

Golde and Tevye [Mol Walker and Stuart Orloff] and their daughters, played by Hanna Tawil, Abby Rozmajzl, Heather Colbert [back row], Evie Izdepski and Sophia Manicone, confront the challenges of tradition in Vienna Youth Players' "Fiddler on the Roof."

Now Showing:
Sensory-Friendly
Films at AMC
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PHOTO BY DONNA MANZ/THE CONNECTION

The young ensemble cast of "Fiddler on the Roof" perform spirited choreography.



PHOTO COURTESY OF VIENNA YOUTH PLAYERS

Approximately 30 young people perform in the Vienna Youth Players' production of "Fiddler on the Roof," playing at the Vienna Community Center on Aug. 7, 8, 14 and 15 at 7:30 p.m., and on Sunday, Aug. 16 at 1 p.m.

Fiddler on the Roof Comes to Vienna

Vienna Youth Players brings beloved musical to life.

BY DONNA MANZ
THE CONNECTION

Just as in a 1950s MGM epic, the Vienna Youth Players' production of "Fiddler on the Roof" has a cast of thousands. Okay, maybe, not thousands, but, certainly a lot ... about 30 youngsters as young as 11 and as mature as the troupe's upper-limit of 18. The musical is an extravaganza of haunting song and spirited dance, focusing on preservation and loss of "traditions" and changing times, and is a departure from the more contemporary pieces the Vienna Youth Players has done.

"We've wanted to do this play for a long time," said VYP director Babs Dyer, in her 23rd year with the production company. "We wanted to reacquaint this generation with a classic of family-centered musical theatre."

"Fiddler on the Roof," which premiered on Broadway in 1964, comes alive at the Vienna Community Center on Aug. 7, 8, 14 and 15 at 7:30 p.m. and on Sunday, Aug. 16, at 1 p.m. The Tony award-winning musical is entering its fifth revival on Broadway this year.

Tevye, a poor Jewish milkman raising his family in Imperial Russia in the village of Anatevka, struggles to keep his Jewish traditions in place as his daughters find their own places in a darkening Russia and beyond. As Tevye's three oldest daughters fall in love, Tevye is confronted with challenges to his authority and to the traditions of his culture. The fiddler on the roof struggles to maintain balance, a metaphor for the Jewish upheaval that looms ahead.

MOST CAST AND CREW members live in the Vienna-Oakton area.

Heather Colbert plays the feisty oldest daughter who defies her father by marrying a Russian, and, as a consequence, is disowned by her father. Of her character, Chava, Heather said, "she's strong-minded, but, I love my family and I couldn't leave them."

Where and When

"Fiddler on the Roof" plays at the Vienna Community Center on Aug. 7, 8, 14 and 15 at 7:30 p.m., and on Sunday Aug. 16 at 1 p.m.

Tickets, priced at \$14 each, are on sale at the Vienna Community Center. Call 703-255-6360.

Heather, in her seventh production with VYP, said the group is like a family.

Drew Goldstein, in his second year with VYP, said the theatre company is a "great thing to do in the summer, to get your feet wet outside high school theatre." What Drew likes the most about his character, Fyedka, is that he is different from other characters Drew has played in school productions. "He's a bit stronger than my other characters," said Drew.

Neal Going had a starring role in VYP's "Aida" a couple of seasons back. He plays Motel, the tailor who marries Tevye's daughter Tzeitel. "I love Motel," said Neal. "He's a classic coming-of-age character."

"I think this is a great production, a great cast. Everyone is so committed to making this show the best it can be."

Not all the characters find love. Some, like wealthy butcher Lazar Wolf, played by Chris Becker, are thwarted in their match-made courtships. "He's a guy who has been lonely for a long time," said Becker. "He's a fun character to play. He's motivated by finding love."

Mol Walker, who plays Tevye's wife Golde, has a "strong sense of duty," Walker said. "I admire her dedication to her family. I was raised Jewish so I can relate to this play. For me, it has a story to tell."

THE SET AND COSTUMING are period, early 20th century Russia, and the costumes come from "every thrift shop known to man," Dyer said. The rabbi has a real beard. The fiddler pretends to fiddle as a violinist in the pit plays on his behalf. Fiddler's ensemble choreography is fast-paced and energetic, full of the cultural characteristics American audiences expect. From story to play to film and on to the amateur stage, "Fiddler on the Roof" is a peek into the background of a people whose history has been one of movement and adaptation to new environments.

"It's an age-old story we go through even today, how we hold on to traditions that we have to adapt to a changing world," Dyer said.



PHOTOS BY CAROLINE WATKINS/THE CONNECTION

People of all ages attended the concert at the Tysons Corner Plaza.

Sunset Party at Tysons Plaza

Little children raced to get first-choice seats on the lawn for Andy Grammer, whose hit single "Honey, I'm Good" peaked at no. 9 on Billboard Hot 100 this summer. Teenage girls trampled over beach towels to snap selfies with the band. Middle-aged couples sang along to every song, clapping and dancing with one another. Musicians showed off their fancy footwork while jamming on their guitars and keyboards. Local acoustic performer Stewart Lewis warmed up the crowd under the waning sun, followed by Grammer, whose fans transformed the Plaza into a sea of cellphones accenting the night sky.

Lewis, Grammer's opening act, served as an excellent precursor to the main act. With songs such as "Not a Love Song" and "Unplugged," a song about our "vices and devices," Lewis' thought-provoking tunes were the perfect accompaniment to a Friday evening on a sun-soaked lawn.

Grammer played all of his popular songs, from "Keep Your



Andy Grammer arrived to a crowd easily double the size of his 2014 concert at the same venue.

Head Up" to "Fine By Me" to his latest single, "Honey, I'm Good." The crowd was also pleased to hear classic covers, such as "Sunday Morning" by Maroon 5 and a request from the audience, "Chasing Cars" by Snow Patrol. As the energy and exuberance of Grammer and his fans grew, the Tysons plaza swayed underfoot, reflecting an audience that seemed double that of Grammer's 2014 concert at the venue. After many "Andy!" chants from the crowd, Grammer didn't even step foot off the stage before running back on for his encore.

— CAROLINE WATKINS



Opening act and local musician Stewart Lewis warmed up the crowd.

Now Playing: Sensory-Friendly Films at AMC Theatres

Dancing, shouting, singing welcome at special screenings for children, families affected by autism.

BY VICTORIA ROSS
THE CONNECTION



AMC Sensory Friendly Films Promo

July is the hottest month for Hollywood's cavalcade of blockbuster films, as studios compete for audience dollars and crash into each other to be the first to release their tent pole films, such as *Avengers*, *Jurassic World*, *Mission: Impossible – Rogue Nation*, and *Fantastic Four*.

Smuggling in snacks, snagging a ticket and finding parking are typically the biggest hurdles for those who clamor to see these blockbusters in a cool, dark theater.

But for children with autism and their families, the summer movie experience can be a daunting array of sights, smells and sounds. And with sensory overload comes the chance for an emotional meltdown.

