



McLean CONNECTION

Pickleball Comes to McLean

NEWS, PAGE 12



Katie Culligan Boyd hits the ball toward Tom Culligan in a game of pickleball on the newly lined pickleball courts in McLean Central Park.



Mount Daniel Elementary Expansion Approved

NEWS, PAGE 3

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FOOD, PAGE 14

OPINION, PAGE 8 ♦ ENTERTAINMENT, PAGE 16 ♦ CLASSIFIEDS, PAGE 18

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Mount Daniel Elementary Expansion Approved

BY KEN MOORE
THE CONNECTION

Fairfax County Planning Commission wants to be good neighbors and so does Falls Church City County Public Schools.

“I think we recognize that this is a very unique situation where we have a school site that’s owned by an adjacent jurisdiction within the County. There is a lot at stake for a lot of people depending on what we do,” said at-large Planning Commissioner James Hart on the Planning Commission’s decision-only hearing Wednesday, Sept. 14. Hart remembers when the Commission last addressed the school’s expansion more than a decade ago.

“I think three of us were here 10 or 15 years ago when we did the last expansion of the school and I think I still remember how long it took to do that and how difficult and painful that was.”

The Fairfax County Planning Commission recommended approval of Falls Church’s application to modify Mount Daniel Elementary on North Oak Street at the outskirts of McLean.

“The plan goes into great detail, far more than we usually get with a 2232 (application), as to what commitments the city and the school board are willing to make in connection with the operation of the school on this site,” said Dranesville Commissioner John Ulfelder.

Falls Church City Public Schools wants to expand Mount Daniel Elementary School to educate the school system’s first and second graders. But to get to Mount Daniel requires trips on McLean streets, including North Oak, a Fairfax county street that



PHOTO BY KEN MOORE/THE CONNECTION

Mount Daniel is a Falls Church City Public School but operates at 2328 North Oak Street, a Fairfax County street.

neighborhood residents say is not easily navigated by school busses.

Falls Church City Public Schools has operated Mount Daniel Elementary School on a 7.31-acre property located in a residential neighborhood at 2328 North Oak Street since 1952.

The Falls Church school system seeks an expansion that would increase the square footage of the building from 44,118 square feet to 79,491 square feet. The expansion would allow the school to enroll up to 660 students.

If approved, and would increase the floor area ratio on the site from 0.14 to 0.25.

The McLean Citizens Association Board of Directors adopted a resolution opposing the potential expansion because it was “excessive and incompatible with the neighborhood.”

“It is a lot of intensity for this small site,” testified Mark Zetts, chair of MCA’s planning and zoning committee.

About 17 speakers testified before the Planning Commission, both for and against. Falls Church City Mayor David Tarter

called it “a cornerstone of our small community.”

“We take pride in our school system,” said Tarter. “This is of critical importance to our city.”

“We work hard to be good neighbors,” said Justin Castillo, chair of the Falls Church City School Board.

Ulfelder highlighted some of the assurances Falls Church Public Schools promised, including capping maximum capacity at 660 students (792 was originally proposed); building and expanding the parking lot to 105 spaces; building an area for better queuing of buses and separate kiss and-ride drop off of private vehicles as well; limiting the school to a maximum height of 41 feet; and removing all existing trailers from the property once construction has been completed.

Ulfelder read more proffered conditions, including the school’s pledge to do its best to encourage all parents to park only on school property and to refrain from parking on North Oak Street, and to encourage busing of students.

“Classes shall not begin earlier than 8:50 a.m. and not end later than 4 p.m.,” Ulfelder read. “The applicant shall hold no more than 10 evening special events per year at the school and shall provide shuttle bus service from an off-site location in the City of Falls Church for parents to attend all such events.”

“The applicant has traveled a long road to get to this evenings decision. Indeed a similar application to expand Mount Daniel came before us last year – from my view, the applicant has materially improved its proposal,” said Ulfelder. “I commend the applicant for its efforts to address many of the concerns raised last year.”

Charity Foot Race Raises \$42,000 for Local Food Bank

Five hundred runners and dozens of sponsors rallied at sunrise on Sept. 10 to celebrate their commitment to neighbors in need. The Food for Others Tysons 5K race raised \$42,000 for the Capital Area Food Bank, and invigorated community spirit in Tysons.

The festive Food for Others Tysons 5K rally took place at Tysons One Mall, and included snacks, music, games and prizes, a performance by the JMU Dance Team, plus food donations and a warm spirit of public service. \$42,000 raised by the event empowers Food for Others to assist working people in the Tysons area who cannot feed their families.

“It was a glorious display of social responsibility,” said Meghan Trossen, Director of Programs for Tysons Partnership, co-producer of the event. “I am very proud of the many Tysons residents and employees who are working



PHOTO COURTESY OF IMAGESFORGOOD.ORG

The Food for Others Tysons 5K race brought the community together and raised \$42,000 for the Capital Area Food Bank.

together to build a community that cares for its neighbors. Tysons cares.”

The Tysons 5K is part of a month-long series of charity events called: #TysonsCares September Month of Giving, a campaign that celebrates the Tysons-wide commitment to community engagement and the work of local nonprofits. www.tysonspartnership.org/Tysonscares.

Throughout the entire month of September, Tysons Partnership is hosting a shoe drive for children #Shoes4Kids. Athletic shoes collected during the drive will be distributed to elementary school students in need in the Tysons region. <https://www.tysonspartnership.org/event/shoes4kids/>. Tysons Partnership is an association of civic, business and government leaders working together to transform Tysons into America’s next great city. www.tysonspartnership.org.



Learn as if you
were to live
forever; live as if
you were going to
die tomorrow.

—John Wooden



A Quick Look At Popular “Green” Home Products



Incorporating “green” features into today’s remodels is as popular as ever. So what are some of the go-to products?

Reclaimed Wood Floors

Reclaimed wood is recycled — no new trees are chopped down for your floors. For a truly green floor, make sure any adhesive backing is free of formaldehyde and other harmful VOCs.

Concrete Floors and Walls

Concrete floors and thick interior walls made of concrete, brick, or plaster soak up heat during the day and release it at night when sunlight goes away or your cozy fire goes out.

Concrete Countertops

Chips of recycled glass cast into a concrete slab make up terrazzo, a green countertop choice known for its durability and nearly limitless color options.

Direct-Vent Fireplaces

A more eco-friendly choice than a wood-burning fireplace: a direct-vent gas fireplace. Direct-vent fireplaces use outside air for combustion and convert up to 80% of the fuel they burn into usable heat.



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NEWS

FCPS Superintendent Garza Resigns

BY TIM PETERSON
THE CONNECTION

Fairfax County Public Schools superintendent Dr. Karen Garza is resigning, just months after the FCPS board renewed her contract through June 30, 2020.

Garza informed the board in the afternoon on Sep. 19 that her resignation would take effect on or before Dec. 16, 2016.

The first woman superintendent of FCPS said she’s accepted the position of president and chief executive officer of Columbus, Ohio-based Battelle for Kids, a not-for-profit education organization.

“I am so grateful for the opportunity to have served this world class school system since June 2013,” Garza said in a letter to the school system. “It has been an honor and privilege to have worked with the dedicated and professional staff who make FCPS the finest school system in the country.

“I extend to you my deepest gratitude for your tremendous support,” Garza continued. “I am so proud to have been a part of this outstanding system and this great community. I wish Fairfax County Public Schools much continued success in the coming years.”

GARZA INFORMED the full board in a closed session following their work session on Monday. Providence District representative Dalia Palchik said there was shock, gasping and crying among the members.

“We feared she would be taken away, but hoped it wouldn’t be so soon,” Palchik said.

From parents and teachers she’s talked to



Karen Garza

and seen react on her Facebook feed, Palchik summarized “people are devastated.”

“This is the best time for us to have stability,” she continued. “Teachers are just concerned. She’s fought so much for the budget, their salaries. We want to make sure we continue on the track.”

Kevin Hickerson is president of the Fairfax Education Association, a union for teachers, custodians, bus drivers and support staff. He said of the teachers he’s talked with and seen react on Facebook, reaction to her resignation has been “overwhelming positive” and that she’s definitely going to be missed.

“She put a lot of chips into the middle,” Hickerson said, “with a lot of help from the community and organizations like ourselves we got it done. It will be really tough to replace

her and her leadership.”

School Board chair Sandy Evans sent out a letter in reaction praising Garza as “a transformational leader who has had a tremendous impact on our schools, families and most importantly the children of Fairfax County.”

Evans highlighted Garza’s “vision, candor and grace” in successfully implementing later high school start times, full-day Mondays for elementary schools and reducing elementary school class sizes during her tenure.

“A tireless advocate for teachers, she navigated one of the most challenging budget environments in recent memory, and achieved the largest investment in FCPS teacher compensation in a decade,” Evans said.

“Under her leadership, FCPS has embarked on a path that will transform our schools in positive ways that benefit all children, our employees, and our community. The School Board is committed to maintaining this path as we find new leadership.”

AN INTERIM SUPERINTENDENT will be named soon by the School Board, Evans said. They’ll also go over details of a search process for Garza’s replacement in the next several weeks.

“For a county this size, it’s going to attract very strong candidates,” said Hickerson. “I don’t have any worries in a sense we’ll find someone good, I just don’t know how they’ll compare to Dr. Garza.”

Palchik likened Dr. Garza to Mary Poppins. “She’s come in and moved us in the right direction,” Palchik said. “Around the table, all of us, we’re just in awe of who she is, how high she’s raised the bar for our system.”

Supervisors to Vote on Independent Auditor

Board item reviewed by public safety committee.

BY TIM PETERSON
THE CONNECTION

At its Sept. 20 meeting, the Fairfax County Board of Supervisors will vote on the recommendation of the Ad Hoc Police Practices Review Commission to create an office of independent police officer.

Board members reviewed a draft action item for approval of the recommendation during a meeting of the public safety committee on Sept. 13.

The draft included a number of revisions to the commission’s recommendation, which was discussed at the previous committee meeting.

Among the most significant revisions, said committee chair supervisor John Cook (R-Braddock), was how the auditor will be involved in police internal affairs investigations as they are occurring.

In the language of the action item, the police auditor “will review police use of force cases and complaints involving serious injury

or death, including officer-involved shootings, to ensure the investigations are comprehensive, accurate, objective, and impartial.”

Later in the document, supervisor Jeff McKay (D-Lee) pointed out, it calls for the auditor to review all use of force incidents which are the subject of a public complaint made to Fairfax County Police or the auditor. This would include far more than just those involving serious injury or death, which are beyond the recommended scope from the Ad Hoc commission.

