



Great Falls CONNECTION

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Benefits of Giving Back

Young Women Leadership Program highlights importance of volunteerism for high school girls.

BY ALYSSA MILLER
THE CONNECTION

On Friday, several dozen high school girls gathered at Great Falls Library to hear about how they could get involved in volunteer opportunities. As part of Congresswoman Barbara Comstock's 10th Congressional District Young Women Leadership Program, these students were taught about the benefits of giving back to their communities.

A panel of guests spoke at the event, many of whom were from the organization Women Giving Back, which provides free clothing to homeless women and children in the area.

"Volunteerism really makes a difference," said Terri Stagi, the president of the WGB executive committee. "It adds something to your life."

According to Stagi, the young women at the program could volunteer for WGB by sorting clothing or even being personal shoppers for some of the teenagers being served by WGB.

Shirley Clark, the CEO and executive director of the Women's Center in Vienna, echoed Stagi's sentiments. According to Clark, volunteering is about more than just building a resume — although it can help with that as well.

"Volunteerism looks great on a resume, but more importantly, it helps you think differently," said Clark.

Clark and Sally Turner, the president and



From left: Shirley Clark, the CEO and executive director of the Women's Center in Vienna; Sally Turner, the president and chair of the Women's Center Board of Directors; U.S. Rep. Barbara Comstock (R-10), who hosted the event; and representatives of Women Giving Back — Terri Stagi, the president of the executive committee; Pat Leader, the secretary and treasurer; and Fiona Hughes, the vice president.

chair of the Women's Center Board of Directors, also discussed combatting pressures on women in the workplace.

According to Turner, when she was growing up, girls were told they could be secretaries, teachers or nurses. However, her grandfather owned a business school, so Turner went to business college during the summers and was able to get a job in the IT field. Turner urged the girls to get out of the office and meet people in their future careers, and to know when to move on from

one job to the next.

Clark said she noticed during her banking career that many women didn't speak up or use their voice at work.

"While they may have had food and clothing and housing and even a job, they were really disadvantaged, as well, because they didn't have the confidence or the support they needed to get to the next level," said Clark.

Clark said that seeing women "give our power away" encouraged her to get started



U.S. Rep. Barbara Comstock (R-10) introducing the panelists for the Young Women's Leadership Program at the Great Falls Library: Students were taught about the benefits of giving back to their communities.

working to help women,

She encouraged the girls to volunteer and help women, even if only for a short time.

Comstock, who hosted the event, said that volunteering helps to enrich the lives of those who are helping, as well as those who are being helped.

"Whatever that passion is that you have," said Comstock, "when you share it, you probably learn more about yourself and your abilities by doing that."

School Board Receives New Transgender Regulations

July 14 forum scheduled to decide meaning of board's "review."

BY TIM PETERSON
THE CONNECTION

Friday afternoon, July 1, Fairfax County School Board members each received an email containing new operating regulations regarding transgender and gender nonconforming students.

The previous board voted on May 7, 2015, to add "gender identity" to the school system's nondiscrimination policy. They then hired a private consultant to help staff develop regulations for how that policy change would be formally enacted in schools day to day.

At the time, at-large Board member Ryan McElveen asserted that the policy change would effectively not change anything in the way transgender students and employees are treated from a school system standpoint. But the consultant would also review Fairfax County Public Schools practices as compared to best practices in other school systems and the

formal guidelines would be reflective of that study as well.

THE SIX TYPED PAGES of guidelines begin with definitions the school system will use when referring to concepts including sex assigned at birth, transgender, transitioning and gender nonconformity.

They also call for the creation of support teams for students who identify themselves as transgender, transitioning or gender nonconforming, that can involve the parents or guardians, teachers, administrators, school psychologists or other staff members as appropriate. The support team then develops a plan for how the student can feel most safe when using bathrooms or locker rooms, or participating in school activities and sports.

School Board Chairman Pat Hynes said the new guidelines are regulations as they now stand, not a draft.

"It's the Board's role to review them, that's part of our job," Hynes said, "to make sure they comply with our policy."

When the policy change was passed more than a year ago, there was successful follow-on motion calling for the board to review the regulations, as Hynes said. What the motion didn't say was what form that review would take.

According to Hynes, it would be sufficient for members to simply read over the email and sign off. She called the regulations "well done" and "pretty comprehensive."

A second option is for the Board to convene a work session and discuss in a more in-depth manner. There could also be a legal advisory meeting for addressing specific legal questions. In the area of transgender regulations, Hynes acknowledges laws are still in flux.

"In my opinion," she said, "this complies with our policy for nondiscrimination — the law, as the law now exists."

If the board members collectively agree the new regulations are not fully in line with the policy, they can direct FCPS Superintendent Karen Garza and staff to amend them.

But to decide the nature of the board's review, they've scheduled a forum on July 14 at Luther Jackson Middle school, around their evening business meeting.

