



# Great Falls CONNECTION

WELLBEING

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Revolutionary War re-enactor Mark Casso leads the Little Patriot parade through the Village Center. The families paraded around the Green twice before gathering in the center for the awards presentation.

## Parade, Fireworks Go On in Great Falls

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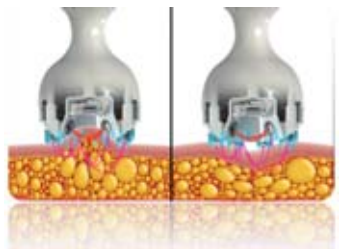
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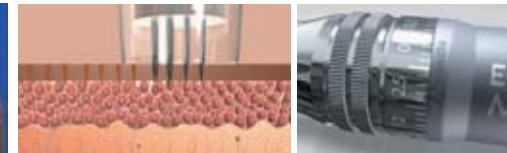
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# Undisturbed Forest, Detailed Negotiation

**Eric Knudsen, Great Falls Citizens Association, advocate for the protection of the environment.**

BY KEN MOORE  
THE CONNECTION

**A**rthur Kingdom described sunlight shining through hundreds of trees on Challedon Drive, and the birds singing at sunrise.

"I hope members of this commission have had a chance to visit the forest in question," said Kingdom.

"It is idyllic," he told the Fairfax County Planning Board Commission.

Kingdom and his neighbor Zaheer Poptani sat on the opposite sides of an aisle in the Fairfax County Board Auditorium last Wednesday night, June 29, indicative of the chasm between their points of view on the potential rezoning of 11 acres in Great Falls.

Poptani moved his property in 2011. "I asked what was going to go on behind my property," said Poptani.

"It was always intended that something was going to be developed behind my house, it was not just possible but probable. I think this development will be a net positive for our neighborhood," he said.

The Gulick Group applied to rezone the 11-acre property from R-A to R-1 in order to permit development of a 10-lot cluster single family subdivision at a density of 0.91 dwelling units per acre.

Fairfax County Planning staff have already recommended approval of the redevelopment.

"Staff finds that the application is consistent with the recommendations of the Comprehensive Plan and conforms to the requirements of the Zoning Ordinance. The requested waivers are supportable based on design details of the proposal," according to the prepared staff report.

After two hours of testimony last Wednesday Dranesville Planning Commissioner John Ulfelder deferred the decision to July 21, 2016 to give the Great Falls Citizens Association and Gulick Group an opportunity to further fine-tune details of the potential development; and to keep the public record open for additional feedback.

"I'm assuming there will be opportunity for GFCA and the applicant to meet further," said Ulfelder. "I hope there is ample time to discuss this development."

**ERIC KNUDSEN** testified for the last time in his current term as president of the Great Falls Citizens Association.

"I'm standing in front of you, again, to try to protect one of the Great Falls assets, and the county's assets: the environment,"



PHOTO CONTRIBUTED

**Arthur Kingdom recommended that the Planning Commission come to the 11 acres of a potential development project to see sunlight coming through hundreds of mature trees. "It is idyllic," he said.**



PHOTO CONTRIBUTED

**Stormwater runoff of any development is a major concern to residents who live along Walker Road. Ironically, said Sandy Cappiello, after a community meeting on the proposed redevelopment in the spring, attendees watched emergency personnel with rafts helping stranded motorists.**

said Knudsen, who last testified before the Board on Great Falls Citizens Association's concerns with the redevelopment of Brooks Farm.

He reminded the Board that Great Falls, because of its location and environmental assets, like Potomac, Maryland, has a responsibility not only to the community, to the county, but also to the Potomac River watershed area and the Chesapeake Bay, and to protect the quality of the region's drinking water.

"Storm water standards are set and al-

though they are a step in the right direction, they aren't doing what they intend to do. They are simply a Band-Aid," he said.

He told the Planning Commission that he used to ice skate on the lake on the property, known by some for the northern portion of the property which was permitted by rezoning in 1991 to be the Hill plant nursery.

"I ask you to postpone this decision until we can set up a proper settlement for how this community can be built, but also protects Great Falls' interest, the Potomac River

and the Chesapeake Bay," Knudsen said.

"Can there be more cooperation with staff and the developer to get the data we were looking for?" he said.

**BILL CANIS**, the past vice president of GFCA, will now take the reins from Knudsen; Phil Pifer becomes the GFCA's vice president.

Stormwater management will be a focus of the GFCA during the process with the Gulick Group.

"Our biggest concerns are the storm water management issues," said Sandy and Sam Cappiello, neighbors of the Lexington Estates property.

"Anecdotal," Sandy Cappiello said, in the spring after one of the community meetings regarding the property, emergency rescue had rafts to "rescue those in vehicles trapped by the flooding" on Walker Road.

"A single tree can absorb 100 gallons or more of rain. Gulick's plan would remove more than a thousand trees. That would be more than 100,000 gallons of storm water added to the frequent flooding conditions that already exist in Great Falls," she said.

**THE GULICK GROUP** seeks to develop the area, currently "undeveloped, forested, 11-acre parcel that is composed of moderate slopes that steepen towards the Piney Run floodplain," said Planning Staff's Bob Katai during the hearing that lasted until 11:05 p.m.

The floodplain and its adjacent slopes are identified as a Resource Protection Area and an Environmental Quality Corridor, according to Planning Commission documents.

"This site presents some challenges," said Commissioner Ulfelder. "It gets steeper until it flattens out in stream bed in Piney Run."

The Gulick Group seeks to build 10 single-family detached dwelling units, with lots ranging in size from 25,092 square feet to 35,110 square feet. An acre is 43,560 square feet.

Access to the development will be provided by an extension of Challedon Road, a public street.

Thirty percent of the property will remain open space.

The 11 acres are part of a 36-acre property rezoned by the Board of Supervisors, which approved a special exception at that time to permit a plant nursery on the portion of the property fronting Route 7.

"At the same time as the zoning actions, the 36-acre property was placed into an Agricultural/Forestal (A&F) District, which expired on Dec. 31, 2015. The plant nursery is no longer operational and the 36-acre property has been subdivided into several five-acre lots, with the subject property being the northernmost," according to Planning Commission documents.