Cook and the members confirmed the scope of the auditor’s work would follow the commission’s original recommendation.

THERE WAS ALSO clarification that the auditor (whose office would include two support analyst positions) would recommend things to be looked at and people to be interviewed as part of their work, but would not personally question them.

Their purpose is to determine whether an investigation by the police department is being conducted well.

Another revision, pointed out by Board of Supervisors chairman Sharon Bulova, was that the recommendation the Board-appointed auditor serve a two-to-five year term would be replaced by a proposal for the auditor to be-

come an “at-will” position. If the action item passes, they would serve at the pleasure of the board.

Cook concluded the hour-long meeting by calling on independent counsel Julia Judkins to comment briefly on the creation of a civilian review panel, the primary topic of discussion for the next public safety committee meeting on Oct. 25.

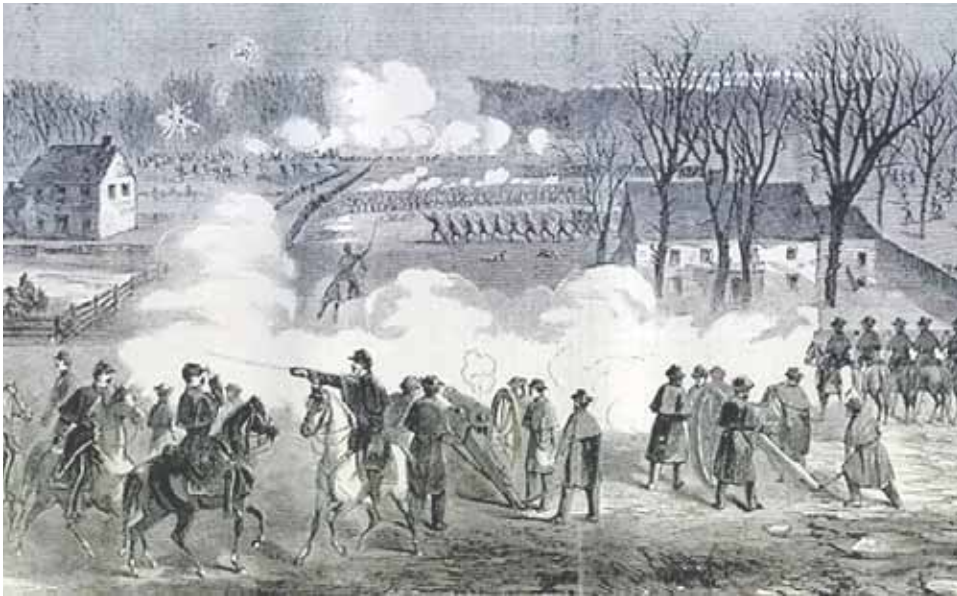
From a legal standpoint, Judkins said, the most problematic component of the potential review panel would be that body hosting public hearings.

County employees, such as police officers, could be invited, not compelled to attend such meetings, Judkins said.

“This is a completely different animal and I don’t see any authority for it,” she said of such action.

Jack Johnson, chair of the Independent Oversight and Investigations Subcommittee of the Ad Hoc commission, reminded committee members the intent in that recommendation was the panel would review incidents and not investigate them.

The next meeting of the Public Safety Committee is scheduled for Oct. 25 at 1 p.m. For more information, visit www.fairfaxcounty.gov/bosclerk/board-committees/meetings.



Part of an illustration of the Battle of Dranesville found in the Jan. 11, 1862 edition of Harper's Weekly. This full page illustration shows the Union artillery firing across the Leesburg Pike and towards the distant Confederates in what is now part of Reston, Virginia.

Great Falls Historic Marker Rededication

Great Falls residents, in coordination with the Virginia Department of Transportation, will rededicate on Saturday, Sept. 24 a historical marker commemorating the 1861 Battle of Dranesville. At the community's request, VDOT has moved the marker onto Georgetown Pike and the site of this Civil War battle.

The program, including remarks by local

historians Karen Washburn and John Waggoner and Supervisor John Foust (D-Dranesville), will begin at 9:30 a.m. at the nearby Dranesville Church of the Brethren, 11500 Leesburg Pike (Route 7 and next to the Seneca Hill Animal Hospital and Spa). Local boy scout troops and Civil War reenactors will participate and period music will be performed.

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Isa Genzken, Schauspieler, 2013; Mixed media, 72 1/4 x 18 1/2 x 10 1/2 in. | This exhibition is organized by the Rubell Family Collection, Miami. Presentation of the exhibition at NMWA is made possible through the generous support of the Clara M. Lovett Emerging Artists Fund. Additional funding is provided by the Judith A. Finkelstein Exhibition Fund, Stephanie Sale, and Share Fund. Creative: Tronvig Group

NEWS

Knox Singleton to Receive Community Leadership Award

J. Knox Singleton, CEO of Inova Health System, will be recognized by the Community Foundation for Northern Virginia for his history of leadership and stewardship, providing world-class healthcare to all members of the diverse Northern Virginia community, regardless of ability to pay with the 2016 Community Leadership Award. The longest standing community based recognition award in Northern Virginia, it will be presented at the Community Foundation's annual Raise the Region Gala on Oct. 7, 2016 at the Hilton McLean Tysons Corner.

The award is presented annually for outstanding commitment and dedication to improving the quality of life for all Northern Virginians. More than 600 business leaders, philanthropists, and community organizers participate in this event to celebrate the charitable work of the Community Foundation and to raise funds to support the critical needs of the Northern Virginia community.

J. Knox Singleton is CEO of Inova, the region's leading not-for-profit healthcare system that serves more than 2 million people annually. Since 1983, Knox has led Inova's evolution from a collection of small, stand-alone hospitals into an award-winning health system, nationally recognized for clinical excellence, innovation and outstanding patient care. In keeping with Inova's community service mission, Knox serves on several boards. He is co-founder of the Global Good Fund, which works to coach and mentor fu-



COURTESY PHOTO

J. Knox Singleton

ture leaders, and co-founder of the Community Coalition for Haiti, which creates community-driven solutions in healthcare, education, and community development in Haiti. Knox has received numerous personal awards and recognitions, including the 2015 CEO of the Year by the Washington Business Journal.

"As the CEO of our region's leading nonprofit health care system, Knox has brought his personal, life long commitment to the needs of the underserved to the fore," said Eileen Ellsworth, President of the Community Foundation for Northern Virginia. "As a result, Inova Health System works for the entire community, helping all Northern Virginians live longer, healthier lives. This is a

singular and unique achievement, and we are therefore delighted to honor Knox Singleton with this year's Community Leadership Award."

The evening will feature a cocktail reception and silent auction followed by dinner, live auction and award presentation. Dress is black tie attire.

Raise the Region Gala sponsorships start at \$750 and include tickets and recognition at the event and in Community Foundation publications throughout the year. Individual tickets are \$300. More information, along with a sneak preview of the auction, is available at www.cfnova.org/gala or contact Tara Nadel, Director of Communications and Events at the Community Foundation for Northern Virginia, at tara.nadel@cfnova.org or 703-879-7637.

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McLean Woman's Club Donates Piano to American Legion Post

On Tuesday, Sept. 13, the Woman's Club of McLean donated a piano to American Legion Command Post 270, in McLean. The piano had previously been donated to the Woman's Club by its Chorale director, Iris J. Reimann, in memory of her late husband, Rear Admiral Robert T. Reimann, US Navy, Retired. A plaque engraved in his memory has been placed on the piano.

For more than 15 years, Mrs. Reimann, a trained, lifelong musician and member of the Woman's Club, has been director and accompanist of the Woman's Club Chorale, which she also founded. The group plans to use Post 270 as a rehearsal space for its community concerts.

—LAURA SHERIDAN



PHOTO BY LAURA SHERIDAN/WOMAN'S CLUB

Woman's Club Chorale Director Iris Reimann and William G. Yarborough, Jr., Commander, American Legion Command Post 270. Mrs. Reimann had donated the piano previously to the Woman's Club in memory of her late husband.



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BARBARA COMSTOCK

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The world is as dangerous as any time since 9-11. Terrorism threatens us here and abroad and there are ISIS investigations in all 50 states – including our area. Barbara Comstock, a former senior official at the Justice Department post 9-11, understands and has worked with our defense and national security leaders and she knows our national security and defense must be increased and strengthened.



- › Supported the National Defense Authorization Act (NDAA) increasing defense spending by \$40 billion and stopping the devastating defense sequester cuts.
- › Voted for a pay increase for military personnel and voted to extend special pay and bonuses for active-duty and reserves.
- › Increased funds for training, readiness and modernization to keep our troops safe and prepared.
- › Voted for funding counter-terrorism operations against al-Qaeda, ISIS and other international terror threats.
- › Worked to increase cyber-security to protect our most vital national security assets.
- › Worked with our Joint Terrorism Task Force and law enforcement on addressing ISIS and terrorism threats.



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Epidemic Is Here, Recovery Is Possible

Prescription opioid and heroin epidemic awareness week is Sept. 18-24.

BY TISHA DEEGHAN
EXECUTIVE DIRECTOR
FAIRFAX/FALLS CHURCH COMMUNITY SERVICES
BOARD

Opioid use disorder and addiction to heroin is a disease that is devastating families across the United States, and Fairfax County is not immune. Fairfax County police report that in 2015 there were 77 heroin overdoses in the county, 12 of which were fatal. As of May 2016, Fairfax County's Emergency Medical Services was reporting an average of 10.17 patient contacts per month that were suspected overdoses of heroin or other opioids.

In recognition of Prescription Opioid and Heroin Epidemic Awareness Week, and in collaboration with state and federal partners, the Fairfax-Falls Church Community Services Board (CSB) joins the community in recognizing and remembering those lost due to opioid use disorder and in encouraging strength and courage for those who are seeking help.

The CSB is here to help; resources are available to treat opioid addiction, and recovery is possible. See www.fairfaxcounty.gov/csb/heroin-opiates/opioid-treatment-options.htm

Many people, including drug users themselves, have mistaken beliefs about drug addiction and recovery. These ideas stem in part from notions that continued drug use is voluntary and that a person's inability to overcome addiction stems solely from character flaws or a lack of willpower.

GUEST EDITORIAL

Substance abuse treatment comes in a variety of forms. For people who seek help for opioid addiction, treatment should start with a thorough assessment of their history of opioid use, prior treatment history, if any, and existence of any co-occurring mental illness. The treatment plan would be based on this assessment and could include medication-assisted treatment along with other services designed to support their recovery, such as cognitive behavioral therapy, education about addiction, engagement of family and friends, and building a recovery-based support system.

