

Students Keep Bows Moving

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Ben Nguyen plays his violin and blows his whistle on "Wacky Wednesday" at Summer Strings Camp at St. Thomas Episcopal Church.

School Board Decreases Suspension Time

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NEWS

School Board Decreases Suspension Time

Student Rights And Responsibilities revised.

BY JANELLE GERMANOS
THE CONNECTION

Starting this fall, suspensions for certain student offenses in Fairfax County will decrease, thanks to a revision of the school system's Student Rights and Responsibilities.

The school board voted unanimously at the end of June to change the discipline handbook, which will now focus on in school suspensions to preserve time in school. Offenses that come with mandatory punishments are decreased under the updated handbook.

Sully District School Board member Kathy Smith said at the meeting that the focus remains to have safe schools, but to ensure that children are kept in school so they can continue to receive their education.

"The changes to the SR&R were made to better align with best practices, to reduce suspensions, and to include changes that have been made to the Code of Virginia," said School Board Chairman Ilryong Moon in a press release. "The adopted changes emphasize the School Board's desire to keep students in class by promoting alternative forms of discipline and reducing the length of suspension for certain offenses. However, serious infractions will still be dealt with in



PHOTO BY JANELLE GERMANOS/THE CONNECTION

The Fairfax County School Board voted unanimously to change the Student Rights and Responsibilities handbook to decrease suspension times.

a manner that protects students and staff."

The Student Rights and Responsibilities provides a guideline of rules for students of Fairfax County Schools and the consequences for breaking those rules. Students are required to sign it each year.

CHANGES ALSO INCLUDE adjustments to a marijuana-related punishment. First-time use of marijuana that does not take place on school grounds or during a school-sponsored activity will be extended expedited review, meaning disciplinary actions other than expulsion may be used.

A motion was also approved that requires the collection of data on cases involving first-time possession and use of marijuana

cases each semester. Principals are also given more independence in assigning disciplinary decisions.

Superintendent Karen Garza said at the meeting that disproportionality in school suspensions will continue to be examined.

"Are we there yet with the Student Rights and Responsibilities? No. I think we have to keep working on it and keep making it better," Garza said.

Under the updated handbook, the suspension time for many punishments is decreased from 10 to five days.

"We wanted to reduce the number of days students miss school due to disciplinary infractions. We need to hold students accountable, but can we do that in a way that still

supports our educational mission, and I think we've made progress there," Garza said.

A requirement that required a 10-day suspension with a referral to the Division Superintendent has also been eliminated.

"Everything we know at the national level of research is, when you pull children out of their school building, when you pull them even out of the classroom, they fall further and further behind," said Braddock District School Board member Megan McLaughlin. "When we look at the things that we as a system can try to control and improve upon for student achievement, it's important that we recognize that this is why getting our discipline practice right is so important, because this is how we will help improve student achievement and narrow the achievement gap."

FAIRFAX COUNTY'S ADOPTION of the new Student Rights and Responsibilities will be a model for the rest of Virginia, said Ted Velkoff, member at large.

"School boards are going to be looking at ways to respond positively to students without doing zero tolerance," he said.

Electronic cigarettes and hookah pens were also added to be classified as tobacco products under the updated handbook.

A motion was also approved that requires data to be collected regarding in-school and out-of-school suspension, as well as the number of those students not suspended, out of the total number of referrals to the superintendent for discipline infractions, to be reported each semester.

Fairfax County School Board Elects Tamara Derenak Kaufax as Chairman, Ted Velkoff as Vice Chairman

The Fairfax County School Board has elected Tamara Derenak Kaufax (Lee District) as chairman and Ted Velkoff (at-large) as vice chairman for a one-year term. The chair and vice chair assumed office at the July 10 School Board meeting; they are elected by School Board members during the Board's annual organizational meeting.

Derenak Kaufax has served on the School Board since January 2012; she served as vice chair in 2013-14 and has served as chair of the School Board's Public Engagement Committee as well as chair of the Ad Hoc Streamline and Focus Committee in 2013. She is a past member of the Superintendent's Business and Community Advisory Council. Derenak Kaufax is the owner of Altamat Marketing Solutions and has more than 20 years of experience as a marketing professional and small business owner. A long-time advocate of children's causes and education issues, she formerly served as chair of the Fairfax County Childcare Advisory Council and as a member of the School Board's Advanced Academic Programs Advisory Committee, the Parent



Tamara Derenak Kaufax (Lee District)

Linkage Committee, Fairfax Citizens for Better Schools, and the Lee District Budget Advisory Council. She was an active member of the PTA in two FCPS elementary schools, one middle school and one high



Ted Velkoff (at-large)

school. Derenak Kaufax earned her bachelor's degree from Penn State University. She is the parent of a 2013 FCPS graduate and a rising sophomore.

Velkoff, who has served on the School

Board since January 2012, was chair of the School Board Budget Committee for the FY 2015 budget and vice chair for the FY 2014 budget. He is a former Chantilly High School PTSA president and treasurer; he also served as PTA treasurer at Rocky Run Middle School and Poplar Tree Elementary School. Velkoff is the parent of two FCPS graduates. He works as a senior software architect for INTEGRITYOne Partners, a business and technology consulting services firm. Velkoff earned a master's in computer science and a master's in music (instrumental conducting) from Indiana University, and a bachelor's degree from the University of Cincinnati-Conservatory of Music.

In addition to the chair and vice chair, members of the Fairfax County School Board, whose terms run from 2012 to 2015, are: Sandy Evans (Mason District), Pat Hynes (Hunter Mill District), Ryan McElveen (at-large), Megan McLaughlin (Braddock District), Ilryong Moon (at-large), Patty Reed (Providence District), Elizabeth Schultz (Springfield District), Kathy Smith (Sully District), Dan Storck (Mount Vernon District), and Janie Strauss (Dranesville District).

Opposite Sides of the Road

Candidates for Senate divided on funding Virginia roads.