The 11-acre subject parcel is the northernmost portion of a 36-acre property which

SEE TWO WEEKS, PAGE 5





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Donations are still being accepted at [www.CelebrateGreatFalls.org](http://www.CelebrateGreatFalls.org) under Friends of the Fireworks



## NEWS

# Two Weeks for Fine-Tuning

FROM PAGE 3

extends southwards across Piney Run and fronts on Route 7 (Leesburg Pike). The site is currently accessed from the north via Challedon Road, a paved Virginia Department of Transportation-maintained road. Challedon Road runs northward, to connect to Brevity Drive, which runs westward to connect to Springvale Road. There is a temporary cul-de-sac at the current terminus of Challedon Road.

**GREGORY RIEGLE**, of McGuire Woods, stood before the Planning Board to discuss the measures The Gulick Group has taken to address the concerns of the community.

For example, The Gulick Group increased the range of the Environmental Quality Corridor and the Resource Protection Area.

"In all my years doing this," said Riegle, "I can't remember ... increasing the amount [of the RPA and EQC.] We did this as an opportunity to preserve more trees," he said.

A list of proffers still being finalized represents the working relationship between the developer and the community.

According to the staff report: "The proposed house sites avoid the steepest sloped areas of the site. The stormwater management system has been designed



**The Gulick Group proposes 10 single-family detached dwellings.**

to convey, detain, infiltrate and distribute stormwater runoff in a manner that would minimize impacts to the site's topography and vegetation."

The community still has concerns.

"There has been talk of this development for a number of years," said Kingdom. "I would scoff at the prospect because it is clear that water running down very steep, not moderate, slopes to a flood plain and then to a creek that runs to the Chesapeake is not suitable for development."



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# OPINION

## Hungry in Summer

There are hungry children in Northern Virginia, more so in summertime.

Summer for most children in Northern Virginia is a time of fun and activities, camp and vacation, trips to the pool and possibly to the library. Specialized camps and activities tuneup sports skills and academic skills. Parents try to ensure snacks are at least somewhat healthy.

In this environment, most of us don't come into much contact with families that might be having trouble feeding their children. We can't imagine that there are children who are hungry in summer.

But many children in our region don't know what their next meal will be in summer. During the school year, many have depended on school to provide breakfast and lunch during the school year. Volunteers have stepped in to provide backpacks to go home with hungry students on the weekend.

In the City of Alexandria, 60 percent of students in public schools qualify for subsidized meals at school.

In Fairfax County, that overall number is lower at 27.5 percent, but in many areas, more than 50 percent of students qualify for subsidized meals at school.

In Arlington, more than 30 percent of students qualify for subsidized meals at school.

But most of the students who counted on school meals during the school year are not in school for the summer.

Fairfax County operates more than 20 open sites in areas where more than 50 percent of students qualify for free or reduced meals where students can go in summer for breakfast and/or lunch. These locations are along

## Locations for Summer Meals

[http://www.fairfaxcounty.gov/ncs/pdfs/summer\\_meals-2016\\_open\\_sites.pdf](http://www.fairfaxcounty.gov/ncs/pdfs/summer_meals-2016_open_sites.pdf)  
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the Route 1 corridor, in Herndon, Reston, Fairfax, Chantilly, Lorton, Falls Church and more. See links above for locations.

It also falls to many nonprofits and food pantries to fill the gaps, and those organizations need help keeping food available.

## Submit Photos to Pet Connection

The Pet Connection, a twice-yearly special edition, will publish on July 27, and photos and stories of your pets with you and your family should be submitted by July 17.

We invite you to send us stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

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## LETTERS TO THE EDITOR

### Decision Driven by Tax Base

To the Editor:

Why would anyone in Great Falls be surprised at the recommendation by the planning commission ("Delays Pave Path for Approval," Great Falls Connection, June 29—July 5, 2016)? One should not wonder why the political situation in the country is where it is at when government (federal and local) responds to the will of the people with such blatant disregard. Over 90 percent of the residents of Great Falls were/are opposed to the Brooks Farm development as proposed by Basheer/Edgemoore Brooks. Yet

Fairfax county government thinks a reduction from 23 to 19 houses is supposed to pacify the residents of Great Falls. Remember the original zoning was for five acres per home, not less than two acres but that did not fit with the bottom line of the developer or the need for tax revenue for Fairfax County. The planning commission's unanimous recommend approval in a 11-0 vote should not be a surprise to anyone who has had their eyes open over the years in Fairfax County. Surprise, surprise, why would the planning commission and/or the pending vote by the

county supervisors care what those elite local Great Falls residents want. After all, the planning commission as well as the county supervisors are not here to serve the people, they are here to ensure the ever increasing bottom line of the Fairfax County tax base. Does anyone think/question that the Fairfax County Board of Supervisors will not rubber stamp the planning commission's recommendation? After all, the next election is now three years away and the voters surely will not remember or hold them accountable in three years. I have lived in Great Falls

since 1974 (40+ years) and what Fairfax County has allowed to happen here in Great Falls is not something they should be proud of over the years. I am not rich, I am not elite, but I am not interested in making Great Falls into a Reston or McLean.

The County supervisors, in collaboration with the "Planning Commissions" have one objective in mind, "Fairfax County tax dollars" and making Great Falls into a Reston/McLean.

**Dudley Losselyong**  
Great Falls

### What Was Founding Fathers' Intent?

To the Editor:

On this Independence Day (July 4, 2016) I am reading Paul Carlock's letter ("Gross Misreading of the Second Amendment," The Connection, June 29-July 5, 2016) setting forth his views on the meaning of the Second Amendment.

In his letter he is suggesting that our Senator, Tim Kaine, and our Congressman, Gerry Connolly, "simply do not understand history." Well, I don't know how well either of these gentlemen understand history, but I sure hope they

have a better grasp of it than does he.

His insistence on his understanding of what he refers to as "the truth behind the Founder's intent when they wrote the Second Amendment," gives one pause.

