

Great Falls CONNECTION

Great Falls is one of the prime locations for adventure kayaking in the country.

An August Sunday in Great Falls Park

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Fitness Becomes Fun in Great Falls

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Artstars Presents 'Pets On Parade'

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HomeLifeStyle

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WHY IS IT SO HARD TO GET IN SUMMER SHAPE?

Every year it happens...

Spring and summertime roll around, and we panic about putting on our summer clothes. Arms seem too jiggy for short sleeves. Legs feel too lumpy for shorts or a bathing suit. And "abs"? Let's not go there.

It happens every year, and when we don't take action, it just gets worse over time. The fitness options out there can feel daunting. Some are too intimidating or intense. Some seem like they could never get the results you want quickly. Some are too expensive. And so, another year goes by without reaching your summertime fitness goals.

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Come see yourself a little differently this summer. Call or stop by the club. Meet our team of caring fitness professionals. Talk with our members (they ROCK). Come see how strong you truly are. You CAN get in great shape this summer, and we are here to help.

Yours in good health,
Nick Konarski, General Manager,
Koko FitClub of Northern Virginia



*Some restrictions may apply. See club for details.

WE CHANGE LIVES

"One word for me that describes the Koko experience – transformative. At the age of 46 and after not working out for 16 years, I joined



the 30-day [trial] this past summer to try something new. I had no energy, I was overweight, and saw a pretty bleak future physically for the path I was on. After a couple of weeks I was hooked... The whole program is arranged for me, taking into account my strengths/weaknesses and ensuring that I continue to progress. I'm now wearing the same size pants as my college days. It really is true that lean muscle and fitness is the fountain of youth. My girls are appreciating a MUCH more active dad. If every gym in the country had this system, I think we'd have a lot more happy people who have transformed their lives as well."

~ Michael James, Member,
Koko FitClub, Herndon

"I have always been active: skied and golfed for years... As I aged, I noticed that muscle tone and balance



were not what they used to be. Koko meets all my needs: the option to work out on my schedule, the ability to work at my own pace and intensity because of the individualized program, and enough competitive spirit to keep me motivated. If I can do it at my age, then I encourage anyone of any age to do it. My balance, blood pressure and weight have all improved with Koko. I LOVE it!"

~ Karen Spahn, Member,
Koko FitClub, Reston

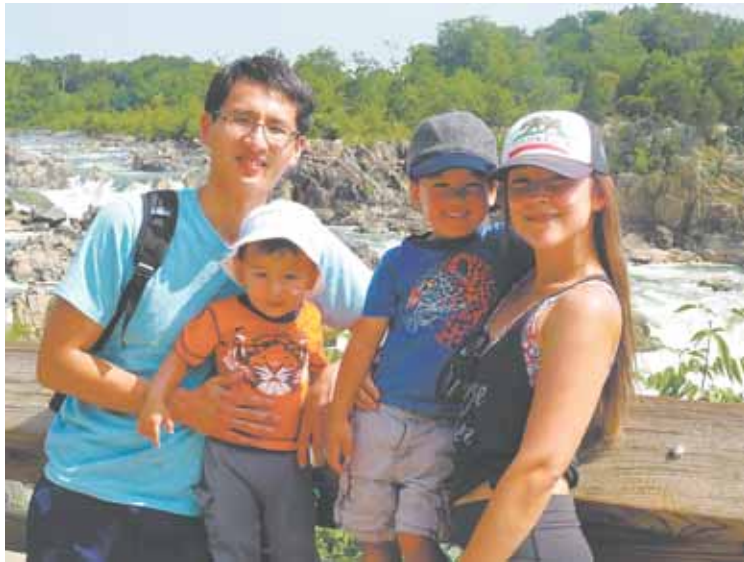
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Or click! try.kokofitclub.com/30daynova

Allen and Sumi Hu with sons Rowan (in orange) and Jonah.



PHOTOS BY KEN MOORE/THE CONNECTION



Chris and Emily Maletz enjoy a family picnic and hike with daughters Pauline, 5, Claire, 4, and Bosco.

Great Falls National Park Hosts Many a Celebration

An August Sunday in the park.

BY KEN MOORE
THE CONNECTION

Brandon Greiner, 3, took the lead. The 3-year-old biked the trails from one overlook to the next while his twin sister Ainsley, mom Nicole and father Nathan Greiner walked immediately behind.

Brandon's parents are both health and physical education teachers, and during the summer. "Everyday, we try to find a new activity. Today it's this," said Nathan Greiner.

Great Falls National Park offers history and nature in an 800-acre park at 9200 Old Dominion Drive in McLean.

By 10:30 a.m., rangers said hundreds of cars had already come through. The wait time to get into Great Falls Park was 16 minutes long.

By noon, the queue almost backed up to Georgetown Pike, with a wait time of nearly an hour.

"This is pretty incredible," said Sumi Hu



Brandon Greiner with his father Nathan Greiner.

who came to the historic overlooks with her husband Allen, and children Rowan and Jonah.

A sign at one of the overlooks explains:



Toby Peguero, 2, with owner Jessica Peguero, who adopted Toby from Lost Dog and Cat Rescue in McLean and Arlington.

"The Potomac River begins as a small spring near Fairfax Stone, West Virginia. Like a giant funnel, it gathers water from Penn-

sylvania, West Virginia, Maryland, Virginia and the District of Columbia as it travels 383 miles to the Chesapeake Bay.

"When it reaches Great Falls, the river narrows and drops 76 feet into a canyon called Mather Gorge."

Jessica Peguero adopted her dog Toby from Lost Dog and Cat Rescue (lostdogrescue.org).

"He loves climbing on the rocks," said Peguero.

She and Toby try to come to Great Falls once or twice a month. "We love nature," she said.

