

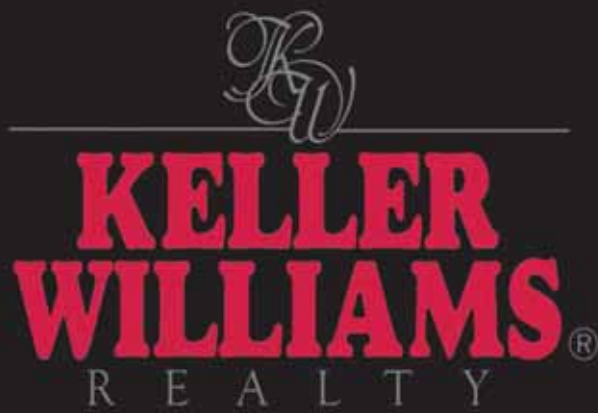
Observatory Groundbreaking, Pavilion Ribbon Cutting

NEWS, PAGE 3

Dancing for a Cause at Colvin Run

NEWS, PAGE 4

Entering the Hall the Langley High graduates scan the balconies looking for family and friends at the graduation ceremony on Tuesday, June 17.



Bob Nelson



Kelly Putz



Tim Heil



Michele Cornejo

The Bob Nelson Team

VA/DC/MD

www.GreatFallsTeam.com ~ 703-999-5812 ~ 703-636-7300

774A Walker Road, Great Falls, VA 22066



PW8349529 - \$1,250,000 - Nokesville, Va
11506 Parkgate Drive, BRING YOUR HORSES!
72+ Acres, Spectacular Horse Property featuring
newer home, stables with up to 50 stalls,
indoor/outdoor riding rings, riding trails +more!



FX8374670 - \$1,499,000 - Great Falls
10713 Falls Pointe Dr, Expansive 5 BR, 4.5 Bath
Southern colonial with main level MBR. Beautifully
sited on nearly 2 acres, this home is perfect for entertaining.



FX8381418- \$1,300,000 - Great Falls
10722 Fawn Dr , 5BR, 4.5 baths, stunning cedar and stone
contemporary on 5+ Acres, lots of windows and skylights
bring the outdoors in. Private drive, nature lovers dream!



FX8221077 - \$795,000 - Great Falls
10898 WOODLEAF LN, 3BR 2.5BA log home
on 2 wooded acres "Certified Wildlife Habitat",
Koi pond, cedar window storage seats, open beam
ceilings, gorgeous deck views.



FX8328766 - \$1,250,000 - Vienna
10514 Dunn Meadow Rd, 5 Bedrooms, 5 Full-
5-Half baths, Home Theatre, power outage
generator, recently updated, close to Lake Fairfax.
Gorgeous home!



LO8274054 - \$855,000 - Sterling
20269 Island View Ct - 5 Bedrooms, 3.5 Baths,
Next to Trump Nati'l Golf Club, Cascades Amenities,
Chef's kitchen, enviable closet, resort style living!



LO8369118 - \$349,900 -
Ashburn -
43453 Blair Park Sq.,
Immaculate 2 bedroom, 2.5
bath 3 level end-TH, HW flrs
on main lvl, granite counter,
maple cabinets, deck off
kitchen and more!



LO8329961 - \$355,000 -
Ashburn
43483 Blacksmith Sq,
Lovely end-unit town-
house, 3 Bedrooms, 3.5
baths, office space,
close to the Greenway!



LO8280390 - \$455,000
Sterling
312 Samantha Dr, 4BR, 2.5BA,
enclosed sunroom, finished
basement, mature trees,
great commute!



WA8244344 - \$300,000
Knoxville, MD
1408 Brown Pk, 4BR, 2.5BA,
4 ACRES private & wooded,
mountain views from front
porch, newly renovated!

Please call or email for information on our next
Military Appreciation Monday (MAM)
event at The Old Brogue in Great Falls.

Bob and his co-sponsors will each make a 10% matching donation of your dinner tab!

Bob Nelson
Realtor, Keller Williams Realty
A Lifetime of Service to Community & Country
Office: 703-636-7300
Cell: 703-999-5812
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www.GreatFallsTeam.com





Dranesville Supervisor John Foust speaks before the roll-top observatory groundbreaking on Saturday.



Officials and Analemma Society members break ground for the roll-top observatory on Saturday.

Pavilion Ribbon Cutting, Observatory Groundbreaking

Turner Park's facelift gets underway.

BY REENA SINGH
THE CONNECTION

Hoofbeats by day, starlight by night. That's the way Save the Farm advocate Beverly Bradford wanted Turner Farm Park to end up.

Years after money first began being raised to revitalize the land for a park, the pavilion had a ribbon cutting and the roll-top observatory had its groundbreaking on the drizzly Saturday morning.

"All people long for peace, and this is a

place peace outlasted war," she said during the ribbon cutting event.

She said a community center, Colvin Run Elementary and an art studio have all been proposed for the land, but Bradford wanted the park to remain an open space, a place where people could go to seek peace, whether that be by riding a horse or looking up at the night sky.

"None of this would have been possible if we hadn't saved Turner Farm," said Dranesville supervisor John Foust.

As others mentioned in their speeches, he

noted that the project was a long time coming for Great Falls residents.

Mike Kearney, board member for Celebrate Great Falls, talked about the birth of CGF and the effort to raise hundreds of thousands of dollars to buy Turner Farm and turn it into a park people will use.

"This is like the end of our chapter here," he said. "We've done our deal."

Great Fall's Analemma Society is also getting a roll-top observatory that is slated to go to construction in late summer to early fall.

Fairfax County Park Authority Board member Mary Cortina talked about her son's interest with space and how he got a

chance to talk to a NASA astronaut who sparked his interest in science. She said having an observatory in Great Falls is crucial to getting young people interested in science.

"It keeps that flame alive as they grow older," she said.

The older building on the site, a remotely accessed telescope observatory was used when the land was the Nike Missile Control Site. The new roll-top observatory will have four telescopes permanently aligned toward the North Star, according to President of the Analemma Society Charles Olin.

"The concept of the park itself is not astronomy," he said. "It's basically science."

Helping Schools Visit Park

Raylynn Oliver, on behalf of the Great Falls Friends and Neighbors, presented a check for \$545 to Friends of River Bend President Tim Hackman, Vice President John Hughes-Caley and Board Member Odiorne Beebe. The contribution helps subsidize school trips to River Bend Park for students who cannot afford the field trips' costs and for Title 1 schools.



From left — Friends of River Bend (FORB) Vice President John Hughes-Caley, FORB President Tim Hackman, Great Falls Friends and Neighbors Raylynn Oliver, FORB board member Odiorne Beebe.

PHOTO BY ETHAN KUHNHENN



Instructors Gail Crum and Ed Cottrell lead attendees in the West Coast Swing.



Attendees step and swing in memory of Elaine Krawitz.

Dancing for a Cause

Colvin Run dance raises funds for Alzheimer's research.

BY MACKENZIE REAGAN
THE CONNECTION

Saturday, June 21, marked the summer solstice — that is, the longest day of the year. The Alzheimer's Association marked the occasion with its worldwide "The Longest Day" fundraising event, for which local teams all across the globe united to raise awareness of Alzheimer's and to raise funds for the association.

