA SINGH
THE CONNECTION

Many citizens of Great Falls hope to keep The Turner Farm a low-impact park.

Great Falls Citizens Association held a Turner Farmhouse informational session on July 8, the day before Fairfax County Parks Authority released the plans for the resident curatorship program.

“We’re trying to raise awareness of Turner Farm Park,” said GFCA president Eric Knudsen. “Next May, they will start a re-

view for the addendum for the farmhouse tract of land.”

He said the review process usually takes about a year. The comprehensive plan can be found at <http://www.fairfaxcounty.gov/parks/plandev/downloads/turner-farm-cdp.pdf>.

An impromptu straw poll he took for the approximately 25 people in the room showed that no one was interested in having the house flipped through the resident curatorship program by someone who would bring a lot of traffic through the park.

Promoting Mental Health

FROM PAGE 3

said Anderson. “Self harm is the third leading cause of death among young people.”

Anderson said the foundation has spearheaded mental awareness campaigns and is working to bring mindfulness and yoga into schools. She said yoga was a “pillar” in her journey through depression after her brother died.

The mental health forum that was held recently will become an annual event, she said. The event allowed teens from local schools to hear their peers talk about their experiences with anxiety, depression, and in some cases, their suicide attempts.

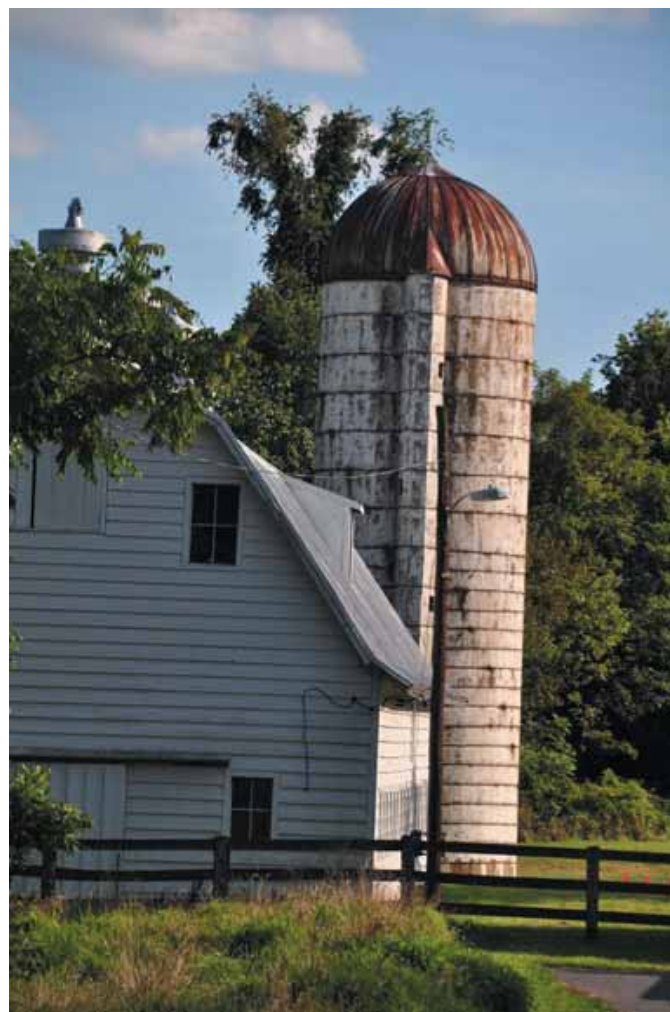
The foundation will also continue to have Mental Health Awareness Week at local high schools and the “Stress Less, Laugh More” campaign.

The mission of the Josh Anderson Foundation is not just to end teen suicide. It’s also to take away the stigma surrounding mental health and depression.

“It’s really about taking care of yourself and taking care of those around you,” she said. “It’s like a physical illness.”

The interview can be found at http://newswire.fm/one_world/video.php?guest_id=229. More information about the Josh Anderson Foundation can be found at www.joshafoundation.org.

“You may want to get involved to save someone in your family or someone you know, or just because you care about people that you don’t know,” said Chopra on the show. “I think the more we get involved, the more we increase our own well-being, the well-being of others and the well-being of society.”



Great Falls Citizens Association wants to save Turner Farm through the resident curatorship program, which the county just released the plans for.

The plans for the curatorship will be open for review for 30 days. Knudsen said he will ask county officials to not close the review until a representative can speak about it at the next association meeting.

The house, which is located on the park and has historical significance - including tall tales of former Soviet Premier Nikita Khrushchev seeing the missile defenses from a helicopter on the way to Camp David - has been in shambles since being given to the county Park Authority in 2011.

“Fairfax County Park Authority bought it and studiously ignored it after putting up the chain link fence, and it has been breaking a lot of hearts,” said Save the Farm advocate Beverly Crawford.

Crawford showed a slideshow about the history of the land from the time it was known as the Nike Missile Site. The land that is used by the Analemma Society and equestrians for the park today was debased in 1990 and given to the Park Authority in 1999.

According to her slideshow, the land, known as “Little Nike” to the government during the Cold War, was the integrated fire control site where the missiles from nearby

“Big Nike” could be tracked with radar and computers.

President of the Georgetown Pike Association John Adams, Ginger Nelson Yale with Turner Farm Team, President of the Analemma Society Charles Olem, Former Northern Virginia Conservation Trust board member Richard Bliss and Nicole Gnozzio with Riverbend Hunting Club participated in a round table discussion to talk to the GFCA members about why Turner Farm’s preservation is important to Great Falls and their organizations.

“I’m very grateful you have been able to keep Turner Farm open for the equestrian community,” said Gnozzio. “That means a lot to us.”

Resident Christopher Lehman said the park represents a lot of what Great Falls represents in contrast to the surrounding communities - a rural, low-impact area. He warned that unless someone with money approached the county about the changes the community wants, they might not get what they hope for.

“Going and seeing a horse event or seeing the kids at the playground - it’s the perfect green, nice space,” he said.

