

Will Thomas shoots a three-pointer at Stone Ridge High School in Bethesda, part of Operation Hawkeye, which hopes to raise more than \$300,000 for families of fallen service members.

# Shooting to Support Military Families

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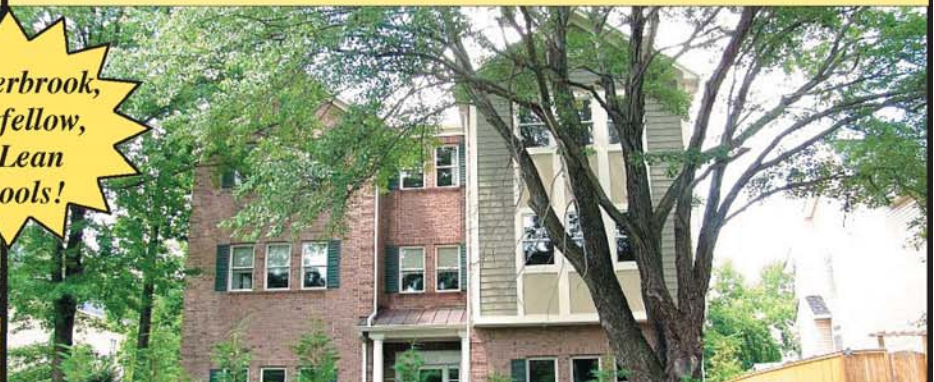


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# NEWS

Guests at a McLean residence examine a thermal camera reading from Marty Valentine of Home Performance Solutions Wednesday, Aug. 29. Valentine performed an energy audit as part of a pilot program by Energy Action Fairfax.



PHOTOS BY ALEX McVEIGH/THE CONNECTION

## McLean Home Hosts Energy Audit

Energy Action Fairfax wraps up pilot program.

BY ALEX McVEIGH  
THE CONNECTION

Members of Energy Action Fairfax hosted an energy audit party in McLean, Wednesday, Aug. 29, to show how energy efficiency can be achieved with a few simple steps at home. The event was the sixth audit this summer held in a residence, part of Energy Action Fairfax's pilot program.

Contractors perform their audit during the day, using equipment to find wasted energy, most often in the heating and cooling of a house. Neighbors are invited over to observe the results, since many houses within a neighborhood were built around the same time and are made of similar material.

According to Energy Action Fairfax, 46 percent of energy use is heating and cooling, and another 14 percent is heating water.

Ernest Carter and Roshanak Badii hosted the party at their home on Barbee Street. They have owned the house since 1996, but just moved back into it the last year. It was built in 1955.

"I'm a realtor, so I'm always interested in homes, and I know this is an older home, so it's nice to have a professional take a look," Badii said. "It's especially interesting to see the air flow, because in this area you can't really open your window much, it's either too hot or too cold or too humid, so we're always heating or cooling our air."

The contractors performed a blower door test, where a doorway is sealed and a large blower placed there, in order to create an air flow throughout the house. They then used thermal cameras to detect spots where air was coming in from the outside.

Energy Action Fairfax teamed up with local civic organizations while hosting their various parties, including the McLean Citizens Association for the Aug. 29 audit. Badii is herself an MCA member.

"This is the third event we've co-sponsored with Energy Action Fairfax, the second audit and another meeting at Dolley Madison Library," said Sally Horn,



**Marty Valentine of Home Performance Solutions uses a thermal camera to show air flows at a McLean residence Wednesday, Aug. 29.**

MCA president, who attended the audit party. "I think it's a fantastic program, not only because you can make your house more efficient, but make yourself more comfortable in it."

Marty Valentine, a home energy consultant with Home Performance Solutions, performed the audit.

"People get energy audits for four main reasons: their comfort, to save energy costs, improve air quality and because they care about environmental stewardship," he said.

Valentine said they typically like to see houses run no higher than 35 percent efficiency when it comes to moving conditioned air, and that the Barbee Street house was running at about 58 percent.

"It was interesting to see where outside air is leaking in, because there certainly aren't too many visual signs," Carter said.

More information about Energy Action Fairfax can be found at [www.fairfaxcounty.gov/energyactionfairfax](http://www.fairfaxcounty.gov/energyactionfairfax).



PHOTOS COURTESY OF SHANNON GREENLAND

Shannon Greenland signs books at the McLean Barnes and Noble.

## Memories of Summer

Young adult novel by Shannon Greenland lets readers enjoy the last few moments of summer.

BY LORI BAKER  
THE CONNECTION



**Shannon Greenland, author of "The Summer My Life Began."**

If you are a teen, or a parent of one, longing to indulge in one last burst of summer, you're in luck: former McLean author Shannon Greenland recently published "The Summer My Life Began," a tribute to the long days and many free hours of summer.

In Greenland's young adult novel, readers follow Elizabeth Margaret, or "Em" during the last summer before attending her freshman year at college. Her future has been predetermined by her parents: ivy league education, summer internship with her father's law firm, and a job with the law firm upon earning her law degree.

Em, having resigned herself to this life of unwelcome legal drudgery, was blindsided by a graduation card from her aunt. Aunt Tilly, whom Em and her sister had never heard of, invited Em to spend the summer at her Outer Banks Inn. After some fancy finagling with her rigid parents and grandmother, Em finally makes it to her aunt's inn. While trying to make sense of an unexpected summer romance, it soon becomes clear that Aunt Tilly is hiding something. And during her stay Em uncovers quite a secret; one that changes her life.

The novel has all the right ingredients for a young adult audience; and with reason. Greenland, who spent the last several years in McLean until her recent move to Florida, spent three years teaching math at Longfellow Middle School. She knows her audience. "What

kid doesn't love the beach," she asked. "And what girls don't like cute surfer boys?"

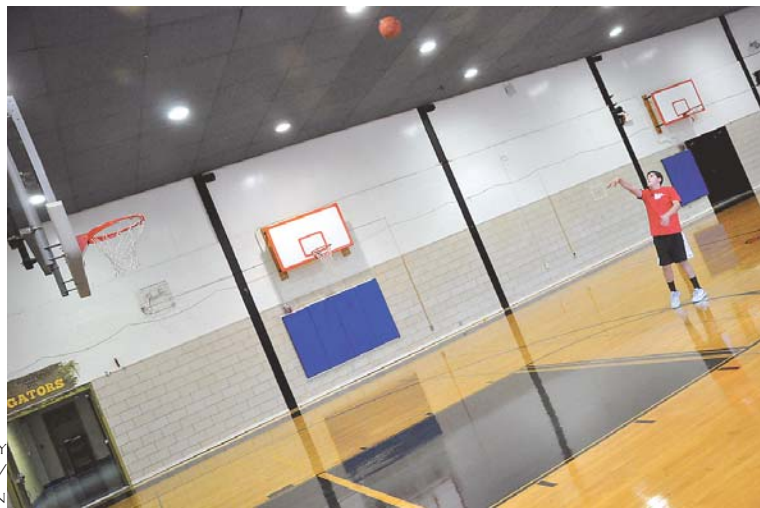
Greenland, who also wrote a series of spy novels called "The Specialists," was asked by her publisher to write a single title teen romance. She wanted to somehow incorporate the common struggle that so many of her students faced. "I've been a teacher so long. I've seen students come and go. They constantly struggle with the theme of this book, which is trying to please your parents. But also, trying to find your own way in life. It seems to be a constant struggle with students I've taught over the years."

Greenland's advice to teens considering a career in writing is "write. And don't worry about the specifics. Let the words flow as you write. Write a little bit every day." And her advice for teenagers in general? "Listen to your heart and brain in equal portions. Listen to your heart when you're making decisions, but listen to your head, and let logic guide you a little bit."

Greenland's books are available in most formats, and at local bookstores.

**Will Thomas, a rising eighth grader, shoots a three-pointer, part of 2,600 he made over the weekend to raise money for families of fallen service members.**

PHOTOS BY  
ALEX McVEIGH/  
THE CONNECTION



# Shooting to Support Military Families

**Will Thomas shoots 2,600 three-pointers over Labor Day weekend.**

BY ALEX McVEIGH  
THE CONNECTION

**E**arly the morning of Saturday, Sept. 1, the gym at Stone Ridge School in Bethesda was occupied by only one person. Will Thomas, a rising eighth grader at Longfellow Middle School, dribbled his basketball twice, stepped back behind the three-point line and let a shot go. After it hit the front of the rim, popped up and fell through the net, Thomas retrieved his ball and headed back out to the three-point line: one down, 2,600 to go.

Thomas spent the weekend shooting three-pointers as his own personal challenge, part of Operation Hawkeye, an initiative he founded in August of 2011. On Aug. 6, 2011, a CH-47 Chinook helicopter was shot down in Afghanistan, with 30 U.S. military personnel and one service dog among the dead.

"When I heard about the crash, it was such a horrible thing, and it helped me learn about what the Navy SEALs do, and how important their work is to my life," he said. "I was shooting baskets at the time, so I thought trying to help out by shooting might be appropriate."

**LAST YEAR,** Thomas made 20,000 mid-range jump shots over a 50-hour period, which raised \$50,000 for the families of the fallen service members. Since then, Thomas and his father William Thomas have set lofty goals for themselves, aiming to raise \$310,000.

The name Hawkeye comes from the dog who famously lay next to his owner, SEAL Jon Tumlinson's casket.

Thomas made 455 baskets Friday, 1,050 Saturday and 1,010 Sunday and finished shooting on Monday.

"I tried to make a few hundred, then take a break for lunch or some water," Will Thomas said. "I can usually get into a pretty good groove, and by the



**Will Thomas, 12, makes a three-pointer at Stone Ridge High School in Bethesda, part of the 2,600 he made over the weekend to help raise money for the families of fallen American service members.**

second or third day, things should go pretty fast."

The shooting portion of the event was called "rise and fire," a phrase used by basketball announcer Gus Johnson, who gave permission for it to be used. They also got support from each NBA team, current and former players and coaches, authors and more to donate items.

