

# Great Falls Enjoys Sundays on the Green

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Atlas Road Crew, a southern rock band from South Carolina, performed for a growing crowd at last Sunday's Concert on the Green.



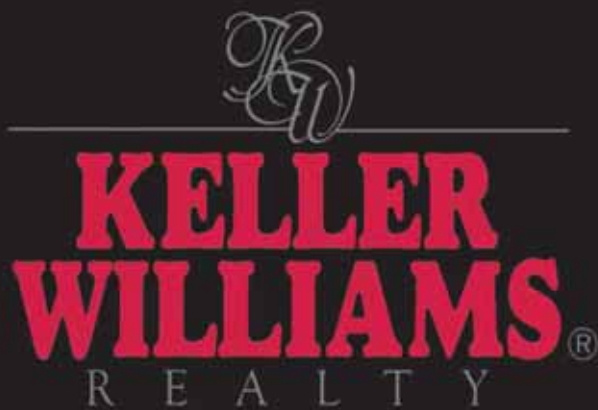
## Horse Trials Held at Turner Farm

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## Northern Virginia in Neutral

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Bob Nelson



Michele Cornejo



Tim Heil

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## Great Falls Enjoys Sundays on the Green

Summer concerts series draws crowds to the Village Centre.

BY NIKKI CHESHIRE  
THE CONNECTION

For many people, Sunday evenings are a last night of quiet relaxation before another hectic workweek. Great Falls residents, on the other hand, enjoy a much different type of tempo to finish out the weekend. And on this particular Sunday, it was to the tune of Southern rock.

The band Atlas Road Crew graced the crowd in the Village Centre for the weekly Concert on the Green event. The group – consisting of Taylor Nicholson (vocals and guitar), Max Becker (bass), Dave Beddingfield (guitar), Bryce James (keyboard) and Patrick Drohan (drums) – met at the University of South Carolina and have played together for over two years. They were on their way to a gig in D.C. and Ohio when they stopped in Great Falls.



The weekly Concert on the Green is a much anticipated event for many Great Falls residents.



Drummer and former Great Falls resident Patrick Drohan plays during the first set with his band Atlas Road Crew. Drohan and the rest of the band met at the University of South Carolina, and stopped at Great Falls on their way to a show in D.C.

PHOTOS BY NIKKI CHESHIRE/THE CONNECTION

“It’s just a great way to end a summer weekend: with friends and great music, then over to the Old Brogue for fun and a beer.”

— Great Falls resident Rich Curd

Drohan is a former Great Falls resident and Langley alumnus, and suggested the band stop and play a show in the area. The sponsors for this week, realtors Glynis and Kevin Canto, are old next-door neighbors of Drohan.

The band draws on influences from each other’s backgrounds, and brings together a “west coast vibe” with the southern style of South Carolina, as described by Nicholson. Bassist Max Becker added: “We were fed up with the new music scene. We wanted to bring back some good ol’ rock ‘n’ roll.”

They drew a large crowd, in which were many regulars. Great Falls resident Rich Curd said he loves the southern rock Atlas Road Crew brought to the Green. “These concerts are terrific, one of the best series in years and years,” said Curd. “It’s just a great way to end a summer weekend: with friends and great music, then over to the Old Brogue for fun



Dozens of Great Falls residents gathered in the Village Centre to listen and enjoy music at the close of the weekend.

and a beer.”

Attendee Leili Bowers said she’s been attending the concerts every Sunday possible since she moved into Great Falls 10 years

ago. “It’s fun and relaxing. The music has been really good this year,” Bowers said. “You’ve gotta do it once, and then you keep coming.”

There are three concerts left in this season’s series. On August 10, guitarist Tom Principato is performing. “Principato is fantastic,” Curd said. “Not to be missed.”



# Northern Virginia in Neutral

Income growth in Fairfax and Alexandria lags behind state and national averages.

BY MICHAEL LEE POPE  
THE CONNECTION

Paycheck growth in Fairfax County and the city of Alexandria are lagging behind the state and the nation, according to data from the Bureau of Economic Analysis. A look at per capita personal income from the last five years shows Northern Virginia struggling to keep up as everybody else recovers from the recession. Fairfax County had the lowest rate of growth, only 2 percent. Alexandria isn't much better, showing a 3 percent growth in per capita personal income. Arlington has the highest per capita personal income, although its growth is just under the state and national average. The only bright spot in Northern Virginia is Loudoun County, which has seen a 15 percent rate of growth from 2008 to 2012 (the most recent year available). For the most part, Northern Virginia is stuck.

"The region has stopped growing," said Stephen Fuller, director of the Center for Regional Analysis at George Mason University. "High wage jobs and most new jobs are paying below the average for all jobs."

Part of the explanation is that the typical American household is getting poorer, according to a new study by the Russell Sage Foundation that shows the inflation-adjusted net worth for the typical American household has dropped 36 percent from 2003 to last year. Another part of the explanation is that the region is emerging from the recession with a serious hangover. Stimulus spending was drying up just as Northern Virginia is facing a series of troubles related to a dysfunctional federal government.

"This area is highly dependent upon the federal government," said Frank Shafroth, director of the Center for State and Local Leadership. "Sequesters, shutdowns and freezing Department of Defense and domestic appropriations can be very disruptive."

**THE GREAT RECESSION** came on the heels of one of the worst business cycles on record in terms of job creation, a phenomenon that's true for per capita personal income as well as household income. By 2009, when the bottom fell out of the global financial system, the typical working-age American household was earning about \$5,000 less than it did in 2000. Since 2009, when the recovery officially began, household income has fallen even more.

"It's depressing," said Richard Fry, a se-

nior researcher at the Pew Research Center. "Household income is down, and even during the years it was supposed to be recovering it has actually continued to fall further."

Here in Northern Virginia, demographic changes are at the root of why per capita personal income has remained flat. As development and redevelopment moves forward, low-income families are being priced out of Arlington and Washington, D.C. Meanwhile, the older housing in Fairfax County and Alexandria are drawing lower income families.

"The older apartments were designed for singles, but they are now occupied mostly by families with children," said David Versel, senior research associate at the Center for Regional Analysis. "If you look down Route 1, all the apartments near Fort Belvoir were built for singles and young couples. Now they have predominantly immigrant families."

**THE ONE** bright spot in Northern Virginia is the fast growing exurbs of Loudoun County, where per capita person income increased from \$52,000 in 2008 to \$60,000 in 2012. Researchers who study the shifting demographic patterns of Northern Virginia say part of the explanation for this is the different kind of people who are now moving to Loudoun County, which is growing at the fastest rate in Northern Virginia. The county's population has doubled in the last 15 years, and so has the county's demographic profile.

"One of the things that is really changing in Loudoun is having more younger people going out there, and families without children going out there," said Hamilton Lombard, research specialist for the Demographics Research Group at the University of Virginia Weldon Cooper Center for Public Service. "And that's just kind of a transformation from being a bedroom commu-

nity into actually having lots of job centers there and having lots of younger people going there before they start families."

Part of the change for Loudoun is the kind of construction that's been happening in recent years. The county has seen a number of new mixed-use developments that include residences, shopping and offices. The Village at Leesburg, for example, was one of the first of its kind in the area. That was followed by One Loudoun in Ashburn and Crescent Place, a trend that is slowly making Loudoun more friendly for millennials.

**"The region has stopped growing."**

— Stephen Fuller, director of the Center for Regional Analysis at George Mason University

"We're not seeing as many mansions or large single-family houses being built, and we are seeing more smaller units, which means smaller households with fewer children," said Versel. "That means for each new household that moves in, there are fewer dependents and thus the per-capita income will be higher."