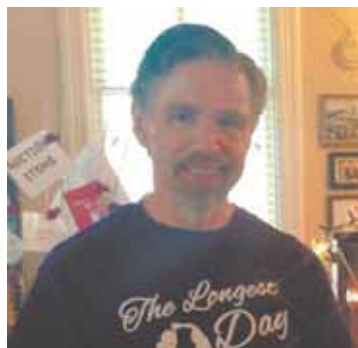
In the historic Colvin Run Community Hall, local team Step and Swing for Elaine held a fundraiser in memory of Elaine Krawitz, who died last July of dementia.

But this was no ordinary fundraiser.

Elaine and her husband Gil, who organized the event, frequently attended dances at the hall.

"She danced up until the very end," recalls friend Emmalyn Smith. When Smith and her husband Ron met the Krawitzes at a Colvin Run dance three years ago, Elaine had already been battling dementia for some time. While the Smiths never knew "well" Elaine, "We knew 'brave' Elaine," said Emmalyn.

So Gil decided the best way to remember Elaine, and to raise awareness of the illness that claimed her, would be through a day-long dance, featuring lessons from local instructors interspersed with periods of free dance.



Team captain Gil Kravitz organized the event in memory of his wife, Elaine, who died of dementia last July.

"We want the community to dance and to realize that one in three people will be diagnosed with dementia. We want to make a difference now so we can stay on the dance floor longer," said event co-captain Ellen Green, who was a close friend of Elaine's.

The event, which ran from 10 in the morning to 8 in evening, featured instruction from local dancers like Ed Cottrell, Gail Crum, Erica Smith and Don Herron. In addition to teaching Saturday's crowd, many of the instructors auctioned off the chance for a private dance lesson, with the proceeds going towards the team's fundraising efforts. Local businesses like The Old Brogue, Dante Ristorante and Matisse Salon and Spa pitched in as sponsors and donated prizes to be raffled off at the event.

While supporters came from all over, perhaps the attendee who understood the therapeutic and unifying power of dance the best was Kirk Tuey, who came all the way from Los Angeles to support the team's cause. Tuey, who suffered a traumatic brain injury in a skiing incident eight years ago, credits dancing with his recovery. Initially in the area to visit family, Tuey spent Saturday at the event using his relearned dance skills to raise awareness and funds for the team.

Before the day even started, the team had raised nearly \$14,000. In all, Step and Swing for Elaine raised over \$20,000 — twice as much as their original goal of \$10,000.

"One hundred percent of [the money raised] goes to the Alzheimer's Association," explains Gil.

"We're thankful for all the efforts and support," adds Gil's son, Justin.

VIEWPOINTS

Remembering Elaine

— MACKENZIE REAGAN

Emmalyn Smith [with husband Ron]

"Elaine loved to dance, and this is the best way to remember her."



Darlene Murphy

"[Elaine] was ill when I met her, but that didn't stop her. She came every week."

Frieda Errico [with husband Bill]

"We became friends with [the Krawitzes] three years ago through dances here. We're thrilled by the response [of the sponsors and attendees helping to raise funds]."



Ellen Greene

"I want to make a difference. I'm here for everyone who's helping or who has been hurt by dementia."



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SMRU 1604967 (Exp. 6/13/2016)



PHOTOS BY RACHEL STONE/THE CONNECTION

Monarch butterflies were released as a symbol of freedom from oppression, and hope for the future.



WCCW Founder Dongwoo Lee Hahm, left, sits on a butterfly-shaped bench with Comfort Women Survivor Il Chul Kang, right.

Comfort Women Memorial Highlights Human Trafficking

**New Peace Garden
a beacon of hope
for victims.**

BY RACHEL STONE
THE CONNECTION

When members of the Washington Coalition for Comfort Women Issues unveiled a new memorial on May 30, they also illuminated the issue of local human trafficking in Northern Virginia. Elected officials including Supervisor John Foust, Japanese and Korean representatives, and human rights activists gathered to remember the women and girls who were forced into sexual slavery during WWII. Now the memorial stands sunlit on the back lawn of the Fairfax County Government Center, as a reminder for today's community to take a stand against these crimes against humanity in their own neighborhoods.

The unveiling ceremony comprised a cer-



Grace Han Wolf, who co-chaired the memorial committee, reminded the audience of an applicable lesson, "All that is required for evil to prevail is for good men to do nothing."

emonial ribbon cutting and butterfly release, artful performances, and a series of congratulatory and solemn remarks. The

recent words of President Obama were repeated by Washington Coalition for Comfort Women Issues President Christine Choi, "Any of us who look back on the history of what happened to the Comfort Women here ... have to recognize that this was a terrible, egregious violation of human rights. Those women were violated in ways that, even in the midst of war, was shocking."

Comfort Women survivor Il Chul Kang bore testimony of being kidnapped from her Japanese home to "serve" the military men who were stationed in South Korea. Many comfort women have since forgiven the Japanese for these actions, but are abashed it has taken over 50 years to address these wrongdoings. Del. Mark Keam (D-35) recognized the timely anniversary of D-Day. "We can't undo the past ... but we can ensure that this never happens again," he said, "Those women didn't die in vain."

"We as a community must care for each other," said Sharon Bulova, chairman of the Fairfax County Board of Supervisors. Inquiries about building the memorial initially began in her office, and the recent ceremony was the culmination of 18 months' advocacy by Washington Coalition for Comfort

Women Issues. The project not only pays respect to the county's prominent Asian community, but also underlines its own authentic issue with human trafficking.

"Nobody really wants to talk about it," said Grace Han Wolf, who served as honorary co-chair of the coalition's Memorial Peace Garden Committee. "With two international airports and the nation's Capitol, no one thinks twice about seeing a multi-ethnic group of women in this area." But these are silent, often unseen crimes nestled in homes and shopping centers. And they won't go away without the consciousness of the community. "Be on the lookout. Don't be complacent; be vigilant," she said.

The website www.justaskva.org is the ultimate resource of 24/7 telephone hotlines and awareness information for the state of Virginia. The county has also collaborated on the Polaris Initiative, offering resources devoted to alleviating the issue of human trafficking in the area.

The Polaris Hotline can be reached at any time, any day of the year at 1-888-373-7888. Call 911 in case of immediate emergency. Crime tips can also be reported to 703-246-4006.

VOLUNTEER OPPORTUNITIES

Fairfax County's Respite Care Volunteers give family caregivers of a frail older adults a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact Kristin Martin at 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

The Herndon Senior Center, 873 Grace Street, Herndon, needs a volunteer mosaic instructor and knitting instructor. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults

and click on Volunteer Solutions.

The Lewinsville Senior Center, 1609 Great Falls Street, McLean, needs a certified volunteer Zumba instructor and an office assistant. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Fairfax County needs volunteer On-Call IT Specialists are needed to help older adults. Schedule is flexible. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Bailey's Senior Center, 5920 Summers Lane, Falls Church, needs office assistance with the front desk and

data entry, Monday-Friday, 10 a.m.-2 p.m. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Meals on Wheels needs drivers in Franconia, Reston, McLean and Falls Church. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and

click on Volunteer Solutions.

The Wakefield Senior Center, 8100 Braddock Road, Annandale, needs a volunteer art teacher, certified instructors for Zumba Gold and Pilates, a coin collector to lead groups, an experienced canasta player to lead groups and Spanish-speaking interpreters. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Sully Senior Center, 5690 Sully Road, Centreville, needs a certified personal trainer to work with older adults, for one hour two days per week. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

olderadults and click on Volunteer Solutions.