"We wrote to a lot of people, who donated a lot of cool items, like a Dwyane Wade signed jersey, a ball signed by the Denver Nuggets, or signed copies of books of several prominent authors," William Thomas, Will's dad, said.

**SINCE LAST YEAR'S EVENT,** Will and his dad have been working to recruit sponsors, build a Facebook page and find more ways to build support.

"We definitely wanted to make it more of a national effort, not just a local one," said his dad, William Thomas.

Once the group meets their goal of raising \$310,000, they will begin giving away the donated items. They will also give away items when they reach 31,000 fans on Facebook.

They have also garnered support from businesses, both local and national, accepting donations or publicity.

The Facebook page also contains a link for those who are unable to donate money, but wish to support the cause. Users can send a message to the families of one of the fallen service members, or send one to all the families. The families are able to log on a secure website to see the messages.

"We obviously didn't want to violate anyone's privacy, but we wanted the people who support this cause to be able to voice that, and they're not just dropping a bottle into the ocean, this will be seen by the families," William Thomas said. "We tried to make a setup that allowed anyone with an internet connection to be able to support the cause in one way."

More information can be found at [www.facebook.com/operationhawkeye](http://www.facebook.com/operationhawkeye).



PHOTO: CONTRIBUTED

## President's Advisor Comes to McLean

**Presidential friend and advisor Valerie Jarrett brought President Barack Obama's pro women's rights message to McLean on Sunday, Aug. 26, when she stopped by the home of volunteer Jalmeen Soni on Monique Court. Jarrett greeted volunteers at the event, and talked about some of the president's policies that strengthen economic and health security for women and their families, including the Lilly Ledbetter Fair Pay Act.**

## McLean Community Foundation Call for Proposals

The McLean Community Foundation is calling for proposals for grants to community organizations. Proposals must be received by Oct. 1.

Prospective applicants should consult the McLean Community Foundation web site: [www.mcleancommunityfoundation.org](http://www.mcleancommunityfoundation.org)

## Fundraiser Supporting McLean Youth Football

A fundraiser for McLean Youth Football has been announced by HBC Realty Groups Community Charity Champions. Come to dinner on Monday, Sept. 17, from 5 to 8 p.m. at Pulcinella Italian Host in McLean, enjoy dinner and know that approximately 60 percent of the proceeds from food and drink will go to the charity, as long as the diner brings the flyer for the event. Contact HBC Realty Group at 703-734-0192 or visit [www.HBCRealtyGroup.com](http://www.HBCRealtyGroup.com) to receive a flyer.

The purpose of McLean Youth Football, Inc (MYF) is to promote youth football in the McLean, Great Falls and Falls Church areas of Virginia and to further promote the development of leadership, character, sportsmanship, tolerance, discipline, and athletic ability, and to nurture youth fitness, volunteerism, and a lifelong love of sports.

"The Mustangs want to thank HBC Realty Group for supporting our home town team," said Mary Cull, assistant commissioner of McLean Youth Football, Inc. "Our players are powered by pizza, and their favorite is Pulcinella. We are pleased to partner up to celebrate these two timeless fall traditions: pizza and football," she added.

Sponsors of the event are: Karen Briscoe and Lizzy Conroy with the HBC Realty Group, Richard Moroscak with Eagle Bank, Marcus Simon with EKKO Title, Moe Jebali with Pulcinella Italian Host and Frank Vorndran with MorganStanley SmithBarney.

Other local charities are currently being considered. Call 703-734-0192 for more information.

## McLean Area AAUW Used Book Sale on Sept. 14-16

The McLean Area American Association of University Women (AAUW) is holding its 43rd Annual Used Book Sale Sept. 14-16

SEE WEEK IN McLEAN, PAGE 5

## Vanderhye, Swygert to Co-chair MPAartfest

McLean Project for the Arts (MPA) has named Margi Vanderhye and George Swygert co-chairs of the sixth annual MPAartfest. Vanderhye is an MPA board member and former Virginia state delegate. Swygert is a regional executive with Capital One.

"This is my second year co-chairing MPAartfest," said Vanderhye. "It is such a wonderful community event and it adds so much vitality to life in McLean and surrounding neighborhoods. What really makes MPAartfest stand out is the quality of the art for sale and the incredible team of volunteers that help make this event so successful year after year. It is an honor to co-chair this year with my friend George Swygert."

MPAartfest, presented by McLean Project for the Arts, will be held on Sunday, Oct. 14 in McLean Central Park from 10 a.m. to 5 p.m. The popular arts festival will feature art for sale from 50 select local and regional artists, art activities for all ages, live music and delicious food. For more in-



PHOTO CONTRIBUTED

### MPAartfest 2012 Co-Chairs Margie Vanderhye and George Swygert with MPAartfest Director Amy Swaak.

formation or to volunteer to help at MPAartfest, visit [www.mpaart.org/artfest.php](http://www.mpaart.org/artfest.php) or call 703-790-1953.

McLean Project for the Arts presents 15 professionally curated

exhibitions each year in its three galleries; offers art classes for all ages; and offers ArtReach, MPA's school tour art program. MPA is a non-profit arts organization and is located at 1234 Ingleside Avenue.

## Local Students Win International Math Tournament at Stanford

Five students from Northern Virginia—Scott Becker (McLean), David Wang (Clifton), William Xu (Arlington), Fred Zhang (Vienna) and Emily Zou (Vienna) competed as part of 22 student U.S. contingents in the first International Math League Tournament held at Stanford University.

They competed with Chinese and Canadian students by qualifying with near-perfect scores on Math League contests administered during the school year. The five-day event, from Aug. 20-25, included individual competition, team competition, lectures from Stanford professors and other activities.

These Northern Virginia students enjoyed success at both the team and individual level. Emily Zou and Scott Becker were part of the 1<sup>st</sup> place team in the sixth and seventh grade division.

Scott Becker won 1<sup>st</sup> place as an individual in the sixth grade divi-



PHOTO CONTRIBUTED

### The 1st place team in the sixth-seventh grade division, from left: Winifred Li, Emily Zou, Jessica Zhang, Zhenghao Hu, Carson Jones, and Scott Becker.

sion.

The Math League offers math contests for grades four to eight, Algebra 1 students, and high school students. Over one million students from the United States

and Canada participate in Math League Contests each year and they are expanding to Europe and China next year.

More information can be found at [www.mathleague.com](http://www.mathleague.com).

## WEEK IN MCLEAN

FROM PAGE 4

at the McLean Community Center to raise money in support of AAUW's mission of advancing equity for women and girls through advocacy, education, philanthropy and research. The McLean Area AAUW Book sale has raised more than half a million dollars over the previous 40-plus years and 30 percent of this year's revenues will fund scholarships for local women who are returning after some years of interruption to finish their degrees. The remainder of the funds will contribute to the 4.3 million dollars the National AAUW has committed this year for women's

scholarships, research grants and achievement awards and for legal advocacy against discrimination and sexual harassment in the workplace.

The Friday through Sunday, Sept. 14-16, 2012 AAUW Book Sale is well stocked with over forty thousand books plus hundreds of musical CDs as well as DVDs of television series and movies. The McLean Area AAUW Used Book Sale will be at the McLean Community Center, 1234 Ingleside Avenue on Friday Sept. 14, 9 a.m. to 7 p.m., Saturday 10 a.m. to 6 p.m. Sunday, noon to 4 p.m. Entire bags containing a combination of books, CDs and DVDs are just \$7 per bag.

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# OBITUARY

## David Clement Barry, Jr., Capt U.S. Navy (Ret.), Dies at 82

On Saturday evening, Sept. 1, David C. Barry, Jr. died peacefully at his home in McLean, surrounded by his six children, their spouses and 17 grandchildren.

He was the husband of the late Patricia Isabel Barry; father of Janet Mullins (Jonas), David C. Barry, III (the late Daine O'Brien), Sherin Burt (Ronald), Richard Barry (Mary McCloskey), Kathleen Farrell (Timothy) and Julie Cox (Doug); grandfather of Jonas, Kane, Conor, Matt, Allen, Kensie, Lucy, Richard, Peter, Patricia, Michael, Mary, Annie, Elizabeth, Quinn, Olivia and Sean.

Born Feb. 18, 1930, to David and Rosanna Barry in Staten Island, N.Y., David served as branch chief of training for the Internal Revenue Service (IRS) for 35 years and was a captain in the United States Naval Reserve. He was a longstanding member of St. John the Beloved Catholic Church in McLean. A loving husband, father, and grandfather, David devoted



**David C. Barry, Jr.**

his entire life to God and his family.

Friends may call Murphy Falls Church Funeral Home, 1102 W. Broad St. (Rt. 7) on Thursday, Sept. 6 from 6 to 8 p.m., where a prayer service will begin at 7 p.m. A Mass of Christian Burial will be offered at St. John the Beloved Catholic Church, 6420 Linway Terrace, McLean, on Friday, Sept. 7 at 11 a.m.

An interment will follow at Arlington National Cemetery at a later date.

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## MCC Offers Variety of Programs

The McLean Community Center is offering a bounty of options for classes, trips, special events and performances for residents this fall. The center is located at 1234 Ingleside Ave.

More than 100 classes will be offered this session on a wide variety of subjects including new classes in decorating and design, pet care and health. Trips and tours to destinations in Pennsylvania (Fallingwater), Maryland (St. Michaels) and the District (Smithsonian National Museum of African Art) are designed to offer travelers ease and comfort at every turn.

The Old Firehouse Teen Center offers Friday Night Activities, after school programs and school break trips for seventh to ninth graders.

Younger children can participate in a number of special events, including Harvest Happenings and the Children's Flea Market. Popular special events for adults, such as the Fall Community Flea Market, Sunday Soiree Dances, the McLean Antiques Show & Sale and the McLean Holiday Crafts Show



**The McLean Community Center will host its 30<sup>th</sup> Holiday Crafts Show.**

are returning by popular demand as well.

