

McLean CONNECTION

WELLBEING

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Locals pick out produce at the McLean Farmers Market. The produce is the biggest draw for many shoppers, who believe the market has the freshest fruits and vegetables available.

McLean Residents Buy Fresh and Local

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PHOTO BY CAROLINE ALKIRE/THE CONNECTION



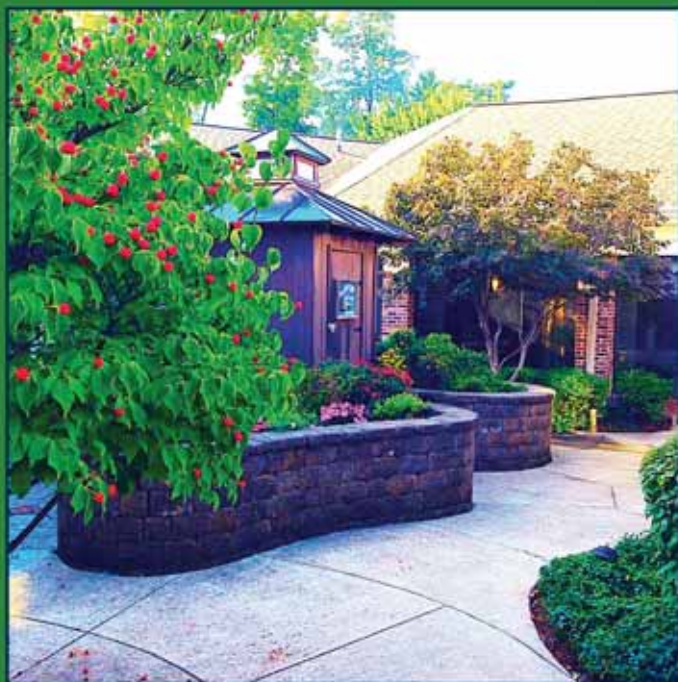
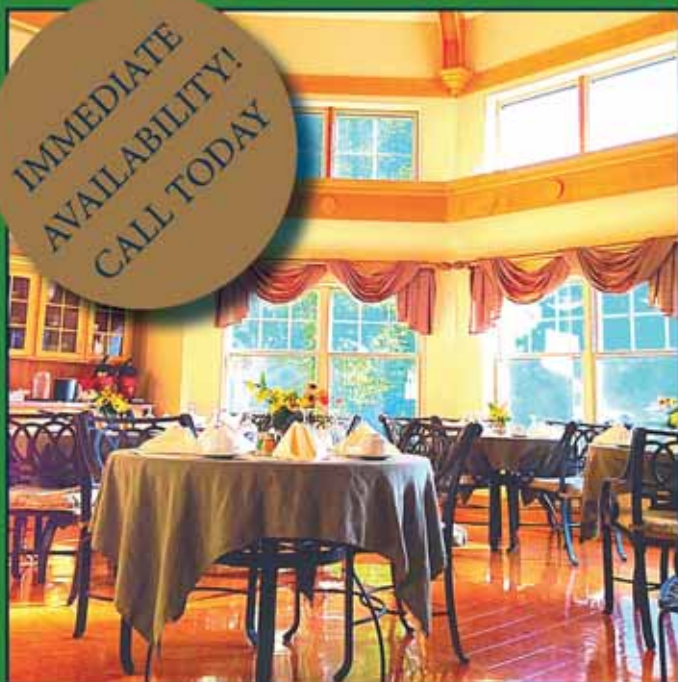
Health Curriculum To More Closely Align with State

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Tysons Corner Plaza Becomes a Friday Night Spot

ENTERTAINMENT, PAGE 10

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Health Curriculum To More Closely Align with State

School Board approves recommendations from advisers, with amendments.

BY TIM PETERSON
THE CONNECTION

Though it was the second packed house in as many months, it may be early yet to call crowded Fairfax County School Board meetings a trend. On May 7, parents, community members and a handful of students came out to Luther Jackson Middle School in Merrifield as the board approved adding “gender identity” to the school system’s non-discrimination policy. No one disputed the need for protection from bullying or fostering a positive, healthy and safe learning environment for all. But many who spoke that night were critical of the process. There was confusion as to what the effects of the policy change would be, and anger that engagement with the public ahead of time was lacking.

At the board’s regular meeting on June 25, the first and foremost action item was voting on recommended changes to the Family Life Education and health education curricula for grades Kindergarten through 10. The changes were proposed by the Family Life Education Curriculum Advisory Committee, an ad hoc group set up, according to the School Board, to align the school system’s lessons with Virginia Department of Education health standards and evaluate new standards for opt-out-optional Family Life Education.

CHANGES included adding gender identity and sexual orientation to Family Life Education, beginning in seventh grade, as well as moving a portion of the curriculum from Family Life Education to students’ health courses. Parents may opt their students out of any Family Life Education class, while the health lessons are mandatory for all students.

The committee briefed School Board members on its initial proposed changes at a work session on May 11; the recommendations came up as business at the board’s May 21 meeting with June 25 scheduled as the voting date.

Between May 21 and June 19, the recommendations were put online for community review. During that period, the School Board reports, staff received 561 emails, plus a petition signed by 116. It amounted to 225 pages of citizen comments, all of which can be viewed and read through the School Board’s agenda notes for the June 25 meeting.

Among the breakdown of responses (also posted in the June 25 agenda notes) 435 were opposed to “inclusion of transgender instruction and references to gender-fluid-



PHOTOS BY TIM PETERSON/THE CONNECTION

Groups both for and against proposed changes to health and Family Life Education curricula took turns standing and cheering while their viewpoint was represented during citizen participation at the school board meeting.

ity,” while 54 supported “inclusion of sexual orientation and gender identity instruction.”

The petition called for the board to:

1. Prevent the removal of family-centered lessons from parent oversight and opt-out.
2. Provide comprehensive cross-references to Virginia health standards of learning for certain [Family Life Education] lessons proposed to be transferred to “health education.”
3. Refrain from approving the teaching of [Lesbian-Gay-Bisexual-Transgender] topics in [Family Life Education] (while acknowledging the importance of teaching respect for all people).

In response to the comments and prior to the June 25 meeting, several changes were made to the recommendations, including:

- ❖ Grade 8 – Removed – “The concept that sexuality is a broader spectrum will be introduced.”
- ❖ Grade 10 – Removed – “Emphasis will be placed on an understanding that there is a broader, boundless and fluid spectrum of sexuality that is developed throughout a lifetime.”

But for the majority of citizens in attendance at the June 25 meeting, clad in red for solidarity, that wasn’t enough. Speakers before the board claimed many of the curriculum items coming out of Family Life Education and into health were not actually required as part of the state standards of learning. And the prospect of losing the opportunity to opt their children out of material not required by the state was infuriating for some.

“This vote is not about bullying or hatred,” said Laura Hanford. “The real point is process ... that culminated in outright deceit.”

After the initial motion from board member Sandra Evans to approve the curriculum advisory committee’s recommendations, members Patricia Reed and Elizabeth

Schultz attempted a motion to postpone the vote until July. They cited a steady stream of clarifying information coming in from county staff answering numerous questions from the board, as well as the feedback from community members.

“To rush is not good public policy,” said Reed, who added she was “receiving material as late as today.”

Schultz questioned who gave the advisory committee its direction and was critical that none of the board members had served as a liaison.

Their motion to postpone was voted down 10-2, which drew an outburst of cat-calls and derogatory comments from the audience.

Next board member Patricia Hynes introduced an amendment that appeared to be a compromise. It would direct Superintendent Dr. Karen Garza to “retain in Family Life Education any objectives that are not required by the 2015 VDOE Health Standards of Learning.”

Hynes commented the board had made a “mistake” in attempting to move some of the Family Life Education to health curriculum that wasn’t required by the state. But a large part of the audience was vocally upset there were no details presented as to which Family Life Education curriculum items this amendment would impact.

Schultz then offered a sub-motion: directing Garza and her team to further review the recommendations and how they align with state standards. This would also defer consideration of the changes for implementation in the 2016-2017 school year. Schultz again commented that the board’s preparation for the vote was lacking.

Schultz’s sub-motion was defeated. Then board vice chairman Ted Velkoff offered an amendment to Hynes’ original amendment that enumerated the 15 items originally from Family Life Education that would be



Student Bennett Shoop addresses the Fairfax School Board at its June 25 meeting in support of the Family Life Education proposed changes, saying, “Knowledge can become acceptance too.”

returned. This would “make sure parents have the opportunity to opt out,” Velkoff said. Twelve were not required by the state to be in the health standards and three were in response to the petition.