The Mount Vernon Adult Day Health Care Center, 8350 Richmond Highway, Alexandria, needs social companions for participants on Fridays from 3-5 p.m. and front desk volunteers on Tuesdays and Wednesdays from 11 a.m.-12 p.m. and 3:30-4:30 p.m. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Find out more about the Northern Virginia Long-Term Care Ombudsman Program at www.fairfaxcounty.gov/litombudsman.



4th of July Hometown Celebration & Parade

Friday, July 4th



Schedule of Events

- 8am-9am** 5K Walk/Run
Great Falls Freedom Memorial
- 8am-1:30pm** INOVA Blood Drive
Great Falls Fire Station
- 9am-9:45am** Little Patriot Parade
Great Falls Village Centre Green
- 10am-10:45am** Main Parade
Starts on Columbine and proceeds around Great Falls Village Centre
- 10:30am-12:30pm** Festivities, Food, Games & Fun
Great Falls Village Centre Green



Little Patriot Parade

Great Falls Village Centre Green
Babies and children up to age 5 are welcome to parade around the Green. Awards for "Young George Washington," "Little Miss Betsy Ross," and "The Star Spangled Family."
9am Registration at the Gazebo ~ 9:15am Start
Questions? Contact Shannon Snow
smsnow@hotmail.com

Main Parade Information

Registration

To be in the parade, all floats, cars, entertainers & others need to register online at www.CelebrateGreatFalls.org
Parade staging will take place at 9:30am on Lunenburg Rd. between Minburn and Columbine Streets.

Make a Float !

We encourage neighborhoods, local businesses, or any group to make a float for the parade!
PRIZES!!
BEST BUSINESS FLOAT
BEST NEIGHBORHOOD
BEST ORGANIZATION
BEST MINI-FLOAT (under 8')

Bring your Pet

Bring your friendly dog on a leash to walk in the parade!
Dress your dog up and meet at the corner of Lunenburg and Columbine Street at 9:40am.
Treats provided by Great Dogs of Great Falls

Young Bike Riders Welcome!

Young bike riders will join the parade once it reaches the Village Centre. A space for riders and their parents to gather and view the parade before joining it will be reserved in the large Wells Fargo parking lot.
No need to register



!! PLEASE NOTE !!
Fireworks will **NOT** be held this year.

For weather cancellations or more information, call (571) 293-0474

or go to www.CelebrateGreatFalls.org and sign up for our email list!!

Volunteers Needed for this Event!

The Hometown Celebration is run entirely by community volunteers. We still need 20 people for food sales, popcorn making, snow cone making or helping kids with games. Shifts are 10:30-11:30 or 11:30-12:30. Please sign up online at <http://www.signupgenius.com/go/20f084cada92b0-20142>

This is a great place for middle schoolers or older to help the community!

5K Walk/Run with Great Falls Trail Blazers

Again this year, the Great Falls Trail Blazers are hosting The Annual 5K Walk/Run on our local trails. Join us for an 8am start at the Freedom Memorial on the Library grounds. Any questions, contact Mary Anger at

GreatFallsTrailBlazers@yahoo.com

Preferred Partner



Presenting Partners

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OPINION

Safe Fourth

Talking and planning are the best safety measures; SoberRide offers a safety net.

Independence Day is a national celebration, and for many, that celebration includes alcohol. The summer overall and July 4 in particular are times of greater risk for drinking and driving.

Make a plan. Plan to celebrate with access to public transportation. Plan to have a designated driver. Plan to celebrate in a place safe and comfortable to spend the night.

But in case those plans go awry, here is a safe alternative.

The Washington Regional Alcohol Program will offer free taxi rides home (up to \$30) beginning 10 p.m. the night of July 4 for six hours until 4 a.m. the morning of July 5. Participants must be at least 21. Call 1-800-200-TAXI.

On July 4, 2013, nearly 300 people used WRAP's SoberRide service rather than possibly driving home impaired.

In summer, 44 percent of all U.S. traffic deaths are caused by alcohol-impaired drivers, according to statistics provided by WRAP. SoberRide is a way to help keep local roads safe from impaired drivers during this traditionally high-risk holiday.

For parents of young adults who may be living at home and parents of those under 21,

this is time to talk. Ask about plans, ask specifically about getting home. Remind those over 21 to take the WRAP phone number with them.

While you hope that young adults under 21 aren't drinking — because there are lots of dangers to binge drinking beyond drinking and driving — you know that many of them will be drinking. Let your younger family members know that you would

much rather pay for a cab or come get them yourself than run the risk of losing them.

Since 1993, WRAP's SoberRide program has provided 60,565 free cab rides home to would-be drunk drivers in the Greater Washington area.

For more information, visit www.soberride.com.

—MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIALS

Call for Pet Connection

The Pet Connection, a twice-yearly special edition, will publish on July 23, and photos and stories of your pets with you and your family should be submitted by July 16.

Our favorite pictures include both pets and humans. We welcome short stories about how you got your pet, a noteworthy talent or anecdote about your pet, tales of the bonds between your family and your pet, plus drawings, paintings or other artwork of your pet by children or adults. Please tell us a little bit about your pet, identify everyone in the photo, give a brief description

what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

We welcome short stories about how you got your pet, a noteworthy talent or anecdote about your pet, explanations of the bonds between your family and your pet, plus drawings, paintings or other artwork of your pet by children or adults. Email to editors@connectionnewspapers.com. For advertising information, email sales@connectionnewspapers.com.

Small Acts of Kindness

Evidence of the long-lasting effects of kindness to others in daily life.

BY JOAN BRADY

A foster child alumni recently told me that what helps her to keep moving forward are the happy memories she has stored in her heart. Curious, I asked if she would share a few with me.

Each of her examples represented a time that someone was simply kind to her. And her list, after 22 years in and out of foster care, is depressingly short.

Last Sunday, I was doing some early evening weeding, when my beagles started barking like crazy. I looked up to see a man peering through my garden gate.

I didn't recognize this older, mustachioed gentleman in his shorts and t-shirt. And I guess I should have been a little nervous as he brazenly walked through the gate.

But ever since we filled in our



Joan's Garden, created by filling in the former swimming pool.

swimming pool to plant vegetables and berries, we get the occasional looky-loo, interested to see the pool-turned-garden.

He seemed friendly enough calling out a warm greeting as he approached. He said he had been wanting to come by and see me as I "had always been so nice to him."

I wracked my brain, trying to recall this man who seemed so familiar with my dogs, my garden and me.

"Whenever I have seen you over the past years, you always asked about my wife. I wanted you to know," he said, voice shaking, "that she died."

In that moment, I realized that

this is a man I have known for many years. A man I didn't recognize without his PETRO uniform. A man whose name, I could not come up with, without the helpful stitching that adorns his work shirt.

We met, he and I, just after my husband and I moved into our house, over 13 years ago. Concerned about the potential environmental hazard our in-ground oil tank presented, we decided to remove it.

There was a bit of drama during the removal process when the backhoe severed the main power line into the house (a bit of a utility-marking snafu).

The fairly large explosion was followed by a realization that we had knocked out the electricity. The guys couldn't continue until the Fire Marshal arrived and I couldn't work until electricity was restored. So, the group of us (two from PETRO, Fred-the-Beagle and I) bonded over pizza and the long wait for the Fire Marshal and Dominion Power to arrive.

I think it was then that he told me about his wife's illness. We didn't speak every time he came to fill our new oil tank. But occasionally we would see each other, exchange a few pleasantries, and I would ask about his wife. There were ups and downs over the years, but mostly downs.