"My 9-year-old son Jason can't be exposed to overpowering or sudden noises, and he doesn't do well in very dark rooms," said Marjorie Williams of McLean. "When he gets excited, he likes to jump around and flap his arms, so he needs a good amount of personal space."

Fortunately for children like Jason, AMC Theatres (AMC) and the Autism Society of America have teamed up to offer the "Sen-

sory Friendly Films" program - an effort to give special needs children a chance to enjoy their favorite films in a safe and accepting environment.

"As a leading theatrical exhibition company, we are so proud to be making a difference in the estimated 1.5 million Americans living with an autism spectrum disorder by offering families a chance to see a movie together — often for the very first time," said Ryan Noonan, public relations director for AMC.

Noonan said the concept of Sensory Friendly Films began in 2007 at the request of a Maryland mother, who took her young daughter to a matinee of *Hairspray*, a film her daughter was excited to see.

When her daughter began flapping her hands, dancing and jumping up and down, her family was asked to leave the screening.

The next day, the mother called her local AMC Theatre in Columbia, Md. and asked the manager if he would be willing to set up a special screening for children on the autism spectrum. He readily agreed, and AMC hosted its first sensory-friendly film in Columbia, Md. in 2007. The demand was

so high, the theater sold out all 300 seats.

AMC's corporate office took note of the success of the screenings, and contacted the Autism Society of America to join forces and mobilize affiliates and theatres in towns around the country. AMC now offers monthly sensory-friendly screenings at 152 theaters throughout the U.S. and Canada.

"The lights are turned up, the sound is turned down, and the 'silence is golden' rule is lifted - singing and dancing along is encouraged," said a promotion for "Sensory Saturdays" on the website of The Autism Society of Northern Virginia (ASNVA), located in Oakton. ASNVA promotes the sensory-friendly films series to their community of more than 5,000 individuals and families affected by autism throughout Northern Virginia.

Currently, AMC Theatres is the only national theater chain that offers these sensory-friendly screenings.

In Northern Virginia, sensory friendly movies are held monthly on Saturday mornings at AMC Tyson's Corner 16 in McLean, AMC Potomac Mills 18 in Woodbridge, and AMC Rio Cinemas 18 in Gaithersburg, AMC Georgetown 14, and AMC Capital Center

Coming to AMC Tysons Corner 16

The following list of Sensory-Friendly Films is scheduled at AMC Tysons Corner 16. All shows begin at 10 a.m. For more information on the film series, go to amctheatres.com/programs/sensory-friendly-films.

Saturday, Aug. 22, 2015 - *Underdogs*
Saturday, Sept. 26, 2015 - *Hotel Transylvania*
Saturday, Oct. 17, 2015 - *Pan*
Saturday, Nov. 14, 2015 - *The Peanuts Movie*
Saturday, Dec. 5, 2015 - *The Good Dinosaur*

12 in Washington.

Movies are typically rated G or PG, and they start promptly at 10 a.m. Previews and advertisements are eliminated. The lights are dimmed, but not turned off, and the surround sound is muted. Because some children may have strict, special dietary needs, families are permitted to bring their own gluten-free, casein-free snacks from home.

"Being able to relax and enjoy quality family time without worrying if someone will complain or be disturbed by noise of movement is a wonderful experience," said Ken Chan of Fairfax, whose entire family enjoys the screenings, along with his 7-year-old daughter, Emily, who has sensory-integration issues.

Best of all, children are allowed to be themselves.

They can shout out their thoughts, clap whenever they feel like it, dance in the aisles or twirl in their seats. For once, parents of children with autism can sit back, enjoy the show and trade smiles instead of criticism.

"No one complains and no one is thrown out," Chan said. "We never hear a single 'shhh' from other parents. It's such a relief."

SCHOOL NOTES

Send school notes to vienna@connectionnewspapers.com by Friday.

Jesse McComas of Vienna was recognized for his academic achievements at his recent graduation from Universal Technical Institute (NYSE: UTI) in Exton, Pa., the leading provider of post-secondary education for students seeking careers as professional automotive, diesel, collision repair, motorcycle and marine technicians. McComas graduated from UTI's Automotive Technology Program with a 3.91 GPA and 99.12 percent attendance. He received 2 "Student of the Course" awards (earning the highest grade of the course), as well as 6 Directors List Awards and was nominated into the Alpha Beta Kappa Honor Society. Upon graduating, Jesse will be continuing his education in the BMW program.

Dylan Phillips of Great Falls graduated with honors from James Madison University with a Bachelor of Arts in Computer Information Systems.

Kristen Wolaver, daughter of John and Barbara Wolaver of Great Falls, and a 2013 graduate of Langley High School, has been named to the Dean's List for academic achievement for the spring semester at the University of Pittsburgh. Kristen is a neuroscience major with a minor in chemistry at the

Dietrich School of Arts and Sciences at Pitt, where she will begin her junior year in August 2015.

Brendan Mullen, Langley HS grad class of 2011, son of Mike and Debbie Mullen of Great Falls, graduated Magna Cum Laude, with Distinction from the Pennoni Honors College, Drexel University in Philadelphia, Pa. Brendan earned a Bachelor of Science degree in Biological Sciences and will be attending Drexel College of Medicine in the fall. While at Langley, Brendan played goalie for the Langley Saxons Ice Hockey team and at Drexel, played on two inline teams, one of which won the Philadelphia College Roller Hockey League championship this spring.

George Mahaney-Walter, son of Mary Claire Mahaney and Herbert Walter of McLean, was awarded the degree of Master of Business Administration in recent commencement exercises at the Simon School of Business of the University of Rochester.

Northern Virginia Community College is preparing to welcome 17 incoming Honors Program Scholars for the start of the 2015-2016 academic year, which begins Aug. 24. The scholarship provides \$10,000 to be divided into fall and spring semesters for two years, at \$2,500 per semester. It will assist students with the cost of tuition

toward a NOVA degree. **Natalia Chavez Choque and Benjamin Atherton, of McLean High School**, received this scholarship.

Gabrielle Greco, of Vienna, daughter of Drs. Stephen and Judith Greco, was named to the Dean's List at the College of William and Mary for the Spring Semester.

Dylan Maxwell Phillips, of Great Falls, has been named to the president's list at James Madison University for the spring 2015 semester. Students who earn president's list honors must carry at least 12 graded credit hours and earn a GPA of 3.90 or above. Phillips is a senior whose major is Computer Info Systems - BBA.

Victor Zheng, 21, of McLean, is among five University of Virginia scholars who have received Critical Language Scholarships to assist them in pursuing their love of language. They will spend seven to 10 weeks in intensive language institutes this summer in one of 13 countries to study languages the U.S. government has deemed "critical." Zheng will study Chinese in Dalian, China. He is a third-year history and Chinese major who is learning Mandarin Chinese.

