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HomeLifeStyle

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Victory Pyramid for Vienna Stars 10U. Top of the pyramid (L to R): Dannica Wiggins (Bristow) and Emma Kate Appleton (Great Falls); next Grace Hausamann (South Riding), Lauren Chi (Lansdowne) and Sarah Semko (Great Falls); bottom row, Daniella Lew (Potomac, Md.), Sydney Snider (Warrenton), Katelynn Park (Vienna) and Katie Kutz (McLean), Callie Keys (Leesburg) at the bottom.



Larger Houses, Fewer Trees?

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Langley's All-Virginian

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Larger Houses, Fewer Trees?

In-fill development a “hot issue” in McLean, Great Falls, as older homes and trees make way for much larger houses.

BY KEN MOORE
THE CONNECTION

McLean and Great Falls communities are often named with roots to their natural surroundings: Langley Forest, Langley Oaks, Chesterbrook Woods, Franklin Forest, Chesterbrook Farm, McLean Hamlet, Amberwoods, Woodhaven, Woodside Estates, Summer Wood, Great Falls Glen, Bradley Oaks. These are a sampling of the community names that highlight the original settings and forested areas where they were built.

But now, decades after many of these communities were long established, and especially in older neighborhoods of McLean, original houses are coming down to make way for more much larger homes on the same modest lots.

The in-fill development sometimes threatens the roots of the natural surroundings, along with mature trees.

“I think it’s almost heartbreaking to see some of the trees we have being torn down,” said Supervisor John Foust.

“It’s a very hot issue and one we are very focused on.”

LOCAL AUTHORITIES have limited authority in Virginia, a Dillon Rule state, where localities have only the power specifically given to them by the General Assembly.

Although Virginia adopted a Tree Preservation Ordinance in 2008, the authority Fairfax County has is “very limited.”

“We certainly seek more authority than the state has given us,” Foust said.

Philosophically, Virginia is reluctant to pass regulations that impose restrictions to what property owners can do with their own properties.

Foust was not talking about specific locations, but houses side by side on Franklin



PHOTO BY KEN MOORE/THE CONNECTION

In-fill development on Franklin Lane in McLean. Many locals chafed at the loss of most of the mature trees on the lots along with the older homes to make way for much larger homes.

Avenue in McLean have one neighborhood and surrounding communities buzzing.

“The existing ordinances are exceptionally weak,” said one McLean resident. “The focus of our concern is infill development where regulations are exceptionally lax and even the regulations that exist are virtually never enforced. ... There are hundreds of end runs that exist under the flimsy ordinances that exist now.”

Foust confirmed that sometimes enforcement isn’t vigorous.

“It’s a very complex process and there have been times that I feel [county] staff could have done more, and times when I know the developer violated what they were

supposed to do,” said Foust.

Foust will be working with Sen. Barbara Favola (D-31) to try to introduce state legislation to improve protection of the tree canopy in the next General Assembly.

“We want to make sure whatever authority that is on the books is being utilized to the maximum extent possible,” said Favola. She said she is seeking guidance from county officials about “where there are gaps in legislative authority and what the county would like to see to fill those gaps.”

MORE THAN 100 TREES were going to be removed for his new planned office in McLean, Foust said it wasn’t a decision with-

Why This Matters

Most new development in established neighborhoods in McLean and Great Falls will proceed as “infill” development. McLean Citizens Association and Great Falls Citizens Association will monitor new development and its impact on the environment and quality of life.

GREAT FALLS CITIZENS ASSOCIATION

www.gfca.org

MCLEAN CITIZENS ASSOCIATION

www.mcleancitizens.org

out controversy when he told authorities to halt those plans.

“Trees are very important to and for us,” said Foust. “People can make a difference in the preservation of trees.”

The McLean Citizens’ Association hosted a presentation in March on “Protecting Neighborhood Tree Cover.”

“It [legislation] may not be as strong as everyone would like it but it is the strongest in the state,” Keith Klein, director of the Fairfax County Urban Forest Management Division, said at that meeting. “It does give us tools to use.”

Great Falls Citizens Association plans to hold similar meetings next spring, said Bill Canis, association vice president. Canis pointed to larger scale issues of infill development in Great Falls, for example the proposed development of Brooks Farm.

Klein and Craig Herwig, of the Forest Conservation Branch of the office, told people to get involved.

“We need your help. You can get involved in this. You have a voice in what is being developed,” said Herwig. Klein steered residents to a Department of Planning and Zoning website to learn about proposed development in Fairfax neighborhoods, www.fairfaxcounty.gov/dpz/faqs/myneighborhood.htm. And he suggested calling when development occurs.

Robert Vickers, Dranesville Representative to the Fairfax County Tree Commission said the best time for neighbors to get involved is in the rezoning process. “What’s our best opportunity to preserve trees? Right in the rezoning process,” said Vickers.

Education also makes a difference, and the Tree Commission has established rewards and incentives for developers who attempt to maintain tree cover.

“The more awareness we create, the more influence we have,” said Vickers.

Used Book Sale Sept. 18-20 at McLean Community Center

The American Association of University Women (AAUW) of McLean will hold its 46th Used Book Sale, Sept. 18-20 at the McLean Community Center, for “Top shelf books at bargain basement prices!” Most of carefully selected books are \$3 or less. This year the sale features a room full of children’s books; a large audio/video collection; many special books individually priced, displays refreshed regularly from books in storage; and a greater emphasis on recent books in pristine condition. Credit and debit cards will be accepted. Sunday will be “bag day” for those choosing to fill grocery bags with books, \$10 per bag in the Main Hall.

The McLean Community Center, is located

at 1234 Ingleside Avenue. There is plenty of free parking. Sale hours are Friday 9 a.m. to 7 p.m., Saturday 10 a.m. to 6 p.m., and Sunday 12 to 4 p.m. For more information, visit aauwbookfair@gmail.com or phone 703-527-4206.

Book sale proceeds support education and equity for women and girls through AAUW research, projects, grants, graduate fellowships, and local college scholarships for women. AAUW’s McLean Area Branch thanks SunTrust Bank, the McLean Community Center, Discover Books, many other local businesses and all who donated used books for making this used book sale the huge success it has become.



PHOTO CONTRIBUTED

Customers line up at the entrance of the McLean Community Center on the opening morning of a previous AAUW used book sale.



PHOTOS CONTRIBUTED

Penelope Mort Ranta practices viola while her cat, Ludo, listens.

Langley's All-Virginian

Within the span of only eight days, Penelope Mort Ranta of Great Falls competed in the VHSL Group 6A State Indoor Track and Field Championship and earned her place in the All-Virginia Orchestra. The Langley High School student had become adept at juggling a heavy academic load with playing viola, in addition to being a high jumper and hurdler.

As a junior, Penelope played in the top orchestra of the American Youth Philharmonic Orchestra, in addition to being principal viola in the top orchestra at Langley HS. Since she had won the principal viola position in the prior year's District Orchestra, Penelope auditioned for Regional Orchestra. Her high placement in the Regional Orchestra made her eligible to audition for the All-Virginia Orchestra.

Indoor Track season began in November, where Penelope was training in high jump and hurdles. Finishing third in the District high jump qualified her for Regionals, where she finished 5th. Since the top 6 regional finishers qualified for states, Penelope was headed for States.