The topic of review and the guidelines themselves will not be on the agenda, however, meaning citizens may not bring them up during the public participation portion of the meeting.

In an email, At-Large member Jeanette Hough said she's advocating for a more public conversation on the regulations in the form of a work session.

"Not only do I have a lot of questions about the regulations and on what basis they were created," Hough wrote, "but I am hearing daily from my constituents with these same questions. For starters, I think it is important that we honor the follow on motion from May 7, 2015 when members of the former Board stated that changes would be reviewed in a public way."

Springfield District representative on the board Elizabeth Schultz is also critical, saying that the process of arriving at

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School Board Reviews Transgender Regulations

FROM PAGE 3

the regulations has been less transparent than the board promised last May.

"The race to embrace doesn't help any side," Schultz said. "There's been no presentation to the board about what we're doing well, best practices, what we're not doing well, recommendations that we change. There's nothing."

Schultz, Hough and Sully District member Tom Wilson submitted a series of questions regarding the pending regulations to staff prior to finished product being sent to board members.

"How do you fundamentally implement any of this policy?" Schultz said. "[The regulations are] extremely limited. They don't even begin to cover the length and breadth of what we've submitted."

SCHULTZ CITED the regulations not addressing transgender employee issues, how conscientious objector teachers would be dealt with or whether medical professionals were involved in creating the document, adding their expertise on whether the guidelines would be truly helpful.

"These are the nuances no one's thinking about," she said. "It requires really thoughtful discussion. To be authentic, you still have to have integration in the process, allow the process to work the way you told the people it was going to work."

Robert Rigby, a teacher at West Potomac High

School and leader of the LGBT employees group for Fairfax County Public Schools called FCPS Pride, plans to attend the July 14 forum.

So far, Rigby, who has been advocating for LGBT nondiscrimination since 2000 is pleased with the regulations. He was pleasantly surprised, he said, by the inclusion of support teams and the definition for gender nonconformity.

"It doesn't put kids into boxes," he said, "you can be yourself. It accommodates and recognizes that."

Regarding the support teams, Rigby said Fairfax has been doing a version of that for a while. "It's a developed program," he said. Even if it hasn't been codified until now. "My colleagues who've worked on this say it's been a process — helping people out, making sure things work right. They're really pleased and impressed by how it's worked."

Rigby said a bigger challenge for LGBT students is still those who don't have support from their parents. His hope is with the new regulations and surrounding discussion and shared information, there will be more understanding.

"No one can make people support their kids," he said. "But you can educate the wider community so there's more of a chance."

FCPS has not posted the regulations online yet, however, Chairman Hynes has been sharing the document with anyone interested in reviewing them. Her contact information is pmhynes@fcps.edu.

Brightview Great Falls Hosts Open House

Brightview Great Falls will host an Open House on Saturday, July 23 from 11 a.m. – 4 p.m.

Buckley Fricker, local author and owner of Buckley's for Seniors, will share key aspects of Estate Planning from her book, "Eldercare: The Road to Growing Old is Not Paved," at 11:30 a.m.

Also featured will be Brightview Great Falls' Well-spring Village Director Rose Manduku. At 2 p.m., Rose she will discuss the benefits of music and memory as well as share other programs that benefit people living with dementia.

"Lifestyles characterized by possibilities and choice await residents and their families at Brightview Great Falls," said Carolyn Pennington, community sales director.

"Monthly signature family nights, daily social hours, live music and dancing are a few resident favorites. And families tell us everyone rests easy knowing Mom is enjoying herself."

"We invite the community to experience what others have al-

Rose Manduku



PHOTO CONTRIBUTED

ready seen: Brightview Great Falls offers something no one else does," said Pennington. "And be sure to pick up a complimentary resource kit for families and caregivers that includes books, products from the Honest Company and a resource Guide."

Brightview Great Falls features dedicated Assisted Living apartment homes as well as Wellspring Village, Brightview's specially designed neighborhood where people living with dementia live full, engaged and meaningful lives.

The community – located at 10200 Colvin Run Road – opened in September 2014.

For more information about Buckley Fricker, visit www.buckleyfricker.com.

To RSVP or for more information about Brightview Great Falls, contact Carolyn Pennington at 703-759-2513 or cpennington@bvsl.net.

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PEOPLE

Shepard Smith Named as Next Director of Coast Survey

President Barack Obama has approved the promotion of Shepard Smith, from captain to rear admiral (lower half), a prerequisite for Smith to become director of NOAA's Office of Coast Survey, after his selection by Department of Commerce Secretary Penny Pritzker. Smith's appointment to director will be effective on Aug. 26, 2016. Smith is the son of Laura Nichols of Great Falls. He attended Great Falls Elementary, Kent Gardens and Langley High School between 1979 and 1984.

Smith will oversee NOAA's charts and hydrographic surveys, ushering in the next generation of navigational products and services for mariners who need integrated delivery of coastal intelligence data.