WEEK IN GREAT FALLS

Addressing ‘Mindfulness’ at Great Falls Senior Center Event

The Great Falls Senior Center (GFSC) has announced Mark Thurston, Ph. D. as a guest speaker for the Aug. 5 event. Thurston is a Senior Fellow at George Mason University’s Center for the Advancement of Wellness Being. The Center was created at Mason six years ago from funding provided by former Great Falls residents Don and Nancy deLaski. Thurston’s academic background is psychology, with specializations in positive psychology, trans-personal psychology, and stress management. Before coming to Mason, he worked for thirty-five years in adult education related to consciousness, holistic health, and personal transformation. Thurston is the faculty coordinator at

Mason’s 15-credit undergraduate minor in consciousness and transformation.

The Aug. 5 event will be held at Andrew Chapel United Methodist Church, 1301 Trap Road, Vienna. The program runs 11 a.m. to 1:30 p.m. and includes lunch. A modest contribution is appreciated.

The event is being sponsored by Home Instead Senior Care, 11347 Sunset Hills Rd, Reston, a home caregiver company that brings a kind companion to make each day more enjoyable for a senior.

To reserve, email Polly Fitzgerald, at pollyfitz1@Verizon.net or call 703-759-4345 and leave a message.

Opposite Sides of the Road

Candidates for Senate divided on funding Virginia roads.

BY MICHAEL LEE POPE
THE CONNECTION

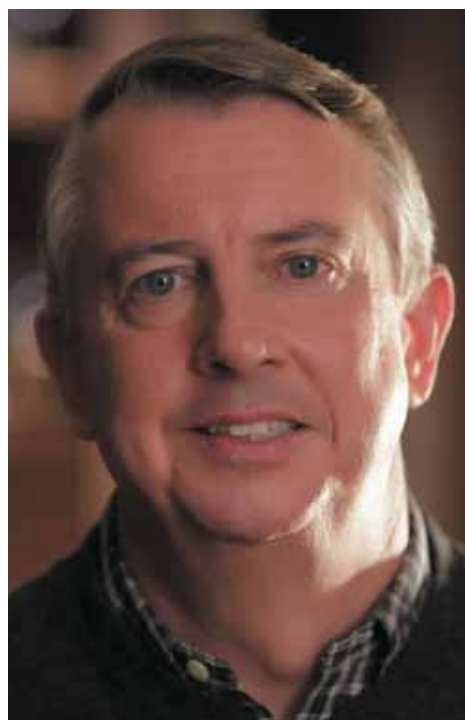
Washington is on the road to creating a short-term fix for funding the nation's highways, kicking the can down the road and handing the problem to the next Congress. That means voters will have the final say when they cast a ballot in this year's hotly contested race for Senate, a contest that features three candidates with sharply different perspectives on how to handle the \$100 billion shortfall over the next six years.

Democratic incumbent Mark Warner supports public-private partnerships as a way to raising new revenue, an approach that includes a bipartisan proposal to leverage private capital known as the Bridge Act. Republican challenger Ed Gillespie says revenues for roads could be raised from offshore energy exploration, an approach that Republicans say Democratic President Barack Obama has blocked. Libertarian candidate Robert Sarvis says the federal government should get out of the business of funding highways altogether, leaving the role of funding surface transportation to the states.

"This is an issue that voters should care about," said Geoff Skelley, analyst with the University of Virginia Center for Politics. "It's something of daily importance that could impact voters directly, whereas it's harder sometimes to draw a direct connection between immigration policy or certain aspects of health-care policy."

One aspect of the debate all the candidates agree on is that revenues from the gas tax are on the decline, and as automobiles become more efficient the government continues to receive less money. One solution is to raise the gas tax, a proposal supported by Sen. Bob Corker (R-Tenn.) and Sen. Christ Murphy (D-Conn.). But neither Corker nor Murphy are up for reelection this year. Gillespie opposes raising the gas tax, and a spokesman for Warner says he does not support the proposal currently before Congress to raise the gas tax.

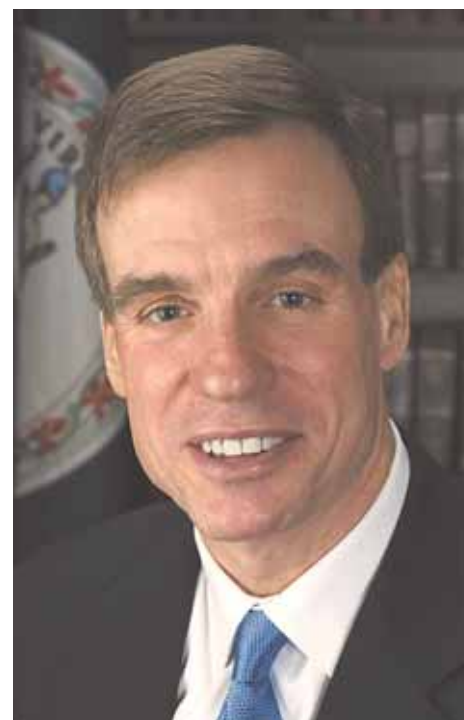
"This is going to be a very big issue next year," said Frank Shafroth, director of the Center for State and Local Leadership at George Mason University. "So it's something voters should consider when they go to the



Ed Gillespie



Robert Sarvis



Sen. Mark Warner

"This is an issue that voters should care about. It's something of daily importance that could impact voters directly, whereas it's harder sometimes to draw a direct connection between immigration policy or certain aspects of health-care policy."

— Geoff Skelley,
analyst with the University of Virginia Center for Politics

polls in terms of what this means to the taxpayers of Virginia."

THE HIGHWAY TRUST Fund was created during the Eisenhower administration in 1956, when the Highway Revenue Act created a new tax of three cents per gallon. In January 1983, Republican President Ronald Reagan signed a bill that increased the gas tax to nine cents a gallon. A few years later, Republican President George H.W. Bush increased it to 14 cents a gallon. Then Democratic President Bill Clinton increased the gas tax to 18.4 cents a gallon, which remains the current rate. That brings in about \$34 billion a year even though the current transportation bill includes about \$50 billion in infrastructure spending.