Usually, track and orchestra events were not scheduled to take place at the same time. However, with snowstorms causing school closings, the State Indoor Track and Field Championship was re-scheduled to be on the same weekend as the auditions for the All-Virginia Orchestra. Penelope made arrangements with her coach to compete in the high jump on one day, then leave the meet early to audition for the All-Virginia Orchestra the next day. Her track coach hinted that she would not be able to leave the state track meet until she played a viola solo for the team.



Langley's Penelope Mort Ranta runs towards the high jump during an indoor track meet.

Langley High senior competes at state level in both music and track and field.

Mother Nature intervened again, causing postponement of the state track meet. Penelope was able to audition for the All-Virginia Orchestra at James Madison University without jumping at Christopher Newport University the day before. She earned a spot in the All-Virginia Orchestra, and performed at CNU on April 11.

Penelope finished 11th in the high jump at States, clearing 5 feet.

Now a senior at Langley HS, Penelope hopes that more students will continue to pursue both music and sports. She explained that "doing two major things has definitely taught me time management, and I've had to handle talking with coaches and music directors to balance track and orchestra. It is really fun to play in orchestra and compete in track, and they both require you to keep lots of things in your mind at once.

I also have been introduced to two distinct social groups of people that I might not otherwise have gotten to know. Music and track have helped me to understand a greater variety of people and where they come from, and given me lots of friends, too!"

When asked if playing viola helps her in track, Penelope laughed. She admitted that coaches sometimes have her compete in shot put, because holding up the viola has given her strong arms.

Director of Langley Orchestra, Dr. Scott McCormick, is proud that "the Langley HS Orchestra has a long history of athletes who achieve in both sports and music. For many years, viola players have gone to States in tennis. Penelope is the first to go to States for both viola and track."

—SUSAN MCQUADE

Citizens Fall Primer

Great Falls Citizens Association

See www.gfca.org

"Since 1968, the Great Falls Citizens Association has worked on behalf of the citizens of Great Falls to protect, defend and improve the quality of life in our community."

Candidate's Debate

Tuesday, Sept. 29, 6:30-9 p.m.
Great Falls Grange

9818 Georgetown Pike, Great Falls
The Great Falls Citizens Association will host a debate for candidates running for Fairfax County Board of Supervisors and Virginia Senate and House.

Election Day is Nov. 3, with early voting beginning Sept. 18.

Dranesville Supervisor: John Foust (D) incumbent vs. Jennifer Chronis (R)

Chairman Board of Supervisors: Sharon Bulova (D) incumbent vs. Arthur Purves (R)

VA Senate 31st: Barbara Favola (D) incumbent vs. George Forakis (R)

VA House 34th: Kathleen Murphy (D) incumbent vs. Craig Parisot (R)

Great Falls residents wishing to submit questions for consideration by the GFCA Debate Committee may send them to ralph.apton@gfca.org before Sept. 21.

School Board Candidates and More

Monday, Oct. 9, 6:30 to 9:30 p.m.
Great Falls Grange

9818 Georgetown Pike, Great Falls
The Great Falls Citizens Association will host a debate for candidates running for election to the FCPS School Board and various county positions.

Election Day is Nov. 3, with early voting

Key events coming up in next month.

beginning Sept. 18.

School Board Dranesville Member: Janie Strauss (incumbent), Peter Kurzenhauser

At-large School Board candidates: Bob Copeland, Omar Fateh, Jeanette Hough, Manar Jean-Jacques, Peter Marchetti, Ryan McElveen (incumbent), Ilryong Moon (incumbent), Burnette Scarboro, Ted Velkoff (incumbent).

County clerk candidates: Bettina Lawton (D), John Frey (R) (incumbent), Marisa Wissar (I).

County Commonwealth Attorney candidate: Raymond Morrogh (D) (incumbent).

County Sheriff candidates: Stacey Kincaid (D) (incumbent), Bryan Wolfe (R).

At-large County Soil & Water board candidates: Scott Cameron, George Lamb IV, Jerry Peters, Stephen Pushor.

Great Falls residents wishing to submit questions for consideration by the GFCA Debate Committee may send them to ralph.apton@gfca.org before Oct. 14.

Dark Skies Program

Tuesday, Oct. 6, 7:30 to 9:30 p.m.
Great Falls Library

9830 Georgetown Pike, Great Falls
Speakers will discuss Great Falls' policy to keep skies as dark as possible to view the stars.

Bob Parks, Smart Outdoor Lighting Alliance, will discuss shortcomings in the current Fairfax County lighting ordinance and new lighting technology.

Tammy Schwab, Fairfax County Park Authority, will demonstrate how light pollution affects observation of stars and planets.

Charles Olin, founder of the Great Falls-based Analemma Society, which raises awareness and understanding of science through astronomy for children and adults. The Observatory Park facility at the Turner Farm is being expanded to increase science education programs to students and the public.

NEWS

Promoting Activity and Health

Brightview Great Falls shares Active Aging Week with greater community.

Brightview Great Falls, a popular senior living community in Great Falls, is sharing Active Aging Week with the greater community with special events during Active Aging Week.

On Monday, Sept. 28 at 2 p.m., the community is partnering with Salud, a local organic market in Great Falls to present an interactive, wellness presentation on Healthy Eating.

The community will also host a Paw Parade on Thursday, Oct. 1 at 2 p.m. Residents, families, friends, associates and dog lovers are invited to bring their well-behaved furry friends to parade around the community.

Raising Money for a Worthy Cause

While bringing the community together, the event will benefit the Alzheimer's Association, National Capital Area Chapter with the proceeds from the sale of raffle tickets and other items.

"Promoting active and healthy aging is what we do each day," explains Josh Graf, Vibrant Living director. "Using a blend of

programs, we engage residents in meaningful, healthy and stimulating lifestyles. It's part of Brightview's signature SPICE program incorporating five dimensions of wellness – Spiritual, Physical, Intellectual, Cultural and Emotional – that enriches the lives of Brightview's residents every day."

"Age is an attitude," he adds. "Any person can grow stronger and feel better with movement."

What is Active Aging Week?

Initiated in 2003 by the International Council on Active Aging (ICAA), Active Aging Week is an annual health and wellness promotion event held each year during the last week of September. The weeklong observance celebrates adults ages 50 and older and promotes the benefits of leading an active, healthy lifestyle. Events during Active Aging Week emphasize fun, camaraderie and education.

Free and open to the public, the events

SEE BRIGHTVIEW, PAGE 7

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OPINION

Focusing on Suicide Prevention

Help is a phone call away.

This week is Suicide Prevention Week. Preventing suicide means paying attention to mental health and treating depression, and there is no better time to focus on that than the first week of school.

In 2013, more than 41,000 people ended their own lives in the United States, more than 21,000 with firearms. (Compare to the number of murders in 2013, 16,120.) In 2013, more than 800,000 people were treated in U.S. emergency departments for self-inflicted injuries. More than a million adults report making a suicide attempt each year, while many more people struggle with thoughts of suicide, according to the Centers for Disease Control and Prevention.

Suicide is the 10th leading cause of death for Americans overall and the second leading cause of death among adolescents and young adults aged 15-29. More than half of suicides involve firearms.

In 2013, 1,047 Virginians died by suicide, with white males accounting for 716 of those deaths. The Southside region had the highest suicide rate at 19.3 per 100,000 in 2013, while the Northern region had the lowest rate at 10.1 deaths. (By comparison, there were 383 homicides in Virginia in 2013.)

Two groups particularly at risk are youth and the elderly. Data from the Virginia Department of Health indicates that rates of suicide in Virginia were higher for older people than youth

— but suicide is a leading cause of death for young people.

