Vienna Awash in Red, White and Blue

The fashionable motif at the Vienna Independence Day festival was red, white and blue, as modeled here by the Snow family: Cadence, mom Jackie, Maximus and dad Matt.
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Vienna Awash in Red, White and Blue

Music, food, children’s activities and vendors fill heart of Vienna

By Donna Manz
The Connection

The grounds of the Vienna Community Center were awash in red, white and blue on July 4 as the Town of Vienna celebrated Independence Day with its all-day family-focused festival.

“It’s very traditional,” said Department of Parks and Recreation Director Cathy Salgado. “The only thing new is the band. Everything else is all about tradition. Even the weather forecast. Threat of thunderstorms.”

Not only did the thunderstorms hold off, but by mid-afternoon, the day had turned bright and sunny. Still humid, but sunny with blue skies, and as the day grew brighter, the crowds drew stronger.

On Caffi Field, five inflatables were set up for young children, and, off to the side, the annual classic car and antique farm equipment show. Down Cherry Street food vendors set up kiosks adjacent to the stage as classic rock band Ron Moody and the Centaurs performed upbeat summery music.

For the second consecutive year, donations from the annual chili cookoff benefited the Vienna Volunteer Fire Department. Last year, the cookoff donated $750 to VVFD. The American Legion Post 180 of Vienna hosted the beer and barbecue tents.

For the second consecutive year, the Vienna Volunteer Fire Department was the beneficiary of the chili cookoff fundraiser. Last year, the cookoff raised $750 for VVFD.

The “Support Our Troops” banner for 2011 will be on its way to Virginia Beach to the USS Higgins, just returned from duty off the coast of Bahrain. The sister of Parks and Recreation staffer Leon Evans did duty on that tour. Each year, a banner is dedicated to one of America’s military units, signed by local people expressing gratitude.

THE VIENNA POLICE COLOR GUARD opened the Independence Day program with the presentation of the colors, followed by a one-hour concert given by the Vienna Community Band. The annual 17th District American Legion All-Star Baseball Game was played at Waters Field starting in mid-morning. At 7 p.m., rock band Fat Chance gave a pre-fireworks concert at Southside Park. The fireworks display at Southside Park went off shortly after 9 p.m.

Cadence Snow, 2, toured the festival grounds in her mother Jackie Snow’s baby backpack, as dad Matt Snow toted 6-month-old Maximus across his chest. Jackie Snow explained why the young Vienna family made the outing on a stuffy day.

“It feels like home here,” she said.

When the tops of the garlic plants turn brown, Vito Florimonte will pull up the garlic bulbs. He has planted two varieties of garlic.

Florimonte’s Garden

Garden part of man’s Italian heritage.

By Donna Manz
The Connection

In Vito and Toni Florimonte’s early June home garden are tomatoes that rival those of early July. Some are of Italian seeds, some heirloom. There are a variety of pepper plants and beans, eggplant, zucchini, lettuce, turnips, beets, cucumbers, raspberries, thornless blackberries and grapes.

There’s a separate garden growing traditional Italian herbs, such as oregano, basil and two types of garlic bulbs. Looming over the plants and vines are birdhouses hand-carved by Vito, perched on archways standing tall in the garden.

“The garden is part of my heritage,” said homeowner and gardening aficionado Vito Florimonte, whose family has southern Italian roots. “We always had a garden back home.

“What I get out of this is high-quality good vegetables. The thing of it is when you plant your own seeds, you get to pick the varieties of vegetables you want. Like the heirloom tomatoes or the Italian pole beans. You can’t buy the plants or seeds for those at Home Depot.”

PRETTY MUCH EVERYTHING in the Florimonte garden is reminiscent of Italy’s iconic produce. You half-expect to see a pot of tomato sauce simmering in its midst. While the garden is Vito’s passion, Toni turns its bounty into recipes that mark the tables of countless generations of Italian-Americans. Toni, not Italian herself, loves to cook Italian, creating dishes that are earthy in the truest sense of the word.

 “[Toni] has many recipes she carries around in her head and heart,” said Vito. “She creates
Reliving the Battle of Vienna

Encampment, reenactment of skirmish paint Civil War portrait.