The list of numbers without corresponding policy descriptions drew more noise from the heavily anti-recommendations crowd.

ACCORDING TO AGENDA posted by Fairfax County Public Schools, those curriculum items that were part of Family Life Education, had been recommended to move to health and would be moved back under Velkoff and Hynes’ amendments are as follows (the K or number refers to grade level):

- ❖ **K.1** Student will recognize that everyone is a member of a family and identify members of their individual families
- ❖ **K.2** Students will identify positive ways in which family members and friends show love, affection, respect, and appreciation for each other.
- ❖ **1.1** Students will describe a community as people living and working together and will understand that family members make up a community.
- ❖ **1.2** Students will identify responsibilities of different family members.
- ❖ **3.1** Students will identify positive personal characteristics and attributes.
- ❖ **4.3** Students will identify the need to assume greater responsibility for self as an individual, as well as responsibility within family, peer groups, and larger community.
- ❖ **4.7** Students will recognize the values and challenges of friendship.
- ❖ **5.2** The student will identify roles, duties, and responsibilities of family members
- ❖ **7.2** The student will explore changes in peer relationships during adolescence.
- ❖ **7.3** The student will describe how adolescent development affects family relationships and practice effective strategies for communicating with family members.
- ❖ **8.2** The student will practice applying the decision-making process to situations related to adolescent development.
- ❖ **8.7** The student will identify family and

SEE SCHOOL BOARD. PAGE 4



Langley High School's Science Olympiad Team was honored by the Board of Supervisors on Tuesday, June 23.

Langley in Nebraska

Langley High School's Science Olympiad Team was honored by the Board of Supervisors and Del. Kathleen Murphy (D-34) Tuesday, June 23.

Langley's team finished first in the state of Virginia in April and represented the state of Virginia at the national competition at the University of Nebraska in Lincoln, Neb. on May 15-16.

The competition "requires student mastery of technology, science and engineering subjects," said Supervisor John W. Foust. "It's a challenging and very competitive national program."

"It's quite an honor," said Foust. "Once again, a Fairfax County high school makes us so very proud."

Chemistry teacher and Langley coach Leah Puhlick thanked for all the support given to her "future scientists and engineers."

"We are privileged to be here and honored to represent Virginia at the national competition," she said.

Eleven students from the team appeared before the Board of Supervisors last Tuesday.

— KEN MOORE

Area Students Receive Congressional Award

On June 17, more than 150 youth from across the nation received the Congressional Award, Congress' highest honor for youth. Currently over 40,000 students from all 50 states are enrolled in the youth development program.

At the Recognition Dinner at the Ronald Reagan Building, more than 600 guests including members of the House and Senate along with business leaders honored the recipients and recognized retired Congressman John Dingell and Divisional Vice President of Walgreens Steve Pemberton for their work with American youth.

Since its inception in 1979, the Congressional Award has recognized thousands of young Americans committed to serving their country and improving themselves, repre-

senting over seven million hours of public service.

Those honored include several students from our area.

Rep. Barbara Comstock (R-10): Rachel Bugge of Great Falls, Baylor University; Christina Flear, of Manassas, Osburn Park High School; Nikki Kothari, of Herndon, Thomas Jefferson High School for Science & Technology; and Austin Smith, of Great Falls, Cortona Academy.

Rep. Gerald Connolly (D-11): Tristana Giunta, of Falls Church, Yale Law School; Charlotte Heffelmire, of Vienna, McLean High School; Taylor Lane, of Dunn Loring, George C. Marshall High School, and Suhani Sanghavi, of Fairfax, Fairfax High School.

WEEK IN MCLEAN

Fundraiser Supporting McLean Project for the Arts

A fundraiser for McLean Project for the Arts has been announced by HBC Realty Group's (Keller Williams Realty) Community Charity Champions. Come to dinner on Tuesday, July 14, from 5 to 8 p.m. at Pulcinella Italian Host in McLean to support McLean Project for the Arts. Approximately 70 percent of the proceeds from food and drink will go to the charity, as long as the diner brings the flyer for the event. Contact HBC Realty Group at 703-734-0192 or visit www.HBCRealtyGroup.com to receive a flyer.

MPA is a nonprofit visual arts center founded in 1962 to exhibit the work of emerging and established regional artists. In addition to its program of high quality,

professionally-curated art exhibitions, MPA presents special traveling exhibitions from the Virginia Museum of Fine Arts. MPA offers art classes for children and adults taught by professional art instructors. MPA also presents the Art Reach program for area schools, gallery talks, and day trips to area museums and galleries.

Sponsors of the event are: Karen Briscoe and Lizzy Conroy with the HBC Realty Group of Keller Williams Realty, Barb Kinlin of Reveal Remodel, Marcus Simon with EKKO Title, Kevin Dougherty of Pillar to Post, Kathy and Justin Neal of The Neal Team/SunTrust Mortgage, The McLean Chamber of Commerce, and Moe Jebali with Pulcinella Italian Host.



PHOTOS BY TIM PETERSON/THE CONNECTION

Parents wearing "Respect Parents' Rights" and waving signs that read "Opt Out My Child" stand during citizen participation at the June 25 school board meeting.

School Board

FROM PAGE 3

personal expectations of dating relationships and investigate the influence of mass media messages on dating and sexual behavior.

❖ **8.8** The student will demonstrate strategies for resolving conflicts that arise in families and peer groups.

❖ **9.1** The student will identify the family as a basic unit of society and his or her responsibility as a member of the family.

❖ **10.9** Student will describe his or her attitudes toward dating while examining values, morals, and ethics essential to positive dating relationships.

Those two amendments passed, after which Schultz made one final attempt to stay the vote by tabling the discussion. Af-

ter that was voted down, the board voted 10-2 in favor of the recommended changes with Reed and Schultz as the dissenting votes.

Where the May 7 vote drew lengthy and numerous comments from the majority of the board members, the group was largely quiet aside from the champions of the motions and amendments.

"It is important to note that all [Family Life Education] designated lessons will continue to have the opt out provision," School Board chairman Tammy Derenak-Kaufax said in a statement after the meeting. "Our parents' role in determining if their child will receive [Family Life Education] lessons has not changed. We respect parents' rights to make the choices they believe are in the best interest of their families."



School Board members Sandra Evans representing Mason District (left) and Elizabeth Schultz representing Springfield District (right) discuss changes to health and family life education curricula at the board's June 25 meeting.



WELCOME TO THE WORLD GAMES AND FAIRFAX COUNTY, WHERE FELLOW **POLICE, FIREFIGHTERS AND TEACHERS** HAVE A TARGET ON THEIR BACKS



As a public servant, you understand the commitment of fellow police, fire and teachers to goodwill, community involvement and education.

But here in Fairfax County, local politicians don't share our commitment. Every year it's a fight for funding. Politicians let special interest groups, like the Chamber of Commerce and the Restaurant Association, use us for target practice. *It seems like every year, public safety and education are the only ones to take the hit.*

When politicians place the burden on schools and public safety with underfunding and stagnant salaries, *we all lose.*

While you're here at the games, recognize Fairfax County public safety officials with a high-five. It might be the only support they get this year.

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OPINION

Open Letter to Elected Officials and Candidates

Spend some of your campaign dollars in newspapers.

Here at the Connection, our email boxes are filling up with messages from people running for office. It's not surprising, since in November, virtually every state and local office in the commonwealth is on the ballot.

It's a good predictor for what will happen next in brick and mortar mailboxes of voters around the region.

What do candidates want from local newspapers?

Candidates, many of them incumbents, want to be quoted. They would like a reporter to come to their campaign announcements, to their kickoffs, to their forums. Candidates would like us to cover and print their statements on a variety of interesting and important issues. They would like to have their photos appear on the print and web pages of our newspapers

And for the most part, we will. We will cover the issues, the campaigns, the opinions, the fundraising, the political record.

While competition in local races is limited, money is not.

Current campaigns are on track to top the money spent in 2011 State Senate races. In 2011, Virginia State Senate candidates spent more than \$42.5 million. They have already spent more than \$20 million in 2015.

In Virginia state house races, in 2013 (members of the Virginia House of Delegate, like U.S. Congress, run for reelection every two years) candidates spent \$35.9 million.

In an example of the money these races can

attract, here is an extreme example from two years ago. In the 2013 race for House of Delegates District 34, Barbara Comstock raised \$1.4 million, narrowly defeating Kathleen Murphy (50.64 percent to 49.21 percent) who raised nearly \$700,000. Comstock went on to win the U.S. House seat vacated by longtime Rep. Frank Wolf, and Murphy went on to win the District 34 seat in a special election.