Chris and Estelle Maletz brought their daughters Pauline, 5, Claire, 4, and Bosco to Great Falls "just to get outdoors and enjoy the day," said Chris, "and to take the girls out for a hike."

Juan and Nery Munguia, of Herndon, brought Aylin Munguia to Great Falls for her second birthday party.

Her parents decided it was the best place to invite family and friends for soccer, barbecue chicken, and, of course, birthday cake.

Immediately after kicking a soccer ball, Aylin was changed into her Sunday best for birthday photos.



Great Falls offers picnic tables, grills and space for celebrating on a first-come, first-served basis.



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News



PHOTOS BY KRISTIN CLARK TAYLOR/THE CONNECTION
From left — Great Falls Cycle Studio owners Danielle Saunders and Jenn Mastran.



Great Falls resident Tracey Liberson stands ready and waiting for the arrival of the new Great Falls Cycle Studio.

New Cycle Studio Brings Fitness and Fun to Great Falls

**“A Party on a Bike”
comes to Great Falls.**

Opening in September

BY KRISTIN CLARK TAYLOR
THE CONNECTION

Grab a bike and a bottle of water. Fitness is about to get fun. When the Great Falls Cycle Studio opens in mid-September, the state-of-the-art studio will bring gleaming new bikes, top-notch instructors and a decidedly different approach to the concept of fitness.

Gone are the days of monthly memberships and crowded classes. This single-focus studio will offer cycling only. No Bosu. No body-building. No treadmills or Tai Bo or barbells or body bars. Just cycling.

This single-service approach suits the owners, Jenn Mastran and Danielle Saunders, just fine. In fact, it's an important part of their strategic business plan.

Mastran, a long-time Great Falls resident who's been leading, managing and teaching fitness in and around the area for 25 years, says the single-focus approach is definitely an emerging trend.

“The same way you see yoga studios starting to individualize themselves and separate from the traditional health clubs, cycle studios are doing the same thing,” she said. “With a focus on cycling alone — especially in a fun, intimate environment — our clients can get fit and have fun at the same time, with no outside distractions.”

It's clear that this fitness-and-fun combination is the mantra and motivator for both owners. Saunders, who first met Mastran at River Bend Country Club a few years ago when Mastran was teaching a fitness class, is also ready and raring to go. Saunders is convinced that using state-of-the-art equipment, pumping up the volume on great get-down music and creating an environment filled with positive energy is the best way to get buff.

A lawyer by trade and a Great Falls resident for over 10 years, Saunders sees the new studio as a

way to connect more closely with her own community.

“Most of my professional and legal work has been in D.C. or other points, so it's really meaningful for me to be involved in my own community this way,” she said.

BOTH OF THE OWNERS embrace the concept of using cutting-edge technology and high-quality equipment as a way to attract the growing number of healthy go-getters in Great Falls. The studio will be outfitted with a state-of-the-art sound system, a huge flat-screen TV and top-of-the-line Schwinn cycles with electronic monitors that can track a variety of functions such as calorie usage and RPMs.

The studio is small. There will only be 12 bikes — again, a strategic business decision designed to foster the intimate, close-knit feel of a boutique studio rather than a cavernous, multi-level mega gym. For an added boost of collective energy, clients can use the flat-screen TV to simulate the experience of participating in an actual cycling event — the Tour de France, for example, or some other exhilarating sporting event or exciting video.

Tracey Liberson, an office manager and Great Falls resident for 13 years, can't wait to hunker down behind the handlebars. An avid hiker who walks and runs all over Great Falls at least five times a week, Liberson says the arrival of the new studio will augment her hiking routine and help step things up a notch with her current fitness regimen.

“I'll still hike, of course, but the arrival of this new studio will be something new and exciting for me,” she says.

SEE FITNESS, PAGE 7

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WEEK IN GREAT FALLS

Great Falls Senior Center to Host International Photographer

The Great Falls Senior Center (GFSC) event for Sept. 1 features Kenneth Garrett, international photographer. His topic will be Journey Through Hal-
lowed Ground; Birthplace of the American Ideal. His photography reflects his creativity in covering major archaeological sites of the Mayas, Aztecs, Olmecs and ancient Egyptians and the important discoveries in the evolutionary history of humanity. Garrett is an independent photographer and his articles for National Geographic include "Square-rigger: Voyage from Baltic to Bicentennial"; other notable articles include The Iceman (Ice Age Human Body), Dawn of Humans: Tracking the First of Our Kind, Valley of the King's (Egypt), Journey to the Ice Age Humans, Dawn of Humans: Hunt for the First Americans, Death on The Nile and many more. He has also pho-

tographed for National Geographic Traveler and for such magazines as Smithsonian, Fortune, Time, Life, Forbes, Audubon, Archaeology and Natural history. His extensive book credits include El Templo Mayor: The Great Temple of the Aztecs in Mexico; Floaters and Stickups; Egypt of Pharaohs; Tutankhamun and the Golden Age of Pharaohs. Garrett's work has been exhibited at the Smithsonian, the University of Pennsylvania Museum of Archaeology & Anthropology, and in Egypt, Cuba and Japan.

The Sept. 1 event will be held at St. Catherine of Siena Catholic Church, 1020 Springvale Road, Great Falls, 11 a.m.-1:30 p.m and includes lunch. The event sponsor is Lozo Dentistry, Great Falls. Reservations are a must; to reserve email Polly Fitzgerald at pollyfitz1@verizon.net or call 703-759-4345.

BULLETIN BOARD

To have community events listed in the Connection, send to north@connectionnewspapers.com. The deadline for submissions is the Friday prior to publication.

MONDAY/AUG. 17

Spanish Chat. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. All levels welcome to practice Spanish in a relaxed environment with a native speaker. Adults.

MONDAY/AUG. 24

Spanish Chat. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. All levels welcome to practice Spanish in a relaxed environment with a native speaker. Adult admission.