By Donna Manz
The Connection

For a few hours on June 18, Union and Confederate forces set aside their hostilities as they encamped and drilled on the grounds of the Vienna Community Center. Civilians of 1861 carried on their daily lives, divided by their support for the North or South. Troops carried rifles and fired cannons. Mosby’s Rangers stood guard over their horses. Women sewed, cooked, made care packages.

Reenactors held fast to their characters: a Confederate mother of the Dixie Rose Society worried about the safety of her sons fighting in a South Carolina infantry brigade.

“I don’t know what is going to happen, how long this war will go on,” she said, speaking in character. “I’m for the cause, but I don’t want my sons to be dead heroes.”

VIENNA, in partnership with the town’s Civil War Sesquicentennial Committee and Historic Vienna, Inc., commemorated the beginning of the Civil War 150 years ago with a 24-hour encampment on community center grounds. Beginning the evening of June 17, with period music and stories by Hunter Mill corridor historian Jim Lewis, the encampment was bound with activities and ceremony, and climaxed by the June 18 reenactment of the nation’s first train skirmish, the Battle of Vienna. Starting at 11 a.m. on Saturday, Kemper’s Alexandria Artillery fired cannon shells hourly. Children covered their ears as reverberating booms pierced the air and smoke filled it. Artillery soldiers practiced firing.

In tents and under canopies, civilian men and women conducted daily routines. A woman crocheted vests for children, a man played accordion, children in period dress held toys.

“All the women back then really worked hard,” said Civil War homemaker Rebecca Stricker of Vienna. Stricker tended to an open fire, a pot of coffee heating above it. The number one cause of death for women in the mid-1800s was fire, their clothes engulfed in flames. “They were home doing things that really mattered to their families and soldiers,” Stricker said as she added logs to the fire pit.

Throughout the day, hundreds of spectators passed through the encampment, stopping at tents and demonstrations, asking questions of the reenactors, all of whom knew their history of the period well.

“This is a part of our history, Vienna’s history,” said Mayor M. Jane Seeman after the first of the cannon firings. “It’s important to commemorate what happened right here in Vienna, to learn about it, and maybe, get the real facts.” Patrick Sheehy, a college student from Vienna, agreed with the mayor’s assessment. “I love history,” Sheehy said. “I think having

Photos by Donna Manz/The Connection

Rebecca Stricker of Vienna tends to domestic activities. Women, she said, worked hard doing things that mattered to their families and the troops.

See History, Page 10
Fresh Market to Open Vienna Store

The Fresh Market, Inc. (NASDAQ: TFM) will expand its presence in the Mid-Atlantic region with a new store at 150 Branch Road SE in Vienna, marking the company’s seventh store in Virginia. Doors will open at 9 a.m. on Wednesday, July 20, and grand opening activities will include chef demonstrations and food sampling throughout the store. A reusable shopping bag and sample-sized bag of the company’s gourmet coffee will be free to the first 1,000 customers.

In addition, customers attending the grand opening will be invited to enter into a drawing to win The Fresh Market Pantry. Valued at approximately $1,000, the Pantry is a collection of The Fresh Market’s own TFM-branded favorites, including spices, stocks, pastas, pancake mixes, gourmet sauces, jams and more to fill the lucky winner’s kitchen cupboard.

The new Vienna store will house 23,300 square feet of culinary delights, including a bakery that produces 30 freshly baked breads and 14 different varieties of pie daily, a full service meat counter with freshly ground beef, a wide selection of ready-to-serve entrees, fresh seafood delivered to the store several times per week, and more than 200 imported and domestic cheeses, as well as a bountiful produce department with more than 400 items and a large organic selection.

For more information, visit www.thefreshmarket.com.

Vienna Arts Society Offers Summer Camps

Children’s summer art camps are offered by the Vienna Arts Society at the Vienna Art Center, 115 Pleasant St., NW, Vienna. Contact the Art Center Director, Teresa Ahmad, or visit the web site for details about classes for all ages featuring arts and crafts, painting, sculpture and mixed media. 703-319-3971

Fairfax County is constantly working to expand the number of sites offering meals to needy children in summer time. In the summer of 2008, the county served 60,000 meals at 37 sites. In the summer of 2010, approximately 105,000 meals were served at 47 sites, a 75 percent increase in meals served and 27 percent increase in the number of sites providing services.