The Alden Theatre's 2012-2013 season also begins in September with the popular Jammin' Juniors Concert Series in McLean Central Park. The free concerts for 2-5 year olds and their families begin on Wednesday, Sept. 12, at 12:30 p.m. The Professional Series features performances by the Hot Club of San Francisco, Hobey Ford's Golden Rod Puppets and Tap Kids, to name only a few.

For a complete listing of classes, trips, special events, performances, art exhibits and other activities, visit [www.mcleancenter.org](http://www.mcleancenter.org).

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

# NEWS



Band formation with "Pit and Guard."

## Long Hours, Big Potential for McLean Marching Band

Members of the award-winning McLean High School Marching Band spent most of August in preparation for national band competitions. Chris Weise, McLean's director of bands, says the band has never sounded better and predicts it will set new records this fall.

Rehearsals began in early August every morning at 8 a.m., with the last session ending at 9 p.m., said Weise. He added that the students have a strong team spirit and are ambitious, seeking to win the fall competitions.

The Highlanders head to two national contests this fall, one at Giants Stadium in New York and another in Towson, Md. Their show is based on music from "Harvest" by John Mackey.

Band Parents Association President Karrie McMillan reported that the band has expanded 25 percent this year to a record 160 musicians. She said that she and the parents association attribute growth to the program's excellence and national reputation, as well as its leadership. According to Weise, the band's color guard, a dance theater group, has also expanded. He noted that even the best can't win without a good color guard.

He referred to them as the band's secret weapon for the fall competitions.

McMillan said that everyone in the area is invited to McLean home football games. There'll be a phenomenal marching band show to attract area residents—not to mention a good football game, too.

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# OPINION

## Registered to Vote at Current Address?

Oct. 15 deadline; encourage eligible high school and college students to vote as well.

It's a key question that must be answered by Oct. 15 in order to vote in this presidential election: Are you registered to vote at your current address? Answering that question early, and voting early, will help ensure that your vote is counted and will contribute to a more orderly Election Day.

Check your registration status online at [www.sbe.virginia.gov](http://www.sbe.virginia.gov).

Voter turnout will be high, and unknown challenges from natural phenomena like earthquake or derecho lurk on Election Day. A significant percentage of the more than 700,000 registered voters in Fairfax County, more than 155,000 in Arlington and more than 140,000 in Alexandria will turn out to vote on Nov. 6. Four years ago in 2008, a record number of voters turned out at the polls, nearly 75 percent of registered voters across the Commonwealth.

If you can wrap your brain around the concept of voting "absentee in-person," you can vote starting Sept. 21.

### EDITORIAL

#### BACK TO SCHOOL CIVICS LESSON

If there are high school students in your household who will be 18 by Election Day, encourage them to register and vote. Any person who is 17 years old and will be 18 years of age at the next general election shall be permitted to register in advance, according to the State Board of Elections. Parents should help their children see voting as a right and a responsibility, not something to be left to others. I've heard numerous voting age high school and college students express doubts about voting, mostly based on lack of confidence.

While college students are already away at college, they should also confirm their voter registration and vote absentee. If they will be at home anytime between Sept. 21 and Nov. 3, they can vote "absentee in person," and otherwise they can mail or fax a request for an absentee ballot and then mail or fax the ballot itself. For more, visit [http://www.sbe.virginia.gov/cms/absentee\\_voting/index.html](http://www.sbe.virginia.gov/cms/absentee_voting/index.html)

#### LOCAL VOTING INFORMATION

**Alexandria Board of Elections**  
703-746-4050,  
<http://alexandriava.gov/Elections>  
132 North Royal Street, Alexandria, 22314;  
FAX 703-838-6449; email  
[tom.parkins@alexandriava.gov](mailto:tom.parkins@alexandriava.gov)

**Fairfax County Board of Elections**  
703-222-0776,  
[www.fairfaxcounty.gov/eb/](http://www.fairfaxcounty.gov/eb/)  
12000 Government Center Parkway, Fairfax,  
Suite 232, Fairfax, 22035; FAX 703-324-2205;  
email [voting@fairfaxcounty.gov](mailto:voting@fairfaxcounty.gov)

**Arlington Board of Elections**  
703-228-3456,  
<http://www.arlingtonva.us/vote>,  
2100 Clarendon Blvd. Suite 320, Arlington, 22201;  
FAX 703-228-3659;  
email [voters@arlingtonva.us](mailto:voters@arlingtonva.us)

**City of Fairfax General Registrar**  
703-385-7890,  
<http://www.fairfaxva.gov/Registrar/GeneralRegistrar.asp>  
10455 Armstrong Street, Sisson House,  
Fairfax, 22030;  
FAX 703-591-8364;  
email [kevin.linehan@fairfaxva.gov](mailto:kevin.linehan@fairfaxva.gov)

More information at <http://www.connectionnewspapers.com/news/2012/aug/28/how-register-vote-and-vote-early/>

## A Chance to End Homelessness

BY JOHN R. DEARIE

In the wake of the worst housing and foreclosure crisis since the Great Depression, the problem of homelessness in our area has worsened. Service providers across the Commonwealth report an enormous increase in the number of people seeking housing and food assistance. Many are families with children who, until recently, had enjoyed upper middle-class lifestyles, but lost their homes after one or both parents lost their job or had their salaries suddenly and significantly cut. In at least one case, according to school officials, a family was found living in the woods behind the house they used to call home.

But an enormously significant policy tool has emerged in recent years that can end homelessness in Virginia—provided that we as a community make the commitment. Consider becoming a member of the Virginia Coalition to End Homelessness (VCEH) at [vceh.org](http://vceh.org). It's easy and is vitally important to many of our most unfortunate and vulnerable neighbors.

According to Virginia's Department of Housing and Community Development, as many as 50,000 Virginians experience homelessness each year—more than 9,000 on any given night. More than 2,000 are homeless right here in the communities of northern Virginia.

Worst of all, a third of our area's homeless are kids. Homeless children are twice as likely to struggle with learning, three times as likely to experience emotional and behavioral problems, and four times as likely to experience developmental difficulties.

In January, the Maryland Department of

Education reported that the number of homeless students has doubled since 2007 to more than 14,000. Comparable figures for Virginia are not available, but you can be sure that similar patterns have emerged here.

That's the bad news.

Here's the good news—and it's significant and exciting.

A consensus has finally emerged among homeless advocates that the best and most effective approach to combating homelessness is to get folks off the streets, or out of emergency shelters, and into a stable and secure housing situation first. The approach is called "permanent supportive housing." PSH provides immediate access to affordable rental housing, followed by a range of services such as job training, health care, and family, financial, mental health, and substance abuse counseling.

In stark contrast to the conventional emergency shelter approach—which provides temporary assistance, but does little to solve the underlying causes of homelessness—this "housing first" approach creates a context of safety, stability, and affordability within which real progress on other key fronts can be achieved.

PSH works. More than 2,000 Virginians—including almost 500 families with children—currently reside in PSH units. And so far, nearly 90 percent of participants have not returned to homelessness.

PSH also delivers dramatic savings. The homeless population often cycles between life on the street, hospital emergency rooms, mental health facilities, and jail—all of which costs communities money. A 2010 analysis of

Virginia's "A Place to Start" initiative showed that the program had dramatically reduced this hopeless and costly cycle, saving the local community \$320,000. Other communities around the country have experienced similar savings.

PSH represents a policy breakthrough in fighting homelessness. The challenge now is resources. VCEH estimates that an additional 7,000 PSH units are needed to end homelessness in the Commonwealth. That's where we as the northern Virginia community come in.

Become a member of VCEH—the "C," after all, stands for "coalition." Created in 1984, VCEH is a coalition of individuals, service providers, businesses, and churches, and the only statewide organization dedicated to ending homelessness. VCEH builds relationships among local providers, expands their capabilities through education and training, serves as a repository of best practices, and advocates on behalf of the homeless with state policymakers in Richmond.

In permanent supportive housing we have the tool we need to end the destructive power of homelessness. At long last, homelessness need not be an ever-present scourge within our communities—and the homeless need not be regarded as helpless. PSH programs work, and they save money. Most importantly, they save lives.

Join VCEH and become a partner in that worthy effort. Visit [www.vceh.org](http://www.vceh.org) today.

*John R. Dearie is a resident of Great Falls and a member of the board of the Virginia Coalition to End Homelessness (VCEH).*

McLean  
**CONNECTION**

[www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

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# LETTERS

## The Most Loving Family

To the Editor:

Over the course of my seven years as a teacher and coach at Langley, I have had the privilege of working for one of the premier high schools and in one of the premier communities in the country. The countless accolades that the school and community have achieved in my tenure are too numerous to list and the pride I have in them is nearly immeasurable.

No recognition, accomplishment, or championship could compare to what all of you came together to do for our family over the course of the last six months. A faculty of hundreds, a school of

thousands, and a community of even more rallied behind a girl few had ever met in an effort to support one of their own. The countless cards and emails, meals, diapers, formula, and generous financial contributions helped our family get through the most arduous experience we have ever endured.

From the selling of bracelets and laces, Hess' Helpers, and the running of the Joe Cassella 5K, the Langley community overwhelmed us with their unwavering support. I don't believe that simply saying "thank you" can accurately represent the feeling of gratitude my wife Suzanne and I have for all that you have done for us. For the last six months, so many people have reached out in one way or another to help our beautiful little girl and we are humbled by your compassion. Our vow is to ensure that Gianna spends the rest of her life knowing how blessed she is to be a part of the largest, most compassionate, loving, and giving family there is; Yours.

God bless you all,

**Travis Hess**  
Math Teacher  
Varsity Basketball Coach  
Langley High School

### Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Send to:

Letters to the Editor  
The Connection  
1606 King St.  
Alexandria VA 22314  
Call: 703-917-6444.  
By e-mail:  
mclean@connectionnewspapers.com

### MILITARY NOTES

To have community events listed in the Connection, send to [mclean@connectionnewspapers.com](mailto:mclean@connectionnewspapers.com). Deadline is Friday.

**Army National Guard Spec. Sri V. Iyer** has graduated from basic infantry training at Fort Benning at Columbus, Ga. He is the son of Viji Iyer of Lewinsville Road, McLean. Iyer is a 2005 graduate of Langley High School and a 2009 graduate of Boston University in Mass.