Let's review! Our nation was founded on July 4, 1776. Our Founding Fathers were those who, on that day, pledged their lives, their fortunes, and their sacred honor. During the course of the war that followed their proclamation of the creation of our nation,

13 of the 56 Founding fathers were killed or died from wounds and hardships caused by the war. But the infant Republic they had founded prevailed. Some years later, a determined group of men led by Alexander Hamilton decided they didn't much care for the way the country was governed and constructed a new form of government with less Democracy and a much more powerful central government.

But Alexander Hamilton, despite all the musical hoopla on Broadway, was not a "Founding Father."

(He is more correctly referred to as a "Framer.") In fact, of the 56, Founding Fathers only a handful played any role in writing the Constitution or any of its amendments, and only six Founders signed the final document.

Consequently, it's a bit of a stretch to claim to be able to discern what the Founding Fathers intended. They were, for the most part, hardly involved.

**Peter M. Storm**  
Vienna

## Great Falls CONNECTION

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# Strategies for Preventing Concussions This Summer

Local physician is pioneering traumatic brain injury treatment.

BY MARILYN CAMPBELL  
THE CONNECTION

Summer has been dubbed "trauma season" by health care professionals. Warm temperatures make swimming, biking, hiking, waterskiing and other outdoor activities irresistible during the summer, but this also means a rise in concussions and other injuries. In fact, every 19 seconds someone in the United States sustains a traumatic brain injury.

The National Institutes of Health define a concussion as a mild traumatic brain injury caused by an external force, such as a blow to the head. Symptoms can include a headache or neck pain, nausea, ringing in the ears, dizziness, or fatigue, while serious symptoms include seizures, trouble walking or sleeping, weakness, numbness, or decreased coordination, repeated vomiting or nausea, confusion, and slurred speech.

Michael Lewis, M.D. is the president of the Brain Health Education and Research Foundation in Potomac, Maryland. Lewis, who retired from the U.S. Army after more than 30 years of service, is dedicated to improving public health. He spent the last five

years of his military career working on nutritional interventions to help prevent and treat brain injuries from physical and psychological trauma.

His interest in brain injury treatment was sparked by the 2006 explosion at the Sago coal mine in Sago, West Virginia. The blast and collapse trapped 13 miners for nearly two days.

"Only one guy survived," said Lewis. "They used high dose omega-3 fish oil to help his brain recover from carbon monoxide poison. I wondered if it would help soldiers recover from traumatic brain injury. I put together a program to do that kind of research for the military. How can we improve from the inside out for any soldier or athlete who is at risk for head injury?"

Lewis' focus is on the clinical use of omega-3 fatty acids for the prevention, acute treatment and rehabilitation of brain injuries from traumatic brain injury and concussions, stroke, PTSD and other conditions.

On a more personal level, Lewis' 16-year-old son Isaac attends Winston Churchill High School and plays two sports often associated with concussions: football and lacrosse. Lewis says his son has never sus-

COURTESY OF MICHAEL LEWIS



**Dr. Michael Lewis recently opened a medical practice in Potomac, Maryland, that focuses on concussions and brain health.**

tained a concussion, but he is working with the school's athletic staff on strategies to prevent concussions among athletes. He also makes sure his son takes fish oil every day.

"The value you get from sports far outweighs the risks, but we should mitigate the risks as much as possible," Lewis said. He also advises his patients to "take a fish oil supplement every day or eat good sourced salmon."

Symptoms of a concussion might not be immediately apparent. "The more subtle symptoms are those that appear days or weeks after an injury," said Lewis. "The personality might change, a person might become more irritable, have brain fog or have trouble thinking, or their head feels like it's stuffed with cotton."

Among the signs that one might have sus-

tained a concussion are a "loss of consciousness, followed by marked confusion," said Robert Wade, Ph.D., dean of nursing, Northern Virginia Community College's Medical Education Campus, "Most likely a headache, too."

No two injuries are the same. "Each concussion is different, which means the same child could have different symptoms during different concussions," said Ryan Wildenhain, head of sports medicine at Marymount University.

When students are back in school, parents should watch for another common indicator of concussions in student athletes. "One of my warning signs are grades that are falling off," said Lewis. "A straight 'A' student whose grades drop is a warning sign. A good kid who all of a sudden becomes irritable should prompt questioning. Kids are not always good at telling, they tend to want to play through it — it's part of our culture."

Lewis warns that even protective equipment isn't foolproof.

"Even if you're wearing a football, hockey or motorcycle helmet, when you hit something, another helmet or another head, it causes injury," he said. "If coaches see anything that is any way questionable they should get them off the field and out of harm's way. I think it's a parent's duty to stop the game and pull the kid out of a game if they see something that a coach doesn't see or doesn't respond to."



  
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## WELLBEING

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BY MARILYN CAMPBELL  
THE CONNECTION

**W**hile summer means weekends filled with trips to the beach, backyard grilling and al fresco dinner parties, the food that accompanies these gatherings is often laden with fat and calories (think ice cream, potato salad, hot dogs, s'mores and summer cocktails) and can wreak havoc on a healthy balanced diet.

"Summer here is by the far the best time for food in the Mid-Atlantic region and it goes all the way through September," said Nick Phelps of From the Farmer. "Unfortunately, that's when most people are out of town."

An online food delivery company, From the Farmer delivers fresh, primarily local produce, sustainable meats and artisanal pantry items to clients in Maryland and Northern Virginia, including Arlington, Al-

exandria and Fairfax County.

Phelps recommends serving plenty of fresh fruit when planning summer entertaining. Fruit has a high water content and is not only refreshing, it's also filling and can satisfy a craving for sweets. "The most exciting [locally grown producer] are fruits like peaches and plums, which come out mid-summer," Phelps said. "There are still some spring produce like strawberries and blueberries."

Summer ushers in fresh vegetables that are bursting with color and packed with fiber. Eating them raw or cooked minimally helps preserve the amount of fiber and vitamins.