Alexandria City has 46 summer meals sites, and Arlington County hosts seven summer meals sites, according to the No Kid Hungry campaign in Virginia. An editorial last month, relying on information from the Fairfax County Public Schools, underestimated the number of sites available for summer meals. Fairfax County has more than 44,000 students enrolled who are poor enough to qualify for subsidized meals who, during the school year receive breakfast and/or lunch at the county’s 141 elementary schools, 26 middle schools, 30 high schools and secondary schools exist for free or at very low cost. That’s nearly 200 places where students go every day that can help provide for their nutritional needs.

While 105,000 meals at 47 is a great improvement, it’s still fewer than three meals per needy student for the entire summer.

The No Kid Hungry campaign is promoting summer meals programs in Virginia and increasing awareness by distributing statewide nearly 55,000 pieces of outreach materials including postcards, yard signs, direct mail, posters, and banners. Calls are also being made to needy families to let them know about summer meals sites. See www.stronggroup.org.

Anyone can find the closest site in Virginia for summer meals by calling 211. Anyone in Fairfax County who would like to volunteer or host a meal site can visit http://www.fairfaxcounty.gov/rec/summermeals/ or call Brent Quarles, Department of Community and Neighborhood Services, at 703-324-5330.

To the Editor

Bob Simon
Reston

Constitution Applies

To the Editor:
The recent controversy surrounding Fairfax County Public Schools’ discipline policy, particularly parent notification, needs some clarity. Some parents have claimed that student’s Fifth Amendment rights would be violated if parents are not notified before disciplinary action is taken. It is true students keep their constitutional rights even after entering the school building and they should not be coerced to incriminate themselves. However, these rights pertain to violations of school and criminal rules and not to school infractions, like tardiness and cheating, in this case Fifth Amendment rights would not be involved.

So in the case of violations of school and criminal rules, a student must not be coerced to incriminate themselves, that would be in violation of their Fifth Amendment rights, and therefore one could claim that their parent should be notified before action is taken.

Lawrence Bussey
Reston

Primary Election

Aug. 23

Several key races in Arlington, Alexandria and Fairfax County are likely to be decided in the primary election, next month. They are in heavily Democratic districts, the winner of which will be the primary to favor in November.

To vote on Aug. 23, you must be registered to vote by Aug. 1. If you think you might be on vacation, you can apply now for an absentee ballot.

The deadline to register for the Aug. 23 primary is Monday, Aug. 1.

Primary Election Day, Tuesday, Aug. 23

General Election Day, Tuesday, Nov. 8

Monday, Oct. 17 is the deadline to register to vote or update one’s address for the Nov. 8 General Election.

For more information, see http://www.thevirginia.gov

Bulletin Board

To have community events listed in the Connection, send to vienna@connectionnewspapers.com. Deadline is Friday.

SATURDAY/ JULY 9
The Smart Split: Legal Aspects of Separation and Divorce. 10 a.m. McLean Government Center, 1437 Balls Hill Road, McLean. Learn the rights and responsibilities of parties involved in separation and divorce from experienced practicing family law attorneys. Learn how the legal process works in the Virginia courts and how to work with your lawyer. A support group will be available. $55 non-members, $45 members. Register at www.thewomenscenter.org.

AAUW Used Book Collection. 10 a.m.-4 p.m. SunTrust Bank, 515 Maple Ave. East, Vienna. Gently used books, CDs, tapes, DVDs and software are needed. Records and textbooks are not accepted. This collection is in preparation for the 42nd AAUW Used Book Sale to be held on Sept. 16-18. 703-527-4206.

MONDAY/ JULY 11
First Monday with Supervisor
Hudson. 1-3 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Redistricting: How Our Boundaries Changed. Residents in the Colvin precinct and part of the Nottoway precinct new to the Hunter Mill District are invited to come and meet Supervisor Hudson. 703-938-0405.