One strategy to prevent suicide is to learn about the warning signs of suicide, which can include individuals talking about wanting to hurt themselves, increasing substance use, and having changes in their mood, diet, or sleeping patterns, according to the CDC. When these warning signs appear, quickly connecting the person to supportive services is critical. Promoting opportunities and settings that strengthen connections among people, families, and communities is another suicide prevention goal.

Exhibiting any of the signs listed below is reason for an immediate call to the National Suicide Prevention hotline at 1-800-273-8255 (TALK). If you cannot reach someone on this line, go to an emergency room, make sure you or your loved one is not alone until professional help arrives and remove all firearms, sharp objects, drugs, alcohol and other things that could be used in a suicide attempt.

- ❖ Talking about wanting to die or kill oneself.
- ❖ Talking or writing about suicide or death.
- ❖ Talking about feeling hopeless or having no reason to live.
- ❖ Talking about being a burden to others and how the world would be better off without him/her.
- ❖ Talking about being trapped or in unbearable pain.

EDITORIAL

LETTERS TO THE EDITOR

Safety Is Paramount for the New School Year

A message from the Chief of Police about safety and the start of the new school year:

Dear Community Member,

As each school year comes to an end, the Fairfax County Police Department in partnership with our great community, Fairfax County Public Schools (FCPS), and the Virginia Department of Transportation, begins a process to prepare for the start of school in the fall. Our mutual goal has always been and continues to be the safety of your children, pedestrians, and commuters to and from schools at the beginning and end of each day.

Your Police Department is committed to ensuring all children are safe at all crossings while maintaining efficient vehicle traffic flow. Based on your input, through an audit process, we have re-trained crossing guards and up-graded several positions which are

now certified in directing and controlling vehicle traffic outside the scope of the crosswalk to help alleviate traffic congestion. We will continue to audit all locations throughout the school year as mandated by our policy. Should you have any questions or comments, please contact Captain Michael F. Grinnan, Commander of the Traffic Division, at Michael.Grinnan@fairfaxcounty.gov.

The following links are available to learn more about school crossings:

You can visit the Fairfax County Police Department map of all school crossing sites at <http://fairfaxcountygis.maps.arcgis.com/apps/Viewer/index.html?appid=708ad1e5c924029a9d12125d4c17ee8%20>

To view the Police Department's policy on school crossing guards, please visit: FCPD General Order 530.3.

For more information regarding your school start time, please visit: FCPS 2015-2016 Bell Schedule.

As a reminder, the beginning of each school year requires all of us to take extra caution in traveling our roadways and to be patient as others adjust to new routines in

our day to logistically get our children to and from school. As your Chief of Police, we welcome your input to improve the safety of our children.

Sincerely,
Edwin C. Roessler Jr, Col
Chief of Police

Giving Diplomacy a Chance

To the Editor:

I thank Senator Mark Warner for his September 3 statement supporting the deal our government has jointly negotiated with other world powers to curb Iran's nuclear ambitions.

Nothing will be easy going forward with Iran. However, Senator Warner, like nearly 10,000 Virginians whose petitions we presented to him on Aug. 26, has rightly recognized that we must give diplomacy a chance well before force can be considered as a last, necessary choice.

Northern Virginia can be thank-

- ❖ Complete withdrawal.
 - ❖ Showing rage or talking about seeking revenge.
 - ❖ Displaying extreme mood swings and acting recklessly.
 - ❖ Looking for ways to kill oneself, such as searching online or obtaining access to firearms, pills, or other means to kill oneself.
 - ❖ Giving away prized possessions and other personal things; tying up loose ends.
- See <http://www.afsp.org/understanding-suicide/facts-and-figures>

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Correction

In last week's editorial ("How to Vote; It Matters," Sept. 2, 2015), a list of offices up for election in Fairfax County failed to mention school board races. Here is the corrected text:

Each voter in Fairfax County will vote a ballot with choices in one State Senate district, one House of Delegates district, Clerk of the Court, Commonwealth's Attorney, Sheriff, Chairman of the Board of Supervisors, District member of the Board of Supervisors, District member of the School Board, School Board At-large (vote for three), Soil and Water Conservation Board (vote for Three), School Bond for \$310 million, Public Safety Bond for \$151 million. See <http://www.fairfaxcounty.gov/elections/upcoming.htm>

ful that both our U.S. Senators plus Congressmen like Gerry Connolly and Don Beyer favor pursuing our best available option, which is the negotiated deal on the table, rather than precipitously risk putting our country again down the pathway to unnecessary war. We can only hope many more of their colleagues in Congress will see the logic and morality of this choice.

Govind Nair
Fairfax

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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Alexandria VA 22314
Call: 703-917-6444.
By e-mail:
north@connectionnewspapers.com

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**Arthur
Purves**

Running for County Board Chairman

Arthur G. Purves (R), who was on vacation and missed the deadline for the candidates' profiles for Fairfax County Board of Supervisors Chairman in the Connection's Newcomers & Community Guide last week, has submitted the following responses to our questions:

Q: What should newcomers know about the impact the Board of Supervisors has on their daily lives?

A: The Board of Supervisors determines real estate taxes. Since 2000 real estate taxes for the typical Fairfax homeowner have increased from \$2,400 to \$5,700, an increase about 140 percent or three times faster than household income. See graph at votepurves.org

Q: To make newcomers feel like "insiders," what's a "must-see" place or event you recommend they check out in your district?

A: Gunston Hall (George Mason's plantation), and while you're there Mason Neck National Wildlife Refuge, where you can see eagles at dawn and dusk.

Q: What is your favorite sports team?

A: No favorite team.

Q: Trending hashtag for Fairfax County:

#HighPayingJobs

Home: Vienna; Email address: arthur@votepurves.org; Phone: 703-938-0242; Web - VotePurves.org; Twitter @agpurves

Brightview

FROM PAGE 5

will be held at Brightview Great Falls, located at 10200 Colvin Run Road in Great Falls.

For more information or to RSVP, call Josh Graf at 703-759-2513.

To learn more about Active Aging Week, visit www.activeagingweek.com. To learn more about Salud, visit www.saludhealthpantry.com

For more information on Brightview Senior Living, visit www.brightviewseniorliving.com