If you or someone you love needs help to

overcome drug dependence, call the CSB at 703-383-8500. CSB staff will help you find appropriate treatment and recovery resources. Anyone seeking help can also come to the Merrifield Center for a walk-in screening, with or without an appointment, Monday through Friday from 9 a.m. until 5 p.m.

You can help, too. Enroll in CSB's REVIVE! program, a free course that teaches non-medical personnel to administer the life-saving opioid-reversal medication naloxone. CSB staff has trained more than 640 people so far this year and classes are scheduled throughout the fall. Participants report that the training has saved lives. www.fairfaxcounty.gov/csb/revive

Learn more about substance use prevention at these upcoming events, sponsored by CSB partners:

* Attend one of the Chris Atwood Foundation's presentations entitled "Addiction: The Taboo Subject," scheduled for Sept. 24, 9-11 a.m. and Oct. 3, 7-9 p.m. Hear personal stories of addiction and recovery and learn how to recognize and respond to substance misuse at Lord of Life Lutheran, 13421 Twin Lakes Drive, Clifton, VA 20124.

* Parents who want to be more involved in youth substance use prevention and education can attend Fairfax County's Unified Prevention Coalition's Sept. 26 "Taste of UPC" Fall Kick-Off event. See www.unifiedpreventioncoalition.org.

LETTERS TO THE EDITOR

LuAnn Bennett on the Issues

To the Editor:

Padraic Buckley's letter in the September 14-20 edition of the McLean Connection ("Why Comstock?") repeated, almost word for word, the attack on LuAnn Bennett appearing in his Sept. 15 letter in the Sun Gazette newspaper. Leaving aside Mr. Buckley's unseemly personal remarks about Bennett (which should have no place in an election campaign), I take issue with two statements he made in his letters.

First, anyone paying attention to the race in the 10th Congressional District knows the claim that the Bennett campaign "is not about the issues" is false. From all I've seen, heard and read, Ms. Bennett supports legislation mandating equal pay for men and women doing the same work. She is "pro-choice" and against cuts in federal funding for Planned Parenthood. She supports full-day kindergarten for Loudoun County (one of the few jurisdictions in Virginia that doesn't have it), and the funding of universal "pre-K" programs. She is in favor of paid family leave. She advocates a phased-in increase in the federal minimum wage to \$15 an hour. Bennett wants funding to

rebuild the nation's infrastructure and increased investment in renewable energy. She supports both the right to bear arms and common sense gun laws to close loopholes that currently allow terrorists to buy assault weapons. She supports land conservation and preserving the rural character of the western part of Loudoun County. All this and more is clearly set forth on her campaign website.

Second, I disagree with Mr. Buckley's statement that the choice in the 10th District shouldn't be affected by where the candidates stand on Donald Trump. I submit that if Trump were to become President, it would matter a great deal whether our representative in Congress has the courage to oppose him.

William Shapiro
McLean

Comstock's Record of Accomplishments

To the Editor:

Now that the campaign season has kicked off and both candidates in the 10th District have ads running on TV - it's very helpful to compare the stark differences.

Barbara Comstock's ad includes

real accomplishments. Barbara has been part of the bipartisan majority that increased our national security and defense funding, passed important heroin legislation and human trafficking legislation that Barbara worked extensively on, and she's fought for new legislation that passed the House and awaits a Senate vote to provide more funding for cures for chronic diseases. All this, and we can't forget her role in passing the 5 year transportation bill - as the only member in the regional delegation in the majority on the Transportation Committee - she had a seat at the table in the conference committee to get more resources for congestion relief and reforming Metro. She has also been a leader demanding accountability and transparency from Metro. These are all issues vital to Virginians and Virginia's economy.

The truth is the Democrat in the 10th District race hasn't even lived in our District for most of the past decade. She notably leaves out her Arlington County years when she lived with her husband, former 8th District Rep. Jim Moran. And, it turns out she was recruited not by anyone in the 10th District - but by partisans in Washington, D.C. and the 8th District. She has failed to make any case for why she is running to represent an area to which she seems to have so little

connection.

We need to keep Congresswoman Barbara Comstock who has been working hard - for and in Virginia - working for us. She's everywhere working with her constituents and knows the priorities of our District and has delivered.

I know she will continue to work hard for us on the issues that matter most to the 10th District.

Stephanie Marshall
Oakton

LuAnn Bennett: Result-oriented

To the Editor:

Let me introduce LuAnn Bennett, Democrat running against Barbara Comstock to represent us in the 10th District. LuAnn is one of us; grew up in a middle class family, attended public university, married, and with her husband started a business and had 3 boys. Life got harder in 1994 when her husband died and in 2008 when the economy collapsed, but she worked harder and smarter - didn't miss a payroll -

SEE LETTERS, PAGE 9

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LETTERS

FROM PAGE 8

and raised 3 fine young men. During those difficult years she worked on projects that created job opportunities for over a thousand workers of all levels, and as a businesswoman learned the necessity of bringing all sides to the table to work out solutions. She also found time to work for the children and families of the Metro area and across the state as an appointee on Governor Warner's Virginia Healthcare Foundation, and on Governor Kaine's Climate Change Commission, the I Have a Dream Foundation, and Turn-around for Children Foundation. The 10th District now needs LuAnn Bennett and her common sense result-oriented work ethic to represent us!

Linda Burchfiel
McLean

Comstock Helps Young Women Reach Their Potential

To the Editor:

A few weeks ago my twin daughters started the first grade. Aside from a quieter house, it's always exciting to send them back to school because of how happy they are to show my wife and I the activities they did during the day. While I have always recognized my daughter's potential, it has become more evident through their positive engagement with their new school activities. They've been engaged deeply in learning, through the books they bring home, the coloring projects they're working on or their confidence in advancing to more difficult math, and it makes me a proud father to see their progress.

These two girls remind me of why I'll be supporting Congresswoman Barbara Comstock this November. Seeing Barbara's successful record with legislation and her district program opportunities, I know she

understands the importance of helping the next generation of young women reach their potential. She has been a strong advocate for women and has created numerous opportunities for young girls and women in the 10th Congressional District to suc

SEE LETTERS, PAGE 12

SEPT. 24TH

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Homework Overload

Some educators say less can be more, stress balance when it comes to homework.

BY MARILYN CAMPBELL
THE CONNECTION



PHOTO COURTESY OF BULLIS SCHOOL

Faculty and staff at the Bullis School have restructured the way they assign homework to foster a feeling of success, confidence and independence.

Paula DeMarco dreads one time of day the most: weekday evenings at 5:30. It's the time she has set aside for her children begin their homework. That means no screen time, music or other distractions.

"When my son entered fifth grade last year it was like running into a brick wall," she said. "We were in shock by how much more homework he had than when he was in the lower grades. It was stressful and there were a lot of tears shed — both mine and his."

For many parents and students, homework can be anxiety inducing, especially when there's a lot of it, when it's intense, when there's pressure to succeed and when it's used as a measure of accomplishment.

In fact, a study published in the Journal of Experimental Education in 2014 found that students in high-achieving communities who spend excessive amounts of time on homework are more prone to more stress, physical health problems and a lack of balance than students who have moderate amounts of homework. Researchers found that students felt obligated to choose homework over other interests. As a result, they didn't know how to find balance in their lives.

Homework in a competitive environment that doesn't leave time for hobbies or sports can also put a strain on family relationships.

"Homework becomes stressful because parents take on the role of homework police," said Ann Dolin, president, Educational Connections Tutoring in Fairfax and Bethesda. "It's a role they never envisioned and they don't want, but before they know it, their relationships with their children become defined by academics."

Dolin points to the "Ten-Minute Homework Rule," guidelines approved by the National Education Association, which recommend 10 minutes of homework per grade level. A first grade student, for example, would have 10 minutes of homework each night, while a fourth grade student would have 40. Any more than this would be counterproductive.

"I have known first graders who've had an hour or and hour-and-a-half of homework," said Dolin. "That is unrealistic."

Locally, Margaret Andreadis, lower school principal at Bullis School in Potomac, Md., says administrators and teachers at her school have restructured the way they assign homework to focus on quality over quantity.

"We've scaled back to emphasize our purpose for homework: teaching students goal setting and time management," she said. "We're not using homework as busy work. Our philosophy has been to create a balance between academics, life at home with family and activities like sports."

Students at Bullis often have choices over their homework assignments, and their tasks are designed to foster a feeling of success, confidence and independence.

"The emphasis is on small successes. We want students to feel good about themselves," said Andreadis.

"If a parent is having to interact with their child over homework, it's not an independent assignment."

This homework structure can actually create balance in the lives of students, she said. "I think the stress comes from kids wanting to get things perfect and parents wanting their children to be successful," said Andreadis. "Kids need time that is unscheduled so that they can be creative, find new passions and be kids."

Researchers say unstructured play, reading, and other child-initiated activities have as many benefits for children as academics. "Children learn conflict management skills, develop imagination and creativity, self-regulation of time and interest, and independence," said Shannon N. Davis, associate professor of sociology at George Mason University in Fairfax. "Research has shown that children who are given time to play in an unstructured manner, read or otherwise determine how they spend their time are much less likely to say, 'I'm bored' when they have free time. They know how to entertain themselves rather than needing an adult to structure their time for them."

Navigating that course, deciding how much independence to give children when it comes to managing free time and their homework, while at the same time making sure they have the support they need to succeed can be challenging, parents and educators agree.

"I don't think these two areas are mutually exclusive. We want our kids to take ownership of their priorities, but they need some foundational knowledge in order to make these choices from an informed perspective," said Sean Aiken, head of school at BASIS Independent in McLean. "We need to empower our students to make some of these decisions early on and then allow them to experience the consequences."

Parents' roles should be setting students up for success, recommends Andreadis: "Giving them a quiet place to study, checking in with them, asking, 'What's your plan for homework tonight?' Helping the child make the decision but letting the child actually make it. Be hands off as much as possible."

Some educators acknowledge that a relaxed approach might push parents, particularly those in high-achieving communities, outside their comfort zones. "This involves some risk taking on the part of us as parents and educators, but I think the benefits are worth it," said Aiken. "We need to pair that with a lot of support and discussion about why academic achievement matters, specifically that we are learning things in order to make connections and ask questions about the world around us."



Service dogs in training and inmate trainers sit together at St Marys Correctional Center in West Virginia.

