

Parents, armed with cameras, wave goodbye to the Westbriar Elementary school bus in Cinnamon Creek on the first day of school on Tuesday, Sept. 8.

and Oakton  
**Vienna**  
**CONNECTION**

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PHOTO BY DONNA MANZ/THE CONNECTION

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SEPTEMBER 9-15, 2015

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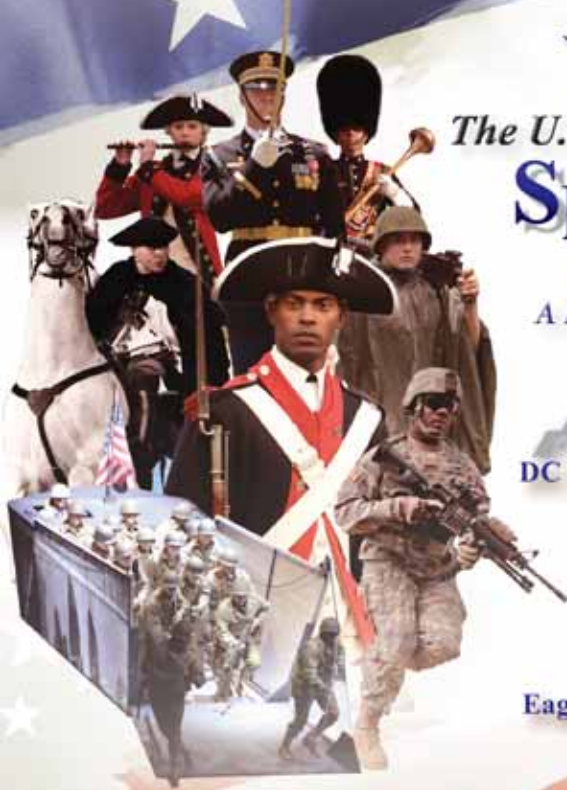
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PHOTOS CONTRIBUTED

**Samantha at a local school handing out toothbrushes and toothpaste to the children.**

## Making Difference, with Smile

### Girl Scout Gold Award project takes Madison High School teen to Santo Domingo.

**J**ames Madison High School sophomore, Samantha Lane has traveled the world, volunteering with the Girl Scouts wherever she can. To earn her Bronze and Silver Awards, she helped collect 10,000 pencils for the girls in UN-run schools in the refugee camps in Sudan and then raised money to buy farm animals for a village in West Africa so that the community could become self-sufficient. She even helped build a health clinic in Bosencheve, Mexico and then distributed over 250 hygiene kits to children at the local school nearby with her sister who was working on her Girl Scout Gold Award project – the highest award in Girl Scouting celebrating its 100<sup>th</sup> anniversary of the award this coming year.

So when it came time to develop her own project to earn the Gold Award, Samantha wanted to do something that built on her previous volunteer projects, having learned that education is the most powerful tool for bringing about positive change in the world. “No matter where I have traveled or volunteered, I’ve always seen that a smile can

make all the difference,” said Samantha who wanted her Gold Award project to focus on teaching children and those in the most difficult of circumstances how to take care of their teeth.

“With a smile, you project confidence and you start to feel as if anything is possible, which is something I wanted to help instill in kids in some of the poorest parts of the world.” Samantha chose to connect up with Children’s International to visit community centers, health clinics and schools in Santo Domingo in the Dominican Republic and initially spread her message of the importance of good dental health there.

**TO RAISE THE MONEY** to fund her trip as well as the dental kits that she wanted to give to all the kids she would meet, Samantha did bake sales at her local church, Our Lady of Good Counsel and then reached out to local area dentists to get donations of toothbrushes, toothpaste and dental floss. “It was so wonderful to have everyone help make my project a reality; all of my neighbors even chipped in by donating over 300



**Samantha giving her dental kits to Lamb Center Director David Larrabee, who inspired her to assemble the kits for the guest of the center.**

tubes of toothpaste for my project.”

