

# Becoming LEED Silver

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## McLean Native Gives In-house Concert in Vienna

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**Vienna's Community  
Center will receive a  
renovation and a  
new gym.**

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## Vienna Community Center to Be LEED Silver

**Town Council approves fee to seek certification.**

BY BONNIE HOBBS  
THE CONNECTION

If all goes well, the new and improved Vienna Community Center will make its debut on its 50th anniversary in April 2016. But a great deal of work has to be done between now and then.

So during its July 7 meeting, the Town Council unanimously approved awarding the fee to the architect to seek LEED Silver certification for the building and discussed future work sessions on the project.

The \$43,956 fee to Lukmire Partnership will let the firm “go ahead with the design, as we discussed in the work session, several weeks ago,” Parks and Recreation Director Cathy Salgado told the Council members. “Once this is done, they’ll get right on the project.”

LEED stands for Leadership in Energy and Environmental Design and is a “green” building-certification program recognizing best-in-class building strategies and practices. The Community Center will be Vienna’s first building to have LEED certification.

It means that as much of the facility as possible will be sustainable. And having a building with energy-efficient windows, heating and air conditioning will also make it cost less to operate – which will result in a financial savings to the Town in the long run.

**THE SCOPE OF THE WORK** involves renovating and enlarging the 48-year-old Community Center on Cherry Street S.E. The two-story building is 28,814 square feet



PHOTO BY BONNIE HOBBS/THE CONNECTION

**The Vienna Community Center is heavily used morning, noon and night.**

and is used for classes, club meetings, craft fairs, sports and other events.

But it needs more parking, a gym large enough for league play, high-tech wiring for laptops, plus new electrical and HVAC (heating and air conditioning) systems. In addition, repairs must be made to the classroom floors and walls, and a new roof must be put on. So all these improvements will now be made, including construction of an 8,000-square-foot gym in the back.

The project is funded by the town’s Capital Improvement budget, courtesy of a \$4 million bond issue in December 2013. But Salgado anticipates another \$1 million will be needed before it’s all done.

However, since the larger gym will rest slightly on school property, the town will have to make a formal agreement with the school system for use of that land. The Park Authority wants an 18-foot trail, a 4-6-foot sidewalk and a 60-foot parking area as part of the project, so the site doesn’t have any extra space on it.

City Manager Mercury Payton reminded the Council that Vienna has three years to spend the bond funds, “So these dollars must be spent by November of 2016. So I’d like an update on the project from Cathy Salgado.

“In the fall, the Council will hold work sessions on it and there’ll be some decisions

we’ll be asking the Council to make,” he said. “And as we get into the December [2014]-January [2015] time frame, we’re going to get into some reviews with Fairfax County.”

Payton said the bid process will go from January until March 2015, followed by “groundbreaking, hopefully, in April 2015,” with the expected completion date a year later. Then Salgado took the podium.

“We appreciate the opportunity to come to most of the work sessions in the next six months or so,” she told the Council. “That’s where we make a lot of choices and get some guidance about decisions that we need to make regarding the interior and exterior of the building – which will be very important. So, hopefully, it will be a smooth process, and we look forward to it really taking off.”

**PAYTON** said the first work session will be Monday, Aug. 18, and Mayor Laurie DiRocco said it’ll be needed “to make sure some of the deadlines already laid out will be met.”

“We’ll have the site plan ready by then, so it’ll be something we’ll really need your input on, at that time, before it goes to the Planning Commission,” replied Salgado. “And the mayor is absolutely correct – everything is predicated on meeting each milestone.

“If something gets off kilter, we have built in a few weeks, here and there – and we’ll be reassessing things as we go along, as well,” she continued. “But I hope to send out biweekly updates to you all and keep you all informed, as well as the public, on the Town Website, as much as possible, regarding the design. But some important decisions will have to be made very shortly.”

## Staff Gets Go-Ahead to Negotiate Pact

**Town and Park Authority will formalize trail-realignment agreement.**

BY BONNIE HOBBS  
THE CONNECTION

Relocation of a portion of the W&OD Trail is just one part of the Vienna Community Center expansion and renovation project – but it’s an important part. So the Town Council dealt with this issue at its July 7 meeting.

“This comes at my request,” said Town Attorney Steven Briglia. “It appears to me that we haven’t formally asked the Northern Virginia Regional Park Authority [NVRPA] to incorporate this in the plan.”