"I applied out of a desire to have another opportunity to go back to China and be immersed in its environment," he

said. "I also just inherently love being abroad where I believe I learn the best and the most." Zheng, who is a member of U.Va.'s Virginia Glee Club, plans to pursue a master's degree in international relations.

Graham P. Lobel, the son of Doug and Betsy Lobel of McLean, received a Bachelor of Science degree cum laude, from Haverford College, in Haverford, Pa., at the school's 177th Commencement on Sunday, May 17. Lobel graduated with High Honors in Chemistry. At Commencement, Lobel also received The George Peirce Prize in Chemistry, for excellence in undergraduate research. Lobel graduated from the Thomas Jefferson High School for Science and Technology in 2011.

Chun-Ming "Chris" Chen of Vienna and Maria Vera Alvarez of South Riding have been awarded **Jack Kent Cooke Foundation Undergraduate Transfer Scholarships**. Both students attend Northern Virginia Community College.

Chen and Vera Alvarez are among 90 students nationally to receive the prestigious award which provides up to \$40,000 a year toward tuition, books, living expenses and required fees for the final two to three years needed to earn a bachelor's degree. It is the largest private scholarship for two-year and community college transfer students in the country.

From examining the genes in the monkey flower, to exploring the Rev. Martin Luther King's political, social and theological beliefs, to epilepsy therapies, to sustainable tourism, 38 **University of Virginia** undergraduates will pursue 36 grant-funded research projects this summer. Thirty-five of the proposals received Harrison Undergraduate Research Awards and another student has had his research underwritten by the Stull family of Dallas. This marks the 16th year of the program, which helps further a key component of the U.Va. student experience: hands-on research.

The research awards support students who present detailed plans for projects that have been endorsed by a faculty mentor. In February, a Faculty Senate committee selected the winners, who receive up to \$3,000. Faculty mentors who oversee the projects receive \$1,000.

This year's Harrison Undergraduate Research Award winners and their research topics include

♦ **Pasha Davoudian, 21, of McLean**, a third-year neuroscience major, who is researching the role the thalamus plays in epilepsy therapy.

♦ **Daniel Naveed Tavakol, 19, of Vienna**, a second-year biomedical engineering student, who is researching angiogenesis, or blood vessel growth, in the mouse cornea and retina, distinguishing key factors in support-cell recruitment and location in vascular networks.

STEM-Based Private School to Open in Reston

Ideaventions Academy moving to Reston.

BY RYAN DUNN
THE CONNECTION

Two Thomas Jefferson High School alums, Oakton residents Juliana and Ryan Heitz, opened a teaching science center in 2010 for young learners after an unsuccessful search to find a science enrichment class for their son. Originally located in Oakton, this science, technology, engineering and math (STEM) educational organization will be soon moving to a location at 12340 Pinecrest Road, Reston.

“I wanted to create an environment where children could experiment and try different things,” says Ryan Heitz, who has a Masters of Science degree from the University of Virginia.

Ideaventions Academy is a STEM-based private school for fourth-eighth graders and is the only elementary/middle school in the country to require computer science as a part of its annual core curriculum. The new location at Reston is five times the size of the previous Oakton site. For an art pro-



PHOTO BY RYAN DUNN/THE CONNECTION.

Two Thomas Jefferson High School alums, Juliana and Ryan Heitz, are relocating their science, technology, engineering and math (STEM) educational organization, Ideaventions Academy, 12340 Pinecrest Road, Reston.

gram, the school has partnered with the Leesburg based The Art Station. A shuttle service to the school stops at Reston’s Wiehle-Reston East Metro and at Oakton library.

The school’s hands-on labs are led by experienced teachers who emphasize divergent thinking and seek to harness a child’s natural curiosity about the world. Ideaventions Academy employs about 16

full and part-time staff, and is partnering with a number of local organizations to ensure students have the best experience possible. The programs are designed to share and nurture children’s love for the sciences. “When we are not using spaces for our academy, it will be used for enrichment programs... whiteboards will be set up for collaborative zones,” said Heitz.

Residents of Oakton, Ryan and Juliana met at Thomas Jefferson High School for Science and Technology. After high school, Juliana traveled to the Massachusetts Institute of Technology where she received her bachelor’s in Economics and Management of IT. When the two decided to begin a school, they both wanted to incorporate some of the aspects they observed at Thomas Jefferson High School (TJHSST). TJHSST is one of 18 Virginia Governor’s Schools, and U.S. News & World Report ranked the school the best public high school in the nation from 2007 to 2013. “We believe schools should not be contained just within the walls,” said Heitz.

The couple is very excited about the new facility. Windows provide the new Reston location with plenty of natural light, and rooms for labs include space for 3D printers. Throughout July, work has been underway at the Reston site in preparation for the new school. Architecture firm Stantec

helped with design, and the Oakton site will close at the end of August. The finished school is designed to have a freshness similar to Jefferson’s Monticello or Disney World.

School lunches will be provided by Lokl Gourmet, a local catering company that specializes in locally-sourced, all-natural foods. Foreign language classes will be provided by Language Stars, a company that shares Ideaventions Academy’s teaching philosophy of play-based, immersive learning. Once a month educational field trips will be planned, and students can see how science ties in with the humanities. Ryan Heitz has made contact with one of the curators at the Smithsonian Natural History Museum.

Ideaventions Academy combines hands-on, project-based learning with classical education, providing a collegial environment where students help design their schedule, choosing from required core classes and a diverse set of electives. Courses include: computer science, cellular biology, computational design, Android app development, engineering and more.

The Heitzs broke ground on the Ideaventions Academy’s location on Pinecrest Road in Reston on May 18, and the school is slated to open for its first full academic year on Sept. 8.

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OPINION

Legislation Combats Sex Trafficking

BY TIM HUGO
STATE DELEGATE (R-40)

On July 1, legislation that I sponsored, HB1964, went into effect. This new law is Virginia's first stand-alone human trafficking statute and creates stricter penalties for traffickers, greater protections for sex trafficking victims, and provides needed tools for prosecutors and law enforcement to stop human trafficking in Virginia.

At a recent forum on human trafficking at George Mason University, Det. Bill Woolf of the Fairfax County Police Department Human Trafficking Unit shared a bit of startling news. Woolf stated that without the passage of HB1964, only 11 of the 120 or so open cases dealing with human trafficking could be pursued. According to Woolf, because of this new law, almost all of these cases can now be pursued.

Until today, Virginia was the only state in

the nation without a dedicated human trafficking law and was one of only two states that did not specifically criminalize sex trafficking. The enactment of this law marks another goal reached for Virginia's many organizations and individuals engaged in stopping this abhorrent crime. Thanks to the efforts of many, the General Assembly has established laws to combat the scourge of sex trafficking in Virginia; as a result of these long-term efforts, Virginia finally has a strong sex trafficking law in place.