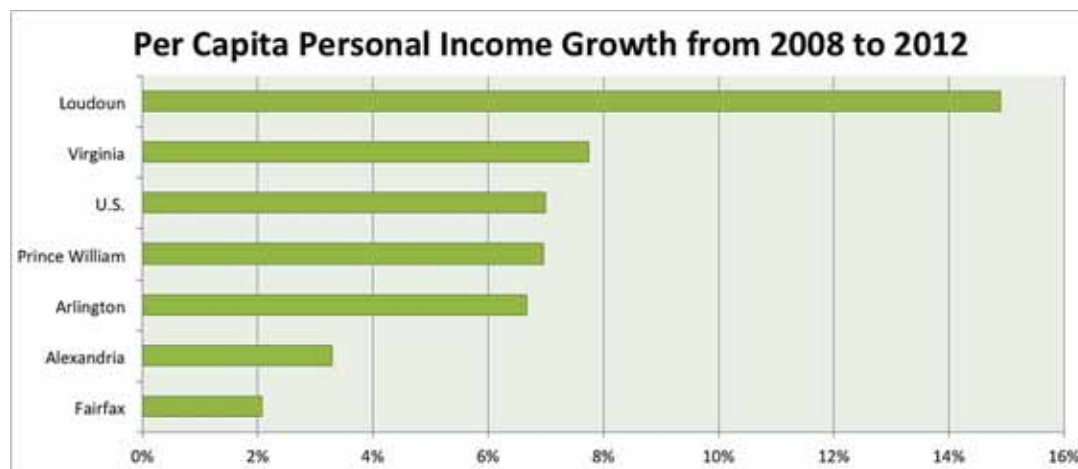
**ACROSS AMERICA**, the poor are getting poorer. A new study by the Russell Sage Foundation concludes that households at the bottom of the wealth distribution lost the largest share of their total

wealth, and researchers who conducted the study believe the slow recovery will continue to generate increased wealth inequality in the coming years. The study also concluded that the Great Recession caused an unprecedented decline in wealth holdings among American households. Inflation-adjusted net worth for the typical household in America dropped 36 percent from \$88,000 in 2003 to \$56,000 last year, and most of that drop came in the wake of the Great Recession. Ultimately, the researchers concluded, the data show very few signs of significant recovery from the losses in wealth experienced by American families during the Great Recession.

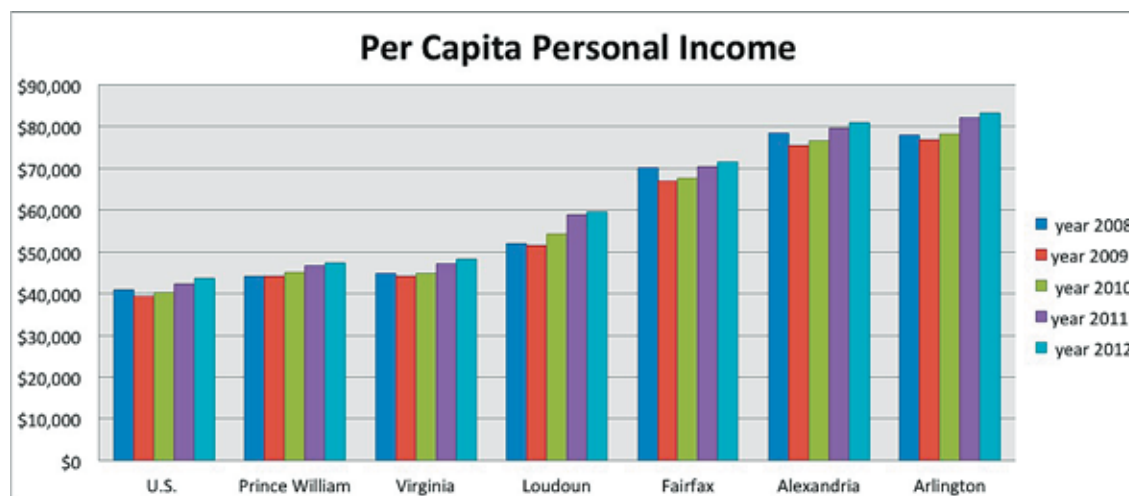
"The housing bubble basically hid a trend of declining financial wealth at the median that began in 2001," wrote Fabian Pfeffer, one of the study's authors.

jurisdiction	year 2008	year 2009	year 2010	year 2011	year 2012	% change
Loudoun	\$51,950	\$51,469	\$54,301	\$58,953	59,683	15%
Virginia	\$44,900	\$44,063	\$44,854	\$47,126	48,377	8%
U.S.	\$40,873	\$39,357	\$40,163	\$42,298	43,735	7%
Prince William	\$44,230	\$44,227	\$44,995	\$46,719	47,309	7%
Arlington	\$78,031	\$76,941	\$78,340	\$82,075	83,242	7%
Alexandria	\$78,375	\$75,598	\$76,643	\$79,713	80,952	3%
Fairfax	\$70,145	\$67,010	\$67,776	\$70,371	71,607	2%

SOURCE: BUREAU OF ECONOMIC ANALYSIS



SOURCE: BUREAU OF ECONOMIC ANALYSIS



SOURCE: BUREAU OF ECONOMIC ANALYSIS



## PEOPLE

### Sarah Hutchins Named Young Lawyer of the Year

Sarah Fulton Hutchins, of Great Falls, was named 2013-14 Young Lawyer of the Year on June 26 by the Mecklenburg County Bar Association (MCB) Young Lawyers Division. The award recognizes the outstanding contributions young lawyers make to the practice of law and the Mecklenburg County community as a whole.

Since receiving her juris doctorate from the William & Mary School of Law in 2008, Hutchins has been employed by the Charlotte office of Parker Poe Adams & Bernstein, LLP, practicing law in the area of commercial litigation, with a particular focus on competition and consumer protection law, business torts, fraud and tortious interference claims, and white collar crime. Additionally, Hutchins serves on Parker Poe's Recruitment Committee, Associates Committee and Community Service Committee. Hutchins undertakes pro bono legal work for indigent clients of the firm and participates in Parker Poe's Expunction and Guardian Ad Litem pro bono programs.

Hutchins was recently recognized as a 2014 Rising Star in the field of business litigation by North Carolina Super Lawyers.

While in law school, Hutchins was recognized with the George Wythe Award for distinguished leadership, was president of the Student Bar Association, was a member of William and Mary Journal of Women and the Law, and participated on William & Mary's Moot Court Team.

Hutchins grew up in Great Falls, Virginia, and resides in Charlotte, N.C. with her husband, Mark.



PHOTO BY SUZANNE FULTON

**Sarah Fulton Hutchins**

### Samantha Fulton of Great Falls Receives DVM, Accepts Position in Charlotte

Samantha M. Fulton, 26, a 2005 graduate of Langley High School and 2009 graduate of Longwood University (B.S. Biology), received her Doctorate in Veterinary Medicine from St. George's University School of Veterinary Medicine on June 13 in New York City. She has accepted a position as associate veterinarian with Long Animal Hospital in Charlotte, N.C., beginning mid July. Dr. Fulton is the daughter of Steven Fulton of Great Falls and Suzanne Fulton who now resides in Cornelius, N.C. Previously, Fulton worked during school breaks as a veterinary assistant and technician at Banfield—The Pet Hospital in Reston.

#### FAITH NOTES

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

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

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

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

**St. Dunstan's Episcopal Church**, 1830 Kirby Road in

McLean, holds a third Sunday service every month at 10:15 a.m. which allows children to play active roles in the music and as greeters and ushers. Traditional services are every Sunday at 8:15 and 10:15 a.m.

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

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

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US.MS.MSX.14.03.017

## SCHOOLS

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

**Andrew Hwang**, of Great Falls, was named to the Dean's list for academic excellence for the spring 2014 semester at Johns Hopkins University.

**Kristen Ashley Wolaver**, daughter of John and Barbara Wolaver of Great Falls, and graduate of Langley High School Class of 2013, completed her freshman year at the University of Pittsburgh, Dietrich School of Arts and Sciences. Kristen has accepted membership in The National Society of Collegiate Scholars (NSCS).