BY MICHAEL LEE POPE
THE CONNECTION

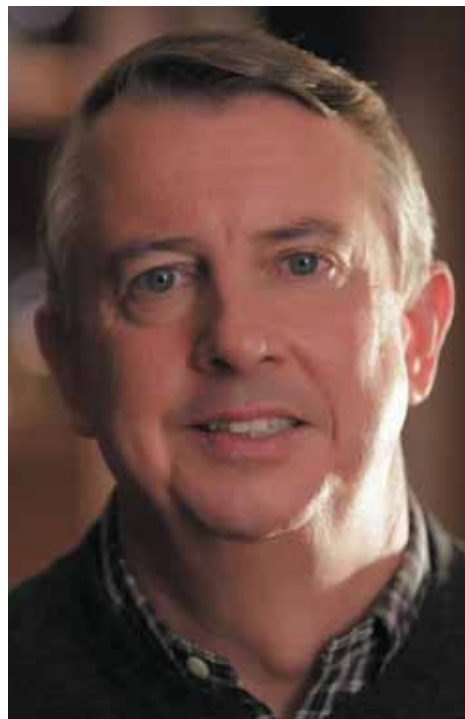
Washington is on the road to creating a short-term fix for funding the nation's highways, kicking the can down the road and handing the problem to the next Congress. That means voters will have the final say when they cast a ballot in this year's hotly contested race for Senate, a contest that features three candidates with sharply different perspectives on how to handle the \$100 billion shortfall over the next six years.

Democratic incumbent Mark Warner supports public-private partnerships as a way to raising new revenue, an approach that includes a bipartisan proposal to leverage private capital known as the Bridge Act. Republican challenger Ed Gillespie says revenues for roads could be raised from offshore energy exploration, an approach that Republicans say Democratic President Barack Obama has blocked. Libertarian candidate Robert Sarvis says the federal government should get out of the business of funding highways altogether, leaving the role of funding surface transportation to the states.

"This is an issue that voters should care about," said Geoff Skelley, analyst with the University of Virginia Center for Politics. "It's something of daily importance that could impact voters directly, whereas it's harder sometimes to draw a direct connection between immigration policy or certain aspects of health-care policy."

One aspect of the debate all the candidates agree on is that revenues from the gas tax are on the decline, and as automobiles become more efficient the government continues to receive less money. One solution is to raise the gas tax, a proposal supported by Sen. Bob Corker (R-Tenn.) and Sen. Christ Murphy (D-Conn.). But neither Corker nor Murphy are up for reelection this year. Gillespie opposes raising the gas tax, and a spokesman for Warner says he does not support the proposal currently before Congress to raise the gas tax.

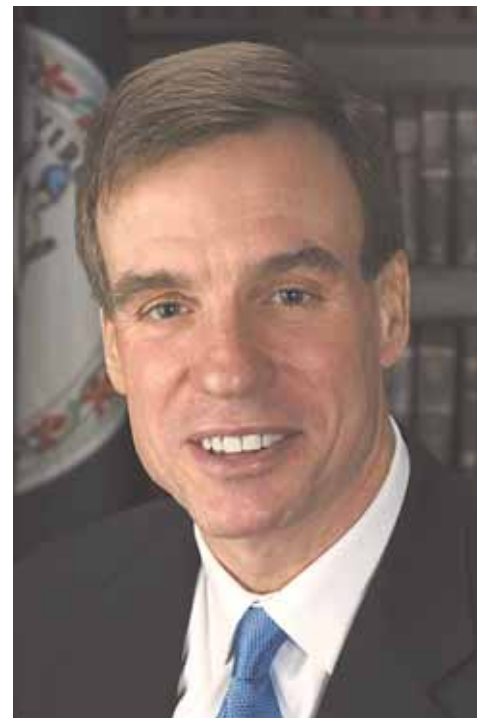
"This is going to be a very big issue next year," said Frank Shafroth, director of the Center for State and Local Leadership at George Mason University. "So it's something voters should consider when they go to the



Ed Gillespie



Robert Sarvis



Sen. Mark Warner

"This is an issue that voters should care about. It's something of daily importance that could impact voters directly, whereas it's harder sometimes to draw a direct connection between immigration policy or certain aspects of health-care policy."

— Geoff Skelley,
analyst with the University of Virginia Center for Politics

polls in terms of what this means to the taxpayers of Virginia."

THE HIGHWAY TRUST Fund was created during the Eisenhower administration in 1956, when the Highway Revenue Act created a new tax of three cents per gallon. In January 1983, Republican President Ronald Reagan signed a bill that increased the gas tax to nine cents a gallon. A few years later, Republican President George H.W. Bush increased it to 14 cents a gallon. Then Democratic President Bill Clinton increased the gas tax to 18.4 cents a gallon, which remains the current rate. That brings in about \$34 billion a year even though the current transportation bill includes about \$50 billion in infrastructure spending.

"Despite months of debate, lawmakers have failed to act," said BlueGreen Alliance executive director Kim Glas in a written statement. "The job market is steadily improving but the threat that Congress will let the Highway Trust Fund go bankrupt looms large."

Conservatives in Congress have questioned the role the federal government should play in surface transportation. Sen. Tom Coburn (R-Okla.) introduced legislation that would eliminate the 20 percent of the trust fund that is not spent on roads. And Sen. Rand Paul (R-Ky.) wants to create a fund for emergency transportation

projects paid for by repatriating overseas capital back to the United States. Libertarian candidate takes those arguments a step farther, saying the federal government should get out of funding surface transportation altogether.

"It just creates graft and corruption and inefficient use of resources," said Sarvis. "The federal government should not be channeling billions of dollars of taxpayers dollars through the federal bureaucracy to the states."

THE TWO MAJOR party candidates both believe that the gas tax is a dwindling source of revenue, and neither candidate supports raising it. Instead, Warner and Gillespie

have seized on alternatives sources of revenue in a way that reveals something about their priorities and legislative style. As governor, Warner supported public-private partnerships such as rail to Dulles. Now that he's in the Senate, he hopes to use his background as a venture capitalist to forge a solution to the funding crunch facing the nation's roads.

"We need to acknowledge that the current funding mechanism - the gas tax - is a declining source of revenue, and that means everyone will have to bring some new ideas to the table," said Kevin Hall, spokesman for Warner. "That should include Sen. Warner's Bridge Act, a bipartisan proposal that will leverage more private capital to jumpstart work building and modernizing our country's infrastructure."

On the Republican side, Gillespie responded to a question about the Highway Trust Fund by blasting Democrats for presiding over an economy when gas prices have gone up so dramatically.

"We need to increase accountability in how transportation funds are spent, give states more say in spending decisions, and identify a stream of revenue to fund our transportation infrastructure projects for the long-term," said Paul Logan, a spokesman for Gillespie. "One such revenue source could be new revenues from offshore energy exploration, which this administration has consistently blocked."