How I Spent My Summer Vacation

12 year old Great Falls youth goes to prison — to pursue charity and community service.

BY DYLAN KURTZ
IN HIS OWN WORDS ...

This summer, at the age of 12, I went to prison. My path to prison is not a story about a life of crime. This is a story about charity and community service. It all started in May 2015 when I helped my older brother, Steven, with a charity bake sale. Steven is on the autism spectrum and he was raising money to help children in Brazil with disabilities. This was my first experience with community service. I liked helping others and wanted to do more.

With the help of my Mom and Dad, I found new volunteer opportunities. I helped at a food pantry in Reston, volunteered at Stop Hunger Now! and packed meals for children at Forest Edge Elementary who rely on school lunch and have no food on weekends. I also helped with my brother's new non-profit bakery, Whippourwill. I got to know one of Whippourwill's customers, Joan Brady. Joan, a local photographer and Great Falls resident, does a lot of community service and asked me if I would help her with a project.

I volunteered for her "Hair In the Air" campaign which raises awareness of children in foster care who are available for adoption. When I helped her that day, Joan told me about another or-



PHOTOS BY JOAN BRADY

Service dog, SOPHIA, listening to a command at St Marys Correctional Center in West Virginia

ganization that interested me called paws4people. paws4people works with prison inmates to train service dogs for veterans and children with disabilities. This organization excited and inspired me because it combines two of my favorite things: dogs and helping people with disabilities. I decided I wanted to learn more about paws4people.

Through Joan, my Mom and I were invited to go to a prison that works with paws4people's inmate training program, paws4prisons. After a long drive to West Virginia, we arrived at a hotel where I met several client and service dog teams. The next morning we went to St. Marys Correctional Center to witness a "BUMP." A "BUMP" is when a service dog meets various

clients and "selects" the person it wants to serve. Kyria Henry, the founder of paws4people, her dad, Terry, and other staff observe the interactions between the service dogs and humans and evaluate the best match.

I also got to see the special skills service dogs learn to assist their owners. The dogs are trained to pick up things for people who can't bend over, retrieve things from a refrigerator, get the nearest person in an emergency, alert the owner when someone is behind them, help the owner in public places and reduce their stress.

All of these skills are taught to the dogs by prison inmates who are called inmate trainers. The dogs live with the inmate trainers in



Dylan Kurtz with BUBBY, a puppy who will train to be a paws4people service dog, at St Marys Correctional Center in West Virginia.

prison 24 hours a day. The inmate trainers and dogs form an important bond. The dog provides unconditional love that many of the inmates may not have ever had. Training the dogs also provides an outlet for the inmates to do meaningful work.

During my visit, I met two people "BUMPING" with dogs, a veteran named Adam with PTSD and a girl named Ava in a wheelchair. Adam was a marine in Afghanistan in 2010. He was hit with an explosive device during his deployment and suffered a traumatic brain injury (TBI) and other physical injuries. He returned with PTS symptoms, becomes easily agitated, feels constantly on guard and has a short temper. Adam "BUMPED" with Rushmore, a huge black Labrador Retriever that will help with Adam's PTSD and help him feel safe.

Ava is 12 years old, just like I am. She was perfectly healthy and one morning everything changed. She woke with a tremor in her hand and within a few days lost all of her mobility. She is currently in a wheelchair and has limited use of her arms. Neurologists and Immunologists are working to figure out the reason for Ava's condition. She has severe anxiety which doctors believe may have come from the sudden change in her health. Ava "BUMPED" with Daphne, a Golden Retriever who will assist Ava with

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Don Brazelton of Reston is flanked by friends Harry and Renie Freedman of Oak Hill.



PHOTO BY
JOAN O'BRYAN/
THE CONNECTION

Run, Walk, and Wheel

Superheroes of all shapes and sizes finish 5K race.

BY JOAN O'BRYAN
THE CONNECTION

As professional athletes conquered the Paralympic Marathon in Rio, metropolitan Washington area residents participated in their own race to greatness.

The 13th annual "Super H 5K Run, Walk, and Wheel" kicked off at 8 a.m. in front of the Sport & Health fitness club in Tysons. More than 200 hundred athletes and para-athletes participated to raise money for MedStar National Rehabilitation Network's adaptive sports programs for disabled athletes.

The money supports adaptive athletes (athletes with disabilities) in their sporting endeavors, ranging from the purchase of equipment, such as hand-cycles and sleds, to paying for travel to competitive tournaments across the East Coast. Sports include wheelchair basketball, wheelchair tennis, sled hockey, quad rugby, sit volleyball, hand cycling, rowing, and more.

The "H" in "Super-H," stands for Harry Freedman, 67, of Oak Hill, the founder and original inspiration for the 5-kilometer race. Freedman was a consummate runner before a work accident in 2004 changed the course of his life.

As he was recovering, his wife, Renie, and friend, Don Brazelton, of Reston, put together the event. According to Brazelton, "ultimately, we put this race together in just over two months to raise money for his prosthetic leg. We raised \$57,000 that year, just from the race." The following year, they partnered with MedStar National Rehabilitation Hospital.

The partnership has been a fruitful one. "They're just wonderful," said Renie. "It's the hospital that teaches people that they can still do the same things, just a little bit differently."

Another partnership added a little bit of stardust to the event. Darren Star, producer of such hit series as *Sex and the City* and *Melrose Place*, provided the seed money for the original race. Other sponsors included Neyla Mediterranean Bistro, of Reston Town Center, and Gregorio's Trattoria, also of Reston.

Para-athletes from the various adaptive teams, as well as their friends and family members, raced in



PHOTO BY BRENDA TSAI/
MEDSTAR NATIONAL REHABILITATION NETWORK.

Race organizers pose before the start of the race. From left: Renie Freedman of Oak Hill, Don Brazelton of Reston, Harry Freedman, also of Oak Hill, and Laura Verdi of Rockville.

two waves. First went the cyclists, followed by runners and walkers. There were volunteers to assist athletes with their equipment, as well as with transferring to and from chairs or guiding up inclines.

Those inclines made all the difference. Finisher Evan Nichols, 12, of Haymarket, said the course "was easy at first but the hills kind of caught me off guard there." However they didn't stop him; Nichols won the junior chair-cycling category.

Mark Friedrich, 27, of Rockville, trained for the race by participating at the hand-cycling class at the Armed Forces Retirement Home in D.C. He said he doesn't compete to reach a certain goal, but rather because "I enjoy it [and] I need the exercise."

The sentiment is shared widely. Whereas some 5ks are highly competitive, this race celebrated all achievements. MedStar National Rehabilitation Network President John Rockwood, 46, of D.C., shared this perspective: "There's a lot of races out there and this one is really different. You don't really care about your time at the end of the day. It's more about being out here and running alongside people who have had to work harder than most of us. It's inspiring."

For area athletes interested in participating in races for a good cause, race organizers would like to invite them to the 8th annual Alex's Walk N Roll Toward Wellness 5K and Fun Run Event. Alex was a para-athlete who participated in MedStar NRH's adaptive sports program. The event will be held Oct. 8 from 8 a.m. to 1 p.m. at Battlefield H.S., 15000 Graduation Drive, Haymarket, VA.

FROM PAGE 8

ceed.

This past year she authored the Inspiring the Next Space Pioneers, Innovators, Researchers, and Explorers (INSPIRE) Women Act supporting funding for NASA programs that encourage women to pursue STEM careers. This INSPIRE Women Act will positively benefit girls, and hopefully even my own daughters when they pursue higher learning. Empowering young women and girls to pursue a course toward STEM careers demonstrates how focused Barbara is on providing equal opportunities to all students. Women are critical to encouraging innovation, and as a father, my hope has been to see my girls continue to reach their potential in all possible endeavors.

Hundreds of young women have also participated in Barbara's "10th Congressional District Young Women Leadership Program" for junior high and high school aged girls. This is the first Congressional program that has supported advocating for women to pursue leadership in all fields. I appreciated she had leaders from diverse political party backgrounds because Barbara understands empowering young women and girls is not a political agenda, but something everyone can work towards.

Supporting positive legislation and recognizing potential leadership in young women and girls transcends any political talking point, and Barbara clearly looks forward to continuing her advocacy for women.

Dr. Stan Idiculla
Vienna

Reasons to Vote For LuAnn Bennett

To the Editor:

Padraic Buckley's letter asks "Why Comstock?" (Connection, September 14-20, 2016). Yet the letter fails to make the case. There are many reasons to vote for Comstock's opponent in the 10th District.

Reasons To Vote For LuAnn Bennett:

1. LuAnn is not a politician. She's a successful small-business owner who has helped create jobs and opportunity in our region.

2. LuAnn is a fighter. She has faced challenges in life and overcome them. After her husband Rick's sudden passing, she raised three boys as a single, working mom. She took over the family business in the middle of a recession and never missed a payroll.

3. LuAnn is a pragmatic problem-solver. In business, and in her public service, she knows how to work together with people on all sides of an issue to make progress and deliver results. She can help get our Congress and our government working again.

4. LuAnn shares the values of the 10th District. LuAnn is a pro-business, progressive Democrat who believes in equality and opportunity for all.

5. LuAnn is a public servant. LuAnn has lived in Northern Virginia for 35 years, and has served on the Virginia Climate Change Commission and the Virginia Healthcare Foundation. She is also involved in numerous charitable and community organizations.

Comstock votes the party line 90 percent of the time. We need an independent voice in Congress not a rubber stamp for the alt-right agenda in the House.

J. Jay Volkert
Vienna

Experience the 10th District Needs

To the Editor:

As a voter in Virginia's 10th District, I recognize the importance of being represented by someone who not only has first-hand knowledge and experience in world of business, but who also agrees that employees, no matter their gender, should be treated equally and paid the same for the same work.

As a woman business owner, LuAnn Bennett understands the harsh history of discrimination, especially gender discrimination. As a longtime real estate executive, LuAnn Bennett knows how to run a business and create jobs while providing important services to residential and commercial customers.

Also, and not everyone knows this, but LuAnn Bennett and former Redskin Brig Owens run a highly regarded sports representation business for many well-known NFL players, including many Redskin players.

On the other hand, Rep. Barbara Comstock has not only spent most of her career in politics – either as a lawyer representing politicians or as politician herself who voted repeatedly against equal pay for women.

In short, LuAnn Bennett has the background, experience and commitment that Virginia's 10th District needs in the U.S. House of Representatives.

Ed Rothschild
McLean

NEWS

Pete McCloskey and spouse Louise return the ball to Tom and Eileen Culligan on the newly lined pickleball courts in McLean Central Park.