Comstock to her credit spent more than \$5,000 (about one-third of one percent) on newspaper ads (most in Korean publications), but more than \$87,000 on mailers. More surprising in a race for Virginia House of Delegates was that Comstock spent more than \$500,000 on TV and radio ads.

Murphy spent \$29,570 on mailers, \$950 on newspaper advertising and \$161,200 on TV and radio ads. (SOURCE: VPAOrg)

EDITORIAL In other contested House races in 2013, it was more common to see expenditures between \$100,000 and \$300,000 per candidate. Most candidates spent zero dollars in community newspapers. Nearly every candidate spent tens of thousands of dollars on filling up voters' mailboxes with glossy mailers.

Of course it makes sense for candidates to target individual voters by mailing directly to their homes.

But does it really make sense to do that to the exclusion of other methods of reaching voters? Consider that 91 percent of voters who contribute to campaigns read newspapers in print or online, according to an independent study in 2012.

The Connection will not be endorsing candidates in the November elections. We'll be covering the local races to the best of our ability no matter who spends money on advertising. Other local newspapers will also cover the races without regard to advertising dollars.

That's not why we do what we do.

But to put on my publisher's hat (and not my editor's hat) for a minute, if you have a big marketing budget, and you value coverage of local newspapers (not just ours), why wouldn't you spend a portion of that budget (any portion) supporting that platform? There is a cautionary tale in the recent and abrupt closure of the chain of local papers that served Montgomery and Prince George's counties in Maryland, as a recent and extreme example.

One California community in Los Angeles proposed legislation to let residents opt out of receiving election-related mail during a hotly contested mayoral election "where both campaigns and their supporters had flooded the mailboxes of registered voters with dozens of direct mail pieces," according to The Argonaut, a weekly newspaper there. Sound familiar?

But it's more than a charitable effort.

For the same reasons that the campaigns know they want local newspaper coverage, newspaper advertising is an effective way to reach voters.

According to an independent study during the last presidential campaign, cited by the National Newspaper Association: 86 percent of voters who cast ballots in the last local election read newspapers in print or online; 79 percent of voters ages 18 to 34 read newspapers in print or online; newspapers and their websites consistently outscore other media for being "reliable," "accurate" and "in-depth" about local civic and political issues; newspaper political advertising is the least "annoying" of any medium; 91 percent of voters who contribute to campaigns read newspapers in print or online.

Just a suggestion ...

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

On Interns Past and Lessons Learned

BY JOAN BRADY

Harlem, 1991. Pre-gentrification. It was an unlikely location for a book club. But every week, I hopped the subway and headed to the Children's Aid Society Center at 103rd and Columbus to lead a group of young teens in book discussions.

Looking back, "The Catcher in the Rye" seems like an odd choice, a story seemingly so far from the day-to-day experiences of my young readers. My notes from that time are simply a scrawled list of discussion questions: "How did Holden feel about adults? peers?" "Why did he

break the windows of the station wagon." I wish I could remember how the kids related Holden's feelings and experiences to their own.

I was working at Channel 13/WNET at the time and the kids thought it was super cool that I worked in TV. The fact that it was public television, rather than MTV, didn't seem to matter. The fact that I wasn't on TV or even working on the production end of the business, didn't seem to matter either.

Ralph was particularly interested. So much so that we discussed the possibility of an internship. His frame of ref-



Joan Brady

erence limited him to asking about an internship in the mailroom.

Ultimately, the station hired him to be my (unpaid) marketing services intern.

As an intern, Ralph did what high school interns do.

He stapled. He made copies. He came in a few days a week after school.

When the time came for us to part ways, I asked him to write down what he had gotten out of the internship.

"I have learned that I have fun working...

...it is really easy to get along with one another...

...to work in a big building with others you have to get along...

...you can't come in mad and then take it out on everyone else...

... to work in a big building with others you have to get along ...

...if you're angry stay home don't come to work..."

Ok that last might be impractical

as a full-time employee, but darn if it doesn't make some sense.

I can't help but wonder what ever happened to that kid who learned the importance of getting along with others at work, when he was just 14.

Joan Brady is a professional photographer; mentor and advocate for current and former foster children; a volunteer with paws4People, Fairfax Families4Kids, and others; and a resident of Great Falls. Reach her at joan@joanbradyphotography.com

McLean
CONNECTION

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Call for Pet Connection Photos

The Pet Connection, a twice-yearly special edition, will publish on July 22, and photos and stories of your pets with you and your family should be submitted by July 15.

Our favorite pictures include both pets and humans. We welcome short stories about how you got your pet, a noteworthy talent or anecdote about your pet, tales of the bonds between your family and your pet, plus drawings, paintings or other artwork of your pet by children or adults. Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

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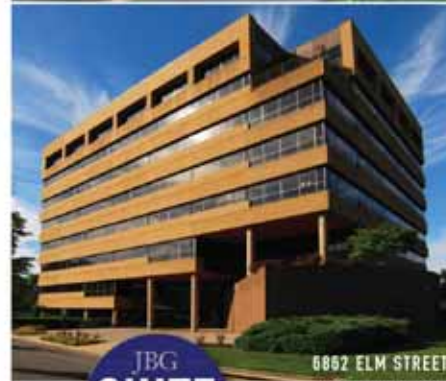
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WELLBEING

July 4th Safety

From swimming to fireworks, safety precautions for a festive Independence Day.

BY MARILYN CAMPBELL
THE CONNECTION

It was a near accident at camp last summer that sparked action by one parent. Elementary school-aged campers splashed in the pool. Everyone was having fun. Then tragedy almost struck.

Jackie Wheeler says one second her 7-year-old son was frolicking on top of the water and the next he was bobbing just below the surface, gasping for air.

"One of the counselors took his eyes off of Noah for one second, and he started to struggle," said Lee. "Ultimately, the life-guard had to jump in and save him."

Wheeler didn't witness the incident, but its recounting was difficult for her to hear. That brush with danger became a defining moment for her family. She enrolled her son, who is now 8, and her daughter Ava, who is 4, in private swimming lessons at the YMCA in Bethesda, Md.

"I want them to be safe around the water, and I want them to be able to save themselves or someone else if necessary," said Wheeler.

She's not the only one thinking about safety. As Independence Day approaches and time spent at the pool, outside in sweltering temperatures and at fireworks shows increases, public health and safety officials are working to raise awareness about potential hazards.

WATER SAFETY

Ensuring that children learn to swim and keeping a close watch on them at the pool or beach are two ways that officials encourage water safety.

Parents and caregivers should also be mindful of recreational water illnesses, which are caused by swallowing or coming in contact with contaminated water in swimming pools and other bodies of water. Help reduce the risk of recreational water illnesses by showering with soap and water before entering a pool, taking frequent

bathroom breaks and conducting regular diaper checks followed by washing hands with soap and water, say local health officials.

HEAT SAFETY

Sunburn is another health concern when swimming outdoors.

"Protect your skin and eyes from the sun's damaging rays [by] wearing protective clothing and sunglasses," said Kenya Fluellen, associate professor of nursing at Northern Virginia Community College in Alexandria, Virginia. "Always use sunscreen with a minimum SPF of 30."

Heatstroke is the number two killer of children after car crashes, and Fairfax County has joined with the National Highway Traffic Safety Administration to remind parents and caregivers about the dangers of leaving children unattended in a car, particularly during the summer, which can lead to heatstroke and even death.

"You should never leave a child alone in the car, and that is certainly true in the summer when the temperatures are on the rise and cars get hot very quickly," said John Silcox, public safety information officer, Fairfax County Health Department.

Fairfax County officials say there were 30 heatstroke deaths of children left in vehicles in 2014. Most parents simply forgot their children were with them. "Put something in the back of your car, such as a bag or a cell phone, so you'd be certain to check before leaving the car," said Silcox.

FIREWORKS SAFETY

While fireworks are synonymous with July 4th celebrations, creating a fireworks display at home is illegal in some local jurisdictions. In both Alexandria and Montgomery County, Md., for example, all fireworks are illegal to possess or discharge, including gold label sparklers. In Fairfax County, any firework that explodes, emits a flame, sparks higher than 12 feet, or performs as a projectile is prohibited. Arlington County has similar prohibitions.



PHOTO COURTESY OF ARLINGTON COUNTY FIRE DEPARTMENT

Fireworks are sold at a local stand at Lee Highway and N. Harrison Street in Arlington. Fireworks are synonymous with July 4th celebrations, but creating a fireworks display at home is illegal in some local jurisdictions.



