

After ceremonially starting the annual 5K race at the Great Falls Freedom Memorial, Great Falls resident Mark Casso – donning a light infantry uniform – watches as the last of the runners begins the trek.

Great Falls Celebrates July 4th

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Great Falls Freedom Memorial

Supervisors Honor Jacqueline Cheshire

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Four Generations of Eagles in One Flock

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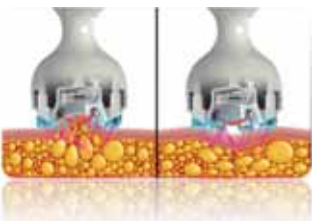
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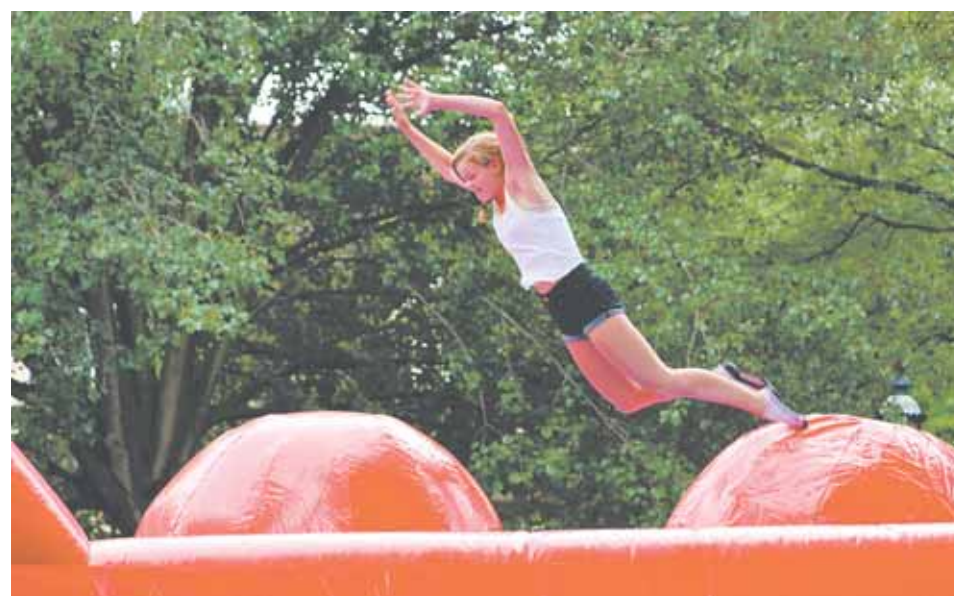
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Mark Casso leads the parade with area Girl Scouts. Despite a 30-minute rain delay, hundreds of people participated in the festivities.



Great Falls resident Charlotte Bell takes a flying leap in one of many inflatable obstacle courses located on the Village Centre Green.

Great Falls Celebrates July 4th

5K run, parade attract hundreds on a rainy Saturday.

BY NIKKI CHESHIRE
THE CONNECTION

The rain wasn't enough to keep people away from Great Falls' Independence Day celebrations. More than 100 people lined up at the Freedom Memorial early Saturday morning to kick off the festivities with the annual 5K race.

"When Celebrate Great Falls asked if we would do this, the idea was to have a different kind of race on our own trails," said Mary Cassidy-Anger of the Great Falls Trail Blazers. She went on to say how private homeowners helped make the race route possible by allowing the trail to run through parts of their property for the day.

Koko FitClub sponsored this year's race, and had gifts prepared for every finisher as well as prizes for the fastest male and female participants. Martin Lawn and Landscaping aided in clearing the trails for the runners.

"We just do this for fun," said Trail Blazer Julie Ben-Anchour. "It's a fun run that everyone can enjoy on the Fourth of July, and it's a good way to start the day." Runners and walkers of all ages and abilities participated in the race, which is also dog-friendly and generally stroller-accessible.

Runners from all over attended this cross-country run, and the first-place finisher and male winner was South African Wiehan Peyper. The first female finisher was Brittney Steele.

The rain subsided just in time for the annual parade. Despite a 30-minute delay, hundreds of spectators lined the route and the parade commenced as usual. The Girl



People and animals of all ages participated in the parade, donning festive patriotic decorations for the occasion.

Scouts led the parade, followed by the Boy Scouts, fire and rescue vehicles, dogs, horses, and various floats and area sports teams.

After the parade, the fun continued in the Village Centre Greene, with wipeout-inspired inflatable obstacle courses, snowcones, slides and games. Food was available in the Walker Road parking lot.

Additionally, Great Falls Volunteer Fire Department hosted their annual INOVA

Blood Drive, offering free T-shirts to every donor.

To close out the day, the fireworks were back with a bang at Turner Farm Park. Live music, games and contests took place before the big event, which was unfortunately canceled last year.