VOLUNTEER OPPORTUNITIES

❖ **Volunteer Advocates for Nursing Home & Assisted Living Residents** needed throughout Northern Virginia. Contact the Northern Virginia Long-Term Care Ombudsman Program at www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/, email Lisa.Callahan@fairfaxcounty.gov or call 703-324-5861, TTY 711.

❖ **The Lewinsville Adult Day Health Care Center** in McLean needs

a front desk volunteer on Wednesdays, 2-3 p.m. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click 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.

Josh Anderson Foundation Spotlighted on National Show

Deepak Chopra interviews Lauren Anderson.

BY REENA SINGH
THE CONNECTION

A local foundation was catapulted to national status on Friday.

Josh Anderson Foundation [JAF] Executive Director Lauren Anderson had a chance to talk to holistic health advocate Deepak Chopra for his show One World about JAF's mission.

"I was actually approached by the producer of the One World show, who happened to hear of our work through my boyfriend who coaches her son in soccer - small world, I know!" she said in an email. "I was super excited for the opportunity to interview with Deepak Chopra - not only to get JAF's mission out on such an international platform, but also because Deepak believes in mind-body health and integration,



PHOTOS COURTESY OF LAUREN ANDERSON
Gillian Anderson, Lauren Anderson, Deepak Chopra and Sue Anderson pose for a photo. The Josh Anderson Foundation was spotlighted in Deepak Chopra's show on Friday.

something I believe in and am trying to bring into schools through yoga and mindfulness."

Lauren Anderson created the foundation after her brother, Josh, died of suicide in 2009. She said he was caught with marijuana at Langley High School and was sent to South Lakes High School in 2008.

He played lacrosse and football. He had a girlfriend. But he also had a secret he kept from everyone: his depression. He died in March 2009, the day before he was to have an interdisciplinary hearing after being caught with marijuana on school grounds again.

"The statistics are pretty staggering," said Anderson. "Self harm is the third leading cause of death among young people."

Anderson said the foundation has spearheaded mental awareness campaigns and is working to bring mindfulness and yoga into schools. She said yoga was a "pillar" in her journey through depression after her brother died.

The mental health forum that was held recently will become an annual event, she said. The event allowed teens from local schools

to hear their peers talk about their experiences with anxiety, depression, and in some cases, their suicide attempts.

The foundation will also continue to have Mental Health Awareness Week at local high schools and the "Stress Less, Laugh More" campaign.

The mission of the Josh Anderson Foundation is not just to end teen suicide. It's also to take away the stigma surrounding mental health and depression.

"It's really about taking care of yourself and taking care of those around you," she said. "It's like a physical illness."

The interview can be found at http://newswire.fm/one_world/video.php?guest_id=229. More information about the Josh Anderson Foundation can be found at www.joshafoundation.org.

"You may want to get involved to save someone in your family or someone you know, or just because you care about people that you don't know," said Chopra. "I think the more we get involved, the more we increase our own well-being, the well-being of others and the well-being of society."



Congratulations to all of the Outstanding Principals listed below.

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(Oak View)

Jesse Kraft
(Providence)

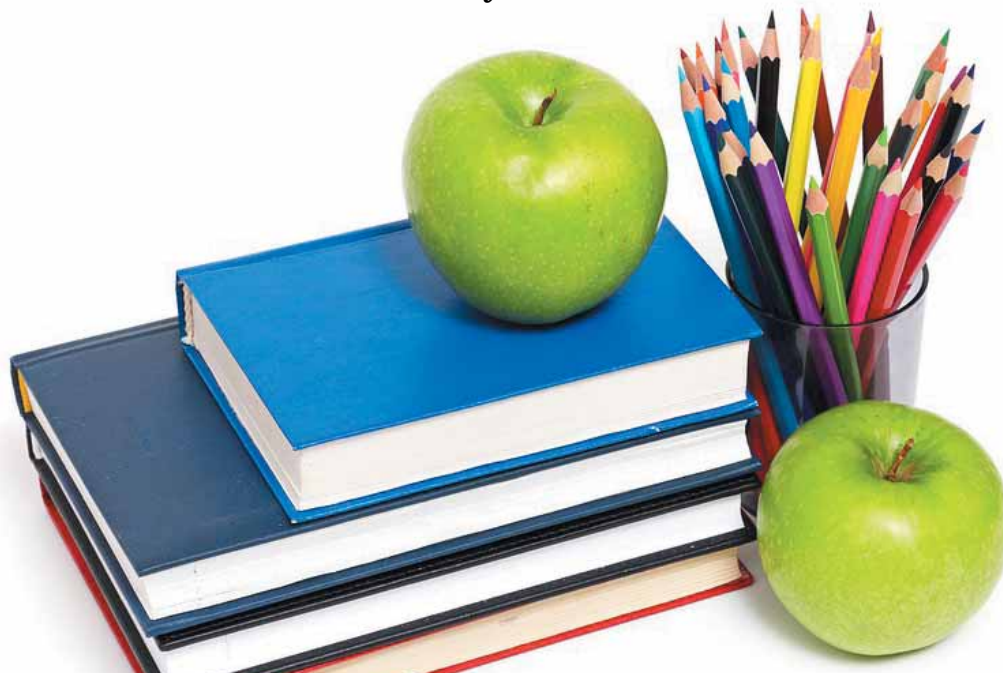
Michael Macrina
(Island Creek)

Suzanne Montgomery
(Laurel Hill)

Lindsay Trout
(Terraset)

MIDDLE SCHOOL:

Penny Gros (Glasgow)



HIGH SCHOOLS:

Teresa Johnson
(Chantilly)

Nardos King
(Mt. Vernon)

Michael Yohe
(Falls Church)

Jeff Yost
(Woodson)

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Climate Change Could Affect Your Drinking Water

Residents could see — and smell — a very different Potomac River by 2040.

BY LISA SPINELLI
THE CONNECTION



PHOTO BY LISA SPINELLI/THE CONNECTION

Water temperatures in the Potomac River are warming of .046 degrees Celsius per year due, in part, to the hotter air temperatures.

Drinking cups of clear tap water could be a luxury we are less likely to take for granted in the near future as climate-change culprits affect our waterways—and our water bills.