TUESDAY/AUG. 25

Expecting the Unexpected: Preparing for Emergencies. 1-2 p.m. Tysons Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. What do you do when an emergency occurs? Find out from experts from the Office of Emergency Management.

ONGOING

Weekly TIPS Lunch. 12:15-1:30 p.m., at Shula's, 8028 Leesburg Pike, Vienna. Tyson's Regional Chamber of Commerce does lunch. 703-862-4895.

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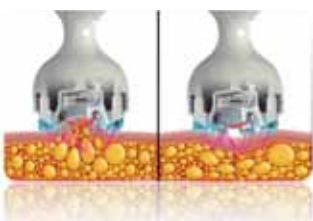
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OPINION

'Our Community Deserves Better'

Strongly worded recommendations for police on transparency and public trust; FCPD has miles to go.

Outrage over the shooting death of John Geer of Springfield on Aug. 29, 2013, by a Fairfax County Police officer led the Fairfax County Board of Supervisors to form of the Ad Hoc Police Practice Review Commission, which began meeting in March 2015. The Communications Subcommittee was the first to give recommendations to the full commission, and the report pulled no punches.

"Communications in recent high-profile use-of-force and critical incident cases were mishandled, inadequate and untimely, leading to loss of public trust and questions about the legitimacy of police actions. ... Our community deserves better."

"The failures in both communications and its Freedom of Information Act policies have created this crisis of confidence for FCPD. ... There must be significant change coming from the leadership of the county and the Fairfax County Police Department. No longer can they just pay lip service to the idea of transparency. Real change is needed – now. ...

"It is well past time for the Fairfax County Police Department to start providing timely, honest and effective communications with everything it does. We deserve nothing less. ...

"Constant 'happy talk' breeds suspicion, while being direct and clear about mistakes and failures as well as accomplishments results in increased credibility."

The Communications Committee, led by former Fairfax County Public Information Of-

ficer Merni Fitzgerald, calls for: a culture change to favor releasing as much information as possible; policy change to encourage transparency and accountability by establishing a culture of disclosure; adopting a predisposition-to-disclose, with public records presumed to be public and exemptions strictly and narrowly construed.

EDITORIAL

For example, the committee calls for: releasing the names of officers involved in any police shootings within one week; releasing video from body cameras, dashboard cameras and any other digital record of a police-involved shooting death immediately; a continuous process of information declassification for cases that are no longer active or are closed; releasing actual police reports, with redactions where necessary, rather than creating summary documents; providing unfettered access to blotter-type information to include a list of every incident and call with the basic who/what/when/where/how information.

The full report is eight pages, well-written and well worth reading.

CHANGE IN CULTURE is not coming automatically or easily to the Fairfax County Police Department. While the FCPD has released reams of information to the commission, that has not included much requested and needed information for the commission and its subcommittees to meet established scope of work.

For example, the Use of Force Subcommittee is tasked in its scope of work to "review

Read Report Online

<http://www.fairfaxcounty.gov/policecommission/subcommittees/materials/final-recommendation-communication-subcommittee.pdf>

(not investigate) recent use of force incidents (lethal and non-lethal) involving FCPD as well as review any existing data summarizing all FCPD use of force interactions, officer involved shootings resulting in death or injury, and in-custody deaths from 2005 to 2015."

In May, the committee asked what documents and reports would be available and when.

The following response was posted in June: "The Chief of Police will post a synopsis and other information regarding the department's officer involved shootings but will not be releasing any case reports, files or documents from the criminal or administrative case."

That response does not reflect a culture of transparency.

But what's worse is that on Aug. 10, just weeks before the subcommittee's final recommendations are due to the full commission, the committee still has not received the synopsis promised, or even a list of officer-involved shootings resulting in death or injury, and in-custody deaths from 2005 to 2015.

FCPD Chief of Police Edwin Roessler is scheduled to present the synopses to the committee on Aug. 12. All commission and subcommittee meetings are open to the public, see <http://www.fairfaxcounty.gov/policecommission/>

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

Mary Kimm, Connection editor and publisher, serves on the Ad Hoc Police Policies Review Commission. The opinions expressed here are her own, and do not speak for the commission.

LETTERS TO THE EDITOR

An Angel in State Trooper Disguise

To the Editor:

On July 13, 2015, I was driving to Reagan National Airport to pick up my son when I noticed the low fuel light was flashing. I told my two grandchildren, who were with me, that we needed to get gas. Yet, I decided to keep going as to not have my son waiting for me at the airport. I figured we could circle back after picking him up and get gas then. However, on our way back around, we took the wrong exit, overshooting the gas station. We attempted to keep going until the next gas station, but ran out of gas in the process. My son stated, "Mom, we are out of gas." I responded with, "Are you serious, can you back up? We are in the middle of the highway?" He said "No mom, we can't move." Panic set in. I reached for my roadside

assistance card and tried to call for help, but my hands were shaking from fear of being hit by an on-coming vehicle. Just then, a state trooper pulled up behind us with flashing lights. I found out later that it was Trooper Chad Fulk. He quickly approached our vehicle and asked if we were alright. I, feeling responsible for our predicament, said we ran out of gas. He said "Don't worry, I need to get you all to safety because I almost creamed you coming around that curb. Do you mind if I bump you to a safe location?" We said "Sure, please."

Trooper Fulk gently bumped us to safety. He came back to our vehicle and asked, "Do you all have someone coming," because he noticed that I still had the roadside assistance card in my shaking hand. I said "Yes." Trooper Fulk said, "I'm going to call for help and we will see who gets here first." After he called, he smiled at me and said "Would you feel better if I stayed with you until someone

arrives?" I said "Yes." He said "OK," and went back to his cruiser to wait.

While we waited, I noticed I had my Bible. So, I took out a piece of paper and wrote a note to Trooper Fulk. I don't remember what I wrote, but I wanted him to know that we appreciated his dedication, care, and concern for our safety.