He succeeds Rear Adm. Gerd Glang, who will retire on September 1 after a 27-year NOAA career. Glang served almost four years as Coast Survey director, leading NOAA's transition from a paper-based nautical charting system to a full digital system.

"NOAA's navigational services provide critical support to our nation's maritime transportation system," said Russell Callender, NOAA assistant administrator for the National Ocean Service, in announcing Smith's appointment. "Rear Adm. (select) Smith has the experience, knowledge and leadership skills to lead the transformation of navigational intelligence into the integrated data delivery platform required for the next generation of navigational services."

Smith has served with NOAA for 23 years, during which time he has been involved in advancing the state-of-the-art in hydrography and nautical cartography. His 11 years as a field hydrographer continue to this day,



PHOTO CONTRIBUTED
Shepard Smith

as he currently serves as the commanding officer of NOAA Ship Thomas Jefferson. He previously served as the chief of Coast Survey's Marine Chart Division, managing the privatization of paper chart printing and distribution.

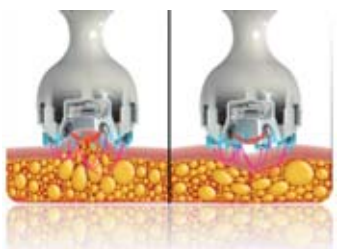
In addition to his three tours on Thomas Jefferson (twice as her commanding officer), Smith also served on NOAA Ship Rainier, surveying in Alaska, and as the officer-in-charge of Research Vessel Bay Hydrographer. He served on the interagency response teams for the search and recovery of TWA flight 800, EgyptAir flight 990 and the private plane piloted by John F. Kennedy Jr. He commanded Thomas Jefferson during her six-week response to the Deepwater Horizon oil spill.

For his shore assignments, Smith served as the chief of Coast Survey's Atlantic Hydrographic Branch, and as Coast Survey's deputy hydrographer, as well as chief of the Marine Chart Division. Smith also served as the deputy director of the Office of Response and Restoration, on the staff of the U.S. Coast Guard LANTAREA headquarters, and as a senior advisor to the Assistant Secretary of Environmental Observation and Prediction. He served on the U.S. delegation to the International Hydrographic Organization's Hydrographic Services and Standards Committee and as the chairman of the IHO Data Quality Working Group.

Smith attended Deep Springs College and Cornell University, where he graduated with a Bachelor of Science in mechanical engineering in 1993. He earned a Master's of Science in ocean engineering from the University of New Hampshire in 2003.

NOAA's Office of Coast Survey, originally formed by President Thomas Jefferson in 1807, maintains the nation's nautical charts, surveys the coastal seafloor, responds to national maritime emergencies and searches for underwater obstructions and wreckage.

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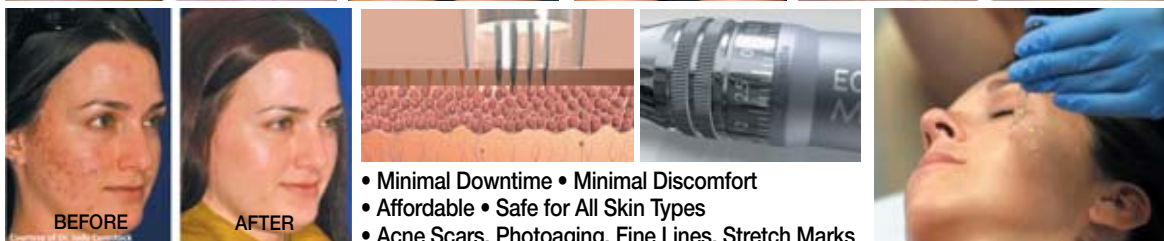
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HomeLifeStyle



PHOTO BY JOHN COLE
A large picture window is the focal point of this white kitchen by Anthony Wilder Design Build, Inc.



PHOTO BY JAMIE COBEL
A Potomac, Maryland, kitchen was lightened, brightened and redesigned by Rill Architects to give the home's owners a connection to their natural surroundings.



PHOTO BY JAMIE COBEL
A Potomac, Maryland, kitchen was lightened, brightened and redesigned by Rill Architects to give the home's owners a connection to their natural surroundings.

Bright White

BY MARILYN CAMPBELL
THE CONNECTION

The clean, crisp look of a white kitchen has staying power and versatility, according to the National Kitchen and Bath Association. The organization reports that white cabinetry is the top choice for 67 percent of its members. In fact, the percentage of homeowners requesting white kitchens has increased by 20 percent over the past two years.

The trend is also apparent locally, said designers. When a family of five returned to the Washington, D.C. area after spending 30 years in the U.S. Foreign Service, they settled into their home in Bethesda, a 1960 brick Dutch colonial that they purchased in 1986. They decided to give the home a makeover because, after being a rental for many years, it felt dated and dingy. The family felt that the kitchen was old, dark and closed-off from the living room. They needed a larger space to accommodate their family of five.