We both cried a little, as he told me that she had passed last month. And that it was very hard. While he does have friends, every night he returns to an empty house. He didn't want to have a drink. He didn't want to sit for a while. He just wanted me to know.

As he walked slowly to his car, head bowed, I turned back to my weeding and considered life's small interactions and their impact.

Joan Brady is a professional photographer; mentor and advocate for current and former foster children; volunteer with *paws4People*, *Fairfax Families4Kids*, and others; and a resident of Great Falls. Reach her at joan@joanbradyphotography.com

Great Falls CONNECTION

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LETTERS

Protecting Great Falls Trees

To the Editor:

I commend the Great Falls Connection for doing everything to protect and expand the White Oaks in Great Falls [Protecting the White Oak, Great Falls Connection, June 18-24, 2014]. I had one huge White Oak in my yard, which was in poor condition upon my arrival when I moved into my house in 1974. I would cut the dead, fertilize the roots and nursed it along for 30+ years. Finally, it was struck by lightning and it died within two years. I consider that death more or less natural causes.

The above said, in the last five years I have lost one maple tree (approximately 30+ inches in diameter) and one large Red Oak which was approximately 25+ inches in diameter. Both trees were within the 15 feet of the center line of the state road which meant the VDOT had to contract their removal because they presented a safety issue to traffic traveling on Utterback Store Road. These two trees were on the property when I

bought it in 1974 and they survived until VDOT decided to increase the amount of salt/brine spread on the road during the winter about five years ago. I have called and emailed VDOT a number of times attempting to get them to lighten up on the winter salt, all to no avail. I have one Red Oak approximately 40 inches in diameter left along the road side. With the continued salt spread on the winter road I will be surprised if that one lives two or three more years. It is unbelievable the amount of salt and now brine dumped on Utterback during the winter season. One would think Utterback is HWY 193 instead of a side road. Not that the Great Falls Citizen's Association needs another cause to take up, but the environmental damage being caused by the excessive salt/brine on the roads would be good one to address.

Dudley Losselyong
Great Falls

Popular Throughout the Mid-Atlantic. Now Coming to Great Falls.



Vibrant Community
Great gathering places to connect and engage; transportation services offering you *freedom* to get out and about.

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GRADUATION 2014

Senior SGA representatives Katharine Altman, Timothy Claude and Brian Plunkett join class officers treasurer Will Gent, secretary Courtney Cuppernull, vice president Edric Wung and president Jonathan Meyer on stage.



Students applaud at the conclusion of the graduation processional.

PHOTOS BY LOUISE KRAFFT/THE CONNECTION

Memories of a Bittersweet Year

Langley Class of 2014 graduates, remembering the two who died.

BY REENA SINGH
THE CONNECTION

They said their goodbyes with a little bit of old and a little new. More than 400 Langley High School seniors moved their mortarboard tassels from right to left Tuesday, June 17, at Constitution Hall, marking their transition into alumnus of their high school. “No matter what happens, we will forever be a part of the fraternity that is the Langley Class of 2014,” said class president Jonathan Meyer during the student address. The graduation was a bittersweet one, with many references to the two students that committed suicide in February. Although the graduation speakers interspersed jokes throughout their speeches, there was nary a dry eye among students and parents by the time the diplomas were being handed out. Meyer’s speech began as an ego boost to the class of 2014, with vocal chants stating how great the seniors are and how students are heading to seven of the eight Ivy League colleges. “We would have had students go to all eight Ivy League schools, but one of them is

Brown, and we don’t see color,” Meyer’s said jokingly. However, his speech ended with a quote from one of the students who committed suicide this year, bringing the student community together to mourn and seek change within the school. “We are all each other’s friends, and we’re all each other’s family,” he said. Principal Matt Ragone relayed how his favorite song, Don McLean’s “American Pie,” is actually about the 2014 graduates even though it was written in 1971. “One of the lines is ‘February made me shiver,’” he said. “Buddy Holly died in February, and that’s when we had our tragedy.” He said it relates to the tragedies LHS has gone through in the last year and how the community gathered to heal together. “It’s about the loss of innocence,” he said. “It’s about young people.” Although the song keeps stating, “this will be the day that I die,” he said, it shows how alive the singer - and the class of 2014 - is. “Class of 2014, every time I hear the song, I will think of you,” he said. “You guys will live forever.” Fairfax County School Board member

Ryan McElveen talked about rejection and Twitter, sprinkling hashtags throughout his speech. “You’re graduating from a world full of rejection, far removed from the rejection you experienced in high school,” he said. McElveen is a researcher for The Brookings Institution John Thornton China Center and the youngest person to be elected to the FCPS school board. He talked about losing all of the hair on his body to a rare disorder his senior year in high school. He remembers shopping for a hairpiece at that age at a wig shop filled with elderly women. “Let me tell you, you have not experienced true angst until you try to fit a mortarboard over a hairpiece,” he said. He said he was rejected by his hair and rejected by the public the first time he ran for the school board. However, he said he dated his wife and pursued the school board position again because he was not afraid of rejection, just like the students in the audience shouldn’t be afraid of it. “Go out and live your life on the edge of what’s possible,” he said. “Go out and get rejected.”



Class president and vice president Jonathan Meyer and Edric Wung lead the processional into Constitution Hall.



Senior SGA representatives Katharine Altman, Timothy Claude and Brian Plunkett join class officers treasurer Will Gent, secretary Courtney Cuppernull, vice president Edric Wung and president Jonathan Meyer on stage.



Mirelle Iverson and Garrett Collier gather in the wings of the hall for the call to line up for the processional.



Class officers Courtney Cuppernull and Will Gent practice their stage handshake.



Langley senior Aram Tahmassian stops for a breakfast snack at a hot dog stand outside of Constitution Hall on Tuesday morning.

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JULY EVENTS

- July 4: An American Celebration at Mount Vernon
- July 12: USA & Alexandria Birthday Celebration
- July 12-13: Fort Ward Civil War Reenactment Weekend
- July 19: Cinema Del Ray, “Cloudy With a Chance of Meatballs 2”
- July 19: Comcast Outdoor Film Festival, “The Hunger Games: Catching Fire”

MARK YOUR CALENDARS FOR:

- Up Late With the Boutiques, Thursdays May-July
- First Thursdays Del Ray
- Second Thursday Art Night at the Torpedo Factory Art Center

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VisitAlexandriaVA.com

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CALENDAR

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

THURSDAY/JUNE 26

Artists Meet for Coffee. 8:30-10 a.m. Katie's Coffeehouse, Georgetown Pike, Great Falls. Local artists drop in to meet for coffee. 703-759-2759.

Reading Buddies. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Grab a book, grab a buddy! Beginning readers and teens practice reading together. Teen volunteers please arrive at 4:15.

FRIDAY/JUNE 27

Handel Giulio Cesare. Check website for exact showtimes (also on Sunday, June 29 and Tuesday, July 1). Wolf Trap, 1645 Trap Road, Vienna. New production, sung in Italian with English supertitles. Inside the Opera preshow talk begins one hour before curtain. Tickets: \$36-\$88. www.wolftrap.org/

Kayak Tour Island Hopping. 5-7 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Explore the upper Potomac River islands by kayak. Ages 14+. \$59-\$74. Register at <http://www.fairfaxcounty.gov/parks/riverbend-park/kayaktours.htm>.