In Santo Domingo, Samantha, her sister, Taylor and fellow Girl Scout Aly Luckett met with over 1,700 kids over the course of three days, teaching them the importance of brushing their teeth and then giving them their very own toothbrushes and toothpaste to practice what she had taught them. “Meeting with the kids in Santo Domingo was amazing and even though I couldn’t speak much Spanish and had to have my sister translate for me, it was incredible how just a smile connected me with all of those kids.” Samantha’s dental education efforts though didn’t stop there. “I also know that there is so much we can do to help our local community. Many people don’t realize the extent of the poverty and homelessness in our own community of Northern Virginia,” she said. In fact, the Girl Scout trio that traveled together to the Dominican Republic – Samantha, Taylor and Aly -have spent the past three years making sandwiches every month for the guests at the Lamb Center – a day facility for the homeless in Fairfax. “On one of my visits dropping off sandwiches, Mr. Larrabee, who is the director of operations for the Center, talked to me about one of the biggest challenges for the homeless being that they often don’t get the access

they need to dental services.”

Samantha decided to do what she could to help, by again assembling dental hygiene kits for the guests of the Center. She also created a brochure on the importance of dental hygiene and included information on where the homeless or those needing financial assistance could get dental services at low or no cost. “I know that many of those who come to the Lamb Center are hoping just to get a good meal and to get out of the weather but now they will also have a new toothbrush and toothpaste, too.”

**SO WHAT’S NEXT** for Samantha? She is co-founder of a Girls United Club at James Madison High School, in which she, her cofounder Nehal Jain and the club members are trying to educate fellow students about being advocates for girls around the world, from ensuring that all girls get access to education to advocating for the end to child marriage. And, she hopes next summer she’ll be able to volunteer in a health clinic in Swaziland, bringing her smile and the message of the importance of good health and dental hygiene with her.

“My Gold Award project was only the beginning, as I hope to continue to do all that I can to make a difference in the health of our world.”

## Beverly M. Simmons Retires from the Vienna Police Department

Beverly “Bev” M. Simmons, administrative assistant to the Chief of Police, retired from the Town of Vienna Police Department after 27 years of service. A reception was held at the Tequila Grande Restaurant in honor of Simmons.

She started with the Vienna Police Department in July of 1988. During that time she has been described by everyone as the “go to person.” If you needed information and weren’t sure who or where to get the answer, you went to Bev. During her time with the department she has been the administrative assistant to five Chiefs of Police. She

has received numerous commendations and service recognition awards for her work with the Fairfax County Motor Unit’s Annual Santa’s Ride, the Vienna Police Department’s 50th Anniversary Celebration and 50th Anniversary Yearbook, to name just a few. In 2006, she received the Rotary Club of Vienna’s Rotarian M. Jane Seeman “Service Above Self” Award.

Simmons’ first order of business after retiring is to take a trip to Ireland and Scotland. When she returns she plans on spending more time with her family and hopefully will continue to make her holiday rum cakes.



PHOTO CONTRIBUTED

**Col. James A. Morris, Chief of Police, and Beverly “Bev” M. Simmons.**

# Focusing on Suicide Prevention

Help is a phone call away.

**T**his 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 retrained crossing guards and upgraded 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=708ad1ef5c924029a9d12125d4c17ee8%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.  
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Call: 703-917-6444.  
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## Back to School in Vienna

Students from Cinnamon Creek board the bus on its way to Westbriar Elementary School. Although the bus came earlier than parents imagined it would, most children - but not all - made the bus.



What are the most exciting, most-anticipated school days of the year? The last day ... and the first.



## Group River Cruise Venice/Venice September 4-11, 2016



Vienna's own Caddie Tours hosts a group river cruise, Venice to Venice along the Po River, embarking September 4, 2016, on the award-winning river ship, Uniworld's River Countess. All epicurean meals, unlimited wines/sparkling wines/beer/spirits, choice of daily shore excursions, and gratuities are INCLUDED in the cabin price. Group fares start at \$3,899 per person, all-inclusive. Our group has value-added amenities and additional discounts may be available. Airfare and port charges additional.