"Despite months of debate, lawmakers have failed to act," said BlueGreen Alliance executive director Kim Glas in a written statement. "The job market is steadily improving but the threat that Congress will let the Highway Trust Fund go bankrupt looms large."

Conservatives in Congress have questioned the role the federal government should play in surface transportation. Sen. Tom Coburn (R-Okla.) introduced legislation that would eliminate the 20 percent of the trust fund that is not spent on roads. And Sen. Rand Paul (R-Ky.) wants to create a fund for emergency transportation

projects paid for by repatriating overseas capital back to the United States. Libertarian candidate takes those arguments a step farther, saying the federal government should get out of funding surface transportation altogether.

"It just creates graft and corruption and inefficient use of resources," said Sarvis. "The federal government should not be channeling billions of dollars of taxpayers dollars through the federal bureaucracy to the states."

THE TWO MAJOR party candidates both believe that the gas tax is a dwindling source of revenue, and neither candidate supports raising it. Instead, Warner and Gillespie

have seized on alternatives sources of revenue in a way that reveals something about their priorities and legislative style. As governor, Warner supported public-private partnerships such as rail to Dulles. Now that he's in the Senate, he hopes to use his background as a venture capitalist to forge a solution to the funding crunch facing the nation's roads.

"We need to acknowledge that the current funding mechanism - the gas tax - is a declining source of revenue, and that means everyone will have to bring some new ideas to the table," said Kevin Hall, spokesman for Warner. "That should include Sen. Warner's Bridge Act, a bipartisan proposal that will leverage more private capital to jumpstart work building and modernizing our country's infrastructure."

On the Republican side, Gillespie responded to a question about the Highway Trust Fund by blasting Democrats for presiding over an economy when gas prices have gone up so dramatically.

"We need to increase accountability in how transportation funds are spent, give states more say in spending decisions, and identify a stream of revenue to fund our transportation infrastructure projects for the long-term," said Paul Logan, a spokesman for Gillespie. "One such revenue source could be new revenues from offshore energy exploration, which this administration has consistently blocked."

VOLUNTEER OPPORTUNITIES

❖ **Volunteer Advocates for Nursing Home & Assisted Living Residents** needed throughout Northern Virginia. Contact the Northern Virginia Long-Term Care Ombudsman Program at www.fairfaxcounty.gov/dfs/olderadultservices/ltcombudsman/, email or email Lisa.Callahan@fairfaxcounty.gov or call 703-324-5861, TTY 711.

❖ **The Lewinsville Adult Day Health Care Center** in McLean needs

a front desk volunteer on Wednesdays, 2-3 p.m. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click Volunteer Solutions.

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

OPINION

Save a Little, Help Others Prepare for School

Virginia's tax holiday on school supplies is a good reminder to donate supplies and dollars for children who need help arriving at school prepared.

Virginia's tax holiday on school supplies and clothing is Aug. 1-3, and it makes sense to take advantage of the savings, and to spread the wealth around.

During this three-day period, school supplies selling for \$20 or less per item, and clothing and footwear selling for \$100 or less per item will be exempt from Virginia sales tax. There are some items that do not qualify, for example digital school supplies. See <http://www.tax.virginia.gov/> for more details.

When you are buying school supplies for your family, buy extra to donate to local families

who are not able to afford to do the same.

In Fairfax County, just under 50,000 students are poor enough to qualify for free or reduced price meals at school.

EDITORIAL

In Fairfax County, local nonprofits, Fairfax County Public Schools and corporate partners are collecting school supplies and backpacks. Monetary donations and backpacks are being accepted by eight local nonprofits and through local Apple and Northwest Federal Credit Union Branches, as well as online at <http://collectforkids.org/donate/> through Sept. 2. Last year the drive provided supplies for nearly 20,000 students.

A \$10 cash donation goes a long way.

Collect for Kids Program runs through Sept. 2. Monetary donations can be accepted any time. Donate money at www.collectforkids.org. Donations of backpacks are also being accepted at every Apple Federal Credit Union and Northwest Federal Credit Union branch in Fairfax County and at any of the affiliate charitable organizations, including Cornerstones, Western Fairfax Christian Ministries, Our Daily Bread, Koinonia, United Community Ministries and others.

For more, see the Collect for Kids website at <http://collectforkids.org>.

Time for Change, but Teachers Will Miss Monday Planning

BY STEPHEN GOSSIN

I read your editorial ["Hurray for Full Day Mondays"] in the July 10-16 Burke Connection with keen interest. Even though I am retired after 42 years in elementary education, I still have passion for education. I'm writing to make one minor point and one major point.

First, let me say that I totally agree with your point that it is time for a change. I completely disagree that it was never a good idea. Let me explain.

Here's the minor point. Monday was never a half day for elementary students in Fairfax County. When the early release was created, elementary schools in Fairfax County kept the 30-hour week, the historic standard throughout the country. When the proposal was drafted and eventually accepted by the Fairfax County School Board and the Virginia Board of Education, Monday was a four-and-a-half-hour day and Tuesday through Friday were six-and-a-half-hour days. Tuesday through Friday were lengthened by 30 minutes and the time "banked" so that the students left 2 or 2.5 hours early on Monday. (The release on Monday was 2 hours in some schools and 2.5 hours in others depending on Transportation.) This gave elementary teachers a large block of planning time.

Here's the major point. When the early release was created, elementary educators (teachers and principals) saw the need for a longer block of planning, team meetings to plan, parent conferences, training, and staff meetings, to mention a few. When I came to Fairfax County in 1967, I remember fondly going to meetings on some Monday afternoons to learn about the science kits that were coming to me, a new math series, a new reading series, and meetings about teaching history. These meetings were conducted by teachers who piloted the newly adopted book series and by specialists. In addition, it was recognized that teachers needed to meet in teams. Teachers needed to meet with parents.

Over the ensuing years, the job of the elementary teacher has become much more complicated and the need for planning is critical. In some schools, the teachers keep their students all day and teach all subjects: language arts (reading, writing, speaking, spelling and vocabulary), math, science, and social stud-

ies. That consists of more than four preparations and the expectation that language arts is infused throughout the other curriculum areas. In those schools, it is necessary for teachers at the same grade level to meet and discuss how their students are performing on common assessments, what is working, and what is not working. In other schools, teachers at a grade level split up the curriculum and teach one or two areas. In those schools, it is critical for the team to meet regularly and discuss the students they have in common, what's working, and what is not working.