PHOTOS BY CAROLYN STEWART

Pickleball Comes to McLean

McLean Central Park behind the Dolley Madison Library now has two lighted pickleball/tennis courts where pickleball fans can play. Bring your own paddles and balls.

Not familiar with pickleball? Pickleball is the nation's fastest growing racket sport. It's a mixture of tennis and ping-pong played on a smaller tennis court. Two-person teams compete on a court, using paddles and a wiffle ball. The team that first reaches 11 by two points wins the game.

It's a great sport for all ages. Grandparents can play with grandchildren and families can play together. The low-impact nature of the sport also makes it a good form of exercise for older players.

According to the USA Pickleball Association (USAPA), pickleball was invented in 1965 on Bainbridge Island, a ferry ride from Seattle, Wash. Three dads, Joel Pritchard, Bill Bell, and Barney McCallum, whose kids were bored with their usual summertime activities, are credited with creating the game. Since then, the sport has grown to several million players in dozens of countries.

Helen White, the USAPA Ambassador for North-



Katie Culligan Boyd and husband Derek Boyd smack the ball toward Tom Culligan in a game of pickleball.

ern Virginia and the Mid-Atlantic District Ambassador says that "Pickleball is all about fun, fitness and friendships. It's easy-to-learn and quickly becomes quite addictive."

Spring Hill Recreation Center offers a class at mid-day on Tuesdays starting on Sept. 20. Paddles and balls are provided. If you enjoy paddle sports, you will enjoy pickleball!

To find fellow pickleball players in the McLean/Great Falls area, e-mail: pickleball.mclean.va@gmail.com

The Culligan Family of McLean enjoy a friendly game of pickleball on the newly-lined pickleball courts in McLean Central Park.



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Cooking with Passion

Meet the executive chef at McLean's Saint Germain Catering.

BY ALEXANDRA GREELEY
THE CONNECTION

How many Northern Virginia foodies know that executive chef Jeff Witte, formerly at the Airlie Center in Warrenton, has become the executive chef at McLean's Saint Germain Catering?

Probably not many, and if you loved his food back then, you need to host an event, or check into getting his "to-go" lunchbox, to sample his fabulous cooking.

A native Californian who grew up in a food-centric household, Witte attributes his passion for cooking from his childhood, learning to cook unique dishes such as fried catfish and grits from his mother, not a usual meal on a family table. In fact, as a teen, he worked in a number of Los Angeles' high-end restaurants where he learned to turn his passion into some basic culinary skills. From there, Witte enrolled in Le Cordon Bleu culinary school in Pasadena.

Seemingly, his move to Virginia was preordained: Witte did his externship at Airlie Center, and upon graduation, returned to Virginia to apply for a job there. This experience shaped his passion for using farm-fresh, local ingredients, sourcing as much as possible from regional farms.

Now with many years of high-end kitchen experience at Airlie, Witte was looking for a smaller venue to express his creative culinary vibes and he discovered McLean's Saint Germain Catering. Owned and operated by Mina Ebrahimi, who started in the food world at a very early age, working at her family-owned Tiffany's Bakery in Seven Corners. She later opened Saint Germain Café at Tyson's Galleria, and subsequently launched the catering business. "Mina has so much energy and business sense," said Witte. "She impressed me at the first interview."

Evidently that feeling was mutual. Witte, who has been on staff for several months, has immersed himself in this busy catering company. "We do an extensive amount of corporate catering," he said, "including breakfasts, lunches, dinners and a variety of business events, from Fortune 500 to local businesses," adding that Saint Germain also caters weddings, birthdays, anniversaries, baby showers, and a host of other private events.

To fulfill the day's orders, Witte said that he works with a full time



PHOTO CONTRIBUTED

Jeff Witte

staff of line cooks, pastry chefs, kitchen helpers, and truck drivers as the company is slowly expanding its area reach from Maryland, D.C., Northern Virginia, and Warrenton. And as part of their culinary jobs, the kitchen staff is always embellishing current recipes and coming up with different twists. "We have talked about using jalapeños in desserts. We always look for different elements on the cheese platters, for ex-

ample," Witte said; "and we came up with Bundt cupcakes made with goat cheese, walnuts, and orange zest." The daily goal, he said, is to create some new items.

Not surprisingly, Witte's day starts rather early: he arrives at work between 4:30 and 5 a.m. "When I first arrive," he said, "I say a lot of 'good mornings', check out the drivers' delivery schedules, and ensure that our orders have the final touch to ensure that we

"When I first arrive, I say a lot of 'good mornings', check out the drivers' delivery schedules, and ensure that our orders have the final touch to ensure that we are surpassing our clients expectations."

—Jeff Witte

are surpassing our clients expectations." Then he chats with his boss, the line staff, the pastry chefs, and then moves into the kitchen to make sure all stations are working properly.

"It has been quite something coming here," he said. "So much is going on that my head is spinning ...in the best way!"

Saint Germain Catering, 8455 Tyco Rd, Vienna, 703-506-9396

Goat Cheese-Fig Bundt Cakes

Makes twelve 3 ½ ounce muffins or Goat Cheese-Fig Bundt Cakes
about 30 mini Bundt cakes

3 cups all-purpose flour
2 teaspoons baking powder
2 tablespoons honey
1 ½ cups sugar
10 tablespoon butter, room temperature
1 ½ teaspoon salt
2 medium eggs
5 ounces buttermilk
½ tablespoon vanilla extract
2 ½ ounces vegetable oil
1 cup diced figs
Zest of half an orange
6 ½ ounces goat cheese, crumbled
1 cup toasted walnuts, chopped
1 teaspoon ground cinnamon
1 tablespoon fig jam
honey butter from brushing on after baking
Coat bundt cake pans with a light film of fat or use appro-

priate pan liners. If using muffin tins, lightly grease or line with paper liners. Set aside. Preheat the oven to 375 degrees. Sift together the flour, baking powder, and cinnamon. Set aside.

Cream together the sugar, butter, salt and honey in a mixer bowl with paddle attachment on medium speed until mixture is smooth and light in color, about 5 minutes. Scrape down bowl periodically.

Whisk together the eggs, buttermilk, vanilla, and oil. Add to the butter-sugar mixture in 2 to 3 additions until well combined. Scrape down bowl as needed.

Add the sifted dry ingredients and mix on low speed until evenly moistened. Fold in the figs, orange zest, fig spread, goat cheese and toasted walnuts.

Fill Bundt pans three-quarters full with batter; if using muffin tins, fill with 3 ½ ounces batter.

Gently tap the filled tins to release and air bubbles. Bake for 15 to 20 minutes for mini Bundt cakes, 20 to 30 minutes for muffins, until golden brown and a toothpick inserted comes out clean. Cool for a few minutes in pan then unmold, and brush honey butter on the top.

Meals Tax Forum to Be Held Sept. 29

The League of Women Voters of the Fairfax Area (LWVFA) will sponsor a Meals Tax Forum at the auditorium of Luther Jackson Middle School, 3020 Gallows Road, Falls Church, on Sept. 29 at 7 p.m. The moderated forum will feature panelists on both sides of the issue. The panel will also take written questions from the audience. Questions may also be submitted in advance by writing to league@lww-fairfax.org.

"Our League's mission is to educate voters on critical issues in our county, such as the Meals Tax, and to get out the vote," says Wendy Fox-Grage, the League co-president. During this year's election season, LWVFA is sponsoring many voter drives throughout the county to register voters and inform them about what's on the ballot.

On the ballot, Fairfax County voters will choose whether to levy a meals' tax. State law authorizes counties, cities, and towns to levy a tax on prepared food and beverages, commonly called a "meals tax," subject to certain restrictions. Most counties, including Fairfax County, may levy a meals tax only if the voters approve the tax by referendum.

If approved, the revenues generated will be dedicated to the following purposes:

- * 70 percent of the net revenues to Fairfax County Public Schools.

- * 30 percent of the net revenues to County services, capital improvements and property tax relief.

What is a Meals Tax? A meals tax is a tax on all ready-to-eat prepared food and beverages at restaurants, as well as grocery stores, convenience stores and delicatessens. It would not apply to groceries nor to vending machines. It does, however, include ready-to-eat foods, such as food from the deli counter or salad bar at a supermarket/grocery store. It does include alcoholic and non-alcoholic beverages served with a meal. It does apply to prepared foods served at food trucks.

For more about what's on the ballot, visit <http://www.lww-fairfax.org/Ballot2016.html>.

SCHOOLS

Send school notes to north@connectionnewspapers.com by noon on Friday.

Emma Leiken, a 2012 Mclean High School graduate, earned Fulbright grant. She graduated from Oberlin College in May 2016.

Brandon Bast, of Great Falls, graduated from The University of Tampa on May 7. He graduated with a Bachelor of Science in sport management and a minor in marketing.

Savannah Kathleen McBride was awarded an \$8,000 four-year Fraternal College Scholarship in a national competition by Modern Woodmen of America. She is the daughter of Stephen and Lezlie McBride, McLean. She plans to attend Reed College in Portland, Ore.

Brendan Mullen, Langley HS Class of 2011, was awarded a prestigious summer Research Fellowship by the Drexel University College of Medicine to study the effects of concussion on mice. Brendan will present his results at the College of Medicine's annual research event, Discovery Day, in October 2016. Former Langley ice hockey goalie, continues his support of children's special hockey by volunteering for the Philadelphia Flyer's youth special hockey team.

Dov Cohen, of Vienna, received a bachelor of arts degree from The College of Wooster during commencement exercises in May 2016.

Neal Daniel Dawson, of Vienna, graduated from Averett University in May 2016 with a master of business administration degree.

Courtney Laine Vereide, of Vienna, graduated magna cum laude from Elon University on May 21, 2016, with a Bachelors degree in English and a Classical Studies minor.

Brandon D. Kendrick, of Vienna, is on the spring 2016 deans list at Hampden-Sydney College.

Robert P. Buttarazzi, of Vienna, is on the spring 2016 deans list at

Hampden-Sydney College.

Megan L. Graves, of Vienna, has been named to the president's list for the 2016 spring semester at Elon University.

Christie Sweet, of Vienna, majoring in health and exercise science, graduated cum laude from Bridgewater College in May 2016.

Kevin Paul Keena graduated in May 2015 with a B.A. in history and visual arts from Hampden-Sydney College. He hails from Vienna.

Jacob M. Farrar graduated summa cum laude with a B.S. in biology from Hampden-Sydney College in May 2016. He hails from Oakton.