By doing so, he explained, the Park Authority would know “the Council endorsed, at least in theory, this plan. And

then we’ll work with the Park Authority to come up with the particulars of the site plan.”

Vienna Parks and Recreation Director Cathy Salgado said the NVRPA actually presented the original concept for the trail realignment in early spring. “This is the one that [the renovation project’s architect] Lukmire worked on with [Town] staff,” she explained. “And we sent it on to the NVRPA as a means of kick-starting this project, to get it moving down the road a little quicker than it has been.”

“But then there are adjustments wanting to be made and safety issues to consider,” said Vienna Mayor Laurie DiRocco. “So, therefore, we’re going to be working [to-

ward] what works with the renovation, as well as addressing the safety concerns.”

Salgado agreed, and then DiRocco noted that the Town Council has discussed this matter during several work sessions, but didn’t officially vote on it.

Councilman Emil Attanasi then made a motion that the Council approve of the W&OD trail-realignment concept and authorize town staff to negotiate an agreement regarding it with the NVRPA. Following a second, the Council members approved unanimously.

### BZA’s Potter Resigns

In other business, longtime member of Vienna’s Board of Zoning Appeals (BZA), Marshall O. Potter Jr., has resigned from his position. In his official letter of resignation to DiRocco, he acknowledged all the cooperation he’d received over the years from

the Town Council and Town Officials during his tenure on both the BZA and Planning Commission.

He also gave high praise to Vienna Planning and Zoning Director Greg Hembree, calling him the “guiding light” of the BZA and Planning Commission. Potter said Hembree’s “expertise relative to the workings of both entities has always been and continues to be exceptional.”

Potter served the Town for 30 years and lived here for four decades, but said he was tendering his resignation because, as of Aug. 1, he’d be moving away.

“I am extremely sorry to be leaving the town where I have been a resident for approximately 40 years,” he wrote. “It is truly a wonderful place to live and I have so many pleasant memories of my residence here. The town deserves its reputation as being one of the finest towns in the country in which to live.”

# 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-

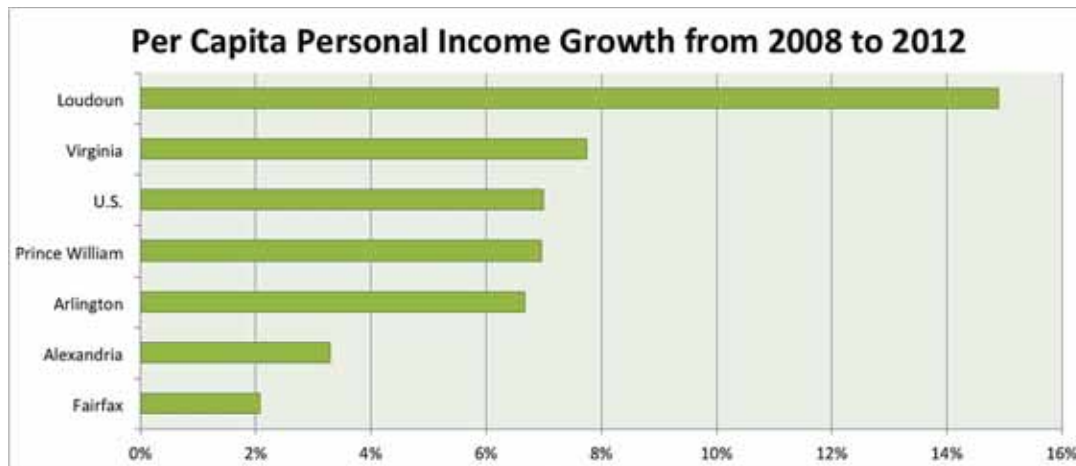
nior researcher at the Pew Research Center. "Household income is down, and even during the years it was supposed to be recovering it has actually continued to fall further."

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.

