



McLean CONNECTION

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Concerts in the Park Begin in McLean

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The crowd scattered on lawn chairs and blankets to watch the Ocean Quartet, part of the free Summer Sunday Concerts in the Park at McLean Central Park.

Premier Arts Center or Promised Community Center?

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Premier Arts Center or Promised Community Center?

Many applaud proposal for performing art center, plus a Wegmans, at Capital One site in Tysons.

BY KEN MOORE
THE CONNECTION

Capital One's 24.56-acre proposal including more than five million square feet in development on the Capital One site at the intersection of Dolley Madison and Scotts Crossing Road in Tysons is scheduled to be addressed by the Board of Supervisors on July 11 at 4:30 p.m.

Last Thursday, June 2017, the Planning Commission recommended approval of modifications to the previously approved development plan. Proposed modifications will increase the total permitted square footage on the site from the approved 4,969,523 square feet to 5,212,722 square feet.

Part of the controversy surrounding the requested world-class corporate performing arts center concerns its trumping a promised community center and athletic fields.

"While concern has been expressed about a modest shortfall in the amount of dedicated open space and parkland, staff believes that the open parkland being provided for is sufficient and is of a quality to offset deficiencies in this area," said Providence District Planning Commissioner Phillip Niedzielski-Eichner.

The increase in density is "driven significantly" by the planned addition of a performing arts center, a "venue for world class entertainment," said Niedzielski-Eichner. In addition, a Wegmans will be a catalyst for residential and retail use.

"Google the factors that make a city great.



PHOTO BY KEN MOORE/THE CONNECTION

The Planning Commission recommends allowing Capital One to increase development in Tysons from 4.9 million square feet to 5.2 million square feet, while offering a "world class performing arts center" in place of a previously approved community center. The Board of Supervisors will decide on July 11.

Culture and the arts will show up on every list," the Providence District Planning Commissioner said.

McLean Citizens Association has been active in Capital One's proposals since before the Board originally approved a comprehensive plan in 2014.

The Comprehensive Plan Amendment for Tysons in 2017 "reaffirms the bargain struck

in 2010 that in exchange for massive increases in density and intensity, developers will meet the commitment and requirements ... for public amenities and infrastructure," Sally Horn testified before the Planning Commission on June 21.

"Capital One previously had proffered to build and dedicate to Fairfax County a 30,000-square-foot Community Center to

be constructed during the second phase of development that would include a 9,000-square-foot gymnasium, office space, multi-purpose room(s) and other amenities," according to MCA's resolution passed by its Board of Directors on June 12.

"Google the factors that make a city great. Culture and the arts will show up on every list."

— Phillip Niedzielski-Eichner,
Providence District
Planning Commissioner

The proposed changes to its plan would shortfall promises Capital One made to the community regarding 0.23 acres of public parkland "less than was approved in 2014 for a lower amount of development."

"Since in this new application some of the proposed parks are on rooftops and elevated podiums, particular attention must be paid to wayfinding and the design of public access points in order to facilitate public access," according to the McLean Citizens Association.

The June 21 public hearing included comments from representatives from Wegmans, McLean's Chamber of Commerce, Fairfax County's Chamber of Commerce, the Arts Council of Fairfax County, dance and chorale companies.

See <http://ldsnet.fairfaxcounty.gov/ldsnet/ZAPSMain.aspx?cde=CDPA&seq=4211746>

Detectives Release Photos of Bank Robbery Suspect

Detectives from the Fairfax County Police and the FBI released images of a man who is suspected of robbing a bank in the Tysons Corner area of Vienna on Thursday, June 22.

The police are asking for the public's help to identify the man.

The robbery happened shortly after 2 p.m. when the suspect entered the bank, approached a teller and demanded money, according to the police. While no one was hurt, the suspect escaped with an undisclosed amount of cash, according to police.

The suspect is described as black, in his 40s, about 5-feet-10-inches tall, and approximately 180 pounds with no facial hair.

The FBI is offering a reward of up to \$5,000 for information that leads to the identification, arrest and conviction of this bank robber.



PHOTO COURTESY OF THE FAIRFAX COUNTY POLICE DEPARTMENT

The suspect is described as black, in his 40s, about 5-feet-10-inches tall, and approximately 180 pounds with no facial hair, according to police.

The public may contact the police with any information about the suspect by calling the FCPD at 703-691-2131 or the FBI at 202-278-2000.

Andrew Borene Receives FBI Director's Award for 'Exceptional Service in the Public Interest'

On May 10, the FBI Washington Field Office presented the "Director's Award for Exceptional Service in the Public Interest" to Andrew Borene, a Marine combat veteran and current member of the U.S. Intelligence Community supporting the Intelligence Advanced Research Projects Activity (IARPA) as a senior advisor from Booz Allen Hamilton.

On March 15, 2017, Borene while acting upon his own initiative as a private citizen, came to the aid of an unknown woman being violently assaulted. Without regard for his own safety, Borene intervened in separating a male who was violently assaulting a female in the middle of a busy highway. Borene then held the male offender on the ground until police arrived. As a result of Borene's unflagging intervention into this situation, he too was physically assaulted by the male. As a result of his efforts to help protect the life of a stranger, Borene in-



PHOTO COURTESY OF FBI

Matt Gorham, Special Agent in Charge of the Counterterrorism Division at the FBI Washington Field Office (left) and Andrew Borene (right).

curred significant head trauma and had to undergo a surgery to save his eye.

The award was signed by former FBI Director James Comey and delivered by the men and women of the FBI Washington Field Office.