**Whitney Elizabeth Wolaver**, daughter of John and Barbara Wolaver of Great Falls, and graduate of Langley High School Class of 2010, earned a Bachelor of Science Degree Cum Laude in Neuroscience with a minor in Chemistry and a Certificate of Conceptual Foundations of Medicine during the spring commencement exercises in April 2014 at the University of Pittsburgh, Dietrich School of Arts and Sciences. Whitney will begin the Graduate Program in Anatomical and Translational Sciences at George Washington University in August 2014.

**William Gralley**, son of Craig and Janet Gralley of Great Falls, earned a Bachelor of Science degree in criminal justice during the spring commencement exercises at Radford

University.

**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.

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

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## THE COUNTY LINE

# Planning Commission Tables Residential Studio Amendment

Discussion on affordable housing likely to continue.

BY JANELLE GERMANOS  
THE CONNECTION

**A**lthough more than 15 public meetings and seven committee sessions have been held since Oct. 13, the Fairfax County Planning Commission voted unanimously last week to table the proposed Residential Studio Amendment, which would have provided apartments to residents working low-income jobs.

"It was unlikely that the Residential Studio Committee would reach consensus about the proposed use. There were several unresolved issues, such as the districts in which RSUs should be permitted, the potential scale of the use, potential modifications and waivers under the special exception process, and the potential for impacts on surrounding properties," said Tim Sargeant, an at-large member of the Planning Commission and chair of the Residential Studio Committee, at the July 30 meeting.



PHOTO BY JANELLE GERMANOS/THE CONNECTION

**The Residential Studio Committee, pictured here in January, has been disbanded and the residential studio amendment was tabled at the July 30 meeting of the Planning Commission.**

The Residential Studio Committee was created following the Board of Supervisors authorization of a Zoning Ordinance Amendment in July 2013. This would have allowed these efficiency apartments of at least three per building and not more than 80, to be designated for at least 80 percent of residents in any building who make less than \$45,000 per year, or more than 60 percent of the median income of the area.

The committee, however, has been dis-

banded.

"It became apparent that additional dialogue is necessary regarding affordable housing," Sargeant said.

At the community meetings, many residents voiced concerns with the amendment, including where the RSUs would be built.

"It is not an easy discussion, but it is necessary. Our region and county population continue to increase and our workforce economy continues to change. The discus-

sion of affordable housing is likely to come up again as we continue to look at ways to manage growth and meet the housing needs of future generations," Sargeant said.

"I just wanted to say that this is a beginning, not an end. It's an important discussion. It's a critical topic for the county and for young professionals and for people of limited income. I hope we will not allow the report to languish and find a way to make these concepts reality," Janyce Hedetniemi, at-large member of the planning commission, said at the meeting.

According to a December 2013 study conducted by George Mason University's Center for Regional Analysis, 548,298 housing units need to be added to the Washington, D.C. area in order to support the region's 857,334 net new jobs, which will be added from 2012 to 2032. This includes entry-level positions and other low-wage jobs.

The study also found that the housing for the workers needs to be affordable, with a requirement of 44.1 percent of the new housing units to be less than \$1,250 per month.

According to the Northern Virginia Affordable Housing Alliance, in 2013, a person earning minimum wage would have to work three full-time jobs that pay this amount of \$7.25 per hour in order to afford an efficiency apartment in the county.

## Fairfax Considering Changes to Rules on Food Trucks

Planning Commission continues food truck discussion.

BY JANELLE GERMANOS  
THE CONNECTION

**F**airfax County is considering a change to the zoning rules concerning the operation of food trucks within the county.

Under new rules, vendors would pay under \$200 for licensing and would require permission from property owners.

This is compared to the \$16,375 fee that is required under the current ordinance, which classifies food trucks as free-standing fast-food restaurants and requires two public hearings.

Food truck vendors would be required to receive permission from the property owners before operating their trucks. The Virginia Department of Transportation and county code prohibits food trucks from operating on public roads. This would not change under the new proposal.

The Planning Commission held its first



PHOTO BY JANELLE GERMANOS/THE CONNECTION

**The Fairfax County Planning Commission held a public hearing concerning the operation of food trucks, like these in D.C., on July 30.**

public hearing on the food truck ordinance on July 30.

"This is an important and unique ordinance for the county. We want to get it right the first time. I think we have people on

the side of the issue who are willing to compromise, to express their ideas, and we want to ensure they have a venue to do so," said Janyce Hedetniemi, at-large member of the planning commission.

## Search and Rescue K-9s Come to Fairfax

Fairfax County Fire and Rescue Department will receive two newly trained search and rescue K-9s, Saturday, Aug. 9. The dogs and their handlers will arrive at Dulles International Airport from Southern California at approximately 5:30 p.m., near the arrivals area, door one.

The dogs have been trained by the National Search Dog Foundation for approximately one year and have been partnered with two firefighter/dog handlers, working a 24-hour shift with their handlers. The foundation has rescued hundreds of dogs, many on the brink of euthanasia, and turned them into highly skilled rescuers. The training has produced 144 Canine/Firefighter Search Teams, 72 are still active throughout the country. Various teams have responded to 104 missing person searches and disasters, including the World Trade Center attack, Hurricane Katrina, Haiti and Japan earthquakes, and scores of local and regional emergencies.

As part of the FXCFRD, both K-9 teams will be available to respond to missing person incidents, and will be a valuable resource during search and rescue operations within collapsed structures. The dogs will be a shared asset between the department and Virginia Task Force One, Fairfax County's Urban Search and Rescue Team.

The dogs and training were provided at no cost to Fairfax County. The K-9s and handlers will be available for interviews.

For more information, contact the Virginia Task Force One Program Manager at 571-722-7046.



# OPINION

## Brightening Outlook for End of Summer

### Local pleasures to offset discouraging news.

**T**he news here has been a bit discouraging, and that's without considering the human tragedy and disaster of several different international situations.

The unsettling narrative rolling out from the Richmond trial of former Gov. Bob McDonnell and his wife Maureen would hopefully result in action on campaign finance reform in Virginia.

Up until the news about "gifts" to family members of Gov. Bob McDonnell, almost all elected officials would defend Virginia's notoriously unregulated system of allowing candidates and elected officials to take unlimited amounts of money and unlimited gifts from anyone or any company at all. Because Virginia has such strict disclosure requirements, elected officials seem to think that it's OK to be awash in all that money. Voters can look up who is giving money and draw their own conclusions. How could it hurt if the details are all out in the open?

It isn't just disclosure of gifts to family members that needs reform here.

Discovering that the system is entirely self-regulated with no independent auditor, no ethics commission and no penalties for failing to report gifts or contributions should give voters some pause. Consider that only four states, including Virginia, have no limits on contributions. Most states have limits; for example, in Maryland, individuals can give \$4,000 to any one candidate and \$10,000 total in a four-year election cycle. We've already had one session of the General Assembly without a meaningful reform effort.

#### EDITORIAL

The current stubborn road block to extending health coverage to at least 200,000 very poor Virginians, including another unsettling narrative about Democrats losing control of the Virginia Senate because of the resignation of one senator who was apparently offered a great job and a judgeship for his daughter, is dispiriting.

The failure in Fairfax County of a proposal to allow the building of affordable studio apartments to house working poor people is discouraging on several fronts. The proposal was many years in the making. Why did this proposal come forward without support from members of the Board of Supervisors? Even if it was approved, it appeared to lack commercial viability. Back to the drawing board? (There is some good news pending about more federal money for affordable housing in the county.)

So here are a few end-of-summer activities that can serve as antidote.

Go on a Sunset Kayak Tour in Great Falls, Friday, Aug. 8, 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>.

Try out Tai Chi for free. Beginners' Practice. 8-9 a.m. McLean Central Park basketball court, 1468 Dolley Madison Blvd, McLean. Open to all, including first-timers, every Saturday morning. 703-759-9141 or [www.freetaiichi.org/practice.shtml](http://www.freetaiichi.org/practice.shtml).