This new section of the Virginia Code establishes the new offense of sex trafficking, which provides substantial penalties, including a Class 3 felony when the victim is a minor — regardless of whether the child was forced, intimidated or coerced. This distinction reflects the disturbing reality of how traffickers prey on the vulnerability and trust of young victims and ensures greater protections for Virginia's children. The new law also closes a gap in Vir-

ginia law by criminalizing the recruitment of minors and adults for commercial sex. Further, the law provides for the use of multijurisdictional grand juries and includes sex trafficking as a predicate crime under Virginia's racketeering and criminal street gang statutes — ensuring that prosecutors and law enforcement can use these laws to combat criminal enterprises that engage in sex trafficking across jurisdictional lines.

I would like to thank the many people, elected officials, and community groups that had a hand in crafting this legislation; particularly, the Kids Are Not For Sale in VA Coalition and the Richmond Justice Initiative. The threat of sex trafficking is closer to home than many realize, and in the General Assembly we are committed to eradicating this crime against our young people. This stand alone statute will now send traffickers the message that they are not welcome here and that our kids are not for sale in Virginia. Not now, and not ever.

COMMENTARY

Time to Encourage Reading

BY JOHN C. COOK
SUPERVISOR (R-BRADDOCK DISTRICT)

For many of us summer vacation provides a time for our families to enjoy time off from the school year grind, and allows children to participate in fun outdoor activities. However, during summer break, some children fall behind in their academic achievements, which can lead to steps backward in a child's education. This is especially true when it comes to reading.

According to the National Summer Learning Association, approximately 22 percent of the school year's instructional time is lost over summer vacation. In fact, teachers often spend at least one month re-teaching material that students have forgotten over the summer. Unfortunately, the time that teachers spend covering old material could be dedicated to new material that students are potentially missing out on all together.

We may be more than halfway through this summer, but there is still plenty of time to encourage reading in your household before the kids get back to school. There are plenty of creative ways to help kids find time to read; children can combine reading with summer activities like going to the pool or traveling for a family vacation. You can also encourage reading by leading by example: reading together as a family, picking up your own book when your child sits down to read, and spending time together reading aloud are all ways to make reading a fun family activity.

And don't be afraid to make visiting the library a regular activity of your summer schedule! Fairfax County has an extensive public library system, which can be a fun, cool place to spend an afternoon when the summer weather isn't cooperating.

The library is also providing ways to encour-

age students to read during the summer. The Fairfax County Public Library Summer Reading Program runs until Sept. 5 and encourages children to read for pleasure during summer break. The program provides reading lists for those in need of ideas, and the program even offers prizes.

To be eligible for the coupon book prize, children from birth until sixth grade must read fifteen books. They can also have books read to them. Seventh through twelfth grade students must read six books in order to be eligible for the prize. More information can be found at <http://www.fairfaxcounty.gov/library/srp/>

Summer can be a fun and exciting time for our children, but while they are exercising their bodies with outdoor sports and activities, it is important that they exercise their minds as well. This is why I would encourage everyone to pick up a book this summer, and join the library programs that make reading fun and rewarding.

COMMENTARY

LETTERS TO THE EDITOR

Morally Wrong and Counterproductive

To the Editor:

Thanks to Mary Kimm of the Connection (Editorial — "Backpacks for All," Connection, July 15-21, 2015) and Ronald Baker's letter to the Connection for highlighting the need for backpacks and the way to support this initiative. However, your readers also need to know about the "Virginia Back to School Supplies and Clothing Allowance" (aka: Backpacks for All) that was introduced in the Virginia General Assembly in 2014 and 2015.

The Connection article noted that we live in an affluent area with these needs, however, in other areas of the state, less affluent areas, the need is greater.

For example, the Richmond International Raceway, seating capacity of 107,097, could be filled more than twice with the number of Virginia Children living in poverty, most of which are in families experiencing the deepest poverty.

In addition to the Connection appeal to support the backpack program via charitable contributions, an approach that SALT also embraces, there is also need to advocate for efforts by the state to address the issue. The article calls for partnership, but the state is absent, not a part of the needed partnership. Funds are already available for government support of backpacks for impoverished stu-

dents via the federally funded TANF Block Grant. What is missing is public awareness and support to tap these funds and use them for the intended purpose.

Support has come from students, with the leadership of Rae Moar, a freshman at Thomas Jefferson High School. In her seventh and eighth grade years of school and in her freshman year at Thomas Jefferson, she collected over 800 signatures from students at her school, her church and community to help give impoverished children a strong start in school and give them a learning boost. These signatures were sent to members of the General Assembly,

and Del. Scott Lingamfelter and Sen. Chuck Colgan (now retired). The legislation requires support from your readers. Readers that do not know who represents them can go to this web site: <http://virginiageneralassembly.gov/>.

SALT is proud to have advocated for the "Virginia Back to School Supplies and Clothing Allowance" and promoted support for smart policies for kids and their families. Failing our children today is not only morally wrong; it is also counterproductive, ultimately leaving us less competitive in the global community.

John Horejsi
SALT Coordinator
Vienna

Vienna & Oakton
CONNECTION

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PHOTO CONTRIBUTED

Vienna's Pride: Unbeaten Champions

The VYS Pride U13 girls' soccer team finished their league season undefeated and in the process secured the WAGS Division 1 Championship for the spring 2015 season. This is the second unbeaten season and division title for these Pride players over the last two years of WAGS play. Pride Red surrendered only five goals during the entire season of play. The Pride Red girls are also the reigning Sportsmanship Award winners for WAGS Division 1. The Pride Red has been coached for the last three years by Gerardo Ramirez. Members of the team include: Avery Burke, Camryn Campbell, Samantha Devin, Jennifer Filemyr, Sasha Hederstrom, Cerys Hill, Sarah Holec, Daphne James, Megan Johnson, Miwa Johnstone, Selena Kaup, Eliza Loftus, Natalie Lychak, Sarah Moore, Lillie Orlando, Megan Rourke and Zoe Soule.



PHOTO BY KHY SWEENEY

Sweeney named a US Lacrosse, Under Armour All-American

Kierra Sweeney, an Oakton resident and 2015 Madison High School graduate, earned US Lacrosse All-America and Under Armour All-America honors during her senior season. On July 3, Sweeney played in the Under Armour All-America game in Towson, Md., scoring two goals to help the South team defeat the North, 14-12. Sweeney, a four-year starter at Madison, will continue her lacrosse career at Dartmouth.

Young Swimmers Make Splash at All-Star Swim Meet

Watts, Cruz set NVSL records.

BY BONNIE SCHIPPER
FOR THE CONNECTION

Hundreds of swimmers, 94 teams, 50 events, and two broken records.

On Aug. 1, Clifton's Little Rocky Run pool hosted Northern Virginia Swimming League's 59th annual Individual All-Star meet. Commencing at 9 a.m., the 5.5-hour-long meet highlighted the best young swimmers in the area.

The participants in Saturday's meet qualified by swimming in one of the league's 17 divisional meets. At these meets, each of the 102 NVSL teams can enter two swimmers in each event. The swimmers with the top 18 times in the league earn a spot in the All-Star meet.