"I think entertaining is easier during the summer," said Terri Carr of Terri's Table in Potomac, Md. "There's so much available that can be cooked or prepared easily, and there's just so much that you can do with the produce and the fresh herbs that we have in season now."

The bounty even yields alternatives to ubiquitous ice cream. "You can make sorbet with fruit and beautiful berries," said Carr. "With heirloom tomatoes, it'll be a Caprese salad or gazpacho, and I have a tomato torte that's made with a lot of basil."

## Preventing Zika: Doing Your Part

### Open public meeting in Great Falls on how to prevent the disease from spreading.

BY NIKKI CHESHIRE  
THE CONNECTION

**I**n light of growing international concern regarding the spread of the Zika virus, the Fairfax County Health Department is holding open public meetings to inform residents how to best prevent the disease from spreading.

While the Zika virus has existed for more than half a century, its rapid spread across South and Central America was unprecedented. The outbreak has been going on since early 2015, and doesn't seem to be slowing down. "I'm sure it'll spread to 2017, too," said Shawn Kiernan, the district epidemiologist at the Fairfax County Health Department.

According to Kiernan, the disease has occurred in Northern Virginia, but of the 16 known cases in the area, none of them have spread locally. Kiernan said all of the cases are directly linked to travelers who visited a country currently affected by the Zika outbreak. However, the FCHD is actively working to detect the possibility of local transmission, meaning they're looking for signs the disease is actively spreading from person to person via mosquitos. As of yet, this has not occurred in Virginia.

According to Josh Smith, an environmental health supervisor for Fairfax County, the mosquitos known to carry Zika are present in the area. However, the mosquito that spread the disease the easiest, *aedes aegypti*, is very rare in Northern Virginia.

Another mosquito that can carry Zika, the Asian tiger mosquito, is common in the area but doesn't spread the disease as well due to its characteristics.

"It's just not a good vector," said Smith, meaning that particular insect isn't a very effective means for the virus to spread. Smith said that Asian tiger mosquitos are awkward flyers, and don't travel far beyond where they breed, so if you see them flying around, "they're most likely from your own backyard."

Additionally, Smith said these insects aren't picky, so they spend most of their time feeding on hosts that aren't necessarily human.

The best way to prevent the spread of the Zika virus and other mosquito-borne illnesses is to interrupt their life cycle, according to the FCHD. "But we can't go everywhere," Smith said, referring to the fact that most places where these insects breed are containers on private property.

The FCHD encourages homeowners to walk their property at least once a week and dump out any containers that hold standing water, including empty plant pots, uncovered and drained hot tubs, old tires and any other place that can collect average amounts of standing water (but excluding swimming pools, as they're too large for the insect). Additionally, the mosquitos that are known to carry the Zika virus do not breed in still water ponds, pooling lakes, stormwater management areas or drainage ditches, so Smith considers those areas to be of least concern when it comes to combatting the Zika virus.

If a container can't be dumped, the FCHD recommends treating the water with a mosquito larvicide, available at local home improvement stores. The larvicide specifically targets mosquito larvae, and will not harm other animals.

"Source reduction is the most important effort," said Smith. According to the FCHD, active homeowners are often the best line of defense.

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## Great Falls Art Walk Promotes Artful Community

With three art studios now within walking distance of each other in Great Falls Village, it was only a matter of time before they started working together. The result of this collaboration, which was the idea of Judith St. Ledger-Roty and Gail Péan, is the Art Walk in the Village.

The event, which takes place on the first Friday of every month, will continue through December. "With three studios here, we hope we'll get a good turnout," said Gail Péan, a full-time and founding member of Artists on the Green. "And it's free. It's unique, what we have here. People can come and watch the artists at work."

All the work displayed on the Art Walk is available for sale, and is competitively priced. "Our co-op allows for lower prices, so people can get American-made gifts," Péan said. She added that the artists work in many different mediums, including oil paints, acrylics and even sculpture and jewelry making.

In addition to the participating studios, the event is also supported



**Coty Dickson showcases her work at the Artists on the Green studio in Great Falls Village. Her work is often of landscapes done in oil paint.**

by The Old Brogue (who provides live musical entertainment after 9 p.m.), Pio Pio Pollo, Great Falls Creamery and Wild Ginger Pan Asian restaurants, which line the space between the studios.

"We're all working together,"

said oil painter and full-time member at Artists on the Green Coty Dickson. "Great Falls is an artful community."

—NIKKI CHESHIRE

## CALENDAR

Send announcements to [connectionnewspapers.com/Calendar/](http://connectionnewspapers.com/Calendar/). Deadline is Friday at noon for the following week's paper. Photos/artwork encouraged.

### ONGOING

**Evenings on the Ellipse.** 5:30-7 p.m. Thursdays through Aug. 25. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Fun music and good company. Paradise Springs and The Winery at Bull Run will be offering complimentary tastings of their premium reds and whites. If it rains, concerts will be moved inside to the Government Center Forum. <http://www.fairfaxcounty.gov/parks/performance/>

**Great Falls Summer Market.** Saturdays, 9 a.m.-1 p.m., 778 Walker Road Great Falls. <http://greatfallsfarmersmarket.org/>

**Great Falls artist Betty Ganley.** Month of July. Katie's Coffee House, 760 Walker Road, Great Falls. Nautical and floral subjects in watercolor. 703-759-4673.

**"The Way I See It" Exhibit.** Aug. 2-Oct. 1. Vienna Arts Society Gallery, 513 Maple Ave. W, Vienna. Reston resident Bob Kaminski will showcase his work in abstract and representational styles. ViennaArtsSociety.org. 703-319-3971.

**"Footloose."** Fridays and Saturday, 8 p.m. Sunday 2 p.m. July 8-24. Alden Theatre, McLean Community Center, 1234 Ingleside Ave., McLean. Based on the movie of the same name.

McLeanPlayers.org. 866-811-4111.

**McLean Farmers Market.** 8 a.m.-noon. Fridays from May 6-Nov. 18. Lewinsville Park, 1659 Chain Bridge Road, McLean. The market provides area residents an opportunity to purchase locally grown or produced products. [www.fairfaxcounty.gov/parks/farmersmarkets](http://www.fairfaxcounty.gov/parks/farmersmarkets).