The homeowners knew they wanted the new kitchen space to be free flowing and light-filled. They also wanted to incorporate some of their existing furniture, such as an antique table and chairs.

Designed by Bruce Wentworth of Wentworth Inc., the new kitchen is sunny and spacious. It includes white cabinetry and an island with dark gray granite countertops. A large stainless sink, dishwasher, pull-out trash and bookcase for cookbooks make the island functional. Facing the dining room is a shallow cabinet with mullioned glass doors.

Granite tops the counters in the remainder of the kitchen and white cabinetry houses a sub-zero refrigerator, microwave drawer, small prep sink and a gas range with a stainless steel range hood. "Wall cabinets with clear glass mullioned cabinet doors [give] visual depth and make space feel larger," said Wentworth.

When the owners of an Arlington home decided to update their dark and dated kitchen, they opened the space to the living and dining rooms and added natural lighting and white cabinetry. The result was a room with a crisp and airy aesthetic. The new, open con-

cept allows the homeowners to better interact with family and friends.

"Prior to the remodel, the kitchen was essentially closed off to the rest of the home," said April Case Underwood of Case Design/Remodeling. "I think the grouping of materials the client selected with us are unique, definitely not cookie-cutter, and these make the space really interesting," Underwood said.

Among the fixtures, accessories and materials used are Caesarstone countertops, a marble and granite backsplash and reclaimed shelving, provided by homeowners, which, "made the kitchen look more unique and gave it an eclectic feel," said Underwood.

"I think in general the perfect combination of the various materials, from smooth and glossy to rough and textured, is simple but interesting and shows beautifully," said Underwood.

A large picture window overlooking an expansive backyard is the focal point of a white kitchen in Falls Church. When the homeowners decided to renovate and expand the space, they enlisted the help of designer Keira St. Claire of Anthony Wilder Design Build, Inc. The project included adding additional space to the back of the house and removing a wall between the kitchen and the dining room.

"Although we opened up the wall between the kitchen and dining room, one challenge was maintaining a distinction between the two spaces, which was important to the client," said St. Claire. "In order to create a feeling of separation, while preserving the sense of openness ... [we designed] a custom glass cabinet piece, which is accessible from both rooms," said St. Claire.

The new unit gives the homeowners extra storage and a place to display their crystal. Sunlight from the new picture window in the kitchen reflects off the crystal stemware and refracts, causing both rooms to glisten with radiant, natural light.

White cabinetry was contrasted against dark wood as part of a kitchen renovation in Centreville. While the basic layout of the kitchen remained the same, the space, which was designed by Allie Mann of Case Design Build, Inc., was brightened with white cabinetry, a built-in pantry and a custom cherry wood island. "The white kitchen is classic and timeless,"

said Mann. "It can work with most color accent palettes."

A cramped and dark Potomac, Maryland, kitchen was lightened, brightened and redesigned to give the home's owners a connection to their natural surroundings, which included a landscaped yard created for outdoor entertaining.

The kitchen was designed by Jim Rill of Rill Architects who added a working island around which the

family can gather and prepare meals. He described the new look as a, "simple, clean design with subtle elegance." "

We added functional space with lots of windows and a place for everything, so kitchen could be cleaned up and used as an entertaining area," Rill said.

The family wanted a white kitchen, he said, because it, "creates a great backdrop for art and accentuates the exterior colors of spring, winter and fall."

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OPINION

Be Part of Our Annual Community Guide

Share tips in upcoming Newcomers and Community Guides.

The Connection's annual Newcomers and Community Guides will publish Aug. 24 with a deadline of Aug. 17.

A bevy of interns, plus staff writers and editors, are preparing this year's 15 individual editions, but we need help from our readers.

We're hoping to share special places, activities, events, organizations and volunteer opportunities. What should someone new to your

neighborhood know about? Events that should not be missed? Organizations that do a great job? Places to volunteer? Tips for navigating your PTA or your school's front office? A great place to see the sunset? We'd love to have your photos to go along with your suggestions.

What are your favorite parks? Favorite historic sites?

What tips do you have for someone getting to know the community?

EDITORIAL

Faith organizations, nonprofit organizations, clubs, environmental groups, advocacy groups, youth sports teams and others who offer events open to the public are invited to send a paragraph about the organization and how to get involved.

We will publish a selection of local tips along

with a plethora of information useful to newcomers and long-time residents alike, including our award-winning Insiders Guide to the Parks, information on how to vote and more.

See last year's community guides by going to www.connectionnewspapers.com/PDFs/ and scrolling down to Newcomers.

Email tips and photos to editors@connectionnewspapers.com or send as a letter to the editor via the website at <http://www.connectionnewspapers.com/contact/letter/>. Send in your Insider's Tips by Wednesday, Aug. 17.

For information on advertising, email sales@connectionnewspapers.com or call 703-778-9431.