His call for assistance arrived prior to ours, at which time he returned to our vehicle and said that we were in good hands, and he was going to depart now. I asked him if he was an angel, to which he replied, "I don't think so," with a smile. I handed him the note I'd prepared for him, and said I wouldn't be surprised if you were to disappear when you return to your car. Although he denied being an angel, he was our angel that day. He saved the lives of my grandchildren, my son and I. We feel he deserves to be recognized for putting his life in danger as he does everyday diligently protecting

and serving us all. I don't want to imagine what could have happened had Trooper Fulk not been there. My son is off to training camp, my grandchildren are off to summer camp, and I am home thanking the Lord for Trooper Fulk.

Pearl Royal
Herndon

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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By e-mail:
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Fitness Becomes Fun

FROM PAGE 4

Convenience and ease of location is also an important factor: "It's about time something like this came to Great Falls!" Liberson laments. "Now, we'll have top-notch instructors and high-quality spin sessions right here in our midst, without having to go to Tysons, Reston or even further."

Liberson's desire to stick with her current routine and simply add a dash of something new is precisely what Mastran and Saunders are going for.

"We're not looking to put anybody out of business," Saunders says. "We understand that people belong to other gyms. We're simply looking to augment a person's usual work-out pattern. People come here simply to spin and to have a good time. Simple as that."

Other innovative design elements and cutting-edge accommodations are bound to add new spin to this spin: Rather than restrictive monthly memberships, for instance, clients will be required to sign up for classes online, in advance. A couple of keystrokes will log the client onto the studio website (www.greatfallsstudio.com) where they can reserve a bike, pay for the class and even see how many bikes are still available. No financial transactions will occur on-site. Walk-ins are welcome, but they, too, will be required to register, sign in and

pay electronically on an iPad in the studio.

EVEN THE CLASS SCHEDULE will have a built-in flexibility – again, by design – because the owners feel strongly that the community should have direct input into the timing and number of classes available.

"We'll start out with a soft schedule, with about 15 classes a week, Mastran says, "then build up gradually based on the feedback we receive." The cost of an individual class is \$22. Purchasing a package of five classes or more is \$20 per class, and a package of 10 or more is \$18.

Susan Kurtz, a local childcare consultant who's lived in Great Falls for 11 years, sustained a back injury several years ago, but she's not letting her injury deter her from getting her spin on. She, too, expressed excitement about the studio's arrival.

"I really like the fact that, with this studio, you'll be able to go at your own pace and you'll have excellent instructors who know how to push you past your limits."

And perhaps best of all? This recurring notion of fitness as fun. According to Kurtz, getting fit while having fun is the name of the game. Her one-line descriptor says it all:

"It will be like a party on a bike!"

Party indeed. Where else is it possible to score a spot in the Tour de France without ever leaving Walker Road?

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Dr. Kathryn J. Sowerwine is a board certified Allergist and Immunologist with a special interest in dermatological diseases linked to allergy. She completed a residency in Internal Medicine at Georgetown University Hospital and her clinical and research fellowship in allergy and immunology at the National Institutes of Health in Bethesda, MD.

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HomeLifeStyle

Home's Makeover Enhances Family Life

With time constraints, Sun Design converts large, dated house into residence that satisfies everyone's agenda.

BY JOHN BYRD

Meet Roger Lataille, senior design consultant at Sun Design Remodeling and — more importantly — a remodeling resource homeowners turn to, and return to, whenever they need expert advice, hands-on support and commitment.

Case in point: in 2012, a north Arlington couple engaged Lataille to execute a top-to-bottom makeover to their 2,300-square-foot home. The goal was to implement functional improvements within a “transitional” interior design style that would work well for a growing family. Delivered on time and within budget, the owners dubbed the results “excep-

tional” in every detail.

Now, two years later, and with two daughters growing rapidly, the couple asked Lataille for ideas for an addition. As it turned out, the terrain around the property was too steep. While space enlargement discussions were still underway, however, the couple learned that elderly neighbors a few doors up the street were planning to sell their nearly 5,000-square-foot colonial.

This was a promising development for Lataille's space-cramped client, but far from a slam-dunk.

The neighbor's house had been built in the late 1960s and hadn't been upgraded in decades. Still, more living space was a tantalizing proposition, and the couple soon asked Lataille for an assess-

Details

Sun Design Remodeling frequently sponsors tours of recently remodeled homes as well as workshops on home remodeling topics. Headquartered in Burke, the firm has a second office in McLean. Call 703-425-5588 or visit www.SunDesignInc.com.

ment on remodeling the house to the standard he had achieved in their current residence.

In short order, Lataille and the clients walked through the house and — before any decision had been reached regarding a possible purchase — the designer developed preliminary sketches depicting several remodeling scenarios.

What was obvious to everyone from the start was that the existing house was seriously dated,



Sun Design's Roger Lataille proposed a stacked stone hearth for a sitting area adjacent to the open kitchen. The textural vertical accent — evoking a cabin-like ambiance — creates an invitation to sit and interact that had previously been missing from a nondescript corner.

even degraded in places — and that the desired upgrade would require considerable vision, budget-mindedness and team performance.

Adding to the drama: if the deal went through, the new owners wanted to put their current house on the market immediately, remodel the purchased property at once and move into their new residence as soon as possible.

There would be no interim period of rental properties or furniture in storage.

“Looking back, the qualitative difference between the interiors of

the two houses was profound,” Lataille said. “The house being considered for purchase was like something from a 1970s movie set. There was large-pattern floral wall paper, wainscot paneling in many rooms; the family room adjacent to the kitchen was covered by a sled ceiling with faux exposed timbers.”

Moreover, the interior design style, Lataille elaborates, may have once been loosely described as rustic.

