

Springfield **CONNECTION** Franconia ♦ Kingstowne Newington

WELLBEING

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Bringing Science to the Community

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Elementary school students participate in a hands-on science experiment at Lee High School's Community Science Day on May 31.

Area Students Presented
with Scholarships

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Supervisors Honor Lords
and Ladies of Fairfax

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PHOTOS BY JANELLE GERMANOS/THECONNECTION



Paul Liberty is this year's Lord Fairfax for the Springfield District.



Karen Brown is this year's Lady Fairfax nominee for the Springfield District.

Supervisors Honor Lords and Ladies of Fairfax

The 2014 Lords and Ladies of Fairfax were recognized in front of the Board of Supervisors on June 3 and presented with certificates honoring them for their dedication to their communities. This tradition, which began in 1984, comes every year with the Celebrate Fairfax Festival, which takes place this year June 6-8.

Lee District

George Towery and Tawny Hammond are this year's Lord and Lady Fairfax of the Lee District. George Towery served as principal of Cameron Elementary School for 30 years and retired three years ago. He stays involved in the community as a member of the Springfield Civic Association, specifically through National Night Out, and volunteers at T.C. Williams High School and Cameron Elementary.

Tawny Hammond, the director of the Fairfax County Animal Shelter, was president of the Springfield Civic Association for ten years and chaired the Springfield Days Committee. She gives back to the community and worked to increase inclusiveness in Springfield by making civic association meetings more accessible to immigrants and persons with disabilities.



George Towery and Tawny Hammond are this year's Lord and Lady Fairfax of the Lee District.

Springfield District

Paul Liberty is this year's Lord Fairfax for the Springfield District. He lives in Cardinal Forest in West Springfield, only a couple streets over from where he grew up. Liberty was active in SOAR (Spartans Organized for Action and Renovation), which advocated for renovations to West Springfield High School. He has also been a leader in Fairfax County

Citizen's Budget Review Committee, Fairfax County Chamber of Commerce, South Fairfax Regional Business Resource Partnership, the American Heart Association, Virginia Public Access Project, the Northern Virginia Technology Council and Celebrate Fairfax.

"I am humbled and honored to receive this recognition," Liberty said.

Karen Brown is this year's Lady Fairfax nominee for the Springfield District. Brown founded Kristi's Christmas after her daughter Kristi was killed in a car accident on the beltway. The organization provides clothing and more to needy children in Fairfax County.

Braddock District

Anthony Vellucci and Monica Jackson are this year's Lord and Lady Fairfax for the Braddock District.

Monica Jackson operates Jackson Child Care, and worked with the Fairfax County Board of Supervisors on the zoning ordinance to foster safe child care environments in the county. She also services as Vice Chairman of the Fairfax Child Care Advisory Council and was

formerly president of the Virginia Alliance of Family Child Care Associations.

Anthony Vellucci serves as the Braddock District Representative to the Park Authority Board and worked to renovate the non-existent Kings West Swim Club into a park, now called Rabbit Branch Park. He also served as president of the Kings Park Civic Association and works with Kings Park West Road Raiders to beautify the neighborhood. He is also president of Friends of Lake Accotink Park.



PHOTO CONTRIBUTED

Sharon Bulova, Chairman of the Fairfax County Board of Supervisors, with Cheryl McDonald, the 2014 Braddock District Volunteer Fairfax Community Champion, at the ribbon cutting ceremony of the Danbury Forest Centerpiece Garden.

Community Champion

Cheryl McDonald recognized at 2014 Volunteer Fairfax Awards.

BY JANELLE GERMANOS
THE CONNECTION

Cheryl McDonald, a resident of the Braddock district for 15 years, has been working daily to ensure the Danbury Forest community near Accotink Creek in Springfield is a safe and pleasant place to live.

This year, her hard work was recognized on a county-wide level when she was nominated by Supervisor John Cook as the 2014 Volunteer Fairfax Community Champion for the Braddock District.

McDonald served as president of the Danbury Forest Community Association for several years, where she enjoyed ensuring that things were taken care of in the community. Because Danbury Forest is a self-managed community, she recognized the importance of keeping people involved in volunteer projects.

"The greatest thing about my position was getting to meet all of the neighbors. We have 326 homes in the community, and I have met a lot of them," she said.

McDonald's biggest project as president of Danbury Forest was basically rezoning the entire community to allow residents to make changes to their homes, such as covered porches and additions that would make their homes more modern and spacious.

"It was like a ten year process," she said. "We had to vet everything through the community. There was a lot of opposition of adding onto homes because people were worried about their sight lines looking

into the park-they didn't want their neighbors impeding their views into nature."

DESPITE THE LONG PROCESS and some heated meetings, McDonald was able to work with the community to put forth a plan that allowed for changes to take place.

The project was initially suggested by then Braddock supervisor Sharon Bulova, who brought the idea to the community. McDonald is thankful that Bulova and the rest of the community helped her in the entire process.

"It's a very close-knit community. We have a common bond because we're in a community that is right next to Lake Accotink Park, and we've got a lot of trees around. We have a lot of nature around us, yet we're very conveniently located next to the beltway. It's a very unique place," she said.

McDonald is also passionate about gardening, finding it a great way to express herself.

"It was a passion that was really kindled by this community," she said. "I wanted to learn more about trees, so it inspired me to join the maintenance committee."

She then received a degree at Northern Virginia Community College in horticulture, and took a certificate program at George Washington University.

"I would rather work in a garden than anywhere else," McDonald said.

Her husband, Greg, had a vision for a community vegetable garden, and McDonald led the effort to make it a reality.

SEE McDONALD, PAGE 7



Abby Power, one of the recipients of a scholarship from the Mount Vernon-Lee Chamber of Commerce, is a student at Hayfield Secondary School and will attend the University of Virginia.



Eliana Nash, a student at South County Secondary School, received a scholarship from the Mount Vernon-Lee Chamber of Commerce. She will be attending the University of Virginia in the fall.

Area Students Presented with Scholarships

Scholarships presented by the Mount Vernon-Lee Chamber of Commerce.