See www.connectionnewspapers.com/advertising.

LETTERS TO THE EDITOR



Contradictory and Costly

To the Editor:

Nikki Cheshire's informative article ("Preventing Zika: Doing Your Part," Great Falls Connection, July 6-12, 2016) presents the contradictory and costly positions of the Fairfax County Health Department and the Public Works and Environmental Services Department. Residents are told that they should fight the Zika virus by emptying water in bird baths, flower pots,

and all the used tires in our yards. At the same time, the County is spending millions to convert our effective storm drainage systems into standing water ponds, swamps and dammed drains. The contradiction is even more preposterous when the environmental health supervisor, Josh Smith claims that mosquitos "do not breed in still water ponds, pooling lakes, stormwater manage-

ment areas or drainage ditches" but they do breed in "containers on private property." As I have noted in a previous letter, the County has replaced the storm drains that have effectively served my neighborhood for 33 years, and they are doing the same in other Great Falls neighborhoods. The project in our neighborhood consists of 2 standing ponds, 3 swamps and a plugged drain that

holds water. It can't be tipped. The County used "easement rights" to install these mosquito farms on private lawns where children used to play. I suggest that the County request some of the billion dollars the Federal Government will spend to fight Zika, to restore the storm drains and lawns that were effective and scenic.

Gene Phillip
Great Falls

Objections to Rezoning

To the Editor:

I fully agree with Dudley Losselyong's letter ("Decision Driven by Tax Base, Great Falls Connection, July 6-12, 2016). Nineteen houses in Brooks Farm is marginally better, I guess, than 23, but the developers, Basheer/Edgemore Brooks surely knew the zoning of the property when they bought it. Now they have the nerve to ask the people of Great Falls to make them a present of the many millions of dollars in increased property value (and sale prices of the homes to be built) that a rezoning will entail.

Why do developers always assume that they can count on rezoning whenever it will benefit them?

I object, and I hope the Connection and the citizens of the Village will as well.

I will remember how the planning commission members and how the County Supervisors vote on Brooks Farm and the Challedon rezoning actions, and I will seek to punish those who try to Restonize and McLeanify Great Falls.

Peter D. Zimmerman
Great Falls

Objections to rezoning - II

To the Editor:

The lead story in the July 6-12 Great Falls Connection ("Undisturbed Forest, Detailed Negotiation") describes the efforts of developer Gulick Group to rezone 11 acres of mostly forest to permit construction of more homes, hence increasing Gulick's profits.

The county, the GF Citizens' Association, and the residents of the village invested thousands of worker-hours determining the appropriate use and density of that land. Now a developer comes along, one who knew, or should have known, the zoning of the

property before buying it, and he expects the county and its planning commission to make him a gift of down-zoning to increase his return on the cost of the land.

I object. The property is zoned RA for a reason, to preserve the low density nature of the community. There is no reason at all to grant the zoning change.

Gulick's options are clear: develop the land as zoned and seek a lower price from the original owner, or pass and find a property with the zoning he wants.

SEE LETTERS, PAGE 12

Great Falls CONNECTION

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NEWS DEPARTMENT:
greatfalls@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

Salome Howard-Gaibler
Display Advertising
703-415-5394
salome@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



NEWS

Seneca Hill Dog Days of Summer

In the middle of a heat wave, it's not easy to find a way to exercise your dog outside. However, this past Sunday, Seneca Hill Animal Hospital, Resort and Spa offered up the perfect opportunity at their seventh annual Dog Days of Summer event.

The open house event allows anyone and everyone to bring their dogs and enjoy a barbecue with free hot dogs, free frozen dog treats to help them stay cool, and even let the dogs swim some laps in the on-site pool.

"We were looking for something to do for the community during the summer," said Heather Gonzalez, general manager at Seneca Hill. "It's our way to thank all of our clients, and welcome in new people from the community who may not be familiar with our services here."

Also available at the event are kids games, a sale in their boutique, and access to one of their large grassy play yards. According to Gonzalez, more than 100 people typically take part in the open house, and she hopes that next year there will be even more people attending with their pets. "Everyone is a friend of a friend who share it, and that's how we'll grow," said Gonzalez.

Seneca Hill also collects donations for the Marshall Legacy Institute, an organization that trains and places mine-sniffing dogs in third-world countries to clear out villages and provide support to victims of landmines.

—NIKKI CHESHIRE



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Photos by Walt Lawrence

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The Curiosistanians, Cirque du Soleil “Kurios.”



Cirque du Soleil magical ‘Kurios’ Under the Big Top at Tysons II

BY DAVID SIEGEL
THE CONNECTION

Where and When

The dazzling, fantastic world of Cirque du Soleil’s “Kurios – Cabinet of Curiosities” will be under the famous blue-and-yellow Cirque du Soleil Big Top at Tysons II. It promises to be an astonishing journey meant to open the mind and imagination. And it is all live.

