



McLean CONNECTION

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JULY 6-12, 2016

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Trying to stay dry in the rain are Rick Saddic, James Thomas, Dr. Nicole Thomas and Drew Thomas of McLean.



The early crowd lines up for the fireworks on the track of Churchill Road Elementary School's playground.

PHOTOS BY
STEVE HIBBARD/
THE CONNECTION

McLean Celebrates with Fireworks

Despite the intermittent down-pour, McLean Community Center's Fourth of July Fireworks Celebration was held at Churchill Road Elementary School on Monday, July 4, with a couple of hundred people in attendance versus the usual thousands of spectators in years past. On the 240th birthday of the nation's independence, there was musical entertainment by a local disc jockey and food trucks on the grounds selling a variety of entrees and snacks. The fireworks were lit and launched over the trees at nearby Cooper Middle School.

Enjoying the firework festivities are Katrina and Ivy Chen of McLean.



—STEVE HIBBARD



People wait in line for the ice cream truck before the fireworks begin.



Trying to stay dry with their umbrellas are Rensso Morales and Chanaporn Sripha of Springfield.



The Tallant Family of McLean before the festivities: Kimmy, Alyson, Becca, Robert and Tony.

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.

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.

Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature,

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_closed_sites.pdf

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 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.

Identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

Email to north@connectionnewspapers.com or submit online at www.connectionnewspapers.com/pets.

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LETTERS TO THE EDITOR

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

Focus on Wind and Solar Power

To the Editor:

Virginia's transition to clean energy is now underway. On Tuesday, June 28, Governor Terry McAuliffe issued an executive order to create a workgroup that will spend the next year determining how to reduce Virginia's carbon emissions. This important first step will go forward in spite of opposition delaying President Obama's Clean Power Plan, making Virginia

a key leader in combating climate change.

Having lived in northern Virginia all my life, I am proud to see our state standing up for the environment. Those living in Norfolk and Tangier Island are already struggling with rising sea levels, and Richmond has been named an Asthma Capital by the Asthma and Allergy Foundation of America. Across the state, myself and other asthma patients, today's children, and the elderly have and will continue to be particularly hurt by the effects of climate change. The action Governor McAuliffe took yesterday benefits us all.

But the path toward cleaner energy we've started on could still veer off in the wrong direction. It is vital that we encourage Governor McAuliffe to ensure that the Virginia power plan truly helps create a healthier environment for our families. Carbon emissions should be reduced by improving energy efficiency and transitioning to clean, renewable energy sources. Contrary to what fossil fuel lobbyists insist, natural gas is not the solution we need due to its emissions.

I hope to see our state focus on wind and solar power as we go forward, not only for our own benefit, but for the sake of the example we will set for the rest of the country. As a recent high school graduate, I will be working with Environment Virginia this

summer to focus on this cause.

Contact
daniel@environmentvirginia.org
for volunteer opportunities to join me.

Marley Finley
Falls Church

Deafening Silence

To the Editor:

All of us recall that during her last campaign Rep. Barbara Comstock made a major issue of being demeaned as a woman. During the current election cycle the top of her ticket is a man who constantly and

consistently degrades women. What do we hear from Comstock about this? I'm listening hard and am deafened by her silence. In fact what she does say is that she has "moved past" the coming election. Really? It matters so little to her who becomes the President of the United States?

I want a representative who cares about who runs this country and the impact on all of us. I don't want someone whose interest is solely about herself and her own election. I don't want Barbara Comstock.

Joyce Schuman
McLean

McLean
CONNECTION

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NEWS DEPARTMENT:
mclean@connectionnewspapers.com

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

Abigail Constantino
Editorial Assistant
703-778-9441
aconstantino@connectionnewspapers.com

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

Jon Roetman
Sports Editor
jroetman@connectionnewspapers.com
[@jonroetman](https://twitter.com/jonroetman)

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Trisha Hamilton
Display Advertising
703-624-9201
trisha@connectionnewspapers.com

Andrea Smith
Classified Advertising
703-778-9411
classified@connectionnewspapers.com

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

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

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

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
jtheismann@connectionnewspapers.com
[@TheismannMedia](https://twitter.com/TheismannMedia)

CIRCULATION: 703-778-9427
circulation@connectionnewspapers.com





ALEX AND ANI Comes to Tysons

ALEX AND ANI celebrated The Grand Opening of their Tysons Corner Center Store on Thursday, June 23, donating 15 percent of event sales to Doorways for Women and Families. The McLean Chamber of Commerce participated in ribbon cutting ceremony followed by live entertainment and refreshments.