**HOSTED group tours in 2016 include Ireland, Danube River cruise Vienna to Nuremberg, and Christmas markets sailing.**

Contact Donna at [Donna@caddietoursonline.com](mailto:Donna@caddietoursonline.com) or by phone at 703-217-7745, or Niall at [caddietoursonline.com](mailto:caddietoursonline.com), phone 703-938-1300, for details of itinerary and booking, and to reserve a spot at our free monthly informational wine-and-canapé presentations.

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# HomeLifeStyle



PHOTO COURTESY OF TTR SOTHEBY'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, including 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 SOTHEBY'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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Present ad for \$1 off Sunday Adult Admission

## CALENDAR

Send announcements to [north@connectionnewspapers.com](mailto: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.

**McLean Newcomers and Neighbors' Monthly Coffee.** 11-12 a.m. Regency Apartments Community Room, 1800 Old Meadows Road, McLean. Non-members are invited to come meet the club members and to hear about their various activities. For further information contact: Elaine Varner, [emvarner@verizon.net](mailto:emvarner@verizon.net).

**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](mailto:info@viennawineoutlet.com) to reserve your spot.

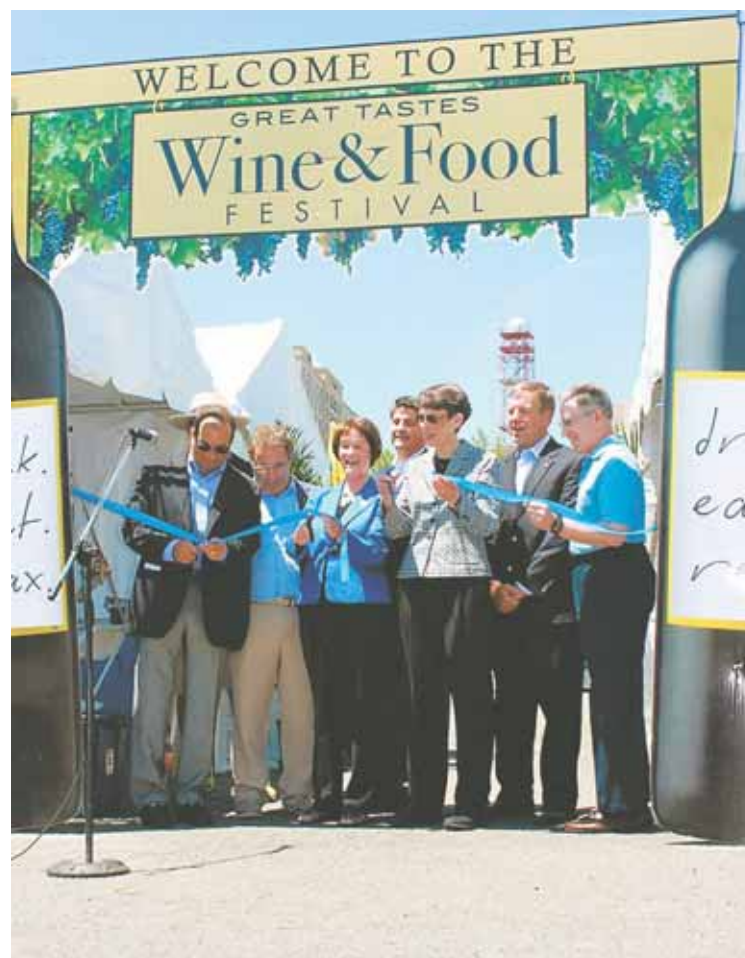
**Chase the Submarine.** 11 a.m. - 1 p.m. Caffe Amouri, 107 Church Street NE, Vienna. Chef extraordinaire Tim Ma will be making sandwiches. A preview of Chase the Submarine. They'll have a limited supply available - first come, first served.