"If [one of the swimmers] has a bad divisional meet for some reason, unfortunately they may not make All Stars even when they've been one of the top swimmers in the event for the entire season," Records Coordinator Linda Klopfenstein said. "Divisionals is like the preliminary meet and All Stars is the finals."

In her first race of the day, 9-year-old Courtney Watts of Highlands Swim Club set the NVSL record for the 9/10 girls' 50-meter backstroke. Her time of 34.16 beat Janet Hu's 2006 time of 34.32.

"It's cool [to have set the NVSL record] because I've been trying to get [that time]

all season," Watts said. "I just felt good. I've been trying to go to as many practices as I can and work hard at those practices and it helped a lot."

Watts also holds the record for the 8-and-under girls' 25-meter backstroke, with a time of 17.70, which she set during the 2014 All-Star meet.

In the 13/14-year-old boys' 50-meter backstroke, California resident Max Cruz also set his second NVSL record with a time of 27.28, just breaking Jaya Kambampaty's 2014 time of 27.31. He also holds the record

for the 11/12 boys' 50-meter butterfly, which he set during the All-Star meet last year.

"I've focused a lot on my main two strokes, the back and fly, and I've trained a lot harder and worked for long amounts of time to prepare for this meet," Cruz said. "My hard work paid off today, and I'm grateful that I could [set a record]."

Cruz, swimming for the Holmes Run Acres Recreation Association, also took first place in the 50-meter butterfly.

Other standout performances of the day were those of Lincolnia Park's Lukas Wuhrer, who took first place in both the 8-and-under 25-meter butterfly and the 25-meter

freestyle, Fair Oaks' Anthony Grimm, who won both the boys' 11/12 50-meter backstroke and the 100-meter medley, and Highlands Swim's Maggie O'Shaughnessy, who won the 8-and-under girls' 25-meter butterfly and the 25-meter backstroke. Wakefield Chapel's Nicholas Parker, Fairfax's Leah Rogers, McLean's Victoria Valko, and Mosby Woods' Leaya Ma also took first place in multiple events.

"[NVSL] is part of the reason this area produces such successful swimmers," Springboard Pool's Sarah Weinstein said. "It's fun but it's also super competitive and I love being a part of a league that teaches kids to love swimming fast."

Herndon Braves Swept by Big Train

The Herndon Braves held a three-run lead after 6 1/2 innings during the second game of their Cal Ripken Collegiate Baseball League best-of-three semifinal matchup with the Bethesda Big Train. But Herndon pitchers issued six walks during the bottom of the seventh inning, leading to five Bethesda runs and the end of the Braves' season.

Bethesda defeated Herndon 8-6 on July 28 in Bethesda, completing a 2-0 sweep of the Braves. Herndon led 6-3 after scoring a pair of runs in the top of the seventh, but four straight bases-loaded walks in the bottom half gave Bethesda a lead it would not relinquish.

Herndon's Michael Smith (George Mason, South County) went 1-for-4 with two RBIs. Daniel DiMatteo (Westfield State University) had two hits.

Herndon finished the regular season with a 19-21 record and earned one of the league's six playoff spots. The Braves defeated the Silver Spring-Takoma T-Bolts 5-4 in 12 innings on July 26 in the opening round of the playoffs.

Alex Lipman, seen during the Cal Ripken Collegiate Baseball League All-Star game, and the Herndon Braves ended their season with an 8-6 loss to the Bethesda Big Train on July 28 in the league playoffs.

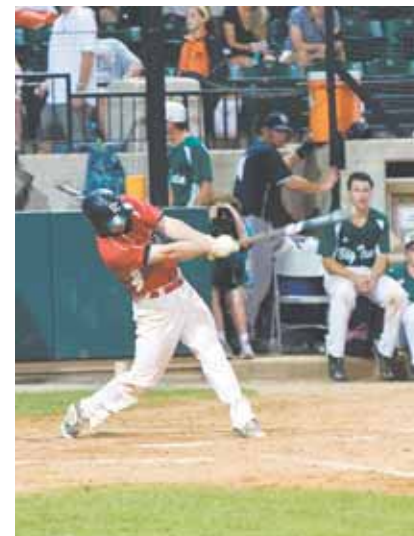


PHOTO BY HARVEY LEVINE/THE CONNECTION

ENTERTAINMENT

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

TUESDAY-SUNDAY/AUG. 4-9

Mystical Arts of Tibet. 7:30 p.m. Unity of Fairfax, 2854 Hunter Mill Road, Oakton. The acclaimed Mystical Arts of Tibet will conduct a live exhibition of an elaborate Peace Mandala sand painting and perform related music, dance and lectures. www.unityoffairfax.org

WEDNESDAY/AUG. 5

Dan Navarro. 7:30 p.m. Jammin' Java, 227 Maple Avenue East, Vienna. \$20. For over 30 years, Dan Navarro has written, sung, played and acted throughout his career.

Pokemon League. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play Pokemon with your friends.

THURSDAY/AUG. 6

The Piano Guys. 8 p.m. Wolf Trap, 1551 Trap Road, Vienna. Piano and cello YouTube phenoms bring their beautiful compositions to the stage, with original works and classical/pop mashups ranging from Swedish House Mafia to Vivaldi. Tickets: \$30-\$55. www.wolftrap.org.

Reading Buddies. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Teen volunteers available to read to/ with beginning readers. Ages 3-9.

Knit Club. 6 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Bring your supplies and practice your crochet, knitting and cross stitching techniques. Ages 8-18.

STEM Project. 1 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. National Honor Society tutoring project with Menaal Saeed, Langley HS student.

FRIDAY/AUG. 7

Madama Butterfly. 8:15 p.m. Wolf Trap, 1635 Trap Road, Vienna. Experience Puccini's heartbreaking masterpiece of passion, honor, and sacrifice with Wolf Trap Opera and the National Symphony Orchestra in this new, staged, and costumed production with custom video projections. Tickets: \$25-\$75. www.wolftrap.org.

Playdate Cafe. 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Children come and enjoy toys and a playspace, while adults enjoy coffee and conversation. Ages birth-5.

Family Game Time. 3:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play assorted board games. All skill levels and ages welcome.

Pokemon League. 3 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Learn and play. Ages 5-18.

McLean Farmers Market. 8 a.m.-12 p.m. Fridays, May 1-Nov. 20. 1659 Chain Bridge Road, McLean. www.fairfaxcounty.gov/parks/farmersmarkets/mcleanmkt.htm

FRIDAY-SATURDAY/AUG. 7-8

"Fiddler on the Roof." 7:30 p.m. Vienna Community Center, 120 Cherry Street SE, Vienna.