Dance on Aug. 16, 8-11:30 p.m. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. 8-9pm Mambo lesson; 9-11:30 p.m. \$15. 703-759-2685.

Go to the farmers markets and enjoy the local bounty.

Oak Marr Farmers Market. 8 a.m. - noon, Wednesdays. Oak Marr Park & RECenter, 3200 Jermantown

Road, Oakton. <http://www.fairfaxcounty.gov/parks/farmersmarkets/viennamkt.htm>.

Frying Pan Farm Stand. Wednesdays. 8 a.m.-12:30 p.m. 2709 West Ox Road, Herndon. <http://fryingpanpark.org/2014/05/15/farm-stand/>

Fair Lakes Farmers Market. Wednesdays. 3:30-7 p.m. 4501 Market Commons Drive, Fairfax. [www.greentowns.com/initiative/farmers-market/fair-lakes-farmers-market-fairfax-va](http://www.greentowns.com/initiative/farmers-market/fair-lakes-farmers-market-fairfax-va).

Herndon Farmers Market. 8 a.m.-12:30 p.m. Thursdays, May 1-Nov. 13. Twelve Vendors sell a variety of products including kettle corn and fresh made Italian pasta. Old Town Herndon, 700 Block of Lynn St, Herndon. [www.fairfaxcounty.gov/parks/farmersmarkets/herndonmkt.htm](http://www.fairfaxcounty.gov/parks/farmersmarkets/herndonmkt.htm)

Fairfax's Government Center Farmers Market. 3-7 p.m. Thursdays, May 1-Oct. 30. Ten vendors including a Middle Eastern delicacy bakery and custom organic ice cream shop. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. [www.fairfaxcounty.gov/parks/farmersmarkets/governmentcntr-mrkt.htm](http://www.fairfaxcounty.gov/parks/farmersmarkets/governmentcntr-mrkt.htm).

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

Reston Farmers Market. 8 a.m.-noon. Saturdays, May 3-Nov. 9. Named the best farmers market in Northern Virginia by Virginia Living Magazine. Lake Anne Village Center, 11401 North Shore Drive, Reston. <http://www.fairfaxcounty.gov/parks/farmersmarkets/restonmkt.htm>

Oakton Farmers Market. 10 a.m.-2 p.m., Saturdays. Year round. Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. [www.smartmarkets.org/](http://www.smartmarkets.org/)

Great Falls Farmers Market. 9 a.m.-1 p.m., Saturdays. Year round. Great Falls Village Centre, 778 Walker Road, Great Falls. [www.celebrategreatfalls.org/FarmersMarket.html](http://www.celebrategreatfalls.org/FarmersMarket.html).

Vienna Farmers Market. 8 a.m.-12 p.m., Saturdays. Faith Baptist Church Parking Lot, 301 Center Street South, Vienna. [www.viennafarmersmarket.com](http://www.viennafarmersmarket.com).

Fairfax Farmers Market. 8 a.m.-1 p.m. Saturdays, May 10-Nov. 1. 10500 Page Avenue, Fairfax. [www.fairfaxsatdaymarket.com](http://www.fairfaxsatdaymarket.com).

Tyson's-McLean Farmers Market. 10 a.m.-2 p.m., Sundays. Parking lot of the National Automobile Dealers Association 8400 Westpark Drive, McLean. [www.smartmarkets.org/](http://www.smartmarkets.org/)

## Lives Disrupted by Virginia Anti-gay Laws

BY JENNIFER SHEARIN AND JULIE NAFF

**W**hen Julie and I decided to build our family through adoption in 2007, we knew we would need to complete a homestudy first. We called two local adoption agencies to find out how to get this process started. Upon finding out that we lived in Virginia, social workers at both agencies responded with, "Move to D.C. or Maryland!"

While complicated, either one of us could have legally adopted a child in Virginia as a single person, but we had been a couple for nearly ten years at that point. In short, we could not even have our request for a homestudy granted to us then because we were a same-sex couple living together in Virginia. Even if we did find a way to "untangle" our lives as a couple and go forward with a single-parent adoption, the other would not have had any parental/legal rights to that child, as Virginia does not allow second-parent adoption. To second-parent adopt in Virginia, you must be legally married. And, of course, Virginia does not recognize same-sex marriage.

Private adoption can be a difficult process for most people, but there just seemed to be more than our fair share of hoops to jump

through! So we moved to Washington, D.C.

Moving 12 miles might not sound like a big deal, but we had owned a house in Northern Virginia since 2000. It was the place we called home. Our house was convenient to our jobs, my family, our friends, our favorite dog parks, etc. To afford this move out of state, we had to rent out our Virginia home for the next several years, become landlords, manage the property, commute longer distances to work, pay higher taxes on our income, etc. The only reason for the move: the District of Columbia would allow us to legally adopt children together.

Jumping through these hurdles paid off when our dream to become parents was realized in 2009, when our son, Daniel, was born. And again in 2011 with the birth of our son Liam. We have open-adoptions with their birth families in California. Our children's birthparents chose us to adopt and parent our boys, yet Virginia laws stood in the way ... Virginia's laws stood in the way of a private, consensual decision made between adults.

After finalizing Liam's adoption in 2011, we moved back to Virginia as a legally married couple (thank you, D.C!) and as a family of four, to the home and the community that we

loved and missed. Having finalized our sons' adoptions in California (where they were both born, and where we could petition the courts as out-of-state residents), both Julie's and my name appear on their birth certificates as the legal parents of our children. This could have never happened in Virginia as the laws stand on second-parent adoption.

Virginia's anti-gay laws disrupted our lives for several years, not to mention the cost of our adoption process skyrocketed with a move out-of-state.

I was born and raised in Virginia. I am a product of Virginia public schools. I am a proud public school teacher in Virginia. Julie and I want our children to grow up in a diverse environment with access to quality public schools. We are law-abiding citizens who pay taxes like any other resident/property owner in the state of Virginia. Shouldn't we have the same rights as other Virginians?

### Write

Letters to the Editor  
The Connection

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Call: 703-917-6444.

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## WEEK IN GREAT FALLS

### Starshine Theater Offers Drama Camp

Starshine Theater of Great Falls is offering 1-week Drama Camps in August for ages 5 -12 years. Patricia Budwig, M.A., instructor, will guide the students through the creative facets of composing and performing a new play together. Script will be literature-based, as each student will bring in a favorite book or story containing a character they'd like to play in the final performance. Each student will contribute ideas toward a story line, incorporating the character they will portray. Dance, action, and stage battle roles as well as singing roles also available for

those interested. The cast will also compose a song together for the show, as well as choreography. There will be plenty of fun games and outside sports on the playground on premises at the GFUMP School location. The week will culminate with an informal open-house-style recital performance on the last day of camp, so family and friends can experience the play the students have created together. For more details, contact Patricia Budwig at: 703-790-9050 or StarshineTheater@aol.com.



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## Dog Show Held at Frying Pan

And the 66th Fairfax County 4-H Fair is officially opened: Fairfax County 4-H Fair Board members and invited guests cut a ribbon to mark the opening of the Fair at Frying Pan Farm Park. From left: 4-H Fair King — Isaac Green, Alina Ampeh, Fair Board, Esther Williams, Fair Board, 4-H Fair Queen — Arielle Ampeh, Fairfax County Board of Supervisors Chairman Sharon Bulova, State Senator David Marsden, Congressman Gerry Connolly, State Senator Chap Petersen, Supervisor Cathy Hudgins (D-Hunter Mill), State Delegate Kenneth Plum and Sam Nagurny, Fairfax County 4-H Extension Agent.

PHOTOS BY DEB COBB/THE CONNECTION



Fairfax County 4-H Fair King, Isaac Green, member of the Hoofers and Heifers 4-H Club and Airlle Ampeh, participate in the closing ceremony of the 66th Fairfax County 4-H Fair on Aug. 3.