**Textures in Watercolor.** 7:30 - 9:30 p.m. Vienna Art Center, 115 Pleasant St., NW, Vienna. At the Vienna Art Society's monthly members' meeting, watercolor artist Rachel Kazan will demonstrate "Textures in Watercolor" Learn fun ways to use saran wrap, salt, rubbing alcohol and gesso to make wonderful textures in watercolor that can be used for rocks, mountains, water, feathers and other highly textured objects. In addition, you can use layers of saran wrap painting to create a batik effect in watercolor. [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org).

**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

**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,



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 international wines, beers and more.**

families are encouraged to bring a picture of themselves. Age 3-7 with adult.

### 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.

### Model Trains and Thomas at Open House.

1 to 5 p.m. 231 Dominion Road NE, Vienna. See and hear model trolleys and steam and diesel trains plus Thomas and some of his friends in the Historic Vienna Train Station along the W&OD trail just past the Caboose. The layout reflects the mountainous terrain and towns of Western North Carolina with award winning structures. [www.nvmr.org](http://www.nvmr.org).

**Oakton Farmers Market.** 10 a.m.-2 p.m. Year round. Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. [www.smartmarkets.org/](http://www.smartmarkets.org/)

**Vienna Farmers Market.** 8 a.m.-12 p.m. Faith Baptist Church Parking Lot, 301 Center Street South, Vienna. [www.viennafarmersmarket.com](http://www.viennafarmersmarket.com).

### 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.

### THURSDAY/SEPT. 17

**Oakton Book Discussion Group.** 7 p.m. Oakton Library, 10304

Lynnhaven Place, Oakton. Come and join Oakton's book discussion group. The September selection is Orphan Train by Christina Baker Kline. Adults.

### FRIDAY/SEPT. 18

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

**McLean Farmers Market.** 8 a.m.-12 p.m. Fridays, May 1-Nov. 20. 1659 Chain Bridge Road, McLean.

### 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

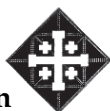
**Tiny Tots.** 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Join us for an exciting storytime featuring stories, rhymes and songs. Ages 13 - 23 months with adult.

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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

**O**n 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.

# 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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**21 Announcements**

**21 Announcements**

**21 Announcements**

**ABC LICENSE**  
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- Concrete Driveways, Replacement or New
- Patios and Walks • Masonry Work or Dry Laid
- Paver, Flagstone, Brick, any style you choose
- Retaining walls of all types

All work Guaranteed



**R&N Carpentry**

♦BASEMENTS ♦BATHS ♦KITCHENS  
Foreclosure specialist/Power washing  
♦Exterior Wood Rot More!  
Deck & Fence repair, Screen Porches  
No jobs too large or small  
Free est. 37 yrs exp. Licensed, Insured  
703-987-5096



**CRESCENT HOME SERVICES** Handyman & Home Improvement  
Free Estimates  Licensed & Insured

**703-953-7309**  
[www.crescenthomeservices.net](http://www.crescenthomeservices.net)

100% A-Rated on Angie's List & Washington Consumer Checkbook  
Local references available too!

**CHS DOES:**

- Home Repair & Maintenance
- Pressure Washing
- Gutter Cleaning / Repair
- Carpentry
- Water Damage Repair
- Rotten Wood Repair
- Drywall / Painting
- Light Plumbing & Electrical
- Kitchen & Bath Remodeling
- and so much more!



**5% discount on labor with this ad**  
Good thru 11/30/2015

**No Job Too Small**  
Professional  Affordable  Reliable

[www.crescenthomeservices.net](http://www.crescenthomeservices.net) Email: [info@crescenthomeservices.net](mailto:info@crescenthomeservices.net)

**TREE SERVICE**

**Pit bull Tree Choppers**



We take a bite out of your bark.

Call: Lee Lohan 703-400-5005  
Licensed and insured. We accept all major credit cards.

- Complete tree removal, stumps and limbs.
- Clearing of deadwood,
- Landscaping and design,
- Ponds and waterfalls,
- Trimming and pruning.