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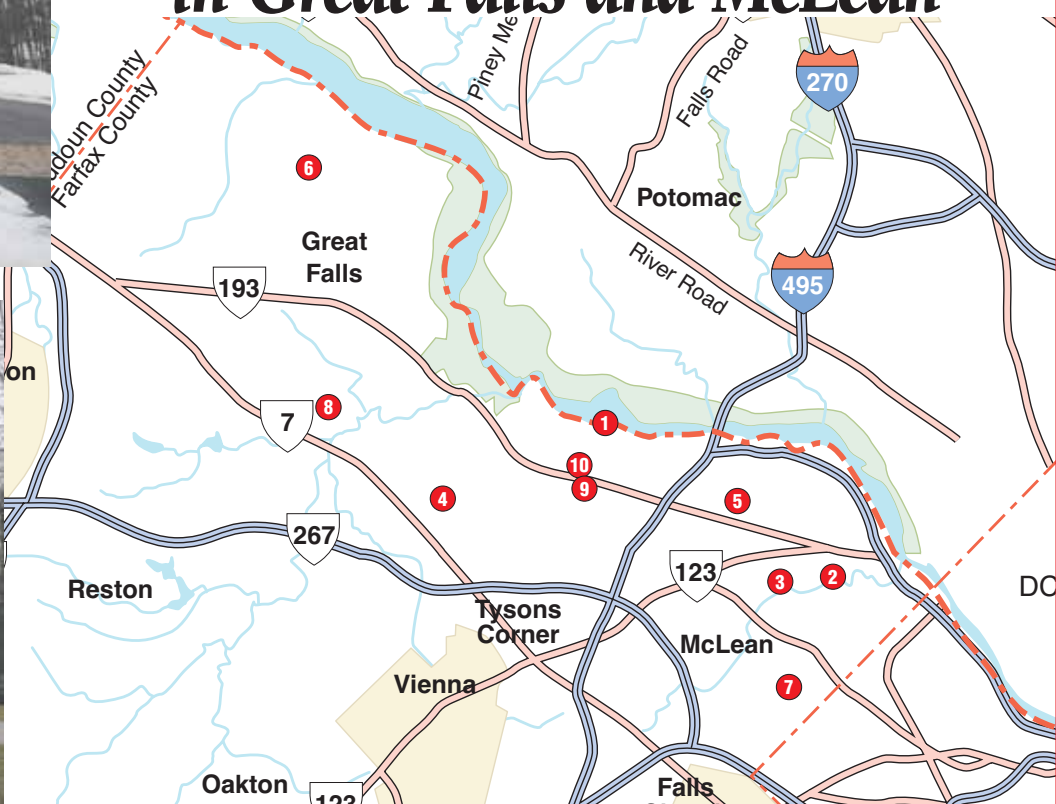
10 7811 Langley Ridge Road, McLean — \$2,750,000



9 843 Centrillion Drive, McLean — \$2,750,000

Local REAL ESTATE

January~June, 2015 Top Sales in Great Falls and McLean



5 916 Mackall Avenue,
McLean — \$3,100,000

Address	BR	FB	HB	...	Postal	City	...	Sold Price	...	Type	...	Lot AC	PostalCode	Subdivision	Date Sold		
1 606 BOYLE LN	6	..	8	..	2	MCLEAN	\$8,300,000	...	Detached	...	5.18	22102	RIVINUS	06/26/15
2 1318 ROCKLAND TER	4	..	3	..	1	MCLEAN	\$4,000,000	...	Detached	...	5.64	22101	LANGLEY	06/25/15
3 1350 BALLANTRAE LN	6	..	7	..	1	MCLEAN	\$3,805,000	...	Detached	...	1.73	22101	BALLANTRAE FARMS	03/31/15
4 1174 OLD TOLSON MILL RD ...	6	..	7	..	3	MCLEAN	\$3,800,000	...	Detached	...	2.00	22102	ASH GROVE	06/22/15
5 916 MACKALL AVE	6	..	5	..	3	MCLEAN	\$3,100,000	...	Detached	...	0.56	22101	LANGLEY FOREST	05/15/15
6 214 RIVER PARK DR	6	..	7	..	3	...	GREAT FALLS	..	\$2,875,000	...	Detached	...	1.72	22066	RIVERBEND FARM	01/16/15
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9 843 CENTRILLION DR	5	..	5	..	2	MCLEAN	\$2,750,000	...	Detached	...	0.93	22102	GARFIELD PARK	05/18/15
10 7811 LANGLEY RIDGE RD	6	..	6	..	3	MCLEAN	\$2,735,000	...	Detached	...	1.05	22102	LANGLEY RIDGE	02/27/15

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PHOTO COURTESY OF TTR SOTHEY'S INTERNATIONAL REALTY

Representatives from the real estate, moving and home design industries will show homeowners planning to downsize how to do so in style.

Thinking of Downsizing?

Free seminar will focus on moving to a smaller place without sacrificing style.

BY MARILYN CAMPBELL
THE CONNECTION

Homeowners considering a move from a large home to a smaller dwelling will have an opportunity to receive expert advice on their transition later this month. Representatives from the real estate, moving and home design industries will host a lifestyle seminar to discuss downsizing issues like interior design, organizing and packing.

"The lifestyle seminar will address all aspects of moving and condo living, includ-

ing what to keep, what to donate and how to decide," said Christine Basso of TTR Sotheby's International Realty. "The experts at Town & Country Movers will discuss ways to make the entire moving process run smoothly from starting early to the most effective ways to pack to determining what goes where."

According to Basso, seminar attendees will also hear from design experts who will offer guidance on personalizing one's living space. They will also give advice on topics such as measuring existing and new furniture for space placement and incorporating an art collection into a home's design.

The seminar will be held Sunday, Sept. 20 from 11 a.m. to 1 p.m. at Quarry Springs estate condominiums, located at 8101 River Road in Bethesda, Maryland. The Quarry Springs complex will open later this year.

To RSVP to the free event, contact Christine Basso at 202-302-2508. Visit <http://www.quarrysprings.com> for more information.



PHOTO COURTESY OF TTR SOTHEY'S INTERNATIONAL REALTY

Homeowners attending a seminar on downsizing will get expert advice on issues like furniture placement, organization and interior design.

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PHOTO BY DIANE IGNATOWSKI

Len Ignatowski, vice president of Vietnam Veterans of America Chapter 227, presents sixty \$75 gift cards for homeless veterans' children school needs to Kimoela Cato, lead social worker for the Veterans Administration Northern Virginia program. The gift cards mark the fifth consecutive year for the chapter's successful veteran outreach.

Vietnam Veterans Help Children of Homeless Veterans

Vietnam Veterans of America, Chapter 227 of Northern Virginia, fulfilled its founding principle of "Never Again Shall One Generation of Veterans Abandon Another" by donating sixty \$75 gift credit cards to children of veterans who are in the Veterans Administration Supportive Housing (VASH) program. The gift cards are intended to help pay for school supplies and other essentials for the coming school year. The financial grant is the fifth consecutive year. VASH Program is a joint effort be-

tween the Departments of Housing and Urban Development and the Veterans Administration to assist homeless veterans and their families in transitioning from homelessness to normalcy with affordable and stable lodging. The five VA case managers serve over 100 veterans in the Northern Virginia area of Fairfax, Arlington and Prince William Counties and the Cities of Alexandria and Fairfax.

For chapter information or to make a donation, call Len Ignatowski at 703-255-0353.



Cogan Receives a Book Award

Great Falls resident Mary Jane Cogan received an award for her children's book, "There Once Was a Cat." Cogan, both the author and illustrator, was presented with the award at a reception at the Harvard Club in Manhattan. The book, though geared toward young readers, is designed to appeal to cat lovers of all ages. It is filled with amusing limericks about felines, and each limerick is presented with a colorful watercolor illustration. Cogan will be signing copies of her book at the National Capital Cat Show, held at the Dulles Expo Center on Sept. 12 and 13. The book is also available on Amazon. In pictures: Cogan stands by a banner of her book's cover (left) and receives a medal and a certificate from the Next Generation Indie Book Awards in New York City (right).

WEEK IN GREAT FALLS

Brightview to Host Seminar on Dementia

On Sept. 17, Brightview Great Falls will be hosting a free seminar from 8:30 – 10 a.m. on Successful Transitions for People with Dementia. Join dementia expert, Mikki Firor, MS Gerontologist and Wellspring Village director, for answers to common questions about the many different approaches for successful transitions to residential dementia care. RSVP requested to Carolyn Pennington at 703-759-2513.

Great Falls Senior Center Seeks Board Nominees

The Great Falls Senior Center (GFSC) is looking for applicants for its Board of Directors. GFSC is governed and managed by an elected

Board of Directors of up to 13 members who must be members of GFSC, and the majority should reside in Great Falls. GFSC's mission is to serve, support and enrich the lives of older residents in the Great Falls community. Directors will serve for a two-year term beginning Jan. 1, 2016; board meetings are held on the third Thursday of the month.