U.S. Army PFC **Bo Buffkin** has completed Army Boot Camp at Ft. Jackson, S.C., as well as Advanced Individual Training - Cannon Crew-member (13-B) at Ft. Sill, Oklahoma. In May 2010, he reported for duty in Schweinfurt, Germany with the 77th Field Artillery Regiment. Buffkin is the son of Beverly and Mark Buffkin of McLean, and a 2008 graduate of Langley High School.

**Nolan A. Bader** has entered Basic Cadet Training at the U.S. Air Force Academy, Colorado Springs, Colo., in preparation to enter the first academic year at the academy. He is the son of Dan Bader of Barbee St., McLean. Bader is a 2010 graduate of Thomas Jefferson High School.

**Sean Wentworth** of McLean was named to the fall 2010 dean's list at Maine Maritime Academy of Castine, Me.

### REAL ESTATE AUCTION

**Executive Mountain Home w/ Guest House & Lake on 212±Acres Div.**

September 8th - 2pm



AUCTION: On Site, 1002 Saddle Creek Rd., Independence, VA 24348

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## THIS IS "CHESTER"



Chester is a very sweet boy that loves to play with his sister Annie. He is a very affectionate kitten that was born with a tail that is half the length of most cats. He would love to come home with you today!

THE CONNECTION  
NEWSPAPERS

### HUMANE SOCIETY OF FAIRFAX COUNTY

Hours: Monday-Friday 10-4 and Saturday 10-3 • 703-385-PETS  
Adoptions: By appointment only. • [www.hsfc.org](http://www.hsfc.org)

# got hazardous waste?



Fairfax County

# COMMUNITY CLEAN-UP

## SATURDAY, SEPTEMBER 8

### Household Hazardous Waste Disposal

from 9 a.m. to 2 p.m. at the  
McLean Community Center  
(1234 Ingleside Ave., McLean).

Household Hazardous Waste from residents will be accepted at no charge. We will **not** accept business or commercial waste, lead acid batteries, automobile batteries or propane tanks.

For complete details, go online to  
[www.fairfaxcounty.gov/recycling](http://www.fairfaxcounty.gov/recycling),  
or call 703-324-5052, TTY 711.



A Fairfax County, Va., publication.  
For reasonable ADA accommodations, please call  
703-324-5230, TTY 711.





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\*\*\* Conde Nast Traveler  
"50 Best" Washington Post  
".. Would be equally hip in Paris, Bangkok or Soho."  
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Photo by Kenneth M. Wynne

## Join Us For Lunch & Dinner

Open Daily: Mon - Sun  
11964 Market Street (Reston Towncenter) Reston • 703-435-4188  
8142 Watson St. (Tysons) McLean • 703-356-2288

FREE Delivery Available  
Please call for details for each location.

**Saturday,  
Sept. 8,  
9 a.m.-1 p.m.**

Free Admission

New location!  
1420 Beverly Road,  
(Intersection of Ingleside  
Ave and Beverly Road,  
behind Giant)

Rather sell than shop?  
Rent a space for \$45.  
Open to individuals  
selling household items  
and commercial flea  
market dealers.

Deadline to apply is  
**Thursday, Sept. 6.** This is  
a very popular community  
sale! Spaces go quickly, so  
please register early!

**MCLEAN  
FALL  
FLEA  
MARKET**

The McLean Community Center  
703-790-0123/TTY: 711  
[www.mcleancenter.org](http://www.mcleancenter.org)

Space has been provided through  
the courtesy of General Assets,  
Inc., and the support of Giant and  
McLean Properties. We are grateful  
for their community support!



PHOTOS CONTRIBUTED

**Robbie Taylor, known as Orbbie, performs at Piano  
Jam at Serbian Crown Restaurant in Great Falls.**

## Serbian Crown Hosts Piano Jam

Great Falls restaurant now  
features monthly open mic night.

By ALEX McVEIGH  
THE CONNECTION

Jennifer Flynn of Vienna stopped by the Serbian Crown Restaurant Thursday, Aug. 23 because she had heard about the highly-rated cuisine. What she didn't expect was the latest edition of Piano Jam, the restaurant's monthly open mic night.

"I had no idea we were coming on a night there would be performances, but it was a really neat show," she said. "It was nice to see some local musicians performing, and I think it added a lot to the atmosphere."

The monthly Piano Jam began last June, after local resident David Mascatello had a chance run-in with local musician

Bennie Potter, whose band Western Electric is a fixture at local venues.

"Bennie was telling me about how he liked to play shows at Serbian Crown, and it got back to me that management was looking to maybe host a few music shows there," Mascatello said. "It was difficult at first, there were a few with just me up there with my guitar, and literally no one else there. But it built up."

After a few months, Mascatello began finding other acts to put on a sort of showcase, and that's when the idea grew legs.

"I think a lot of people didn't really think live music had a

SEE OPEN MIC. PAGE 15



**A band performs at Piano Jam, the monthly open mic  
night at Serbian Crown Restaurant in Great Falls.**

## ENTERTAINMENT

Send announcements to [mclean@connectionnewspapers.com](mailto:mclean@connectionnewspapers.com). Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit [www.connectionnewspapers.com](http://www.connectionnewspapers.com).

### THURSDAY/SEPT. 6

**Ingram Hill.** 8 p.m., at Jammin Java, 227 Maple Ave. E, Vienna. The Memphis-based rock trio put determination and grit into their feel good shows. \$12 in advance. [www.jamminjava.com](http://www.jamminjava.com).

**The Producers.** 8 p.m., at James Lee Community Center, 2855-A Annandale Road, Falls Church. Get a little Broadway with Mel Brooks' classic about the two men who produced the biggest flop in history. \$15 general admission, \$10 for students, seniors, military or groups of 10-plus. Info and reservations at 703-615-6626 or [zina.bleck@gmail.com](mailto:zina.bleck@gmail.com).

### FRIDAY/SEPT. 7

**The Producers.** 8 p.m., at James Lee Community Center, 2855-A Annandale Road, Falls Church. Get a little Broadway with Mel Brooks' classic about the two men who produced the biggest flop in history. \$15 general admission, \$10 for students, seniors, military or groups of 10-plus. Info and reservations at 703-615-6626 or [zina.bleck@gmail.com](mailto:zina.bleck@gmail.com).

### SATURDAY/SEPT. 8

**McLean Fall Community Flea Market.** 9 a.m.-1 p.m. Intersection of Ingleside Avenue and Beverly Road, 1420 Beverly Road, McLean. Shop for goods and wares. [www.mcleancenter.org](http://www.mcleancenter.org).

**Used Book Sale.** Noon-5 p.m., at St. Anne's Episcopal Church, 1700 Wainwright Drive, Reston. Hundreds of books of many genres available for sale; proceeds benefit mission and outreach programs. [www.stannesreston.org](http://www.stannesreston.org).

**Oak Marr Park Ribbon Cutting.** 4 p.m., at Oak Marr Park, 3200 Jermantown Road, Oakton. The completed fields open with their new sod, goal posts and \$400,000 lighting system. 703-324-8662.

**It's All About Jack/Book Signing Event.** 4-5:30 p.m., at Wildfire Tysons, 1714 U International Drive, McLean. Fairfax County-based novelist Marel Brady signs copies of his psychological drama set in the heart of Tysons Corner, It's All About Jack. Refreshments provided. [marel\\_brady@yahoo.com](mailto:marel_brady@yahoo.com).

**West Coast Swing Dances.** 7 p.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Second and third Saturday every month. 703-759-2685 or [www.colvinrun.org](http://www.colvinrun.org).

**The Producers.** 8 p.m., at James Lee Community Center, 2855-A Annandale Road, Falls Church. Get a little Broadway with Mel Brooks' classic about the two men who produced the biggest flop in history. \$15 general admission, \$10 for students, seniors, military or groups of 10-plus. Info and reservations at 703-615-6626 or [zina.bleck@gmail.com](mailto:zina.bleck@gmail.com).

### SUNDAY/SEPT. 9

**"The Blessing of the Backpacks."** 10 a.m., at Saint Thomas Episcopal Church, 8991 Brook Road, McLean. All children and youth are encouraged to bring their backpacks, messenger bags, rucksacks, bookbags, lunchbags, laptop cases or anything related to the launch of this academic year for a blessing and a sending during the service. 703-606-4031.

**The Producers.** 2 p.m., at James Lee Community Center, 2855-A Annandale Road, Falls Church. Get a little Broadway with Mel Brooks' classic about the two men who produced the biggest flop in history. \$15 general admission, \$10 for

students, seniors, military or groups of 10-plus. Info and reservations at 703-615-6626 or [zina.bleck@gmail.com](mailto:zina.bleck@gmail.com).

**Designing with Mums!** 2:30 p.m., at the Falls Church Community Center, 223 Little Falls Street, Falls Church. The Old Dominion Chrysanthemum Society presents a forty-five minute demonstration by award-winning Master Floral Designer and Judge Sylvia Deck. Refreshments provided. 703-560-8776.

**Swifts and Nighthawks.** 7 p.m. Location to be determined: see <http://www.audubonva.org/index.php/environmental-education/field-trips>. Come for the spectacle of thousands of Chimney Swifts circling and descending into their chosen chimney for the night.

**Rock of Ages.** 8 p.m., at Wolf Trap, 1551 Trap Road, Vienna. "See the Tony Award-winning musical (and one of the longest running shows on Broadway) which features 80s rock music. Get tickets by contacting 703-255-1900 or [www.wolftrap.org](http://www.wolftrap.org).

### MONDAY/SEPT. 10

**Inova Women's and Children's Hospital Ground-Breaking.** 10-11:30 a.m., at Inova Fairfax Hospital, 3300 Gallows Road, Falls Church. Find the tent south of the Emergency Department, in which Mrs. Maureen McDonnell, first lady of Virginia will speak among other notable guests. [www.inova.org](http://www.inova.org).