The increased development of Northern Virginia, along with agricultural uses, have been slowing down the Potomac's fast-moving water for a number of years; add climate-change factors like rising air and water temperatures and we now have what the Shenandoah Riverkeeper Jeff Kelble calls a "double whammy" on the river.

"Outside of big storms, hot dry summers like we experienced last summer reduce the flow of the Potomac over the falls, reducing its ability to flush pollution from the tidal waters in the area. This is sort of like under-filling a toilet tank before you flush - lots of gunk stays in the bowl," said Dann Sklarew, associate professor of applied ecology and sustainability in the Department of Environ-

mental Science and Policy at George Mason University who is actively involved in the sustainability of the Potomac.

The Obama Administration's third National Climate Assessment report confirms earlier reports from the Interstate Commission on the Potomac River Basin that air temperatures in the area have risen about 2 degrees in the last 100 years. If global carbon emissions continue at their current rate, we will see a spread of longer heat waves and a further increase in average air temperatures.

WATER TEMPERATURES in the Potomac River are following suit with an average

warming of .046 C per year due, in part, to the hotter air temperatures. By 2040, the Potomac River—which supplies 75 percent of the area's drinking water—will likely see an increase in surface water temperature of about 2.7 F, but could increase as much as 4.1 F.

"Algae love that gunk—it's what's for breakfast for them—so they tend to flourish in such soupy conditions," added Sklarew.

The increased temperatures—both in and outside the water—create a changed ecosystem for the Potomac and Occoquan that could force water treatment plants to change their filtration process. Some of these problematic scenarios could include

the above stated longer blooming seasons for blue green algae, a decrease—or killing off of—eelgrass, and more runoff from farms and rainwater filled with contaminants and pollutants like manure and fertilizer.

"We just got results back from three weeks of sampling the North Fork, South Fork and Main Stem (three streams that feed the Potomac) and found species of blue green algae known in other places to create algal toxins," said Kelble last month. Kelble's group is a branch of the D.C.-based clean-water non-profit company Potomac Riverkeeper.

Blue green algae or cyanobacteria can release toxins called cyanotoxins which have been known to cause liver tumors, neurological disorders and even death in animals and humans. While many European countries follow the World Health Organization drinking water guideline of 0.001 mg/litre for at least one type of cyanotoxin, the United States has yet to adopt any federal regulations on these toxins.

Fairfax Water's Chief of Source Water Protection Gregory Prelewicz admits they have no cyanotoxin regulations either.

The algal blooms do occur naturally, but the increase in duration, species and number of algal blooms could create toxins harmful to our health as well as absorb the much-needed oxygen in the water, which affect the

SEE WATER, PAGE 7



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Water Quality: No Alarm Bells, Calls for Conservation

FROM PAGE 6

odor, clarity and taste of the water.

Still, the people in charge of the drinking water are not overly concerned.

"There are no real alarm bells going off for us," said Tom Jacobus, general manager of the U.S. Army Corp of Engineer's Washington Aqueduct. The aqueduct collects, filters and sells the drinking water to D.C. Water who provides Falls Church, Dunn

Loring and other parts of Northern Virginia with their drinking water.

And while Fairfax Water, who provides the majority of our drinking water, has a quantity contingency plan by developing the new Vulcan Quarry, they see "nothing [else] on the horizon that has come to our attention that we need to prepare for," said Tracy Goldberg, manager of planning.

Customers in the future are likely to see higher water bills, Jacobus conceded. The

additional costs could be as low as a few dollars, still a few dollars could be problematic for lower-income families who can't afford even a moderate increase in their bills.

ONE GROUP HELPING educate NoVa residents on water quality and taking action is the Arlington-based nonprofit Arlingtonians for a Clean Environment (ACE). ACE leads monthly river clean-ups to help fish out the bikes, packing peanuts

and other random trash thrown into the waterways. The 30-year-old organization also helps educate people on water conservation and how using less means less energy consumption not just for them, but the water treatment plants as well—reducing everyone's carbon footprint.

"Just installing things like low-flow faucets, we have seen it cut a person's water bill by 10 to 25 percent," said Elenor Hodges, Executive Director of ACE.

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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Save a Little, Help Others Prepare for School

Virginia's tax holiday on school supplies is a good reminder to donate supplies and dollars for children who need help arriving at school prepared.

Virginia's tax holiday on school supplies and clothing is Aug. 1-3, and it makes sense to take advantage of the savings, and to spread the wealth around.

During this three-day period, school supplies selling for \$20 or less per item, and clothing and footwear selling for \$100 or less per item will be exempt from Virginia sales tax. There are some items that do not qualify, for example digital school supplies. See <http://www.tax.virginia.gov/> for more details.

When you are buying school supplies for your family, buy extra to donate to local families

who are not able to afford to do the same.

In Fairfax County, just under 50,000 students are poor enough to qualify for free or reduced price meals at school.

EDITORIAL

In Fairfax County, local nonprofits, Fairfax County Public Schools and corporate partners are collecting school supplies and backpacks. Monetary donations and backpacks are being accepted by eight local nonprofits and through local Apple and Northwest Federal Credit Union Branches, as well as online at <http://collectforkids.org/donate/> through Sept. 2. Last year the drive provided supplies for nearly 20,000 students.

A \$10 cash donation goes a long way.

Collect for Kids Program runs through Sept. 2. Monetary donations can be accepted any time. Donate money at www.collectforkids.org. Donations of backpacks are also being accepted at every Apple Federal Credit Union and Northwest Federal Credit Union branch in Fairfax County and at any of the affiliate charitable organizations, including Cornerstones, Western Fairfax Christian Ministries, Our Daily Bread, Koinonia, United Community Ministries and others.

For more, see the Collect for Kids website at <http://collectforkids.org>.

Time for Change, but Teachers Will Miss Monday Planning

BY STEPHEN GOSSIN

I read your editorial ["Hurray for Full Day Mondays"] in the July 10-16 Burke Connection with keen interest. Even though I am retired after 42 years in elementary education, I still have passion for education. I'm writing to make one minor point and one major point.

First, let me say that I totally agree with your point that it is time for a change. I completely disagree that it was never a good idea. Let me explain.