**Krop's Crops Flea Market.** 9 a.m.-3 p.m. Second and fourth Saturdays from May to August. 11110 Georgetown Pike, Great Falls. Shop for vintage, antique and used items. Or sell you treasures. [kropsfleamarket@gmail.com](mailto:kropsfleamarket@gmail.com).

**Weekly Storytime.** Wednesday and Saturday. 11 a.m. Barnes & Noble, 7851 L Tysons Corner Center, McLean. Themes and Titles vary. Free admission.

**Tai Chi Beginners' Practice.** Saturdays, 8-9 a.m. St. Luke's Catholic School Gymnasium, 7005 Georgetown Pike, McLean. Weekly Tai Chi practice. Group has met for over 20 years. Free. [FreeTaiChi.org](http://FreeTaiChi.org). 703-759-9141.

### FRIDAY/JULY 8

**Shawn Hook with Eddy Faulkner.** 7 p.m. Tysons Corner Center, 1961 Chain Bridge Road, Tysons Corner. Part of Summerfest Concert Series on the Plaza. [tysonscornercenter.com](http://tysonscornercenter.com).

### SATURDAY/JULY 9

**Step and Swing for Elaine.** 9:30 a.m.-6:45 p.m. Colvin Run Dancy Hall, 10201 Colvin Run Road, Great

SEE CALENDAR, PAGE 11

## Great Falls Library Creates Lifelong Readers

### Children, parents take Summer Reading Challenge.

BY KEVIN O'BRIEN  
THE CONNECTION

With summer under way, local libraries are encouraging kids to participate in the Summer Reading Challenge. The Summer Reading Challenge's theme this year is "Read For the Win" and it aims to keep children reading while school is out.

In Great Falls, children who complete the challenge, in addition to receiving a coupon book full of fun deals, get their names on a star on the wall in the library. Great Falls Library already has a handful of stars adorning its walls. "We have children, very above average here, and they really take it as a challenge, so they're like, 'I'm going to read 15 books as fast as I can!' And I tell them, 'Well you have to keep reading in the summer, you can't just stop! It's



**Nishka and Aanya in the children's reading area in the Great Falls Library with a librarian.**

only a week in, you're not done," said Daniela Dixon, Great Falls Library branch manager.

Once the summer begins, the library shelves clear out. For particularly popular books in high demand, Dixon mentioned the library has lots of extra copies.

The Summer Reading Challenge aims kids to read, so it does not assign books. Rather, it allows the children complete freedom over what they read.

"Unfortunately during the school year, a lot of kids don't have time to do a lot of fun reading, to just sort of explore and read whatever they feel like, so when the

summer comes, that's a great opportunity, and you'll see a lot of our shelves start to get more empty because then kids finally have time to just read what they want," Dixon said.

For parents of reluctant readers, the library is able to pick out and suggest books that can get kids into reading. According to Dixon, "it's largely a question of finding the right book for the children. We are so familiar with the books that we know what books are going to spike their interest and get them going. And once they get hooked, they can be readers for life."

Great Falls is also incorporating



**The Great Falls Library children's area has a variety of books and toys for the kids.**

a reading challenge for adults this year. To complete the challenge, parents must read five books.

Their names are then entered into a drawing for a gift basket that includes gift cards to Barnes and Noble and Starbucks, among other things.

Dixon pointed out that the library is a place for the entire family to enjoy, and that parents often enjoy sitting nearby and talking with each other as their children either look for books or play – the library has Legos, tea sets, and coloring books.

The Summer Reading Challenge is a hit for many families. "It's the

second year we've done the summer reading challenge. They loved it last year, that's why we came back," said Ankeeta, whose two kids Nishka, 9, and Aanya, 9, were checking out books in the Geronimo series.

At the end of August, Great Falls Library has a big ice cream party. While the library doors are always open to everyone, the party is designed to reward the participants of the Summer Reading Challenge. As Dixon says, "I like to say our brand is books and our mission is reading."



# CALENDAR

FROM PAGE 10

**Falls. Longest Day fundraising campaign** to honor Elaine Krawitz. Dance workshops, dancing and silent auction and raffle. Donation \$50 all day or \$15 per workshop. [stepandswingforelaine@gmail.com](mailto:stepandswingforelaine@gmail.com).

**Stand Up Paddleboarding.** Noon. Riverbend Park, 8700 Potomac Hills St., Great Falls. Paddle a beautiful section of the Potomac River from a kneeling or standing position. This beginner class has a low student/instructor ratio to allow for plenty of personal instruction. PFDs and helmets provided. Maximum participant weight is 225 pounds. \$40/\$42. <http://www.fairfaxcounty.gov/parks/parktakes/>

**Kayak Tour-Sunrise.** 7 a.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Enjoy breathtaking views as the sun rises over the Potomac River. Paddle with a naturalist and learn about the historical and natural beauty of this island-dotted section of the river. Download waiver and bring completed to tour: <http://1.usa.gov/1aubG3L>. 13 years and up. \$39/\$41. <http://www.fairfaxcounty.gov/parks/parktakes/>.

**George Holmes: Landscapes and Illustrations Reception.** Noon-3 p.m. The Frame Factory, 212 Dominion Road NE, Vienna. Free. [theframefactory@gmail.com](mailto:theframefactory@gmail.com). 703-281-2350.

## SUNDAY/JULY 10

**Emma Bailey.** 6-8 p.m. Great Falls Village Centre Green, Great Falls. Soothing Emma Bailey country with the Standing Room Only Rock Band. <http://www.celebrategreatfalls.org/concerts-on-the-green/>.

**The English Channel.** 5 p.m. McLean Central Park, 1468 Dolley Madison Blvd. British Invasion tribute band. Part of the Alden's Sunday Summer Concerts. Free. [aldentheatre.org](http://aldentheatre.org). 703-790-0123.