PHOTO COURTESY OF JACQUELINE WHEELER LEE

Ava and Noah Lee take private swimming lessons in Bethesda, Md. Safety officials encourage parents to make sure their children learn to swim.

"We always remind people that the best and safest way to enjoy July 4th is to go to a professional show and let the professionals handle it and just enjoy the show," said Lieutenant Sarah-Maria Marchegiani, spokeswoman for the Arlington County Fire

Details

Local Fireworks Laws and Safety Information

- Arlington: <http://fire.arlingtonva.us/fire-code-information/fireworks/>
- Alexandria: http://alexandriava.gov/fire/info/news_firedisplay.aspx?id=62314
- Fairfax County: www.fairfaxcounty.gov/fr/prevention/fmfireworks.htm
- Montgomery County: www.montgomerycountymd.gov/mcfrs-info/tips/citizens/fireworks.html

Heat and Car Safety

- www.safercar.gov/parents/index.htm

Water Health and Safety

- www.redcross.org/prepare/disaster/water-safety
- Arlington: <http://health.arlingtonva.us/environmental-health/recreational-water-illness-rwi/>
- Alexandria: <http://alexandriava.gov/AquaticHealth>
- Fairfax County: www.fairfaxcounty.gov/hd/eh/pools/pool-safety.htm
- Montgomery County: www.montgomerycountymd.gov/mcfrs-info/tips/citizens/pool.html

Department. "Some people don't know that sparklers are dangerous for kids. They burn hot enough to cause third degree burns. We recommend that adults be the only ones to ignite fireworks."

If you do want to put on your own backyard Independence Day illumination show, check local regulations, allow fireworks to cool completely and douse them with water before discarding them, advises Marchegiani.

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NEWS

McLean Residents Buy Fresh and Local

Every Friday vendors gather in McLean to sell homegrown products.

BY CAROLINE ALKIRE
THE CONNECTION

Cartons of berries, boxes of tomatoes and tables full of flowers attract local residents to the farmers market at Lewinsville Park in McLean.

Every Friday from 8 a.m. – noon customers in search of fresh produce swarm the parking lot of the park to visit popular vendors such as the Westmoreland Berry Farm or Country Gardens.

While it may not be as big as rival markets such as Dupont or Arlington, the McLean market's calmer atmosphere is exactly what locals love about it.

"It's the perfect size," says Megan Rounsaville, a first grade teacher at The Langley School. "It's easy to find whatever I need, and it has a lot of variety. I come here every Friday during the summer. Everyone is so friendly, and it's a great way to start the day."

Sabry Alsharkawi opened his herb stand, Sharkawi Farm, in 1985. He's sold his herbs at the McLean market since, and believes that the market itself has become less active since 2008, due to the economy.

"Since the economy drop, however, the market hasn't lost any more activity," says Alsharkawi. "People love herbs, and are always asking for cilantro and basil to cook with. This year has been good so far, and I hope it stays that way."

Many of the vendors are family businesses. These families travel from places such as Warrenton and Orange County to sell their products. Valentine Miller has been a vendor at various farmers markets since 1991, and sells everything from meats to pastries.

"My wife and kids do the baking. We have plums and a lot of fruit right now," says Miller. "I find that people love meats, and always stop by to get some. We have chicken, lamb, beef, pork and rabbit. Every year we do a little bit better."

Vendors are even branching out, and opening actual stores filled with fresh produce. Mike Larson of the Lokl Gourmet stand at the market is opening up a Lokl Gour-



Michelle Dean, of Arlington, buys flowers from Rhonda Stevenson, who runs the Country Garden's flower stand. Dean believes that Country Gardens has the best flowers.



Valentine Miller works his stand, Valentine's, every Friday at the McLean farmers market.

PHOTOS BY CAROLINE ALKIRE/THE CONNECTION



Sabry Alsharkawi shares knowledge about his herbs with a customer.

met store on the corner of Old Dominion and Spring Hill in McLean. It will have all the same fresh produce and ready-to-eat sandwiches, but these goods will be accessible more than once a week.

The local feel, fresh products and eager customers are what keeps McLean's farmers market up and running. Shoppers love the

produce, especially the tomatoes, and enjoy supporting family run businesses.

"It's a community gathering place," says Laura Marchisotto of McLean. "Everything is so fresh, and the farmers are so knowledgeable. They talk about the way they grow their food and they suggest recipes. Every community needs a least one farmers market."

2015

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THE CONNECTION
NEWSPAPERS



ENTERTAINMENT



The crowd cheers during American Authors' performance.



From left — Emma and Hannah Grossman of Vienna wait for the show to begin.

Tyson's Corner Plaza Becomes a Friday Night Spot

The fresh concert series in Tysons attracts teens, adults and families.

BY CAROLINE ALKIRE
THE CONNECTION

Nick Fradiani and his band Beach Avenue walked on stage to whoops and applause from the watching crowd. Teenagers leaned forward over silver metal barriers waving mini American flags and cheering.

"We used to perform covers of American Authors' songs," Fradiani told the crowd. "Now we're opening for them; it's pretty incredible."

For most of the summer, Maserati is hosting a fresh artist concert series at Tysons Corner Center. Every Friday until Aug. 7, a new artist will perform live. On June 26, radio station 94.7 brought "American Idol" winner Nick Fradiani and his band Beach Avenue to the plaza at Tysons to open for the popular rock band American Authors.

Surrounded by hotels, the shopping mall and outdoor restaurants, the new plaza at Tysons is a popular Friday night attraction for teens and adults. On June 26, the outdoor venue was filled with excited young fans and adults who work in the Tysons area.

Sisters Emma and Hannah Grossman of Vienna have attended the past three Friday concerts at the Tysons plaza. The concerts have featured Parachute, Black Alley and Jakubi.

"These concerts are definitely fun," said Emma Grossman. "It's all about the fresh new artists. I hadn't heard of the band last week, Black Alley, but it's great hearing new music and hanging out."

Entry to each concert is free, but the plaza isn't overly crowded, and the crowds aren't



American Authors' lead singer Zac Barnett belts out the lyrics to the band's opening number "Home."

difficult to navigate. Concertgoers are able to casually watch the sound check and see team members set up for the bands.

"It's more low-key than going to a festival, which I really like," said Hannah Grossman.

Around 8 p.m. American Authors ran on stage to the steady beat of a drum; the concert had officially begun. As they struck the first few chords to their opening number, "Home," the crowd immediately began to sway and clap to

the beat.

"I had a lot of fun," said 16-year-old Jack Watkins of Herndon. "It's nice to be out listening to live music in such beautiful weather on a Friday night."

PHOTOS BY CAROLINE ALKIRE/THE CONNECTION



Nick Fradiani and Ryan Zipp of Beach Avenue perform for the crowd.

VIEWPOINTS

What do you think about Tysons concert series?

— CAROLINE ALKIRE

Legia Faria, Washington, D.C.:

"This is the first time I've ever been to one of these concerts but I won VIP tickets from 94.7 so I'll get to meet the band American Authors. I loved watching them do the sound check, and I can't wait to meet them. It's been a great experience so far."



Rachel Whittaker, Woodbridge:

"The best thing about this concert is that it's free, and it's American Authors. I love how small the venue is, and it was cool watching the band do the sound check and seeing the whole process up close."



Sara Kahn, Herndon

"I heard about the concert through friends. The music is great so far, and it's nice to just be outside with live music and with friends in the summer."

Sydney Burke, Woodbridge:

"The concert has been really fun so far. I like that the venue is small so we can be up close to the stage to hear the music."

CALENDAR

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

ONGOING

Vienna's Summer on the Green

Concert Series. Fridays-Sundays, through Sept. 27. 6:30 p.m. at Vienna Town Green, 144 Maple Avenue E, Vienna. Come out on the weekend and listen to some good music. Visit <http://www.viennava.gov/DocumentCenter/View/2640>

Great Falls Concerts on the Green.

Sundays, through Sept. 6. 6-8 p.m. at Great Falls Village Centre Green. Come out on Sundays and listen to some live music. Visit <http://www.celebrategreatfalls.org/concerts-on-the-green/>.

Tyson's Concerts on the Plaza.

Fridays, through Aug. 7. 6-8 p.m. at Tysons Corner Center, 1961 Chain Bridge Road, Tysons Corner. Sit back and enjoy live music with a special line up each week. Tickets are available on a first-come, first-serve basis beginning at 10 a.m. each Friday morning in the mall concourse on level 2 next to ZARA.