Great Falls Library Drop-In Chess. 1-5 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play chess. All skill levels and ages welcome. 703-757-8560.

Look at the Stars! Observatory Open. 7:30-10:30 p.m. Turner Farm Park, Springvale Road, Great Falls. Come to the observatory park for Friday Night viewings. www.analemma.org.

Playdate Café. 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Play area for toys for children. Coffee and conversation for grown-ups. Ages 0-Preschool with parent or caregiver.

Drop-In Chess. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop in and play chess. All skill levels welcome.

SATURDAY/JUNE 28

Great Falls Farmer's Market. 9 a.m.-1 p.m. Great Falls Village, 778 Walker Road, Great Falls. Don't forget to bring your recyclable bag. www.greatfallsfarmersmarket.org.

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

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

Cars & Coffee. 7-9 a.m. Katie's Coffee House, 760 Walker Road, Great Falls. Early on Saturday mornings you'll find a gathering of cool cars – antique, custom, hotrods, exotic, sports cars, they're all here. 703-759-2759.

Colvin's Dance for Everyone. 6:30-11:30 p.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Beginner West Coast lesson, intermediate lesson and 'Dance for Everyone.' \$12. 703-435-5620.

Lego Club. 2 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play with LEGOs! Age 3+.

Beethoven's 9th. 8:15 p.m. Wolf Trap, 1645 Trap Road, Vienna. Triumphant performance of Beethoven's "Ode to Joy" masterpiece and more by preeminent singers and one of the world's leading orchestras in its only 2014 DC-area appearance. Tickets: \$25-\$65. www.wolftrap.org/

SUNDAY/JUNE 29

Tyson's Farmers Market. 10 a.m.-2 p.m. NADA Campus, Greensboro & Westpark Drive. www.tysonspartnership.org

Intro to River Kayaking. 1-1:30 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. This introductory level course covers river hazards, water safety and paddling basics. Ages 14+. \$28-43. Register at <http://www.fairfaxcounty.gov/parks/riverbend-park/kayaktours.htm>.

Concert on the Green – Rock/The Dusty 45's. 6-8 p.m. Great Falls Village Centre, Georgetown Pike & Walker Road, Great Falls. Come out with your picnic baskets and chairs for an entertaining evening of live music. gfvcca@aol.com.

Summer on the Green Concert. 6:30 p.m. Vienna Town Green, 144 Maple Avenue E, Vienna. Bring chairs and blankets to come hear The Tonics and some bluesy-rock. No alcoholic beverages allowed; recommended pets be left at home.

Diana Ross. 8 p.m. Wolf Trap, 1645 Trap Road, Vienna. Motown's supreme legend has inspired generations of singers with an endless stream of No. 1 hits from "You Can't Hurry Love" to "I'm Coming Out." Tickets: \$35-\$60. www.wolftrap.org/

Handel Giulio Cesare. Check website for exact showtimes (also on Tuesday, July 1). Wolf Trap, 1645 Trap Road, Vienna. New production, sung in Italian with English supertitles. Inside the Opera preshow talk begins one hour before curtain. Tickets: \$36-\$88. www.wolftrap.org/ HYPERLINK "<http://www.tysonspartnership.com/>" **2nd Annual Tour de Tysons Bicycle Races.** 7:30 a.m.-5:30 p.m. Jones Branch Drive, Tysons Corner. Ten bicycle races, food trucks and vendors. The Tour de Tysons is a fun experience for the whole family — compete or simply enjoy. Visit www.tysonspartnership.com for more.

MONDAY/JUNE 30 – JULY 9

Teen Yoga. 5 – 6 p.m. Margaret Haddad Studio of Classical Ballet, 9911 Georgetown Pike, Great Falls. Classes are held Mondays and Wednesdays. The cost is \$60/session. No previous experience required. Please bring a yoga. To register, email JidoFAH@aol.com.

MONDAY/JUNE 30

Read to the Dog. 4 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Tony Pepperoni wants someone to read to him! Can you help? School age children.

Top Secret. 2:30 p.m. Dolley Madison Library, 1244 Oak Ridge Ave, McLean. Amazing magic tricks, silly puppets and music with Steve Somers. All ages.

American Giants of Science. 7 p.m. Patrick Henry Library, 101 Maple Ave E, Vienna. Meet America's most famous inventors and see them come to life onstage with Bright Star Theatre. Age 6-12.

Top Secret. 2:30 p.m. Dolley Madison Library, 1244 Oak Ridge Ave, McLean. Amazing magic tricks, silly puppets and music with Steve Somers. All ages.

Spectacular Science. 2:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Explore the secrets of fireworks, bubbles and more with Mad Science. Ages 6-12.

American Giants of Science. 7 p.m. Patrick Henry Library, 101 Maple Ave E, Vienna. Meet America's most famous inventors and see them come to life onstage with Bright Star Theatre. Age 6-12.

TUESDAY/JULY 1

Pilobolus. 8:30 p.m. Wolf Trap, 1645 Trap Road, Vienna. Wild creativity and daring, athletic modern dance. Tickets: \$10-\$48. www.wolftrap.org/

Handel Giulio Cesare. Check website for exact showtime. Wolf Trap, 1645 Trap Road, Vienna. New production, sung in Italian with English supertitles. Inside the Opera preshow talk begins one hour before curtain. Tickets: \$36-\$88. www.wolftrap.org/

THURSDAY/JULY 3

Crosby, Stills & Nash. 8 p.m. Wolf Trap, 1645 Trap Road, Vienna. Folk royalty of Woodstock reunite in musical celebration of one of the most creative supergroups in rock 'n' roll history. Tickets: \$35-\$60. www.wolftrap.org/

FRIDAY/JULY 4

Great Falls Fourth of July Celebration. 9 a.m.-1 p.m. Great Falls Village Centre, 776 Walker Road, Great Falls. Walk/run, parades, festivities, fun and food. Fireworks at Turner Farm Park on Saturday, July 6. Visit www.celebrategreatfalls.org for more.

Vienna 4th of July Festival and Fireworks Show. 11 a.m.-9 p.m. Live musical entertainment, arts and crafts for kids, antique and classic car show and fireworks. Visit www.viennava.gov.

SATURDAY/JULY 5

Sunrise Kayak Tour. 7-9 a.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Paddle with a naturalist and learn about the historical and natural beauty of the Potomac. Ages 14+. \$59-\$74. Register at <http://www.fairfaxcounty.gov/>

McLean Community Center Presents 4th of July Fireworks Show at Langley High

The McLean Community Center's (MCC) annual Independence Day Celebration will be held on Friday, July 4, on the sports fields at Langley High School, 6520 Georgetown Pike. The grounds will open at 8 p.m. The fireworks show will begin at approximately 9:15 p.m. Admission and parking are free.

In case of inclement weather, the fireworks display will be presented on the rain date, Saturday, July 5, at 8:30 p.m. Smoking, pets, fireworks, sparklers and alcohol are not allowed on school grounds. The fireworks display will be provided by East Coast Pyrotechnics. MCC Governing Board Chair Chad Quinn will be the guest speaker and the Joint Armed Forces Color Guard of the Military District of Washington will present the colors.

A free shuttle bus service will be avail-



PHOTO COURTESY OF MCC

Independence Day Celebration will be held on Friday, July 4, on the sports fields at Langley High School.

able from St. John's Episcopal Church (6715 Georgetown Pike) and MCC (1234 Ingleside Ave.), beginning at 7 p.m. A handicap-accessible bus will be available at both sites.