Send in Pet Photos Now

The Pet Connection, a twice-yearly special edition, will publish the last week of July, and photos and stories of your pets with you and your family should be submitted by July 20.

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

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a pet? Is your business about pets? Have you helped to train an assistance dog?

EDITORIAL

Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we

will not publish your address or phone number, just your town name).

Email editors@connectionnewspapers.com or submit online at www.connectionnewspapers.com/pets. For advertising information, email sales@connectionnewspapers.com or call 703-778-9431.

Timing Is Everything

This week's paper went to press on Monday, July 3, and as a result does not include coverage of Independence Day events from the Fourth of July. Please see next week's paper.

LETTERS TO THE EDITOR

Withholding Funds Hurts WMATA

To the Editor:

The following open letter was addressed to Secretary U.S. Department of Transportation.

Dear Secretary Chao,
As representatives of public transit customers in the Commonwealth of Virginia, we write to express our concerns regarding the Federal Transit Administration's (FTA) Feb. 10, 2017 decision to withhold federal transit grant money in response to incomplete efforts to establish a new State Safety Oversight Program (SSOP) for the Washington Metropolitan Area Transit Authority (WMATA).

On Feb. 8, 2016, the FTA gave notice that the Metropolitan Safety Commission (MSC), a new SSOP to succeed WMATA's Tri-State Oversight Commission, must be in place and certified by the FTA on or before Feb. 9, 2017. On Feb. 10, 2017, with no new SSOP certified, the FTA announced it would exercise its authority to withhold five percent of federal funds authorized in fiscal year 2017 under the Urbanized Area Apportionments Program (49 U.S.C. 5307). The initial withholding equated to \$8.9 million, and is expected to total \$15 million if the withholding continues to the end of the current fiscal year. This withholding will not just impact funding for WMATA, but for broader infrastructure maintenance throughout Virginia, Maryland, and Washington, D.C.

The decision to withhold these federal funds has created significant uncertainty amongst state and local governments in terms of budget planning and stability. Should the withholding of funds continue throughout the remainder of the fiscal year, the governments and their transit systems will be faced with a number of difficult decisions about the manner in which they allocate their limited

resources. Under a worst-case scenario, they would be forced to make cuts to good repair efforts or reduce service to their respective communities, either of which would be harmful to our constituents. We agree safety must be a top priority, but eliminating funding for infrastructure repair would directly contradict a SSOP's stated goal.

Given the FTA must engage in this process with 29 other transit agencies nationwide by 2019, we appreciate the complexity of the issues that were considered in making the decision to withhold these funds. However, we must emphasize — as many of us have expressed previously either directly to you, your predecessor, or the FTA — that the timing of both the notice and the deadline set by FTA were arbitrary in that there seemed to be little or no consideration of the legislative calendars of the Virginia General Assembly or the General Assembly of Maryland.

The FTA timetable effectively gave Virginia and Maryland less than one full legislative session to negotiate amongst each other and the District, draft the proposal, navigate it through the respective lawmaking bodies, and sign it into law. The unreasonable requirements FTA put forth were not simply for the SSOP to have a legal foundation by the February 2017 deadline, but to have the program fully certified by FTA, which necessitates months of work after passing legislation, including, but not limited to, appointing commissioners, hiring staff, and leasing office space. We are therefore led to believe that FTA either set their requirements without providing fair consideration to the unique institutional challenges that exist

within the jurisdictions, or the FTA set them with a deadline so unrealistic that failure was unavoidable.

Given the concerns we have raised in this letter regarding FTA's shortsighted approach to this matter, and in light of the demonstrated progress which has been made, we respectfully request that your office work with the FTA to explore a compromise in which part of these withheld funds can be released as a show of good faith, as the jurisdictions continue their work to construct a stable SSOP. Lending further justification for this request is the real progress that has been made with respect to organizing the MSC. At the time this is written:

- ❖ Virginia, Maryland, and the District (the jurisdictions) have each enacted legislation to enter into an interstate compact to form the MSC;

- ❖ The jurisdictions have submitted a detailed draft certification plan to FTA for review (though FTA has not yet provided formal feedback on the plan);

- ❖ Joint resolutions have been introduced in both the House of Representatives and the Senate to grant Congressional approval to the MSC compact;

- ❖ The Senate has passed its ver-

sion of the joint resolution;

- ❖ The House Judiciary Committee, which has sole jurisdiction over the joint resolution, has ordered the House's parallel version of the resolution to be reported favorably to the full House; and

- ❖ We are requesting that the measure be taken up for consideration as soon as possible.

We appreciate the FTA's important safety work, especially its temporary safety oversight role with respect to WMATA. Without FTA's diligence, more harm may have come to WMATA's customers. But we must find an equitable solution to this matter.

We look forward to partnering with you, Madam Secretary, as well as the FTA to ensure safety remains the top priority in all transit systems and that reforms are made to accomplish a transit agency that provides safe, reliable service to our constituents. We appreciate your thoughtful consideration of this request.

U.S. Rep. Barbara Comstock,
U.S. Rep. Bob Goodlatte,
U.S. Rep. Robert J. Wittman,
U.S. Rep. Scott Taylor,
U.S. Sen. Tim Kaine, and
U.S. Sen. Mark R. Warner

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314
Call: 703-917-6444.