To help keep the fireworks in Great Falls an annual tradition, donations are welcomed year-round by the Friends of the Fireworks at <http://www.celebrategreatfalls.org/>.



One-year-old Maura Price meets 10-week-old Bishop IV, a service dog in training with Canine Companions for Independence. The two played briefly while waiting for the parade to begin.



This large slide was among many other games and attractions on the Village Centre Green.



Four Eagle Scouts: Adam Sensiba, Arnold Leigh, Justin Bridges and Parker Evans.



Parker Evans with grandfather John Robinson Evans, who received his eagle rank in 1960.

Four Generations of Eagles in One Flock

Boy Scout Troop 827 of McLean, sponsored by The Church of Jesus Christ of Latter-day Saints, honored Parker Evans, 16, Justin Bridges, 18, Arnold Leigh, 18, and Adam Sensiba, 16, in a joint Court of Honor on May 9.

Josh Shepherd, 18, had his own Court of Honor in his family's backyard on May 23, complete with a campfire and s'mores.

Each of the five troop members earned his Eagle Scout ranking earlier in May.

EVANS JOINS THREE other generations of Eagle Scouts from his family. His father Ryan Parker Evans earned the honor in 1991, his grandfather John Robinson Evans, is a 1960 Eagle Scout, and his great grandfather Frederick Read Evans achieved the rank in 1926.

Parker pinned his grandfather for being a mentor and his grandfather spoke at the Eagle Scout Court of Honor.

Del. Kathleen Murphy of McLean and Fairfax County Supervisor John Foust attended and spoke at the event about involvement in the community.

Bridges and Shepherd improved the courtyard area of Marshall High School.

Leigh and Sensiba combated invasive plants and improved drainage at Falstaff Park in McLean's Hamlet.

Evans enhanced drainage and added trail markers at Riverbend Park.

Bridges completed his Eagle project 10 days before his 18th birthday, the deadline for earning the rank. He said his favorite scouting experience was a 100-mile bike trip where he had adventures including several flat tires in a single day. Leigh's favorite scouting memory was earning his archery and rifle shooting merit badges at his first year of scout camp.

Sensiba's older sister Ellen, a vocal performance major at the University of Utah who sang the hymn, "I'll Go Where You Want Me To Go" at the Court of Honor, was surprised when her brother honored her with his mentor pin.

"She's been a constant example of the qualities that scouts aspire to," Sensiba said.

Shepherd is set to begin a two-year LDS mission in Las Vegas this month, just a couple weeks after he graduates.



Parker Evans, Adam Sensiba, Kelly Wise, Arnold Leigh and Justin Bridges. Wise is the Eagle Advisor to the troop.



Justin Bridges with mother Annie Bridges.



Josh Shepherd with his parents Loretta and David Shepherd.



PHOTO BY NIKKI CHESHIRE/THE CONNECTION

Tory Cheshire (left) and Jacqueline Cheshire with service dog in training Agent stand at the podium. Tory read a poem she wrote about puppy raising, titled "A Higher Purpose." "Tory had to read it for me," Jacqueline said. "Every time I read it, I cry."

Board of Supervisors Recognizes Jacqueline Cheshire

On June 23, the Fairfax County Board of Supervisors passed a unanimous resolution to recognize Great Falls resident Jacqueline Cheshire for her years of service work as a volunteer puppy raiser for Canine Companions for Independence (CCI).

CCI is a national nonprofit organization dedicated to the raising and training of service dogs for people with disabilities. As a puppy raiser, Cheshire receives a puppy when they're only 8 weeks old and fosters and trains them until returning them to CCI almost a year and a half later.

In addition to raising these special dogs, Cheshire plays a pivotal role in organizing the annual DC DogFest Walk 'N' Roll fundraiser, which takes place this year on Sept. 12 in Arlington.

Cheshire received Governor's Volunteerism and Community Service Award in the Outstanding Adult Volunteer category for her devotion to raising these dogs. "These guys are the ones who really deserve the award," Cheshire said, gesturing to her current dogs in training, 14-

month-old Agent and 10-week-old Bishop IV. "They're the real heroes."

After an additional six months of rigorous training by professionals on a CCI campus, the dogs are ready to be matched with their new owner, a person with disabilities. These service dogs are taught dozens of specialized commands, and perform work that can greatly improve a disabled person's quality of life, and restore their sense of independence.

"Getting to meet the people the dogs go to and seeing how they change their lives, both physically and emotionally, that's what makes it all worth it," Cheshire says.

One of the questions Cheshire says she gets asked the most is about how she can give the dog away after bonding with it for so long. Her daughter, Tory Cheshire, addressed this in a poem she wrote and read aloud at the Board meeting: "The question is not how can we, but how can we not?"

Cheshire is currently raising her seventh puppy for CCI.

— NIKKI CHESHIRE

SCHOOLS

Creche students celebrate Flower Power and Field Day.