BY JANELLE GERMANOS
THE GAZETTE

The Mount Vernon-Lee Chamber of Commerce has awarded seven students with college scholarships this year. The students were honored for their achievements at River Farm next to the Potomac River on June 3.

From National Honor Society to Future Business Leaders of America to Latin club, the scholarship recipients are very active in their schools. All will be attending college this fall and are majoring in a business-related field.

Of the seven students awarded, four will be attending the University of Virginia. This includes West Potomac High School students Madison Daley and Katharine Genuario.

Daley is planning to major in commerce and minor in economics and Chinese.

"Hopefully one day, I'll be able to start my own international consulting firm," Daley said.

Genuario said she will major in biomedical engineering and minor in engineering business.

"A lot of engineers get their MBA, because it helps them manage engineering forms, so eventually I'd like to get my MBA too," she said.

Abby Power from Hayfield Secondary School will also be attending the University of Virginia, and plans to major in marketing.

"I plan to start my own kind of advertising firm and have some big-name companies like Nike and what-not underneath me," she said.

Eliana Nash, a student at South County High School, said she will major in international business and minor in Spanish at the University of Virginia.

The recipient of the Jeff Todd Memorial Scholarship was Saira Euceda, a student at Bryant High School who will be attending Northern Virginia Community College to study radiology. She said when



From left to right: Troy Clark, Abby Power, Madison Daley, Saira Euceda, Katharine Genuario, and Eliana Nash are recipients of this year's scholarships from the Mount Vernon-Lee Chamber of Commerce and were honored for their hard work at River Farm on June 3. Also receiving a scholarship is Euginia Mensah.

she first started high school, she didn't speak any English.

"I never thought I was going to be at this gorgeous place speaking to such generous people," she said. "I am very, very grateful from the bottom of my heart."

Troy Clark will be attending James Madison University in the fall, where he will major in business administration and accounting.

"I'm actually excited about being an accountant," Clark said, prompting laughter, and then applause from the audience.

Euginia Mensah from Edison High School also received a scholarship from the chamber. She will be attending the University of Mary Washington.

The scholarships were provided by the chamber's education partnership, which has provided scholarships worth over \$141,000 to local high school students.

"The annual Chamber Golf Scholarship Classic provides the major source of funding for the Education Partnership. Through the generous donations and the hard work of our members, funds are raised to provide these scholarships," said Sean O'Connell, president of the chamber.

From left — Yeawah Mambu and Jenny Portillo will be attending the Virginia Girls State Program June 15-21 at Longwood University; as student employees at Greenspring, they will be sponsored by Greenspring Post 123 and the Women in Military Services resident groups.



PHOTO BY KRISTY PORTER

Greenspring Veterans Groups Sponsor Local Students for Virginia Girls State Program

Four years ago, Greenspring Post 123 was issued its formal charter as an independent Post in The American Legion. Today, the Post has 58 members at Greenspring. Since 2011, the Post has sponsored a local student who wishes to attend the Virginia Boys State program organized by The American Legion. The program teaches students how the Virginia government works while developing leadership skills and an appreciation for citizens' rights. This year, with added financial support from the Women in Military Service resident group at the community, Greenspring Post 123 will be sponsoring two students who also work at Greenspring. They will attend the parallel Virginia Girls State Program organized by the American Legion Auxiliary. The program will take place June 15-21 at Longwood University.

Pete Straub, Greenspring resident and Commander of Post 123, attended Boys State 56 years ago in Missouri and considers it a win-win for all parties involved. "I think it's a beneficial program," said Straub. "Students can be a part of democracy in action and learn about working together for a common goal."

The student employees attending the program, Yeawah Mambu and Jenny Portillo, are members of the dining services staff at Greenspring. Mambu, a Woodbridge High School student, grew up in Freetown, Si-

erra Leone, and moved to the United States in 2008 at 11 years of age. Portillo, whose parents are from El Salvador, is homeschooled and was born in Springfield. A third student from Robinson Secondary School, who is not employed at Greenspring, will also be sponsored by Greenspring Post 123.

According to the Virginia Girls State website, the "program teaches the formation and operation of city, county and state government entities. The participants vote and carry out elected and appointed positions in the Girls State government. The program gives participants the experience of living together as self-governing citizens with the privileges, rights and responsibilities of American citizenship, as well as the opportunity to gain knowledge of the American Legion Auxiliary."

In order to be eligible for the program, students must have completed their junior year of high school, have at least one semester remaining in high school, receive a physical exam, receive parental consent, and sign a pledge to adhere to all the rules and regulations of the program. All expenses are paid for by the sponsoring Post for each participant.

Upon their return from the Virginia Girls State program, the two student employees will provide a report of their experiences to Greenspring Post 123 and the Women in Military Service group.

BULLETIN BOARD

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. The deadline for submissions is the Friday prior to publication. Dated announcements should be submitted at least two weeks prior to the event.

SATURDAY/JUNE 7

Chi Cultivation Workshop. 12-3 p.m. Green Acres Center, Fairfax. Learn how to gather, condense and pack chi (energy) into the body at a hands-on workshop. \$30. Register at www.fairfaxva.gov/parksrec.

Dog Adoption. 12-3 p.m. at PETCO, Greenbriar Towncenter, 13053 Lee Jackson Memorial Highway, Fairfax. 703-817-9444. hart90.org.

SATURDAY/JUNE 14

Dog Adoption. 12-3 p.m. PETCO, Greenbriar Towncenter, 13053 Lee Jackson Memorial Highway, Fairfax. 703-817-9444. hart90.org.

ONGOING

Singers Wanted for the Celebration Singers. The women's show choir is interested in new talent to perform at various Northern Virginia community sites. Practices are Wednesdays 10:30 a.m.-2:30 p.m. in Burke. Contact Gayle Parsons, 703-644-4485 or email gparsons3@cox.net.

Online Scavenger Hunt. Visit Fairfax tasks those interested in becoming "citizen ambassadors" to the county (those informed on fun, creative weekend outings in the area) to find two Fairfax County Ambassador icons hidden throughout the fxva.com website in order to join the ambassador team; those who find all five hidden pins will receive a complimentary gift. www.fxva.com/online-ambassador.