Mary R. Brown of Oakton graduated from Embry-Riddle Aeronautical University, Daytona Beach, FL with a Bachelor of Science in Meteorology and a Bachelor of Science in Computational Mathematics, cum laude. She will be continuing with graduate work at East Carolina University.

Kelsey Waddill, of Vienna, was named to the dean's list for academic excellence for the fall 2015 semester at Johns Hopkins University. Waddill is the daughter of Charles and Deborah Waddill and attended James Madison High School.

Elisabetta Cantatore, of Great Falls, a psychology major, has been named to the dean's list for the 2015 fall semester at George Mason University.

Sarah Boyle from Marshall High School, Razan Elbaba from Oakton High School, and Rosy Molina from Fairfax High School were recognized at the annual Scholastic Art Awards ceremony with a 2016 Uphoff Scholarship from the Arts Council of Fairfax County. Each student received a \$1,000 prize and their work is on public display at the Ernst Community Cultural Center from Feb. 21 through March 3. To find out more about the Arts Council's Uphoff Scholarships program, visit <http://artsfairfax.org/grants/programs/uphoffscholarship>.

Great Falls Youth Goes to Prison

FROM PAGE II

retrieving and carrying items for her. She will also assist with chair transfers and help with Ava's anxiety.

After my prison trip I had a better understanding of the organization and decided to devote some of my free time to paws4people. I am partnering with local businesses in Great Falls throughout the year.

COMING EVENTS: My events include a fundraiser at Mookie's BBQ on Oct. 5 and a charity ride at the Great Falls Cycle Studio on Oct. 22. Mookie's will give 10 percent of proceeds from the entire day to paws4people. Great Falls Cycle Studio is do-

nating revenue from the event to the organization. There will be paws4people service dogs at both fundraisers. Guests will have a chance to meet and interact with them. Increasing awareness and raising money for the organization will help provide service dogs for more people like Adam and Ava. My efforts will also help the inmate trainers continue their work towards becoming better members of society. The trainers and clients both benefit and so do I. I feel great about what I am doing.

You can follow Dylan and his charity projects at <https://www.facebook.com/dylandonates/>

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Sunday: 7:30, 9:00, and 11:00 AM
1:30 PM Spanish Liturgy

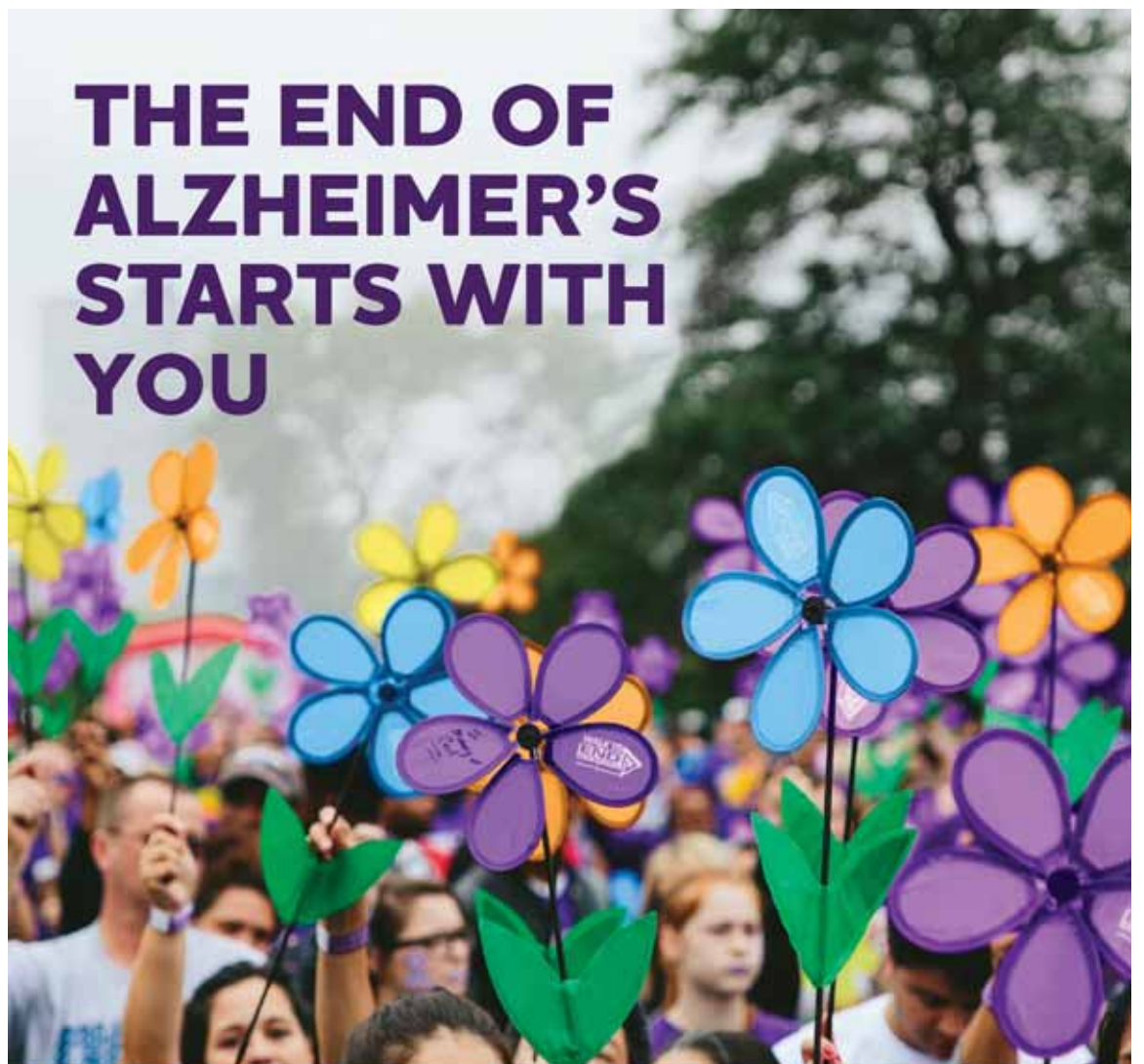
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September 25 | Reston Town Center | 2:30pm

alz.org/walk | 800.272.3900

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SPECIAL CONNECTIONS CALENDAR 2016
Advertising Deadlines are the previous Thursday unless noted.

SEPTEMBER
9/28/2016.....Connection Families: Fall Fun, Food, Arts & Entertainment

OCTOBER
10/5/2016.....Wellbeing Senior Living Pullout
10/12/2016.....HomeLifeStyle
10/19/2016.....A+ Camps & Schools
10/26/2016.....Connection Families
11/2/2016.....Election Preview
Halloween is October 31

NOVEMBER
11/2/2016.....Wellbeing
11/9/2016.....HomeLifeStyle
11/16/2016.....A+ Camps & Schools
11/23/2016.....Holiday Entertainment & Gift Guide I
11/30/2016.....Connection Families: Celebrations & Gratitude
Thanksgiving is November 24
11/30/2016.....Holiday Gift Ideas

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CALENDAR

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

ONGOING

McLean Community Center

Activities. 1234 Ingleside Avenue. MCC offers a continuing program of activities for adults and children, including a wide range of classes, lectures, study tours, camps, art exhibits, theatre performances and specialty shows. Center facilities include the 386-seat Alden Theatre, the McLean Project for the Arts galleries, meeting and conference rooms, a rehearsal studio and a classroom/commercial kitchen.

McLean Teen Center. 1440 Chain Bridge Rd. McLean. This facility provides a safe atmosphere for participants to meet for recreation and personal development. Experienced staff members organize and facilitate activities each day, ensuring that participants do not have to return home to empty houses. Participants can enjoy the Old Firehouse Teen Center (OFTC) after school and during the summer. Opened in 1990, the building formerly operated as a local fire station and is now a satellite of the McLean Community Center.

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.

Lobby Hero 1st Stage Tysons Sept. 8 - Oct. 9 Thursdays at 7:30pm, Fridays at 8pm, Saturdays at 2 and 8pm, and Sundays at 2pm. 1st Stage in Tysons, 1524 Spring Hill Road, Tysons Corner. What does it truly mean to be a hero? While struggling with a world of conflicting truths, the characters grapple with their own realities and those of the people around them. www.1ststagetysons.org or 703-854-1856.

McLean Project for the Arts Exhibition 10 - 5 p.m. Sept. 15 through Nov. 5 1234 Ingleside Avenue McLean. MPA is opening three new exhibitions open between the above dates. Cost: Free. mpaart.org/exhibitions/ Contact: Rachel Ripps rripss@mpaart.org

Cheerleaders for Charity Fridays 5:45 - 6:30 p.m. Sept. 16 - Dec. 9 No lesson on 11/11, 11/25 & 12/2. McLean Community Center 1234 Ingleside Avenue. Introduces students to cheers, motion techniques, jumps, and more. Come build flexibility, physical conditioning and self-esteem. We perform at a charity event each semester. This class requires a cheer uniform fee of \$70. Instructor: Miss Raven, USA Gymnastics Certified Instructor. mcleancenter.org

Aerobic Dance Workout Mondays 9:15 - 10:10 a.m. Sept. 19 through Dec. 12 No lesson on 10/10. McLean Community Center 1234 Ingleside Avenue. Choreographed routines provide heart-healthy benefits, while sculpting and mat work offer strengthening and stretching. Please bring aerobic shoes, light weights, tubing and a mat. Instructor: BodyMoves Fitness, LLC. Cost: \$168/\$144 MCC district residents. mcleancenter.org

Zumba Mondays 10 - 11 a.m. Sept. 19 - Dec. 12 No lesson on 10/10 and 10/31. Old Firehouse Teen Center (OFTC), located at 1440 Old Chain Bridge Road. A great cardio workout, set to Latin music, and targets the whole body. Instructor: Joy of Dance Staff. \$172/\$143 MCC district residents. mcleancenter.org



PHOTO BY HIBBARD NASH PHOTOGRAPHY/COURTESY OF MCLEAN COMMUNITY CENTER

Martha Graham Dance Company's "Appalachian Spring." The dance company will perform at the Alden Theater stage on Saturday, Sept. 24 at 8 p.m.

Watercolor Classes Thursday's Starting Sept. 22 through Oct. 27 1 - 3 p.m. Vienna Arts Center. 115 Pleasant Street, NW, Vienna, VA. 5 classes: 150.00 Membership Price.

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.