PHOTOS COURTESY OF ST. FRANCIS CRECHE

Summer Fun Abounds at St. Francis Creche Preschool

Summer fun is underway at St. Francis Creche preschool in Great Falls. The preschool, which serves children ages 2 1/2- 5 years, recently completed a month of daily activities with Camp Creche, Nature Camp and Water Camp. For more information on St. Francis Creche, visit www.stfrancisgreatfalls.org or www.facebook.com/CrechePreschool.



Creche students join forces on Super Hero Day.



Camp Creche students enjoy Secret Agent and Super Sleuth Day.



Hannah Mushtaq searches for clues to solve a mystery.

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THE CONNECTION
NEWSPAPERS



Yes to Nonpartisan Redistricting

Politicians shouldn't be choosing voters.

Virginia's Congressional map is unconstitutional because African American voters are packed into District 3, according to the U.S. District Court for the Eastern District of Virginia. The problem will have to be remedied by drawing new boundaries.

The issue could be appealed to the U.S. Supreme Court.

In statewide elections, Virginia voters have chosen Democrats in the last two presidential elections, for U.S. Senate, for Governor, Lieutenant Governor and Attorney General. Every single official elected statewide is a Democrat.

Democrats won by a comfortable margin in most cases, but elections were close. In one case the margin was razor thin. (Attorney General Mark Herring beat Republican Mark Obenshain by 165 votes out of more than 2.2 million cast, and that was an election that had

serious and immediate consequences, if you ever need an argument for the importance of your vote.)

It's reasonable to assume that a state so clearly leaning blue, but close to evenly divided would be about evenly divided in political representation.

But in fact, the Virginia House of Delegates consists of 67 Republicans and 33 Democrats.

EDITORIAL

Virginia's delegation to the U.S. House of Representatives consists of eight Republicans and three Democrats.

Virginia's 11 Congressional districts should be split about evenly. You could understand a split five Dems and six Republicans; or five Republicans and six Democrats. A four and seven split would smack of some unusual circumstance. But three and eight?

The problem is gerrymandering.

The solution, which the Supreme Court just OK'd, is allowing the lines to be drawn by a non-partisan commission.

Both political parties have been guilty of this when in power, although new technology and better data have made the process more egregious, the effects more damaging.

Political parties should not control the drawing of political districts. Gerrymandering thwarts the will of the electorate. It is especially damaging in a Dillon rule state, like Virginia, where localities have only the power explicitly granted to them by the General Assembly. This is particularly unfair to localities like Fairfax County, Arlington and Alexandria, whose electorate and local officials have views that differ greatly from those of the majority of Virginia's General Assembly.

The reason Virginia's Congressional map has been ruled unconstitutional is about race; packing all the African American voters in one district and conceding that district to Democrats in order to reduce the power of African American voters in the adjacent districts. A similar challenge is in the works concerning districts in Virginia's House of Delegates.

It's long past time to take these decisions out of the hands of the officials who use the redistricting process to choose their own voters and effectively grant themselves lifetime appointments.

— MARY KIMM

LETTERS TO THE EDITOR

A Call to Save Marmota Farm

To the Editor:

Forty-one years ago, in 1974, Georgetown Pike (Route 193) in McLean and Great Falls in Fairfax County was the first road to be officially designated by the state of Virginia as a "scenic byway." However, time, or, rather, developers and their clients, did not stand still, and thus, there was a major "whittling away" of the farms and open space lining it. The reality of its rural beauty, the reason for its byway designation, declined. Exactly 20 years after its scenic byway designation, in 1994, and some 20 years from today, this fact of aesthetic decline was starkly noted in the Virginia "Department of Transportation on the Georgetown Pike (Senate Document No. 47)": "Development of the area has been rapid since 1970...The nature of the Georgetown Pike has become much more suburban; some vestiges of its rural nature are still visible, especially in the western section" but "There are very few truly rural agricultural views remaining along the Georgetown Pike." One property specified in the report, by way of description, as lying "At the intersection with Springvale Road there is a barn and a field that can be seen..." the Turner Farm, was preserved as public parkland, thanks to the efforts of the "Save the Farm" coalition organized by Beverly Bradford in 1996 and the passage by voters of a park bond contain-

ing land acquisition money. This official report also warned that there were "other locations [that] remind the traveler of the road's rural history. Any or all of these lands could be developed – the remnants of the rural character of the corridor could still be erased." One of the these rural properties, one of the very few that has not been since subdivided and developed with "McMansions," is Marmota Farm, but now, it is for sale by its owner.

Located at the intersection of Innsbruck Avenue, Marmota Farm, whose official address is 9800 Georgetown Pike is, at 22.8 acres, not a large property by Middleburg Hunt Country standards, in fact by those broad standards it is very small. But by our, Fairfax County, suburban standards, Marmota Farm is practically enormous, and well deserving of being called "a farm," especially, too, since it boasts almost 1,000 feet of road frontage on the scenic byway, and being mostly open land, is quite visible to the driver. This amount of road frontage on the Pike compares with about 1,000 feet with Turner Farm and about 2,500 feet with Madeira School.