Jamie Soucie of Oak Hill, returns her goat to the Kidwell Farm barn after competing at the Fairfax County 4-H Fair at Frying Pan Farm Park on Aug. 3. Soucie is a member of Hoofers and Heifers 4-H club that meets at the park.



Isobel Cobb, with the Krazy for K9s 4-H Dog Training Club, competes with her dog Juno at the 2014 Fairfax County 4-H Fair Dog Show on Aug. 3.



Kira Baugh and her dog Riley, members of the Krazy for K9s 4-H Dog Training Club, demonstrate advanced agility techniques at the Fairfax County 4H Fair on Aug. 3.



“I remember him as a delightful young man who was very talented ... I was anxious to see what he accomplished over these 24 years.”

— Elizabeth Lodal, former principal, McLean High.

Approximately 40 old-time friends clustered around the patio and sunroom of the Somerville residence in Vienna to listen to Joel Stein who grew up in McLean. Stein came in from L.A. for an East Coast performance tour.

## Life Dedicated to Music

Joel Stein sings, plays guitar, composes, records and owns music licensing company.

BY DONNA MANZ  
THE CONNECTION

Joel [Henry] Stein grew up in McLean to a family who loved music in the home. His wings spread as close as Vienna and as far away as Israel. From places and cultures across the U.S., Stein turns his inspiration to music. From a pop/folk band at his McLean high school to Rice University music conservatory, to professional performance and composition, Stein has spent almost his whole life dedicated to music.

Stein, now 42, lives in Los Angeles with his wife and child. His parents still live in McLean. And, on Aug. 2, Stein brought his one-man show to an old high school friend's home in Vienna, performing for 40 friends from his younger days.

“Joel wanted to be a musician since he was 5 years old,” said his mother Miriam Stein, taking a seat on the covered patio of Nina and Dan Somerville's Vienna home. “I always supported his music. I knew how important it was to support him doing what he loves.”

Stein graduated from McLean High School in 1990. Elizabeth Lodal, principal of the school when Joel attended it, came to watch and listen to her former student. “I remember him as a delightful young man who was very talented,” said Lodal. “I was anxious to see what he accomplished over these 24 years.”

THE SOMERVILLE HOME was filled with friends who have stayed in-touch with Stein by email or through Stein's



PHOTOS BY DONNA MANZ/THE CONNECTION

McLean native and current L.A. music talent Joel Stein is welcomed by Nina Somerville to the in-house concert hosted by Nina and Dan Somerville in their Vienna home.

Facebook page. When the in-house concert was announced, the calls went out to acquaintances in Stein's network. Guests brought dishes to share in a buffet spread out before the concert and the Somervilles provided wine and the ideal summer venue for live music. Stein sang original compositions along with traditional favorites, stretching his repertoire from peppy music to a more blues reach.

Stein started with piano at 5 years old and

picked up guitar at 12. He describes his music as folk music with a rock-and-roll influence. Add “blues-y” to that, as well.

He carries the folk genre further beyond, embracing traditional Americana, bluegrass, spirituals, and Hebrew prayers and songs. When he's performing, he's Bob Dylan-esque as well as a splash or two of Arlo Guthrie. Guests of the Somerville concert sang along and clapped hands as Stein sang the MTA song, occasionally laughing over some of the song's sillier lyrics.

Stein owns and runs Green Zebra Music, a music licensing company in L.A. that licenses music to film, TV and advertising. Green Zebra represents more than 50 artists and more than 1,500 songs.

ON TOP of Stein's responsibilities as a composer, singer, musician, entertainment entrepreneur, and family man, Stein is, currently, collaboratively working on a rock opera, almost completed and ready to be shopped around. His next stop after Vienna was New York City where wife and baby would join him. For an evening, though, he was surrounded by many people who knew him as a talented kid who was also pretty-nice to be around. Some old friends from Stein's McLean days, such as Angie Musick Addington, remember the junior high and high school band Stein played in.

“Back then, it was all covers, no original music,” said Addington, now living in Great Falls. “Joel was the musical talent of the group.”

To learn more about Joel Stein's music and Green Zebra Music, go to [www.joelstein.com](http://www.joelstein.com) or Stein's Facebook page, <https://www.facebook.com/joelhenrystein>.

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- ❖ **Kenneth Lourie**, *Potomac Almanac* – Sports Column.
- ❖ **Michael Lee Pope**, *Arlington Connection* – In-depth or investigative reporting: •Uncovering Secret Government
- ❖ **Michael Lee Pope**, *Alexandria Gazette Packet* – Education writing: •Alexandria Education Dollars
- ❖ **Michael Lee Pope**, *Mount Vernon Gazette* – Business and financial writing: •Car Title Loans
- ❖ **Jeanne Theismann**, *Alexandria Gazette Packet* – Public safety writing.
- ❖ **Jeanne Theismann**, *Alexandria Gazette Packet* – Personal service writing.
- ❖ **Mary Kimm**, **Laurence Foong**, **Geovani Flores**, **Marilyn Campbell**, **John Byrd**, **Tim Peterson** and **Jean Card**, *Vienna/Oakton Connection* – Specialty pages or sections: •HomeLifeStyle
- ❖ **Jean Card**, **Laurence Foong**, **Renee Ruggles** and **Craig Sterbutzel**, *Mount Vernon Gazette* – Informational graphics: •Fairfax County parks
- ❖ **Staff**, *Potomac Almanac* – Insiders Edition: Newcomers & Community Guide



## Second Place Winners

- ❖ **Steven Mauren**, **Jeanne Theismann**, **John Bordner**, **Jean Card**, **Geovani Flores** and **Laurence Foong**, *Alexandria Gazette Packet* – Special sections or special editions: Insider's Guide.
- ❖ **Steve Artley**, *Alexandria Gazette Packet* – Illustrations – Eminent Domain.
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- ❖ **Victoria Ross**, *Fairfax Connection* – Personal service writing.
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**Louise Krafft, Alexandria Gazette Packet – Feature photo: Summer Fun.**

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- ❖ **Steve Artley**, *Alexandria Gazette Packet* – Illustrations.
- ❖ **Mary Kimm**, *Fairfax Connection* – Editorial writing.
- ❖ **Louise Krafft**, *Alexandria Gazette Packet* – Feature photo: Summer Fun.
- ❖ **Donna Manz**, *Vienna/Oakton Connection* – Feature writing portfolio.
- ❖ **Michael Lee Pope**, *Arlington Connection* – Education writing.



# WELLBEING

## Preventing Sports Injuries

**How to keep kids safe while they're having fun.**

BY MARILYN CAMPBELL  
THE CONNECTION

**A**s students prepare to return to school, one activity many look forward to is sports. While the benefits of athletic activities are numerous, however, so are injuries.

Statistics released by Safe Kids Worldwide, an organization dedicated to preventing injuries in children, show that more than 38 million U.S. children and adolescents ages 19 and under participate in sports each year. More than 2.6 million of those children were seen in emergency rooms for injuries related to sports and recreation.

"I believe the benefits of sports participation far outweigh the risks. Injuries will never be 100 percent preventable and are part of sports. However, many youth sports injuries are preventable with some common sense," said Shane V. Caswell, Ph.D., professor and Athletic Training Education Program executive director at the Sports Medicine Assessment, Research & Testing (SMART) Laboratory at George Mason University in Fairfax.

The most common sports-related issues are sprains (mostly ankle), muscle strains, bone or growth plate injuries, repetitive motion injuries and heat-related illnesses.

"Children's bones are more pliable than adults', and injuries that might just cause a sprain in an adult could cause a fracture in a child," said Dr. Derek Ochiai, Hip Arthroscopy & Sports Medicine at the Nirschl Orthopaedic Center in Arlington. "If the child refuses to bend their wrist or elbow or cannot put weight on their leg, then this should be urgently seen by a physician, whether in the emergency room or in the doctor's office, within a day of the injury."