Public Hearing Notice Fairfax County Secondary Six Year Plan

The Virginia Department of Transportation (VDOT) and The Board of Supervisors of Fairfax County, in accordance with § 33.1-70.01 of the Code of Virginia, will conduct a joint public hearing in the Board Auditorium, Fairfax County Government Center, 12000 Government Center Parkway, Fairfax, VA 22035 at 4:00 PM on June 17, 2014.

The purpose of this public hearing is to receive public comment on the Secondary Six Year Improvement Plan for Fiscal Years 2015 through 2020. Copies of the proposed plan may be reviewed at the VDOT's Northern Virginia District Office at 4975 Alliance Drive, Fairfax, VA 22030.

Persons requiring special assistance to attend and participate in this hearing should contact the Virginia Department of Transportation at 800-367-7623. Persons wishing to speak at this public hearing should contact the Office of the Clerk to the County Board of Supervisors at 703-324-3151.



Marianne Nell-Tascon

Mr. and Mrs. John J. Nell are proud to announce the graduation of their daughter, Marianne Nell-Tascon, from Princeton University. She is graduating with a major in East Asian Studies and a minor in Political Science. Marianne is also active in her sorority, Zeta Phi chapter of Kappa Kappa Gamma. Marianne intends to further her education by attending Law School. She graduated from Randolph Macon Academy in 2010.

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OPINION

On Voting in the 8th

Vote this week at your convenience in person
absentee, or be sure to vote on Tuesday.

Chances are that if you are a registered voter in the 8th Congressional District, your mailbox has been letting you know that many candidates are running in next week's Democratic primary.

The 8th Congressional District is currently represented by retiring U.S. Rep. Jim Moran, and seven candidates are running for the right to replace him. There is no runoff, so even if the top candidate gets considerably less than 50 percent of the vote, he or she will move on as the Democratic nominee in November, facing Republican Micah Edmond. Given the voting history in the 8th district, the Democratic nominee will most likely move on to serve in Congress.

(Our region is losing its two longest serving members of Congress to retirement, Moran and U.S. Rep. Frank Wolf (R-10). Voters in the 10th Congressional District will choose between Republican Barbara Comstock and Democrat John Foust in November.)

The 8th Congressional District includes all of Arlington, Alexandria and Mount Vernon, plus parts of Tysons, McLean and Vienna to the north, Springfield, Lorton and Mason Neck to the South.

Candidates include Don Beyer, Lavern Chatman, Mark Levine, Patrick Hope, Adam Ebbin, Bill Euille and Derek Hyra. Three other names will appear on the ballot even though

the candidates have withdrawn from the race because they withdrew after the ballot was printed/set.

Election Day is Tuesday, June 10, and regular polling places will be open 6 a.m. - 7 p.m. Voters who qualify to vote absentee can vote in person early until June 7. But be sure to vote by primary Election Day, June 10.

Anyone who might working and commuting for 11 of the 13 hours polls will be open on Election Day, 6 a.m.-7 p.m., qualifies to vote absentee. You can vote absentee if you are: a student or spouse at an academic institution, absent on business, absent for personal business or vacation, unable to get to the polls due to a physical disability or illness, a caretaker of a confined family member, a precinct election officer, have a religious obligation or conflict, active duty uniformed service or merchant marine or a dependent, regularly employed outside the U.S. or a dependent, and several other special circumstances.

In Arlington, vote absentee-in-person at Courthouse Plaza, 2100 Clarendon Blvd., Suite 320, through Saturday, June 7; weekdays 8 a.m. - 5 p.m., Saturday 8:30 a.m. - 5 p.m. In Alexandria, vote absentee-in-person at the Office of Voter Registration & Elections, 132 North Royal Street #100 through Saturday, June 7, 8 a.m. - 5 p.m. <http://www.alexandriava.gov/Elections>

In Arlington, vote absentee-in-person at Courthouse Plaza, 2100 Clarendon Blvd., Suite 320, through Saturday, June 7; weekdays 8 a.m. - 5 p.m., Saturday 8:30 a.m. - 5 p.m.

In Alexandria, vote absentee-in-person at the Office of Voter Registration & Elections, 132 North Royal Street #100 through Saturday, June 7, 8 a.m. - 5 p.m. <http://www.alexandriava.gov/Elections>



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In Fairfax County, two options:

♦ Fairfax County Government Center, Office of Elections, 12000 Government Center Pkwy., Suite 323, Fairfax, through Friday, June 6, 8 a.m. - 7 p.m., and Saturday, June 7, 9 a.m. - 5 p.m.

♦ Mount Vernon Governmental Center, 2511 Parkers Lane, Alexandria, through Friday, June 6, 3:30 - 7 p.m. and Saturday, June 7, 9 a.m. - 5 p.m.

Read extensive previous coverage about the candidates at

<http://www.connectionnewspapers.com/news/Election/National/Representatives/VA08/>

Father's Day Photos

Father's Day is June 15, and as in years past, The Connection will publish a gallery of photos of fathers, grandfathers, great grandfathers and sons and daughters. Send your photos, including names of everyone in the photo, ages of children, town of residence and a brief description of what is happening to editors@connectionnewspapers.com.

Have You Had a Taste of Asia?

BY WONHEE KANG

Two years ago, the Taste of Asia event was created through a partnership with the Boys & Girls Clubs of Greater Washington and the Asian American Chamber of Commerce to celebrate Asian and Pacific Islander Heritage Month. This year's event, Saturday, May 10, enjoyed a new location thanks to a new partnership with Everest College, Tysons Corner.

A wet weather forecast for the day had some committee members anxious about how the event would operate in both the indoor and outdoor locations needed for the event. Throughout a morning full of setting up; including transforming the normal every-day college classrooms into Asian celebratory places full of dragon decorations, colors, and shapes from a far eastern part of the world and collecting food from eight different restaurants located in Fairfax County, which truly brought the taste of Asia to the



PHOTO CONTRIBUTED

The Taste of Asia at Everest College in Tysons on May 10 included many demonstrations, as well as food and other cultural interactions.

college location, the committee asked mother nature to keep the rain drops away.