In addition, on the other side of Innsbruck Avenue from Marmota Farm is the Great Falls Grange Park, which, like the Turner Farm is owned by the Fairfax County Park Authority. Imagine a day, in the not too distant future, if Marmota Farm is not preserved

when large, several thousand square foot "estate homes" overshadow the humble, two-room schoolhouse and the farmers' Grange hall, and the Great Falls Day celebrations held beside them. With the extension of the Metro system's Silver Line, just a few miles south, to Dulles Airport and Loudoun County, and the intense growth of Tysons Corner as a result, the pressure to develop land will surely increase, as will its cost. Now is the time to save some of Georgetown Pike's remaining beauty, to "buffer" the Great Falls Grange as key community resource and its ambience as a historic meeting place, and the tourism benefits accruing to local merchants, by acquiring Marmota Farm as a public park.

Fairfax County's 2015 assessment of this parcel for taxation purposes is \$3,526,560 or over \$154,000 per acre. While this is "no small amount" of money, for use in acquiring it as a park, doing so is something that all Great

Falls, and indeed, all other Fairfax County residents who care about preserving our "last unspoiled places" should behind. Although obtaining this kind of money might be difficult at present, Fairfax County has scheduled a multimillion dollar park bond referendum for 2016. We should lobby the Fairfax County Park Authority to dedicate some of the funds dedicated for land acquisition to acquiring the whole of Marmota Farm. Which is why I am inviting to join in on my campaign to save Marmota Farm from residential or commercial development, and use it as a park, to help save our remaining, visible, green spaces. You can join our freshly started site, "Save Marmota Farm - Great Falls, VA", on FaceBook, for updates as they are made. We are just starting, but, by God's grace, we will achieve our goal.

Andrew E. Roesell
Greenbriar area of Fairfax County — Springfield District

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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NEWS DEPARTMENT:
greatfalls@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Amna Rehmatulla
Editorial Assistant
703-778-9410 ext.427
arehmatulla@connectionnewspapers.com

Ken Moore
Community Reporter
240-393-2448
kmoore@connectionnewspapers.com

Jon Roetman
Sports Editor ♦ 703-752-4013
jroetman@connectionnewspapers.com
[@jonroetman](https://twitter.com/jonroetman)

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Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Photography:
Deb Cobb, Craig Sterbutzel
Art/Design:
Laurence Foong, John Heinly
Production Manager:
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Special Assistant to the Publisher
Jeanne Theismann
jtheismann@connectionnewspapers.com
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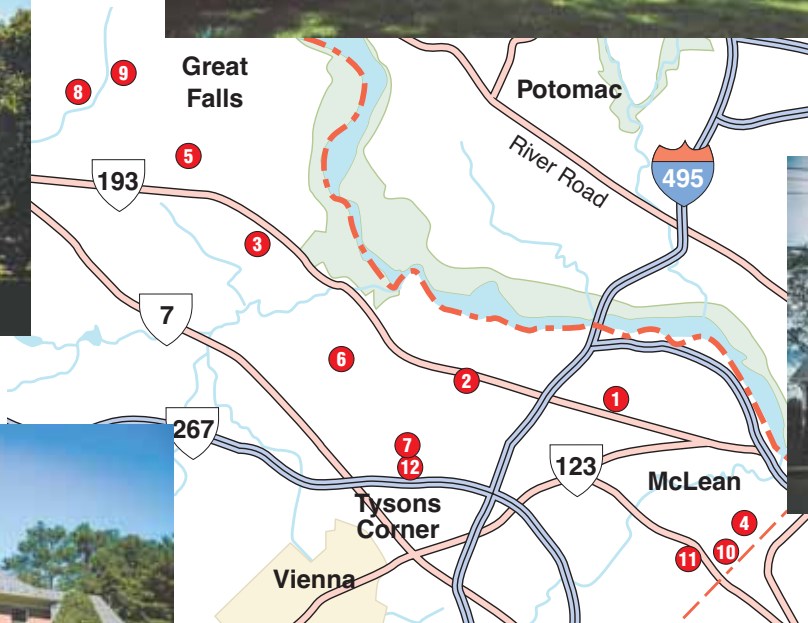
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HomeLifeStyle



PHOTOS COURTESY OF GTM ARCHITECTS

Doug Roberts and Jessica Parker Wachtel of GTM Architects added a balcony with views of the bay to a rear bedroom of this Chesapeake Bay vacation home.



This Chesapeake Bay vacation home with renovations by Doug Roberts and Jessica Parker Wachtel of GTM Architects has an abundance of windows that allow in sunlight and offer views of the water.