Family Abuse: What Is It and What Can You Do About It? 7 p.m. The Women’s Center, 127 Park St. N.E., Vienna. Identify and learn how to most effectively deal with the pattern of coercive behaviors associated with family abuse, including physical and sexual violence, threats of violence, emotional and psychological intimidation, verbal abuse, economic and financial control, spiritual abuse, and destruction of property. Free. Registration required at www.thewomenscenter.org.

Shining the Theater Open House. 12 p.m. at the School of Theatrical Dance in Great Falls. Now enrolling student actors ages 7-19 for its 18th annual Summer Camp production. Roles for both boys and girls are available. Shining the Theater’s “Shakespeare” camp rehearse July 11-22, with a performance at The Great Falls Grange Theater on Saturday, July 23. 703-790-9050 or Pat@Shiningtheater.com.

WEDNESDAY/ JULY 13
Pauline Shirley Toastmasters Club Meeting, 6-45 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Meets second and fourth Wednesdays of the month. 703-993-5566 or paulinshiley.freestenanchost.net.

Reclaiming Your Future: Financial Planning During Separation & Divorce. 7 p.m. Investment & Resource Planning Associates, Inc., 4400 Fair Lakes Court #70, Fairfax. A comprehensive seminar covering all financial components of the property settlement agreement, from preparing documents for your attorney to signing agreements. $50 non-members, $40 members. Register at www.thewomenscenter.org

FRIDAY/ JULY 15

SATURDAY/ JULY 16
Avoiding Divorce Court I – How to Negotiate or Mediate a Property Settlement Agreement, 10 a.m. The Women’s Center, 127 Park St. N.E, Vienna. A comparison of mediation and negotiation, strategies and pitfalls to avoid and a general discussion of the issues commonly addressed in an agreement, from property to support to custody. $45 non-members, $35 members, $45 non-member couples, $60 member couples. Register at www.thewomenscenter.org
Faith

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

Antioch Christian Church, 1860 Beulah Road in Vienna, will have guest speakers on Sunday, July 10 at 11 a.m. Karen Curtis will be speak on “Opportunities: God’s Way,” highlighted with biblical examples on how we should grasp opportunities to serve each other. Curtis is a parish nurse, Nurse Case Manager and hospital staff nurse for over 20 years, as well as lay leader and Sunday school teacher at the church for 25 years. The public is invited. www.antiochmc.org

At Epiphany United Methodist Church, 1014 Country Club Drive in Vienna, the sermon for Sunday, July 10 at 10 a.m. will be “God’s Plumb Bob.” www.epiphanyumc.com or 703-938-3494.

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

Vienna Presbyterian Church, 124 Park St. in Vienna, presents the 12-week program “Passages,” for those experiencing separation or divorce. The DivorceCare series meets Tuesdays at 7 p.m. Cost of materials $20, scholarships available. 703-938-9050 or Passages@ViennaPres.org

Vienna Assembly of God has a ministry to children on Wednesdays, 7-8 p.m. at the corner of Center N and Ayr Hill Avenue, N.E. Children’s Church on Sundays also available. 703-938-7736 or ViennaAG.com

Vienna Christian Healing Rooms, every Saturday, 1-5 p.m., at 8200 Bell Lane. A team of Christians is available to anyone requesting prayer. 703-356-6336.

Chesterbrook United Methodist Church is at 1711 Kirby Road, McLean. Worship service is at 11 a.m. Sunday school is at 9:30 a.m. for adults and children. Rev. Kathleen Card, Pastor. 703-356-7100 or www.chesterbrookUMC.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.

Charles Wesley and Chesterbrook United Methodist Churches invite the community to a 20-minute weekly service of prayer and Holy Communion in the Charles Wesley sanctuary, 6817 Dean Drive in McLean, at 12 p.m. Thursdays. At the conclusion of the service, there is a time of individual blessing, anointing and healing prayer. 703-356-6336.

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 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.

Vienna/Oakton Connection • July 6-12, 2011 • 7
Town Green Covered in Children
Kiddie-rock favorite Rocknoceros plays to full-house.