Since retiring after 29 years as an elementary administrator (3 years as assistant principal and 26 years as the principal at five different elementary schools), I have regularly substituted as a teacher. Some of these sub jobs have been long-term (2 weeks to 3,5 months). I can't emphasize enough how I used the block of planning time on Monday to prepare for the week or weeks ahead. In 1967, I had 5, half-hour planning blocks during the school day and I had Monday afternoon. Then and now, as a substitute teacher, I experienced the somewhat limited value of the half-hour time blocks. In elementary schools, the teachers accompany the students to their special classes (physical education and music to mention two) and wait until the specialist is ready for them. We return before the time is expired so that the next group does not have to wait. Teachers universally rely on the longer Monday block. With the new proposal, the teachers will continue to have 10-plus hours of planning time (they are not losing planning time), but this planning time will be more of the shorter blocks as they lose the longer Monday block.

There is absolutely no doubt that elementary students spending more time in school is a good thing. However, most elementary educators agree that it is a good thing provided that the students spend this time with their classroom teacher. Sadly, this is not part of the proposal. The students are proposed to spend the extra time with people other than their classroom teacher.

Stephen Gossin served as principal at: Annandale Terrace, London Towne, Terra Centre, Canterbury Woods, and Cherry Run; assistant principal at Kings Park School; and taught at Burke School and Laurel Ridge. He is a long-time resident of Burke.

LETTERS TO THE EDITOR

Addressing Outages in Great Falls

To the Editor:

My wife and I have lived at 347 Walker Road, Great Falls, for 22 years. I understand that the semi-rural nature of the area, which includes significant tree cover, creates hazards to providing reliable electrical service that may not exist in more urban locations. However, I write because the frequency of storm-related outages has grown to the point where our service is no better than a third-world country, and I do not think meets the SCC regulatory requirement for reliability.

With virtually every thunderstorm that moves through the area, we can count on the lights beginning to flicker as soon as it starts raining and the wind starts blowing. We will typically get a power outage during the storm, most of which reset themselves within a few seconds or minutes. However, we continue to see more and more outages that are hours or days in duration; last night (July 8), the power went out when the storm started at 6:30 p.m. and was not restored until 2:30 a.m. We were regularly calling the Dominion outage line and checking the on-line tool for outage updates, and estimated restoration times were not provided through at least 1 a.m., when we went to bed.

I applaud Dominion Power for being diligent about attempting to restore power; however, I fault them for seeming to not be doing enough to protect or bury lines

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Great Falls CONNECTION

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CALENDAR

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

THURSDAY/JULY 17

Read Yourself Silly with Flow

Circus. 2:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Take a trip to the circus with juggling, magic, and more. Age 6 to 12. 703-757-8560.

Teen Volunteer Sign-up for

Reading Buddies. 4:15 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Please report at 4:15 p.m. Teen. 703-757-8560.

Reading Buddies. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Grab a book, grab a buddy! Beginning readers and teens practice reading together. School-age. 703-757-8560.

Evening Book Group. 7:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Call branch for title. 703-757-8560.

Great Falls Rotary Club Weekly Speaker Series. 7:30-8:30 a.m. River Bend Country Club, 375 Walker Road Great Falls. Visit <http://www.rotarygreatfalls.org/> to join.

Artists Meet for Coffee. 8:30-10 a.m. Katie's Coffeehouse, Georgetown Pike, Great Falls. Local Artists meet for Coffee; do drop in! 703-759-2759.

FRIDAY/JULY 18

Kayak Tour – Sunset over

Riverbend. 5-7 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Experience the end of the day with a tour of the upper Potomac. Ages 14+. \$59-\$74. Register at <http://www.fairfaxcounty.gov/parks/riverbend-park/kayaktours.htm>.

Playdate Cafe. 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Play area and toys for children. Coffee and conversation for grown-ups. For ages 0 and up with a parent

or caregiver. 703-757-8560.

Drop-In chess and Backgammon. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play chess and backgammon. All skill levels welcome. School-age, teen, adult. 703-757-8560.

FRIDAY/JULY18 - SUNDAY/JULY 20

Successful Studio Painting with

Armand Cabrera. Friday, 5 - 7 p.m. (orientation), Sat-Sun, 9 a.m. - 5 p.m. Great Falls School of Art, 1144 Walker Road, Suite D, Great Falls. Learn aspects of painting and drawing including perspective, composition, color mixing and theory. Advanced students will be taught problem solving and overcoming weaknesses in their painting. Three-day class. \$400. <http://www.greatfallsart.org/armand-cabrera-workshop/> or 703-232-1575.

SATURDAY/JULY19–SATURDAY/JULY26

R U Puzzled? 5:30-7:30 p.m. Vienna Art Center, 115 Pleasant Street NW, Vienna. The Vienna Arts Society presents walls of giant puzzles created by assembling 12" puzzle pieces. Reception on Saturday, July 12 from 5:30-7:30 p.m. 703-319-3971.

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.



Multiple Washington Area Music (WAMMIE) Award-winner and bluesman extraordinaire, Tom Principato sets the tele-caster 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.

SATURDAY/JULY 19

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

Sunrise Kayak Tour. 7-9 a.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Paddle with a naturalist and learn about the historical and natural beauty of the

Potomac. Ages 14+. \$59-\$74.

Register at <http://www.fairfaxcounty.gov/parks/riverbend-park/kayaktours.htm>.

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

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

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.

Great Falls Farmers Market. 9 a.m.-1 p.m. Great Falls Village, 778 Walker Road, Great Falls. Don't forget to bring your recyclable bag. www.greatfallsfarmersmarket.org.

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

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

Cars & Coffee. 7-9 a.m. Katie's Coffee House, 760 Walker Road Great Falls. Come find an amazing gathering of antique, custom, hotrods, exotic and sports cars; they're all here. 703-759-2759.