Here's the minor point. Monday was never a half day for elementary students in Fairfax County. When the early release was created, elementary schools in Fairfax County kept the 30-hour week, the historic standard throughout the country. When the proposal was drafted and eventually accepted by the Fairfax County School Board and the Virginia Board of Education, Monday was a four-and-a-half-hour day and Tuesday through Friday were six-and-a-half-hour days. Tuesday through Friday were lengthened by 30 minutes and the time "banked" so that the students left 2 or 2.5 hours early on Monday. (The release on Monday was 2 hours in some schools and 2.5 hours in others depending on Transportation.) This gave elementary teachers a large block of planning time.

Here's the major point. When the early release was created, elementary educators (teachers and principals) saw the need for a longer block of planning, team meetings to plan, parent conferences, training, and staff meetings, to mention a few. When I came to Fairfax County in 1967, I remember fondly going to meetings on some Monday afternoons to learn about the science kits that were coming to me, a new math series, a new reading series, and meetings about teaching history. These meetings were conducted by teachers who piloted the newly adopted book series and by specialists. In addition, it was recognized that teachers needed to meet in teams. Teachers needed to meet with parents.

Over the ensuing years, the job of the elementary teacher has become much more complicated and the need for planning is critical. In some schools, the teachers keep their students all day and teach all subjects: language arts (reading, writing, speaking, spelling and vocabulary), math, science, and social stud-

ies. That consists of more than four preparations and the expectation that language arts is infused throughout the other curriculum areas. In those schools, it is necessary for teachers at the same grade level to meet and discuss how their students are performing on common assessments, what is working, and what is not working. In other schools, teachers at a grade level split up the curriculum and teach one or two areas. In those schools, it is critical for the team to meet regularly and discuss the students they have in common, what's working, and what is not working.

Since retiring after 29 years as an elementary administrator (3 years as assistant principal and 26 years as the principal at five different elementary schools), I have regularly substituted as a teacher. Some of these sub jobs have been long-term (2 weeks to 3,5 months). I can't emphasize enough how I used the block of planning time on Monday to prepare for the week or weeks ahead. In 1967, I had 5, half-hour planning blocks during the school day and I had Monday afternoon. Then and now, as a substitute teacher, I experienced the somewhat limited value of the half-hour time blocks. In elementary schools, the teachers accompany the students to their special classes (physical education and music to mention two) and wait until the specialist is ready for them. We return before the time is expired so that the next group does not have to wait. Teachers universally rely on the longer Monday block. With the new proposal, the teachers will continue to have 10-plus hours of planning time (they are not losing planning time), but this planning time will be more of the shorter blocks as they lose the longer Monday block.

There is absolutely no doubt that elementary students spending more time in school is a good thing. However, most elementary educators agree that it is a good thing provided that the students spend this time with their classroom teacher. Sadly, this is not part of the proposal. The students are proposed to spend the extra time with people other than their classroom teacher.

Stephen Gossin served as principal at: Annandale Terrace, London Towne, Terra Centre, Canterbury Woods, and Cherry Run; assistant principal at Kings Park School; and taught at Burke School and Laurel Ridge. He is a long-time resident of Burke.

LETTERS TO THE EDITOR

Comstock: Works Hard for her Constituents

To the Editor:

Like Congressman Frank Wolf, Delegate Barbara Comstock is always there for her constituents, from the soccer mom to the high tech exec. She works year-round to understand and address the needs of her electorate—whether it is getting electricity turned on after the derecho, saving the last forest at Tysons, or getting more in-state slots at Virginia's public universities, sound walls, turn lanes, or all-day kindergarten—she has worked in a bipartisan way in the General Assembly to get things done, precisely the approach that is so badly needed on Capitol Hill.

In tough economic times, Comstock's top priority has been to promote jobs and economic growth. Her hallmark has been common sense measures to promote business in Northern Virginia that have passed on a broad bipartisan basis such as a Telework Tax Credit Bill that gives flexibility to families and employers while easing traffic congestion and pollution, or legislation encouraging the continued growth of the data center industry that will bring in hundreds of millions of dollars revenue. (Loudoun's Data Center Alley is home to over 50 data centers.) Comstock's Fair and Open Competition in Government Contracting Act ensures a level playing field for government contracting and protects the 96 percent of Virginia's non-union workforce from "crony contracting." Experts

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LETTERS

FROM PAGE 8

say this measure helped the taxpayer save some \$300-400 on the Dulles Rail 2 Project. It is not surprising that Comstock has earned an "A" rating from the Virginia Chamber of Commerce for two consecutive years.

But Comstock's interest is not just business. She has sponsored bipartisan legislation increasing penalties for human trafficking crimes, testing newborns for critical heart defects, promoting awareness of Lyme disease, and prohibiting texting while driving. One of Comstock's least known actions was spearheading a bipartisan letter to Health and Human Services Secretary Kathleen Sibelius urging the adoption of the American College of Obstetrics and Gynecology recommendation to allow birth control pills to be sold over the counter without a prescription for adult women, a measure that would lower the cost of birth control. Comstock also established the first Arts Caucus in the House of Delegates to promote the arts in local communities, and she hosted forums on financial fraud against seniors and on human trafficking. In her "spare time," she established a Young Women's Leadership Program for junior high and high school girls to meet with successful women from all walks of life including senior executives from Facebook, the Executive Producer of "Meet the Press," and CNN commentator Donna Brazille.

I cannot imagine a harder working delegate than Barbara Comstock. I know she

will work just as diligently on Capitol Hill to promote the economic health and security of our country. Please look at her real record of accomplishment. And if you are still not sure, find an opportunity to meet her. She has knocked on thousands of doors and may knock on yours one day.

Anne C. Gruner
McLean

A Job-creation Candidate

To the Editor:

I have known Delegate Barbara Comstock, candidate for Congress from Virginia's 10th District, for over a year now. She has always impressed me as a bright, serious and pragmatic candidate who was focused on addressing the important issues affecting our community rather than just

giving speeches, repeating talking points or pandering to specific groups. She has common sense proposals to address problems ranging from job creation and economic development that will give hope to working families, to combating human trafficking.

She told me that our economy is not growing enough to sustain the current level of spending that has added \$5 trillion in debt and left 23 million unemployed. As a college student at Miami University in Ohio

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CALENDAR

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

THURSDAY/JULY 17

Spectacular Science. 2:30 p.m. Oakton Library, 10304 Lynnhaven Pl., Oakton. Explore the secrets of fireworks, bubbles and more with Mad Science. Ages 6 to 12. 703-242-4020.