**Life in the Leaf Litter.** 4 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Join a naturalist for a hike and explore the forest floor. Uncover the diversity of soil organisms and the crucial role that invertebrates play in helping forests to stay healthy. 7 and up. \$7/\$9. <http://www.fairfaxcounty.gov/parks/parktakes/>.

**Build Your Own Bee House.** 10 a.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Have fun learning about local pollinators and using some invasive plants to build homes for native pollinators. The bees this house will attract are mason bees, pollinators and solitary bees who rarely sting. \$10/\$10. <http://www.fairfaxcounty.gov/parks/parktakes/>.

## MONDAY-FRIDAY/JULY 11-15

**Olympic Camp.** 9 a.m.-5 p.m. Providence Baptist Church, 8980 Brook Road, McLean. For rising first- to sixth-graders. Cooking for fun, acting, experiments and explosions, magic, dance and sports. [ProvidenceToday.org](http://ProvidenceToday.org). 703-893-5330.

## WEDNESDAY/JULY 13

**Never Shout Never Concert.** 7 p.m. Jammin Java, 227 East Maple Ave., Vienna. The alt-pop band Never Shout Never is headlining at Jammin Java. General Admission \$20. 703-255-1566. [jamminjava.com](http://jamminjava.com).

**Stories and Sprinklers.** 1 p.m. Vienna Town Green. Join Historic Vienna, Inc. for a good story and

some water play each Wednesday afternoon. Free. 703-255-6360.

## THURSDAY/JULY 14

**Delta Spur.** 6 p.m. Tysons Corner Center, 1961 Chain Bridge Road, Tysons Corner. Part of Summerfest Concert Series on the Plaza. [tysonscornercenter.com](http://tysonscornercenter.com).

**Ms. Virginia Senior Pageant.** 1 p.m. James Lee Center Theater, 2855 Annandale Road, Falls Church. Entertainment-filled afternoon to honor this year's contestants and Virginia's seniors. RSVP to 703-549-7012 or [msvirginiasenioramerica.com](http://msvirginiasenioramerica.com).

**Pakistan Night.** 6:45-8:45 p.m. Church of the Apostles Vale Road Meeting Place, 10922 Vale Road, Oakton. A fun, informative, and interactive event to learn about the culture of the people of Pakistan and the work of the Stock family there. Children will find the interactive activities engaging. All welcome. Free. Dinner included, with special Pakistani dishes. [www.ChurchoftheApostles.org/special-events](http://www.ChurchoftheApostles.org/special-events). 703-591-1974.

## SUNDAY/JULY 17

**Jr. Cline and the Recliners.** 6-8 p.m. Great Falls Village Centre Green, Great Falls. Unique arrangements of both classic and modern rhythm & blues and soul with rockin' edge and full brass sound. <http://www.celebrategreatfalls.org/concerts-on-the-green/>.

**The Reflex.** 5 p.m. McLean Central Park, 1468 Dolley Madison Blvd. 1980s tribute band. Part of the Alden's Sunday Summer Concerts. Free. [aldentheatre.org](http://aldentheatre.org). 703-790-0123.



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**July 10 The English Channel**  
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**July 17 The Reflex**  
'80s Tribute Band

**July 24 Satisfaction**  
Rolling Stones Tribute

**July 31 Still Surfin'**  
Beach Boys Tribute

Presented by the Alden Theatre at the McLean Community Center in McLean Central Park, located at the corner of Old Dominion Dr. and Dolley Madison Blvd. (Route 123). Schedule subject to change. [www.aldentheatre.org](http://www.aldentheatre.org)

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The McLean Community Players, Inc. is funded in part by the Arts Council of Fairfax County. Footloose is presented through special arrangement with R & H Theatricals: [www.rnh.com](http://www.rnh.com)

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PHOTOS BY NIKKI CHESHIRE/THE CONNECTION

Despite the threat of rain throughout the day, hundreds of people participated in the festivities that took place on the Green.



Local fire and rescue vehicles flashed their lights and turned on their sirens for the crowd during the main parade through the town of Great Falls.

# Parade, Fireworks Go On in Great Falls

BY NIKKI CHESHIRE  
THE CONNECTION

Although the weather forecast threatened rain and thunderstorms for the majority of the day, it wasn't enough to stop hundreds of people from gathering in Great Falls for the annual July 4 celebration.

The festivities began in the morning with a 5K run on a trail created and maintained by the Great Falls Trail Blazers. The event brought well over 100 people who wanted to kick off their July 4 celebration with the family fun run.

"We endeavor to create trails to connect Great Falls," said Julie Ben-Achour, the president of the Great Falls Trail Blazers, adding that they're always reaching out to the community for their input and support on developing and maintaining trails.

"The biggest challenge we have is that we

need more volunteers," said Jean Reimers, the vice chair of the organization. "It's hard work to clear trails. We spent a month preparing this trail for today."

Lift Me Up co-sponsored the event, and lent a tractor to help clear parts of the trail.

Just 20 minutes after the beginning of the race, the first runner crossed the finish line. Wiehan Peyper, a triathlete who recently moved to Great Falls from South Africa, finished first in last year's race as well.

"I just had to come and defend my title," Peyper laughed. Great Falls resident Tanner Doverspike finished second, with his cousin Ryan Pino right behind him.

The rain held off through the rest of the morning, allowing for the Little Patriots parade to continue as scheduled. Dozens of families and young children decorated wagons and wore patriotic regalia as they paraded around the Village Centre.

At the end, prizes were awarded to groups

for their presentation. The Star-Spangled Family award went to the Grindler family, the Little Miss Betsy Ross award went to Rebecca Fletcher, and the Young George Washington Award was given to Jackson Esposito.

As the Little Patriot parade wound down, hundreds of people started to line up in anticipation of the main parade. Scouts led the parade, which included fire and rescue vehicles, antique cars, horses, floats from community businesses and more.

One antique car was specially painted in preparation for the event. "We've been here a couple of times receiving candy, and I have an old car so I figured, 'might as well paint it and join,'" said Reston resident Doug Webb. He took his 1981 Fiat Spider, which was originally green, and painted it with

the stars and stripes. He said it needed a paint job anyway, so he figured he'd have fun with it in the meantime.