A House by the Sea

BY MARILYN CAMPBELL
THE CONNECTION

As the sweaty days of summer slog on, many are dreaming about a home by the sea, a wistful retreat where cares flow as freely as an ocean breeze. A few local designers share seaside secrets for an idyllic hideaway.

When a Bethesda, Md., family decided to update and expand their vacation home on the shores of the Chesapeake Bay, functionality and style were top priorities.

Doug Roberts and Jessica Parker Wachtel of GTM Architects in Bethesda added more than 1,400 square feet, but kept many of the existing features of the 3,792-square-foot beach house, which was built in 1985.

"What was unique about this project is that the family's father had originally designed this home himself," said Roberts. "It's modern with lots of glass and cathedral ceilings. The family didn't want to change that. They just wanted to expand it."

The home now has an open floor plan, including a kitchen that flows into the family room, an exercise and recreation room, glass garage doors, an outdoor shower and a wet bar. The windowsills are lower, allowing in more light and expanded water views. The home's bathrooms and five bed-

rooms were updated, adding a balcony with views of the bay to a rear bedroom.

"The work was all consistently done, so you really can't tell that there was an addition," said Roberts. "We replaced all of the materials — flooring, tile, trim — and put down new materials throughout."

AN ALEXANDRIA COUPLE wanted their second home on the Eastern Shore to exude a calm serenity. They achieved that feel with white walls and furniture at the recommendation of interior designer Grace Nelson of Nelson Design Lab in Arlington.

"White exudes peace and quiet," said Nelson. "They wanted their beach house to be the opposite of the chaos of Washington, but they didn't want it to be too far removed modernity. They still wanted their luxuries."

Among those amenities are a kitchen equipped with a Bosch dishwasher and a built-in Subzero refrigerator. The kitchen's white cabinetry is accented with natural pine knobs and pulls that match the pine flooring.

A bay window in the living room allows for majestic ocean views. That seascape can also be enjoyed from the clawfoot soaking tub in the master bathroom.

Design ideas for beach homes.

WHEN THE OWNER of a Rehoboth Beach, Del., condominium decided to rent her property to beach goers, she wanted to marry casual elegance and durability.

Designer Sallie Kjos of Grey Hunt Interiors in Chantilly helped the homeowner, whose primary residence is in Great Falls, choose furnishings that created a relaxed, modern look.

"When you're designing a beach property that is also used as a rental, you want to find something that is durable and can be cleaned easy and can stand up to the sand," said Kjos. "You don't over accessorize a beach property, especially if it's a rental."

They created an office space "because a lot of people have to work even when they're on vacation," said Kjos.

A chandelier made of natural capiz shells, with an easy-to-clean lacquered finish, hangs over the wooden dining room table. The result is a beach feel, but with a modern twist, says Kjos.

"We tried to get away from the stereotypical beach décor with motifs like seagulls and driftwood," she said. "We wanted to use water-like colors because it makes for a relaxing environment, but we mixed the city with the ocean and created a flow throughout the house so that it connected visually."

the surf, and surroundings that makes a vacation house feel like a home. When Potomac, Md., architect James Rill went looking for a Vero Beach, Fla., vacation home, he was inspired by his favorite sport: baseball. "It's very close to the Nationals spring training center," he said.

"It was a dump when we got it," he said. "When my wife first saw it, she was ready to kill me, but we stripped it to the bone and cleaned it up."

When designing the space, Rill wanted to make sure the materials he and his wife chose could stand up to the sand and surf environment of south Florida. The couple wanted the single-level dwelling to have a look that was simple and clean. They chose dark red tile flooring and sea-inspired furnishings in blue and white.

"It has a subtle elegance," he said. "It doesn't call attention to itself."

The new kitchen opens up to the family room and is devoid of large appliances, which Rill says are unnecessary in homes such as his.

The home accommodates Rill's parents, also baseball fans who make the trek to spring training camps. "We took the master suite and we made it into a nicer, handicapped accessible space."

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Great Falls



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SPORTS

PHOTOS BY COOPER DAVIS/THE CONNECTION



The teams listening to the National Anthem before the start of the game. Great Falls is in green and yellow and McLean is in red.

Great Falls vs. McLean: Little League All-Star Showdown

Great Falls 9-10 Little League All-Stars lose to McLean.

BY COOPER DAVIS
THE CONNECTION

The annual Little League District All-Star Tournament is most young baseball players' favorite time of the year. It is a time when the best players from each little league face off in exciting matches.

The experience is especially thrilling for the youngest players, the 9-10 age group, considering that most of each team have never played in this sort of high-stakes tournament before. As Virginia District 4 Little League Administrator Ellen Witherow explained, “the level of competition is very new to (the 9-10's), and they are not used to experiencing that.”

On Sunday afternoon, July 5, two of only three unbeaten 9-10 teams in the District 4 All-Star Tournament, Great Falls and McLean National, battled at Nike Park in Great Falls.