Oakton Book Discussion Group. 7 p.m. Oakton Library, 10304 Lynnhaven Pl., Oakton. Book discussion of Buddha in the Attic by Julie Otsuka. Adults. 703-242-4020.

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

FRIDAY/JULY 18

Jean-Yves Thibaudet, piano. 8:15 p.m. Wolf Trap, 1645 Trap Road, Vienna. "One of the best pianists in the world" (The New York Sun) showcases poetic musicality in dazzling interpretations of Tchaikovsky, Ravel, and Rossini. Tickets: \$20-\$50. www.wolftrap.org/

FRIDAY/JULY 18 & 25

"Pippi Longstocking: The Family Musical." 7:30 p.m. Lanier Middle School, 3801 Jermentown Road, Fairfax. A family-friendly musical comedy for all to enjoy. For ticket information, visit www.fairfaxcitytheatre.org.

FRIDAY/JULY 18-SATURDAY/JULY 26

Guys and Dolls. 2 and 8 p.m. Alden Theatre, 1234 Ingleside Ave, McLean. The McLean Community Players present one of the most enduring works of musical comedy, set in Runyon's mythical New York City. \$18-20. 866-811-4111.

www.mcleanplayers.org

FRIDAY/JULY 18 - SUNDAY/JULY 20

Successful Studio Painting with Armand Cabrera. Friday, 5 - 7 p.m. (orientation), Sat-Sun, 9 a.m. - 5 p.m. Great Falls School of Art, 1144 Walker Road, Suite D, Great Falls. Learn aspects of painting and drawing including perspective, composition, color mixing and theory. Advanced students will be taught problem solving and overcoming weaknesses in their painting. Three-day class. \$400. http://www.greatfallsart.org/armand-cabrera-workshop/ or 703-232-1575.

SATURDAY/JULY 19-SATURDAY/JULY 26

R U Puzzled? 5:30-7:30 p.m. Vienna Art Center, 115 Pleasant Street NW, Vienna. The Vienna Arts Society presents walls of giant puzzles created by assembling 12" puzzle pieces. Reception on Saturday, July 12 from 5:30-7:30 p.m. 703-319-3971.

SATURDAY/JULY 19-SUNDAY/JULY 20

Claude Moore Colonial Farm 1771 Market Fair. 11 a.m.-4:30 p.m. at 6310 Georgetown Pike, McLean. Sit in the shade and savor roast chicken and spicy sausages, enjoy dancing and singing with the fiddler, test your water color and writing skills with Mr. Andrews at the Stationer. Visit http://1771.org for more.

SATURDAY/JULY 19-SATURDAY/AUG. 9

McLean AAUW 45th Annual Used Book Collections. 9 a.m. - 1:30 p.m. Sun Trust Bank, 515 Maple Avenue East, Vienna. Bring book, CD



Multiple Washington Area Music (WAMMIE) Award-winner and bluesman extraordinaire, Tom Principato sets the telecaster on fire and makes having the blues so good. See him at McLean's Summer Sunday Concerts in the Park on July 27 at McLean Central Park.

and DVD contributions for the 45th Annual Used Book Sale in September. Email aauwbookfair@gmail.com or call 703-527-4206 for information.

SATURDAY/JULY 19 & 26

"Pippi Longstocking: The Family Musical." 7:30 p.m. Lanier Middle School, 3801 Jermentown Road, Fairfax. A family-friendly musical comedy for all to enjoy. For ticket information, visit www.fairfaxcitytheatre.org.

SATURDAY/JULY 19

The Folsom Prisoners Country Concert. 5-7 p.m. The Palladium Civic Place Green, 1445 Laughlin Avenue, McLean. Free outdoor event. 703-288-9505.

2001: A Space Odyssey. 8:30 p.m. Wolf Trap, 1645 Trap Road, Vienna. The ground-breaking 1968 film produced and directed by Stanley Kubrick still retains its allure and mystery. The NSO performs the score live as the enigmatic and compelling film is screened in the house and on the lawn. The film is presented by arrangement with Warner Bros., Southbank Centre London, and the British Film Institute. Tickets: \$22-\$55. www.wolftrap.org/

Great Falls Farmers 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. 9 a.m.-12 p.m. Faith Baptist Church Parking Lot, 301 Center Street South, Vienna. www.viennafarmersmarket.com.

SUNDAY/JULY 20

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

Huey Lewis & The News. 8 p.m. Wolf Trap, 1645 Trap Road, Vienna. Return to "The Heart of Rock Rock 'n' Roll" with infectious Grammy-winners whose chart-topping, horn-driven hits unleash "The Power of Love." Tickets: \$25-\$50. www.wolftrap.org/

Summer Sunday Concerts in the Park.

5 p.m. McLean Central Park, 1468 Dolley Madison Boulevard, McLean. The Washington Balalaika Society Chamber Orchestra will perform. The English Channel authentically recreates British rock and pop from the 1960s and 1970s. For more than 20 years, the Washington Balalaika Society has been performing the music of Russia, Ukraine and Eastern Europe on a variety of traditional Russian folk instruments — the balalaika, domra, bayan and related folk wind and percussion instruments.

MONDAY/JULY 21-TUESDAY/JULY 22

Lionel Richie. 8 p.m. Wolf Trap, 1645 Trap Road, Vienna. Multiplatinum R&B icon and a fresh hip-hop hit-maker will have you "Dancing on the Ceiling" like "Crazy." Tickets: \$45-\$140. www.wolftrap.org/

WEDNESDAY/JULY 23

Rock-a-Bye Baby. 10:30 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Early literacy enhanced story time, featuring rhymes, stories and songs. Birth to 12 months with adult. 703-938-0405.

Diggers. 2:30 p.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Tracy Eldridge presents this interactive musical celebration of the creatures who sleep under our feet. All ages. Sign up each child and adult separately. 703-356-0770.

Pokemon League. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Come play Pokemon with your friends. 703-757-8560.

THURSDAY/JULY 24

Teen Volunteer Sign-up for

"Not Just for Teens" Adult Book Club.

7 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Do you love YA books? If so, join us for discussion, fun and dessert. There is No Dog by Meg Rosoff. Adults. 703-938-0405.

Great Falls Rotary Club Weekly Speaker Series. 7:30-8:30 a.m. River Bend Country Club, 375 Walker Road Great Falls. Visit http://www.rotarygreatfalls.org/ to join.