By e-mail: mclean@connectionnewspapers.com



REAL ESTATE

2017 1 st & 2 nd Quarters compared to same periods 2016 and 2007						
2017 1 st & 2 nd Qtr. Sales: 609						
Zip Code	>\$3 Mil	\$2-3 Mil	\$1.25-2 Mil	\$1-\$1.25 Mil	\$750k-\$1 Mil	<\$750k
22101	10	16	77	49	87	43
22102	4	7	16	14	21	146
22066	2	6	28	25	49	9
Total:	16	29	121	88	157	198
Combined Total Upper Brackets: 166			Combined Total Lower Brackets: 443			
2016 1 st & 2 nd Qtr. Sales: 542						
Zip Code	>\$3 Mil	\$2-3 Mil	\$1.25-2 Mil	\$1-\$1.25 Mil	\$750k-\$1 Mil	<\$750k
22101	9	16	58	48	73	31
22102	4	9	25	14	35	104
22066	1	10	32	23	34	16
Total:	14	35	115	85	142	151
Combined Total Upper Brackets: 164			Combined Total Lower Brackets: 378			
2007 1 st & 2 nd Qtr. Sales: 471						
Zip Code	>\$3 Mil	\$2-3 Mil	\$1.25-2 Mil	\$1-\$1.25 Mil	\$750k-\$1 Mil	<\$750k
22101	3	8	43	30	63	71
22102	6	10	20	5	15	92
22066	4	7	43	11	24	16
Total:	13	25	106	46	102	177
Combined Total Upper Brackets: 144			Combined Total Lower Brackets: 327			

Home sales in McLean/Great Falls area

McLean, Great Falls: Strong First Half

Sellers in the area are experiencing in many cases the “best of times” market conditions.

BY KAREN BRISCOE

The real estate market in McLean and Great Falls remains strong in the first half of 2017 over 2016 in every segment except one.



The number of transactions was up 12 percent over the first half of 2017 for the same time period in 2016. Going back to compare to the 2007 market over one decade ago, the number is up 29 percent. This is good news as the market closes out the spring selling season and we enter into the summertime.

The last peak year in Northern Virginia was 2007. All price segments performed better or remained steady in the first half of the year 2017 compared to that benchmark year of 2007.

Sellers in the area are experiencing in many cases the “best of times” market conditions to date for the year. As we move into the second half of the year, there are strong indications that homes priced well and in good condition will sell for solid prices. There are some market segments that may experience price appreciation, should demand continue to remain strong relative to supply.

Not surprising, the most significant increases in

number of transactions took place in the lower brackets. Homes priced under \$1.25 million for the zip codes 22101, 22102 and 22066 comprised the majority of the gains. The under \$750,000 is predominantly condos, townhomes, smaller single-family homes or lot/land where the existing home is torn down and

a new home is constructed. The lower brackets represent three price ranges: under \$750,000; \$750,000 to \$1 million, and \$1 million to \$1.25 million. Total sales in the combined lower brackets were up by 17 percent year over year for the first half.

The move-up buyer falls into the next three price brackets which includes these price ranges: \$1.25 million to \$2 million; \$2 million to \$3 million and \$3 million plus. The market was essentially flat year over year in this segment from 2017 to 2016, although it improved over 2007 by 15 percent. There are considerably fewer buyers who qualify to purchase homes in the upper bracket price ranges and thus overall numbers tend to stay fairly consistent or flat.

Karen Briscoe with HBC Group at Keller Williams is an active and experienced Realtor in the Northern Virginia market place. She works with sellers, buyers, investors and builders in all price ranges. www.HBCGroupKW.com, 703-734-0192, Karen@HBCGroupKW.com.

FAITH NOTES

Healing as Part of Service at Christ the King

For those struggling physically or spiritually, on the first Sunday of each month, Christ the King Lutheran Church offers a rite of healing as part of worship; the opportunity to be anointed with oil and prayed over.

During the healing rite, the pastor invites people to come forward to receive healing. The pastor or

another person says a short prayer while two people lay hands on the recipient. Then the pastor or helper anoints them with oil as a sign of God’s healing and forgiveness. This is an opportunity for the person receiving healing to feel supported by the individuals who are praying over them. Visit www.gflutheran.org.

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PHOTOS BY STEVE HIBBARD/THE CONNECTION

The crowd scattered on lawn chairs and blankets to watch the free Summer Sunday Concerts in the Park at McLean Central Park in McLean.



The band Ocean Quartet, which featured Celtic music for ancient moderns, performs on Sunday, July 2, at the free Summer Sunday Concerts in the Park in McLean.

Concerts in the Park Begin in McLean

Free concerts Sundays at 5 p.m. at McLean Central Park Gazebo.

The first of the free Summer Sunday Concerts in the Park has started at McLean Central Park's Gazebo, located at the corner of Old Dominion Drive and Dolley Madison Blvd. For five Sundays in July and August beginning at 5 p.m., there will be a mixture of bands performing barbershop quartet music, old-time mountain music, and acoustic duos, among others. The shows are presented by The Alden at the McLean Community Center in cooperation with Dranesville District Supervisor John Foust.

The first concert in the Summer Series was Ocean Quartet, on Sunday, July 2, which featured Celtic music for ancient moderns. The group that plays music from Ireland and Scotland was powered by the

vocals of Lisa Moscatiello with composer/arranger Jennifer Cutting.

Free parking is available at Dolley Madison Library, which is located at 1244 Oak Ridge Ave., McLean. For details on future concerts, visit www.aldentheatre.org.

Here's the Summer Schedule:

- ❖ July 9 — Trio Caliente: A blend of flamenco, pop and Brazilian jazz;
- ❖ July 16 — Da Capa: A barbershop quartet for the 21st Century;
- ❖ July 23 — Slim Harrison & The Barnstormers: Good old-time mountain music;
- ❖ July 30 — Kara and Matty D: An acoustic duo making beautiful, top-notch vocal harmonies;
- ❖ Aug. 6 — Big Bang Boom: It's a kids' takeover concert.