Applications will close on Sept. 30 and the slate of nominees will be presented at the November event. Elections will take place in December. If interested, and to receive an application, contact Carol Blackwell, nominations chair, via email lovrivier@aol.com ; or call 571-236-6933 or by mail 1034 Cup Leaf Holly Court, Great Falls 22066. To become a GFSC member, contact Bob Lundegard at boblund@verizon.net or call 703-759-2626.

Great Falls Senior Center is partnered with the Fairfax County Department of Neighborhood and Community Services in all ventures and events.

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

SEPTEMBER

9/23/2015 ..HomeLifeStyle Pullout – Real Estate & New Homes

9/30/2015 Fall Fun, Food, Arts & Entertainment

9/30/2015.....Professional Profiles & Your Business in the Community

OCTOBER

10/7/2015.....Wellbeing Senior Living Pullout

10/14/2015.....HomeLifeStyle

10/21/2015.....A+ Camps & Schools

Halloween is October 31

10/28/2015.....Election Preview

NOVEMBER

11/4/2015.....Wellbeing

11/11/2015.....HomeLifeStyle

11/18/2015.....A+ Camps & Schools

11/19/2015.....Holiday Entertainment & Gift Guide I

Thanksgiving is November 26

11/25/2015.....Celebrating Gratitude, Thanksgiving

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CALENDAR

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

ONGOING

"Gold Rush." Tuesday-Saturday, 10 a.m. - 4 p.m. through Sept. 26, at Vienna Art Center, 115 Pleasant St., NW, Vienna. Artwork with "gold" as the theme. This can be interpreted in many ways, gold colors, gold coins, golden hair, gold leaf and more. The show is open to the public, and visitors can also view small items of original art, scarves, jewelry, notecards etc. All hand made by VAS artists - great for gifts.

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/SEPT. 9

Jammin' Juniors Concert: Bari Koral Family Rock Band. 12:30 p.m. McLean Central Park, 1468 Dolley Madison Blvd., McLean. Free admission

Alden Theatre Usher Event. 7-8:30 p.m. 1234 Ingleside Avenue, McLean. Want to be a part of the arts? Learn how you can become an usher at The Alden.

Small Wonders. 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Short stories for you and your child. Age 13-23 months with adult.

THURSDAY/SEPT. 10

Wine Class. 7-8 p.m. The Wine Outlet, 278 Cedar Lane SE, Vienna. Pinot Noirs, Pinot Gris', Rieslings, Rose and then some. Call 703-639-0155 or email info@viennawineoutlet.com to reserve your spot.

Chase the Submarine. 11 a.m. - 1 p.m. Caffe Amouri, 107 Church Street NE, Vienna. Chef extraordinaire Tim Ma will be making sandwiches. A preview of Chase the Submarine. They'll have a limited supply available - first come, first served.

My First Book Club. 4:30 p.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. A book discussion group for boys and girls. Ask for title. Grades Kindergarten - 2.

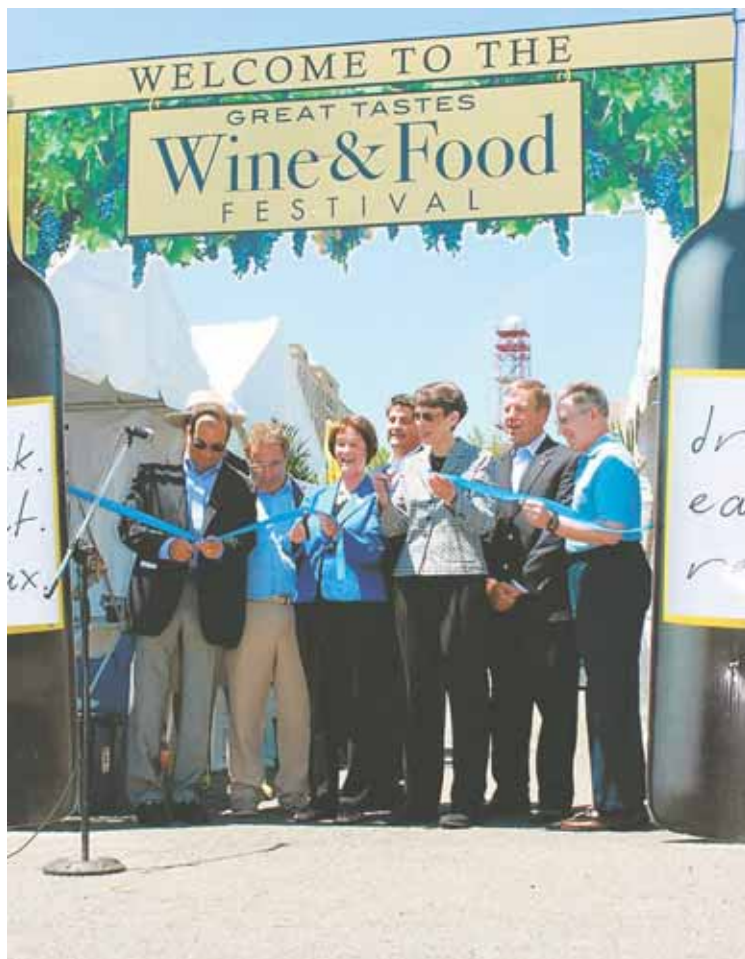
SATURDAY/SEPT. 12

Meet the Artist + Painting Demonstration. 12-3 p.m. The Arts of Great Falls School, 756 Walker Road, Great Falls. Meet Armand Cabrera, ask questions and gain insights on his approach to creating a work of art.

Dance for Everyone. 7-11:30 p.m. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. Free beginner West Coast swing lesson from 7-8:30 p.m. Dancing to a DJ'd mix music mix including Latin, ballroom, Swing (West & East Coast), Hustle, Country and more. \$15.

National Grandparents Day Celebration. 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Grandparents are invited to bring their grandchildren for a Grandparents Day celebration, which will include storytime and craft-making. To participate in craft, families are encouraged to bring a picture of themselves. Age 3-7 with adult.

Artist Reception. 6:30-8:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls and at the Artists' Atelier, 756 Walker Road, Great Falls. Jill Banks' "Along the Way" Exhibit of 20+ oil paintings at the Great Falls Library and at the Artists' Atelier. At the Artists' Atelier, see



CONNECTION FILE PHOTO

The Great Tastes of Tysons will be held on Sept. 12 at Lerner Town Square Tysons where you can enjoy over 100 different wines, beers and more.

more of Banks' exhibit plus work of her nine studio mates and special exhibit of artist Armand Cabrera's oils. www.JillBanks.com

Great Tastes of Tysons Festival.

12-6 p.m. Lerner Town Square at Tysons II, 8025 Galleria Drive. World-renowned chefs, international wines and foods, outdoor grilling, workshops and more. Visit <http://tastetysons.com/> for more.

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.

MONDAY/SEPT. 14

Legos in the Library. 4 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Have fun and make new friends. Hundreds of Legos await you and your creativity.

TUESDAY/SEPT. 15

Canasta Group. 12:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Enjoy socializing while you play Canasta with this weekly group meeting.

WEDNESDAY/SEPT. 16

Jammin' Juniors Concert. Two of a Kind. 12:30 p.m. McLean Central Park, 1468 Dolley Madison Blvd. Free admission.