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

FRIDAY/JULY 25

Playdate Cafe. 10 a.m. Great Falls

Library, 9830 Georgetown Pike, Great Falls. Play area and toys for children. Coffee and conversation for grown-ups. For ages 0 and up with a parent or caregiver. 703-757-8560.

Summer on the Green Concert. 6:30 p.m. Vienna Town Green, 144 Maple Avenue E, Vienna. Bring chairs and blankets to come hear Karl Stoll and the Danger Zone. No alcoholic beverages allowed; recommended pets be left at home.

Pokemon League. 3 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Learn and play. Ages 5 to 18. 703-930-0405.

Bizet Carmen. 8:15 p.m. Wolf Trap, 1645 Trap Road, Vienna. Wolf Trap Opera and the National Symphony Orchestra in a thrilling tale of love,

lust, and desire. New production, fully staged and costumed with custom video projection design. Sung in French with English supertitles. Tickets: \$25-\$75. www.wolftrap.org/

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.

SATURDAY/JULY 26

Professor Parsnip's Lab. 10:30 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. The Professor mixes food, science, and fun in this Bright Star Theatre production. Sign up each child and adult separately. All ages.

703-938-0405.

Sarah McLachlan. 8 p.m. Wolf Trap, 1645 Trap Road, Vienna. With emotional ballads and ethereal vocals, this Grammy-winning "Angel" has become "pop's voice of compassion and consolation" (The New York Times). Tickets: \$30-\$70. www.wolftrap.org/

Great Falls Farmers Market. 9 a.m.-1 p.m. Great Falls Village next to the Wells Fargo Bank, 778 Walker Road, Great Falls. Don't forget to bring your recyclable bag! www.greatfallsfarmersmarket.org.

SUNDAY/JULY 27

Summer Sunday Concerts in the Park. 5 p.m. McLean Central Park, 1468 Dolley Madison Boulevard,

McLean. Multiple Washington Area Music (WAMMIE) Award-winner and bluesman extraordinaire, Tom Principato sets the telecaster on fire and makes having the blues so good.

MONDAY/JULY 28

Tiny Tot Time. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Songs, rhymes, activities and a story. Age 13-23 months with adult. 703-356-0770.

WEDNESDAY/JULY 30

Spish and Splash. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Stories, songs and activities about wash day. Ages 2 to 5 with an adult. 703-356-0770.

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Guys and Dolls is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI, 421 West 54th Street, New York, NY 10019. Phone: 212-541-4684 Fax: 212-397-4684 MTIShow.com

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Financial Education for College Students

Local experts offer budget tips to keep students out of debt.

BY MARILYN CAMPBELL
THE CONNECTION

As the summer wanes, many recent high school graduates are preparing to head to college. For those who are living away from home for the first time, this means newfound independence. But that freedom brings responsibility — especially when it comes to money.

From student loans to credit cards, the financial maze can be filled with debt-traps and money pitfalls. A recent financial literacy assessment of 15-year-old students by the Organisation for Economic Co-operation and Development shows that one in six lacks basic financial literacy skills.

That leaves approximately three years for them to learn about money management before leaving home. And that education is key: financial education is the best way to develop sound money management skills, say financial advisors.

Taking a financial education class is an

option. The Northern Virginia Urban League offers a financial literacy workshop series with Fairfax County Human Services and Fairfax County Homeownership & Relocation Services.

“College students can learn everything from understanding a [credit] score and avoiding credit traps to banking and money management,” said Vickey King of the Northern Virginia Urban League.

“College is not the time to live the lifestyle of your dreams,” said Rachel Powell of the Northern Virginia Council for Economic Education at George Mason University’s Center for Economic Education in Fairfax. “College courses, room, board, books are all costly. You can expect to be poor in college, and if you use the many resources your college makes available to you in exchange for all the fees you are required to pay, you can expect to be fed, safe and reasonably comfortable.”

THE FIRST STEP in financial literacy for college students is taking a personal money inventory. “Know before you go how much money you’ll have available from your income or allowance,” said Powell. “Will your

“College is not the time to live the lifestyle of your dreams. You can expect to be poor in college, and if you use the many resources your college makes available to you in exchange for all the fees you are required to pay, you can expect to be fed, safe and reasonably comfortable.”

— Rachel Powell, Center for Economic Education, George Mason University

folks be making regular contributions to your survival or are you on your own?”

Make a budget that includes all expenditures, including luxuries like frozen yogurt or coffee or movie tickets. Put some money aside for emergencies; even \$5 per week will add up over time.

Online tools can help college students organize their finances and track their



PHOTO BY MARILYN CAMPBELL

Financial planners advise college students to avoid the credit card debt trap and make an effort to save money.

spending and savings patterns. Alexandria-based financial planner Mark Friese recommends mint.com, which categorizes spend-

SEE BUDGET, PAGE 13

Food Truck Changes Considered in Fairfax County

Public Hearings are July 30 and Sept. 9.

BY JANELLE GERMANOS
THE CONNECTION

Instead of bringing a brown-bag lunch to work or venturing out for fast food, Fairfax County residents may soon have a different option. On June 17, the Board of Supervisors voted to move forward with a proposal to make changes to food truck regulations.

The proposal will allow food trucks to operate at office buildings, construction sites, and commercial and industrial properties. Public hearings on the proposal will be held in front of the Planning Commission on July 30 and Sept. 9 in front of the Board of Supervisors.

“Food trucks are becoming a popular venue as an alternative to traditional sit-down and fast food restaurants,” said Sharon Bulova, chairman of the Fairfax County Board of Supervisors. “I’ve enjoyed working with the food truck industry and Fairfax County’s hospitality industries to find ways to accommodate this use.”

Supervisor Lynda Smith (D-Providence) said at the meeting that food trucks need to continue to be kept away



Food trucks like this one in Washington, D.C. could be popping up around areas in Fairfax County.

from residential neighborhoods.

“There is a needle to be threaded here. Yes, food trucks are popular in the right place, but we all know they can be in the wrong place at the wrong time, and residential neighborhoods are not the right place at any time. There have been some

issues with that in some of the neighborhoods, and this is something that we need to be sure is clearly written and very enforceable,” Smyth said.

The previous rules for food trucks zone them as free-standing fast-food restaurants, requiring two public hearings and a \$16,375

fee. In Arlington, food truck vendors pay \$500 per year.