Comic Potential 8 - 10:30 p.m. Fridays and Saturdays Oct. 7 - Oct. 21. Sunday matinees on Oct. 9 & 16 at 2:00 p.m. Alden Theatre 1234 Ingleside Ave. McLean. Admission: \$18-\$20 and are available at www.McLeanPlayers.org or through OvationTix at 866-811-4111. Comic Potential contains adult language and situations; shows mostly suitable for a 17 plus audience.

The Pumpkin Patch beginning Monday Oct. 10 4 - 7 p.m. then open daily Sunday - Friday 11 - 7 p.m. and 10 - 6 p.m. on Saturdays through Oct. 31. at St. Thomas' Episcopal Church 8991 Brook Rd McLean. All of the money raised by our pumpkin patch is donated to support local charities. 703-442-0330.

FRIDAY/SEPT. 23

Breakfast Near Tiffany's 8 - 10 a.m. 8045 Leesburg Pike Vienna. Tysons Regional Chamber of Commerce Women's Leadership Council for breakfast at Chef Geoff's and learn fashion tips from the owner of Style Edit. After breakfast, we'll go to Tiffany & Co. for a chance to win a \$300 giveaway. Cost: \$50 for TRCC chamber members/\$55.00 for non-members. To register visit: www.tysonschamber.org

Watercolor Artist Marni Maree 10-noon Mclean Community Center, 1234 Ingleside Ave. Ms. Maree is a regional art instructor who has taught International Workshops. She was awarded an "Artist in Residence" position in Dinan, France. She will be

demonstrating techniques for watercolor on canvas. 703 790-0123

SATURDAY/SEPT. 24

Community Shredding Day 9 - noon. Parking lot between Patrick Henry Library and Whole Foods. 133 Maple Ave East Vienna. Gain peace of mind by bringing your outdated personal documents to our on-site shredding service provided by TrueShred. Cost: Free mary.bowen@ampf.com

Fall Festival Harvest Happenings 11 - 2 p.m. McLean Community Center 1234 Ingleside Ave. Activities include field games, fall-related arts and crafts projects, small pumpkins can be purchased and decorated, Squeals on Wheels Traveling Petting Zoo will also be on site. Admission \$5 at the door; however, infants to 36-month-old children can attend for free. www.mcleancenter.org.

Martha Graham Dance Company at The Alden 8 p.m. 1234 Ingleside Ave. Cost: \$50/\$35 MCC tax district residents. The Washington Post called it "one of the seven wonders of the artistic universe." A talkback with the artists will follow the performance. ADA-compliant and will make arrangements for accommodations. Call 703-790-0123, TTY: 711, www.aldentheatre.org.

SUNDAY/SEPT. 25

Concert Across America to End Gun Violence. 5-8 p.m. at the Tysons Biergarten, 8346 Leesburg Pike. Local and regional artists will perform. Cost: Free. Cash bar and food—craft beer and pretzels. Rain or Shine. The concert site is child and pet-on-leash friendly (pets outdoors only). Visit ConcertAcrossAmerica.org

Concert: Amadeus Orchestra with Thomas Pandolfi, Piano Soloist. A pre-concert lecture will begin at 3:15 p.m. Begins 4 p.m. Saint Luke Catholic Church, 7001 Georgetown Pike, McLean. Tickets are \$30 online and at the door. Students 17 and under and active military are

SEE CALENDAR, PAGE 17

CALENDAR

FROM PAGE 16

admitted free of charge.

www.amadeusconcerts.com.

Jammin' Java Concert David Ryan Harris & Gabe Dixon. Doors open 6 p.m. Show starts 7:30 p.m. 227 Maple Ave E, Vienna. David Ryan Harris is internationally recognized for playing guitar and singing in John Mayer's band. Gabe Dixon released his sophomore solo album, *Turns To Gold*, on April 8, marking his first official collection as an independent artist. Admission: \$20. Visit: <http://jamminjava.com/event/1243083>

Cops & Kids Fun Run Hosted by Vienna Police Department noon - 4 p.m. The event will take place directly across from the Vienna Police Station at Vienna Elementary School, 128 Center St S, Vienna. The event will include a 1 mile walk/run for kids 13 years of age or younger, food, patrol vehicle tours, dunk-a-cop dunk tank, bouncy castle, face painting, and the opportunity to meet the officers of Vienna Police Department. Visit: www.viennava.gov/police for registration.

THURSDAY/SEPT. 29

Author Patricia Briggs 7:30 - 8:45 p.m. McLean Community Center/The Alden 1234 Ingleside Avenue McLean. Patricia Briggs is the New York Times bestselling author of the Mercy Thompson and Alpha and Omega urban fantasy series, called "brilliant." Admission: Free Contact: Suzy Rigdon suzy@fallforthebook.org 860-402-0565 or visit: www.fallforthebook.org

SATURDAY/OCT.1

Oktoberfest Vienna 11 - 7 p.m. Historic Church Street Vienna. Enjoy beer, wine, food, music, vendors, kids activities. Admission: Free

SUNDAY/OCT. 2, 2016

McLean Project for the Arts ArtFest. 10 a.m.-5 p.m. McLean Central Park, 468 Dolley Madison Blvd., McLean. The park is transformed into a landscape of mini art galleries showcasing and offering

Plan Ahead McLean

SATURDAY-SUNDAY/ OCT. 15-16

Claude Moore Colonial Farm 1771 Market Fair. 11 a.m.-4:30 p.m. at 6310 Georgetown Pike, McLean. In the fall, warm yourself by the fires and enjoy autumn with crisp local apples, warm savory meat pies and hearty breads. Let market entertainers, tradesmen, and the militia amuse and educate you. Visit <http://1771.org/marketfair/> for more



DANIELLE GRAE/THE CONNECTION

A sign at Claude Moore Colonial Farm notifies visitors that they are entering a Virginia farm in the year 1771. This year's Claude Moore Colonial Farm Market Fair will be Oct 15-16 from 11 a.m.- 4:30 p.m. at 6310 Georgetown Pike, McLean.

SUNDAY/NOV. 6

The Okee Dokee Brothers at The Alden 1 p.m. 1234 Ingleside Ave. McLean. Grammy Award-winning Folk & Roots Music for Families. Justin Lansing and Joe Mailander have been exploring the outdoors together since they were kids, and have translated these adventures into song. Cost: \$15/\$10 MCC tax district residents. Visit: www.mcleancenter.org/alden-theatre/performance/icalrepeat.detail/2016/11/06/1521/-/the-okee-dokee-brothers

TUESDAY/NOV. 8, 2016

Election Day. General election. Visit www.sbe.virginia.gov/ and www.fairfaxcounty.gov/elections/upcoming.htm

for sale the work of a diverse group of juried artists. Visit www.mpaart.org.

winning structures. Free. nvmr.org. 703-938-5157.

SATURDAY/NOV. 12

Model Trains and Thomas Open House. 1-5 p.m. Historic Vienna Train Station, 231 Dominion Road NE, Vienna. See and hear model trolleys and steam and diesel trains plus Thomas and some of his friends. layout reflects the mountainous terrain and towns of Western North Carolina with award winning structures. Free. nvmr.org. 703-938-5157.

SATURDAY/OCT. 15

Model Trains and Thomas Open House. 1-5 p.m. Historic Vienna Train Station, 231 Dominion Road NE, Vienna. See and hear model trolleys and steam and diesel trains plus Thomas and some of his friends. layout reflects the mountainous terrain and towns of Western North Carolina with award

Laid Bare, Laid Low

Historic house demolished.

Last week an old house on Minor's Hill was felled for new development. The farm on which it stood was long-gone, a fact confirmed by standing at the corner of Nottingham and Virginia streets in McLean and turning slowly in a circle to see nothing but well-established homes. No formal archaeological analyses were performed, but a historic preservation consultant to Fairfax County indicated the original log dwelling could have been raised in the 1770s. Several major additions and modifications to the building over the years make accurate dating difficult. Longstanding neighborhood lore held that the old house was a military headquarters during the Civil War — or, as many close-by residents would have said in their day, the War of Northern Aggression. The county consultant tended to agree based on photographs found in the Library of Congress.

Demolition of the structure was a surprise to some living in the immediate area. Roadside con-



PHOTO BY MICHAEL McMORROW/THE CONNECTION

Logs of the original colonial-era cabin and its unusual angled fireplace stand open to daylight after more than a century and a half.

versations conducted over the roar of a bulldozer and falling masonry suggested a revived interest in historical events "right next door."

— MICHAEL McMORROW



McLean
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Here's What's Happening at MCC

Jammin' Juniors Free Concert



Yosi & Eugene
Wednesday, Sept. 21
12:30 p.m.
McLean Central Park

Celebrate the New Season Harvest Happenings

Saturday, Sept. 24, 11 a.m.-2 p.m.
General Admission:
\$5 per person; Infants - 36 mos. free

Onstage @ The Alden



**Martha Graham
Dance Company**

Saturday, Sept. 24, 8 p.m.
\$50/\$35 MCC district residents

Auditions

(the) UnRuly Theatre Project

Monday, Sept. 26, 7 p.m.
and Wednesday, Sept. 28, 7 p.m.

Jammin' Juniors Free Concert



**Alex & the
Kaleidoscope**
Wednesday, Sept. 28
12:30 p.m.
McLean Central Park

Onstage @ The Alden

Tap Kids

Saturday, Oct. 1, 8 p.m.
\$20/\$15 MCC district residents

Aging in Place:

Modifying Your Home to Fit Your Changing Lifestyle

Saturday, Oct. 8, 9:30 a.m.-12:30 p.m.
Free, advanced registration is required



The McLean Community Center
www.mcleancenter.org
Home of the Alden Theatre
www.aldentheatre.org



1234 Ingleside Ave.,
McLean, VA 22101
703-790-0123, TTY: 711



Banking on the Envelopes



By KENNETH B. LOURIE

Now that you know my pill plan, after reading last week's column; there should be no stopping me, right? Starting me however, is still a problem. Having removed a major impediment (transporting/segregating my pills), one would think I could finally get out of my own way. Unfortunately, it's not that simple — for me. Sometimes, finding that 'way' is equally challenging. I might know the how, and maybe even the why, but the what and the where often remains frequently a block over which I stumble and stammer.

Nevertheless, having allocated my pills accordingly does allow me to think less about the present and more about the future. And planning for one's future, especially when that 'one' is yours truly, a previously diagnosed as "terminal," non-small cell lung cancer patient, stage IV, whose future was not necessarily foreseen, is more than just a leap of faith. In fact, it's the stuff of which dreams are often conjured.