### TUESDAY/SEPT. 11

**"Lunch n' Life" with Tim Wendel.** Noon, at Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna. The Shepherd's Center of Oakton-Vienna presents guest speaker and author on his book Summer of '68-The Season that Changed Baseball and America-Forever. Lunch provided. \$10. Make reservations at [www.scov.org](http://www.scov.org).

**10th Anniversary Open House & Wellness Fair.** 1-4 p.m., at the Dream Yoga Studio & Wellness Center, 1485 Chain Bridge Road, Suite 104, McLean. Learn about Dream Yoga, health and free yoga classes for new members; for all levels. 703-448-9642. [Luann@DreamYogaStudio.com](mailto:Luann@DreamYogaStudio.com).

**Great Falls Freedom Memorial Committee 9/11 Ceremony.** 7 p.m., at the site of the Freedom Memorial, behind the Great Falls Library at 9830 Georgetown Pike, Great Falls. This ceremony especially remembers the six citizens of the Great Falls community who died when Flight 77 crashed into the Pentagon on September 11, 2001.

### WEDNESDAY/SEPT. 12

**Key Factors Affecting our Local Economy.** 11:30 a.m.-2 p.m., at the Fairview Park Marriott, 3111 Fairview Park Drive, Falls Church. The Northern Virginia Employer Advisory Committee presents the Northern Virginia Economic Forecast Luncheon. <http://www.vec.virginia.gov/employers/eac/nvec>.

**Instrumental to Business (i2B).** 5:30-8 p.m., at Panache, Pinnacle Towers South, 1753 Pinnacle Drive, McLean. McLean Orchestra's business mixer with live music, prizes, appetizers and drinks provides a chance to mingle with business elite. \$38 in advance, \$45 at the door. [www.mcleanchamber.org](http://www.mcleanchamber.org).

### FRIDAY/SEPT. 14

**Argentine Tango.** 7 p.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Every Friday. 703-759-2685 or [www.colvinrun.org](http://www.colvinrun.org).



PHOTO CONTRIBUTED

**A young Native ceremonial dancer at last year's  
Virginia Indian Festival.**

## The Virginia Indian Festival

On Saturday, Sept. 8 from 10 a.m.-4 p.m., at Riverbend Park, 8700 Potomac Hills Street, Great Falls, meet Native Americans from the Chickahominy, Mattaponi, Pamunkey, Rappahannock, Tauxent, Upper Mattaponi tribes and the Monacan Nation. Come to see dance performances, learn about early Indian skills through the dug-out canoe demonstration and event try to shoot a bow and arrow. The festival will feature crafts for sale such as pottery, jewelry, flutes and dream catchers. \$5. 703-759-9018, or <http://www.fairfaxcounty.gov/parks/riverbend/events.htm>.



## Images of Great Falls National Park

Exhibition of 28 fine art photographs by Great Falls artist Richard Suib on view at Great Falls Community Library, Sept. 1-30. Images depict breathtaking riparian scenes and wildlife that inhabit the river above the falls, and rapids in the Mather Gorge below. Featured among the waterfowl are magnificent—once endangered—Great Blue Herons that migrate to the area in the Spring to feed and breed. Reception: Sept. 8, 2-5 p.m. Inquiries: [www.richardsuibimages.com](http://www.richardsuibimages.com), 703-759-0067.



**Here's What's  
Happening at MCC**

### Back-to-School Dance

Friday, Sept. 7, 7-10 p.m.  
Old Firehouse Teen Center  
\$5 member/\$10 all others



### McLean Fall Community Flea Market

Saturday, Sept. 8, 9 a.m.-1 p.m.  
1420 Beverly Road, McLean  
Free admission

### Household Hazardous Waste Disposal

Saturday, Sept. 8, 9 a.m.-2 p.m.  
MCC Parking lot

Jammin Juniors

### Kidsinger Jim

Wednesday, Sept. 12, 12:30 p.m.  
McLean Central Park  
Free lunchtime concerts  
for preschoolers

### Insider Knowledge Forum Dance & Dessert

Wednesday, Sept. 19, 7:30 p.m.  
Free admission



### Harvest Happenings

Saturday, Sept. 22, 11 a.m.-2 p.m.  
\$5 per person/Free, infants-36 months

The McLean Community Center  
1234 Ingleside Ave., McLean, VA 22101  
703-790-0123, TTY: 711  
[www.mcleancenter.org](http://www.mcleancenter.org)

# WELLBEING

## Living Long, Living Healthy

Experts offer advice for staving off health deterioration.

BY MARILYN CAMPBELL  
THE CONNECTION

**O**n most days, Springfield-based retiree 69-year-old Mary Sue Garner can be found lifting weights in a fitness center, power walking on a treadmill or breathing in fresh air during a stroll on one of Northern Virginia's nature trails.

"When I was teaching I was in this rut...but when I retired, I decided to make changes and get myself fit," said Garner, who spent 45 years as a ninth-grade algebra and geometry teacher in Alexandria's public schools, including T.C. Williams High School.

As part of her self-reinvention, she fills her days with exercise, knitting, crocheting and volunteer work. She also tutors the Fairfax County high school students who work as servers in the dining room of her retirement community.

"I've made a lot of friends and I socialize with them," said Garner, who lives at Greenspring. "I feel so strongly that as you get older you get slower, so you have to keep moving."

Gerontology experts agree, and are using September, National Healthy Aging Month, as an opportunity to offer aging adults ideas for living healthy lives as long as possible.



PHOTO CONTRIBUTED

In honor of National Volunteer Week, seniors in Springfield decorate items for children at Shelter House in Fairfax. Experts say that social activities like volunteerism can help keep age-induced deterioration at bay.

### There's No Place Like Home

Andrew Carle of George Mason University's Senior Housing Administration Program says there are three primary factors to consider when deciding whether to age in place or move into a retirement community or nursing home:

#### Safety

"Families and seniors need to assess the overall physical and cognitive needs they are confronting. The average 75-plus-year-old takes anywhere from seven to 12 medications. Half of those over the age of 85 fall each year. Physical limitations make cooking, cleaning and driving difficult."

#### Loneliness

"Rates of depression in the rest of society are 10 percent, but for those 65-plus, it can be 25-50 percent. Suicide rates of those 85-plus and living at home are double that of teenagers. The causes of depression in seniors can be both environmental and physical (chemical imbalances)."

#### Affordability

"Satisfaction rates for those living in assisted living communities are very high, upwards of 90 percent, but it is a mostly private pay industry."

"Paying careful attention to the combination of physical, social, mental and financial fitness is powerful in the pursuit of a positive lifestyle, especially as we age,"

said Carolyn Worthington, executive director of Healthy Aging, a national health initiative to raise awareness about the positive aspects of growing older. "Take stock

of where you've been, what you really would like to do. We're encouraging people to find a new

SEE EXPERTS, PAGE 13

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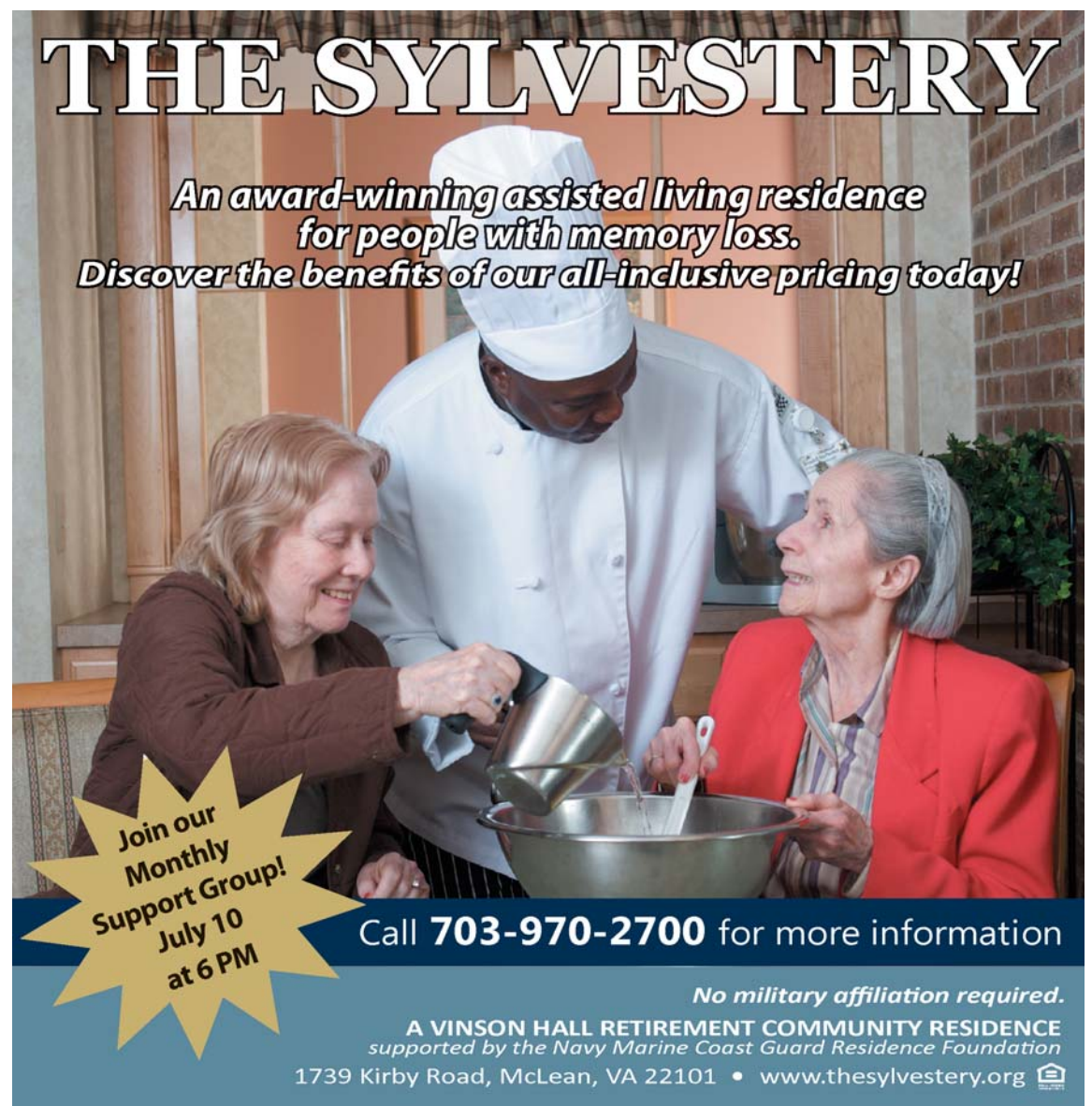
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# Experts Offer Advice on Healthy Living

FROM PAGE 12

passion ... and to know that it's not too late to take control of your health [or] get started on something new."