SATURDAY/AUG. 8

Vienna Art Society's Photography Exhibition. 4-6 p.m. Vienna Art Center, 115 Pleasant Street, NW, Vienna. Juror Matthew G. Schmidt will select winners at the Vienna Arts Society's annual judged photography exhibition. Enjoy light refreshments



"Screw Loose?" photograph by juror Matthew G. Schmidt. Come out on Saturday, Aug. 8 from 4-6 p.m., where Schmidt will select winners at the Vienna Arts Society's annual judged photography exhibition. Enjoy light refreshments and meet the artists at the awards reception.

ONGOING

Tyson's Concerts on the Plaza.

Fridays, through Aug. 7. 6-8 p.m. at Tyson's Corner Center, 1961 Chain Bridge Road, Tyson's Corner. Sit back and enjoy live music with a special line up each week. Tickets are available on a first-come, first-serve basis beginning at 10 a.m. each Friday morning in the mall concourse on level 2 next to ZARA.

Summer Reading Program.

Friday-Sunday, through Sept. 5. 10 a.m.-5 p.m. at Great Falls Library, 9830 Georgetown Pike Great Falls. Attend summer events and check out books. All ages. Visit www.fairfaxcounty.gov/library/branches/gf/.

Great Falls Concerts on the Green. Sundays, through Sept. 6. 6-8 p.m. at Great Falls Village Centre Green. Come out on Sundays and listen to some live music. Visit http://www.celebrategreatfalls.org/concerts-on-the-green/.

Vienna's Summer on the Green Concert Series.

Fridays-Sundays, through Sept. 27. 6:30 p.m. at Vienna Town Green, 144 Maple Avenue E, Vienna. Come out on the weekend and listen to some good music. Visit http://www.viennava.gov/DocumentCenter/View/2640

and meet the artists at the awards reception.

Silver Line Music & Food Truck Festival. 12-9 p.m. Lerner Town Square at Tyson's II, 8025 Galleria Drive, Tysons. Admission is free, over 20 food trucks and fun.

The Music of John Williams National Symphony Orchestra.

8:15 p.m. Wolf Trap, 1551 Trap Road, Vienna. Journey now with John Williams' and the NSO as they perform entrancing and exhilarating music by the most Oscar-nominated man alive, with songs from beloved films like Star Wars, Indiana Jones, Jaws, Jurassic Park, Harry Potter, Hook, and more. Tickets: \$20-\$58.

Fire Truck Visit. 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Come check out a fire truck up close and hear all about being a firefighter from the team at the Great Falls fire station.

Dance for Everyone. 7-11:30 p.m. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. Dancing to the music of Speakeasy, a five piece party band playing your favorite R&B, Pop, Funk, Soul and more. \$20 admission covers optional lesson, dancing, light refreshments and an evening of fun.

Oakton Farmers Market. 10 a.m.-2 p.m. Year round. Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. www.smartmarkets.org/

Great Falls Farmers Market. 9 a.m.-1 p.m. Year round. Great Falls Village Centre, 778 Walker Road, Great Falls. www.celebrategreatfalls.org/FarmersMarket.html.

Vienna Farmers Market. 8 a.m.-12 p.m. Faith Baptist Church Parking Lot, 301 Center Street South, Vienna. www.viennafarmersmarket.com.

SUNDAY/AUG. 9

Tyson's Farmers Market. 10 a.m.-2 p.m. 8400 Westpark Drive, McLean. Sundays, through Nov. 15. www.tysonspartnership.org

MONDAY/AUG. 10

Tiny Tots. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Featuring stories, rhymes and songs. Ages 13 - 23 months with adult.

MONDAY/AUG. 10-17

Dine Out Tysons. Dine Out Tysons is a Week of \$20 Lunch and \$30 Dinner menus offered by participating restaurants.

TUESDAY/AUG. 11

Needtobreathe's Tour De Compadres. 7 p.m. Wolf Trap, 1551 Trap Road, Vienna. Immerse yourself in captivating alt-rock from premier bands. Tickets: \$25-\$45. www.wolftrap.org.

Book Discussion Group. 7 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. August title is "The Lowland" by Jhumpa Lahiri. Adults.

WEDNESDAY/AUG. 12

Jim Gaffigan- Contagious. 8 p.m. Wolf Trap, 1551 Trap Road, Vienna. Laugh it up with the Grammy-nominated humorist as he dishes on food, fatherhood, and everything in between. Tickets: \$30-\$60. www.wolftrap.org.

Pokemon League. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike,

Great Falls. Drop-in and play Pokemon with your friends.

Toddlers Twos and Threes. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. An early literacy enhanced storytime featuring stories, rhymes and songs. Ages 2-3 with adult.

THURSDAY/AUG. 13

Counting Crows-Somewhere Under Wonderland Tour. 7 p.m. Wolf Trap, 1551 Trap Road, Vienna. Fall "Accidentally in Love" with the melodic alternative rockers and hear them play all their hits off their album. Tickets: \$45-\$60. www.wolftrap.org.

Kids Book Club. 5:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Call Branch for Title. Ages 8-12.

My First Book Club. 4:30 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. A book discussion group for boys and girls. Grades Kindergarten - 2.

Cupcake Wars: Sweet Reads. 7 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Decorate book themed cupcakes, then put them to the ultimate test.

FRIDAY/AUG. 14

Lyle Lovett and His Large Band. 8 p.m. Wolf Trap, 1551 Trap Road, Vienna. Texas' Grammy-winning "Cowboy Man," known for his wry humor and deep storytelling creates richly layered, foot-tapping, Americana, alt-country, and blues with the help of his large band. Tickets: \$25-\$50. www.wolftrap.org.

Family Game Time. 3:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play assorted board games. All skill levels and ages welcome.

Pokemon League. 3 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Learn and play. Ages 5-18.

McLean Farmers Market. 8 a.m.-12 p.m. Fridays, May 1-Nov. 20. 1659 Chain Bridge Road, McLean. www.fairfaxcounty.gov/parks/farmersmarkets/mcleanmkt.htm

FRIDAY-SUNDAY/AUG. 14-16

FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to vienna@connectionnewsletters.com. Deadline is Friday.

Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna, is holding Sunday evening worship service in a less formal atmosphere and more intimate setting to help you get ready for the week ahead. Sundays, 6 p.m. Communion offered. No childcare. 703-938-2119 or www.elcvienna.org.

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, offers musical, educational, outreach and fellowship ministries in addition to worship services, including a 7:45 a.m. worship service without music; 9 a.m. worship service, children's chapel and children's choir; 10 a.m. Sunday school and adult forum; and 11 a.m. worship service with adult choir. 703-759-2082.

The Antioch Christian Church offers a time of Prayer and Healing on Wednesday evenings at 6:30 p.m. for anyone wanting encouragement and healing through

"Fiddler on the Roof." 7:30 p.m. on Friday and Saturday; Sunday show timing at 1 p.m. Vienna Community Center, 120 Cherry Street SE, Vienna.

SATURDAY/AUG. 15

Little Big Town-The Pain Killer Tour. 7 p.m. Wolf Trap, 1551 Trap Road, Vienna. Hop on the "Pontoon" and enjoy free-wheeling, harmony-driven songs from these Grammy-winning country rockers. Tickets: \$35-\$55. www.wolftrap.org.