“Nothing is predictable in this magical, romantic, very ingenious world of dreams,” said Michel Laprise, artistic director behind “Kurios.” Laprise made clear that the show “is meant to transport both young and old into a steampunk fantasy world where all is possible.” It is a world not needing computer generated animation or 3-D effects. The real-life cast of performers “is taking daring risks right before everyone’s eyes,” said Laprise.

“Kurios” is meant to transport the audience into an alternative world full of characters conjured into life by a Seeker who becomes the Master of Ceremonies. He believes there are invisible worlds waiting to be connected to the curiosity in everybody.

In a show that Laprise calls “wild and free,” the Seeker is helped by Mr. Microcosmos with a fanciful collection of otherworldly, hybrid characters. They perform in an eccentric large-scale, steampunk fantasy with working mechanical marvels. It all takes place under the colorful 62-foot-high Cirque du Soleil Big Top with its capacity to seat 2,500.

What will pop out, float down from over 40 feet

Cirque du Soleil “Kurios – Cabinet of Curiosities” at Tysons II, The Lerner Town Center, 8025 Galleria Drive, Tysons. Performance July 21 to Sept. 18, 2016. Tickets \$39-\$170. Tuesday-Thursday at 7:30 p.m., Friday at 8 p.m., Saturday at 4:30 p.m. and 8 p.m. and Sunday at 1:30 p.m. and 5 p.m. Call 1-877-9 CIRQUE (1-877-924-7783 or visit cirquedusoleil.com/kurios

into the air, or appear out of nowhere will be contortionists, acrobats, large hand puppets, aerial swinging bicyclists, comic acts, flying performers, an invisible circus, trampoline net performers, chair balancing acts and an upside-down world full of mirrors, to name just a few of the many acts. There will also be arcade-like performers, such as an accordion man and others.

There will be well over 400 props and 100 unique costumes to further express, all without words, what is happening before the audience. Even the hard-at-work stagehands will be visible and in costume. And if the weather permits, there will be artists up on the exterior of the Big Top greeting everyone.

“The show was created and is performed so that the audience will not miss their computer screens and smartphones,” said Laprise. “What if, by engaging our imagination and opening our minds we, could unlock the door to a world of wonders?”

Laprise added that he wanted the audience “to feel close and connected with the performers and asking themselves ‘how do they do that?’”



Contortion, Cirque du Soleil “Kurios.”



Rola Bola, Cirque du Soleil “Kurios.”

PHOTOS BY
MARTIN GIRARD/
SHOOTSTUDIO.CA
COSTUMES:
PHILIPPE GUILLOT
2014 CIRQUE DU SOLEIL

LETTERS TO THE EDITOR

FROM PAGE 10

Please, don’t always cave in to developers’ requests that change Great Falls for the worse.

Peter D. Zimmerman
Great Falls

Misinterpretation and Misdirection

To the Editor:

This is a response to Mr. Peter Storm’s specious letter, (“What Was the Founding Fathers’ Intent?” (Connection, July 6-12, 2016) and the broader leftist propen-

sity toward historical misinterpretation and misdirection regarding the 2nd Amendment.

Mr. Storm applied a selective “Founding Fathers” taxonomy (limited to the 56 signers of the Declaration) to assert that it’s not possible to determine the Founders’ intent behind the 2nd Amendment because they were “hardly involved” in authoring the Constitution, save the six men who signed both.

With this logic, readers are presumably supposed to feel compelled to forswear an originalist hermeneutic and submit to the latest progressive assault on individual liberties.

Not so fast. This is a distinction without a difference.

Whether the authors and signers of the Constitution are billed as “Founders” or not

has almost no bearing whatsoever on one’s ability to discern their intent, or on their authority when it comes to interpreting what they wrote or agreed to. Besides, the more widely accepted taxonomy for the “Founding Fathers” is one that includes the delegates to the Constitutional Convention, a taxonomy to which our own National Archives subscribes.

And irrespective of how narrow or broad one’s definition of “the Founding Fathers” is, the historical record is replete with compelling evidence that those men recognized and sought to protect an individual right to bear arms, as the Supreme Court reaffirmed most recently in *Heller*, and in so doing, serve as a check on the abuse of federal power.

So, when your readers hear things like Representative Connolly’s call for reinstatement of the scary-looking (er...assault) weapons ban, they can easily consult any number of fellow Virginian Founders to see how contrary to their intent such proposals are: Thomas Jefferson and Richard Henry Lee (Declaration signers); or George Mason and James Madison (Convention delegates).

Progressives rely heavily on emotional appeals and logical misdirection to advance their anti-gun agenda, counting on the public to have forgotten their history. Your readers should not fall for it.

Jonathan Clough
Springfield

CALENDAR

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

ONGOING

July Artist Showcase. Through July 27. Broadway Fine Art and Custom Framing, 1025-J Seneca Road, Great Falls. Scenic watercolors of Great Falls, Falls Church, Alexandria, and Washington D.C. by local plein air artist Rajendra KC. broadwaygallery.net. 703-450-8005.