As is often the case in Little League, where the game is a family tradition for many, the Great Falls team included four players, #3 Mikey O'Donnell, #8 Jake Baskin, #11 Daniel Nielsen, and #15 Evan Cerretani, whose older brothers played on previous Great Falls All-Star teams. Mikey O'Donnell's older brother Tommy, watching on the sidelines, said that he was “very nervous for (his younger brother).”

The game started off on a bad foot for Great Falls, as McLean National brought 13 batters to the plate in the top of the second inning, ultimately scoring eight runs – six of which were scored before an out was recorded. As Great Falls Manager Mike Cerretani stated, Great Falls simply “came out flat.”

In the bottom half of the second inning, #9 Evan O'Neill made a dent in McLean's lead with a double



Riley O'Donnell wearing a T-shirt that many fans of Great Falls were wearing.

to the left field wall to score #34 Connor Campbell. However, Great Falls could not mount a comeback in the game, as McLean's # 7 Christopher Morabito hit a soaring grand slam to right field in the fourth inning to seal the deal in a 14-2 victory.

Even though the Great Falls team was down for the entire game, the coaches of Great Falls remained upbeat, making positive comments such as Coach Steve Baskin's “Good play, dude!” to their players. Even after their loss, the Great Falls team still had an opportunity to advance to the tournament's playoff rounds with a win the next day, on Monday, July 6, against Vienna National.

Vienna National All-Stars Advance, Great Falls All-Stars Eliminated

On Monday evening's game, Vienna National jumped out to a large 5-0 lead, but Great Falls tied it at 5-5. Great Falls again battled back, scoring two runs in the sixth to again tie the game. But despite putting up a strong fight, Great Falls lost on a walk-off single in the bottom of the inning to lose 8-7.

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OBITUARY

William "Tracy" Miller, 64, of Great Falls

Tracy Miller, beloved husband, father, son and friend, died unexpectedly at home on Monday, June 29, 2015.

Tracy was born on Aug. 13, 1950, in Johnstown, Pa., and grew up in Bolivar, Pa. He graduated from Laurel Valley High School in New Florence, Pa., received his B.S. in Chemical Engineering from Bucknell University in 1972, and later received his M.B.A. from the University of Pittsburgh Graduate School of Business. He met his wife, Amy, while still in college. They were married on May 5, 1973, and recently celebrated their 42nd wedding anniversary.

Tracy had a 25-year career with Mobil Chemical, where he held several positions including Marketing Manager of Mobil Petrochemicals International. He and Amy moved multiple times between Connecticut and Texas, and eventually settled in Great Falls, where the family has lived for over 20 years.

Tracy retired in 2000, and for 15 years has focused on actively pursuing numerous hobbies and interests including travel with Amy, model trains, personal investments and hunting. He was an avid reader, audiophile, wine enthusiast and professional taste tester of Amy's kitchen creations. His highest priorities were to his family and his faith. He was an active member of Great Falls United Methodist Church, and a leader of their United Methodist Men.

Tracy is survived by his wife, Amy, son and daughter-in-law Justin and Natalie Miller of Leesburg, Va., and son Brent Miller of Ashburn, Va. In addition, he is survived by his parents, William and Jean Miller,



Tracy Miller

of Herndon, Va., and an extended family of aunts, uncles, cousins, nieces, nephews and in-laws.

Tracy's legacy to all who knew him will continue through his values and integrity, brilliant mind, dedication, fun-loving and generous personality and compassion towards others. His commitment to giving carries on with his participation in the Washington Regional Transplant Community's Organ Donation Program.

All are invited to join his family for a celebration of his life to be held on Saturday, July 18, 2015 at 11 a.m. at the Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls, with a reception to follow.

In lieu of flowers, consider memorial donations to So Others Might Eat (S.O.M.E.), some.org, and click on 'Honorary & Memorial Gifts,' or the Great Falls United Methodist Church. Visit Tracy's memorial webpage to share your thoughts, prayers, and memories with his family and friends at the Adams-Green Funeral Home website (www.adamsgreen.com) under "Obituaries & Tributes."

Great Falls

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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 Tyson's Corner Center, 1961 Chain Bridge Road, Tyson's 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



View Robert Gilbert's exhibition Restful Pause showcasing wine bottles, wine glasses, ceramic pots, fruits and vegetables from July 1-Aug. 1 at Katie's Coffee House, 760 Walker Road, Great Falls.

Green," 513 Maple Ave. W, Vienna. Featured artist Loy McGaughy of Reston exhibits a collection of watercolors inspired by her personal photographs. The exhibition includes more than a dozen other artists.

THURSDAY/JULY 9

Artist Demonstration. 7:30-9:30 p.m. Vienna Art Center, 115 Pleasant St., NW, Vienna. Renowned contemporary impressionist Trisha Adams demonstrates her exuberant techniques for capturing light in

acrylic paintings. www.ViennaArtsSociety.org.