We celebrated the event with an impromptu 'Day Light Dance' initiated by Robert Lee, the event's Master of Ceremony, which was joined by everyone from the youngest dancers to the oldest, praying for the rain to stay in the sky. After the greetings, Sanjana Srikanth presented an Indian dance followed by an impressive presentation from a group from Taekwondo. The audience was mesmerized by these works of art from people of Asia.

The original Taste of Asia event was created to share the culture of the Asian countries and this year's event shared the Asian food, performances, cultural arts and friendships with 200 people of varying backgrounds including many young people.

Along with the "taste" of Asia, which included food from eight restaurants and Coca-Cola's Spon-

SEE TASTE, PAGE 14

Springfield
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NEWS

McDonald Named Community Champion

FROM PAGE 3

"We have about 40 families that participate and can grow their own vegetables. That's been really successful," she said.

She's also a Master Gardener and a Virginia Certified Horticulturist, and in 2010 applied for a Neighborhood Enhancement Partnership Program grant through Fairfax County. The grant was used to put in wooden tiers around two man-made hills near the community's pool to prevent soil from spilling out. McDonald, along with 67 volunteers from the community, took out all of the overgrown shrubs and roots in the area and added new plants.

"We call it the centerpiece garden, and it's just really a great focal point for the community now. It's really nice," she said.

The 9,000 square foot garden is even on this year's Watershed Friendly Garden Tour, which will be held on June 8. McDonald is also a founding member of the Braddock District Land Use and Environmental Management Committee, and now serves as chair.

"Serving the community on this

committee has really broadened my experience with land use and allowed me to understand that there are always many perspectives to changes in our community and that each person's view is important," she said. "By listening and taking the time to understand these views, developers, county staff, the Planning Commission and the Board of Supervisors are able to make changes and compromises that make the projects better for everyone."

MCDONALD IS THANKFUL for the support of her husband Greg and daughter Stephanie, and is grateful that Supervisor Cook and the other members of the Board of Supervisors continue to make Fairfax County a great place to live.

"Supervisor Cook and his staff keep our district residents well informed and seek feedback on every major issue that our county faces. He enables any Braddock District resident, who cares enough to get involved, to have a voice in our community government," she said.

As the 2014 Braddock Commu-

nity Champion, McDonald was honored at the Volunteer Fairfax Awards on April 25.

"Community Engagement has personal meaning for Cheryl McDonald. She has worked to demystify land use issues as chair of the Braddock District Land Use and Environment Committee and provided her services as a Master Gardener and Virginia Certified Horticulturist to her neighborhood. Danbury Forest and Braddock District are better places to live as a result of her tireless efforts to improve them," Supervisor Cook said.

A resident of each district of Fairfax County was honored as a community champion at the breakfast, along with numerous other individuals who have impacted the community. This year's theme was "Volunteers are Superheroes."

"These individuals make an amazing impact on our community. They do ordinary feats with extraordinary impact to make a difference here in Fairfax County," said Jeanne Sanders, executive director of Volunteer Fairfax, in an April video recognizing the nominees.



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ENTERTAINMENT

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. The deadline is the Friday prior to the next paper's publication. Dated announcements should be submitted at least two weeks prior to the event.

THURSDAY/JUNE 5-SUNDAY JUNE 8

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THURSDAY/JUNE 5

Summer Used Book Sale. 1- 9 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Over 8,000 books in every genre – kids, history, mystery, romance, popular fiction and more on sale.

FRIDAY/JUNE 6

Cool Cow Comedy Presents: Jared Logan and Kara Klenk. 8 p.m. Workhouse Arts Center, 9601 Ox Rd, Lorton. Headliner Jared Logan appears with Kara Klenk for a night of comedy. Due to material, all patrons must be 18 years old to attend the performance. Admissions: \$15-\$20. www.workhousearts.org. 703-584-2900.

Summer Used Book Sale. 10 a.m. - 6 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Over 8,000 books in every genre – kids, history, mystery, romance, popular fiction and more on sale.

Summer Concerts in the City. 7 p.m. Old Town Plaza, 3955 Chain Bridge Road, Fairfax.

FRIDAY/JUNE 6-SUNDAY/JUNE 8

Cabaret Series: One Night at the Moulin Rouge. Friday-Saturday 8 p.m. Sunday at 1 p.m. Workhouse Arts Center, 9601 Ox Rd, Lorton. Our vocalists celebrate the music and humor of the famed Parisian hot-spot with songs from inspired by the cabaret style. Although performers are fully costumed, it is recommended for adult audiences due to suggestive humor and some language. Admissions: \$25-\$30. www.workhousearts.org. 703-584-2900.

SATURDAY/JUNE 7-SATURDAY/JUNE 14
Children's Theatre: Princess and the Pea. 1 p.m. Workhouse Arts Center, 9601 Ox Rd, Lorton. This original musical adaptation of the Hans Christian Andersen fairy tale is presented by Pandemonium Theatrical Productions. Admissions: \$9-\$12. www.workhousearts.org. 703-584-2900.



PHOTO COURTESY OF CELEBRATE FAIRFAX

Giant Ferris wheel at the Celebrate Fairfax! Festival. This year's festival will be held Thursday-Sunday, June 5-8.

SATURDAY/JUNE 7

Spring Festival. 12 – 4 p.m. Fellowship Baptist Church, 5936 Rolling Road, Springfield. Activities will include a petting zoo, moon bounce, obstacle course, RC race course, games for all ages, crafts, cake walk, prizes and refreshments.

Bukas Loob sa Diyos of Washington presents Leyte Dance Theater Philippines in "Bayan Ko". 3-5 p.m. Fairfax High School, 3501 Rebel Run, Fairfax. Proceeds with benefit the various programs and outreach projects of BLD Washington and the Leyte Typhoon Victims. \$20-\$50. 703-203-2822.

Mount Vernon Nights: April Verch (Bluegrass). 7-8 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Internationally touring Canadian fiddler, step dancer and singer-songwriter April Verch will be

performing on the quad. Picnic baskets, lawn chairs and blankets are welcome, but outside alcohol is not permitted. www.workhousearts.org. 703-584-2900.