I was a clear blue sky, bug-free, and perfectly pleasant morning before the evening of June 29, and the Third Green’s Jake’s was in full swing. Kids were all over the place—jumping, talking, running around, playing games. It was a perfect day to be outside and let kids have fun. The Town Green is a great place for kids to hang out and have fun.

The lawn on the Town Green was filled with families rocking to the beat of Rocknoceros on June 29.

The lawn on the Town Green was filled with families rocking to the beat of Rocknoceros on June 29. Rocknoceros is a Kentucky-based band that has been playing for over 20 years. They are known for their energetic and catchy songs that are perfect for kids.

One of the highlights of the day was the Kids’ Corner, where children could play and interact with each other. The corner featured face painting, games, and activities, all designed to entertain and engage young children.

Another feature of the day was the Town Green’s own RC Drone Show. The drone was programmed to fly in formation, performing tricks and stunts in the air. It was an impressive sight to watch, and it added to the overall festive atmosphere of the day.

The day ended with a conclusion by Rocknoceros, who took the stage and performed a medley of their top hits. The crowd was on their feet, dancing and cheering as the band played their final set of songs. It was a perfect way to end a day filled with music, fun, and familial bonds.

Town Green Covered in Children
Kiddie-rock favorite Rocknoceros plays to full-house.
History Replayed at Vienna Community Center

FROM PAGE 4

reading pages in books. You’re seeing what it was really like.”

BY EVENING, Union and Confederate troops had set the stage for the reenactment of the Battle of Vienna. A replica Civil War train, on loan from Strasburg, Va., was moved into place and pushed into action.

Hundreds of spectators, from within Vienna and miles beyond, gathered around Caffi Field to watch the skirmish on the grounds adjacent to the railroad’s path.

In Vienna’s 1861 history, at approximately 6 p.m. on June 17, Confederate infantry and artillery units lay in wait for the train traveling westbound carrying the Union’s 1st Regt. of Ohio Volunteers from Alexandria. Confederates had set the stage in what was the nation’s first military attack on a railroad. Although outnumbered by Confederate troops, the Ohioans engaged Capt. Kemper’s battery. Outgunned, outmanned, what was left of the 1st Regt. retreated, walking back to camp, dragging their wounded.

“This put Vienna in a place in the Civil War,” said Margaret Dellinger. “Go along the trail [W & OD], pass the monument to the train battle, and you get a sense of what went on in Vienna then.”

By the time the Civil War ended in 1865, 620,000 Americans had lost their lives in battles raging throughout the South, most of them in Virginia. That number of deaths exceeds that of the two world wars and the Korean conflict combined.

“It’s pretty good to be doing this reenactment,” said Charles Stackhouse of Vienna, whose grandfather from Ohio fought for the Union in the Civil War. “People have sort of gotten blasé about it. People should know all about it, the good and the bad.”

To learn more about Vienna’s sesquicentennial events, see www.historicvienna.org or www.viennava.gov.

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News
Of Diets and Dietitians

Sometimes advice from an expert can help achieve weight and nutrition goals.

By Jon Roetman
The Connection

S
ome people might hesitate to consult with a dietitian, whether it’s to lose weight or eat healthier. Isn’t there a chance the dietitian will tell you that you need to do everything differently?

Fairfax-based registered dietitian Danielle Omar works with clients ranging from those wanting to lose weight to athletes training for an event. She said anyone interested in working with a dietitian should speak with several to find the best fit.

While trying to improve one’s diet can involve time, effort and struggle, Omar said someone looking to get healthier “shouldn’t have to worry about making unreasonable or uncomfortable changes.”

“When you are not going to try to make you something you’re not,” she said “Don’t be scared you’re going to be told to go to a specific store and buy a thing you’re not.”

“Don’t be scared you’re unreasonably uncomfortable changes.”

One of the obstacles that people have “involve their schedule,” a lack of time to prepare meals and “what their approach is.” Interview some and see what their approach is. Interview some and see what their approach is. Interview some and see what their approach is.