— STEVE HIBBARD



John Dean and Maddy O'Neill-Dean of McLean at the concert.



Antje Sierks of McLean with her dog Jesper at the concert.



Diane and Jules Bellaschi of McLean at the concert.



Maurice and Dolores Drury of Falls Church at the concert.

Meditation as Medicine Practice linked to improvements in health.

BY MARILYN CAMPBELL

In her dimly lit basement in Great Falls, Mary Beth Kogod sounds a meditation bell that echoes through the room. The 12 people sitting on cushions in a circle around her close their eyes and listen to the gentle sounds of her voice.

"If your mind begins to wander, gently guide it back to the sound of my voice," said Kogod, as she leads the group in a mindfulness meditation session.

The practice of meditating to aid with ills running the gamut from stress and anxiety to pain and depression is on the rise. According to the National Institutes of Health (NIH), 18 million people practiced some form of meditation in 2015, and the number of Americans who engage in the practice has doubled over the last 15 years.

"We have more smartphones and other electronics that consume us and give us constant access to stressful events we see on the news," said Kate Love, who runs the Open Mind-Open Heart meditation group in Bethesda. "There is the expectation that we need to be available and informed all the time. This expectation wasn't in place 10 years ago."

Love says that while scientific research

to back up these claims is limited, it is growing. For example, a study funded by the National Center for Complementary and Integrative Health at NIH shows that mindfulness practices have a positive impact on insomnia.

"There is the expectation that we need to be available and informed all the time. This expectation wasn't in place 10 years ago."

— Kate Love

Meditation usually entails sitting relatively still and quiet, as in Kogod's meditation session, and focusing on one thing, such as a sound, an image or one's own breath.

"I teach clients concentrative meditation where they focus on one thing," she said. "I also teach mindful meditation where people try to cultivate a sense of awareness of what is happening in their body. For example, what thoughts pass through your mind as



PHOTO CONTRIBUTED

Kate Love of the Open Mind-Open Heart meditation group in Bethesda says that meditation can help reduce stress.

you sit quietly? What sounds do you hear? What emotions do you feel? The work comes when you notice these sensations and then let them go."

A 2011 study by the Association for Psychological Science showed that meditation can be effective in boosting memory and

concentration. Settings for this mind-body practice now range from workplaces to classrooms.

Amber Wilson, a fourth grade teacher, guides her students in mindfulness meditation practices most afternoons during the school year. "A lot of my students have difficult home environments which affects their ability to concentrate in school," she said. "When I stop them between subjects and let them chill out a little bit, it really makes a difference in their performance, even after just five minutes."

Meditation can also help with addiction treatment, says Warren Schelter, Ph.D., a psychologist with a practice in Alexandria. "It can instill a sense of calm and overall wellbeing," he said. "Anxiety and depression often go hand-in hand with addiction, which is why a calming meditation practice might be effective for some people."

Schelter underscores the fact that meditation should not replace traditional medicine. "I would recommend that anyone experiencing symptoms of mental or physical illness see a medical doctor first," she said. "Mediation should work in conjunction with traditional medicine, not in place of it."

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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

Great Falls Farmers Market. Every Saturday, 9 a.m.-1 p.m., 778 Walker Road, Great Falls. Music, vendors, fresh produce, fresh prepared food, delightful bakery, spices from around the world, wild-caught fish, grass-fed, free-range meats, organic-fed poultry and eggs. Email kathleen@greatfallsfarmersmarket.org for more.

Art at the Library. Various Vienna artists work on display in June at the Patrick Henry Library, 101 Maple Ave. E., Vienna. Reno Number Eleven Steam Locomotive is one of five pictures supplied by the Vienna Arts Center. Visit www.ViennaArtsSociety.org for more.

The Light of Day Paintings. Through July 15, various times Broadway Gallery, 1025-J Seneca Road, Great Falls. Featuring landscape paintings by Michael Godfrey, Christine Lashley, Tricia Ratliff, and Rajendra KC. Call 703-450-8005 for more.

Julie Cochran Photography. Various times through July 29 at the Vienna Arts Gallery, 513 Maple Ave. W. Exhibit called "Lotus-Palooza." Call 703-319-3971 or visit www.ViennaArtsSociety.org for more.

Sunny Days Art. Artists exhibition through July 29 at the Vienna Arts Center, 115 Pleasant St., NW. Sunny Days exhibition. Call 703-319-3971 or visit www.ViennaArtsSociety.org for more.

"Summer in the City" Art Show. Normal business hours through August 15 at Brightview, 10200 Colvin Run Road, Great Falls. Members of Great Falls Studios will exhibit their work in a show. Call 703-759-2513 for more.

Free Tai Chi. Every Saturday, from 7:55-9 a.m., Introduction and Beginners' Practice, meet on the outdoor basketball court located directly behind the Dolley Madison Public Library, 1244 Oak Ridge Ave. in McLean Central Park, McLean. Call 703-759-9141 or visit www.FreeTaiChi.org for more.

The Golden Girls of Northern Virginia, a senior women's softball league, is looking for players. Any woman over the age of 40 is encouraged to join. All skill levels are welcome. Play on Wednesday evenings and Saturday mornings in Vienna. Visit www.goldengirls.org.