Summer Used Book Sale. 10 a.m. - 5 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Over 8,000 books in every genre – kids, history, mystery, romance, popular fiction and more on sale.

Bingo. 1-3 p.m. Parish Center Gym, St. Leo the Great Catholic Church, 3700 Old Lee Highway, Fairfax. Tickets: \$12.00 each, which includes 2 Bingo Cards that can be played for the entire event, and complimentary beverages and snacks. Additional cards may be purchased on site—\$1.00 per card per game. To purchase tickets, please call Lisa Carroll, 703-426-2824.

Edible Container Gardens. 9:30-11:30 a.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria.

Learn to grow vegetables and edible plants in containers for your deck or patio from edible garden expert Cindy Brown. Includes take-home plant to get you started. \$18. Register at www.fairfaxcounty.gov/parks/greenspring or 703-642-5173.

Trees of Green Spring. 10-11:30 a.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Master gardener docents lead a walking tour that explores the secrets of our largest garden residents: the trees. \$15. Register at www.fairfaxcounty.gov/parks/greenspring or 703-642-5173.

Arts from the Turkic World Opening Reception. 7-9 p.m. 3950 University Drive, Fairfax. The exhibition will feature a collection of works from various Turkic countries and territories as well as the works of featured artists of Turkic descent.

SATURDAY/JUNE 7 – WEDNESDAY/JULY 2
Arts from the Turkic World Exhibit. 3950 University Drive, Fairfax. The exhibition will feature a collection of works from various Turkic countries and territories as well as the works of featured artists of Turkic descent.

SUNDAY/JUNE 8

World War II: D-Day through the Battle of the Bulge. 2 p.m. Historic Blenheim and the Civil War Interpretive Center, 3610 Old Lee Highway, Fairfax. This program marks the 70th Anniversary of the successful invasion by the United States and allied forces and Nazi-occupied France on June 6, 1944. Free. 703-591-0560.

Garden Fairy Tea. 2-3:30 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Did you know that fairies inhabit Green Spring Gardens? Don a pair of fairy wings and craft a fairy wand at our family tea and then follow the fairy dust on a fairy-find in our enchanted gardens. \$15. 703-642-5173.

Summer Used Book Sale. 1-4 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Over 8,000 books in every genre – kids, history, mystery, romance, popular fiction and more on sale.

Table Top Train Models. 1-4 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Admission is \$4 adults 16 and over; \$2 children 5-15; free to Museum members and children under 5. www.fairfax-station.org or 703-425-9225.

Body, Mind and Spirit Healing Workshop. 1-4 p.m. Waterford, 12025 Lee Jackson Memorial Highway, Fairfax. Through this workshop, you will gain more power to be able to better manage your body, mind and emotions through the principles of growth and enlightenment. Program fee is \$200. Registration is limited. Please call 202-393-2440 to reserve your spot.

MONDAY/JUNE 9

Robinson Rams Open Booster Meeting. 7 p.m. Robinson High School, 5035 Sideburn Road, Fairfax. Join in to learn about the Booster Accomplishments for 2013-2014 and how to become involved in the RAMS Athletic Boosters.

TUESDAY/JUNE 10

Homeschool: Bees, Bugs and Big Trees. 10 a.m.-12 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. For children ages 4-6 yrs. Explore pollination in our apple orchard, decomposition at our compost bins and tree identification on our woodland trail hike. \$15. Register at www.fairfaxcounty.gov/parks/greenspring or 703-642-5173.

Bringing Science to the Community

Lee High School hosts annual Community Science Day.

BY JANELLE GERMANOS
THE CONNECTION

Lee High School students are sharing their love of science with the community every year through their Community Science Day. This year, their May 31 event reached 280 guests, allowing attendees to participate in hands-on science projects and learn about issues such as renewable energy, stem cell research, genetically modified organisms, and other topics affecting the world.

Heather Moore, an IB physics teacher at Lee, founded the science day three years ago as a way to reach out to the community while also helping IB students fulfill certain requirements.

“We want the families to see the school as a central place for learning,” Moore said. The students are prepared and are able to explain their scientific topics for those who attend the event, making it beneficial for the older students, as well as the younger ones.

“Over time, it’s evolved into this great hands-on science and investigation day for the community where kids can both do and be part of the science and get their hands dirty,” said Rachel Clausen, an IB biology and environmental science teacher.

But in addition to participating in some pretty cool experiments, kids and other community members are being pushed to do some controversial thinking, Clausen said.

“A lot of the topics this year were environmental topics,” she said. “Teaching 8-year-olds about those cool, tough topics in a hands-on way is something that I don’t think happens often. I think the public really enjoyed it this year because we really pushed them to focus on the hands-on activities and focus on the neat topics compared to year’s past.”

CLAUSEN TEACHES biology and environmental science, so her students all had Chesapeake Bay watershed and wetland projects. Students taking other



PHOTOS BY MAR ACEVEDO



Students determine where items should be disposed of in “To Trash or Not to Trash” at Lee High School’s Community Science Day on May 31.

International Baccalaureate science classes also participated in the event, and all of the topics looked at issues through a world lens. This included environmental issues like hydro-power, nuclear energy, and genetically modified organisms.

Judges at the event consisted of 15 Lee High School graduates, who came back specifically for the event.

“The event is a really cool way to bring in the whole Lee and Springfield community, as well as older community members who were once part of the school,” Clausen said.

Clausen and her students collaborated with Northern Virginia Soil and Water Conservation District, an organization that gave them an EnviroScape model to use at the science day.

“It’s a really cool large watershed table where the kids can manipulate sponges to represent the wildlife, and they even have fake little cows to show how cows have some pollutants, and how the roads produce run-off from all sorts of pollutants like oil and fertilizer,” she said. “The IB kids use this resource

provided and the kids that went to their station got to interact with these pretend pollutants and put them on this model.”

One of the IB Physics demonstrations was “To Trash or Not to Trash” and had kids pick from a list of materials, such as banana peels, batteries and plastic bags, and determine how these items should be disposed of.

“They had to determine if they would go in the landfill, or would they be recycled or composted. It was a really cool way for these kids to not just hear about it, but to practice doing it,” Clausen said.