**WHILE EXERCISE WON'T LEAD** to eternal life, staying active can keep age-induced deterioration at bay. "Research shows that physical activity can positively affect blood flow and oxygen to the brain, thereby improving mental clarity [and] the part of the brain responsible for learning and memory," emailed Dominique Banville, Ph.D., director of George Mason University's Division of Health and Human Performance.

Banville credits exercise with boosting information-processing skills, and Worthington adds that older adults who exercise regularly are 60 percent less likely to get dementia.

"In our society, most older adults continue to be underactive. They aren't stretching themselves to the level that could actually improve their functioning," said Rita Wong, Ed.D., chair of the Department of Physical Therapy at Marymount

University in Arlington. "Your physical capabilities decline as you get older, but it is realistic to believe that you can improve your functioning."

Wong says that even those with limited mobility can get moving: "If a person has a lot of physical difficulties or if they have health issues that have left them with some movement impairment, seeing a physical therapist can be helpful to them at first," said Wong. She recommends the Centers for Disease Control (CDC) and Prevention's Physical Activity Guidelines for Older Adults as sources for exercise ideas.

**A HEALTHY DIET** is another valuable tool in preserving and improving one's wellbeing, say experts. "We all know the importance of having a good diet, but sometimes that is not always possible," said Worthington. "People can go out to local farmers markets and find fresh, local produce. They can make food from scratch instead of buying processed foods."

Experts say a few weapons in staving off the ravages of time are

often overlooked: "When people think about successful aging, they immediately talk about the physical, but in reality, social and mental wellness are even more important," said Worthington.

Healthy relationships with family and friends are critical to one's overall health. "Relationships become so important, getting out to interact with others. Showing concern and understanding as well as the willingness to help others is also beneficial because it keeps us connected. Family connections of multiple generations can be invaluable," said Springfield-based social worker Sue Franke.

"Connecting with or finding new friends is important, but how do you do that, especially after the kids have gone and maybe you're out of the workforce?" said Worthington. "Why not go back to school or take continuing education courses where you would not only be stimulating your mind, but also reconnecting with other people?" She also suggests volunteer activities and travel.

When it comes to safeguarding one's health, money matters. "Good financial wellbeing or



PHOTO CONTRIBUTED

**Mary Sue Garner, of Greenspring retirement community in Springfield, volunteers, spends time with friends and exercises regularly. Experts say physical activity can improve mental clarity by increasing blood flow and oxygen to the brain.**

health is being able to live a life where people can support themselves and not be dependent upon other people. That happens through planning, and in today's economy when plans don't work out, people have to be creative," said Worthington.

Garner says her greatest inspi-

ration is not research, but her retirement community peers: "There are so many people, some who are in their 80s and 90s, who come to the fitness center in their walkers and scooters and they exercise. I'm just in awe of these people because they're continuing to move and I think that's really important."

## FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to [vienna@connectionnewspapers.com](mailto:vienna@connectionnewspapers.com). Deadline is Friday.

**Unitarian Universalist Congregation of Fairfax**, 2709 Hunter Mill Road, Oakton, offers a rich and unique Religious Exploration (RE) program for all children, from pre-K toddlers through high school seniors, emphasizing exploration of all religious traditions while developing a personal spiritual path. Registration for the RE program, which offers classes on Saturday afternoons and Sunday mornings, is now open by calling 703-281-4230.

**St. Francis Episcopal Church**, 9220 Georgetown Pike in Great Falls, offers three Sunday services and a host of musical, educational, outreach, and fellowship ministries to enrich spiritual growth. 7:45 a.m. Worship Service without music; 9 a.m. Worship Service, Children's Chapel and Children's Choirs; 10 a.m. Sunday School and Adult Forum; and 11 a.m. Worship Service with Adult Choir. 703-759-2082.

**Redeemer Lutheran Church**, 1545 Chain Bridge Road, McLean, offers a 9 a.m. traditional service and a 10:30 a.m. contemporary service on Sundays. Also offers two services during the summer - both of which will include children's sermons. 703-356-3346.

**Trinity United Methodist Church**, 1205 Dolley Madison Blvd., McLean, Sunday worship services are at 8:30 and 10:30 a.m. Sunday School for adults is at 9:30 a.m. and for children during the 10:30 a.m. worship service. Youth

Group for grades 7-12 meets Sundays at 6 p.m. A 20-minute service of Holy Communion is held each Wednesday at 12 p.m. 703-356-3312 or [umtrinity.org](http://umtrinity.org).

**The Jewish Social Services Agency (JSSA)** offers a wide variety of support groups for those with emotional, social, and physical challenges. [www.jssa.org/growth-learning](http://www.jssa.org/growth-learning).

**HAVEN of Northern Virginia** offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or [www.havenofnova.org](http://www.havenofnova.org) for schedules and registration information.

**McLean Bible Church Fitness Class** at Body & Soul Fitness. Balance is key, energy is renewed and strength is gained. 9:45 a.m. Mondays and Fridays. Free childcare for registered students. [bodyandsoul@mcleanbible.org](mailto:bodyandsoul@mcleanbible.org).

**Vajrayogini Buddhist Center** offers ongoing classes on meditation and Buddhist philosophy, Mondays at 7 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. \$10 per class. 202-331-2122 or [www.meditation-dc.org](http://www.meditation-dc.org).

**St. Dunstan's Episcopal Church**, 1830 Kirby Road in McLean. The third Sunday service every month at 10:15 a.m. allows children to play active roles in the music and as greeters and ushers. Traditional services are every Sunday at 8:15 and 10:15 a.m.

## Visit These Houses of Worship

Join A Club, Make New Friends, or Expand Your Horizons...

- |   |   |   |
|---|---|---|
| <p><b>Anglican</b><br/>Restoration Anglican Church...703-527-2720<br/><b>Assemblies of God</b><br/>Arlington Assembly of God...703-524-1667<br/>Calvary Gospel Church...703-525-6636<br/><b>Baptist</b><br/>Arlington Baptist Church...703-979-7344<br/>Bon Air Baptist Church...703-525-8079<br/>Cherrydale Baptist Church...703-525-8210<br/>First Baptist of Ballston...703-525-7824<br/>McLean Baptist Church...703-356-8080<br/>Memorial Baptist Church...703-538-7000<br/>Mt. Zion Baptist Church...703-979-7411<br/><b>Baptist-Free Will</b><br/>Bloss Memorial Free Will Baptist Church...703-527-7040<br/><b>Brethren</b><br/>Church of The Brethren...703-524-4100<br/><b>Buddhist</b><br/>The Vajrayogini Buddhist Center...202-331-2122<br/><b>Catholic</b><br/>St. Agnes Catholic Church...703-525-1166<br/>Cathedral of St Thomas More...703-525-1300<br/>Holy Transfiguration Melkite Greek Catholic Church...703-734-9566<br/>Our Lady of Lourdes...703-684-9261<br/>Our Lady Queen of Peace Catholic...703-979-5580<br/>St Ann Catholic Church...703-528-6276<br/>St. Charles Catholic Church...703-527-5500</p> | <p><b>Vatican II Catholic Community</b><br/>NOVA Catholic Community...703-852-7907<br/><b>Church of Christ</b><br/>Arlington Church of Christ...703-528-0535<br/><b>Church of God - Anderson, Indiana</b><br/>Church of God...703-671-6726<br/><b>Christian Science</b><br/>McLean - First Church of Christ, Scientist...703-356-1391<br/>First Church of Christ, Scientist, Arlington...703-534-0020<br/><b>Episcopal</b><br/>St. Andrew Episcopal Church...703-522-1600<br/>St. George Episcopal Church...703-525-8286<br/>St Johns Episcopal Church...703-671-6834<br/>St Mary Episcopal Church...703-527-6800<br/>St Michael S Episcopal Church...703-241-2474<br/>St Paul Episcopal Church...703-820-2625<br/>St Peter's Episcopal Church...703-536-6606<br/>St Thomas Episcopal Church...703-442-0330<br/>Trinity Episcopal Church...703-920-7077<br/><b>Lutheran (ELCA)</b><br/>Advent Lutheran Church...703-521-7010<br/>Faith Lutheran Church...703-525-9283<br/>German Lutheran Church...703-276-8952<br/>Lutheran Church of The Redeemer...703-356-3346<br/>Resurrection Lutheran Church...703-532-5991<br/><b>Lutheran (Missouri Synod)</b><br/>Our Savior Lutheran Church...703-892-4846</p> | <p><b>Nazarene</b><br/>Arlington First Church of the Nazarene...703-525-2516<br/><b>Non-Denominational</b><br/>New Life Christian Church - McLean Campus...571-294-8306<br/>Celebration Center for Spiritual Living...703-560-2030<br/><b>Metaphysical</b><br/>Arlington Metaphysical Chapel...703-276-8738<br/><b>Presbyterian</b><br/>Arlington Presbyterian Church...703-920-5660<br/>Church of the Covenant...703-524-4115<br/>Clarendon Presbyterian Church...703-527-9513<br/>Little Falls Presbyterian Church...703-538-5230<br/>Trinity Presbyterian Church...703-536-5600<br/>Westminster Presbyterian...703-549-4766<br/><b>Presbyterian Church in America</b><br/>Christ Church of Arlington...703-527-0420<br/><b>Synagogues - Conservative</b><br/>Congregation Etz Hayim...703-979-4466<br/><b>Synagogues - Orthodox</b><br/>Fort Myer Minyan...703-863-4520<br/>Chabad Lubavitch of Alexandria-Arlington...703-370-2774<br/><b>Synagogues - Reconstructionist</b><br/>Kol Ami, the Northern Virginia Reconstructionist Community...571-271-8387<br/><b>Unitarian Universalist</b><br/>Unitarian Universalist Church of Arlington...703-892-2565<br/><b>United Methodist</b><br/>Arlington United Methodist Church...703-979-7527<br/>Trinity United Methodist Church of McLean...703-356-3312<br/>Charles Wesley United Methdist...703-356-6336<br/>Calvary United Methdist...703-892-5185<br/>Cherrydale United Methodist...703-527-2621<br/>Chesterbrook United Methodist...703-356-7100<br/>Clarendon United Methodist...703-527-8574<br/>Community United Methodist...703-527-1085<br/>Mt. Olivet United Methodist...703-527-3934<br/>Walker Chapel United Methodist...703-538-5200<br/><b>United Church of Christ</b><br/>Bethel United Church of Christ...703-528-0937<br/>Rock Spring Congregational United Church of Christ...703-538-4886</p> |
|---|---|---|