Summer Reading Program.

Friday-Sunday, through Sept. 5. 10 a.m.-5 p.m. at Great Falls Library, 9830 Georgetown Pike Great Falls. Attend summer events and check out books. All ages. Visit <http://www.fairfaxcounty.gov/library/branches/gf/>.

Restful Pause.

Wednesday-Saturday, through Aug. 1. Katie's Coffee House, 760 Walker Road, Great Falls. Robert Gilbert brings his nine, framed still-life paintings to exhibit. The subjects are wine bottles, wine glasses, ceramic pots, fruits and vegetables. The paintings are realistic in some areas and impressionistic in others.

What's in Your Garden?

Tuesdays - Saturdays, through Aug. 1. Vienna Arts Society "Gallery in the Village Green," 513 Maple Ave. W, Vienna. Featured artist Loy McGaughey of Reston exhibits a collection of watercolors inspired by her personal photographs. The exhibition includes more than a dozen other artists.

WEDNESDAY/JULY 1

Oak Marr Farmers Market. 8 a.m. - noon. Oak Marr Park & RECenter, 3200 Jermantown Road, Oakton. Wednesdays, May 6 - Nov. 18. <http://www.fairfaxcounty.gov/parks/farmersmarkets/viennamkt.htm>

NoMa Summer Screen: Grease.

7 p.m. Wolf Trap, 1645 Trap Road. Open to all ages, NoMa will be screening the film "Grease." Free admission. wolfftrap.org.

WEDNESDAY-FRIDAY/JULY 1-3

World Police & Fire Games:

Dodgeball. 4-8 p.m. Lerner Town Square at Tysons II, 8025 Galleria Drive, Tysons. Fairfax2015.com.

THURSDAY/JULY 2

Throwback Thursdays.

7 p.m. Barnes & Noble Tysons Corner Center, 7851 Tysons Corner Center, McLean. As part of the month long Get Pop-Cultured event, each Thursday will be themed after a different decade in pop culture. This Thursday will be focused on the '50s. Explore the books, toys, games, music, movies, TV and fashion that shaped each decade.

FRIDAY/JULY 3

McLean Farmers Market. 8 a.m.-12 p.m. 1659 Chain Bridge Road, McLean. Fridays, May 1-Nov. 20. www.fairfaxcounty.gov/parks/farmersmarkets/mcleanmkt.htm.

SUNDAY/JULY 5

McLean Farmers Market. 10 a.m.-2 p.m. Parking lot of the National

SEE CALENDAR, PAGE 11

CALENDAR

FROM PAGE 10

Automobile Dealers Association 8400 Westpark Drive, McLean. www.smartmarkets.org/

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

The Ebony Hillbillies. 5 p.m. The Alden, 1234 Ingleside Avenue, McLean. This African-American string band from New York City specializes in a rootsy sound that originated in the 1920s and '30s, but still carries echoes of country, blues, jazz and R&B.

MONDAY/JULY 6

Bouncing Babies. 10:30 a.m. Dolley Madison Library 1244 Oak Ridge Avenue, McLean. An opportunity for kids to explore an early literacy enhanced story time featuring rhymes, stories and songs. Preschool or Birth-12 months with an adult. Openings.

WEDNESDAY/JULY 8

Toddling Twos and Threes. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. An opportunity for kids to explore an early literacy enhanced story time featuring stories, rhymes and songs. Ages 2-3 with adult. Openings.

FRIDAY-SUNDAY/JULY 10-26

"Jesus Christ Superstar." 8 p.m. The Alden, 1234 Ingleside Avenue, McLean. "Jesus Christ Superstar" is based on the accounts in the Gospels of the final days of Jesus of Nazareth, from his arrival in Jerusalem until his crucifixion. A large part of the plot focuses on the character of Judas Iscariot. Although the setting and style of the show are contemporary, it is faithful to the biblical accounts of the events. Tickets: \$23-\$25. www.McLeanPlayers.org.

July 4th in Fairfax County

SATURDAY/ JULY 4

Vienna 4th of July Festival and Fireworks Show. 12-9 p.m. Vienna Town Green, 144 Maple Avenue, East, Vienna. Free event with food and drink, music, family games, children's entertainment and more. Fireworks show begins at 9:15 p.m. http://www.viennava.gov/index.aspx?nid=894

McLean 4th of July Fireworks Celebration. 8 p.m. Cooper Middle School, 977 Balls Hill Road, McLean. Food and music. Shuttle buses will be available at St. John's Episcopal Church at the McLean Community Center. http://www.mcleancenter.org/special-events

Great Falls 4th of July Celebration & Parade. 8 a.m. - 6 p.m. Village Centre Green, 776 Walker Road, Great Falls. 5K walk/run, blood drive, Little Patriot Parade, and floats, horses, antique cars and pets making a loop in the Main Parade. Fireworks start after dusk at Turner Farm Park. http://www.celebrategreatfalls.org.

In the Lobby Bar: Independence Day Dance Party. 10 p.m. Jammin' Java, 227 Maple Avenue, East, Vienna. Featuring Pat Jones, DJ Madmen Z and Irresponsible. https://jamminjava.com

Herndon 4th of July Celebration. 6:30 p.m. Bready Park, Herndon Community Center, 814 Ferndale Avenue, Herndon. A family-fun event featuring games, arts and craft activities, bingo, food face painting, balloon artists, and fireworks. Fireworks show is



PHOTO COURTESY OF MCC

Independence Day Celebrations will be held on Saturday, July 4, on the sports fields at Cooper Middle School.

choreographed to music and begins at dark, approximately 9:30 p.m. www.herndon-va.gov.

Firecracker 5K for the Troops. 8 a.m. Reston Town Center, 11900 Market Street, Reston. A 3.1 mile race, live music, face painting, waving flags, and free massages. p.races.com/firecracker/

Lake Fairfax Fireworks Spectacular. 4-8 p.m. Lake Fairfax, 1400 Lake Fairfax Drive, Reston. Live music, enjoy the Water Mine park and more. http://www.fairfaxcounty.gov/parks/lakefairfax/

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COMMUNITY

Fairfax County Summer Food Program

Many students who receive free meals during the school year need assistance in the summer. Fairfax County Public Schools will participate in the U.S. Department of Agriculture's (USDA) summer food

service program for children, a program established to ensure that students who qualify for free and reduced-price meals during the school year continue to receive nutritious meals when school is not in session. Free meals that meet federal nutrition guidelines will be provided to

children at approved sites throughout Fairfax County.

Meals will be provided to all children without charge. Acceptance and participation requirements for the program and all activities are the same for every child regardless of race, color, national origin,

sex, religion, age, disability, political beliefs, sexual orientation, gender identity, or marital or family status, and there will be no discrimination in the course of the meal service. Meals may be provided, pending qualification, at the sites and times listed as follows:

FAIRFAX COUNTY PUBLIC SCHOOLS

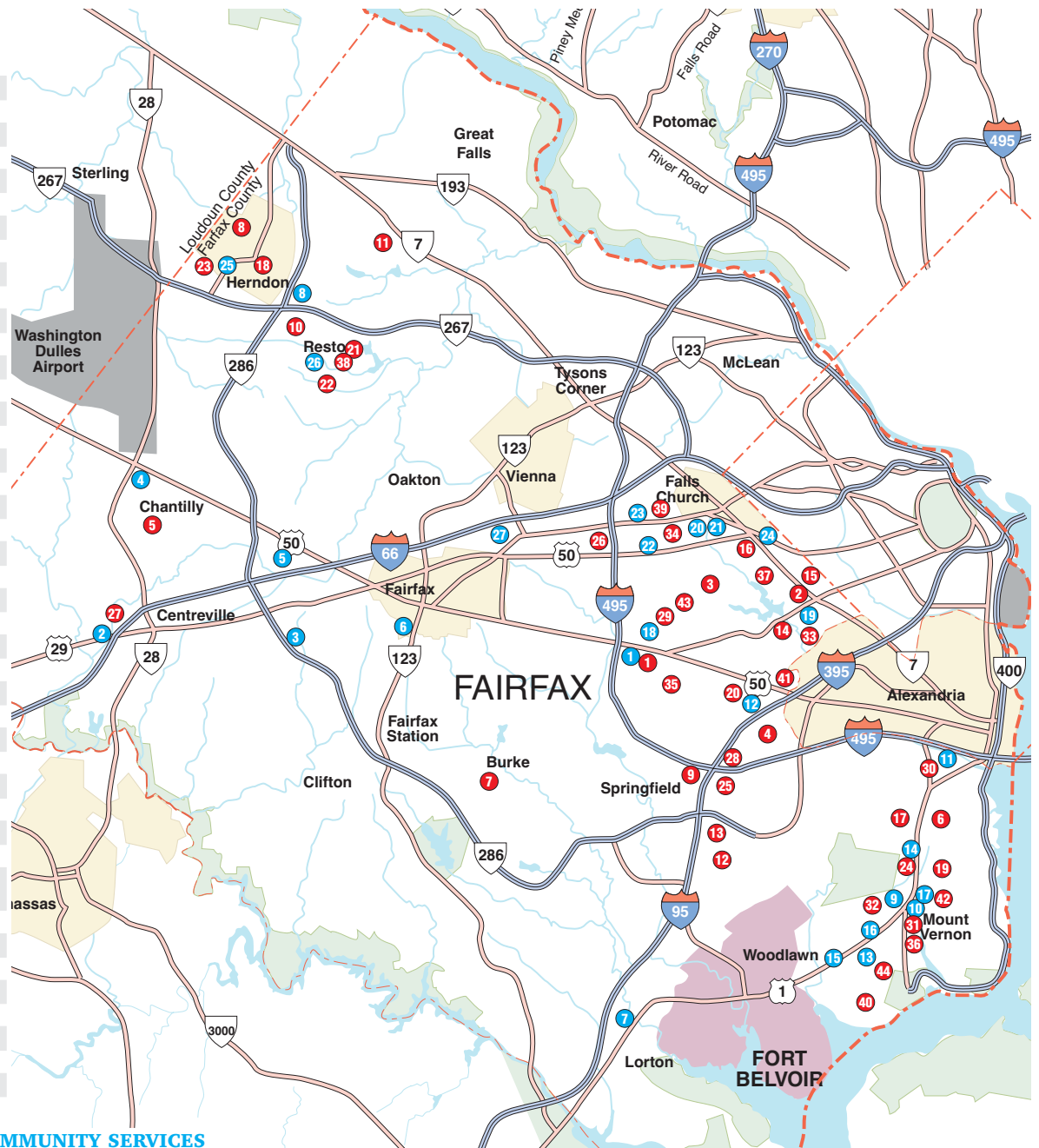
School Site	Dates	Breakfast	Lunch
1 Annandale Terrace ES	Jun 29 — Aug 7	9:00 - 9:30	12:00 - 12:30
2 Bailey's (Lower) ES	Jun 29 — Aug 7	9:00 - 10:00	12:00 - 1:30
3 Beech Tree ES	Jul 13 — 31	9:00 - 10:00	11:00 - 12:00
4 Bren Mar Park ES	Jul 13 — 31	8:00 - 8:30	11:15 - 12:15
5 Brookfield ES	Jun 29 — Aug 7	8:30 - 9:30	12:00 - 12:30
6 Bucknell ES	Jun 29 — Aug 7	8:45 - 9:30	11:30 - 12:30
7 Burke School	Jul 13 — 31	N/A	11:30 - 12:00
8 Clearview ES	Jul 6 — 31	8:30 - 9:45	12:00 - 12:45
9 Crestwood ES	Jul 13 — 31	9:15 - 9:45	12:00 - 12:45
10 Dogwood ES	Jun 29 — Aug 7	8:00 - 9:30	11:00 - 12:30
11 Forest Edge ES	Jul 6 — 31	9:00 - 9:45	12:00 - 12:45
12 Forestdale ES	Jul 13 — 31	8:00 - 9:00	10:30 - 12:00
13 Garfield ES	Jun 29 — Aug 7	8:30 - 9:30	11:30 - 12:30
14 Glasgow MS	Jul 13 — 31	7:15 - 7:30	11:00 - 11:30
15 Glen Forest ES*	Jun 29 — Aug 7	8:30 - 9:30	11:30 - 12:30
16 Graham Road ES	Jun 29 — Aug 7	9:00 - 9:45	12:00 - 1:25
17 Grovton ES	Jul 13 — 31	8:30 - 9:30	11:00 - 12:00
18 Herndon ES	Jun 29 — Aug 7	9:00 - 9:30	12:00 - 12:30
19 Hollin Meadows ES	Jul 6 — 31	8:00 - 9:00	11:00 - 12:30
20 Holmes MS	Jul 13 — Aug 7	8:30 - 10:00	11:45 - 12:30
21 Hughes MS	Jun 29 — Jul 30	8:00 - 8:30	11:30 - 12:00
22 Hunters Woods ES	Jul 13 — 31	9:00 - 9:20	11:00 - 11:30
23 Hutchison ES	Jun 29 — Aug 7	9:00 - 9:30	12:00 - 12:30
24 Hybla Valley ES	Jun 29 — Aug 7	9:00 - 9:30	12:00 - 1:00
25 Key MS	Jul 6 — Aug 6	8:00 - 10:30	11:30 - 1:00
26 Jackson MS	Jun 29 — Jul 31	8:00 - 9:45	11:30 - 12:30
27 London Towne ES	Jul 13 — 31	8:00 - 8:30	11:00 - 12:00
28 Lynbrook ES	Jun 29 — Aug 7	8:00 - 9:30	11:15 - 12:30
29 Mason Crest ES	Jul 6 — 31	9:15 - 9:45	11:30 - 12:45
30 Mount Eagle ES	Jun 29 — Aug 7	8:00 - 9:30	12:00 - 12:30
31 Mount Vernon HS	Jun 29 — Aug 4	7:45 - 8:00	11:00 - 12:10
32 Mount Vernon Woods ES	Jun 29 — Aug 7	9:00 - 9:30	12:00 - 12:30
33 Parklawn ES	Jul 13 — 31	9:30 - 9:45	12:00 - 12:45
34 Pine Springs ES	Jul 6 — 31	9:30 - 10:00	11:30 - 12:45
35 Poe MS	Jul 6 — 31	8:00 - 8:30	11:30 - 12:00
36 Riverside ES	Jul 13 — 31	8:30 - 9:00 and 1:30 - 1:45	11:00 - 12:00
37 Sleepy Hollow ES	Jun 29 — Aug 7	8:45 - 9:30	11:15 - 12:30
38 South Lakes HS	Jul 13 — 31	9:00 - 9:30	11:30 - 12:00
39 Timber Lane ES	Jul 13 — 31	8:30 - 8:45	12:00 - 12:30
40 Washington Mill ES	Jul 13 — 31	8:15 - 8:45	12:00 - 12:30
41 Weyanoke ES	Jul 13 — 31	8:30 - 8:50	11:45 - 12:15
42 Whitman MS	Jul 6 — 31	8:30 - 9:00	11:00 - 12:00
43 Woodburn ES	Jul 13 — 31	8:30 - 9:00	11:30 - 12:00
44 Woodley Hills ES	Jun 29 — Aug 7	9:00 - 9:30	12:00 - 12:30

*LIMITED MEALS AVAILABLE

FAIRFAX COUNTY DEPARTMENT OF NEIGHBORHOOD AND COMMUNITY SERVICES

Site	Dates	Meal Type	Time
1 Wedgewood Apartments 7615 Allman Drive, Annandale	Jun 22 — Sept 4	Lunch	12:00 - 1:00
2 Barros Circle 6117 South Barros Court, Centerville	Jun 22 — Sept 4	Lunch	12:00 - 12:30
3 Mott Community Center 12111 Braddock Road, Fairfax	Jun 22 — Sept 4	Breakfast/ Lunch	8:30 - 9:30/ 11:30 - 1:30
4 Ox Hill Baptist Church-CLCP 4101 Elmwood Street, Fairfax	Jun 22 — Aug 28	Breakfast/ Lunch	9:00 - 10:00/ 12:00 - 1:00
5 Ragan Oaks 1201 Ragan Oaks Court, Fairfax	Jun 22 — Sept 4	Lunch	12:00 - 1:00
6 Robinson Square 4400 St. Edwards Place, Fairfax	Jun 22 — Sept 4	Lunch	12:00 - 1:00
7 Lorton Community Action Center 9518 Richmond Highway, Lorton	Jun 29 — Sept 4	Lunch	12:30 - 2:30
8 YMCA Reston 12196 Sunset Hills Road, Reston	Jun 22 — Aug 28	Breakfast/ Lunch	8:30 - 9:00/ 11:30 - 1:00
9 Creekside UCM Community Center 7939 Janna Lee Avenue, Alexandria	Jun 29 — Aug 28	Lunch	12:00 - 1:00
10 Gum Springs Community Center 8100 Fordson Road,	Jun 22 — Sept 4	Breakfast/ Lunch	9:00 - 10:00/ 12:00 - 1:00
11 Huntington Community Center 5751 Liberty Drive, Alexandria	Jun 22 — Sept 4	Breakfast/ Lunch	9:00 - 10:00/ 12:00 - 12:30
12 Lincolnia Community Center 5130-B Lincoln Avenue, Alexandria	Jul 6 — Aug 28	Breakfast/ Lunch	9:30 - 10:00/ 12:30 - 1:30
13 Old Mill Gardens 5804 St. Gregory's Lane 1A, Alexandria	Jun 29 — Aug 28	Lunch	11:00 - 1:00