ANOTHER HANDS-ON demonstration had younger students examine two pieces of corn and determine which one was genetically modified.

“Then there was a discussion whether or not genetically modified foods should be available,” Moore said.

Kids and even older attendees of the event were encouraged to think about ways they could be more environmentally friendly and help to save the Chesapeake Bay.

“Our goal is for these upper level science students to help bring awareness for science, and for my students especially, to increase environmental stewardship within the Springfield community,” Clausen said.

Clausen’s students are very excited about taking care of watersheds and wetlands, especially following a recent field trip to Huntley Meadows.

“They want to promote that this is a really great resource in our area, it filters our water, so we have to be careful and take care of it. It was cool to push the local citizens to want to take care of our area,” Clausen said.

All of the feedback from the community was positive, Moore said, and the school will continue its community outreach efforts every year.

“Within the science department, students are getting more excited for this opportunity to engage with the community,” Moore said. “They feel really proud of this event and see themselves as teachers for the younger kids.”

WELLBEING

Healthy Cooking with Children

Local foodies say cooking with children can establish a lifetime of healthy habits.

BY MARILYN CAMPBELL
THE CONNECTION

From creating dough for freshly baked bread to squeezing lemons for a neighborhood lemonade stand, Michael Roll enjoys spending time in the kitchen with his children transforming ordinary food into nutritious culinary creations, particularly during the summer. He says that when parents cook healthy meals with their children they model behavior that can last a lifetime.

"The more 'from scratch' and processing raw food at home a child can see through their parents, the better understanding the child can develop in terms of what makes food healthy and unhealthy and where our food comes from," said Roll, director, Department of Culinary Arts and Food and Beverage Management at The Art Institute of Washington in Arlington. "These are fundamental things that can easily be lost in our very time-crunched worlds and long grocery store aisles of prepared and over-processed foods."

Farmers markets can offer a goldmine of inspiration for creating nutritious summer meals. "[They] bring us seasonal, fresh produce, grown close to home," said Christine Wisnewski, an instructor at

Culinaria Cooking School in Vienna. "In contrast to the mad dash into the supermarket the rest of the year, the more relaxed summer schedule also gives us the chance to really look around and broaden our food horizons."

Offering children a wide selection of fresh food and a chance to make their own selections broadens their culinary horizons. "In my experience, kids are more willing to try something new if they are given the opportunity to choose that new item themselves," said Wisnewski. "Challenge them to choose one new thing a week. 'One week have them look for the most beautiful fruit or vegetable they can find at the market, next week have them find the ugliest. You might all be surprised with how that experiment plays out. The kids will gain exposure and you will gain experience. You were always curious about kohlrabi anyway, right?'"

Roll encourages parents to approach cooking with an attitude of enthusiasm. "Baking chocolate chip cookies, even with my 6 year olds was fun because measuring flour, sugar, learning how to crack an egg were all exciting things for them," he said. "Licking raw batter and tasting warm cookies didn't hurt, but at 11, my son could probably make passable cookies without any help. My family's passion for cookies is why."

COOKING TECHNIQUES and the tasks children undertake in the kitchen should be age appropriate, said Roll. "For the really young, nothing beats funny



PHOTO COURTESY OF TINY CHEFS

Students at Tiny Chefs Culinary Academy learn to prepare healthy meals.

SEE TEACHING, PAGE 11

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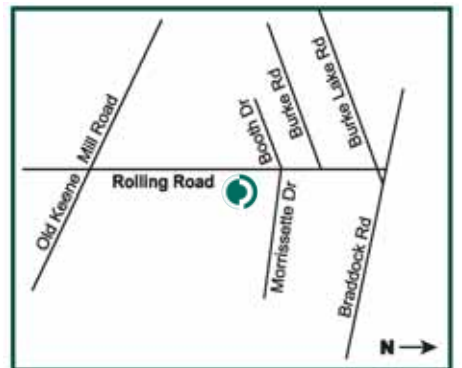
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Teaching Healthy Habits

FROM PAGE 10

shapes, layering yogurt and fruit and granola in a clear glass is magical to a child," he said. "For the older, make baking a chemistry lesson on baking soda [or] why flour in bread makes such a different product than flour in pancakes."

Roll added, "I think that starting simple helps, too. Chicken broth, chicken, carrots, celery and pasta, with some seasoning still makes the best cold remedy there is. A child can peel a carrot. A child can

test the doneness of pasta, a child can learn that a little salt is great, no salt is bland, and too much salt is a disaster."

With a little planning, parents can create delicious and healthy fare with their children that is hands-on, but safe. "Letting kids help cut fresh fruit for fruit salads is a great summer dish, said Beth Szymanski of Tiny Chefs, a culinary academy with locations in Fairfax, Arlington, Alexandria, Sterling, Ashburn, Reston, Herndon, Centerville, Va., and Potomac, Md.

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SPORTS



Lake Braddock pitcher Ashley Flesch allowed one run in 13 innings during the Bruins' 2-1 victory over Madison in the regional quarterfinals on June 2.



Lake Braddock catcher Caroline Jones drove in the game-winning run against Madison in the regional quarterfinals on June 2.



Lake Braddock center fielder Jenna Edwards threw out a Madison runner at the plate in the 13th inning of the Bruins' regional quarterfinal victory on June 2.

Lake Braddock Softball Outlasts Madison in Quarterfinal Marathon

Bruins catcher Jones delivers game-winning RBI.

BY JON ROETMAN
THE CONNECTION

With runners on first and second with nobody out in the bottom of the ninth inning, Lake Braddock catcher Caroline Jones swung at the first pitch she saw and popped out via the infield fly rule. The next two Bruin batters would strike out, keeping Monday's 6A North region quarterfinal softball contest against Madison locked in a scoreless tie.

"I [knew we] would score," Lake Braddock pitcher Ashley Flesch said later that evening. "It was just a matter of time."

As it turned out, Flesch, who battled Madison's Katie Vannicola in a lengthy pitcher's duel, was right. After the Bruins scored once in the bottom of the 10th to keep their season alive, Jones would get another opportunity with a runner in scoring position in the bottom of the 13th. This time, the sophomore slugger would send Lake Braddock to the semifinals.