The Freeman Store & Museum Wednesday through Sunday noon-4 p.m. 131 Church St. NE, Vienna. The Freeman Store & Museum is dedicated to Preserving and promoting Vienna's heritage through the identification, preservation, and interpretation of history significant places, events, and persons. Historicviennainc.org

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

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

Gentle Yoga. Thursdays, 6:30 p.m. Emmaus United Church of Christ, 900 E Maple Ave. E., Vienna. Saturdays, 9:30 a.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Gentle Kundalini Yoga, one free introductory session, senior discounts. Increase flexibility, improve breathing and health, reduce stress. Ravi Kaur has 15



FRIDAY/JULY 7

Summer on the Green Concert. 6:30 p.m. at 144 Maple Ave. E., Vienna. Featuring Richard Walton Group. Free. Visit www.viennava.gov or call 703-255-6360.

Danny Gokey Concert. 6:30-8 p.m. at the The Tysons Corner Metro Station Plaza, 1961 Chain Bridge Road. Part of the Tyson's Concert Series. Visit www.tysonscornercenter.com or call 703-893-9401 for more.

SATURDAY/JULY 8

Trio Caliente Concert. 5 p.m. at McLean Central Park, 1468 Dolley Madison Blvd. Set to a wide array of Latin grooves with vocals in Spanish, Portuguese, Catalan and English. Part of The Alden at the McLean Community Center's 2017 Summer Sunday Concerts in the Park. Call the Center at 703-790-0123 or visit www.aldentheatre.org.

JULY 10-14

Vacation Bible School. 6-8 p.m. at First Baptist Church of Vienna, 450 Orchard St., NW. Dinner is served each night, followed by an engaging opening worship rally at 6:30pm. There are classes for the entire family. Free. Call 703-938-8525 or visit fbcv.org for more.

WEDNESDAY/JULY 12

"Dining with Dorothy". 12:30 p.m. at Pan Am Family Restaurant, Pan Am Shopping Center, 3051 Nutley St. SW, Fairfax. Join your friends or make new ones at this socializing/dining event. Call 703-281-0538 or visit www.scov.org for more.

THURSDAY/JULY 13

Driftwood in Concert. 7:30 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. \$15-25. Visit www.jamminjava.com for more.

JULY 14-30

Summer Musical. 8-10:30 p.m. or Sunday matinees at 2 p.m. at Vinson Hall Retirement Community, Community Building Ballroom, 1735 Kirby Road, McLean. McLean players present "The 25th Annual Putnam County Spelling Bee." \$23-25. Email publicity@McLeanPlayers.org, call 703-304-3176 or visit www.McLeanPlayers.org.

JULY 15-16

Summer Colonial Market Fair. 11 a.m.-4:30 p.m. at The Claude Moore Colonial Farm, 6310 Georgetown Pike, McLean. Games, children's activities, music and educational demonstrations such as the blacksmith, spinning, candle-making and splitting rails. Children and Seniors: \$4; Adults: \$8; children under 3 complimentary admission; directions and more information at www.1771.org.

SUNDAY/JULY 16

Da Capo Barbershop Quartet. 5 p.m. at McLean Central Park, 1468 Dolley Madison Blvd. Barbershop quartet style music with various music styles. Part of The Alden at the McLean Community Center's 2017 Summer Sunday Concerts in the Park. Call the Center at 703-790-0123 or visit www.aldentheatre.org.

Summer Sunday

Summer Sunday Concerts in the Park featuring Trio Caliente, Sunday, July 9, at 5 p.m. in McLean Central Park, 1468 Dolley Madison Blvd. Free. Call the Center at 703-790-0123 or visit www.aldentheatre.org.

years experience teaching yoga. \$15 per session. www.edimprovement.org. 571-213-3192.

Fishing Rod Rentals 8700 Potomac Hills St., Great Falls. Rentals available during visitor center hours. Fishing tackle and live bait are available for purchase. Reservations required for group rentals. \$6/rental (2 hour max). Valid driver's license required. Rod/reel combinations are perfect for beginners and children. A Virginia or Maryland freshwater fishing license is required for those 16 years or older. The park does not sell fishing licenses. www.fairfaxcounty.gov/parks/riverbend-park/

Colvin Run Mill open 11 - 4 p.m. daily, closed Tuesday. 10017 Colvin Run Road, Great Falls. Fairfax County's operational 19th century water powered gristmill, offers recreational and educational activities through daily tours, school programs and special events. Fees: \$7/adult, \$6 students 16+ with ID, \$5 children & seniors. Admission is free except for some special events.

Fundamentals of Watercolors. Mondays 10 a.m.-1 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Artist Lorrie Herman will help students get comfortable working with

watercolors and understanding this medium. Visit www.greatfallsart.org for more.

Still Life Painting. Tuesdays 10:30 a.m.-1 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Still life provides a great tool to hone skills. Recommended for students of all levels. Visit www.greatfallsart.org for more.

Evening Painting. Tuesdays 6:30 -9:30 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Jill Banks focuses on oil painting fundamentals with two sessions each of still life, landscapes, and portrait/ clothed figure from a live model. Visit www.greatfallsart.org for more.

Intro to Jewelry Design. Tuesdays 9 a.m.-noon at The Arts of Great Falls, 756 Walker Road, Great Falls. JJ Singh teaches a class for anyone interested in exploring the world of metal clay and its design possibilities. Visit www.greatfallsart.org for more.

WEDNESDAYS THROUGH AUG. 2

Stories and Sprinklers. 1:30 p.m. at 144 Maple Ave. E., Vienna (behind the Freeman Store). Hear a story. Visit www.viennava.gov or call 703-255-6360.