After the parade ended, people dispersed to enjoy the food and activities on the Green, including inflatable soccer, obstacle courses, carnival games and music. However, in the late afternoon, the weather started to disagree, and rain set in for the majority of the afternoon and into the evening.

Despite the showers, the fireworks at Turner Farm were set to go as planned. Gates opened at 6 p.m., and the firework display was scheduled to begin at 9 p.m. While the crowd was thin in the beginning, a large crowd finally gathered just in time to watch the fireworks shoot into the sky, together.



More than 100 people participate in the 5K run hosted by the Great Falls Trail Blazers on the morning of July 4. The run began at the Freedom Memorial and ended in the field behind the library.



Despite the threat of rain throughout the day, hundreds of people participated in the festivities that took place on the Green.



The fireworks display at Turner Farm brought a large number of people from the community out, who were able to enjoy the event on the lawn.



## REAL ESTATE

# McLean, Great Falls Market Enjoys Strong First Half 2016

BY KAREN BRISCOE

**T**he real estate market in the first half of 2016 was robust in McLean and Great Falls. The number of transactions is up 6 percent over 2015 same time frame. In addition, compared to the 2006 market ten years ago, it is up over 18 percent. This is excellent news for the market area as we enter into the summer season. It indicates an environment for the potential for price appreciation, provided demand remains strong relative to supply.

As was the case for the first quarter 2016, the segment that performed the best in these zip codes was the upper brackets, considered to be over \$1.25 million. Not surprising, most of the price points experienced greater sales year over year and higher than at 2006 levels as well.

The price points below \$1.25 million were flat for the first half 2016 over 2015, yet over the 2006 levels. The millennial generation comprises some of this market niche according to economists. This accounts for many of the condo purchases in the Tysons 22102 area of McLean. Further the first level move up buyer now is confident that their lower priced home will sell quickly so that they can more easily make the leap into the next price bracket with bridge or other available creative financing options.

One of the best performing price points continues to be the \$1.25 to \$2 million price range. Much of this comprises in-fill new home builders tearing down an older existing home for the land value. In many cases the lots are purchased off market which could be skewing the numbers for the lower price points. There is very little available land remaining for development in McLean and Great Falls, so hard to know how long this trend will last. As builders compete for lots, there is less available for end-user owners that would buy the homes to live in. Although this scenario can be a healthy sign of a rising market these dynamics can make it challenging for a first time home buyer to purchase.

McLean and Great Falls home sellers are currently experiencing "best of times" conditions in 2016 relative to 2006 which was previously a peak market year for the area. Looking forward into the balance of 2016 indicators are that homes priced correctly



**Karen Briscoe**

PHOTO CONTRIBUTED

McLean & Great Falls 1st Half Market Analysis of Home Sales (Based on Final Closed Price)

1 <sup>st</sup> Half 2016 compared to 1 <sup>st</sup> Half 2015 and 2006						
1 <sup>st</sup> Half 2016 Sales: 532						
	>\$3 Mil.	\$2-3 Mil.	\$1.25-2 Mil		\$750k-\$1.25 Mil	<\$750k
1 <sup>st</sup> Half 2016						
22101	9	16	58		120	29
22102	4	9	25		48	102
22066	1	9	31		55	16
	Total: 14	Total: 34	Total: 114		Total: 223	Total: 147
	Combined Total Upper Brackets: 162				Combined Total Lower Brackets: 370	
1 <sup>st</sup> Half 2015 Sales: 497						
1 <sup>st</sup> Half 2015						
22101	3	13	44		117	38
22102	2	7	23		29	115
22066	0	8	26		56	16
	Total: 5	Total: 28	Total: 93		Total: 202	Total: 169
	Combined Total Upper Brackets: 126				Combined Total Lower Brackets: 371	

1st Half 2006 Sales: 448						
	>\$3 MIL.	\$2-3 MIL.	\$1.25-2 MIL.	\$750k-\$1.25 MIL.	<\$750k	
1st Half 2006						
22101	3	15	35	91	58	
22102	9	12	19	24	95	
22066	1	7	35	40	4	
Total:	13	34	89	155	157	

for the market and in top condition will sell quickly for strong prices.

## Contact Information

Karen Briscoe and Lizzy Conroy and their team HBC Group at Keller Williams are active and experienced realtors in the Northern Virginia, suburban Maryland and Washington, D.C. marketplace. They would be delighted to assist whether for home buying or selling. Please contact via the means most convenient for you: [www.HBCRealtyGroup.com](http://www.HBCRealtyGroup.com), 703-734-0192, [Homes@HBCRealtyGroup.com](mailto:Homes@HBCRealtyGroup.com).



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## SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

### JULY

7/20/2016.....A+ Camps & Schools

7/27/2016.....Connection Families: Our Pets

### AUGUST

8/3/2016.....Wellbeing

8/10/2016.....HomeLifeStyle

8/17/2016...A+ Camps & Schools – Back to School – Private Schools

8/24/2016...Newcomers & Community Guide Pullout

8/31/2016.....Connection Families: Enrichment, Care & Back to School

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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 at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

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## Stop The Presses!



By KENNETH B. LOURIE

And cancel the third shift. My constant (lifelong) craving for sugar seems to have subsided since my last chemotherapy infusion. Typically, for a week to 10 days after my Friday infusion, food doesn't appeal to me. Even chocolate (in particular) and sweets in general do not affect the eating challenges I experience during this near fortnight. Usually, the pattern, going on 18 months or so now, is after 10 days, give or take, my interest in food returns and it's Katie-bar-the-door as I ravage the house looking for food that I had neglected the previous 10 days. To say I'm hungry after a week of not eating is to disrespect the obvious. There's not a word that accurately characterizes how I'm feeling when the urge to splurge finally returns. Suffice it to say, it's not safe for food to be around me. And the food which is most often around me are from Kenny's four major food groups: cake, cookies, candy and ice cream.