Colvin Run Social Ballroom. 8 p.m.-12:30 a.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Join your neighbors and make new friends. \$15. 703-759-2685.

SUNDAY/JULY 20

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

www.tysonspartnership.org

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

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>.

Colvin Run Mill Grinding Grain. 12-3 p.m. Colvin Run Mill, 10017 Colvin Run Road Great Falls. The miller will be grinding, conditions permitting. Please call 703-759-2771 to check.

Country Concert on the Green. 6-8 p.m. Great Falls Village Centre Green, Walker Road, Great Falls. Come out with your picnic baskets and chairs to hear Ruthie and the Wranglers. For more information please contact the Great Falls Village Centre Property Manager gfvcca@aol.com.

TUESDAY/JULY 22

American Giants of Science. 2:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Meets America's most famous inventors and see them come to life onstage with Bright Star Theatre. School-age. 703-757-8560.

Reading Buddies. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Grab a book, grab a

buddy! Beginning readers and teens practice reading together. Preschool, school-age. 703-757-8560.

Colvin Run Dance Lessons. 6:30-10:30 p.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Weekly Dance/Lesson Series with Ed Cottrell & the NVA Dance Crew. \$12. 703-435-5620.

WEDNESDAY/JULY 23

Pokemon League. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Come play Pokemon with your friends. 703-757-8560.

THURSDAY/JULY 24

Teen Volunteer Sign-up for

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Look at the Stars! Observatory

Open. 7:30-10:30 p.m. Turner Farm Park, Springvale Road, Great Falls. Come to the observatory park for Friday Night viewings! www.analemma.org.

SATURDAY/JULY 26

Cars & Coffee. 7-9 a.m. Katie's Coffee House, 760 Walker Road Great Falls. Come find an amazing gathering of antique, custom, hotrods, exotic and sports cars; they're all here. 703-759-2759.

Great Falls Farmers Market. 9 a.m.-1 p.m. Great Falls Village next to the Wells Fargo Bank, 778 Walker Road, Great Falls.

www.greatfallsfarmersmarket.org.

Colvin Run Dance for Everyone.

6:30-11 p.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Beginner and Intermediate West Coast lesson and 'Dance for Everyone.' \$12. 703-435-5620.

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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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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Financial Education for College Students

Local experts
offer budget tips
to keep students
out of debt.

By MARILYN CAMPBELL
THE CONNECTION

As the summer wanes, many recent high school graduates are preparing to head to college. For those who are living away from home for the first time, this means newfound independence. But that freedom brings responsibility — especially when it comes to money.

From student loans to credit cards, the financial maze can be filled with debt-traps and money pitfalls. A recent financial literacy assessment of 15-year-old students by the Organisation for Economic Co-operation and Development shows that one in six lacks basic financial literacy skills.

That leaves approximately three years for them to learn about money management before leaving home. And that education is key: financial education is the best way to develop sound money management skills, say financial advisors.

Taking a financial education class is an option. The Northern Virginia Urban League offers a financial literacy workshop series with Fairfax County Human Services and Fairfax County Homeownership & Relocation Services.

“College students can learn everything from understanding a [credit] score and avoiding credit traps to banking and money management,” said Vicky King of the Northern Virginia Urban League.

“College is not the time to live the lifestyle of your dreams,” said Rachel Powell of the Northern Virginia Council for Economic Education at George Mason University’s Center for Economic Education in Fairfax. “College courses, room, board, books are all costly. You can expect to be poor in college, and if you use the many resources your college makes

available to you in exchange for all the fees you are required to pay, you can expect to be fed, safe and reasonably comfortable.”

THE FIRST STEP in financial literacy for college students is taking a personal money inventory. “Know before you go how much money you’ll have available from your income or allowance,” said Powell. “Will your folks be making regular contributions to your survival or are you on your own?”

Make a budget that includes all expenditures, including luxuries like frozen yogurt or coffee or movie tickets. Put some money aside for emergencies; even \$5 per week will add up over time.

Online tools can help college students organize their finances and track their spending and savings patterns. Alexandria-based financial planner Mark Friese recommends mint.com, which categorizes spending, and bettermoneyhabits.com, which offers video clips on how to budget better.

“Many people, especially teens and young adults, are surprised

SEE BUDGET, PAGE 11



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Budget Tips for College Students

FROM PAGE 10

when they look at their entire spending picture because they haven't ... had to make the money they spend," said Friese. "They just don't know the value of a dollar until they are lining their own wallets with their own money. So the big picture tools that highlight spending and savings habits are helpful."

Know the difference between needs and wants: "Don't buy what you don't need," said Powell. "Cold medicine — yes. The latest movie on DVD — no."

Open a checking and savings account at a bank located close to campus, one that offers products and services for students, advises Powell. "Don't accept accounts that require minimum balances or charge fees," she said. "Shop around for the right bank."

Find a way to establish or build savings, especially if you plan to work during college. "Pay yourself first," said Friese. "When you have a job, take a set portion of it and save it for your future self. If the job offers a retirement plan such as a 401(k), take advantage of it. A 401(k) provides the significant benefit of saving before taxes are taken out."

AVOID USING CREDIT CARDS for immediate gratification and focus on building a high credit score for the future, said Friese. "That score, that number, will be more important and reap greater rewards than any grade or SAT score ever was or could be," he said. "If you build and maintain a good credit score, you will be rewarded time and time again with

preferred lending rates."

When it comes to financial aid, take time to do research, and don't underestimate the availability of college scholarships. Friese points to a study from scholarship.com, which shows that billions of dollars in scholarship funds go unawarded every year.

"Take advantage of the opportunities out there," he said. "Don't assume that scholarships are only for top scholars or athletes because many scholarships start with GPA requirements of 2.5 or less. Start looking as early as sophomore or junior year and apply as soon as you qualify."

"Saving as much as possible from summer jobs ... can help with at least some of the expenses," said Powell. "Loans are available for all the expenses you cannot pay for through gifts, grants and scholarships. Be aware that money borrowed must be repaid and the interest [accrued] is the cost of the rental of those funds."



PHOTO BY MARILYN CAMPBELL

Financial planners advise college students to avoid the credit card debt trap and make an effort to save money.