For more information, call 703-790-0123, TTY: 711, or visit: www.mcleancenter.org.



PHOTO BY ALEX McVEIGH/THE CONNECTION

The Celebrate Great Falls float makes its way down Columbine Street during the annual Great Falls Fourth of July parade last year.

July 4th Festivities in Great Falls

July 4th is right around the corner. Here are the activities taking place in Great Falls on that day:

*Freedom Memorial 5K Run/Walk. 8 a.m. The Great Falls Trailblazers are bringing the Annual 5K Walk/Run to our local trails. Join us at the Freedom Memorial on the Library grounds. From there, go off-road on the Lucy Hanes Trail, along Arnon Chapel and past Great Falls Elementary before heading back to the Freedom Memorial.

*Great Falls Volunteer Fire Department INOVA Blood Drive. 8 a.m. – 1:30 p.m. Great Falls Village Centre, 776 Walker Road, Great Falls. The Great Save Lives, Give Blood. Everyone who completes the donor screening procedure will receive a free donor t-shirt. Photo ID required. Allow one hour for donor visit. Call 866-256-6372 to schedule your appointment.

*Little Patriot Parade. 9 a.m. Great

Falls Village Centre, 776 Walker Road, Great Falls. Babies and Toddlers up to age 5 are welcome to parade their finest patriotic display around the Green. Awards for "Young George Washington," Little Miss Betsy Ross," and "The Star Spangled Family."

*Main Parade. 10 a.m. Great Falls Village Centre, 776 Walker Road, Great Falls. See the floats, horses, antique cars and pets making a loop in the Main Parade. Be sure to spot the winning floats for Best Neighborhood, Best Business and Best Organization.

*Festivities and Fun. 10 a.m. – 12:30 p.m. Great Falls Village Centre, 776 Walker Road, Great Falls. After the parade, enjoy burgers, dogs and snow cones along with music, field games and festivities on the Village Centre Green with your Great Falls neighbors.

There will be no fireworks this year.

Schooling Show at Turner Farm

On June 15, Turner Farm Events held its 4th Annual Schooling Show. Several hundred riders competed in 39 different classes, including flat classes, jump classes, and VHSA rated classes (VHSA=Virginia Horse Show Association).

Turner Farm Events is a 501 (3)C which holds horse shows to raise funds for Turner Farm Park. Turner Farm Events has raised \$11,000 since 2011, which has been used to main-

tain and improve the property. This year Turner Farm Events has spent \$6,000 to replace, repair and upgrade jumps. Turner Farm Park is free to all riders.

This year Turner Farm Events is holding six horse shows to raise funds to improve the property. The next horse show is September 27.

Further information is available at: <https://www.facebook.com/pages/The-Turner-Farm/282706225074549>, or www.turnerfarmevents.org,



Several hundred riders competed in 39 different classes.

PHOTO CONTRIBUTED

SCHOOL NOTES

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

Seth McNair of McLean, a student at Landon School in Bethesda, Md. will participate in the 2014 U.S. Naval Academy (USNA) Summer Seminar program. USNA invited a select group of approximately 2,550 young men and women from around the nation and abroad to attend the Naval Academy Summer Seminar program this year. Summer Seminar is a fast-paced leadership experience for rising seniors in high school. This program helps educate, motivate and prepare selected students who are considering applying for admission to USNA.

For more information about the Naval Academy, visit: www.usna.edu or the USNA Admissions Facebook page.

Longfellow Middle School students **Aaditya Singh, Franklyn Wang, and William Sun** have qualified to the United States of America Junior Mathematical Olympiad (USAJMO) 2014. The USAJMO is an invitation only competition where the MAA invites the top scoring 230 students (10th graders and below across the US) based on a combination of their performance in the AMC-10 and AIME competitions. See more at: <http://www.maa.org/node/79/#USAMO>

Courtney Cross, of Great Falls, graduated from Bishop O'Connell high school. She is a sophomore at Villanova University and was named to the Dean's List for the fall semester of 2013.

Matthew Kent, of Vienna, was named to the Dean's List at Carnegie Mellon University for the fall semester of 2013.

Lindsay Weber, a 2010 graduate of James Madison High School, has been named to the Dean's List for the fall semester of 2013 at Radford University.

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OPINION

Keeper of Our Local Story

BY KATHLEEN J. MURPHY,
PRESIDENT
GREAT FALLS HISTORICAL
SOCIETY

The Great Falls Historical Society has carved as its mission, to keep the local story of life in Great Falls, Virginia over the centuries. This past May, we revived the story of The Great Falls Grange for Great Falls Day. On the main floor of the Grange, one could learn about the entire story of the local organization, the early meetings, the fundraising to build the building, the opening of the building, the centerpiece of community life experienced there over 60 years, its eventual sale to the Fairfax County Park Authority, and life under FCPA ownership. It took research, interpretation, planning, cooperation among many entities including the National Grange, the Virginia Grange, community members who were members of the Grange, the Fairfax County Park Authority, and more to prepare and deliver the content.

As we planned the day, we were challenged by the program design. Should the program have lots of music and outdoor activities like last year? Or should we minimize the entertainment to strengthen the importance of history in the overall program? We really struggled with the trade-offs.

By chance, I was given the full set up Chroniclers, our Society's newsletters since its inception in 1977. I read every issue over two days. The story of Great Falls Day over decades unfolded before my eyes. All of the design elements - what day and time, how to present, the mix of music and history, etc., we had struggled with there and

will certainly enrich our next effort with wisdom and imagination.

The power of an archive, and the current incomplete state of the GFHS archive came powerfully into view.

Spending the time to read through our organization's chronicle of the last 37 years enlivened my respect for those who came before me, the leadership roles they played in keeping and conveying the local story to our community, the committees of members who worked on specific projects year after year to make their mark, contributing a yearly calendar, assembling a photo exhibit, preparing a house tour. There were certainly boom years and bust years of membership activity. However, my respect grew as I read about the robust efforts and accomplishments of those before me. Needless to say, building a sustainable and accessible archive will be a core initiative for the coming year.

Knowledge of the past enlivens our sentiments about the present. It hurts us that Turner Farm (for example) looks severely deteriorated right now, or the Great Falls Grange is commonly empty of community activity. We imagine in our mind's eye how Turner Farm was a successful dairy farm where a remarkable leader of our community lived and farmed, and we begin to imagine ways that the property can be adaptively reused to once again become a centerpiece of community life.

To sustain a local culture, there must be an effective dialogue across the generations with older people sharing their wisdom, and younger people hearing and grasping the wisdom, carrying the memories forward in meaningful actions that resonate today.

We are proud to have honored two of our Board members this

year. Carolyn Miller was awarded the Tibbetts Award for her historical research and Doris Carpenter won the GFHS Award for Excellence for her 17 years of dedicated service to the organization. They model for us the importance of leaving a legacy for future generations to enjoy and the many ways to make a contribution.

Continuing a vibrant local village culture depends on the active involvement of our members - old and new - today. There are historic stories and oral histories to be written and/or filmed; there are historical photos, documents and artifacts to be gathered and archived; there are historic properties to be preserved and curated; there is a place to be found for GFHS to display our historic collection.