Toddler Tales. 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Stories and activities for you and your toddler. Age 2-3 with adult.

FRIDAY/SEPT. 18

Back-to-School Party. 7-10 p.m. Old Firehouse Teen Center, 1440 Chain Bridge Rd., McLean. \$35/\$25 OFTC members.

SATURDAY/SEPT. 19

NAMI Walks Northern Virginia. 9-11 a.m. Tysons Corner Center, Fashion Boulevard. The walk will help raise awareness and support programs that offer help and hope to people living with mental health conditions and family members.

Beer, Bourbon & BBQ Festival. 12-6 p.m. Lerner Town Square at Tysons II, 8025 Galleria Drive. A great day of

beer sippin', bourbon tastin', music listenin', cigar smokin', and barbecue eatin'.

Ice Cream Social Fundraiser.

4-7 p.m. Nottoway Park, shelter 1, 9610 Courthouse Road, Vienna. An ice cream social fundraiser to raise money for Girl Up, a United Nations Foundation campaign that works to empower adolescent girls in developing countries.

SUNDAY/SEPT. 20

Food for Others Tysons 5K. 9:30 a.m. 7925 Jones Branch Drive, McLean. The second annual Tysons 5K organized by Food for Others volunteers to benefit the food bank. Last year they had approximately 200 participants and raised over \$9,000. This event allows people who live and/or work in Tysons to support less fortunate neighbors while enjoying a great run or walk.

MONDAY/SEPT. 21

Tiny Tots. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Join us for an exciting storytime featuring stories, rhymes and songs. Ages 13 - 23 months with adult.

WEDNESDAY/SEPT. 23

Treasured Two-Fives. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. An early literacy enhanced storytime featuring stories, rhymes and songs. Age 2-5 with adult.

THURSDAY/SEPT. 24

Starlight Storytime. 7 p.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Wear your favorite pajamas and join us for stories and songs. All ages.

SATURDAY/SEPT. 26

Fall Bazaar. 8 a.m. - 3 p.m. Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls. A silent auction, crafts and curios, baked items, youth toys and activities, clothes and sports equipment, jewelry and scarves, used books and previously owned hand tools/ hardware for sale and more.

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**THE
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SPORTS

Langley Football Drops Opener to West Potomac

Saxons QB Anderson runs for two TDs, throws for one.

BY JON ROETMAN
THE CONNECTION

On the first play from scrimmage of Thursday night's game against Langley, West Potomac quarterback Mark Ellis completed a quick pass to CJ Burch for 13 yards. After two running plays, Ellis and Burch hooked up twice more, for 11 and 12 yards, respectively.

On the following play, Ellis looked to his left and lobbed a pass down field to Cory Jones, who made the catch in the end zone for a 28-yard touchdown.

West Potomac's first drive of the 2015 season: six plays, 80 yards, 81 seconds.

And the Wolverines were just getting started.

The West Potomac football team amassed 543 yards of offense and five different Wolverines reached the end zone during a 41-28 victory over the Saxons on Sept. 3 at Langley High School.

"I believe we did an amazing job," Burch said. "People were doubting us about it because [Langley] got to the playoffs [last season] and we didn't, and we came out here and showed them what we can do."

West Potomac took the lead for good when running back Justine Annan scored on a 10-yard run, giving the Wolverines a 28-21 advantage with 3:14 remaining in the third quarter.

West Potomac defensive back Gideon Oteng ended the ensuing Langley possession with an interception deep in Wolverine territory. West Potomac then marched 77 yards in seven plays, extending its lead to 35-21 when Ellis scored on a 1-yard keeper.

LANGLEY QUARTERBACK Jack Anderson made it a one-score game when his 1-yard touchdown run cut the West Potomac lead to 35-28 with 7:29 left in the fourth quarter, but the Wolverines would add an insurance touchdown on their ensuing drive when sophomore running back Daiimon Cleveland scored from 1 yard with 3:51 remaining.

"Defensively, [it's] pretty obvious, we got exposed for what it is," Langley head coach John Howerton said. "We've got some good kids, they're trying hard, but when [West Potomac] can put five or six kids out there faster than anybody you've got, there comes a problem."

Shortly after West Potomac's opening possession, a lightning delay halted play for more than an hour. Inclement weather proved to be the only means of slowing down the Wolverines.

With the Langley defense focused on taking away big plays, West Potomac went to the short passing game and moved the ball with ease. Ellis passed for 294 yards in the first half, capitalizing primarily on short-to-intermediate throws. A screen pass to Cleveland turned into a 38-yard touchdown, and a wide receiver screen to Brandan Lisenby went for a 61-yard score.

While Ellis and Burch did not connect on a deep pass, Burch did catch eight passes for 150 yards in the first half.

"We know that they don't like to give up the deep ball," Ellis said. "CJ is a playmaker. [We] get it in his



Langley quarterback Jack Anderson lunges toward the end zone during the Saxons' season opener against West Potomac on Sept. 3.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



Langley running back Aaron Feldman rushed for 105 yards and a touchdown against West Potomac on Sept. 3.

hands wherever we can."

Burch, a 6-foot-2 senior who has received interest from several Division I programs, finished with 14 receptions for 206 yards.

"I thought [Burch] did a great job," West Potomac head coach Jeremiah Ross said. "He executed. He caught pretty much everything."

Ellis, a 6-foot-4 junior left-hander, completed 22 of 29 passes for 374 yards and three touchdowns. He also ran for a score. Ellis completed his first eight attempts and 12 of his first 14. He was 14 of 20 in the first half.

"I thought the quarterback played very well," Langley coach Howerton said. "He didn't look that sharp on film but ... what, was it the second half before he missed a ball?"

West Potomac turned to the ground game in the second half and found success with Annan and Cleveland. Annan, a junior, finished with 21 carries for 107 yards and a touchdown. Cleveland had 10 carries for 82 yards and a score.

Langley quarterback Anderson completed 15 of 30 passes for 204 yards, with one touchdown and one interception. The senior also rushed 13 times for 78 yards and two touchdowns.

JUNIOR RUNNING BACK Aaron Feldman, making his first varsity start for Langley, carried 21 times for 105 yards and a score. He also caught five passes for 34 yards.

"I thought [Feldman] played very well," Howerton said. "He ran hard. He's not an easy kid to tackle, he's rugged. ... I thought it was a good first varsity start for him."

West Potomac (1-0) will host Edison (0-1) at 7 p.m. on Friday, Sept. 11. Langley (0-1) will host Broad Run (1-0) at 7 p.m. on Friday.



PHOTO BY BONNIE SCHIPPER

Jarrett Bacon, seen during practice in August, and the Oakton football team defeated Madison on Sept. 4.

Oakton Football Beats Madison in Season Opener

Leading late in the fourth quarter of Friday's season opener against Madison, the Oakton football team faced fourth-and-three at its own 28-yard line. Head coach Jason Rowley gave his punter, Sal Tutone, a chance to make a play.

"[Madison] actually called timeout [before] that fourth down [play] and as soon as I walked out there [I] told Sal, 'Look, make a good decision. I trust you,'" Rowley said. "He made a good decision."

Oakton's punts are rugby style from an offensive formation. Tutone, who is also the team's quarterback, opted not to punt, instead picking up the first down. The Cougars then ran out the clock and secured a 31-25 victory over Madison on Sept. 4 at Oakton High School.

"We just took advantage," Rowley said, "of something we saw earlier."

Oakton hasn't lost to Vienna rival Madison since 2007.