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/>

Paint the Town. Sept. 6-Oct. 1. 115 Pleasant St. NW, Vienna. Vienna Arts Society members exhibition. ViennaArtsSociety.org.

Bingo Night. Sundays. 4 p.m. Flame Room, Vienna Volunteer Fire Department, 400 Center St. S, Vienna. \$10. www.vvfd.org/bingo.html.

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.

"Footloose." Fridays and Saturday, 8

Betty Ganley's "The Lady in Red" will be on display in July at Katie's Coffee House in Great Falls.

PHOTO CONTRIBUTED



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.

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.

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. 703-759-9141.

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.

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 msvirginiassenioramerica.com.

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. 703-790-0123.

TUESDAY/JULY 19

Kehinde Wiley Lecture. 6-8 p.m. McLean Project for the Arts, 1234

Ingleside Ave., McLean. Karen Getty will discuss contemporary artist Kehinde Wiley and his latest collection of portraits and sculptures, "A New Republic," on display at the Virginia Museum of Fine Arts. Free. mpaart.org. 703-790-1953.

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/>.

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.

FRIDAY/JULY 22

Magic! 7 p.m. Tysons Corner Center, 1961 Chain Bridge Road, Tysons Corner. Part of Summerfest Concert Series on the Plaza. tysonscornercenter.com.

SUNDAY/JULY 24

South Bay. 6-8 p.m. Great Falls Village Centre Green, Great Falls. High energy Pop, Rock and Alternative covers with their own unique spin. <http://www.celebrategreatfalls.org/concerts-on-the-green/>.

Satisfaction. 5 p.m. McLean Central Park, 1468 Dolley Madison Blvd. The International Rolling Stones Show tribute band. Part of the Alden's Sunday Summer Concerts. Free. aldentheatre.org. 703-790-0123.

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Penchant for Pills



By KENNETH B. LOURIE

If I have done anything consistently well in my seven-plus years of being a cancer patient, it is to have ingested upwards of 50 pills or so every day. For all I know (and of course, I know very little), the presumptive benefits of these various pills might actually have had a positive effect and extended my life. Or perhaps, it has merely been a placebo-type effect. I think (certainly hope) they should be positively affecting me, so they are.

Swallowing 50 pills a day is not a hardship – for me. In fact, I know of some cancer patients who take hundreds of pills per day (and some protocols that require it). In addition, there are still others who take coffee enemas, spend time in oxygen chambers and saunas, immerse themselves in Epsom salt baths, get infused with massive doses of vitamin C, use essential oils (Frankincense as an example); grow, blend and then drink their own wheat grass; and on and on and on. All in an attempt to stabilize and/or kill the cancer cells.

Am I living proof that what I am doing is working (keeping the cancer cells from growing/moving)? Impossible to say. However, it doesn't seem to be hurting; I will admit to that. But given the fact that the FDA (Food and Drug Administration) doesn't research/analyze/corroborate/dispute the alleged benefits of non-prescription supplements, I may actually be winging and praying my way through life. No matter. I'm happy to live with the consequences of my actions. Quite frankly, it would be naive to think that if I took no action I'd experience similar results. In the cancer-patient world, wishing and hoping likely doesn't make it so. Being proactive, at least for me, has been a path of least resistance. Doing nothing would have been giving in to the disease, which I have no intention of doing. Ergo, to keep my pill inventory fully stocked, I either mail-order them or shop locally. I try to reorder/buy so that I never miss a dose. But if I do, I try not to stress over it. I figure the years-long effort I've made has built up enough pill-equity in my body that it will barely notice a day or two without dandelion root, beta glucans or my newest pill: Chinese wormwood (as but a few examples).

I guess one could characterize my philosophy as mind over matter. I don't mind not knowing – definitively, whether or not any of what I'm doing is helping. Unfortunately, there are very few guarantees in cancer treatment. But so far, according to my quarterly CT scans, semi-annual PET scans and yearly MRI, I see no reason to change horses whether I'm mid-stream or struggling to reach dry land. At this juncture, I seem to have found a balance between what I'm capable of doing and what I'm not capable of, and am not worried about what I'm not doing/have not done. Given my nature and personality, I can only do what I can do. And early on in my cancer experience, I realized my limitations and decided to not beat myself up emotionally over tasks I couldn't complete or strategies I couldn't employ. Moreover, there's a certain amount of control one has to cede to your new reality as well as some you need to maintain – for your own sanity.

Speaking of which, Albert Einstein is alleged to have said: "Doing the same thing over and over again but expecting different results is the definition of insanity." Well, call me crazy if you want but I am happy to continue doing the same thing over and over again and expect similar results.