The continuing enthusiasm and curiosity of our membership is pivotal to the fulfillment of our mission - "To feel the pulse of earth where man has trod, and for the future keep the past." Please consider joining our Society and volunteering to serve on a committee to actively participate in the work of the Great Falls Historical Society. Come experience the joy of discovering how things used to be, allowing the local journey of yesterday and the unfolding story of today - full of successes, struggles, wisdom, and foibles - to enlighten and fire our imaginations. Join us in creating a voice and a dialogue that communicates across generations, sustaining the story of our local culture in a way that nourishes and enriches all who come to live in our place on earth, our very special village, Great Falls, Virginia - regardless of their place of birth or family of origin.

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SPORTS

2013-14 High School Sports Season Produces Memorable Moments

BY JON ROETMAN
THE CONNECTION

The 2013-14 high school sports season was full of memorable moments and accomplishments, including an undefeated record and national ranking for the Centreville football program, an emotional return to the state tournament for the Woodson boys' basketball team and the first state championship in the history of T.C. Williams boys' soccer.

The following is a look back at some of the highlights from around Fairfax County.

Fall Sports

The Centreville football team crushed the competition in 2013, going 10-0 with an average margin of victory of 38 points during the regular season. The carnage continued in the postseason, as the Wildcats defeated South Lakes, South County, Stonewall Jackson and Westfield on their way to the Virginia 6A North region championship.

In the Group 6A state championship game, Centreville throttled nationally-ranked Oscar Smith 35-6, capturing the program's first state title since 2000. The Wildcats finished with overwhelming advantages in total yards (338-88), rushing yards (327-14), and time of possession (34:02-13:58).

The victory improved Centreville's record to 15-0 and jumped the Wildcats into the No. 15 national ranking in USA TODAY.

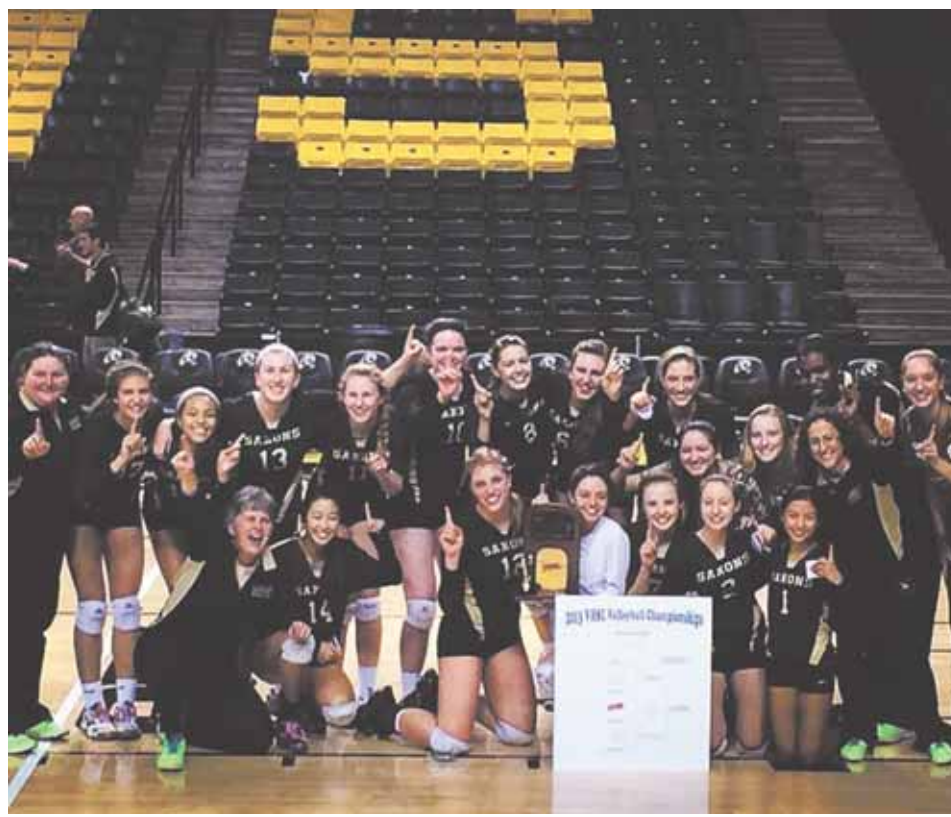
"It's certainly the best team that I've ever been around in 21 years of coaching high school football," Centreville head coach Chris Haddock said. "... We actually talked to our kids a lot about our place in history and setting a higher standard and that's something that the kids wanted to do. They wanted to make history. I don't know where you place us in the all-time teams, but we're certainly one of the best in Northern Virginia and we're definitely the best at Centreville."

Centreville center Josh Smith, guard Kainoa O'Connor, running back/kick returner AJ Turner, wide receiver/defensive back Charles Tutt, and linebacker Tyler Love earned VHSL all-state honors. Linebacker Chad Wiggins was the 6A North region and Conference 5 Defensive Player of the Year, and quarterback Scott Walter was the conference Offensive Player of the Year. Haddock received conference and region Coach of the Year honors.

In golf, Connor Messick, Juhee Bae, Vishal Giri and Mike Sciorra helped Chantilly win the Virginia 6A state championship. Sciorra won the individual state title, and Bae won the girls' state championship.

In field hockey, Westfield won the first state title in Starr Karl's decorated coaching career, which includes more than 300 wins in 24 seasons. The Bulldogs defeated two-time defending champ First Colonial 2-1 in the Virginia 6A state final.

In cross country, the Chantilly boys' and the Oakton girls' teams captured Virginia



CONNECTION FILE PHOTO

The Langley volleyball team won the 6A state championship in 2013.

6A state titles at Great Meadow. The W-L girls' team produced the best finish in program history, taking state runner-up. Oakton senior John Stoney won the boys' individual championship, and West Springfield senior Caroline Alcorta won the girls' individual title with a meet-record time of 17 minutes, 13 seconds.

"I was just hoping to win," Alcorta said. "I didn't expect to get the course record."

In volleyball, Langley won its first state championship, beating First Colonial in the Virginia 6A final. The Saxons became the first team from the old Northern Region to win a state title.

"I think the fact that most of the players had been to states the year before helped a lot with preparation and the mental aspect of the game," Langley head coach Susan Shifflett wrote. "Obviously, we were very talented, as well. First time I have ever had two outstanding outside hitters (Jessica Donaldson and Rachel Andrejev). Sisi Holderman (libero) really stepped the second half of the season. And of course, there is Alex. That helps a lot."

Winter Sports

Members of the W.T. Woodson boys' basketball team dealt with the death of two classmates during the 2014 6A North region tournament. While the tragedies affected the emotions of several Cavaliers, the team found a way to continue winning and eventually captured the program's second consecutive region title.

Woodson secured a berth in the Virginia state tournament by defeating Herndon 63-62 in overtime in the region semifinals. The following evening, Woodson defeated Lake Braddock 66-56 in the region final. The Cavaliers had lost their previous three

matchups with Lake Braddock by a combined eight points.

"[I'm] really happy for our kids, really happy for our school community," Woodson head coach Doug Craig said. "This was a very difficult week. The fact that our Cavalry (student section) was out in such great numbers says a lot about the school community. To give them an hour-and-a-half, hour-and-45-minute distraction tonight, something to feel good about, that's what sports is supposed to be about at the high school level."