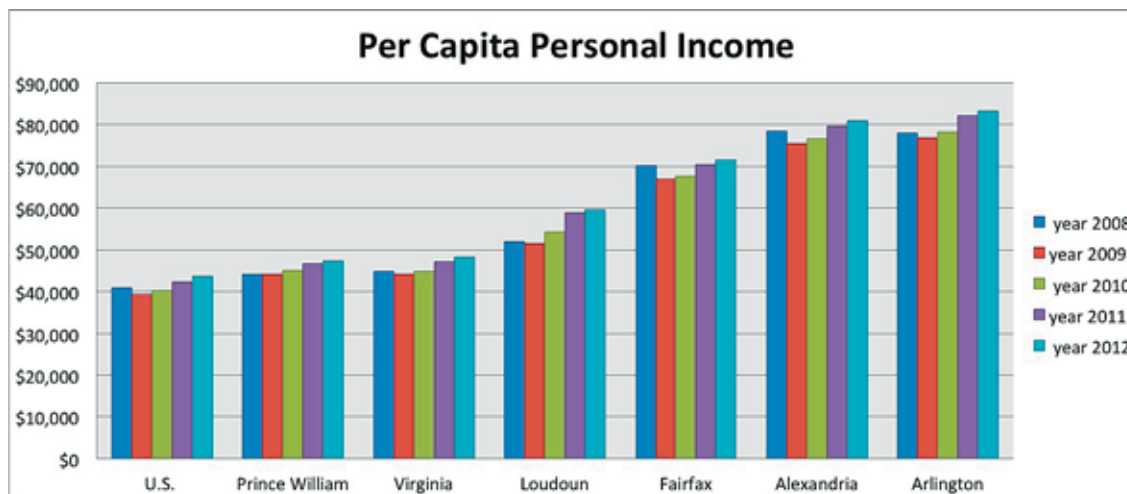
"The older apartments were designed for singles, but they are now occupied mostly by families with children," said David Versel, senior research associate at the Center for Regional Analysis. "If you look down Route 1, all the apartments near Fort Belvoir were built for singles and young couples. Now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

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

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.

## Missing Vienna Man Sought by Police

Fairfax County police are seeking the public's help locating a missing Vienna man. According to police, last Tuesday, July 29, Ismail Elmas voluntarily left his home in the 2100 block of Statute Lane in his gray 2008 Toyota Prius with Virginia license plates XBW-4298.

At press time, he had not yet returned home and his family had been unable to contact him. Police say Elmas' recent behavior has caused concern for his wellbeing. They also say he "may be in possession of a firearm and should not be approached."

Elmas is 49 years old, 5 feet 8 inches and approximately 155 pounds. He's bald and has brown eyes. Anyone who may know his whereabouts or the location of his vehicle is asked to call police at 703-691-2131.



**Elmas**

it will remain open during the construction on Center Street. Customers may access the market via Courthouse Road to Locust Street or via Park Street to Cherry Street.

## Vienna Town Council Meeting

The next meeting and work session of the Vienna Town Council are scheduled for Monday, Aug. 18, at 7 p.m., in the Town Hall, 127 Center St. S. in Vienna.

## Vienna Farmers Market

The Vienna Farmers Market is held Saturdays, from 8 a.m.-noon, in the Faith Baptist Church parking lot at 301 Center Street S. And

## Courthouse Road Bike Lanes

As part of VDOT's summer repaving program, Courthouse Road

SEE WEEK, PAGE 8

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# 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.

#### EDITORIAL

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.

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 Germantown

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).

Tysons-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 childrens' 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  
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1606 King St., Alexandria VA 22314  
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# SCHOOL NOTES

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

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

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

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## NEWS

**"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.

## McLean Native Gives In-house Concert in Vienna

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 composi-

tions 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>.



Mary Agee, NVFS president and CEO, and Karen Horowitz, director of volunteer and internship engagement, present Ralph Lickey with the Presidential Award for Community Volunteers at the agency's annual meeting, June 12, at the Capital One headquarters.



NVFS CEO and President Mary Agee is retiring next summer.

## Serving Families For 90 Years

**Pushing the boundaries has led to success, says Northern Virginia Family Services CEO.**

By REENA SINGH  
THE CONNECTION

An organization does not thrive for 90 years by chance.

Northern Virginia Family Services, a county institution, has impacted families throughout the region for nearly a century with no sign of slowing down.

CEO and President Mary Agee, who has been at the organization for 46 of those years, has seen the nonprofit flourish during her time there.

"In reading the history, there were a lot of passionate and smart people that were on the board in the '20s, '30s and '40s," she said. "Very adaptable and very principled. That's the other thing that struck me — that the decisions were based upon doing the right thing and never turning a child away."

She said that even today, her staff is willing to push boundaries while still adhering to the organization's mission.

NVFS opened its doors in 1924 as a family counseling center; it

was run by a single volunteer at the time.