The Living Rainforest. 2:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Meet animals from the rainforest. Ages 6-12.

Reading Buddies. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Teen volunteers available to read to/with beginning readers. School age, preschool.

Starlight Storytime. 7-7:45 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton Wear your favorite

pajamas and join us for stories and songs. All ages. Register at <http://www.fairfaxcounty.gov/library/branches/ok/>.

FRIDAY/JULY 10

Playdate Café. 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Chance for children to enjoy toys and a play space while adults enjoy coffee and conversation. Preschool.

Great Decisions Foreign Policy Series. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Foreign Policy Association's Great Decisions program; privacy in the Digital Age. Adults.

Family Game Time. 3:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play assorted board games with friends and family. All skill levels and ages welcome.

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.

SATURDAY/JULY 11

Puzzled Again. 4-6 p.m. Vienna Art Center, 115 Pleasant St., NW, Vienna. The Vienna Arts Society once again presents walls of giant puzzles created by assembling 12" puzzle pieces. Each piece is an original artwork featuring a drawing,

painting or collage. Dozens of artists have works available to purchase through a silent auction to benefit the arts in Vienna.

Kayak Mini Float Trip. 11 a.m. Riverbend Park, 8700 Potomac Hills Street, Great Falls. A scenic wagon ride from the Visitor Center to the launch site at Riverbend Park, followed by a 1.5-mile instructor-led float trip down through riffles and flat water. No previous experience necessary. Cost is \$38. For information, call 703-759-9018.

SUNDAY/JULY 12

Wagon Ride - Journey to the Potomac River. 11 a.m. - noon. Riverbend Park, 8700 Potomac Hills Street, Great Falls. Enjoy riding through the woods and along the Potomac River while learning about the park's wildlife and past American Indian inhabitants. Cost is \$5. For more information, call 703-759-9018.

Sunrise Kayak Tour. 7-9 a.m. Riverbend Park, 8700 Potomac Hills Street, Great Falls. Paddle with a naturalist and learn about the river's historic and natural beauty. This is not a whitewater tour. The cost is \$38 per person. For more information, call 703-759-9018.

MONDAY/JULY 13

Coding for Kids. 10-11 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Kids coding workshop. All levels welcome. Bring your computer and learn about coding in a fun relaxed environment. Ages 11-13. Register at <http://www.fairfaxcounty.gov/library/branches/gf/>.

Legos in the Library. 4 p.m. Oakton

SEE CALENDAR, PAGE 13

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Be sure to include your name, address and phone number, and identify all people and pets in photos. Submission deadline is July 15.



CALENDAR

FROM PAGE 12

Library. 10304 Lynnhaven Place, Oakton. Have fun and make new friends. Hundreds of Legos await you and your creativity. Age 5-12. Information at <http://www.fairfaxcounty.gov/library/branches/ok/>.

TUESDAY/JULY 14

Fireflies Musical Yoga Kids. 2:30-3:15 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Join award-winning songwriter and kids' yoga instructor Kira Willey for yoga, songs and movement. Age 2-8 with adult. Please sign up each child and adult separately. Register at <http://www.fairfaxcounty.gov/library/branches/gf/>.

THURSDAY/ JULY 16

Reading Buddies. 4:30- 6 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Teen Volunteers available to read to or with beginning readers. Ages 3-9. Register at <http://www.fairfaxcounty.gov/library/branches/gf/>.

Knit Club. 6- 8 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Kids and teen knitting club. All levels welcome. Bring your supplies. Crochet, knitting and cross stitching techniques. Ages 8-18. Information at <http://www.fairfaxcounty.gov/library/branches/gf/>.

My First Book Club. 4:30- 5:30 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. A book discussion group for boys and girls. Grades Kindergarten - 2. Register at <http://www.fairfaxcounty.gov/library/branches/dm/>.

FRIDAY/JULY 17

Pokemon League. 3- 6 p.m. Patrick

Henry Library, 101 Maple Avenue East, Vienna. Learn and play. Age 5-18. Open play. More information at <http://www.fairfaxcounty.gov/library/branches/ph/>.

Family Game Time. 3:30 - 5:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play assorted board games. All skill levels and ages welcome. information at <http://www.fairfaxcounty.gov/library/branches/gf/>.

Playdate Cafe. 10 a.m. - 12 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Toys and Playspace for children. Coffee and Conversation for grownups. More information <http://www.fairfaxcounty.gov/library/branches/gf/>.

SATURDAY/JULY 18

Model Trains and Thomas at Open House. 1-5 p.m. Historic Vienna Train Station, 231 Dominion Road NE, Vienna. See and hear model trolleys and steam and diesel trains plus Thomas and some of his friends. The layout reflects the mountainous terrain and towns of Western North Carolina with award winning structures. Free. www.nvmr.org.