The Wakefield boys' basketball team won the 5A North region championship and advanced to the Virginia state tournament for the second consecutive season. The Lake Braddock boys' basketball team repeated as Patriot District/Conference 7 champions. The Herndon boys' basketball team won the Conference 5 championship and finished with a 23-3 record. The West Springfield girls' team reached the state tournament for the fourth time in five years. The South Lakes boys' and girls' basketball teams won Conference 6 championships.

In wrestling, Robinson won its third Virginia state championship in four years. Rams' heavyweight Jake Pinkston won his fourth consecutive region championship, reached the state final for the fourth straight year and won his second state title.

Centreville junior Tyler Love, after winning a state title with the football team in the fall, captured the 195-pound state wrestling championship.

In gymnastics, Washington-Lee won its third consecutive region championship and finished third at states. McLean finished region runner-up for the third straight year, and placed second at states. T.C. Williams, fielding its first complete team since the early 1980s, won the Conference 7 cham-

pionship.

"I just remember being a freshman and having to compete with other teams," T.C. Williams junior Grace Girard said. "Now I have my own girls to compete with and it's a great feeling."

South County's Collea Burgess won the 6A North region all-around title. Hayfield's Molly Overstreet won the individual bars state championship, and Westfield's Katie Freix finished third in the all-around.

In swimming, the Oakton girls' and Robinson boys' teams took home state championships. In Maryland, the Wootton girls' team won a state championship, edging rival Churchill. The Wootton boys' team finished runner-up.

Spring Sports

The T.C. Williams boys' soccer team entered the 2014 season with hopes of getting past the region quarterfinals. The Titans took care of that — and then some.

TC won the first state championship in program history, beating Washington-Lee 2-0 in the Virginia 6A state final.

The Centreville girls' team reached the 6A championship match, but fell short against Battlefield, 0-0 (4-3), in a penalty-kick shootout. The Wildcats finished region and state runners-up despite winning just three of their first 10 matches.

The South County softball team won the program's first state championship, beating previously undefeated Cosby 4-1 in the 6A final. Stallions pitcher Rebecca Martin finished her high school career with another gem in the circle, tossing a complete-game three-hitter while striking out 10. Catcher Haylea Geer hit a momentum-swinging solo home run in the fourth inning.

In lacrosse, the Robinson boys' and Westfield girls' lacrosse teams won state championships. Westfield defeated Oakton 13-11 in the girls' final after losing to the Cougars in the Conference 5 and 6A North region championship games. Robinson started the season 1-3 before closing with 17 straight victories, including a 9-7 win over Langley in the state final.

In baseball, Chantilly won the first region championship in program history and reached the Virginia 6A state final. McLean reached the state semifinals, the furthest postseason advancement in program history.

In track and field, T.C. Williams brought home the Virginia 6A boys' state championship. The South County girls' team finished state runner-up. In Maryland, the Wootton boys' team finished 4A state runner-up.

In tennis, the Lake Braddock boys' team defeated Langley in the Virginia 6A state final. The Oakton girls' team finished state runner-up. Oakton's Adrien Bouchet won the boys' singles championship, and Lake Braddock's Jacob Daugherty and Long Huynh won the boys' doubles title. Oakton's Lizzie Stewart won the girls' singles title and Stewart and Lindsey Le won the girls' doubles championship for the Cougars.

SPORTS

Great Falls Lacrosse Team Wins Championship

This Spring seventeen boys under the age of 11 signed up to play Lacrosse and went all the way to win the NVYLL Championship. Head Coach Carl Cassani said: "We have maybe three players that have one year experience, other than that we are brand new. To see these players learn and advance their skills to such a high level is just remarkable, I could not be any more proud".

Named "The American Destroyers" they were 3-5 in the regular season, but when it came to play-offs they were faced with four rounds of play-offs, four games against bigger teams. They won two games in overtime, one of the games was the Championship game and the same player (Kai Wakeman) shot the winning score in both games.

Team Mom Christina Dumas said, "It's remarkable to see their progress, these games were extremely exciting, Coach Carl kept everyone together, making training points and being just an exceptional coach, we could not ask for anything better."

Players: Alec Butler, Adam Cole, John Colligan, Maxwell Dumas, Jacques Henry, Mitsu Jeffcock,



PHOTO CONTRIBUTED

Winning in play-offs

Nate Jones, Joey Koenig, Luke Musser, Stuart North, Kieran Parnaby, Mack Pattee, Jack Perkins, T.J. Prame, Soames Rummler, Daniel Spizuoco and Kai Wakeman.

Great Falls Lacrosse Association has Fall, Winter, and Spring programs. They have several fields but most notable is the newly turfed Nike 4 field. Their website is <http://www.greatfallslacrosse.com/>

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"One Less Thing"



By KENNETH B. LOURIE

Forrest Gump knew when he voiced over: "Mama got the cancer and died on a Tuesday. I bought her a new hat with little flowers on it. And that's all I have to say about that." And if you watched the movie as often as I did (it was one of my mother's favorites), you may also recall "Mama always said you got to put the past behind you before you can move on." However, as regularly as I try to follow Forrest's and his Mama's sage Greenbow, Alabama advice, being a real-life cancer patient, some days are more difficult than others, especially when your oncology nurse calls the you the day before your every-three-week chemotherapy infusion to tell you that some of the levels tested for in your every-three-week, pre-chemotherapy lab work are abnormal (creatinine too high, GFR too low) which may put a stop to the treatment this week. And if there's one psychological crutch I'll admit to having, it's the need to not miss any of my regularly-scheduled infusions or any of the other scans or miscellaneous appointments as a means not to my premature end.

Although this potential blip in my lung cancer trip has happened previously: white blood cell count too low, potassium too high, blood work hemolyzed; which also led to re-tests, new prescriptions, stoppage of treatment, etc., hearing it is never good news. Among other considerations, it means complications and likely delays concerning things that yours truly, as the patient, doesn't want to think it means: trouble with a capital "T." Nevertheless, the experience is not unfamiliar and mostly the results have been overturned on appeal, if you follow my drift. Still, until the new results are posted and/or the new prescription is filled or the infusions continue, it's difficult to put the past behind you because the present won't let you.

After the initial disappointment has passed, Ron, my oncology nurse, and I discuss my options since medically speaking, everything needs to be re-confirmed. I opt for a re-test immediately in the hope that a second test – a day later, that very day in fact – would provide whatever time my body and/or the lab needed to determine that my results did indeed fall within the normal parameters, for me, and so the infusion could go on – in, actually. If the results are unfortunately still too high/too low, we have a plan for that but since neither Ron nor I are inclined to beat the rush and panic now, we'll patiently (no pun intended) wait for the re-test's results. And since my blood work is always "STAT" (a.s.a.p. for you lay people out there), we'll receive confirmation by 4 p.m. this afternoon, more than enough time to still maintain my infusion schedule for tomorrow and move forward, which for those of us being actively treated, is crucial. At least to this patient, it is (in my head, anyway).

Approximately four hours after my conversation with Ron, including the 45-minute drive to the lab, the 30-minute wait to be drawn and then the 10-minute drive home, Ron calls to tell me that he'll see me tomorrow. The re-test came back normal and we can all proceed with the infusion – and caution as usual. Whether you take Roloids or not, you can spell r-e-l-i-e-f now. Now whether a week's delay due to the levels in my lab work would have actually mattered in the short, middle or long term infusion schedule, one certainly can't know. At least now, I can go forward and not worry as much about the past since we're presently on track once again. Life really is like a box of chocolates. Although I like the caramels and soft centers best.

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

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Great Falls \$1,698,000



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