Agee joined the 11 person staff in 1972. She just announced her retirement, effective next June, on Monday.

"The budget was \$182,000 at the time," she said.

The budget is now \$32 million and staff count has soared to 150 people. One of those staff members is current Chief Operative Officer Cheri Villa who has been with the organization for five years.

"One of the reasons I came here was to work with Mary on her vision," she said.

Recently, the organization has helped families who have suffered during the recession to adapt to the change.

"I think one of the most interesting things is when you look at our history, it's a reflection of the region as a whole," said Villa. "As community needs have emerged, Northern Virginia Family Services has stepped in."

In the last 20 years, affordable housing and mental health issues were added to the list of NVFS's

concerns. However, Agee does not think they were ever a non-issue for the area.

"The needs in the community have absolutely not changed," said Agee. "The thing that has changed is the faces that use them."

She said that the organization had the chance to help its community during the response after a plane struck the Pentagon on Sept. 11, 2001.

"It was an honor to be asked by the Community Foundation of the National Capital Region to design a program that would support the families that were impacted by the attack on the Pentagon," she said. "What that taught was how to perfect a case management model — help them recover from trauma and bring in a number of resources."

She said the leadership the organization showed made NVFS a national leader in trauma response. It is currently poised to help the numbers of children that have crossed the border into Texas.

But it does not do the work alone. Many of the issues that leaders at NVFS are passionate about are also tackled with other local organizations.

"I think collaboration is a big part of our success," she said. "These issues are so big that you have to tackle them together."

### WEEK IN VIENNA

FROM PAGE 5

from Route 123 to the Town of Vienna is being reconfigured to include bike lanes. Where the road is too narrow for bike lanes, shared-lane markings are being used. Final pavement markings are now being installed. This popular bike route runs parallel to Route 123 between Oakton and Vienna.

## Want to Join Vienna Police?

The Town of Vienna Police Department is looking for people interested in becoming police officers here. The salary and benefits are competitive with other areas. For application information, call 703-255-6350

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<http://agency.governmentjobs.com/Vienna/default.cfm>.

## Oakton Farmers Market

The Oakton Farmers Market is held Saturdays, from 10 a.m.-2 p.m., at Unity of Fairfax Church, 2854 Hunter Mill Road in Oakton.

## Correction

In the story, "Plan to Enhance Maple Avenue," (July 23 issue, page 3), the 4-3 vote was by the Vienna Planning Commission. The steering committee moved this matter to the Town Council for initial action by an affirmative voice vote.

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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.

### 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

**Taylor 2: Paul Taylor 2 Dance Company.** 10:30 a.m. Wolf Trap Children's Theatre-in-the-Woods, 1551 Trap Road, Vienna. This dance company will showcase the vision of famous choreographer Paul Taylor. Admissions: \$10. 703-255-1900.  
**Starlight Storytime.** 7 p.m. 10304 Lynnhaven Place, Oakton. Stories and songs for children ages 2-5. 703-242-4020.

#### FRIDAY/AUG. 8

**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.  
**Pokemon League.** 3 p.m. Patrick Henry Library, Maple Avenue East, Vienna. Come play Pokemon with friends. 703-938-0405.

#### FRIDAY/AUG. 8 - SATURDAY/AUG. 9

**"Do Black Patent Leather Shoes Really Reflect Up?"** 7:30 p.m. Vienna Community Center, 120 Cherry Street, Vienna. A musical production capturing the funniest aspects of youthful growing pains, and the trying moments of adolescence.

#### SATURDAY/AUG. 9

**McLean AAUW 45th Annual Used Book Collections.** 9 a.m. - 1:30 p.m. Sun Trust Bank, 515 Maple Avenue East, Vienna. Bring book, CD and DVD contributions for the 45th Annual Used Book Sale in September. Email [aauwbookfair@gmail.com](mailto:aauwbookfair@gmail.com) or call 703-527-4206 for information.

#### 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>.

**Picture This! Awards Reception.** 4-6 p.m. Vienna Art Center, 115 Pleasant Street NW, Vienna. Juror Nikhil Bahl will select winners from dozens of entries in the Vienna Arts Society's annual photography exhibition, which opens on Tuesday, August 5. 703-319-3971 or [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org).