In fact, the Department of Education reports that 10 percent of U.S. college graduates default on student loans so only borrow money as a last resort.

Investigate federal loans first. "Loans such as the Stafford loan can be far more cost effective than higher-priced private loans," said Friese.

College students should also estimate how much they will be able to afford to repay after graduation, said Powell. "Make sure that your target labor market is willing to compensate you with income commensurate with the cost of your education."

Coty Dickson to Exhibit at Katie's Coffee House



Barn by Coty Dickson

Oil paintings of Virginia landscapes by Great Falls artist Coty Dickson are on view Aug. 1-31 at Katie's Coffee House (The Old Brogue), 760 Walker Road, Great Falls. Titled "Scenic Virginia," scenes show little known places within the Commonwealth. Dickson is a juried artist specializing in contemporary realistic oil paintings. A native of the Washington D.C. area, she resides in Great Falls, where she is a member of Artists on the Green, a Great Falls studio and gallery. She is also a member of Great Falls Studios, the premier local art consortium of

independent artists. Her work can be viewed at both organization's websites: www.artistsonthegreen.net and www.greatfallsstudios.com as well as her own website: www.coty dickson.com.

Her work has been displayed at the September 2013 Gallery Exhibit at the Torpedo Factory Art Center and the 2013 Spring and Fall and Spring 2014 Art at the Mill, Millwood, Va. She also exhibits work at the Red Barn, Waterford, Va., the Fairfax County Library and the Great Falls Studio Tour in Great Falls.

SCHOOL NOTES

Send school notes to 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.

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SPORTS

Great Falls Wins District 4 Little League Title

The Great Falls 11/12 Little League All-Stars won the Little League 11/12 District 4 title.

After wins against Arlington American and Alexandria, the team suffered an 8-6 loss to a very good Reston National team. Great Falls followed that loss with a grueling 4-2 extra-inning win over McLean National. Tough pitching by William Bean and a Joey Thomas home run tying the game at 2-all was key to taking the game to extra innings. Great Falls then defeated Vienna American to close out pool play with a 4-1 record, and taking the top seed in the bracket.

In the semifinal game, Great Falls beat Vienna National 11-1 behind strong pitching from Jake Berry, who pitched a complete game. William Bean and Nicholas Faili pitched in the championship game, with Great Falls topping McLean American 9-4 for the district title. Timely hitting, including a 3-run home run from Riley Cox, was key to the win, along with catcher Simon Medina's six-inning performance providing a wall behind the plate.

Great Falls' stellar pitching went along with the high-intensity hitting that was the team's trademark throughout the tournament. Playoff home runs from Thomas, Brian Check, Reilly Cox, Justin Duenkel, Medina, Jake Berry and Bean often had single or multiple runners on base. Key hits at critical times by Zack Baskin put the team in the lead to stay in both games.

"We are very proud to represent Great Falls and District 4 in the state finals," said Manager Steve

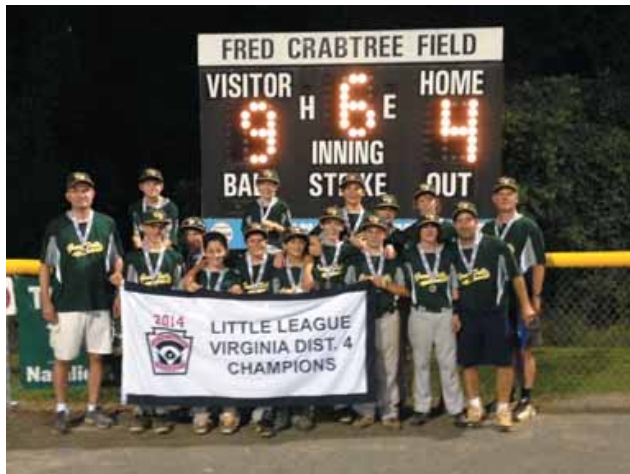


PHOTO CONTRIBUTED

The Great Falls 11/12 Little League All-Star team won the District 4 championship.

Baskin. "Many of our boys have played together since they were in coach-pitch, and it's through the team's hard work and dedication that we got here. This may be the toughest district in the state to play in."

Members of the Great Falls team include: Zach Hamilton, Nicholas Faili, Thomas, Garrett Appleton, Cox, Medina, Check, Duenkel, Sam Maruca, Berry, Zack Baskin, Bean, and Joey Femia. The Great Falls manager is Steve Baskin, and coaches are Gordon Bean and Jim Check.

Great Falls will represent District 4 in the state finals in Bridgewater, starting on Friday, July 18.

Langley Wildthings Defeat Previously Unbeaten Dunn Loring Dolphins

The Langley Wildthings and the Dunn Loring Dolphins took their July 12 meet down to the wire, placing the outcome on event 52: the girls' mixed-age freestyle relay.

With a time of 2:04.56, the team of Ellie Ryan (12), Liliana Schone (10), Maggie Bellaschi (13) and Katie Robinson (17) bested the Dolphins, bringing the Wildthings' record to 2-2, and handing Dunn Loring its first defeat of the season. The final score was 214-206.

The Wildthings were in top form, with a commanding six sweeps.

This week's Double Blue Ribbon Wildthings were: Brady Quinn (boys' 8U 25 freestyle, 25 backstroke), Liliana Schone (girls' 9-10 50 freestyle, 50 breaststroke), Ellie Ryan (girls' 11-12 50 freestyle, 50 breaststroke), and Kate Walter (girls' 9-10 50 backstroke, 25 butterfly).

Single blue ribbon-winning Wildthings were: Muriel Wallach (girls' 8U 25 freestyle), Claire Mullery (girls' 13-14 50 backstroke), Nathan Johnson (boys' 15-18 50 backstroke), Carlos Carrion (boys' 8U 25 breaststroke), Gabriella Sanchez (girls' 8U 25 breaststroke), Anya McKee (girls' 13-14 50 breaststroke), Beckett Collins (boys 8U 25 butterfly), Audrey Wallach (girls' 11-12 50 butterfly), and Maggie Bellaschi (girls' 13-14 50 butterfly).