**"Injuries will never be 100 percent preventable and are part of sports. However, many youth sports injuries are preventable with some common sense."**

— Shane V. Caswell, Ph.D.,  
George Mason University

Ochiai said sports are ideal for developing a child's coordination and helping them learn teamwork and perseverance. However, he continued, all sports carry a risk of injury. "The most common sports associated with injuries include football, basketball, baseball/



PHOTO COURTESY OF NIRSCHL ORTHOPAEDIC CENTER

**Dr. Derek Ochiai treats a young patient at the Nirschl Orthopaedic Center in Arlington. More than 2.6 million children sustain sports-related injuries that require emergency care each year.**

SEE EXPERTS, PAGE 15

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# CALENDAR

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

## THURSDAY/AUG. 7

**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.

**Learn to Draw Cartoons.** 1:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Take drawing lessons with a professional cartoonist. 703-757-8560

**Reading Buddies.** 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Teens read with beginning readers and practice together. 703-757-8560.

## FRIDAY/AUG. 8

**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>.

**Classic Albums Live Presents: Pink Floyd - Dark Side of the Moon.** 8 p.m. Wolf Trap – The Filene Center, 1551 Trap Road, Vienna. World-class musicians perform the entirety of Pink Floyd's concept album along with other hits from the band. Admissions: \$25-\$45. 703-255-1900.

**Great Falls Library Drop-In Chess.** 1-5 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play chess. All skill levels and ages welcome. 703-757-8560.

**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](http://www.analemma.org).

**Play Date Cafe.** 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Cafe and play area for children. 703-757-8560.

**Drop-In-Chess.** 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. All skill levels welcome. 703-757-8560.

## SATURDAY/AUG. 9

**Cars & Coffee.** 7-9 a.m. Katie's Coffee House, 760 Walker Road, Great Falls. Early on Saturday mornings you'll find a gathering of cool cars – antique, custom, hotrods, exotic, sports cars, they're all here. 703-759-2759.

**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).

**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.

**Davinci Challenge- Build a Drone Workshop.** 9 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Learn about building drones. 703-757-8560.

**Lego Club.** 2 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Ages 3 and up can come and play with legos. 703-757-8560.



World class musicians perform the entirety of Pink Floyd's concept album along with other hits from the band this Friday, Aug. 8 at Wolf Trap.

## SUNDAY/AUG. 10

**Tom Principato 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 blues and rock 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>.

## MONDAY/AUG. 11

**Great Falls Library Read to the Dog.** 4:30-5:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Beginning readers can practice reading to a furry friend. Call 703-757-8560 to sign up.

**McLean & Great Falls Celebrate Virginia meeting.** 5:30 p.m. McLean Community Center, 1234 Ingleside Avenue, McLean. This is the final planning meeting for An Afternoon with the Madisons, commemorating the bicentennial of the burning of the nation's Capitol during the War of 1812. 703-356-8223.

**Learn to Draw Cartoons.** 1:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Take drawing lessons with a professional cartoonist. 703-757-8560

## TUESDAY/AUG. 12

**Colvin Run Dance Lesssons.** 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/AUG. 13

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

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

## THURSDAY/AUG. 14

**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/AUG. 15

**Kayak Tour Island Hopping.** 5-7 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Explore the upper Potomac River islands by kayak. Ages 14+. \$59-\$74. Register at <http://www.fairfaxcounty.gov/parks/riverbend-park/kayaktours.htm>.

**Great Falls Library Drop-In Chess.** 1-5 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play chess. All skill levels and ages welcome. 703-757-8560.

**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](http://www.analemma.org).

**Drop-In-Chess.** 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. All skill levels welcome. 703-757-8560.

**Play Date Cafe.** 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Cafe and play area for children. 703-757-8560.

## SATURDAY/AUG. 16

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

**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>.

**Cars & Coffee.** 7-9 a.m. Katie's Coffee House, 760 Walker Road, Great Falls. Early on Saturday mornings you'll find a gathering of cool cars – antique, custom, hotrods, exotic, sports cars, they're all here. 703-759-2759.

**Great Falls Farmers Market.** 9 a.m.-1 p.m. Great Falls Village, 778 Walker Road, Great Falls. [www.greatfallsfarmersmarket.org](http://www.greatfallsfarmersmarket.org).

**Colvin Run Social Ballroom.** 8 p.m.-12:30 a.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Live music by Mike Surratt and the ECB playing your favorite dance tunes from the 1930s to today. \$20. [www.colvinrun.org](http://www.colvinrun.org).

## SUNDAY/AUG. 17

**High Five Worldwide Celebrate Great Falls Concert on the Green.** 6-8 p.m. Great Falls Village Centre Green, Georgetown Pike and Walker Road, Great Falls. 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. 703-759-2771.

## MONDAY/AUG. 18

**Preschool Story Time.** 10:30. Great Falls Library, 9830 Georgetown Pike, Great Falls. Stories, songs and activities. 703-757-8560.

**Kids Book Club.** 5:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Ages 8-12 are invited to come read the White Giraffe by Lauren St. John. 703-757-8560.

## TUESDAY/AUG. 19

**Colvin Run Dance Lesssons.** 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.

# Preparing Pets for Emergencies

BY CAROLINE SIMMONS  
GREAT FALLS

Preparing pets for emergencies is often overlooked, yet its importance cannot be overstated. When disaster strikes, pets are frequently abandoned or displaced, either because disasters hit suddenly or because their owners did not have a plan for them beforehand.

The impact of natural disasters on pets can be heartbreaking. Following deadly tornadoes last year in Moore, Okla., hundreds of dogs, cats, small mammals, birds, horses and even reptiles were separated from their families. Great

Falls is not immune from natural disasters, including tornadoes, flooding and severe storms like the 2012 derecho. By planning in advance, pet owners can save themselves and their pets a lot of trouble in the future.

The most important thing pet owners can do is make sure their pet can be identified. Dog and cat owners should ensure their pets are micro-chipped and have a collar with ID tags on at all times. If owners are separated from a pet, it will be much easier to reunite them if they have ID tags on their collar. Also, people will often need photos of themselves and their pet together as proof of ownership. All dogs, cats and rabbits should be spayed or neutered.

In addition, pet owners should have a portable emergency kit ready to go at all times, and should pre-arrange alternate shelter in case a pet is displaced from its regular home. Some items that should be included in an emergency kit are canned food, bottled water, a pet first aid kit, medications, a current pet photo for identification purposes, and a harness or leash.

As one Oklahoma tornado survivor said, "When everything else in the world is topsy turvy, you want your family around you. And the family's not complete



PHOTO BY CAROLINE SIMMONS/GREAT FALLS  
**Simmons' pet, Sasha, a male Samoyed.**

without our pets." A little advance planning will go a long way in keeping our pets safe in an emergency.



# Experts Provide Tips on Preventing Injuries

FROM PAGE 13

softball and soccer,” he said. “Any sport that involves colliding with another player does increase the risk of injury.”

**PARENTS, GUARDIANS AND CARETAKERS** can take active roles in helping to prevent injuries, said Caswell. “To help ensure that their children are safe, parents need to take ownership of their child’s safety,” he said. “We can begin with the first question parents should ask when choosing a youth league or sports association: Who in the organization is responsible for league safety and what is the plan?”

Youth sports organizations should take precautions to ensure safety, continued Caswell. “It need not be someone with medical knowledge, but it should be a concerned parent or volunteer who makes safety the number one priority.”

Parents should then ask to see the league’s youth safety policies, procedures manual and emergency action plans specific to all venues where the children will practice and compete, he said.

“Unfortunately, we have seen too many instances where an emergency situation occurs and no one knows what to do,” Caswell said. “Youth sports organizations should have these policies in place, require that coaches be educated on them and make parents aware that they exist. They should be re-

viewed annually and practiced regularly so that when an emergency occurs everyone is prepared.”