“But the look was plainly anachronistic in 2015,” he added, “A far cry from the contemporary transi-



PHOTO BY GREG HADLEY

Sun Design's “transitional”-style interior design solution concentrates on pleasing contrasts. The 3.6-foot-by-8-foot cook top island and three stool dining counter features a walnut-colored base topped with a granite surface. The dark-stained oak flooring is offset by ivory-hued paneling that wraps a two-door refrigerator, a roll-out pantry and drawers custom-designed to satisfy the cook's requirements.

tional style my clients wanted.”

The kitchen, likewise, featured outmoded Colonial accents that including Dutch-style maple cabinet facings, a Delft mosaic tile back splash, and vinyl counter surfaces. There was even a 30-year-old microwave — “really a kind of museum piece,” Lataille said — “embedded in the food prep island.”

Downstairs, a spacious multi-function lower-level zoned as

“game room,” “playroom” and “work room” had become stale from lack of use.

There was a tired old kitchenette in a rear corner — which meant that fixtures needed for sinks and refrigerators were already in place. But much of the lower level was little more than a partly below-grade basement — hardly a place for upbeat family

SEE HOMELIFESTYLE. PAGE 13

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Students pose with their artwork.



PHOTOS CONTRIBUTED

Lauren and Christina Lobbin performed a duet of "Siamese Cats" from Disney's "Lady and the Tramp."

Artstars Presents 'Pets On Parade'

Great Falls Artstar Studios holds piano recitals.

The students of Artstars Studios LLC of Great Falls recently held piano recitals. The theme of the recitals was "Pets On Parade."

Each student learned a piano piece related to a pet. The musical selections included "The Waltzing Cat" by Leroy Anderson, "The Playful Poodle" by Margarite Reich and "Hamster Chase" by Martha Mier.

The instructor for Artstars Studios is Mary Jane Cogan, who has taught piano for over 25 years.

She is also an artist, and so she encouraged her pianists to create a painting related to their musical selection. The results were a recital hall filled with wonderful music and colorful art.

Artstars Studios also remembered those less fortunate animals without loving homes. Donations were collected at the recitals and sent to a local animal shelter.

For information on fall piano classes, call 703-430-0166 or visit www.Artstars.biz.



Luke Hospodar played "The Hermit Crab."



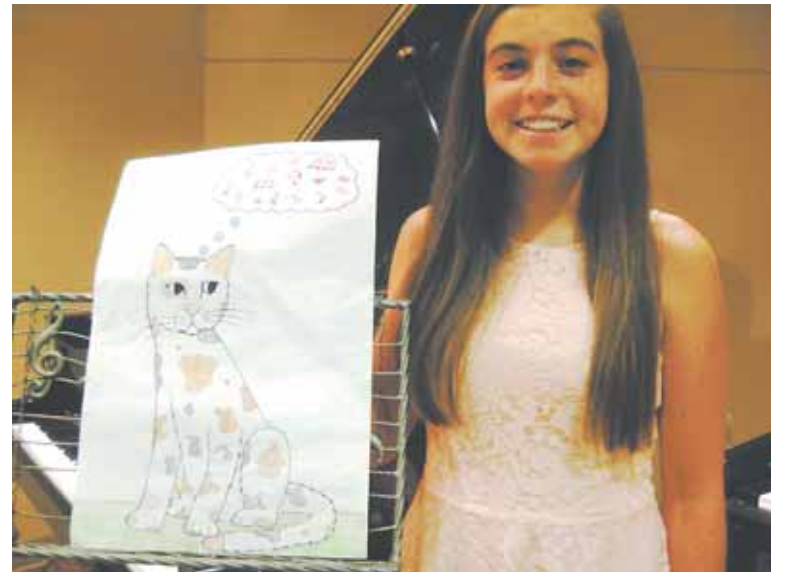
Mia Dahncke played "Woof Woof Waltz."



Madelyn Bonadio's selection was "Hamster Chase."



Shelby Irwin played "Cat Walk."



Valentina Bowes performed "The Waltzing Cat."

Local Nursery Closing After 42 Years ~ Going Out of Business Sale

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CALENDAR

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

ONGOING

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/>.

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/>.

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>

WEDNESDAY-MONDAY/AUG. 12-17

Dine Out Tysons. Dine Out Tysons is a Week of \$20 Lunch and \$30 Dinner menus offered by participating restaurants.

WEDNESDAY/AUG. 12

Jim Gaffigan- Contagious. 8 p.m. Wolf Trap, 1551 Trap Road, Vienna. Laugh it up with the Grammy-nominated humorist as he dishes on food, fatherhood, and everything in between. Tickets: \$30-\$60. www.wolftrap.org.

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

Toddling Twos and Threes. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. An early literacy enhanced storytime featuring stories, rhymes and songs. Ages 2-3 with adult.

THURSDAY/AUG.13

Counting Crows-Somewhere Under Wonderland Tour. 7 p.m. Wolf Trap, 1551 Trap Road, Vienna. Fall "Accidentally in Love" with the melodic alternative rockers and hear them play all their hits off their album. Tickets: \$45-\$60. www.wolftrap.org.

Kids Book Club. 5:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Call Branch for Title. Ages 8-12.

Cupcake Wars: Sweet Reads. 7 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Decorate book themed cupcakes, then put them to the ultimate test.

Artists Meet for Coffee. 8:30-10 a.m. Katie's Coffee House, 760 Walker Road, Great Falls. Local artists meet up for coffee and conversation.

FRIDAY/AUG. 14

Lyle Lovett and His Large Band. 8 p.m. Wolf Trap, 1551 Trap Road, Vienna. Texas' Grammy-winning "Cowboy Man," known for his wry humor and deep storytelling creates richly layered, foot-tapping, Americana, alt-country, and blues with the help of his large band. Tickets: \$25-\$50. www.wolftrap.org.

Playdate Cafe. 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Children enjoy toys and a play space while adults enjoy coffee and conversation. Ages birth-5.