If the client has a goal to lose a significant amount of weight, Omar would meet with the person “every two or three weeks for a couple months.” If the client simply wants to improve his or her diet, the two will speak with several to find the best fit.

If the client is going to be told to go to a specific store and buy a thing you’re not,” she said “Don’t be scared you’re unreasonably uncomfortable changes.”

“Some of the obstacles that people have [involve] the schedule — a lack of time to prepare meals [and] to do what it takes in terms of planning,” she said. “A lot of people rely on eating out. It’s difficult to eat healthy when you’re eating out. You can, but some people don’t want to go that route.”

Portion size can also be a problem. Some people simply eat too much per serving while others eat too much of one food group in a meal and not enough of another. As far as problem foods go, cheese is a popular culprit.

People love their cheese,” Omar said. “People love their cheese,” Omar said.

THE PROCESS of selecting a dietitian should involve questioning credentials, Omar said.

“I think there’s something to say for gathering information,” said Omar, who has a master’s degree in health sciences and a bachelor of science in dietetics, according to her Website, foodconfidence.com.

“Maybe you’re not sure that working with a dietitian is the right thing for you, but you should contact some. … Tell them what your goals are and see what their approach is. Interview some and see what their approach is and see if it works for you.

“[Becoming a] registered dietitian [requires] a bachelor’s degree in dietetics and a 9-to-12-month internship and exam and continuing education every five years,” Omar said.

Omar warns that some people who call themselves nutritionists are people who have taken a few classes and possibly lost weight themselves. “They’re very good at marketing themselves, but a lot of times they’re not really qualified, especially with clinical stuff.”

TIME, OR LACK THERE OF, is the greatest deterrent to eating healthy. Omar said.

“We have a obesity epidemic in this country. We have a obesity epidemic in this country. We have a obesity epidemic in this country. We have a obesity epidemic in this country. We have a obesity epidemic in this country.

The Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax. Tuesdays and Thursdays from 1:30-2:30 p.m. Classes are held in a heated indoor pool and are designed to work on balance and core muscles in order to prevent injuries and falls. Instruction is provided in Back and Hip Rehab. $10 per class. Pre-registration required at 703-667-9800.

SATURDAY/JULY 9
Healthy Responses to Anger.

[Image 491x807 to 768x979]

To add your Realtor represented Open House to these weekly listings, please call 703-778-9410

Our dedicated staff at Vienna Family Medicine is ready to serve you and your family’s health care needs.

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Vienna/Oakton Connection  July 6-12, 2011  11
SPORTS

SPORTS ROUNDUPS

Mail-in Registration for the Marshall High Girls Lacrosse Summer Camp closes June 30. The three-day camp, set to take place from Thursday, July 7 through Saturday, July 9, is for youth and high school players. Daily camp times will be 9 a.m. to 2 p.m. All equipment to learn to play will be provided. Camp cost is $150. The camp also will offer an Elite Evening session for high school varsity players. The Elite Camp time will be from 3:30 to 6 p.m. A registration form can be found at www.gcstatesmenSports.org. Click on “Varsity Girls Lacrosse,” followed by “Camps and Clinics.”

Coach Depaz Clinton, who is running the camp, was selected as the 2010 All-Liberty District Coach of the Year. More recently, she was the 2011 Marshall High School Nominee for the Women in Sports Coach of the Year Award. For more information on the upcoming camp, contact coach Depaz Clinton at ncdpez@gmail.com.

Pomotac Inline Hockey in Chantilly is offering free, year-round “Learn to Skate, Learn to Play!” lessons for youngsters interested in playing inline hockey. Lessons are held on Saturday mornings from 8-9 at The Box in Chantilly. Registration can be done online at www.pomotachockey.com. Contact youth@potomachockey.com or call 703-961-8280 for full details.

Greater Vienna Babe Ruth Baseball registration is underway for the 2011 Fall Season. The league welcomes graduating Little Leaguers to the Transition Division and the 90-foot diamond. Junior Division is for ages 13-14 and the Senior Division is for ages 15-18. Games are in-league as well as against other Northern Virginia Babe Ruth teams. Register by July 15 for guaranteed placement. For registration information, go to GVRLR.org and click on Fall Baseball.