**STRETCHING TO MAINTAIN** muscle flexibility is also important to prevent sports injuries in children, said Skye Donovan, Ph.D., associate professor of physical therapy at Marymount University in Arlington.

“As children go through growth spurts, their muscles are at an increased risk of becoming tight and limiting their range of motion, which can pose a problem during sports,” she said. “Strength training is a great way to help children resist injuries. It doesn’t have to be the typical ‘go to the weight room’ type of strength training; children can do sports-specific activities that use their own body weight or resistance bands to help target underdeveloped muscles that might otherwise lead to injuries. Agility training is also helpful to improve sports related skills like coordination, cutting, changing directions and high speed movements.”

Ochiai underscores the importance of using protective gear, including helmets. “Listen to coaches and instructions on technique, and use proper techniques at all times, including with tackling in football,” he said. “Make sure the young athletes stay hydrated, and have access to water frequently. Even at young ages, include appropriate warm up drills prior to starting the activity.”

## From Great Falls to South Africa

Two local high school students, Julia Chirite from Langley High School and Arthur Tisseront from Thomas Jefferson, will travel to South Africa this September as participants in the World Youth Rhino Summit, an international anti-poaching and conservation initiative sponsored by the Kashmir World Foundation where the two students currently intern at.

The two delegates were selected to represent the United States along with 100 other students from around the world. On Sept. 18, Julia and Arthur will carry with them to South Africa donations of school supplies for disadvantaged South African children. Community members interested in helping are requested to bring



PHOTO CONTRIBUTED

**The donation box is located at the Starbucks in the Great Falls Village.**

donations of school supplies to the donation box located at the Starbucks in the Great Falls Village.

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# SPORTS



PHOTOS BY DONNA MANZ/THE CONNECTION

Amber Carrico, 12, takes hitting direction from coach Michelle Petree.



Pure Performance Softball Training Center coaches Jennifer Hammond, Rosie Anderson and Michelle Petree are all softball athletes.

## Where Softball Holds High Court

Pure Performance Softball Training Center coaches girls and young women on softball techniques and strategy.

BY DONNA MANZ  
THE CONNECTION

Tucked away in a concrete industrial park on Mill Street is a unique training facility for women and girls. It's not a fitness center or a dance studio. It is a training facility for softball players of today and tomorrow, from youngsters mastering the techniques of consistent batting and pitching to college-age athletes honing their skills. It calls itself Pure Performance Softball Training Center, an allusion to the benchmark standards of training and practices of softball. It is the only female-specific sport training facility in the area.

"I think it's important that young girls have a place to go and not have to play next to the boys," said Rosie Anderson, Pure Performance's main pitching coach. "The girls in this area take a lot of pride in their softball."

Pure Performance opened in Vienna in January 2013. It instructs girls and young women from the region surrounding Vienna. The staff, all former softball athletes in high school or college, have a passion for the sport, and through their years of personal experience know what strategies work to impart skills to their charges. Many of the instructional staff play baseball, as well.

Pure Performance services run the gamut from individual and group lessons in softball techniques to fitness training and nutrition, and, even, video analysis. Lesson are

available as one-on-one and up to four-on-one.

**THE FACILITY** is open for rentals by male and female teams, and features pitching lanes, batting cages, and an open space for glove work, footwork and agility.

Founder Anya Adams has focused on sports performance, fitness, and nutrition since 2000. She competed as a Division I athlete, and, after college graduation, became a certified strength and conditioning specialist. In 2012, Adams was the head varsity softball coach at the National Cathedral School, leading her team to its league's regular season and tournament championships. Adams has more than 10 years experience instructing and coaching young athletes.

Pure Performance sponsored the Vienna Chipmunks under-six softball team in 2014.

"You can improve but you have to want to do the practice, do drills and know what your strong points and weak points are," said assistant director Jennifer Hammond. "All our instructors have been there, done that."

Amber Carrico, 12, has been training at Pure Performance for about a year now. The youngster began playing softball in Vienna when she was 9 years old. Amber plays for the Reston Redbirds and comes to Pure Performance to work on her hitting skills.

"It's a passion in her," said Amber's mother, Anna Marine Carrico. "It's something she loves and hitting is one of the things she's really very good at." Amber travels from Falls Church once a week for

her private batting lessons. The traveling-team softball player said she comes because it is "fun" and that she enjoys being coached by Megan Blank.

"I love this place," said Amber's mom. "They really hone in on her abilities and strengths. I have seen an improvement, not only on the field, but her confidence has grown, too."

The warehouse-setting is designed for individual lessons and practices, and for open-facility practice, as well. Netting on

tracks separates practice compartments and can be pulled away to open up the facility. The heart of Pure Performance, though, is instruction.

"Vienna is a huge, vibrant softball community," Hammond said.

**FOR MORE INFORMATION** on Pure Performance and its services, go to [www.getpureperformance.com](http://www.getpureperformance.com) or call 703-255-0002. Pure Performance is located near the end of Mill Street NE, at # 514, Vienna.



### Great Falls Rapids Wins Division 6 Championship

The Rapids Dive team from Great Falls Swim and Tennis Club won the Division 6 title and trophy, finishing undefeated this season. Some team members are not present in the photo.



# NEWS

Hope McKalip, another veterinarian on a paint horse, competed on Domino in dressage. She owns the Little Foxes Equine Veterinary service in Vienna.



## Horse Trials Held at Turner Farm

Wendy Masemer and Kristin Pascal Parisot organized the summer starter trials, combined test, and dressage show to raise money for maintenance of the cross country course at The Turner Farm in Great Falls.

Horses and riders competed in three different disciplines, dressage, the art of ballet on horseback; stadium jumping, or clearing obstacles in confined area, and cross-country, where the horse clears natural jumps in a field. The horses are then graded on all the disciplines.

Kathie Partigan competed in cross country on Reve.



PHOTOS CONTRIBUTED



Hope McKalip, another veterinarian on a paint horse, competed on Domino in dressage. She owns the Little Foxes Equine Veterinary service in Vienna.

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## BULLETIN BOARD

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

### THURSDAY/AUG. 7

**Computer-one-on-one.** 11 a.m. 10304 Lynnhaven Place, Oakton. Learn how to work with the internet, Microsoft Word, Excel, and PowerPoint. 703-242-4020.

**Teen Volunteer Sign Up for Reading Buddies.** 4:15 p.m. Great Falls Library, 9830 Georgetown Pike Great Falls. Report at 4:15 for sign up. 703-757-8560.

### FRIDAY/AUG. 8

**English Conversation Group.** 10 a.m. 101 Maple Avenue East, Vienna. Practice english conversational skills. 703-938-0405.

### MONDAY/AUG. 11

**McLean & Great Falls Celebrate Virginia** will meet at 5:30 p.m. at the McLean Community Center, 1234 Ingleside Ave., McLean. This is the final planning meeting 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. The event will be free of charge and refreshments will be served. 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 with a group. 703-757-8560.

**English Conversation One-On-One.** 11 a.m. 10304 Lynnhaven Place, Oakton. Practice conversational English in a group setting. 703-242-4020.

### TUESDAY/AUG. 12

**One-On-One Computer Tutoring.** 11:00 a.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Learn the basics of a computer. 703-938-0405.

**English Conversation.** 11:00 a.m. 10304 Lynnhaven Place, Oakton. Practice conversational English in a group setting. 703-242-4020.

**English Conversation One-On-One.** 11:00 a.m. 10304 Lynnhaven Place, Oakton. Practice conversational English in a group setting. 703-242-4020.

**Computer-one-on-one.** 11:00 p.m. 10304 Lynnhaven Place, Oakton. Learn how to work with the internet, Microsoft Word, Excel, and PowerPoint. 703-242-4020.

**Money Matters.** 7:00 p.m. 10304 Lynnhaven Place, Oakton. Book Discussion. 703-242-4020.

**Improve Your English Skills.** 11:00 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Receive help with reading, speaking and listening to English. 703-365-0770.