Division of Lohan Construction, LLC.

**TREE SERVICE**

**Quality Tree Service & Landscaping**

Reasonable prices. Licensed & insured.

**Summer Cleanup...**  
Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc.

25 years of experience - Free estimates  
**703-868-5358**

**24 Hour Emergency Tree Service**



# Local REAL ESTATE

## January~June, 2015 Top Sales in Vienna, Oakton and Reston



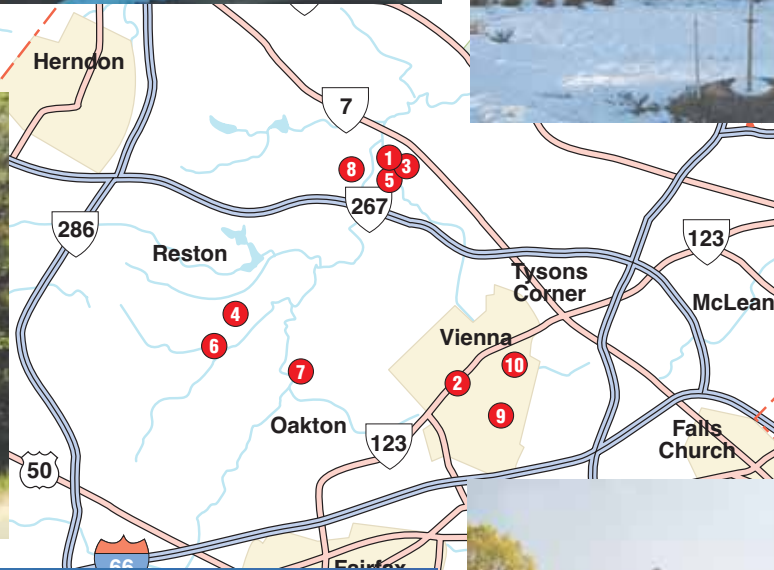
1 1351 Blairstone Drive, Vienna — \$2,391,677



5 1350 Blairstone Drive, Vienna — \$2,288,836



4 11308 Stoneledge Court, Reston — \$2,300,000



6 2740 Stream Vista Court, Oakton — \$2,234,220



7 10605 Vale Road, Oakton — \$2,150,349



Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	PostalCode	Subdivision	Date Sold
1 1351 BLAIRSTONE DR	5	6	1	VIENNA	\$2,391,677	Detached	0.57	22182	MAYMONT		01/29/15
2 9852 LIEUVIN CT	6	6	1	VIENNA	\$2,368,591	Detached	0.37	22182	MAYMONT ESTATES		06/19/15
3 1380 BLAIRSTONE DR	6	6	1	VIENNA	\$2,336,524	Detached	0.37	22182	MAYMONT ESTATES		06/22/15
4 11308 STONELEDGE CT	8	11	2	RESTON	\$2,300,000	Detached	1.87	20191	STONELEDGE		03/23/15
5 1350 BLAIRSTONE DR	5	6	2	VIENNA	\$2,288,836	Detached	0.86	22182	MAYMONT		01/02/15
6 2740 STREAM VISTA CT	1	1	0	OAKTON	\$2,234,220	Other	0.00	22124	LITTLE DIFFICULT FARMS		02/27/15
7 10605 VALE ROAD	5	5	1	OAKTON	\$2,150,349	Detached	2.90	22124	YOUNG ASSOC		03/05/15
8 10201 BROWNS MILL RD	6	6	1	VIENNA	\$1,888,000	Detached	2.15	22182	WINDSTONE		04/10/15
9 900 PARK ST SE	5	5	1	VIENNA	\$1,869,500	Detached	0.48	22180	ONONDIO		02/27/15
10 405 MASHIE DR SE	5	4	1	VIENNA	\$1,820,210	Detached	0.57	22180	WESTBRIAR CC MANOR		06/26/15



9 900 Park Street SE, Vienna — \$1,869,500

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