The 5th annual JSFC Golf Tournament will take place Thursday, Sept. 1 at 9 a.m. at Herndon Centennial Golf Course. Enjoy a fun day of golf to support the services of the Jeanie Schmidt Free Clinic (JSFC). Now in its fifth year, the tournament involves more than 100 Ballers and sponsors from across the community enjoying a day out to support patients in need. The event cost is $125 per person. Registration price includes: greens fees, hot dog at the turn, beverages, and a barbecue lunch and awards ceremony. For an event flyer, or to register please visit www.jsfreeclinic.org or call 571-235-3577.

Oakton High School is holding a summer Baseball Camp from July 11-15 from 9 a.m. to 1 p.m. for players between the ages 7-10. The inaugural Oakton Cougar Baseball Camp, which will be directed by Oakton baseball coach Justin Janis, is intended to teach players solid fundamental baseball skills. The goal is to provide each player with the instruction, knowledge, and evaluation necessary to raise their level of play, and instruction will emphasize the core values of Oakton Cougar Baseball: Excellence, Teamwork, and Integrity. Contac coach Janis at justin.janis@fcs.edu.

Hebron Academy (Maine) senior Eugene “Geno” Wentworth of McLean received his diploma recently at the school’s 208th Commencement ceremonies. The son of Sarah Wentworth of McLean and Dan Wentworth of Damariscotta, Maine, Wentworth enrolled at Hebron as a sophomore. A three-sport athlete in soccer, basketball, and baseball, he was a member of the Green Key admissions tour guide group, and carried a full course load in his final year, including two Advanced Placement courses, Advanced French, and advanced pre-calculus.

Wentworth was selected by Hebron’s residential faculty to be a student proctor, a position awarded to senior students who demonstrate leadership, communication skills, and the ability to work well with their peers. They are integral in managing the school’s Residential Life Program. After his first season of baseball at Hebron as a member of the junior varsity team, Wentworth’s hard work and dedication earned him a spot on the varsity team as a third baseman/reliever in his junior year. As a senior, he was named captain of the varsity team. For his efforts as starting pitcher and shortstop, he was recognized as an All-Conference player within the Maine Association of Independent School Athletic Directors (MAISAD) league.

Wentworth was named the team’s Most Valuable Player for his near-flawless pitching in a 7-2 win over rival Gould Academy to secure the MAISAD League Championship. “He was the heart and soul of the team this year,” said Hebron baseball coach James LeBlanc. “His leadership and commitment to the team are what propelled us to reach our ultimate goal, to win a championship. I can’t think of a better kid I would want to win a championship with than Geno.”

Hebron Academy was founded in 1804 and is an independent, co-educational boarding and day school that serves grades six through postgraduate.

Great Falls golfer Chas Bassing gained runner-up honors in the 2011 Virginia Junior Match Play Championship on June 21 at Haymarket’s Piedmont Club. The rising senior at The Heights School in Potomac, Md. lost on the first extra hole to Richmond’s Adam Bassing. “I’ve been working on my game this spring, but I came into the [championship] hoping to have fun and play some good golf,” said Bassing afterward. “I wasn’t necessarily thinking about winning.”

Ball, the 2010 co-player of the year in Virginia junior golf, never led in the 18-hole match. He and Bassing reached the par-5, 18th all square for the sixth time on the back nine. Bassing made his birdie first with a 15-foot putt, and Ball followed with a five-footer to tie. On the 19th hole, Ball stifled his approach to 10 inches. When Bassing’s 16-foot birdie putt fell short, Ball had the birdie. Bassing was an honorable mention All-Met selection for the 2011 season.

— Michael K. Bohn
The “Canswer” Man

By KENNETH L. LOURIE

If you’ve ever wandered through or wondered about the slogs and arrows of outra-
geous miscommunication, you’ve encountered a totally unexpected — and unprepared for — diagnosis of terminal cancer to an otherwise healthy — and asymptomatic, lifelong non-smoker in his mid-50s, read on and discover even more questions — and occasional answers, about life as the cancer lane, a bumpy road if there ever was one.