### WEDNESDAY/AUG. 13

**Red Cross Blood Donation.** 9 a.m.-2:30 p.m. National Automobile Dealers Association, 8400 Westpark Drive, McLean. The American Red Cross encourages all eligible blood donors to make an appointment to donate blood soon to help prevent a shortage. To make an appointment, visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-RED CROSS.

**English Conversation Group.** 7:00 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Practice conversational English in a group setting. 703-356-0770.

**Computer-one-on-one.** 11:00 p.m. 10304 Lynnhaven Place, Oakton. Learn how to work with the internet, Microsoft Word, Excel, and PowerPoint. 703-242-4020.

**ESL Conversation Group.** 2:00 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Practice english with a group. 703-757-8560.

### THURSDAY/AUG. 14

**Computer-one-on-one.** 11:00 p.m. 10304 Lynnhaven Place, Oakton. Learn how to work with the internet, Microsoft Word, Excel, and PowerPoint. 703-242-4020.

**Teen Volunteer Sign Up for Reading Buddies.** 4:15 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Report at 4:15 for sign up. 703-757-8560.

## Stride Right



By KENNETH B. LOURIE

Not that I've felt that my attitude toward being diagnosed with stage IV ("terminal") non-small cell lung cancer at age 54-and-one-half was ever to be considered as model behavior, but I do believe, after the initial shock wore off, eventually I assimilated its effects into my routine reasonably well. Not without a million bumps and bruises along the way, however, both physically and emotionally; nevertheless, though time has not healed all that has preceded this column, I've managed to find and maintain an extremely delicate balance between "joie de vivre" and "c'est la vie."

And speaking specifically about the column which preceded this one, published in our July 30, 2014 editions, entitled "CanSir," framing my approach – and emotional reaction to – being diagnosed with cancer and my method of coping, if you will, as an approach wherein I've tried to be respectful and courteous of the disease and never, ever arrogant, presumptuous or particularly over-confident about any unexpectedly good results (lab work, diagnostic scans, physical examinations, etc.), or terribly negative about the disappointing results – I would like to expound upon my approach a bit more. I've tried to...wait for it...take it in stride, both the good and the bad. (Although, as you might imagine, the good is much easier to take than the bad; however, taking the bad just as well as one takes the good might actually be more important in the short, middle and long term. Certainly the jury is still out, but so far, after five years and nearly six months, I'm still alive to dispute any notions to the contrary). And you'll never hear any complaints from me about any of it, good, bad or indifferent, but...

That's my point, sort of. This column is not espousing a methodology to the madness that cancer patients (or any other patients diagnosed as "terminal" by their doctors) should follow. It's simply an admission by yours truly of some very personal reflections on how, not why, I've survived my original "13-month to two-year prognosis." At the initial Team Lourie (my wife, Dina and my brother, Richard) meeting with my oncologist, he laid bare my diagnosis/prognosis/abbreviated life expectancy with the following advisory: "I can treat you. But I can't cure you." In response to our instinctive, how-could-cancer-happen-to-me question – considering both my parents lived into their mid-eighties WITH NO history of cancer and I had NEVER smoked cigarettes – my doctor's concern was about moving/treating me forward, not discussing the past, and so we've always looked ahead, not behind. Now whether or not the previous treatment protocols for my diagnosis/prognosis were indeed prologue, I was determined, eventually, to not let them be my epilogue, so a journey began which enabled me to live my life in a way most suitable to who I am without making me crazy, nervous, anxious, miserable and stressed out worrying all the time. It wasn't easy. It's not easy. Thankfully, amazingly, life has gone on.

What I've intended to do, mostly without fail, (although I've had my moments, to be sure, as you regular readers have read), is to walk quietly, write regularly, joke way more than I cry and not presume too many facts not in evidence, and try to be positive and believe there are exceptions to every rule. And with respect to medicine and its treatment of patients, stories abound of "exceptional" patients. I may not be "exceptional" yet, but I'm sure happy to still be writing these columns, if you know what I mean.

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

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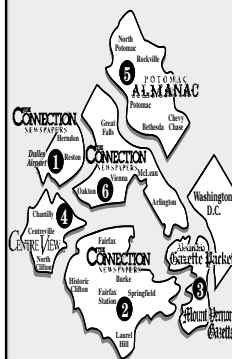
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TAX MAP ID NO. 061-4-01-0065-F

Under a power of sale contained in a certain Deed of Trust from Thomas Gedle, as grantor, to John D. Eubank and Timothy E. Lewis, as trustees, for the benefit of Commercial Lending, LLC, a Virginia limited liability company, as beneficiary, dated November 29, 2012 and recorded on November 30, 2012 in Book 22736 at Page 0619 as Instrument No. 2012054176.010 among the Land Records of Fairfax County, Virginia ("Deed of Trust"), with an original principal balance of \$400,000.00 (as increased to \$600,000.00 by a duly-recorded modification), default having occurred under the terms thereof, the Trustees will sell at public auction at the front door of the Circuit Court of Fairfax County, 4110 Chain Bridge Road, Fairfax, Virginia 22030, on AUGUST 7, 2014 AT 10:00 AM ALL THAT fee-simple LOT OF GROUND AND THE IMPROVEMENTS THEREON situated in Fairfax County, Virginia, known as 3809 Munson Road, Falls Church, Virginia 22041, and more fully described in the aforesaid Deed of Trust.

TERMS OF SALE: A deposit of ten per centum of the sale price will be required of the Purchaser at the time and place of sale. The deposit must be paid in cash or certified funds. The balance of the purchase price to be paid in cash or certified funds within twenty (20) days of the date of sale. Interest to be paid on the unpaid purchase money at the rate of 12% per annum from the date of sale to the date of settlement. The party secured herein, if a bidder, shall not be required to post a deposit or to pay interest. Purchaser shall settle within twenty (20) days of the date of sale. TIME SHALL BE OF THE ESSENCE WITH RESPECT TO SETTLEMENT BY THE PURCHASER. In the event that Purchaser does not settle as required for any reason, Purchaser shall be in default. The defaulting Purchaser shall not be entitled to any surplus proceeds or profits resulting from any resale of the property, and the deposit shall be forfeited to the Trustees and all of the expenses of this sale (including attorneys' fees and full commission on the gross sale price) shall be charged against and paid out of the forfeited deposit. In the event settlement is delayed for any reason, including, but not limited to, exceptions to the sale, bankruptcy filings by interested parties, court administration of the foreclosure, or unknown title defects, there shall be no abatement of interest. Taxes, ground rent, water and all public charges including electrical, sanitation, and/or metropolitan district charges, if applicable, are to be adjusted for the current year to the date of sale and assumed thereafter by the Purchaser. Cost of all documentary stamps, recordation taxes, transfer taxes and settlement expenses shall be borne by the Purchaser.

The property will be sold in an "AS IS" condition and subject to conditions, restrictions, and agreements of record affecting the same, if any, and with no warranty of any kind (except as required by the Deed of Trust).

In the event that the Trustees are in default for any reason, the Purchaser's sole remedy at law and in equity shall be limited to a refund of the deposit and the sale shall be considered null and void and of no effect. Purchaser shall be responsible for obtaining physical possession of the property. Purchaser assumes the risk of loss or damage to the property from the date of sale forward. Trustees reserve the right, in their sole discretion, to reject any and all bids, to withdraw the property from sale at any time before or at the auction, to extend the time to receive bids, to waive or modify the deposit requirement, to waive or modify the requirement that interest be paid on the unpaid purchase money, and/or to extend the period of time for settlement. Additional terms may be announced at the sale. The Purchaser will be required to execute and deliver to the Trustees a memorandum or contract of the sale at the conclusion of bidding.

John D. Eubank and Timothy E. Lewis, Trustees

FOR INFORMATION, CONTACT:  
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