Kayak Mini Float Trip. 11 a.m. Riverbend Park, 8700 Potomac Hills Street, Great Falls. A scenic wagon ride from the Visitor Center to the launch site at Riverbend Park, followed by a 1.5-mile instructor-led float trip down through riffles and flat water. No previous experience necessary. Cost is \$38. For information, call 703-759-9018.

Legos in the Library. 2- 4 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Get creative with legos. Legos provided. Age 5-12. More information at <http://www.fairfaxcounty.gov/library/branches/gf/>.

Electric Bicycle Event. 10 a.m. - 4

p.m. 224 Maple Avenue East, Vienna. Learn more about the benefits, ease of use and fun that an electric bicycle can offer everyone. Come test ride a bike, and have a burger and drink on us.

MONDAY/JULY 20

Coding for Kids. 10 a.m. - 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Kids coding workshop. All levels welcome. Bring your computer and learn about coding in a fun relaxed environment. Ages 14-18. Register at <http://www.fairfaxcounty.gov/library/branches/gf/>.

TUESDAY/JULY 21

Robin and his Merry Band. 2:30 - 3:15 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Impressions Theatre presents the musical story of Robin Hood. Age 6-12. Register at <http://www.fairfaxcounty.gov/library/branches/gf/>.

WEDNESDAY/JULY 22

Pokemon League. 4:30 - 5:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play Pokemon with your friends.

THURSDAY/JULY 23

Reading Buddies. 4:30 - 6 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Grab a buddy! Teen Volunteers available to read to or with beginning readers. Ages 3-9. Register at <http://www.fairfaxcounty.gov/library/branches/gf/>.

Kids Book Club. 5:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Ages 8-12. Call branch for title. 703-757-8560.



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21 Announcements

21 Announcements

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OBITUARY

Joseph E. Ellinger, 89, died June 19, 2015 in Greenwood, Indiana. He was born March 15, 1926 in Pittsburgh, PA. He was a long time resident of McLean, Virginia. He retired from the U.S. Department of Labor. He will be buried in Indianapolis, IN. Funeral Arrangements were provided by Little and Sons Funeral Home, Beech Grove, Indiana. www.LittleAndSonsBeechGrove.com

I Never think of the future.
It comes soon enough.
-Albert Einstein

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My Manifesto, Sort Of



By **KENNETH B. LOURIE**

Being diagnosed with a terminal form of cancer (no, they're not all "terminal") is "a heck of a thing," to extrapolate a bit from Jim Valvano's memorable 1993 ESPY Awards speech given a few months before he succumbed to his cancer. It's not as if there's anything you can do in life, beforehand, to prepare for a cancer diagnosis; and there's even less you can do to prepare for a "terminal" diagnosis, as in my case, when my oncologist - whom I had met 10 minutes earlier - first told me that he "could treat me but he couldn't cure me," followed by a "13-month to two-year prognosis." Surreal is the word I used to describe then what I heard/what I felt, and is also a word I've often heard other cancer patients use in recounting the details of the moment when their lives changed forever: when the diagnosis of cancer is confirmed by the oncologist sitting directly across from them. Perhaps you think (hope) that age, experience, education, etc. will carry you through that appointment and the many other cancer-related appointments to follow; the reality is, at least it was for me, you'll never know how you're going to react until after you've reacted.

With respect to "beating" the cancer; anticipating success, expressing confidence, taking control, hoping and praying, laughing and crying; how it all plays out is somewhere between anybody's guess and why not? Unbridled optimism may be a great start, but accepting your new reality and reacting/planning accordingly is often a road far less traveled. Having to travel that road because of an unexpected cancer diagnosis (I was a lifelong non-smoker, basically asymptomatic with no family history of cancer) is a trip fraught with danger and unimaginable hurdles: mentally, physically, emotionally and spiritually. You really don't know what's around the next corner, and what's worse, you really won't know until you get there - and then it might be too late. Let me summarize it this way: it won't be a walk in the park unless you derive pleasure from doing so, and if you do, walk a lot. Finding calm ("serenity now") in the midst of a cancer diagnosis, and likewise attempting to eliminate stress and anxiety is much easier said and written about than actually done. Managing that stress (and anxiety) is the challenge. And if one can somehow traverse, navigate, manipulate even, this path of least resistance; at least on paper, potentially, there might be some light at the end of your tunnel that's not an oncoming train. That being said, once a malignancy is confirmed, there are no more guarantees. Actually, there is one: you'll be changed forever in ways you can't imagine.

Surviving a cancer diagnosis/"terminal" prognosis is a work in progress, literally; except, you might not make any progress, and statistically speaking, you might not survive. Nevertheless, thinking you have no future is the quickest way to not having one. Whether it's delusions or illusions or just plain confusion, moving forward with a smile on your face and a bounce in your step will help create the kind of positive energy necessary to survive this ordeal. It's not exactly a recipe for success, but it might be a way to avoid disaster - for a while, anyway.

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



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