In addition to the girls' mixed-age freestyle relay, these four relay teams also won: boys 8U 100 freestyle (Brady Quinn, Beckett Collins, Carlos Carrion, Colin Walter), girls' 9-10 100 medley (Kate Walter, Helena Swaak, Nathalie Schmanske, Liliana Schone), girls' 11-12 100 medley (Adair Sand, Ellie Ryan, Audrey Wallach, Karissa Smith), and girls' 13-14 medley (Claire Mullery, Anya McKee, Maggie Bellaschi, Katie Slade).

The Wildthings also took fourth place in this week's



PHOTO CONTRIBUTED

(From left) Kate Walter, Liliana Schone, Nathalie Schmanske and Helena Swaak swam a new Langley Club record of 1:13.41 in the girls' 9-10 100 medley relay at this week's Division 4 Relay Carnival.

Division 4 Relay Carnival. Langley won six blue ribbons and placed fourth overall. Three of those six wins were also new club records: Kate Walter, Liliana Schone, Nathalie Schmanske and Helena Swaak swam the girls' 9-10 100 medley relay in 1:13.41, beating a 2010 record of 1:14.19 by Elena Shklyar, Emily Wallach, Maggie Bellaschi and Claire Mullery.

The team of Audrey Wallach, Izzy Schone, Adair Sand and Ellie Ryan edged out a new girls' 11-12 100 freestyle relay record with a time of 1:00.59, beating the 2012 record of 1:00.71 set by Maggie Bellaschi, Elena Shklyar, Claire Mullery and Emily Wallach.

The same team of Sand, Ryan, Wallach and Schone set a second record on Wednesday evening, in the girls' 11-12 100 medley relay with a time of 1:06.25, besting the 2012 record of 1:07.73, set by Shklyar, Wallach, Bellaschi and Mullery.



Nick Casso, a 2014 Langley High School graduate, will play quarterback at The Catholic University of America.

CONNECTION FILE PHOTO

Q&A: Standout Langley quarterback enjoys fishing, IN-N-OUT Burger

Nick Casso quarterbacked the Langley football team to new offensive heights in 2013.

The Saxons averaged 40.1 points per game, scoring a school-record 481 points in 12 contests. The offensive explosion led to a 9-3 record for Langley and a trip to the second round of the 6A North playoffs. After a 1-2 start, the Saxons won eight games in a row, including a 28-21 postseason victory over Battlefield. The eight-game winning streak started with a 42-21 victory over Chantilly, during which Casso rushed for 155 yards and four touchdowns. He also passed for 74 yards.

"The ability to score anytime you need it is a good feeling for a coach," Langley head coach John Howerton wrote in an email. "No matter if your defense/special teams are strong that night or not, when the opponent can't stop you, you know you can still win it."

Casso, a 2014 Langley graduate who also played baseball for the Saxons, will attend The Catholic University of America, where he will play quarterback for the football team. Casso recently participated in a Q and A via email with The Connection.

❖ Connection: What made The Catholic University of America the right fit for you?

Casso: Besides the social aspect of the school and the many endless opportunities in the city, I chose Catholic for the academic advantages.

❖ Connection: What is your major?

Casso: Majoring in construction management.

❖ Connection: At what age did you start playing football? When did you realize playing college football was a possibility for you?

Casso: I started playing football when I was 7 and ever since then I thought college football

was for me.

❖ Connection: What is your favorite memory of playing football at Langley?

Casso: Beating Chantilly at home 42-21!

❖ Connection: If you could go back and change one thing about your high school athletic career, what would it be?

Casso: I wish I would have tried to play on the basketball team. Never tried out so I never knew whether I could have made the team or not.

❖ Connection: What are you most looking forward to about the transition from high school to college?

Casso: I am looking forward to the independence of being at school alone and making all your own decisions.

❖ Connection: Who is your favorite music artist? Why?

Casso: Eminem, because he was doubted so much and had to work so hard to become famous; now he is one of the greatest rap artists ever.

❖ Connection: What is your favorite movie? Why?

Casso: 'Saving Private Ryan,' because I used to watch it with my friend so much that we considered joining the Marine Corps.

❖ Connection: What is your favorite food?

Casso: IN-N-OUT Burger.

❖ Connection: What is your favorite hobby outside of football?

Casso: Fishing.

❖ Connection: What location is the farthest you have traveled from the Washington, D.C. metro area?

Casso: The farthest I have gone is probably France.

❖ Connection: Did you follow the World Cup? If so, for which team(s) did you cheer?

Casso: I don't follow the World Cup, but I'm always cheering for team USA!

— JON ROETMAN

NEWS

The DaVinci Challenge: Build A Drone Workshop continues from 9:30 a.m.-1:30 p.m. at the Great Falls Library on 9890 Georgetown Pike on July 19, Aug. 2, and Aug. 9.



PHOTO CONTRIBUTED

The DaVinci Challenge Hosts Build A Drone Workshop

Leonardo Da Vinci once said, "Learn how to see. Realize that everything connects to everything else." The Kashmir World Foundation has adopted this timeless philosophy for the benefit of the world in which we live.

Apparently, there is truth to Da Vinci's words. Art, science, and technology, if interwoven, can have the potential to effect positive change and our non-profit organization has realized this potential. We are currently developing expertly crafted drones to combat poaching in Africa so that endangered species may flourish. Thanks to the ingenuity of our engineers, we are saving precious animals from a terrible fate.

The world is slowly becoming a better place but there is so much more that can be done. Sufficient energy should be devoted to global improvement and we are happy to invest our collective effort. More than anything else, Kashmir World Foundation wants everyone in the world to become involved in noble causes for the sake of our future. Our beautiful earth deserves that kind of participation. We seek to set an example for the younger generations in the hope of bringing about a paradise for posterity. We, at Kashmir World Foundation, want to leave a legacy. It is for this reason that we are reaching out to the youth in our community.

The DaVinci Challenge: Build A

Drone Workshop is an avenue towards this end. It is a constructive solution to one of the world's most horrible problems.