Great Decisions Foreign Policy Series. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Foreign Policy Association's Great Decisions program: Middle East



PHOTO COURTESY OF WOLF TRAP

Lyle Lovett and His Large Band: Texas' Grammy-winning "Cowboy Man," known for his wry humor and deep storytelling creates richly layered, foot-tapping, Americana, alt-country, and blues with the help of his large band and will perform at Wolf Trap on Aug. 14 at 8 p.m.

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

Pokemon League. 3 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Learn and play. Ages 5-18.

FRIDAY-SUNDAY/AUG. 14-16

"Fiddler on the Roof." 7:30 p.m. on Friday and Saturday; Sunday show timing at 1 p.m. Vienna Community Center, 120 Cherry Street SE, Vienna.

SATURDAY/AUG. 15

Kayak Mini Float Trip. 11 a.m. Riverbend Park, 8700 Potomac Hills Street, Great Falls. A scenic wagon ride from the Riverbend Park Visitors Center. Then enjoy a 1.5-mile instructor-led float trip down the river through riffles and flat water.

Little Big Town-The Pain Killer Tour. 7 p.m. Wolf Trap, 1551 Trap Road, Vienna. Hop on the "Pontoon" and enjoy free-wheeling, harmony-driven songs from these Grammy-winning country rockers. Tickets: \$35-\$55. www.wolftrap.org.

Great Falls Farmers Market. 9 a.m.-1 p.m. Year round. Great Falls Village Centre, 778 Walker Road, Great Falls. www.celebrategreatfalls.org/FarmersMarket.html.

Cars & Coffee. 6-9 a.m. Katie's Coffee House, 760 Walker Road, Great Falls. Antique, custom, hotrods, exotic, sports cars, they're all here.

SUNDAY/AUG. 16

Grinding Demo. 12-3 p.m. Colvin Run Mill, 10017 Colvin Run Road, Great Falls.

Intro to River Kayaking. 10 a.m. Riverbend Park, 8700 Potomac Hills Street, Great Falls. This half-hour introductory course at Riverbend Park covers river hazards, water safety and paddling basics. Fees include equipment and same-day, half-day kayak rental. \$29.

Sunrise Kayak Tour. 7 a.m. Riverbend Park, 8700 Potomac Hills Street, Great Falls. Enjoy breathtaking sunrise views over the Potomac River with this two-hour, naturalist-led tour. No previous experience is required. \$38.

Tiny Tots. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Storytime featuring stories, rhymes and songs. Ages 13 - 23 months with adult.

Game On. 2 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Patrick Henry Library has teamed up with Game On! Comics to bring you an afternoon of gaming.

TUESDAY/AUG. 18

Preschool Storytime. 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Join us for stories, songs and activities. Age 3-5 with an adult.

WEDNESDAY/AUG. 19

Morning Book Group. 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Call branch for Title. Adult admission.

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

Beautiful Butterflies. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Summer is butterfly time. Join and learn about these beautiful insects and their interesting lives using puppets, games, felt board activities and stories.

THURSDAY/AUG. 20

Reading Buddies. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Teen volunteers available to read to/with beginning readers. Ages 3-9.

Knit Club. 6 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Bring your supplies and practice your crochet, knitting and cross stitching techniques. Ages 8-18.

Evening Book Group. 7:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Call branch for Title. Adults.

SATURDAY/AUG. 22

Legos in the Library. 2 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Get creative with Legos.
Kayak Mini Float Trip. 11 a.m. Riverbend Park, 8700 Potomac Hills Street, Great Falls. A scenic wagon ride from the Riverbend Park Visitors Center. Then enjoy a 1.5-mile instructor-led float trip down the river through riffles and flat water.

SUNDAY/AUG. 23

Intro to River Kayaking. 10 a.m. Riverbend Park, 8700 Potomac Hills Street, Great Falls. This half-hour introductory course at Riverbend Park covers river hazards, water safety and paddling basics. Fees include equipment and same-day, half-day kayak rental. \$29.

Sunrise Kayak Tour. 7 a.m. Riverbend Park, 8700 Potomac Hills Street, Great Falls. Enjoy breathtaking sunrise views over the Potomac River with this two-hour, naturalist-led tour. No previous experience is required. \$38.

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PUBLIC NOTICE

McLean Community Center Governing Board

Public Hearing on FY 2017 Budget

(July 1, 2016-June 30, 2017)

Monday, Sept. 14, 2015 at 7:30 p.m. at the Center

Residents who wish to speak at the Public Hearing are asked to call 703-790-0123, TTY: 711, to be placed on the speakers' list. Copies of the draft budget proposal will be available during the public hearing.

Written comments may be delivered to the Center's address (shown below,) marked "Attention: Executive Director," or sent by email to feedback@mcleancenter.org. Written comments may be provided after the public hearing up through Monday, September 21.

NEW THIS YEAR: The Finance Committee Meeting of the Whole (full board budget work session) will be held earlier than usual on **Thursday, Aug. 20, 2015** at 7:30 p.m., at the Center.



The McLean Community Center
1234 Ingleside Ave., McLean VA 22101
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www.mcleancenter.org



Langley head football coach John Howerton instructs Saxon linemen during a recent practice.



Rising senior tackle Ben Culmer (63) and rising junior guard Tyler Howerton (75) compose the right side of the Langley offensive line.

Massive O-Line Key to Langley Football Team's Success

Saxons lost program's all-time leading rusher to graduation.

BY JON ROETMAN
THE CONNECTION

Tyler West put up some impressive numbers during his Langley football career, graduating in 2015 as the program's all-time leading rusher.

West, a two-time first-team all-region selection, totaled 4,373 yards on the ground and scored more than 50 touchdowns, the majority of which came during his two seasons as the Saxons' starting running back.