Jarrett Bacon, Oakton's standout receiver, started the game at quarterback. He had been practicing at the position while Tutone recovered from a knee injury. Tutone took over as the team's signal caller after a few series.

Next up for the Cougars is a home game against T.C. Williams at 7 p.m. on Friday, Sept. 11. The Titans are coached by Marc Matthie, former defensive coordinator at Centreville, one of Oakton's Conference 5 opponents.

"I've got a tremendous amount of respect for Marc," Rowley said. "He's a friend. ... I know they're going to be well prepared. He focuses on all the right things as a coach. I think it's going to be a tough matchup."

— JON ROETMAN

Oakton Volleyball Beats Tuscarora

The Oakton volleyball team improved to 6-0 on Sept. 3, beating Tuscarora 3-0 in its first best-of-five match of the season.

The win came five days after the Cougars won the NVVA Invitational. Oakton had yet to lose a set in its first six matches.

The Cougars faced Woodson on Tuesday, after The Connection's deadline. Oakton will host South County at 7:15 p.m. on Thursday, Sept. 10.

Madison Volleyball Wins 5 of First 6

The Madison volleyball team won five of its first six matches, including a 4-1 performance at a showcase tournament in Richmond.

After opening the season with a 3-1 win over Potomac Falls on Sept. 1, the Warhawks defeated Atlee, Nansemond-Suffolk Academy, Langley and First Colonial before losing to Princess Anne during the tournament Sept. 4-5.

Madison, the defending 6A North region champion, faced Westfield on Tuesday, after The Connection's deadline. The Warhawks will host Oakton at 7:15 p.m. on Tuesday, Sept. 15.



PHOTOS CONTRIBUTED

Some Vienna Stars 10U after winning nationals: left to right are Katie Kutz (McLean), Katelynn Park (Vienna), Dannica Wiggins, Lauren Chi and Sarah Semko (Great Falls).

Vienna Stars Shine

Players from Great Falls, Vienna, McLean and beyond come together to win under-10 national championship in fast-pitch softball.

BY KEN MOORE
THE CONNECTION

Sarah Semko and The Vienna Stars '04 amassed what the Washington Nationals couldn't this 2015 season: a 43-game winning streak.

"It's fun winning, but it's also fun to know you got good at something," said Sarah, of Great Falls Elementary School. "I like that it's a team sport and we all get to know each other and I got to make some really great friends that I'll know for a long time."

The Vienna Stars '04 softball team, a 10-U team meaning players are under 10 years old, won the United States Specialty Sport Association National Championship in Salisbury, Md. in July.

"I was so happy and I was just out of words," said Katelynn Park, of Vienna. "I just started crying and everyone else was so emotional, too, and we jumped up and hugged and started screaming," she said. "It was a great time."

The team defeated every opponent in the national tournament and won seven of the eight games they played on the "run rule" or "mercy rule."

"Top to bottom, this was the best hitting team out there. Many teams have three or four girls that can perform at the plate. But, with our team, even the bottom of our order could slug one out, or knock a few into the gaps. It really was an amazing hitting performance, all year long," said Coach Rich Levin.

The Vienna Stars won the Virginia state tournament in June.

They competed against state championship teams from Virginia, Maryland, New

Jersey, New York, Delaware, Pennsylvania and Illinois.

"It's a pretty big accomplishment," said Semko's mother Jennifer Semko.

THEY CREDIT coach Levin for words of inspiration that became a team motto: Building a championship one practice at a time.

"It isn't playing softball that makes you better at softball, it's practicing softball that makes you better," said Levin, of Chantilly.

The girls practiced twice a week as soon as Levin selected his team during a tryout period in August of 2014.

During the winter, the 10-year-old girls practiced in a warehouse.

Some players drove more than an hour to get to practices in Vienna.

The parents noticed the improvement and progress they made together.

"It was a lot of fun," said Jennifer Appleton, mother of Emma Kate Appleton, residents of Great Falls. "Watching this team develop from last fall when we weren't sure they would win anything to mid spring when we saw fantastic things from all the girls, they just developed into a team," she said. "The nicest part was how kind and good the girls were to each other. No girl drama here."

"It was very gratifying," said Levin.

"You might have put your finger on what really stood out about this team; no drama," said Levin. "If you take any group of 10 girls and 20 parents, you can almost be guaranteed at least some drama. But not this season. It was amazing," he said.

Rich Levin, has been coaching the 10U team in the Stars program since 1995.



Sarah Semko, of Great Falls, with the Vienna Star's 10U tournament trophy from the "Memorial Day Madness" tournament played in New Cumberland, Pa. The girls (9-0) were champions of that three-day tournament after playing teams from New Jersey, Delaware, Maryland, New York and Pennsylvania, and Sarah hit a grand slam.

"He knows a lot about the game. He's really good as a hitting coach, a fielding coach and a base-running coach," said pitcher Katie Kutz, of McLean.

"He taught us all he knows. He taught us about everything," said Katelynn.

"I remember when he pretended that we almost gave him a heart attack," she said, when she or her teammates would bobble a pop-up or something like that.

"You can learn a lot," said Emma Kate.

"He has a way to motivate them to try their best and he genuinely loves it," said Jennifer Semko.

"He's incredibly good with the girls. They adore him and he gets them to bring out their own motivation to succeed. He's a hard task master, but you can see his genuine happiness when they succeed," she said.

Sarah Semko said her father knew the team was "going to be the best team ever" even when she didn't. "But I knew it would be a good thing to play for Coach Rich because I knew he was so good," Sarah said.

"It was fun winning, of course, but our coach never talked to us the way he did when it was our last game. He was always silly and goofed around with us, he was trying to be a coach, he would prepare us for the next game. But he gave a big speech at the end," she said. "I didn't want the season to end."

LABOR DAY WEEKEND, the girls and their former coach, were getting together to celebrate this summer achievement with jet skiing, waterskiing, barbecue, swimming and fun.

And the girls got to finally cash in on a bet they made with their coach during the fall.

Because they won the national championship, they earned the right to dye their coach's hair blue and gold, the team colors. "ARGH! Who told you?" said Levin.

"The whole story is that the girls wanted some kind of reward for winning one tour-

The Stars

Emma Kate Appleton, Great Falls
Lauren Chi, Lansdowne
Grace Hausamann, South Riding
Callie Keys, Leesburg
Katie Kutz, McLean
Daniella Lew, Potomac, Md.
Katelynn Park, Vienna
Sarah Semko, Great Falls
Sydney Snider, Warrenton
Dannica Wiggins, Bristow
Coach Rich Levin, Chantilly
Assistant Coaches
Greg and Cathy Kutz, McLean
Paul Chi, Ashburn

The Vienna Stars softball program is a fast-pitch organization founded and operated under the guidance of the Vienna Girls Softball League, with teams for girls 10u (10 and under), 11U, 12U, 14U, 16U and 18U.

<http://www.viennastars.com/>

nament. Like a trophy isn't enough.

"And they kept asking me, over and over, 'If we win a tournament can we dye your hair?' Over and over.

"And this was only September. So finally I couldn't take it anymore, and said, 'If you win nationals, you can dye my hair.' And, you know, give them credit, that was the end of it. Until the end of spring. Who knew they'd even remember? Oh, well, it was worth it."

"He's gonna look really silly because it's six-week dye," said Sarah. "One of my teammates picked it out because her aunt is a hair stylist. We wanted to make sure it would be permanent."

"The mustache is off limits. Coach Rich wanted to make sure of that," said Sarah.