Site	Dates	Meal Type	Time
14 Meadow Woods 7242 Fordson Road, Alexandria	Jul 9 — Aug 14	Lunch	12:30 - 1:15
15 Sacramento Neighborhood Center 8792-E Sacramento Drive, Alexandria	Jul 6 — Aug 21	Lunch	1:30 - 2:30
16 South County Teen Center 8350 Richmond Highway, Suite 309, Alexandria	Jun 22 — Sept 4	Breakfast/ Lunch	9:00 - 10:00/ 12:00 - 1:00
17 Westford Community Center 3013 Westford View Court, Alexandria	Jun 30 — Aug 22	Breakfast/ Lunch	9:30 - 10:15/ 11:30 - 12:15
18 Parliaments 7409 Eastmoreland Road, Annandale	Jun 22 — Aug 28	Lunch	12:30 - 2:30
19 Bailey's Community Center 5920 Summers Lane, Falls Church	Jun 22 — Sept 4	Breakfast/ Lunch	9:00 - 9:30/ 12:00 - 1:00
20 James Lee Community Center 2855-A Annandale Road, Falls Church	Jun 22 — Sept 4	Breakfast/ Lunch	8:30 - 9:30/ 11:30 - 1:30
21 James Lee Teen Center 2855-A Annandale Road, Falls Church	Jun 22 — Sept 4	Lunch	1:00 - 2:00
22 Kingsley Commons 3037B Monticello Drive, Falls Church	Jun 29 — Aug 28	Lunch	12:00 - 1:00
23 Wexford Manor Apartments 2802-A Hollywood Road, Falls Church	Jul 6 — Aug 28	Breakfast/ Lunch	10:00 - 10:30/ 12:30 - 1:30
24 Willston Multicultural Center 6131 Willston Drive, Falls Church	Jun 22 — Sept 4	Breakfast/ Lunch	8:30 - 9:30/ 11:30 - 1:30
25 Herndon CLCP 1066 Elden Street, Herndon	Jul 6 — Sept 3	Lunch	12:00 - 2:00
26 West Glade 2110 West Glade, Reston, VA 20191	Jun 22 — Sept 4	Lunch	11:30 - 1:30
27 Providence Community Center 3001 Vaden Drive, Vienna	Jun 22 — Aug 28	Breakfast/ Lunch	9:00 - 10:00/ 12:00 - 1:00



SPORTS



Tysons hosted cross-fit competition, beach volleyball, and dodgeball competition June 28-July 1 at Lerner Town Square.



Strong Man competition was held at Tysons.

COURTESY PHOTOS

Tysons Hosts World Games Events

Powerful policemen, police women, firefighters and EMT professionals competed in volleyball and weightlifting in the June 28 opening session of the World Police & Fire Games, Tysons edition.

Lerner Town Square in Tysons has been reconfigured with five sand volleyball courts, a cross-fit course, and row-upon-row of barbells set-up to challenge the strength and courage of First Responders from around the world.

www.fairfax2015.com.

Tysons hosted cross-fit competition, beach volleyball, and dodgeball competition June 28-July 1 at Lerner Town Square, adjacent to the Tysons Corner Silver Line Metro Station. Admission was free. Food and drink

were available, along with live musical entertainment and elite-level sports competition.

2015 World Police & Fire Games are taking place throughout Fairfax County. www.fairfax2015.com

Wildthings Uproot Riverside Gardens

The Langley Club Goes 2-0 in Division 4.

Neither cold winds nor heavy rain could tame the Wildthings from their 289-131 win over Riverside Gardens.

The Wildthings swept five events, secured the win by Girls 11-12 Butterfly, and finished the meet with wins in 10 of 12 relays.

This week's double blue ribbon winners are:

Colin Walter, Boys 8&U, for 25 M Freestyle and 25 M Backstroke

Tessa Jones, Girls 8&U, for 25 M Backstroke and 25 M Butterfly

Luke Watson, Boys 9-10, for 50 M Freestyle and 25 M Butterfly

Maria-Grazia Favro, Girls 9-10, for 50 M Breaststroke and 25 M Butterfly

Isabel Schone, Girls 13-14 50 M Freestyle and Girls 11-12 50 M Backstroke

Audrey Wallach, Girls 11-12, for 50 M Butterfly and Girls 13-14, for 50 M Breaststroke

Adair Sand, Girls 13-14, for 50 M Backstroke and 50 M Butterfly

Duncan Proxmire, Boys 15-18, for 50 M Freestyle and 50 M Butterfly

Single blue ribbons were earned by: Mariana Watson, Girls 8&U 25 M Freestyle

Campbell Collins, Girls 9-10 50 M Freestyle

Liliana Schone, Girls 11-12 50 M Freestyle

Brady Quinn, Boys 9-10 50 M Backstroke

Danny Quinn, Boys 11-12 50 M Backstroke

Nathan Johnson, Boys 15-18 50 M Backstroke

Wilson Buttz, Boys 8&U 25 M Breaststroke

Margit Crittenberger, Girls 8&U 25 M Breaststroke

Kelly Crittenberger, Boys 9-10 50 M Breaststroke

Megan Craven, Girls 11-12 50 M Breaststroke

Jack Hoeymans, Boys 13-14 50 M Breaststroke

Nathan Robinson, Boys 15-18 50 M Breaststroke

Anya McKee, Girls 15-18 50 M Breaststroke

Beckett Collins, Boys 8&U 25 M Butterfly

Matthew Buchanan, Boys 11-12 50 M Butterfly

The blue ribbon relay teams were:
Boys 8&U 100 M Freestyle: Beckett Collins, Wilson Buttz, Ale Wick, Colin Walter

Girls 8&U 100 M Freestyle: Margit Crittenberger, Marina Watson, Katie Alms, Tessa Jones

Boys 9-10 100 M Medley: Peter Kaldes, Kelly Crittenberger, Luke Watson, Brady Quinn

Girls 9-10 100 M Medley: Anna Derrin-



PHOTO CONTRIBUTED

The Wildthings swept five events, secured the win by Girls 11-12 Butterfly, and finished the meet with wins in 10 of 12 relays.

ger, Muriel Wallach, Maria-Grazia Favro, Campbell Collins

Boys 11-12 100 M Medley: Matthew Buchanan, Benjamin Scott, Sebastian Silvestro, Nico Carrion

Girls 11-12 100 M Medley: Isabel Schone, Megan Craven, Katie Williams, Addison Collins

Girls 13-14 100 M Medley: Adair Sand, Liliana Schone(11), Audrey Wallach(12),

Kate Walter(11)

Boys 15-18 200 M Medley: Nathan Johnson, Nathan Robinson, Duncan Proxmire, Jake Holzapfel

Boys 18&U 200 M Freestyle Mixed-Age: Matthew Buchanan, Luke Watson, Jack Hoeymans, Nathan Robinson

Girls 18&U 200 M Freestyle Mixed-Age: Isabel Schone, Campbell Collins, Adair Sand, Katie Robinson

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ABC LICENSE
Church Street Venture, LLC trading as Chase the Submarine, 132 Church St, NW Unit A, Vienna, VA 22180. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On and Off Premises/Keg Permit license to sell or manufacture alcoholic beverages. Timothy Ma, member
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200

ABC LICENSE
Best Value Petroleum, Inc trading as Best Value Petroleum, 5630 Lee Hwy, Arlington, VA 22207. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer Off Premises license to sell or manufacture alcoholic beverages. Arpit Sethi, President
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200

NOTICE OF SUBSTITUTE TRUSTEES' SALE OF PROPERTY OWNED BY HUNTER MILL WEST, L.C.
LOCATED AT
10736 SUNSET HILLS ROAD, RESTON, VIRGINIA
SALE TO BE HELD AT THE FAIRFAX COUNTY CIRCUIT COURT
July 2, 2015, AT 4:00 P.M.