How does the 2015 Langley football team plan to cope with the loss of West's record-setting production?

Look no further than some impressive numbers along an experienced offensive line.

Langley returns four of five starters up front — a group that averages 6 feet 3 and 284 pounds. Rising senior left tackle Xavier Henschel (6-4, 275), rising senior left guard MJ Johnson (6-0, 265), rising junior right guard Tyler Howerton (6-3, 280) and rising senior right tackle Ben Culmer (6-6, 315) figure to open holes no matter who starts at running back.

"I think we have a pretty decent offensive line this year; we're really big up front," Culmer said. "I think we'll be able to dominate the line, open up holes and I think we'll make it real easy for whoever our running back ends up being."

THREE PLAYERS are competing for the starting center spot.

"It gives us a lot of confidence knowing if we work together and go hard," said Howerton, whose father, John, is the Saxons' head coach, "we can out-match and out-play anybody we go up against."

A strong offensive line is the norm for Langley under head coach John Howerton, who is entering his 13th season with the

Saxons. Along with head coaching duties, Howerton, who played at Fort Hunt High School and Shepherd University, coaches the Saxon linemen. He said Langley has produced a 1,000-yard rusher every season he's been at Langley.

"Pretty much every kid benches at least 300 pounds [and] I've got three or four kids that squat over 500 pounds," Howerton said of this year's O-line. "We're big and strong and experienced. ... They walk out there in pads, that's going to be pretty ... intimidating for some of these high school teams that play with the classic 5-9 kid."

Why are Langley lines consistently strong?

"Coach Howerton is a great coach," Culmer said. "He's always pushing us to be in the weight room, he's always giving us one-on-one instructions, showing us what to do, how to do it. If we're doing something wrong, he's always correcting us. He's always pushing us in all the right directions."

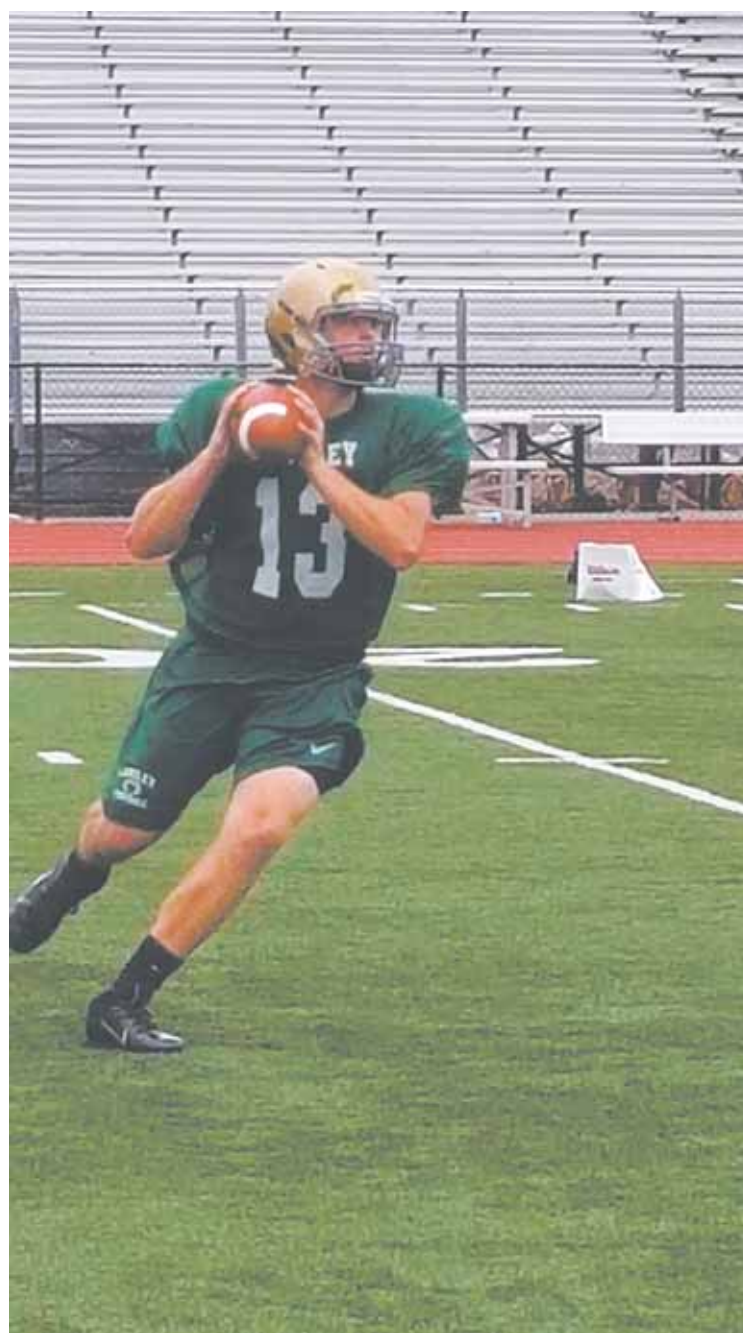
"He knows how to make linemen."

Getting the first chance to run behind Langley's massive offensive line will be rising junior Aaron Feldman.

"He's got a lot of potential," Coach Howerton said. "He's worked really hard in the offseason. This is his chance to really do something."

The Saxon passing game will be led by rising senior quarterback Jack Anderson, who returns for his second season as a starter.

"He's gotten much better, much improved in the offseason," Coach Howerton said.



Rising senior Jack Anderson returns for his second season as Langley's starting quarterback.

"He knows how to make linemen."

— Langley offensive tackle Ben Culmer about head coach John Howerton

hopes alive in 2014, leading the Saxons on a game-winning drive in the closing moments of a 21-20 victory over Madison.

"It's a lot different," Anderson said about having a year of experience under his belt. "Last year, it was definitely more nerve-wracking not knowing what you're going into, not really having played a varsity game. Now it's like, 'All right, we've already been through this, let's just get to the games and get it rolling.'"