### Saint Ann Catholic Church

**SUNDAY LITURGY SCHEDULE:**

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Sunday: 8:00, 9:30, 11:00 AM  
1:30 PM Spanish Liturgy  
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Church volunteer Sophia Malakooti of Vienna serves a platter to a guest at the Holy Transfiguration Church 19th Annual Middle Eastern Food Festival.

PHOTOS BY DONNA MANZ/THE CONNECTION



Volunteers carve lamb off the spit for shawarma for pita-bread sandwiches.

## Middle Eastern Food Festival Fills Air with Aromas

McLean's church's annual festival draws visitors from throughout D.C. area.

Overcast skies cleared in McLean as Holy Transfiguration Church's two-day Middle Eastern food festival kicked off on Sept. 1. The aroma of grilling meats characterized the essence of the festival, heavy on food and Middle Eastern culture. The highlight, after shawarma and spit-roasted lamb, was the hall-length sweets tables, offering every well-known and not-well-known Middle Eastern treat, from baklava filled with a variety of nuts to date-filled cookies called mamoul.

Families came from throughout the D.C. area for the annual food festival. The activities were fun for the children, but, make no mistake about it, food took center-stage.

"We come for the food," said Maria Ammirati of Springfield, eating on the patio. "And desserts."

Companion Adam Kline of D.C. added that it was really the desserts that the friends come for, especially the baklava made with chocolate and macadamia nuts. They even bring those confections home for friends.

In the back yard were the grilling and spit stations. Volunteers carved thin slices of beef and lamb, wrapping them in pita bread. Chicken was turned into traditional Mediterranean kebabs.

Children played in the kids' zone, guests ate from platters of



Food festival Food Coordinator Nikki Haddad demonstrates the making of watermelon salad, dotted with olives and feta cheese.

assorted entrees, watched dancers, and listened to food demonstrations presented throughout the day.

Sandwiches featuring marinated lamb or chicken for \$7 to \$8.50. Meat pies and spinach pies sold for \$3. But it was Saturday night's dinner, starring roasted lamb, that parishioners of Holy Transfiguration Church wait the whole year for. Throughout the festival, guests left carrying bags of take-out dishes, food made by church volunteers

from recipes handed down for generations.

For the children there were moon bounces, pony rides and balloon art. For the grown-ups, there was food, music, camaraderie and more food.

Vendors sold olive oil from Greece, handcrafted baskets and jewelry, and mementos of Middle Eastern culture. Holy Transfiguration Church, on Lewinsville Road, gives tours of the church on Sundays.

Rt. Rev. Joseph Francavilla



Tables laden with traditional Middle Eastern sweets line the wall.

called the food festival an opportunity to share a meal with friends and with strangers. How can you be enemies with someone you shared a meal with, Father Francavilla asks.

Like most others, Steve and Sara

Essama came for the food, bringing along their 10-month-old. The festival was more than food, though, Essama said. "It's hanging out with friends."

—DONNA MANZ

# BULLETIN BOARD

To have community events listed in the Connection, send to [mclean@connectionnewspapers.com](mailto:mclean@connectionnewspapers.com). Deadline is Friday.

[Luann@DreamYogaStudio.com](mailto:Luann@DreamYogaStudio.com).

## Fairfax County Needs Volunteers

Fairfax County needs volunteers to promote its Adult Day Health Care in Fairfax for four hours per week. To volunteer, you must be able to travel throughout the county. Contact 703-324-5406, [VolunteerSolutions@fairfaxcounty.gov](mailto:VolunteerSolutions@fairfaxcounty.gov) or [www.fairfaxcounty.gov/dfs/olderadultservices](http://www.fairfaxcounty.gov/dfs/olderadultservices).

### THURSDAY/SEPT. 6

**Mastering Yoga Basics for Beginners & Beyond.** 9:45-11:15 a.m.

**Gentle Yoga.** 10-11:15 a.m.

**Family Yoga.** 6:30-7:15 p.m.

Dream Yoga Studio & Wellness Center, 1485 Chain Bridge Road, Suite 104, McLean. Free classes for new members; ages 6-11, plus parents and caregivers. 703-448-9642.

[Luann@DreamYogaStudio.com](mailto:Luann@DreamYogaStudio.com).

### FRIDAY/SEPT. 7

**Yoga Stretch & Strengthen.** 9:45-11:15 a.m., at Dream Yoga Studio & Wellness Center, 1485 Chain Bridge Road, Suite 104, McLean. Free yoga classes for new members; for all levels. 703-448-9642.

[Luann@DreamYogaStudio.com](mailto:Luann@DreamYogaStudio.com).

### SATURDAY/SEPT. 8

**McLean Fall Community Flea Market** Accepting Vendors. 9 a.m.-1 p.m., at the intersection of Ingleside Avenue and Beverly Road, 1234 Ingleside Ave., McLean. With 60 vendor spaces available on a first-come, first-served basis and a new location, the time to join is now—it's \$45 for a spot. Commercial vendors, flea market dealers and residents selling excess household items welcome. Apply by Thursday, Sept. 6. 703-790-0123.

**Intro to Yoga Workshop.** 10 a.m.-noon, at the Dream Yoga Studio & Wellness Center, 1485 Chain Bridge Road, Suite 104, McLean. Free yoga classes for new members; for all levels. 703-448-9642.

### MONDAY/SEPT. 10

**Body & Soul Cardio/Strength & Flexibility.** 7-8 p.m., at Chersterbrook United Methodist Church, 1711 Kirby Road, McLean. Exercise on Mondays through December in a supportive, safe, welcoming environment to positive music led by ACE certified instructor. Register at [delsnick@gmail.com](mailto:delsnick@gmail.com).

### TUESDAY/SEPT. 11.

**Moderate Yoga.** 11 a.m.-12:30 p.m. Free yoga classes for new members; level two. 703-448-9642.

[Luann@DreamYogaStudio.com](mailto:Luann@DreamYogaStudio.com).

**National Association of Federal Active and Retired Employees Meeting.** 1:30 p.m., at the Vienna Community Center, 120 Cherry Street, Vienna. Learn about services for Fairfax County residents from a representative from the Department of Family Services' Fairfax Area Agency on aging. Open to NARFE members and their guests. 703-281-5123.

## Open Mic at Serbian Crown

FROM PAGE 10

place at a four-star place, but we did get some compliments," he said. "Once we made it into a showcase, we got a piano player as the main attraction, and made it into an open mic."

They hold customers to an unofficial requirement of a \$3 do-

nation to the artist and a minimum for \$15 for the check, but Mascatello says it's rarely an issue.

"In my experience, live music usually means fried chicken wings and greasy burgers, and great food means classical, quiet piano in the background, but the open mic at Serbian Crown is neither," said

George Hoiles of Great Falls. "It's a fun vibe, but a step up from a pub or typical dive bar, it's a very new experience for me."

Piano Jam is held at Serbian Crown restaurant, 1141 Walker Road, in Great Falls. It takes place on the fourth Thursday of every month from 7 to 10 p.m. The next installment will be Sept. 27.

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# SPORTS

## Michael Weiss Foundation Presents 'Ice Champions LIVE'

Professional figure skater's foundation brings skating world stars to Northern Virginia.

**M**ichael Weiss, three-time U.S. National Figure Skating Champion and two-time Olympian, is celebrating the eighth annual Michael Weiss Foundation "Ice Champions LIVE" event. Weiss will bring the most famous faces in figure skating to Arlington to help raise money for his foundation to further the dreams of even more local child athletes.

The Michael Weiss Foundation (MWF) is a non-profit organization offering scholarships to aspiring Olympians, and is currently sponsoring twenty-seven recipients. Knowing first-hand how much it takes to get an athlete to the Olympics, Weiss gives children this opportunity through his scholarships so they can carry the torch for Olympics of the future.

In addition to the ice show, there will be a silent auction that features the skaters' personal memorabilia, as well as hundreds of items from the World Figure Skating Community, local artists, jewelers and restaurants.

The event will be held on Saturday, Sept. 8 at 4 p.m. at Kettler Capitals Iceplex in Arlington. Tickets are now on sale through [www.MichaelWeiss.org](http://www.MichaelWeiss.org) and [www.Ticketweb.com](http://www.Ticketweb.com) or by calling 866-468-7630. On-ice seating is available. Ticket prices range from \$20-\$50 with VIP opportunities—meet and socialize with some of the biggest stars in figure skating with the VIP package. Proceeds from ticket sales will go toward figure skating scholarships to be awarded later this year.