PHOTO CONTRIBUTED

Saint Ann Catholic Church

<p>SUNDAY LITURGY SCHEDULE:</p> <p>Saturday Vigil: 5:30 PM Sunday: 7:30, 9:00, and 11:00 AM 1:30 PM Spanish Liturgy</p> <p>5312 North 10th Street, Arlington, Virginia 22205 Parish Office: 703-528-6276</p> <p>PARISH WEBSITE: www.stannchurch.org</p>	<p>DAILY EUCHARIST:</p> <p>Weekdays Monday-Friday, 8:30 AM Saturday, 8:30 AM</p>
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COURTESY MCLEAN COMMUNITY PLAYERS

“The 25th Annual Putnam County Spelling Bee” — Three of the spellers (Sidney Davis, Sierra Hoffman, and William Jeffreys) are given instructions by Rona Lisa Peretti (Sara Watson).

Summertime Theater Fun McLean Community Players presents “The 25th Annual Putnam County Spelling Bee.”

BY DAVID SIEGEL
THE CONNECTION

Where & When

Get ready for a chipper musical with great heart. It’s the McLean Community Players (MCP) production of “The 25th Annual Putnam County Spelling Bee.” The show is about “an eclectic mix of quirky characters. Both the ‘kids’ participating in the Bee and the adults in charge of running it have eccentricities that come to seem endearing, as well as hilarious,” said co-director Kevin McCormack.

The “Bee” is set in a fictional Putnam County middle school, but it could be anywhere. There are awkward adolescents (played by adults) trying to win the contest. As they work their way through the competition they begin to develop a sense of belonging.

What is special about “The 25th Annual Putnam County Spelling Bee” is that at each performance, four audience members will be invited to participate as spellers. They get to go up on stage with its nine member cast and be part of the show. On stage these audience spellers will be given actual words to spell and will remain on stage until they misspell a word. All is for good fun. The Tony Award winning musical has a book by Rachel Sheinkin with score by William Finn.

Sarah Watson plays Rona Lisa Peretti. Peretti is the only female “adult” in the show; and hostess of the event. “For Rona, this ‘Spelling Bee’ is as big as The Oscars or The Olympics. She crosses the days off her calendar until the Bee is finally here. She can’t sleep the night before because she’s so excited. Rona won the 3rd Annual Putnam Spelling Bee. She

McLean Community Players present “The 25th Annual Putnam County Spelling Bee” at Community Building Ballroom, Vinson Hall, 1735 Kirby Road, McLean. Performances run July 14-30, 2017. Friday and Saturday evenings at 8 p.m. Sunday matinees at 2 p.m. Tickets are \$23-\$25. Visit www.McLeanPlayers.org, or call Brown Paper Tickets at 1-800-838-3006. Group rates are available. Audio description for the visually-impaired will be offered by the Metropolitan Washington Ear at the matinee performance on Sunday, July 23, 2017. NOTE: Adult situations, this show is most suitable for ages 13 and older. Recruiting for audience volunteers to become part of the production process will begin in the lobby at a sign up table. Prior to the start of the show those selected will be interviewed by the producer, director and the actors involved.

won’t let the audience forget it.”

Sidney Davis plays Leaf Coneybear; one of the youngest contestants. “He’s basically there by default because the actual winners couldn’t participate, and that reflects on one of his scenes in the show with his family. He’s homeschooled with the rest of his brothers and sisters, so there’s a lot of sibling rivalry.” Sierra Hoffman plays Logainne SchwartzandGrubenierre. She is the daughter of two dads. She is “put under a lot of pressure to succeed. She’s a political activist and the youngest competitor at the bee.”

“Putnam’ is more than a show about a spelling competition. It delves into friendships, family relationships, the pressure to succeed, sportsmanship, and ultimately, embracing who you are. These are things many of us have faced during our lives,” added co-producers Annie O’Neill Galvin and Diane Sams.

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McLEAN COMMUNITY PLAYERS Opens Friday, July 14!



Music & Lyrics by William Finn Book by Rachel Sheinkin
Conceived by Rebecca Feldman

Additional material by James Reiss Originally directed on Broadway by James Lapine

Produced by Annie O’Neill Galvin and Diane Sams
Directed by Kevin and Pamela McCormack
Choreographed by Kathleen McCormack
Music Directed by Lori Roddy

July 14-30

Fridays and Saturdays at 8:00 p.m.; Sundays at 2:00 p.m.
Performances at Vinson Hall Retirement Community
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1735 Kirby Road, McLean, VA 22101

Tickets: Brown Paper Tickets 1-800-838-3006 OR www.McLeanPlayers.org

Audio description will be offered by the Metropolitan Washington Ear on Sunday, July 23, 2017.
The McLean Community Players, Inc. is funded in part by the Arts Council of Fairfax County.