Anderson will have several talented receiving targets at his disposal, including rising junior tight end Lachlan Pitts (6-5, 230) and receivers Daniel White, a rising junior, and Daniel Salamone, a rising senior.

Rising senior linebackers Chris Rossberg and Trevor Stup are standouts on defense.

LANGLEY'S QUEST for a sixth consecutive playoff berth will begin with a home game against West Potomac on Thursday, Sept. 3.

"If my dad weren't coaching here, [West Potomac is] where I'd be playing, so I feel

like I kind of have a little rivalry with some community friends," Tyler Howerton said. "I feel like that's a game we definitely need to win."

entertainment.

IN THE PLUS COLUMN: the house featured generously-sized rooms and segues, large windows accessing abundant natural light and an appreciably “open” first floor plan with sight lines in three directions.

“The kitchen-centric first level plan had considerable potential,” Lataille said, “but it needed a more cohesive interior — one that would support a more intimate scale.”

The first feature Lataille slated for deletion: the sled roof.

By uniformly dropping the ceiling to the standard 8 feet, the visual experience of anyone in the room now shifts to horizontal sight lines dominated by large windows and outside landscaping. The more sharply articulated indoor-outdoor continuum, in turn, adds focal points and intimacy — yet is more expansive.

To highlight perspective, Lataille proposed a stacked stone hearth for a sitting area adjacent to the open kitchen. The textural vertical accent — evoking a cozy cabin-like ambiance — creates an iconic invitation to sit and interact that had previously been missing from a nondescript corner.

With a panoramic view on one side and the open kitchen on the other, the redesigned niche is transformed into a cozy spot for sitting by the window with a book, or chatting with the cook as meals are prepared.

With the exception of moving interior walls a few inches, the kitchen footprint remains fundamentally the same. Here, Lataille concentrated on introducing wholly new elevations — eliminating all vestiges

of the Colonial-style finish work while developing a brightly luminous interior scheme composed of granite surfaces and ivory-hued cabinet facings.

The 3.6-foot-by-8-foot cook top island and three stool dining counter now features a dark walnut-colored base topped with a dappled granite surface. The dark-stained oak flooring, by extension, perfectly contrasts with the ivory-hued paneling that wraps a two-door refrigerator, a roll-out pantry and drawers custom-designed to satisfy the cook’s requirements.

French doors with sidelights now connect the family room to a 17-foot-by-31-foot deck complete with hot tub and outdoor kitchen. The front stairs in the foyer have been re-finished; existing decorative capitals refurbished.

Downstairs, the once darkly cavernous lower-level has been elevated into an all-purpose family play area. Exposed vertical support beams are encased in dry wall, which, likewise, wraps HVAC vents. New wood-grained vinyl flooring, recessed lights and tawny/golden wall paint lend the space a light, cheerful ambiance.

The new play room features billiards, pinball and a card table where Dad hosts a weekly card game. The stacked stone tile fireplace situated in front of an L-shaped configuration of couches offers a perfect spot to watch a plasma screen TV mounted above the hearth.

The old kitchenette, transformed into the family’s downstairs refreshment center, provides step-saving convenience that makes entertaining easier for everyone.

family life — at its most fulfilling.

John Byrd (byrdmatx@comcast.net) has been writing about home improvement topics for 30 years.

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B.D. Versus A.D.

By KENNETH B. LOURIE



If my experiences as a cancer patient/“terminal” “diagnosee” are at all typical, then the following generalization might in fact be true: certain situations and/or feelings that were once tolerated before diagnosis are nearly impossible to tolerate after diagnosis: traffic, waiting in lines, rudeness, compromise, sacrifice, delayed/deferred gratification, to list just a few. Life becomes so much more precious, that wasting some of it – or the perception of wasting some of it – on unpleasant, unrewarding, aggravating, stressful, menial tasks, obligations, duties, etc. becomes almost too much to bear; on a consistent basis, anyway. It’s a reverse bucket list. It’s less about what you want to do/accomplish and more about what you don’t want to do/endure. Avoiding unpleasantness becomes as important as finding happiness. Getting high on life is the epitome, but if you’re frequently getting low on living, you are not merely adding by subtracting, you are neutralizing. And though there may be a net gain emotionally, the associated pain and suffering may ultimately minimize the benefit.

And minimizing benefits is hardly the stuff of which cancer patients’ dreams are made. You need to maximize, not minimize. You need to reinforce every positive and eliminate any and all negatives, disconnecting and disengaging along the way if necessary; remembering that your life may depend on it. There’s no future – literally and figuratively, in being miserable (or being made to feel miserable). Life is challenging enough without a cancer diagnosis. Being told by an oncologist that you only have “13 months to two years” to live turns that challenge into a directive almost. The prognosis is not so much given/meant as a guarantee as much as it is a presumption (based on a variety of tests/scans) that time will indeed tell. Nevertheless, it’s difficult to not take those words personally, especially since you’re hearing them from a professional. Believing them is hard enough, but devising some sort of strategy to embrace/assimilate and incorporate them into a lifestyle you want to live is sort of a management problem for which most of us haven’t been trained and even less of us prepared for. It’s hard knocks that school never taught. That was college prep., not cancer prep. And even though you’re not exactly fending for yourself once you’re in the cancer whirled, you are in a world not of your own making, and a world (of emotions) likely never imagined and certainly not anticipated.

How you navigate, how you survive becomes a series of very personal choices. After all, it’s your life (actually in this column, it’s my life), and we have to live it. Obviously I am responsible for my own actions, but I have to be responsible for my own “inactions,” too. Solving problems, minimizing hassles, finding solace, accepting limitations, living and learning are all less effective if I’m distraught in the process. Happiness is one thing. Unhappiness is quite another.

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

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