But not this time. Actually, let me be honest: not nearly as much as usual and way below what anyone who knows me would consider normal for me. As of Saturday, two-plus weeks out from my last infusion, in the house I have zero cookies, zero candy, zero cake and some ice cream – from approximately three weeks ago, which remains frozen and untouched in my freezer, which in and of itself is a miracle. In fact, ice cream has probably never been in my freezer longer than a week – cumulatively, in my entire life. Yet, when I open the freezer door now, to check inventory, there sits two Ben & Jerry's pints, one Breyer's quart and a half and two boxes of Dove Bars (six bars total), missing only two bars since its purchase. This kind of availability is foreign to me and speaks to the depth of my distaste and disinterest in all things sweet/chocolate. No doubt, if you believe many of the professional opinions, cancer patients need to reduce their sugar intake. Could it be that after seven-plus years of treatment, my brain has finally gotten the message and taken over – or been affected/instructed somehow, and told my receptors to stop being receptive to sugar? If so, alert the authorities because there's going to be a bump in the unemployment rate next month. M&M Mars, Nabisco, Entenmann's, Hostess Brands, Tastykake, Little Debbie and NECCO (New England Confectionary Company) among a few other miscellaneous selections will be cutting staff. And if my lack of sugar craving continues, the drop will be precipitous. As Muhammad Ali said back in the day (about his boxing prowess): "It ain't bragging if it's true." Well, I ain't bragging, either.

Now don't get me wrong, when in the supermarket, I'm still making my usual rounds through all my familiar aisles and taking note as I walk. But for some inexplicable reason, this particular post post-chemo week, I don't have – to quote a singing Tom Cruise and Val Kilmer from their 1986 movie "Top Gun," "that loving feeling." It seems/feels as if I've actually lost it. And though not consuming mass quantities of sugar would certainly be bad for the cancer cells – who do crave it (and good for my overall health), it definitely doesn't help the snack food/dessert industry. But I suppose I can't really worry about that. I have bigger problems: stage IV, non-small cell lung cancer. I don't anticipate that my current aversion to sugar will last, but in an odd way I'm enjoying my new-found freedom. Every minute of my life is now not spent thinking about eating and/or avoiding chocolate. To invoke a Moe Howard (of The Three Stooges) line from a classic two-reeler: "What an experience!" (Although, he was talking about changing his socks.) So too has this been an experience. One I hope which doesn't continue for much longer.

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

## BULLETIN BOARD

To have community events listed in the Connection, send to [connectionnewspapers.com/Calendar/](mailto:connectionnewspapers.com/Calendar/). The deadline for submissions is noon on Friday.

### THURSDAY/JULY 7

**MCC FY 2017 Planning Meeting.** 6 p.m. Old Firehouse, 1440 Chain Bridge Road, McLean. Tax district residents (Small District One A-Dranesville) who wish to speak during the "Citizen Comment" portion of the meetings are asked to call the Center at 703-790-0123. <http://bit.ly/1UhKIUC>.

### FRIDAY/JULY 8

**VBA Breakfast Meeting.** 8-9:30 a.m. Vienna American Legion Post 180, 330 North Center St., Vienna. Vinay Kumar "Creating Breakthrough Results." \$8/\$10/\$20. RSVP by Wednesday. Registration information at [info@ViennaBusiness.org](mailto:info@ViennaBusiness.org) or 571-550-2483.

### MONDAY/JULY 11

**Vienna Town Council Meeting.** 8-10:30 p.m. Town Hall Council Chambers, 127 Center St. South, Vienna. Agenda available by noon Friday at [viennava.gov](http://viennava.gov). 703-255-6300.

### TUESDAY/JULY 12

**Educational Dementia Seminar.** 3 p.m. Brightview Great Falls, 10200 Colvin Run Road, Great Falls. dementia expert Christi Clark and learn how to successfully transition a loved one to a residential care community. Discover important communication tips and reassuring approaches to help ensure a stress free adjustment while getting answers to other questions and concerns you may have. Free. RSVP at 703-759-2513.

### TUESDAY/JULY 19

**Public Art Commission.** 7 p.m. Town Hall, 127 Center St. South, Vienna. Advise and assist Town Council on matters relating to the advancement of public art in the Town, including the development and funding of a public art program. 703-255-7801.

### WEDNESDAY/JULY 20

**Faith@Work Evenings.** 5:30-7:30 p.m. Maggiano's Little Italy, Tysons II, 2001 International Drive, McLean. \$25/\$35. Food, networking, inspirational speaker and discussion. Speaker Shira Harrington. <http://www.bridgepointconnections.org/faith-at-work/>.  
**Vienna Board of Zoning and Appeals Meeting.** 8-10 p.m. Town Hall Council Chambers, 127 Center St. South, Vienna. 703-255-6341.

### THURSDAY/JULY 21

**Real Estate Education Series.** 11 a.m.-1 p.m. McEneaney Associates, 1320 Old Chain Bridge Road, McLean. Sponsored by Kathy Neal, SunTrust Mortgage on "Fair Housing - What is it? How did we get here and where are we going? Includes lunch provided by Seasons 52 Fresh Grill and Wine Bar. Free. 703-790-9090. [mcleanchamber.org](http://mcleanchamber.org).

### TUESDAY/JULY 26

**Vienna Transportation Safety Commission.** 8 p.m. Town Hall, 127 Center St. South, Vienna. Studies intersections, traffic signs, speed limits, and other matters relating to street safety and makes recommendations to Town Council. 703-255-6382.

### ONGOING

**SCOV Caregivers Support Group** meets twice a month, on the first and third Thursdays, as coming up from 10 am to noon. All caregivers are welcome to join anytime. Location: Unitarian Universalist Congregation of Fairfax (UUCF), 2709 Hunter Mill Road, Program Bulding, Oakton. The group includes those presently and previously caring for a loved one of any age or circumstance. For more info, please contact the facilitator, Jack Tarr at 703-821-6838.

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email [Lisa.Callahan@fairfaxcounty.gov](mailto:Lisa.Callahan@fairfaxcounty.gov). Also visit [www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/](http://www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/).





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