Skaters include Brian Boitano, Olympic champion; Ashley Wagner, 2012 U.S. national champion; Ryan Bradley, U.S. national champion; Michael Weiss, three-time U.S. national champion; Caryn Kadavy,



PHOTO COURTESY OF KRISTIN MERCER

**Michael Weiss' annual charity event takes place Saturday, Sept. 8, at the Kettler Capitals Iceplex. World figure skating stars and Olympic and U.S. National Champions will be featured in the performance.**

world medalist; Richard Dornbush, national silver medalist; Sinead and John Kerr, European medalists and Olympians; Richard Dornbush, U.S. national silver medalist; Steve Cousins, eight-time British national champion; Dan Hollander, U.S. national medalist; many other Olympic, World, and U.S. national champions. For full list of skaters please visit [MichaelWeiss.org](http://MichaelWeiss.org).

## McLean Soccer Team Returns from England with Medals

A youth soccer team from McLean won the play-off division, the Plate trophy, and took third place overall in the Keele International Cup soccer tournament held during the Olympics in Staffordshire, England. The team, made up of some of the best 11- and 12-year-old players from McLean Youth Soccer and coached by Lucas Cook, competed against 14 teams from around the world.

"Watching our guys play tough international teams, you couldn't help imagining a bright future for the next generation of US soccer," McLean's Brian Luwis said.

During the tournament, the boys attended an Olympic men's soccer game at Manchester United Football Club's Old Trafford Stadium between Great Britain and Senegal and were given a tour of Liverpool FC's Anfield Stadium.



PHOTO CONTRIBUTED

**McLean Medal Winners, Keele Cup 2012 in Staffordshire, England.**

### SPORTS ROUNDUPS

#### Langley Football Beats Herndon

The Langley football team defeated Herndon, 42-14, on Aug. 30 during the season opener for both teams.

Langley produced a 5-5 regular season in 2011 and qualified for the playoffs. The 42 points were the most scored by the Saxons since 2010. Herndon played its first game under head coach Brian Day, who spent the previous 10 seasons as an assistant coach at Westfield and Centreville.

Langley will travel to face Thomas Jefferson at 7:30 p.m. on Friday, Sept. 7. Herndon will host South Lakes at 7:30 p.m. on Friday.

#### Oakton Football Beats Madison

The Oakton football team opened its 2012 season with a 35-13 victory against Madison on Aug. 31.

Oakton, a 2011 Division 6 playoff participant, will travel to face South County, last year's Division 5 state runner-up, at 7:30 p.m. on Friday, Sept. 7. Madison will travel to face Woodson at 7:30 p.m. on Friday.

#### McLean Football Edges W-L

The McLean football team defeated Washington-Lee, 14-12, on Aug. 30, giving the Highlanders four consecutive season-opening victories against the Generals.

McLean went 6-4 during the 2011 regular season and qualified for the playoffs. The Highlanders will host Falls Church at 7:30 p.m. on Friday, Sept. 7.

#### South Lakes Football Starts 0-1

The South Lakes football team fell to Westfield, 51-13, on Aug. 30 during the season opener for both teams.

The Seahawks will travel to face Herndon at 7:30 p.m. on Friday, Sept. 7.

#### South Lakes Field Hockey Improves to 5-1

The South Lakes field hockey team defeated Yorktown, 2-1, in overtime on Aug. 30, improving the Seahawks' record to 5-1.

South Lakes traveled to face Herndon on Sept. 4, after The Connection's deadline. The Seahawks will travel to face Centreville at 4 p.m. on Friday, Sept. 7. Centreville defeated South Lakes, 2-1, during the "Under the Lights" tournament on Aug. 25.

#### Madison Field Hockey Beats Oakton

After failing to score a goal in four games during Westfield's Bulldog Invitational, the Madison field hockey team rebounded with a 1-0 victory against Oakton on Aug. 30, improving its record to 2-4.

The Warhawks hosted Robinson on Sept. 4, after The Connection's deadline. Madison will travel to face West Springfield at 7:30 p.m. on Wednesday, Sept. 5.

Oakton, which fell to 4-3 with the loss to Madison, will host Fairfax at 7:30 p.m. on Friday, Sept. 7.

#### Langley Volleyball Starts Strong

The Langley volleyball team opened the 2012 season with a 3-1 victory against Lake Braddock on Aug. 28, before winning four of five at the New Kent Showcase Aug. 31-Sept. 1.

The Saxons will host South Lakes at 7:15 p.m. on Thursday, Sept. 6.

#### McLean Volleyball Opens 1-1

The McLean volleyball team defeated Westfield, 3-1, in its season opener on Aug. 27, and lost to Woodson, 3-1, on Aug. 30.

The Highlanders traveled to face Washington-Lee on Sept. 4, after The Connection's deadline. McLean will host T.C. Williams at 7:15 p.m. on Thursday, Sept. 6.





# Symptoms or just Sometimes



By KENNETH B. LOURIE

Is what I feel – wherever I feel it, cancer or middle age? Is what I feel worthy of a mention to my oncologist or merely yours truly looking for trouble? Moreover, Is the pain/discomfort I feel in my chest (between my lungs) par for the course of treatment I'm on and characteristic of the disease with which I've been diagnosed, or is it completely unrelated and not at all noteworthy (dare I say, normal)? Or is this a repeat of a symptom I've experienced previously? Once the pain represented a tumor growing in my lungs (bad news); another time, the same pain was scar tissue growing over tumors that had shrunk (great news). (Scar tissue, as my oncologist explained to me, is similar to the scab that eventually forms over a skinned knee and is a sign of healing.) In each case, however, the identical symptom had two very different causes: one good, one bad. Ergo my confusion now. Is what I feel good, bad, or shall I remain indifferent?

And if I remain indifferent, how do I remain indifferent about the most important thing in my life: my health/diagnosis/prognosis? However, stressing about unconfirmed complications seems itself an unnecessary complication and one to be avoided. Where's the benefit in making myself sick (see 8/29/2012 column: "Diagnosed But Not Sick") simply because I have a terminal disease? Then again, if I am to remain proactive with respect to my care and feeding, I must advocate for myself and not allow time to pass when pain and suffering need not occur. I don't want to worry myself sick, but nor do I suppose that neglecting myself dead serves any particular purpose either. As Curly Howard of The Three Stooges said: "I'm too young to die, too handsome; well, too young, anyway." My feelings exactly.

Not only has the same pain-in-my-chest symptom led to opposite interpretations, it has also caused me to wonder if what I've felt was real or imagined (see 8/22/2012 column: "Life in the Cancer Lane") and typical of the roller-coaster existence that becomes "normal" for cancer patients. The dilemma is, I don't want to make something out of nothing any more than I want to make nothing out of something. Nor do I ever want to be damned, but with some days/certain symptoms, I feel as if I'm damned if I do and damned if I don't. Still, I can live with it: I have lived with it, but it certainly doesn't make me feel like I've mastered it.

Even writing a column about it (cancer, and the emotional confusion it causes) seems like I'm bringing unnecessary attention to a condition (some condition) with which I'm forced to live, but a condition any cancer/terminal patient still living would be happy to endure: life. And let me be clear: I am not complaining. I am "introspecting" into the peculiarities and perplexities of living a life for which I had no preparation, no experience and zero indication – until the biopsy confirmed it, that my life, as I had previously known it and expected it to be, was officially over. Not literally, but figuratively. Yet another conundrum.

Making the best of a bad situation, that's how I roll (I'm a Red Sox fan after all). Some days are easier than others, some symptoms/treatments/results are better than others. And some columns make more sense than others. But that's cancer for you: an equal opportunity "screw-upper."

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

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### Obituary



Agnes Strauss Wolf

February 25, 1922 – August 11, 2012

Agnes Strauss Wolf, a sixty-year resident of McLean and a major figure in local Democratic politics and civic life, died on August 11 at age 90. She died at her summer home on Cape Cod of complications from a stroke. Mrs. Wolf arrived in the Washington area shortly after graduating from Vassar College in 1943. Her first position was as the only woman investigator on the Senate War Investigating Committee (Truman Committee). She was assigned by the Truman Committee to investigate charges of Navy cost overruns and potential financial misconduct during WWII. She subsequently married the Navy liaison to the Truman Committee, Lieutenant Commander Alfred C. Wolf. They remained married for 60 years until her husband's death in 2006. Shortly after marrying, they moved to their first home on Ballantrae Lane in McLean. After WWII, Mrs. Wolf served as an investigator for the Senate Crime Investigating Committee chaired by Estes Kefauver.

Other than an eight-year interval in the 1950's, Mrs. Wolf lived the remainder of her life on Towlston Road in McLean, until moving to the Jefferson senior living community in Arlington in 2010. She became an active figure in local Democratic politics soon after her arrival, serving as a member of the Fairfax County Democratic Committee since 1962 and as co-chair of the Kenmore Precinct. She served as a delegate to several Virginia Democratic state conventions and as Chair of the Gore delegation from Dranesville District in 2000, and co-founded the Northern Virginia Democratic Club. On the national level, Mrs. Wolf held numerous leadership positions in the Women's National Democratic Club and was a member of the Democratic National Committee Women's Leadership Forum. In addition, she served as organizer, speech writer, and fundraiser on innumerable local, state, and national Democratic campaigns.

Mrs. Wolf was also a major contributor to civic life in McLean. She served as Director of Volunteers for the Fairfax County Community Chest in the early 1950's and was a board member of the McLean Citizens Association in the 1970's, serving on planning & zoning and community relations committees. Among the highlights of Mrs. Wolf's civic contributions was her participation in the protest movement that culminated in confronting bulldozers poised to develop the "Burling Tract" – the successful protest led to the creation of what is now the Scott's Run Nature Preserve.

Upon learning of her death, Congressman Jim Moran offered these words: "Aggie Wolf was an icon of the Democratic party - committed to its policies and principles, and devoted to its members and candidates. I will remember Aggie most, however, for her commitment to the belief that a loving and liberal outlook on life is the best hope for humanity. She'll be so missed."

Mrs. Wolf is survived by her four children, Sally Wolf of Ashburn, John Wolf of Wellfleet, MA, Steven Wolf of Washington, DC, and Andrew Wolf of Charlottesville, and by her four grandchildren, Alexander, Tyler, Kathryn, and Sage.

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