Jones hit Vannicola's 202nd pitch of the evening back up the middle for an RBI single, giving the Bruins a 2-1, 13-inning victory over the Warhawks on June 2 at Lake Braddock Secondary School. Jones' hit was one of just four the Bruins managed against Vannicola, but Lake Braddock found a way to outlast the Warhawks.

"It was definitely a battle," Jones said. "Katie is an amazing pitcher, Madison is an amazing team. We knew that if we slipped once, the door is wide open for them, so we had to stay strong as a team and we finally pulled through."

LAKE BRADDOCK left the door open in the top of the 10th, when Madison left fielder Jordyn Pistilli broke a scoreless tie with a one-out RBI single. However, the Bruins countered in the bottom half, when a single by freshman third baseman Patty Maye Ohanian and a Warhawk error tied the score at 1-1, sending the marathon contest into the 11th inning.

LAKE BRADDOCK GIRLS' SOCCER FALLS IN PKs

The Lake Braddock girls' soccer team lost to Battlefield in penalty kicks during the 6A North region semifinals on Tuesday.

The Bruins defeated Osborn 4-0 in the opening round on May 28 and beat Robinson 1-0 in the quarterfinals on May 30. Lake Braddock finished the season with a 13-6 record and a Conference 7 championship.

Madison had a chance to take the lead in the top of the 13th, but Lake Braddock center fielder Jenna Edwards threw out the potential go-ahead run at home plate after the Warhawk runner attempted to tag up on a fly ball.

Jones' single in the bottom half of the inning ended the game.

"The character of the kids is outstanding," Lake Braddock head coach George Rumore said. "They just don't quit. They love to play and they hung in there. We know that if Ashley ... is holding us in the game, that we just have to keep playing good defense and keep making plays, and then we hope we get somebody across the plate."

DESPITE THE EXPERIENCE of losing to South County, Flesch said she believed the Bruins would eventually score during Monday's contest against Madison.

"She had a lot of endurance," Jones said. "She keeps hitters off balance, she's very hard to hit and she's very deceptive. ... She's a warrior out there. She fights for us and she never gives up."

Vannicola suffered the loss on Monday. The right-hander allowed two runs — one earned — and four hits in 12 2/3 innings. She walked eight and struck out 17. Vannicola threw 202 pitches, including 119 strikes.

Lake Braddock first baseman Amanda Hendrix doubled in the ninth inning. Ohanian had a pair of singles for the Bruins, and Jones had one.

Lake Braddock improved to 23-1. The Bruins won their second consecutive Conference 7/Patriot District title this season, beating South County in the championship game on May 23.

Lake Braddock advanced to the region semifinals, where the Bruins faced Langley on Wednesday, after The Connection's deadline.



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

David Symmes (4) and the South County boys' lacrosse team finished the 2014 season with a 15-2 record.

South County Loses in Regional Quarterfinals

Patriots limit Stallions to lowest goal-scoring output of 2014.

BY JON ROETMAN
THE CONNECTION

Yorktown senior Cason Liles controlled the faceoff, maintained possession down the field and scored his first goal of the season late in the first quarter of Thursday's 6A North region quarterfinal contest against South County.

Liles' goal led to cheers from his teammates. Liles' faceoff dominance throughout the contest, however, helped give the Patriots a historic achievement to celebrate at the end of the night.

The Yorktown boys' lacrosse team defeated South County 13-6 at Lee High School in Springfield, securing the Patriots' first trip to the regional semifinals in program history. South County entered the contest with a 15-1 record and averaging 14 goals per game, but thanks to Liles' faceoff dominance and a strong defensive effort led by sophomore Conor Shears, junior Timothy Aldinger and sophomore goalkeeper Mason Pollack, the Patriots limited the Stallions to their lowest goal-scoring output of the season.

"It's huge," Liles said. "We came out here with a chip on our shoulder. I think we were just so hyped up and so ready to play this game. None of the seniors wanted their season to end. I couldn't be prouder of my team right now."

Yorktown led 7-2 at halftime. South County goals by Austin Fitzmaurice and David Krein cut the Patriots' lead to three midway through the third quarter,

but Yorktown scored six of the next seven goals to pull away.

"[Liles] was the difference," Yorktown head coach Greg Beer said. "We did very well on faceoffs and that was the difference tonight, I believe. Other than that, I thought we were pretty even. We were able to control possessions and ... sort of limit their offense, considering how much firepower [South County has] between Symmes, Quigley and the rest of those guys."

Tyler Alexander scored two goals for South County.

Symmes praised Yorktown's defense, but said South County might have been guilty of overlooking the Patriots.

"No one was outright saying, 'Oh, yes, easy game, just take it off, we'll just coast through,'" Symmes said. "No one was saying that, but I think maybe, subconsciously, we weren't taking this game as seriously as we should have. Shoulda, woulda, coulda, though."

Yorktown improved its record to 15-4. The Patriots, who defeated Oakton in the opening round, traveled to face Robinson (14-3) in the regional semifinals on June 4.

South County finished the season with a 15-2 record and a Conference 7 championship.

"I'm proud of the way my guys played," first-year South County head coach Dale Nalls said. "Going 15-2 on the season, that's an impressive season. Obviously, we had our sights set on a bigger prize than going 15-2, but I think South County is a relevant state championship contender. We just didn't play like it tonight."