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

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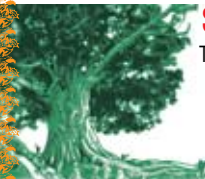
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-Theodore
Roosevelt

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21 Announcements

ABC LICENSE
VA Taco II LLC trading as
Taco Bamba Taqueria, 164
Maple Ave W. Vienna, VA
22180. The above establish-
ment is applying to the
VIRGINIA DEPARTMENT OF
ALCOHOLIC BEVERAGE
CONTROL (ABC) for a Wine &
Beer/Mixed Beverage Restau-
rant on Premises license to
sell or manufacture alcoholic
beverages. William Susinski,
Managing Member
NOTE: Objections to the iss-
uance 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 regis-
tered at www.abc.virginia.gov
or 800-552-3200.

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GSA

**ENVIRONMENTAL ASSESSMENT
DOS NFATC MASTER PLAN UPDATE**

NOTICE: Public Scoping Meeting

NOTICE OF PUBLIC SCOPING MEETING FOR ENVIRONMENTAL ASSESSMENT OF THE DOS GEORGE P. SHULTZ NATIONAL FOREIGN AFFAIRS TRAINING CENTER

The U.S. General Services Administration (GSA), in cooperation with the U.S. Department of State (DOS), is preparing an Environmental Assessment (EA) to analyze potential impacts resulting from implementation of the Master Plan Update for the George P. Shultz National Foreign Affairs Training Center (NFATC). The DOS is updating the 1989 Master Plan for the 72-acre NFATC, located at the former Arlington Hall Station in Arlington Virginia. NFATC is the headquarters for the Foreign Service Institute (FSI). As part of the Master Plan Update, the GSA, on behalf of DOS, is preparing an Environmental Assessment (EA) in compliance with the National Environmental Policy Act (NEPA) of 1969. GSA is the lead federal agency for the EA.

GSA will analyze a range of alternatives including the no action alternative for the proposed Master Plan Update. As part of the EA, GSA will study the impacts of each alternative on the natural, cultural, and social environment. GSA will begin consultation under Section 106 of the National Historic Preservation Act, 16 U.S.C. 470f and intends to partially fulfill the Section 106 public notification and consultation requirements through the NEPA scoping process.

PUBLIC SCOPING MEETING: An open-house style public scoping meeting will be held as follows:

**Tuesday, July 19, 2016
6:30 P.M. – 9:00 P.M.**

**Unitarian Universalist Church of Arlington
4444 Arlington Boulevard
Arlington, VA 22204**

The meeting will be an informal open house where visitors may receive information on the project and provide comments.

WRITTEN COMMENTS: Agencies and the public are encouraged to provide written comments on the scoping issues in addition to or in lieu of giving their comments at the public scoping meeting. Written comments regarding the EA for the DOS Master Plan Update must be postmarked or received no later than August 19, 2016 and sent to the following address:

U.S. General Services Administration, National Capital Region
Attention: Ms. Alexis Gray, Project Manager
301 7th Street, SW, Suite 4004
Washington, DC 20407

Email: www.gsa.gov/portal/content/136234 using the subject line: NFATC Scoping Comment

FOR FURTHER INFORMATION CONTACT: Alexis Gray, Project Manager, General Services Administration, National Capital Region, at 202-260-6895. Please also call this number if special assistance is needed to attend and participate in the scoping meeting. Information regarding this project may also be found at www.gsa.gov/portal/content/136234.

21 Announcements

ABC LICENSE
Cafe Paramount, LLC trading as
Conveniently Yours, 2101
Wilson Blvd, Ste 102, Arlington,
VA 22201. The above establish-
ment is applying to the
VIRGINIA DEPARTMENT OF
ALCOHOLIC BEVERAGE
CONTROL (ABC) for a Wine
and Beer off Premises license to
sell or manufacture alcohol-
ic beverages. David Hussain,
owner
NOTE: Objections to the iss-
uance 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. Ob-
jections should be registered
at www.abc.virginia.gov
or 800-552-3200

21 Announcements

ABC LICENSE
Sugar Factory Pentagon, LLC
trading as Sugar Factory (and
Sugar Factory American
Brasserie), 1100 South Hayes
Street, #H, Arlington, VA
22202. The above establish-
ment is applying to the
VIRGINIA DEPARTMENT OF
ALCOHOLIC BEVERAGE
CONTROL (ABC) for a Wine
and Beer On; Mixed Beverage
(seating capacity 151 seats or
more) license to sell or manu-
facture alcoholic beverages.
Charissa L. Davidovici,
Manager
NOTE: Objections to the iss-
uance of this license must be
submitted to ABC no later than
30 days from the publishing
date of the first of two required
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• Lot 7 & Lot 11 Beale Dr Disputana VA • Parcel 6 (A1) Rocks Lndng. Rd Smithfield VA
• 2400 Indian River Rd Norfolk VA • 135-139.5 & 141-143 Lee St Suffolk VA
• 1215 Colonial Ave Norfolk VA-TRUSTEE

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