Oakton Farmers Market. 10 a.m.-2 p.m. Year round. Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. www.smartmarkets.org/

Great Falls Farmers Market. 9 a.m.-1 p.m. Year round. Great Falls Village Centre, 778 Walker Road, Great Falls. www.celebrategreatfalls.org/FarmersMarket.html.

Vienna Farmers Market. 8 a.m.-12 p.m. Faith Baptist Church Parking Lot, 301 Center Street South, Vienna. www.viennafarmersmarket.com.

SUNDAY/AUG. 17

Game On. 2 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Patrick Henry Library has teamed up with Game On! Comics to bring you an afternoon of gaming.

Tyson's Farmers Market. 10 a.m.-2 p.m. 8400 Westpark Drive, McLean. Sundays, through Nov. 15. www.tysonspartnership.org

TUESDAY/AUG. 18

Preschool Storytime. 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Join us for stories, songs and activities. Age 3-5 with an adult.

THURSDAY/AUG. 20

Classic Books Discussion Group. 1 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Join writer/scholar Amanda Holmes Duffy for a discussion of Persuasion by Jane Austen. Adults and teens.

FRIDAY/AUG. 21

Family Game Time. 3:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play assorted board games. All skill levels and ages welcome.

prayers. People are available to pray with you or for you. Antioch Christian Church is located at 1860 Beulah Road in Vienna. www.antiochdoc.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.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. 703-941-7000 or www.havenofnova.org.

McLean Bible Church Fitness Class at Body & Soul Fitness. Gain balance, energy and strength at 9:45 a.m. Mondays and Fridays. Free childcare for registered students. bodyandsoul@mcleanbible.org.

St. Dunstan's Episcopal Church, 1830 Kirby Road in McLean, holds a third Sunday service every month at 10:15 a.m. which 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.

WELLBEING

The LOL team in training crosses the finish line at the Nike Women's Half Marathon in Washington, D.C. McLean residents (from left) Chris Fraley, Mary Ellen Overend, Barbara Overstreet, Dorothy McAuliffe (McLean and Richmond. First Lady of Virginia), Lynne O'Brien, Beth O'Shea, Lauren O'Brien (Denver Colo.), Kim Aubuchon and Terry Lineberger.



PHOTO COURTESY OF LYNNE O'BRIEN

Teams in Training

Getting in shape while raising money for charity.

BY MARILYN CAMPBELL
THE CONNECTION

Rain poured from a gray March sky. Drenched racers wound their way through Washington, D.C. before spilling across the finish line at R.F.K. Stadium, their running shoes heavy and soaking wet.

"We were freezing cold and shivering the entire time," said Ann Goettman of McLean. "We looked like we'd been through a car wash."

Goettman and others on her team of would not let the elements deter them from completing the 2015 D.C. Rock'n'Roll Half Marathon. They'd spent the last four months running, walking and lifting weights as part of a Team in Training (TNT) fundraising effort to support the Alexandria, Virginia-based Leukemia & Lymphoma Society (LLS). Participants pledged to raise money for a charity in which they believe by training for and competing in marathons, triathlons, cycling and hiking. In turn, they get access professional fitness coaches who guide them as they set fitness goals, boost their endurance, lose weight, and get toned taut.

"You have an opportunity to give back from a philanthropic perspective, but you're also putting yourself out there to get in the best shape," said Jaclyn Toll, Deputy Executive Director of the Leukemia & Lymphoma Society.

"It brings you together with other like-minded individuals, people who are into the combination of philanthropy and health and wellness."

A central figure on Goettman's team is Lynne O'Brien. In fact, the group came together in O'Brien's honor after she was diagnosed with leukemia three

years ago. Daunted by the challenge, but motivated by the prospect of hope, she ran her first half marathon in 2013.

"A huge benefit is that we were all getting in shape and were uniting around a cause," said O'Brien. "I lost weight and it was great for my stamina and overall health. I'm 53 and it's great to know that I can run a half marathon."

The coaching staff, says O'Brien, has an effective program that whips racers into shape before each event. Lessons range from using proper form during a workout, stretching to prevent injury and hydration and nutrition to sustain the level energy necessary to complete race.

"They break it down into small parts, and on one day we'll fast run for shorter distance and the next day," she said. "They get pretty specific. They're telling you how to move your arms and hold your head and even how you should step."

The metamorphoses are often beyond the physical. "In terms of their outlook on exercise and their new found love of long distance exercise and endurance, the transformation unbelievable transformation," said Skye Donovan, Ph.D., department chair and associate professor of Physical Therapy at Marymount University in Arlington volunteers as coach for TNT.

One of the factors in the evolution of the mindset of the team members is camaraderie and the knowledge of a higher cause.

"New drugs are coming down the line," O'Brien said. "Doctors say it's an exciting time for them. Since I was diagnosed three years ago, five new drugs have come into the market."

Many train for and endure physical fetes that seemed unattainable at first thought. "I am not an athlete, I'm a busy, 53-year-old mom of five kids. I'm busy," said Beth O'Shea of McLean. "But the next thing you know I'm getting myself in shape, meeting new people and going on long walks."

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8/19/2015...A+ Camps & Schools – Back to School – Private Schools
8/26/2015.....Newcomers & Community Guide Pullout

SEPTEMBER
9/2/2015..... Wellbeing
Labor Day is Sept. 7
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Tree care company in Chantilly looking for a climber and/or ground person. English speaking and experience preferred. Call 703-263-3199.

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21 Announcements

ABC LICENSE
CI MBC DC Metro LLC trading as Taylor Gourmet, 2401 Smith Blvd, Reagan National Airport Space B/C-20B, Arlington, VA 22202. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises license to sell or manufacture alcoholic beverages.
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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- Zone 5:** The Potomac Almanac
- Zone 6:** The Arlington Connection
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The McLean Connection
The Great Falls Connection

Back On Track



By KENNETH B. LOURIE

Having reread last week's column a time or two now, I've realized that I neglected to update you regular readers – especially those of you who read my most recent pre- and post-scan columns: "Abysful" Ignorance and Scant Know For Sure Anymore – on the previous week's scan results. Once again, I have defied the odds – maybe statistics would be a better word? Nevertheless, my tumors remain stable, as do I, and I remain amazingly lucky as well. As to the reasons why I continue to "thrive," perhaps it's due to the marketing campaign of the HMO that is responsible for my care. Certainly I'm living proof that all is not lost when lost is where you seem to be. Six and a half years ago at my diagnostic ground-zero: 2/27/09, my oncologist offered little hope. Though he was honest and direct in his presentation of the facts, statistics, treatment, etc., he was not particularly encouraging. To invoke a quote from Lt. Col. Henry Blake from a long-ago M*A*S*H episode: my oncologist didn't exactly "blow any sunshine up my skirt." It was quite the opposite, in fact. When we questioned him further about my chances of living beyond two years or even beyond five years (two time frames he cited), he did acquiesce and agree that sure, it's possible I could be the one (almost literally) that could survive beyond the rather grim prognosis of "13 months to two years" that I was given.