I have a very close friend (my writing buddy, as I call him), who has characterized me as an expert with this respect to the whole cancer-surviving experience. Not so much having expertise as in I know things: facts, figures, doses, pronouncements, protocols, etc., which I don’t, really, but more so in that whatever I do know — and have assimilated into my life over these last 30 months. I have outlined my original prognosis (“13 months to two years”) and in surviving have become a source of somewhat unique and experienced, if not reliable information. I have in fact been there and done that and so far, have lived through it (and as you regular readers know, have written about, it too).

I don’t think I can say with certainty that I’m ready to teach a class on the subject but, I would certainly say I could be a guest speaker for 10 or 15 minutes. Aside from writing the “cancer columns” nearly non-stop as I have, through the passage of these two and one half years — including the original testing/diagnos-

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comforting food from what she forages for in the garden. This is a wonderful gift to be able to create something from what you find.”

Toni, who tends to the flowerbeds, said she, like Vito, gets a lot of contentment out of the garden and their whole yard. It’s a peaceful place where she may observe nature unobtrusively. “I enjoy watching the birds nesting in all those little birdhouses Vito made,” said Toni. “I look forward to summer every year so we can enjoy the fresh garlic that we grow, the basil and tons of tomatoes.

“When Vito’s father used to come for a visit, he would tell me he knew dinner was coming when he could smell the garlic cooking.”

THE FLORIMONTES have lived in their Vienna home for 31 years, raising their children there. The yard was one of the primary reasons they chose that property. Vito saw the yard’s garden potential, and, for a man who has been planting tomatoes for 45 years, the garden site was a significant consideration.

Vito saves and composts fall’s dead leaves and this compost he adds to his growing soil. Vito leaves very little about gardening private place and it provides great contentment and solace to the gardener,” said Vito. “I think a vegetable garden is a tranquil private and it provides great contentment and solace to the gardener,” said Vito.

Vito brings the produce in to the house and Toni says she’s got to do “something with it all.” She makes cooked tomato sauce, a raw fresh tomato sauce used for pasta and as a topping for Italian bread, which she also makes from scratch. Toni pickles peppers and cucumbers, makes pesto sauce from the garden’s basil, and dries herbs for later use.

Soon, the tops of the garlic plants will turn brown and Vito will pull up the bulbs. The bulbs were planted in October, purchased from a seed vendor in Italy. One of Vito’s favorite ways with pasta is to add nothing to it but fresh garlic and olive oil.

“You can’t be a gardener and ignore the fact that there’s a God.”

VITO ADOPTED what he considers the best system by far for growing tomatoes. Several years ago, he bought Earthboxes from a professional tomato farmer in the Tampa area. The leaf compost he’s created and a water-soluble fertilizer are mixed in the Earthboxes’ soil which is hydrated by a watering tube on top. Cloth strips, torn from old bed linens, are used to tie the vines to the wire support cages since cloth strips are softer and do less damage to the tender vines as they grow than traditional tying methods. The frames supporting the wire grids are Vito’s design and have been used by him for three growing seasons.

“The yield from these boxes is fantastic and I will grow tomatoes this way in the future,” Vito said.

Samantha ‘Sam’ Brady Honored

Samantha "Sam" Brady, 2011 graduate from James Madison High School, received the Jane Van Laethem and George Mason Republican Women’s Club Community Service Scholarship. Brady excelled in academics, softball, and community service. She will attend Brown University in the fall and following graduation from Brown intends to pursue a career in biomedical engineering. Brady’s other honors include James Madison High School Scholar Athlete of the Year, Liberty District First team All-District Pitcher of the Year, Northern Region First team pitcher and Virginia Second team All-State pitcher. She is a member of the National, Spanish, and Math Honor Societies, and the recipient of the American Legion’s Gold 4.0 GPA Award. She captained both her varsity high school and travel team squads. Also, Brady mentored fellow students and younger students in academics and pitching.

Samantha ‘Sam’ Brady receives The Jane Van Laethem and George Mason Republican Women’s Club Community Service Scholarship from the Club President Linda Bartlett.
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