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PLEASE RSVP*:

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*Registration is limited to two people per RSVP. Photo ID may be requested at event entrance.

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WELLBEING

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 sustained 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



COURTESY OF MICHAEL LEWIS

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

"The value you get from sports far outweighs the risks, but we should mitigate the risks as much as possible."

—Michael Lewis, MD, president, Brain Health Education and Research Foundation

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 sustained 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."

Wearing proper protective equipment is recommended as a way to prevent concussions. "Minimizing the risk of a child sustaining a concussion is extremely difficult and dependent on the type of activities the child does," said Wildenhain. "Every child should be properly educated on how concussions occur, the signs and/or symptoms of a concussion, and how to avoid dangerous situations for the specific activity they intend to do."

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."

Preventing Zika: Doing Your Part

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

BY NIKKI CHESHIRE
THE CONNECTION

In light of growing international concerns 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 just yet. "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 mosquitoes 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 things such as 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.

WELLBEING

Healthy Summer Entertaining

Tips for serving bounty of tasty, fresh produce.

BY MARILYN CAMPBELL
THE CONNECTION

While 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, Alexandria 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, Maryland. "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."

Carr will demonstrate her favorite summer cooking techniques and recipes in her class that teaches how to cook for hot weather. She advocates avoiding heavy dishes in favor of "healthy and beautiful combinations that can create a protein-rich and satisfying main course." Using the best of the season's bounty, Carr will use ingredients such as fish, chicken, tomatoes and a variety of greens to show others how to create delicious salads.

Her focus on healthful eating extends beyond her classroom. "I often grill salmon and vegetables," she said. "Or I make a big bowl of pasta with heirloom tomatoes and peppers. I love entertaining in the summer. It doesn't take as much skill and it certainly doesn't take as much time."

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

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Be sure to include your name, address and phone number, and identify all people and pets in photos. Submission deadline is July 20.

'Footloose' coming to Alden Stage

McLean Community Players present musical July 8-24.

BY DAVID SIEGEL
THE CONNECTION

School is out for the summer with vacations coming, but the McLean Community Players (MCP) take on the musical "Footloose" will give local audiences a reason to have a "staycation." After all, it is an infectious musical that answers the question, should dancing be a crime in a small heartland American town?

"Footloose," the stage musical, is based upon the big 1984 hit movie of the same name. It is about a regular teen-aged boy who finds himself far from his city roots. All he wants to do is bring some semblance of joy and happiness to his new hometown so full of sadness. How? Well, he wants to convince some rigid citizens that dancing really is a good thing. "Footloose" is set in the early 1980s, a time very different from now.

With a 30-member cast and nearly 20-musical number, "Footloose" has well-known songs such as "Let's Hear for the Boy," "Mama Says," and "Footloose." The rock music is by Tom Snow, lyrics by Dean Pitchford and Kenny Loggins with book by Pitchford and Walter Bobbie.

Shaun Moe directs and choreographs the



PHOTOS BY "IRISH EYES PHOTOGRAPHY BY TOBY/COURTESY OF MCLEAN COMMUNITY PLAYERS
"Footloose" cast of the teens at the high school prom.

production. He promises "to bring all the excitement and dancing of the musical 'Footloose' to the Alden. It is a show with depth about real human relationships and feelings. Emotions will be visual through detailed high-energy, well-executed dance and a great band."

Stage veteran Morgan deHart plays Ren, the new boy in town. While the role of Ren is "a challenging one, it is a dream to be cast as Ren. He is a character with such confidence that others are attracted to him."

Nikkie Culbreth plays Ren's love interest, Ariel. Ariel is the daughter of the local church leader saddened by the unexpected death of

his son. "My stage father has completely emotionally abandoned me with his deep sadness. My character wants to find a way to bring happiness back to my family and my town," said Culbreth. "Then I meet Ren, who becomes the light arriving to try to make things better."

Jay Tilley is the Reverend Shaw Moore whose son passed away. His sadness leads him to convince his community to ban dancing and other signs of joy. The Rev. Shaw Moore "is a good man in pain" in need of "emotional catharsis".

With its talented cast and crew, the McLean Community Players invite audiences to take in its dynamite production of "Footloose."

Send announcements to 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/>

Stories and Sprinklers. 1 p.m. Wednesdays through Aug. 3. Vienna Town Green. Join Historic Vienna, Inc. for a good story and some water play each Wednesday afternoon. Free. 703-255-6360.