What I was given — not promised, was made clear to me in late February 2009 by my oncologist when he advised me that my prognosis was "13 months to two years." And as much as one (this one) wanted to think about the future/even having a future, I felt it was the present I had to account for first. And though it certainly was a present imperfect and tense a great deal of the time, over hill and over dale and continuing/supplementing my standard chemotherapy treatment/regimen with a variety of non-Western alternatives, I have managed to overcome my 'present' focus and begin to consider a future well beyond my original prognosis.

As the years have indeed passed, I have begun to believe in the power of the present surely, but mostly in how it might provide a foundation for a future; providing a "nutty and bolty" approach as to how I can navigate this mind/mine field (literally and figuratively) of outrageous misfortune and find a path of least resistance. As much as I want to get from here to there, I suppose I've needed a framework of sorts, a routine that would enable me to think without consulting the manual, so to speak. A manual which offers few guarantees and less-than-encouraging mortality tables, however much improved they are over previously diagnosed generations of lung cancer patients (although still the leading cause of cancer deaths and new diagnosis yearly in this country).

Given these realities, I am well aware — and extremely grateful for my survival. Has it been random luck? Good DNA? A bit of a misdiagnosis? An open mind to the potential benefits of lifestyle changes, diet, occasional exercise and non-Western approaches to treating cancer/boosting one's immune system? Certainly I don't know — and don't care, quite frankly. All I know is what I've been told: whatever I'm doing, keep doing it, which seems perfectly logical and manageable for me ("if it ain't broke ...").

If I were to consider, for a minute what has pulled forward to the future/present rather than backwards into the abyss, I think it would be hope. Not simply hope that what I was doing would work/extend my life, but more so that it gave me something to think positively about. And I'm not even sure that is an accurate distinction. All I know is that "bank-enveloping" my pills has given me one less thing to fuss about concerning my diagnosis and allows me, potentially, to live my cancer-affected life as normally (pre-cancer diagnosis), as possible. At least, I hope so.

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

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The future comes one day at a time.
-Dean Acheson

3 RE for Rent

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21 Announcements 21 Announcements

OBITUARY Daniel Daniels
11/26/1923-9/3/2016
Age 92 of Oconomowoc, WI passed away Saturday, September 3, 2016. Dan is survived by his daughters Caroline (Mike) Driscoll and Wendy (Keith) Schaetz; his grandchildren Sean, Ryan (Julia), Julie, Sara, Michelle and Amy; his brother-in-law Tom Litinas and by many wonderful nieces, nephews and grandnieces and nephews. Dan was preceded in death by his loving wife Margaret "Peggy" Daniels (April 2016) of 62 years; sister-in-law Alice Litinas; his parents Herman and Celia Goldstein and his brother. Services were already held.

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A rarely seen view of African American life in 1950, captured by groundbreaking photojournalist Gordon Parks.
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Gordon Parks, Back to Fort Scott is organized by the Museum of Fine Arts, Boston, in partnership with the Gordon Parks Foundation. Photo: Unafid, St. Louis, Missouri, 1950; Gordon Parks (America, 1912-2006), gelatin silver print. Courtesy of and copyright the Gordon Parks Foundation.

21 Announcements 21 Announcements 21 Announcements 21 Announcements

NOTICE OF SUBSTITUTE TRUSTEE'S SALE OF REAL PROPERTY LOCATED AT
1624, 1628, and 1630 HUNTER MILL ROAD
FAIRFAX COUNTY, VIRGINIA
SALE TO BE HELD AT THE FAIRFAX COUNTY CIRCUIT COURT
SEPTEMBER 23, 2016, AT 10:00 A.M.

In execution of the Deed of Trust, Assignment of Rents, Security Agreement and Financing Statement dated November 21, 2006 and recorded among the land records of Fairfax County, Virginia on November 27, 2006 in Book 18934 at Page 621 (the "Deed of Trust"), now securing CATJEN LLC, a Virginia limited liability company (the "Noteholder"), default having occurred in the payment of the debt secured thereby, and being instructed to do so by the Noteholder, the undersigned Substitute Trustee will offer for sale the property described below at public auction in front of the main entrance to the Fairfax County Circuit Court, located at 4110 Chain Bridge Road, Fairfax, Virginia 22030 on September 23, 2016, beginning at 10:00 a.m.

The real property encumbered by the Deed of Trust that will be offered for sale by the Substitute Trustee is commonly known as (i) Mailing Address 1624 Hunter Mill Road, Vienna, Virginia, 22182; Tax Identification Number: 0183-03-0003A; (ii) Mailing Address 1628 Hunter Mill Road, Vienna, Virginia, 22182; Tax Identification Number: 0183-01-0004; and (iii) Mailing Address 1630 Hunter Mill Road, Vienna, Virginia, 22182; Tax Identification Number: 0183-01-0005, all located in Fairfax County, Virginia, and all as more particularly described in the Deed of Trust, and all improvements, fixtures, easements and appurtenances thereto (the "Real Property"). The Real Property will be sold together with the interest of the Noteholder, if any, secured by the lien of the Deed of Trust in any personal property described in the Deed of Trust, as permitted by Section 8.9A of the Code of Virginia of 1950, as amended (the "Personal Property"). The above described Real Property and Personal Property are collectively referred to as the "Property."

TERMS OF SALE
ALL CASH. The Property will be offered for sale "AS IS, WHERE IS" and will be conveyed by the Substitute Trustee's Deed (the "Substitute Trustee's Deed") subject to all encumbrances, rights, reservations, conveyances, conditions, easements, restrictions, and all recorded and unrecorded liens, if any, having priority over the Deed of Trust, as they may lawfully affect the Property. The Personal Property (if any) shall be conveyed without warranty by a Secured Party Bill of Sale.

The Substitute Trustee and the Beneficiary disclaim all warranties of any kind, either express or implied for the Property, including without limitation, any warranty relating to the zoning, condition of the soil, extent of construction, materials, habitability, environmental condition, compliance with applicable laws, fitness for a particular purpose and merchantability. The risk of loss or damage to the Property shall be borne by the successful bidder from and after the date of the time of the sale. Obtaining possession of the Property shall be the sole responsibility of the successful bidder (the "Purchaser").

A bidder's deposit in the amount of the lesser of (i) ten percent (10%) of the bid price; or (ii) \$350,000.00 (the "Deposit") by certified or cashier's check payable to the order of the Substitute Trustee shall be required by the Substitute Trustee for such bid to be accepted. The Substitute Trustee reserves the right to prequalify any bidder prior to the sale and/or waive the requirement of the Deposit. Immediately after the sale, the Purchaser shall execute and deliver a memorandum of sale with the Substitute Trustee, copies of which shall be available

for inspection immediately prior to the sale, and shall deliver to the Substitute Trustee the Deposit and the memorandum of sale. The balance of the purchase price shall be paid by the Purchaser. Settlement shall occur within thirty (30) days after the sale date, TIME BEING OF THE ESSENCE with regard to the Purchaser's obligation.

Settlement shall take place at the offices of Venable LLP, 8010 Towers Crescent Drive, Suite 300, Tysons Corner, Virginia 22182 or other mutually agreed location. Purchaser shall pay all past due real estate taxes, penalties and interest (including the pro rata portion of real estate taxes for the current year), rollback taxes, water rents, water permit renewal fees (if any) or other state, county or municipal liens, charges and assessments. Purchaser shall also pay all settlement fees, title examination charges, title charges and title insurance premiums, all recording costs (including the state grantor's tax, congestion relief fee and all state and county recordation fees, clerk's filing fees and transfer fees and taxes), auctioneer's fees and/or bid premiums (if any), reasonable trustee's fees, and reasonable attorneys' fees and disbursements incurred by the Substitute Trustee in the preparation of the deed of conveyance and other settlement documentation.

Purchaser shall be required to sign an agreement at settlement waiving any cause of action Purchaser may have against the Substitute Trustee, and/or the Beneficiary for any condition with respect to the Property that may not be in compliance with any applicable federal, state or local law, regulation or ruling including, without limitation, any law, regulation or ruling relating to environmental contamination or hazardous wastes. Such agreement shall also provide that if notwithstanding such agreement, a court of competent jurisdiction should permit such a claim to be made, such agreement shall serve as the overwhelming primary factor in any equitable apportionment of response costs or other liability. Nothing herein shall release, waive or preclude any claims Purchaser may have against any person in possession or control of the Property.

If Purchaser fails for any reason to complete settlement as provided above, the Deposit shall be forfeited and applied to the costs of the sale, including Trustee's fees, and the balance, if any, shall be delivered to the Beneficiary to be applied by the Beneficiary against the indebtedness secured by and other amounts due under the Deed of Trust in accordance with the Deed of Trust or applicable law or otherwise as the Beneficiary shall elect. There shall be no refunds. Such forfeiture shall not limit any rights or remedies of the Substitute Trustee or the Beneficiary with respect to any such default. If the Property is resold, such re-sale shall be at the risk and the cost of the defaulting Purchaser, and the defaulting Purchaser shall be liable for any deficiency between the amount of its bid and the successful bid at the re-sale as well as the costs of conducting such re-sale. Immediately upon conveyance by the Substitute Trustee of the Property, all duties, liabilities and obligations of the Substitute Trustee, if any, with respect to the Property so conveyed shall be extinguished, except as otherwise provided by applicable law.

The Chadwick Law Firm, PLLC, a Virginia professional limited liability company, Substitute Trustee

By: _____
George A. (Jay) Chadwick, IV,
Esq.

FOR INFORMATION CONTACT:
The Chadwick Law Firm, PLLC
8521 Leesburg Pike, Suite 740
Vienna, Virginia 22182
Attn: George A. (Jay) Chadwick, IV Esq.
Tele: (703) 677-3480
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3019 Cedarwood Ln, Falls Church \$1,150,000
MAGNIFICENT 4BR/3.5BA home on over an acre of land in conveniently located Falls Church! Gorgeous kitchen with island, breakfast bar seating, stainless steel appliances, granite counters and separate formal dining room. Incredible hardscaping with in-ground pool, waterfalls and patio seating for oasis-like backyard. Plus a huge level yard for activities. Beautiful owner's suite with fireplace, tray ceiling, luxury bath and custom walk-in closet!



704 Live Oak Drive, McLean \$1,495,000
PHENOMENAL 5BR/4.5 BA home on .61/acre lot boasting private and treed oasis-like views! Gourmet island kitchen with stainless steel, granite and bar seating plus breakfast area; family room with wall-of-windows and 2-story ceiling; owner's suite with walk-ins and luxury full bath; spacious walkout lower level includes rec room, office and media room! Super McLean location! **Langley School District!**

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