Not that I doubted him, but when you're a lifelong non-smoker, asymptomatic with no immediate family history of cancer; being told at age 54 and half that you have late-stage lung cancer and have maybe two years to live, is not simply a hard pill to swallow, it's an impossible pill to swallow and yet swallowing now becomes the least of your problems, especially considering that heavy-duty chemotherapy was scheduled to begin in six days. That's when you realize you're not in Kansas anymore, and when your hair falls out a few weeks later and you start to look ashen gray in the face and hollow in the eyes – and feel even worse than you look, it's easy to start believing the extremely discouraging news given to you by your oncologist.

But somehow you must – not believe, because believing can be very disheartening. And "disheartening" leads to and creates negativity, and negativity is almost as harmful as the chemotherapy itself. Cancer may have a mind of its own (figuratively speaking), but so do you, and using it to "laugh, think and cry" as Jim Valvano encouraged ("a full day" as he called it) in his ESPY speech in 1993 while accepting the first-ever Arthur Ashe Courage and Humanitarian Award, is perhaps what makes one stronger – or possibly strong enough, emotionally. And given the ravaging effects of chemotherapy, you're going to need that emotional strength to compensate for the physical weakness you're likely to experience during your treatment. Cancer is difficult enough on its own; you don't need to make it any worse.

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

Pure Barre Open House and Ribbon Cutting

Pure Barre, located at 218 Maple Ave W, Vienna, will host an open house and perform a ribbon cutting on Thursday, Aug. 6 at 5:30 p.m. Pure Barre is a unique exercise studio that utilizes a low-impact technique which helps protect your joints. The studio uses the ballet barre to perform small isometric movements set to music, using a total body workout that tones your thighs, abs, arms and burns fat. For more information, visit the Pure Barre website at <http://purebarre.com/va-vienna/>.

Businesses new to the Vienna community are welcome to request a ribbon cutting event through the Town/ Business Liaison Committee (T/BLC) by completing a request form online at www.viennava.gov/index.aspx?nid=1088. For more information on the T/ BLC, visit www.viennava.gov/index.aspx?NID=416.

BULLETIN BOARD

To have community events listed in the Connection, send to north@connectionnewspapers.com. The deadline for submissions is the Friday prior to publication.

WEDNESDAY/AUG. 5

Blood Donation. 9 a.m. - 2:30 p.m. Tysons Tower, 7900 Tysons One Place, McLean. The American Red Cross is facing a looming shortage of the blood types most needed by patients and is calling on eligible donors with O negative, B negative and A negative blood to give now to prevent an emergency situation. Blood donation appointments can be quickly and easily scheduled by using the Red Cross Blood Donor App, visiting redcrossblood.org or calling 1-800-RED CROSS.

MONDAY/AUG. 10

Spanish Chat. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. All levels welcome to practice Spanish in a relaxed environment with a native speaker. Adults.

MONDAY/AUG. 17

Spanish Chat. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. All levels welcome to practice Spanish in a relaxed environment with a native speaker. Adults.

MONDAY/AUG. 24

Spanish Chat. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. All levels welcome to practice Spanish in a relaxed environment with a native speaker. Adult admission.

TUESDAY/AUG. 25

Expecting the Unexpected: Preparing for Emergencies. 1-2 p.m. Tysons Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. What do you do when an emergency occurs? Find out from experts from the Office of Emergency Management.

ONGOING

The **Shepherd's Center of Oakton-Vienna** has an urgent need for volunteer drivers to take area seniors to medical appointments and other activities. Opportunities to volunteer for other services are also available. No long-term commitment and hours are flexible to fit your schedule. Visit www.scov.org or contact the Volunteer Coordinator at 703-281-5086 or email volunteer@scov.org.

Run With the Doctor. Every other Saturday at 7 a.m. 8230 Boone Blvd., Tysons Corner. The Center for Orthopedics and Sports Medicine offers its services in a convenient format to runners at this running event. Free. facebook.com/runwiththedoctor.

21 Announcements

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Training for Perfect Performance

Youth Sports Training Academy relocates to Tysons location.

Local resident and former Washington Redskin, Leonard Stephens, relocated his Youth Sports Training Academy, Perfect Performance, to new 25,000 square foot Facility in Tysons Corner. Living in the area for more than 20 years (six of those years playing in the NFL), Stephens recognizes the desire and devotion that local boys and girls have to learn, train, and successfully compete in sports. After leaving the NFL, Stephens began the new sports career of mentoring and teaching expert standards in athletic training at his youth sports academy, Perfect Performance. Stephens has been sharing his professional athletic knowledge and proven successes with young athletes since 2007 and has effectively branched out to all sports beyond football. Stephens is excited to move Perfect Performance to the newly constructed, state-of-the art, 25,000 sq. ft., indoor, turf facility located at 8502

Tyco Road, Tysons Corner. The new facility includes a weight room, locker rooms, showers and a parent viewing area.

Perfect Performance provides specialized training programs at all skill levels, specifically for ages 10 through collegiate years, in football, baseball, lacrosse, volleyball. Perfect Performance also directs a Speed and Strength Academy which delivers champion advantages in all sports including basketball, soccer, softball, rugby. Perfect Performance is equipped with plenty of free parking and is walking distance to the Spring Hill Metro Station on the Silver Line. Perfect Performance is open seven days a week.

The 6'3", 245lbs, Stephens can be found at Perfect Performance seven days a week engaged in most of the training taking place there. Stephens has selected only top quality sports trainers to work in the sport that they themselves have proven to master. All of the

Perfect Performance trainers have played and competed at the collegiate level.

Stephens grew up in Princeton Junction, N.J. lettering in three sports, football, basketball and track, but had the most success on the gridiron. Over his six year NFL career, Stephens played with current and future Hall of Famers and perennial Pro-Bowlers, and was also coached by future Hall of Famers. Some of those individuals include Darryl Green, Marcus Pollard, Ben Coates, Joe Gibbs, Joe Bugel, Steve Spurrier and Mike Holmgren. He has played with many great wide receivers and tight ends including Laverneus Coles, Roy Williams, Walter Rasby and Marcus Pollard.

Stephens is married to Dr. Candice Turpin-Stephens and they have a young son and daughter. Stephens recently formed Perfect Performance Sports and Education Trust which provides young, disadvantaged football players in the greater Washington metropolitan area with the necessary skills and support to be equally successful on and off the playing field. The Per-



PHOTO CONTRIBUTED

Student Alex Bendler performing Prowler Power Walk for the Offensive Line Academy for seventh through 12th grade, while Leonard Stephens watches.

fect Performance team of trained coaches, educators, and support staff provide athletic training, academic support, and social and professional development to athletes

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