"On the Street" Photography Show. 10 a.m.-4 p.m. Aug. 2-Sept. 3. Vienna Arts Society, 115 Pleasant St. NW, Vienna. Annual photography show with judge Denise Silva. Meet the Artists Reception and Awards on Saturday, Aug. 6 from 4-6 p.m. 703-319-3971. artcenter@viennaartsociety.org.

"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

SEE CALENDAR, PAGE 9

Dolley Madison Library Gears Up For a Busy Summer

Scores of children begin Summer Reading Challenge.

BY KEVIN O'BRIEN
THE CONNECTION

Local schools let out for the summer a week and a half ago on June 23, which is the same day that Fairfax County began its annual Summer Reading Challenge. The program hopes to keep children engaged in reading throughout the summer, so that they return to school in the fall, their reading skills are right where they left off, if not even stronger.

"It has been crazy. Our juvenile fiction section is almost bare. They are devouring the books, it's amazing," said Tina Mraz, the Youth Services manager at Dolley Madison Library.

Dolley Madison's branch is receiving more customers than usual because the Tysons-Pimmit Library is undergoing renovation right now. Dolley Madison provides incentives for the children to complete the challenge. The kids have to read



PHOTO BY KEVIN O'BRIEN/THE CONNECTION

Stacey Smouse (center) and her two children, Hayden and Hannah, check out books for the Summer Reading Challenge.

a certain number of books, depending on their age, to complete the challenge, and if they do, they receive coupon books for discounts or treats at a number of area establishments.

Stacy Smouse, whose two children, Hannah and Hayden were checking out books, said, "They loved it because of the coupon book last summer. We used it for a discount at Six Flags and Rita's

Italian Ice. There was a one for McDonald's and another for pizza; it's a good incentive that they have to write the books down and then they rate the books."

At Dolley Madison, though, the children receive something extra that is especially appealing to its youngest participants. "I give them a smelly bookmark, which a lot of the little kids really look forward to. Right now, I have strawberry, watermelon, root beer, popcorn, caramel, orange and s'mores. The little kids love it," said Mraz.

Dolley Madison has lots of ways besides coupon books of appealing to the kids. According to Mraz, "In July, in our display case, we're going to have a fun display where the kids can guess the number of toys that are in the display and whoever's closest to the number without going over wins everything in the display case, so that's going to be a lot of fun."

The purpose of the reading challenge program is to create avid readers, which may or may not be easier when friends are involved. Hannah Smouse, 11, is reading a series of books, despite having had some details spoiled by her friends

who have already read the series.

"I like fantasy books. There's a series called A Land of Stories. I'm in the middle of the second one. It's about two kids, Conner and Alex, they get a book and - it's kind of weird and exciting - but they get inside the book and they're in this fairytale land where all fairytales connect," Hannah said.

The program is not limited to kids anymore, either. For the first time ever, the Dolley Madison branch will have an adult reading challenge. Adults receive a bingo card with all sorts of different activities. For example, the card includes a space to read a classic book, join a book club and follow Fairfax County Public Library on Facebook among other things. Any parent who completes the card is entered into a drawing for a Kindle Fire. It's a way for the library to engage the whole family in the reading program and make coming to the library a family event.

CALENDAR

FROM PAGE 8

purchase locally grown or produced products. 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 your treasures. 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.

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.

SUNDAY/JULY 10

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. 703-790-0123.

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. 703-893-5330.

WEDNESDAY/JULY 13



PHOTO CONTRIBUTED

The English Channel will invade McLean Central Park on July 10 as part of The Alden Summer Concerts.

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.

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.

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.
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. 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/>

SUMMER

Sunday CONCERTS

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JULY 03

Desert Highway

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JULY 10

The English Channel

British Invasion Tribute Band

JULY 17

The Reflex

'80s Tribute Band

JULY 24

Satisfaction

Rolling Stones Tribute

JULY 31

Still Surfin'

Beach Boys Tribute

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ALDEN

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Tickets: 866-811-4111

OR

www.McLeanPlayers.org

See the Accessibility page at www.McLeanPlayers.org for dates of audio-described and sign language- interpreted performances.
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

CONNECT WITH MCP: [FACEBOOK.COM/MCLEANPLAYERS](https://www.facebook.com/McLeanPlayers)

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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 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/. 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 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. 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. McEanearney 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.

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 Bldg, 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. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/.



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