The 25th Annual Putnam County Spelling Bee is presented through special arrangement with Music Theatre International (MTI).
All authorized performance materials are also supplied by MTI. www.MTIShows.com

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

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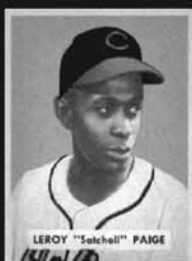
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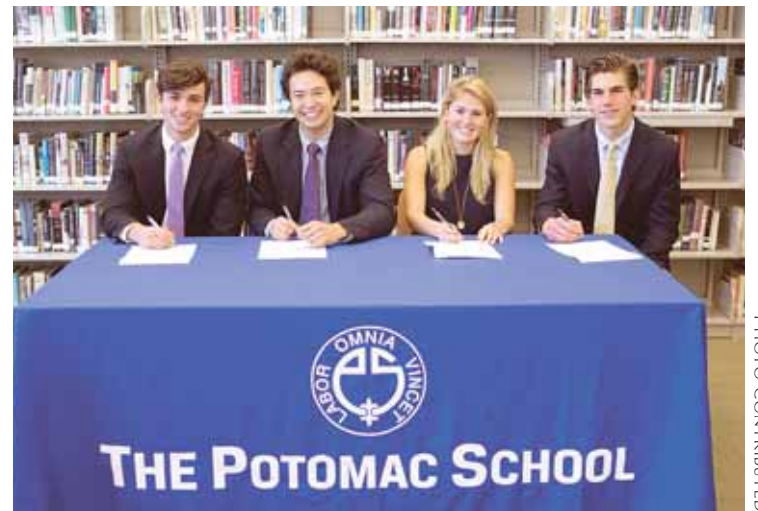


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From left: Alex Kitt, Jacob Lazris, Lyla Jones, and Harrison Osborne will all be playing lacrosse in the NESCAC next year.

Four Potomac School Seniors To Play Division III Lacrosse

Four varsity lacrosse players from The Potomac School will play the sport in the New England Small College Athletic Conference, a Division III league. Alex Kitt and Jacob Lazris will play men's lacrosse for Williams College, Harrison Osborne will play men's lacrosse for Amherst College, and Lyla Jones will play women's lacrosse for Colby College.

Lazris is a four-year member of Potomac's boys varsity lacrosse team and was a four-year starter at defense. He also was a member of the school's varsity football team and played club lacrosse for Madlax. "Williams is the perfect combination of great athletics and great academics," Lazris said. "Coach McCormack played a big role in my decision to attend the school. He's very supportive and seems like he will push me to the best of my ability and care about my success both on and off the field." Lazris is considering a major in either history or economics and may minor in Chinese.

Midfielder Kitt, a two-time boys varsity lacrosse captain, finished his senior season earning All-Conference honors and was named to the All-State first team as a face-off midfielder. He secured nearly 75 percent of his face-offs and registered 12 goals and 13 assists. Like Lazris, Kitt also played club lacrosse for Madlax. As a senior, he captained the varsity football team at Potomac. Kitt said, "A strong academic program was my priority during the college search, and Williams has an outstanding academic reputation. I also appreciated the school's small, friendly community." He adds, "Meeting Coach McCormack sealed the deal." Kitt hopes to study economics or math at Williams.

A four-year member of Potomac's boys varsity lacrosse team, midfielder Osborne received both All-Conference honors and an All-Met Honorable Mention during his junior year. As a senior, he once again received All-Conference honors, finishing the season with 34 goals and 20 assists. Osborne played for the Virginia Lacrosse Club outside of school and was also a member of Potomac's varsity boys soccer team. He said, "Amherst is a great school, academically and in every way. Their lacrosse team has improved each season since the new coaching staff arrived, and they make the NCAA tournament almost every year. So this is a really exciting opportunity." Osborne is interested in pursuing an economics major.

As a senior, Jones captained Potomac's girls varsity lacrosse team, on which she played for all four years of her Upper School career. This year, she scored 22 goals and made 15 assists. Outside of school, Jones played for the Capital Lacrosse Club, competed for the DC Metro Team 2 at the 2016 Women's National Tournament, and was selected to showcase her skills at the Under Armour All-America Weekend at Towson University last summer. Jones has also been a member of Potomac's varsity indoor track and soccer teams.

In college, she hopes to major in either computer science or economics. Jones said, "Colby's environment reminded me a lot of Potomac; I know I'll receive one-on-one attention and benefit from small class sizes and caring professors there. And I look forward to being a member of the lacrosse team and benefiting from the guidance and support of their great coaching staff."

BULLETIN

To have community events listed in the Connection, visit connectionnewspapers.com/Calendar/. The deadline for submissions is noon on Friday.

INDEPENDENCE DAY

Free Sober Rides. Tuesday, July 4, 7 p.m. through Wednesday, July 5, 2 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter the code SOBERJULY4 in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. The SoberRide code is valid for the first 1,500 Lyft users who enter the code. Visit www.soberide.com.

THROUGH JULY 31

Backpacks for Students. Various times at Christ the King Lutheran Church, 10550 Georgetown Pike, Great Falls. Christ the King's Team Service is collaborating with Reston's aid to families organization Cornerstones and school supplies collection organization Kids R First to help youngsters in the community. Collections will run through July; drop off in the church lobby. Visit www.gflutheran.org or call 703-759-6068.

SUNDAY/JULY 16

Intro to Connection Practice. 4:30 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Learn simple, science-based tools for feeling and expressing peace, responding with empathy and insight, and building resiliency to life's ups and downs. \$20. Call 703-281-1767 or visit unityoffairfax.org for more.

THROUGH SUMMER

Vienna Street-sweeping Program. The Town of Vienna began its annual street-sweeping program beginning March 20. The Town is divided into eight sections for purposes of the sweeping program. During the first pass through Town, the Public Works Department asks that residents not park on the street. Find the "sweeping" sections at viennava.gov/sweeping. Additionally, signs will be placed on streets marking a window of 7-10 days during which the truck will come through. Contact public works at 703-255-6380.