#### MONDAY/AUG. 11

**Treasured Threes to Fives.** 10:30 a.m. Patrick Henry Library 101 Maple Avenue East, Vienna. Storytime for young children. 703-938-0405.  
**Woof, and Paws-Read to Dogs.** 4 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Reading with therapy dogs. 703-938-0405.

#### TUESDAY/AUG. 12

**Noche Flamenca. 8:30 p.m.** Wolf Trap – The Filene Center, 1551 Trap Road, Vienna. Live music with song and dance featuring Flamenco. \$10-\$44. 703-255-1900.

#### WEDNESDAY/AUG. 13

**Nickel Creek & Josh Ritter.** 7:30 p.m. Wolf Trap – The Filene Center, 1551 Trap Road, Vienna. Bluegrass musical performance by Nickel Creek and Josh Ritter. \$35-\$50. 1-877-WOLFTRAP.

**Small Wonders.** 10:30 a.m. 10304 Lynnhaven Place, Oakton. Short stories for young children. 703-242-4020.

**Rock-A-Bye-Baby.** 10:30 a.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Storytime for young children. 703-938-0405.

#### THURSDAY/AUG. 14

**Boney James and Eric Benét.** 8 p.m. Wolf Trap – The Filene Center, 1551 Trap Road, Vienna. Songs from saxophonist Boney James and R&B singer Eric Benét. \$35-\$75. 703-255-1900.

#### 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>.

**YANNI.** 8 p.m. Wolf Trap – The Filene Center, 1551 Trap Road, Vienna. Composer whose orchestrations fuse synthesized sound with instrumentation. \$35-\$75. 703-255-1900.

**Pokemon League.** 3 p.m. Patrick Henry Library, Maple Avenue East, Vienna. Come play Pokemon with friends. 703-938-0405.

#### SATURDAY/AUG. 16

**Mexican Fiesta Senior Social** (for those 50+). 5 - 8 p.m. Vienna Community Center, 120 Cherry Street SE, Vienna. Sponsored by the Shepherd's Center of Oakton/Vienna. \$10, includes dinner. Register and prepay before Aug. 8. Send name, address, email, and check to: SCOV; 541 Marshall Road SW; Vienna, VA 22180. If you need a ride to the event, call 703-281-0538.

**ABBA- The Concert.** 8 p.m. Wolf Trap - The Filene Center, 1551 Trap Road Vienna. ABBA tribute band performing the greatest hits of pop band ABBA. \$25-\$42. 703-255-1900.

**Wolf Trap Opera.** 7:30 p.m. Wolf Trap - The Barns, 1635 Trap Road, Vienna. New productions ranging from tragic to comical and sung in French with English supertitles, Milhaud, Le pauvre matelot and Poulenc, Les mamelles de Tirésias. \$36-\$88. 703-255-1900.

**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).

#### 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 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.

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# Preventing Sports Injuries

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 dedi-

cated 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

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

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."

Ochiai said sports are ideal for developing a child's coordination and helping them learn teamwork and perseverance. However, he

SEE TIPS, PAGE 13

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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

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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.

## WELLBEING

# Tips on Prevention

FROM PAGE 11

continued, all sports carry a risk of injury. "The most common sports associated with injuries include football, basketball, baseball/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 and 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 reviewed 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



PHOTO COURTESY OF NIRSCHL ORTHOPAEDIC CENTER

**Dr. Derek Ochiai treats a young patient at the Nirschl Orthopaedic Center in Arlington.**

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." 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."

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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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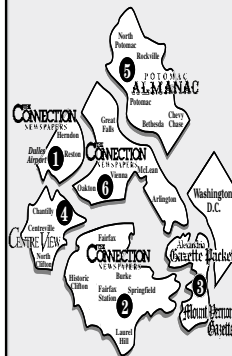
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## 21 Announcements

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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.

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# Planning Commission Tables Residential Studio Amendment

Discussion on affordable housing likely to continue.

By Janelle Germanos  
The Connection

Although 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 prop-

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.

Photo by  
Janelle Germanos  
The Connection



erties," said Tim Sargeant, an at-large member of the Planning Commission and chair of the Residential Studio Committee, at the July 30 meeting.

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 disbanded.

"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 discussion 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.

The Fairfax County Department of Housing and Community Development is expected to announce an \$8.8 million fund for affordable housing projects within the county in early August. This combination of local and federal funds will work to provide workforce housing and low-income housing for seniors, homeless and those with disabilities.

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