All but one girl moved on to compete for the 11U Vienna Stars '04 this year, and the team will compete in many 12U tournaments for the next two years.

Levin helped the girls build themselves a foundation of champions and stars.

"We have three girls that will attend Langley High," said Levin. "So you folks out in Great Falls should have a really good softball team in about four years."

Say What?



By KENNETH B. LOURIE

Since I referenced, and initiated last week's column with, one of my favorite cancer stories (the thoracic surgeon quote), I thought it timely to update you with my newest – and most recent (July 31st, in fact) cancer story (yet another doctor's quote, from my oncologist).

Typically, I see my oncologist every three months, a week or so after my every-three-months CT Scan, to discuss the results and to examine me in person. As the years have passed, these post-scan examinations – given that the scan indicates the patient's condition/status, have been less about touching and feeling and more about asking and answering. As my oncologist has explained to me, there's been an evolution of sorts in the medical profession with respect to these post-scan appointments. If the scan shows no/minimal growth and/or movement, the doctor doesn't feel the need to examine me to learn that, since he knows that already from the previous week's scan. Generally speaking, a physical exam will likely not contradict/contraindicate what has already been interpreted by the radiologist. As an example, my oncologist doesn't need to feel if my lymph nodes are swollen if the scan shows they're not.

Up until July 31st, though, I've always had my usual face-to-face appointment/examination. But not this July 31st. That's when I had – after having it suggested by my doctor and his staff – my first phone appointment in lieu of an in-person one. If I had preferred meeting the doctor in his office, it certainly would have been allowed; but presumably, since my scan results were good/not problematic, there was no real need, so I was happy to save myself the 45-minute drive and phone it in.

Sure enough, at 11 A.M., my oncologist called me. I put the phone on speaker so that my wife, Dina, could hear/participate and then we began. It was identical to our usual in-person appointment. He asked me how I was "feeling; any new symptoms, any old symptoms (neuropathy, fatigue, headaches, eating/taste issues) which had gotten worse;" then the usual follow-up question, which led to my new favorite story: "Are you (meaning me) able to do the things in life that you usually do?" "Yes," I responded. Then, out of the blue, he asks: "Can you use chopsticks?" (To myself, I repeat: can I use chopsticks!?) Being a wise guy and sort of guessing his intent (wanting to judge my manual dexterity), I answered honestly and succinctly: "No," I said, and stayed silent, waiting, baiting him almost. There seemed to be some hesitation on his end as if he was processing new information from me – or so I thought, so I felt compelled a few seconds later to add: "But I've never been able to use chopsticks" and laughed out loud.

Now if truth be told, my doctor is Chinese, but we have never, ever had any kind of conversation about Chinese food or anything remotely Chinese, yet he felt it appropriate somehow to throw out this chopsticks reference. I've been laughing about it for weeks. I'm already looking forward to our next phone appointment. Although, given the fact that the next appointment – given any foreseen/unforeseen circumstances – will be scheduled the week after the first PET Scan I will have had in six and a half years (typically when we discuss the results of the previous week's scan), I imagine we'll meet in person. Still, if the PET indicates no change to my current condition, perhaps I won't be examined in person after all, or even phone it in again. Maybe we'll compromise and meet for lunch – at a Chinese restaurant?

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

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OBITUARY

Carolyn Weaver Mackay (Age 63)



On August 26, 2015 in Arlington, VA, Carolyn passed away with her family by her side. A native of the DC area, Carolyn grew up in Bethesda, MD and was a graduate of Mary Washington College in 1973 with her degree in Economics and was a member of Phi Beta Kappa. She then attended graduate school at Virginia Tech where she earned her Doctorate in Economics in 1977. She served on the economics faculties of Tulane University and Virginia Tech and was a Research Associate at the Center for Study of Public Choice at Virginia Tech. She was a Senior Research Fellow at the Hoover Institute at Stanford University from 1984-1986. Carolyn served as Editor of Regulation magazine from 1986-1988 and was a Resident Scholar and the Director of Social Security and Pension Studies at the American Enterprise Institute from 1987-2000. From 1981-1984, Carolyn was chief professional staff member on social security for the U.S. Senate Committee on Finance, under the Chairmanship of Senator Robert Dole, and during that time also served as Senior Advisor to the 1983 National Commission on Social Security Reform ("Greenspan Panel"). She served on several federal advisory councils dealing with social security and disability policy, including the 1994-1996 Social Security Advisory Council, the 1994-1997 U.S. Social Security Advisory Board, the U.S. Disability Advisory Council, and the Social Security Public Trustees Working Group on Trust Fund Solvency, and was a founding member of the National Academy of Social Insurance. Carolyn testified frequently on Capitol Hill on issues pertaining to social security and the budget, social security solvency and reform, disability policy, and welfare reform. She also wrote books, articles, and editorials on these subjects and was a policy advisor to two presidential can-

didates. Carolyn is recognized in Who's Who in America. Carolyn lived out her faith in service to the Lord. She taught Sunday school and served on the Pastoral Care Committee and the Vestry at St. Paul's Episcopal Church in Alexandria. She also devoted herself to outreach and service to her Christian Brothers and Sisters in Uganda and Sudan and was a founding board member of the American Friends of the Episcopal Church of Sudan (AFRECS). In 2009, Carolyn and her family joined The Falls Church Anglican, where she was an active member of Women's Ministry Bible Study and served on the Guild of the Christ Child and the Hospitality Committee. She was also a long-time supporter, mentor, and tutor with Central Union Mission in Washington, DC. Carolyn is survived by her ever-loving husband of 35 years, Robert J. Mackay; children, Taylor and Bennett Mackay; step-daughter, Stacy Mackay O'Bryant; grandchildren, Patrick and Joseph O'Bryant; brothers, Kenneth Jr., Brian, and Scott Weaver; as well as a host of nieces, nephews, cousins and other extended family. She was preceded in death by her parents, Kenneth and Margaret Weaver.

Family and friends may gather on Thursday, September 10, 2015 from 2-4 & 6-8 p.m. at Everly-Wheatley Funeral Home, 1500 W. Braddock Rd., Alexandria, VA 22302. A funeral service will be held on Friday, September 11, 2015 at 10:00 a.m. at Columbia Baptist Church, 103 W. Columbia St., Falls Church, VA 22046. The committal will follow at Columbia Gardens Cemetery in Arlington, VA. In lieu of flowers, donations may be made to the Central Union Mission at www.missiondc.org with a designation for the Carolyn Mackay Education Fund. A guest register may be found at www.everlywheatley.com.

21 Announcements

24 Metaphysics

24 Metaphysics

4 RE for Sale

ABC LICENSE
BBGG Concepts, LLC trading as Big Buns, 4401 Wilson Blvd #104, Arlington, VA 22203. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Mixed Beverages on Premises license to sell or manufacture alcoholic beverages. Craig Carey, CEO & Founder
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.



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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

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NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered to www.abc.virginia.gov or 800-552-3200

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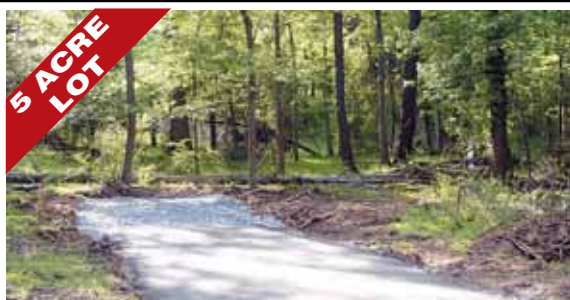
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