SUPPORT GROUPS

Are You A Caregiver? Shepherd's Center of Oakton Vienna Caregivers' Support Group takes place first & third Thursday of each month. February 2nd and 16th, 2017 from 10:00 a.m. to 11:30 a.m. Join us at the Unitarian Universalist Congregation of Fairfax (UUFC) - Program Building, 2709 Hunter Mill Rd, Oakton, VA. For more info contact facilitator, Jack Tarr, 703-821-6838 jtarr5@verizon.net.

Haven of Northern Virginia Support Group. 703-941-7000, www.havenofnova.org or havenofnova@verizon.net.

Virginia Chronic Pain Support Group Meets from 1:30 - 3 p.m. the 2nd Wednesday of each month at Kaplan Center for Integrative Medicine, 6829 Elm St., Suite 300, McLean. Group leader, Jodi Brayton, LCSW. 703-532-4892.

VOLUNTEERS NEEDED

Shepherd's Center of McLean-Arlington-Falls Church, 1205 Dolley Madison Blvd., McLean continues to have an urgent need for new volunteers to help area senior citizens get to and from their medical and therapy appointments. To find out more about the Shepherd's Center and how you can volunteer to provide transportation and other services, call the Center at 703-506-2199 or e-mail the Center at info@scmaf.org. The Center's website is www.scmaf.org.

Master Gardener Training. The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit fairfaxgardening.org or call MG Help Desk at 703-324-8556 for more.

Volunteers Needed. PRS is looking for empathetic and caring volunteers to make phone calls to older adults who may be feeling socially isolated.

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Not An Auto-Matic Fix



By KENNETH B. LOURIE

But a fix nonetheless, of our 17-year-old back-up car, a 2000 model year Honda Accord. On balance, since inheriting it from mother in 2008, it has been an exceptionally reliable and reasonably-priced second car and one which I'm happy to own. I drive it approximately 7,000 miles per year and not over long stretches. In effect, it is our local car. And considering there is no monthly car payment and the insurance/maintenance costs are low, as a non-car guy who only wants to get from point "A" to point "B", I can live with it "Big time," to quote our current President.

Now I'm at a bit of a crossroads, however. (And not that this is a "cancer" column per se, but it is a column affected by yours truly being a cancer "diagnosee.") I am dropping the car off at my local mechanic, Tony, later today because there are some warning signs and idiot lights suggesting I do so. First, the infamous "check engine" light is illuminated. Its yellow which Tony said is not as bad/urgent as if it were red. Nevertheless, to turn it off/fix the underlying problem (since it doesn't appear to be the gas cap) will likely cost hundreds. The preliminary assessment is that the fault is emission related.

The second area of concern is temperature, specifically how poorly my car's air conditioner is cooling and how loud the fan controlling it is when engaged even when one/low is selected. Adding insult to summertime discomfort, the passenger-side window doesn't slide down, either when using its own power-window switch or the master control on the driver's side. To summarize, I have one window (the driver's side) that can go down and extremely limited air conditioning. I wouldn't say it's hot in the car, but I'm sure any normal person would. Having had previous conversations with Tony about these repairs, I know the dollars needed to right these wrongs might not make any sense given the age and mileage on the car and the diagnosis of its owner. Yet here I am trying think long term, not cancer term. What to do?

I don't want to be miserable driving the Honda anymore (and it is me who's driving it). But I only need the air conditioning for another six to eight weeks or so – and not every day, and rarely at night. I do need to open the windows though for eight to 10 months, not so much during the winter and rarely on cold nights, but opportunities do present themselves. Spending the hundreds/possibly thousands of dollars for all repairs now however might make me miserable, too. The question persists then for any of us who own/want to maintain older cars: when are you throwing good money after bad? Ergo: when is enough, enough? (I sound like Carrie Bradshaw from "Sex and the City.")

Would I be better off spending the repair money on a newer car and enjoy whatever warranty protection I could muster and thus minimize future repair bills or not? The only problem with buying that "newer car: it's likely (heck, there's no 'likely' about it) there will be a monthly car payment which at present I do not have, and in so having one will definitely make me miserable.

Factor in my health status and I can't stop asking myself: do I solve a problem that affects the quality of my life today at the expense of tomorrow (pun intended) or do I plan/repair for tomorrow and suffer the consequences of having done so today?

As a stage IV, non-small cell lung cancer patient originally characterized by my oncologist as "terminal" and given a "13-month to two-year" prognosis to boot back in late Feb., 2009, I've always tried to live my life and make decisions as if I had a future beyond what I was told.

And for the past eight years and four months, I have pretty consistently maintained that approach. Still, the longer I live, the more my underlying medical diagnosis impacts my thinking/judgment. Unfortunately, worlds sometimes collide and reality is up for grabs. And occasionally decisions are made in a "bizarro" kind of way where topsy is turvy and vice versa. Welcome to my whirled.

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



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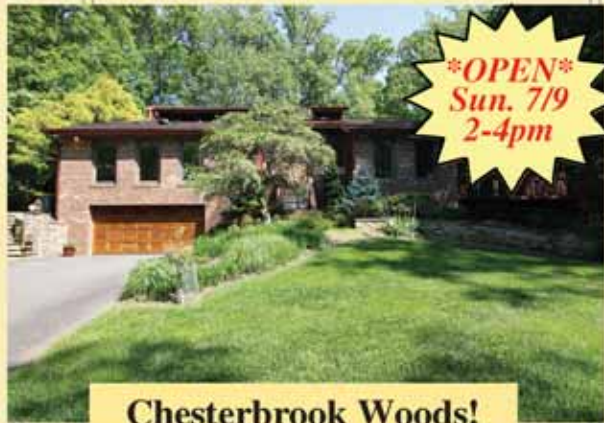
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