Kashmir Robotics is happy to host Build A Drone Workshop, as part of the DaVinci Challenge. During the workshop, an experienced engineer will instruct participants how to construct an operational quad-copter drone using an advanced carbon-fiber body, propulsion components, sensors, and autopilot applications. The workshop will also include a comprehensive tutorial on flight maneuvers and the integration of robotic systems.

Participants will have a chance to engage in learning, receive a Drone Operators Certificate and become immersed in a new hobby. The National Geographic will record footage of the workshop to be featured in the project's documentary, The Wildlife Conservation UAV Challenge.

The Kashmir World Foundation encourages people of all ages to come join us for the rest of the filming days of the Build A Drone Workshop from 9:30 a.m.-1:30 p.m. at the Great Falls Library on 9890 Georgetown Pike on July 19, Aug. 2, and Aug. 9. Although it is too late to register for the workshop, we hope to share this experience with others in our community.

—LUKE WAHLGREN



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Between Halves

By KENNETH B. LOURIE



At present, July 12th, I'm halfway, approximately, between my last CT Scan which showed a previously unseen silver-dollar sized growth in my lower left lung and my next CT Scan scheduled for August 6th, one month earlier than my usual three-month interval in order to make an evaluation sooner rather than later; to determine if this is new growth or nothing more than old growth that is now visible due to the combination of shrinking tumors and dissipating fluid opening up the viewing area, so to speak. Apparently, the chemotherapy drug, Alimta, with which I've been infused every three weeks since last September appears to be doing its hoped-for job: shrinkage.

My reaction to this new finding in late May was not negative. At worst, it was neutral, at best, it was positive; something seen for the first time because previously there was too much of other unhealthy stuff in the way for it to be seen at all. Less clutter, if you'll allow a lay person's description to suffice. And for all my oncologist knows, this growth may have been there all along and is not the least bit a cause for concern, quite the opposite in fact. But we don't know enough yet, so he decided not to wait three months. Heck, this growth could even be smaller than it was originally (affected by the Alimta also) and smaller even on this next scan. But we won't know definitively, we'll only know comparatively – between late May and early August.

To say I'm looking forward to the results would be a bit overstated. Curious, I'll allow. Moreover, I don't want to express any real confidence about my prospects, because so much of what cancer does it will do, regardless of what I think or hope or pray. But two things/symptoms my oncologist advised me to e-mail him about: pain in the area of the "new" growth and/or a persistent cough, neither of which I've experienced in the slightest. Now he didn't give me a timeline as to when I might feel something, but six weeks out, I haven't felt a thing. (I know better than to ask him hypotheticals; presumably patients feel symptoms differently, manifest symptoms differently, so feeling/not feeling might mean something or nothing; it varies. Uniformity is hardly at play here.) Still, I suppose I would have to go along with my brother Richard's encouragement: "It's better not to feel anything, KB, isn't it?" Heck yes! But it's hard not to worry. It's cancer, after all.

Following the calendar and chemotherapy schedule, I will have one more infusion before my next – and final – CT scan before I see my oncologist to discuss the results and dare I say, treatment options. On or about August 15th, I will once again know the tale of the tape. I will learn if my life goes on as it sort of is, with relative calm, or if I'll be thrust into the unknown vortex of clinical trials/N.I.H-type studies and the educated hands of researchers.

I've been extremely fortunate so far, diagnosis-to-date. And I'd like to think (wishfully, naively) that my luck will continue to be exceptional. Although, I realize I may be beginning to bump up against some shorter odds here, having survived five-plus years already (only 16 percent of stage IV NSCLC survivors live beyond five years). Nevertheless, I'm thrilled to be an aberration. In fact, I can't think of anything I'd rather be called.

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

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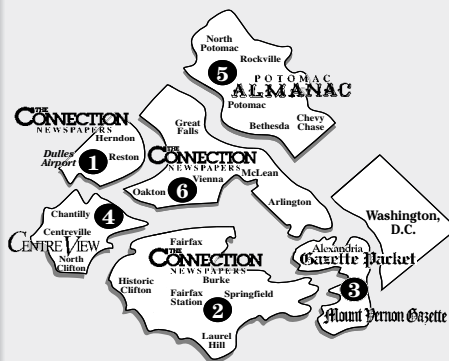
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LETTERS

FROM PAGE 6

(especially major feeders) to avoid the outages in the first place. Over the past few years, we have lost thousands of dollars in spoiled food, hotel stays, and other added costs that resulted from these outages.

In Great Falls, most of the residents are on private wells, meaning that when power goes out we also lose our pumps that provide water for drinking, feeding animals, flushing toilets, etc. More and more residents spend more than \$10,000 per home to install generators to deal with the unreliability. Should this really be required of residents, or shouldn't Dominion Power instead be required to spend the money to improve reliability?

I would appreciate if the State Corporation Commission could specifically look into the service issues in Great Falls and require Dominion to make improvements to reduce these outages.

Michael J. Malesardi
Great Falls

A Job-creation Candidate

To the Editor:

I have known Delegate Barbara Comstock, candidate for Congress from Virginia's 10th District, for over a year now. She has always impressed me as a bright, serious and pragmatic candidate who was focused on addressing the important issues affecting our community rather than just

giving speeches, repeating talking points or pandering to specific groups. She has common sense proposals to address problems ranging from job creation and economic development that will give hope to working families, to combating human trafficking.

She told me that our economy is not growing enough to sustain the current level of spending that has added \$5 trillion in debt and left 23 million unemployed. As a college student at Miami University in Ohio that concerns me. There are far too many of my friends who are either unemployed or are underemployed and forced to find work outside of their

college studies. The biggest concern facing my generation is not being able to find work out of college. I know that as a Congresswoman, Barbara Comstock will hit the ground running working for good-paying jobs in the Commonwealth.

I like most college students am concerned with the rising gas prices, and I know Delegate Comstock supports plans for achieving energy independence. President Obama won over my peers by running on a promise of hope and change, which has fallen flat over the past five years. We need leaders in Congress like Barbara Comstock who will work towards helping students. Delegate Comstock is a mom so I know she gets it. She has our best interests in mind and will work hard so that my generation has a bright future.

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