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Supervision: Ensure a productive work environment by participating in weekly branch staff meetings. May be required to drive Club van. Letter of interest and resume to Wonhee Kang at wkang@bgcgw.org



Program Director

Boys & Girls Clubs of Greater Washington/Fairfax Region Plans, implements, supervises and evaluates all programs and activities provided in program areas, such as Education, Special Education, Social Recreation, Arts & Crafts, and Physical Education. Prepare Youth for Success: Identify needs of the children and youth in the demographic area in line with the Club's strategy and the outcome targets that have been established; Ensure program quality by monitoring and evaluating program achievement against target goals, recommending modifications that respond to member needs and interests; Planning, organizing and implementing a range of program services and activities for drop-in members and visitors; Recommend the development of service area programs; and promote and stimulate program participation. Administration and Management: Manage administrative systems by registering new members and participating in their club orientation process; Recruit, train and manage assigned volunteers and staff; provide ongoing feedback; and identify and support development opportunities; Manage facilities and ensure a productive work environment, maintaining an inventory of all program equipment and supplies in good order. Recommend requisitions, as necessary; controlling expenditures against monthly supply budget. Letter of interest and resume to Wonhee Kang at wkang@bgcgw.org

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JOB RESPONSIBILITIES:

Plans and oversees the administration of designated Clubhouse teen programs, budgets, schedules, recordkeeping, implementation and evaluation of activities that support Youth Development Outcomes. Establishes Clubhouse program objectives consistent with organizational goals and mission. Establishes and maintains Clubhouse program goals and settings that insure the health and safety of teen members; Assist with orientation, evaluation and in-service training of program staff and volunteers as well as recruiting new volunteers for programs. Provide day to day supervision of program related staff. Increase visibility of Club teen programs via posting of daily schedule, announcements of upcoming events and the dissemination of timely information for the development of advertising and promotion through mailings, fliers and media releases. Letter of interest and resume to Wonhee Kang at wkang@bgcgw.org

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OBITUARY
Bernacki, Michael William
Mike, 61, passed away at home in Anthem, AZ from pancreatic cancer on March 19th, 2014. Mike was born in Philadelphia, PA on Aug. 28, 1952. Growing up he would spend summers in Long Island Beach on the Jersey Shore. He graduated from St. Vincent's College in Latrobe, PA. Mike had a 30-year distinguished career in the FBI working in NYC and Quantico, VA. After retirement, he helped form Tactical Operations Support Services (TOSS) and served as an instructor for the company. He was an avid sports lover and a huge Philadelphia Eagles fan. He is survived by his mother Anne, wife Shira, daughter Heather (Matt) Wilkey and step-daughters Jessi and Amanda Calkins. He is predeceased by his wife of almost 20 years, Sherry Swank Bernacki. He was a kind, compassionate man and a loving father. A graveside service will be held on Saturday, June 7th at 10:30 in the morning at Fairfax Memorial Park, 4401 Burke Station Road in Fairfax, VA (GPS address). In lieu of flowers, the family respectfully requests a donation be made to the Wounded Warrior Project, <http://www.woundedwarriorproject.org/>.

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OPINION

Taste Of Asia

FROM PAGE 6

sorship, attendees had access to hands-on activities. With leadership from Ms. Lindsay Holt, arts and crafts tables were set up for origami (Japan), Cultural Masks (China), Weaving (Philippines), and Mandala (India/Tibet/South Asia). There was a table set up for Name Calligraphy where attendees' names could be written in Korean, Japanese, Chinese, Hindi, Thai and Tagalog. While these activities were happening, I could hear a lot of dialogue about the meaning of names and background, helping the attendees make meaningful connections to each other.

All participants had a passport to get their stamps to be sure they were not missing out any valuable experiences from the event. I trust all participants from this event tasted Asia in many ways and I am grateful for that. I thank 30 -plus volunteers that we had for the event and special thanks to our event committee members who helped build many positive bridges among people in this diverse county.

When I witnessed some kids from Ghana, trying on Korean, Chinese and Thai dresses and having a photo-op, I saw a glimpse of 'Promised Land,' that once Martin Luther King noted. When I witnessed Chinese women helping Hispanic young people wearing their Chinese costumes, there was heartfelt welcoming and receiving of friendship built.

It was pleasure of seeing acceptance of each other and they are moving forward to learn about each other and they are reaching out and sharing their stories. Their hearts were wide opened to embrace each other for those moments. There was joy and happiness all around.

I saw what Dr. Martin Luther King dreamed: "that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual: Free at last! Free at last! Thank God Almighty, we are free at last!"

I am committed to seed the dream that Dr. King once talked about by offering a column that would continue to offer a place for a "Taste of Asia" and I am very excited about this calling.

As E.M. Forster noted, that this column will bring humanism to our living. "The four characteristics of humanism are curiosity, a free mind, belief in good taste, and belief in the human race."

Wonhee Kang will write an occasional column for the Connection.

Chairperson of Taste of Asia
Chairperson of Next-generation Entrepreneurship and Leadership Development Committee (NELDC)

Sr. Director of Boys & Girls Clubs of Greater Washington, Fairfax County Region
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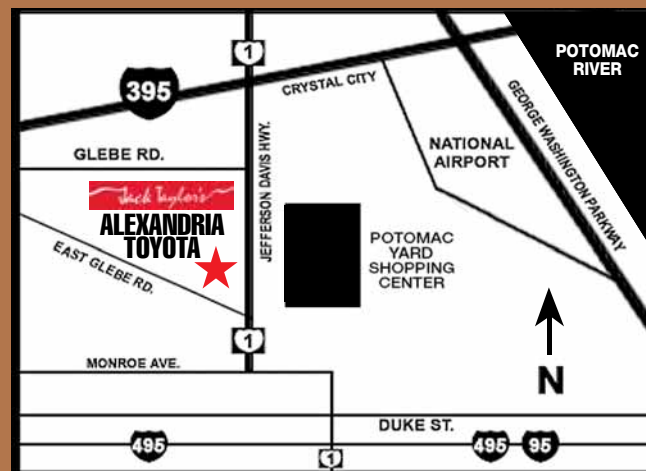
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Stone Front Rambler beauty, with Contemporary Flair. Great Room w/High Ceilings, Sky Lights, 4 BR's, 3 Baths, Full finished W/O Bsmt, cul-de-sac location.
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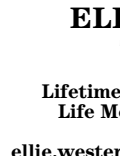
Burke \$659,900
Price Reduced on this Beautiful Home!
This 3-lvl, 4 BR, 3 1/2 BA, 2-Car Gar Single Family Home features 1st Fl HW, upgraded Kit w/granite Ctrs, SS Appl & 2 story LR. UL has spacious MBR & MBA w/whirlpool, Sep Shwr and Dbl vanity plus huge RR w/wet bar, BR and Full BA. A must see!



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