In execution of a certain Credit Line Deed of Trust and Security Agreement dated November 19, 2008, and recorded November 20, 2008 in Deed Book 20183 at Page 0376 among the land records of Fairfax County, Virginia (the "Deed of Trust"), made by HUNTER MILL WEST, L.C., a Virginia limited liability company, now securing CATJEN LLC, a Virginia limited liability company (the "Noteholder"), default having occurred in the payment of the debt secured thereby, and being instructed to do so by the Noteholder, the undersigned Substitute Trustees, will offer for sale the property described below at public auction by the main entrance to the Fairfax County Circuit Court, located at 4110 Chain Bridge Rd, Fairfax, VA 22030 on July 2, 2015, beginning at 4:00 p.m. The public auction for the sale of the property previously scheduled for June 18, 2015 was continued to July 2, 2015.

The real property encumbered by the Deed of Trust that will be offered for sale by the Substitute Trustees is commonly known as 10736 Sunset Hills Road (Tax Identification Number: 0183-02-0004) located in Reston, Fairfax County, Virginia, as more particularly described in the Deed of Trust, and all improvements, fixtures, easements and appurtenances thereto (the "Property").

TERMS OF SALE
ALL CASH. The Property will be offered for sale "AS IS, WHERE IS" and will be conveyed by Substitute Trustees' Deed (the "Substitute Trustees' Deed") subject to all encumbrances, rights, reservations, rights of first refusal, conveyances, conditions, easements, restrictions, and all recorded and unrecorded liens, if any, having priority over and being superior to the Deed of Trust, as they may lawfully affect the Property.

The Substitute Trustees and the Beneficiary disclaim all warranties of any kind, either express or implied for the Property, including without limitation, any warranty relating to the zoning, condition of the soil, extent of construction, materials, habitability, environmental condition, compliance with applicable laws, fitness for a particular purpose and merchantability. The risk of loss or damage to the Property shall be borne by the successful bidder from and after the date and time of the sale. Obtaining possession of the Property shall be the sole responsibility of the successful bidder (the "Purchaser").

A bidder's deposit of \$150,000.00 (the "Deposit") by certified or cashier's check shall be required by the Substitute Trustees for such bid to be accepted. The Substitute Trustees reserve the right to prequalify any bidder prior to the sale and/or waive the requirement of the Deposit. Immediately after the sale, the successful bidder shall execute and deliver a memorandum of sale with the Substitute Trustees, copies of which shall be available for inspection immediately prior to the sale, and shall deliver to the Substitute Trustees the Deposit and the memo-

randum of sale. The balance of the purchase price shall be paid by the Purchaser. Settlement shall occur within thirty (30) days after the sale date, TIME BEING OF THE ESSENCE with regard to the Purchaser's obligation.

Settlement shall take place at the offices of Venable LLP, 8010 Towers Crescent Drive, Suite 300, Tysons Corner, Virginia 22182 or other mutually agreed location. Purchaser shall also pay all past due real estate taxes, rollback taxes, water rents, water permit renewal fees (if any) or other municipal liens, charges and assessments, together with penalties and interest due thereon. The Purchaser shall also pay all settlement fees, title examination charges, title charges and title insurance premiums, all recording costs (including the state grantor's tax and all state and county recordation fees, clerk's filing fees, congestion relief fees and transfer fees and taxes), auctioneer's fees and/or bid premiums, and reasonable attorneys' fees and disbursements incurred in the preparation of the deed of conveyance and other settlement documentation.

The Purchaser shall be required to sign an agreement at settlement waiving any cause of action Purchaser may have against the Substitute Trustees, and/or the Beneficiary for any condition with respect to the Property that may not be in compliance with any federal, state or local law, regulation or ruling including, without limitation, any law, regulation and ruling relating to environmental contamination or hazardous wastes. Such agreement shall also provide that if notwithstanding such agreement, a court of competent jurisdiction should permit such a claim to be made, such agreement shall serve as the overwhelming primary factor in any equitable apportionment of response costs or other liability. Nothing herein shall release, waive or preclude any claims the Purchaser may have against any person in possession or control of the Property.

If any Purchaser fails for any reason to complete settlement as provided above, the Deposit shall be forfeited and applied to the costs of the sale, including Substitute Trustees' fees, and the balance, if any, shall be delivered to the Beneficiary to be applied by the Beneficiary against the indebtedness secured by and other amounts due under the Deed of Trust in accordance with the Deed of Trust or applicable law or otherwise as the Beneficiary shall elect. There shall be no refunds. Such forfeiture shall not limit any rights or remedies of the Substitute Trustees or the Beneficiary with respect to any such default. If the Property is resold, such re-sale shall be at the risk and the cost of the defaulting bidder, and the defaulting bidder shall be liable for any deficiency between its bid and the successful bid at the re-sale as well as the costs of conducting such re-sale. Immediately upon conveyance by the Substitute Trustees of the Property, all duties, liabilities and obligations of the Substitute Trustees, if any, with respect to the Property so conveyed shall be extinguished, except as otherwise provided by applicable law.

Henry F. Brandenstein, Jr., Substitute Trustee
Patrick W. Lincoln, Substitute Trustee
FOR INFORMATION CONTACT:
Henry F. Brandenstein, Jr., Esq.
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Quality of Life



By KENNETH B. LOURIE

Throughout my nearly six and a half years of cancer treatment, starting at the initial Team Lourie meeting on February 27, 2009, when my oncologist suggested I take that vacation I've always dreamed of (to which I exclaimed "WHAT!?!"), my quality of life has always been important to him. Whenever there has been a treatment blip on my radar, and changes had to be considered/made to my protocol, my oncologist has regularly asked if I wanted to continue treatment, take a break from treatment or stop it altogether and enjoy, if possible, whatever above-average good health I was experiencing while I could, because I might not experience it again and if I did, it might not last too long. Ergo my quality of life. Diagnosis-to-date however, I have always opted to continue to damn the torpedoes and infuse full speed. Oddly enough, continuing to infuse has worried me less than not infusing at all.

As I progress through year seven, I am wondering yet again about quality of life. Though we are not at any kind of crossroads – treatment or otherwise, and my lab work continues to indicate that my body is able to tolerate my every-three-week infusions of Alimta, I do have my less-than-stellar moments. This is particularly so for the seven to ten days immediately following my infusion. It is during this time when a certain predictable side effect occurs, having first manifested itself about six months ago, to make me less pleasant than I'd prefer to be. What happens is I don't eat, not too much anyway. Because I can't. Because I won't. Because something somewhere – internally, psychologically, physically – is preventing me from doing so. In general, the whole idea of eating is a total turn off. And given my nature/proclivities, I need it to be a turn on. As a result, I'm always hungry. And then I get tired from not eating (no energy). Then I take a nap. Then at bedtime, I'm unable to fall asleep because I've slept some already. Eventually, I do get some sleep, but I end up having a restless, interrupted, short, REM-less sleep and wake up tired the next day when the routine starts all over again; except now I'm tired to begin the day and don't have any interest in breakfast, so I get no boost to start. The marijuana pills I wrote about don't help. Consequently, I seem to be stuck in this cycle of depressing miserableness (is there any other kind?). Not gaining any pleasure from one of the staples of my existence is an extremely discouraging set of circumstances and is making Kenny a very dull boy, or at least duller than I usually am.

But, and it's a HUGE but, the treatment is so-far-so-good, working; the tumors have not grown or moved – and I'm alive and reasonably well.

Still, one week of every three, I'm not a happy camper (and if I were actually camping – out of doors – I'd be even less happy, since I don't camp). The question becomes, sort of: is camping all that important (euphemistically speaking)? Obviously, to me, living hungry is more important than dying satiated. But I don't like being depressed and miserable one third of my time. That is an in-e-quality of life with which I'm not particularly pleased. Life goes on though, and for that, I'm over-the-top grateful – and amazingly, maybe even randomly, lucky. I just wish I could savor my next meal as much as I savor my survival. As my Auntie Irene used to say: "This too shall pass," until two weeks from now, that is.

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

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1537 Forest Lane
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1621 Hunting Avenue
 McLean 22101
 \$875,000



6522 Old Chesterbrook Road McLean, VA \$1,349,000

Abundance of natural light planned by architect Travis Price is balanced with dramatic features, palatial windows, doors, angles and designs set around the focal point of the incredible indoor lap pool! This home creates excitement at first glance. Enormous style, special touches, appealing space all uniquely crafted. 4 bedrooms and 4 baths! Energy efficient passive solar design! Chesterbrook, Longfellow and Mclean schools!



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