“Food trucks are popular and something that people are already enjoying in the county, but also in other jurisdictions where legislation exists for how they are permitted,” Bulova said.

The new proposal would require a \$100 annual zoning permit, as well as permission from property owners.

Last year, 14 permits were given to food truck vendors for operation in mostly commercial areas.

The Virginia Department of Transportation and county code prohibits food trucks from operating on public roads. This would not change under the new proposal.

The proposed amendment defines food trucks as “any readily movable mobile food service establishment, to include vehicles that are self-propelled, pushed or pulled to a specific location.”

Trucks can only sell at industrial or commercial properties with a 25,000 to 30,000 minimum square feet of gross floor area, making residential neighborhoods out of the question.

“I hope that excludes ice cream trucks,” Supervisor Pat Herrity (R-Springfield) joked at the meeting.

Fortunately for residents looking for a break from the summer heat, ice cream trucks are excluded from that restriction.

PHOTO BY JANELLE GERMANOS/THE CONNECTION

Budget Tips for College Students

FROM PAGE 12

ing, and bettermoneyhabits.com, which offers videos clips on how to budget better.

“Many people, especially teens and young adults, are surprised when they look at their entire spending picture because they haven’t ... had to make the money they spend,” said Friese. “They just don’t know the value of a dollar until they are lining their own wallets with their own money. So the big picture tools that highlight spending and savings habits are helpful.”

Know the difference between needs and wants: “Don’t buy what you don’t need,” said Powell. “Cold medicine — yes. The latest movie on DVD — no.”

Open a checking and savings account at a bank located close to campus, one that offers products and services for students, advises Powell. “Don’t accept accounts that require minimum balances or charge fees,” she said. “Shop around for the right bank.”

Find a way to establish or build savings, especially if you plan to work during college. “Pay yourself first,” said Friese. “When you have a job, take a set portion of it and save it for your future self. If the job offers a retirement plan such as a 401(k), take advantage of it. A 401(k) provides the significant benefit of saving before taxes are taken out.”

AVOID USING CREDIT CARDS for immediate gratification and focus on building a high credit score for the future, said Friese. “That score, that number, will be more important and reap greater rewards than

any grade or SAT score ever was or could be,” he said. “If you build and maintain a good credit score, you will be rewarded time and time again with preferred lending rates.”

When it comes to financial aid, take time to do research, and don’t underestimate the availability of college scholarships. Friese points to a study from scholarship.com, which shows that billions of dollars in scholarship funds go unawarded every year.

“Take advantage of the opportunities out there,” he said. “Don’t assume that scholarships are only for top scholars or athletes because many scholarships start with GPA requirements of 2.5 or less. Start looking as early as sophomore or junior year and apply as soon as you qualify.”

“Saving as much as possible from summer jobs ... can help with at least some of the expenses,” said Powell. “Loans are available for all the expenses you cannot pay for through gifts, grants and scholarships. Be aware that money borrowed must be repaid and the interest [accrued] is the cost of the rental of those funds.”

In fact, the Department of Education reports that 10 percent of U.S. college graduates default on student loans so only borrow money as a last resort.

Investigate federal loans first. “Loans such as the Stafford loan can be far more cost effective than higher-priced private loans,” said Friese.

College students should also estimate how much they will be able to afford to repay after graduation, said Powell. “Make sure that your target labor market is willing to compensate you with income commensurate with the cost of your education.”

SCHOOL NOTES

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

Angela Wertz, daughter of Daniel and Lori Wertz of McLean, and a former student of Langley High School, has graduated from Duquesne University’s Rangos School of Health Sciences. Angela will be attending the twelve month Accelerated Nursing Program this year at George Mason University.

Grayson Smith, of Great Falls, earned a Bachelor of Science Degree in accounting, cum laude, during the spring commencement exercises at Auburn University. He is currently enrolled in Auburn’s Master’s of Accounting Program.

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.

Curtis A. Khol, Jr., of Vienna, graduated from the United States Naval Academy in

May 2014 and was commissioned as an Ensign in the United States Navy. Ensign Khol graduated with Distinction (top 10 percent) and received a Bachelor of Science Degree from the Systems Engineering Honors Program.

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.

Julian Kell, of Vienna, was named to the Dean’s List at University of New England for the fall semester of 2013.

Kate E. DeWeese, daughter of Randi and Steve DeWeese of Vienna, graduate of Thomas Jefferson High School, and first-year student in the Bachelor of Arts Program, has been inducted into Alpha Lambda Delta honor society at Bucknell University.

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NEWS

Ruth Donahue conducts the Summer Strings Camp for its 26th year in St. Thomas Episcopal Church.



PHOTOS BY EMMA HARRIS/THE CONNECTION



Serin Lee wears a sparkly wig for “Wacky Wednesday” as she plays her cello at Summer Strings Camp.

Students Keep Bows Moving

Summer Strings Camp preserves students’ musical skills.

BY EMMA HARRIS
THE CONNECTION

Monsters mashed to strings music this past Wednesday, July 9. Strings students dressed like monsters, that is. It was “Wacky Wednesday” at Summer Strings Camp, so the students donned special wigs, hats, masks and glasses to fit the theme while playing with Ruth Donahue, orches-

tra teacher at Spring Hill Elementary and director of the camp, in St. Thomas Episcopal Church. The camp is seven days long and ends with a concert, Donahue said. This is the 26th year of the camp, which is and has been attended by students from different Fairfax County elementary schools. Some students have played for longer than others and some have private teachers, but they have all played in their school orchestras, so they already know how to read music, Donahue said. Some numbers are more classic and waltz-like, while others include parts where the students simultaneously play their instruments and whistles. “We get to play all styles of music,” Donahue said. She conducts from the front of the group while playing

SEE STRINGS, PAGE 15

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PHOTOS BY EMMA HARRIS/THE CONNECTION

Caroline Cassidy, left, and Luca Seng play their cellos on "Wacky Wednesday" of Summer Strings Camp.



Keon Parastaran, left, and Fransisco Yang concentrate on their music during the full-orchestra rehearsal, even in their wackiest attire.

Strings Camp Holds 'Wacky Wednesday'

FROM PAGE 14

her own instrument.

"Everybody playing together is really, really fun," said Serin Lee. She plays the cello and has for two years. "I like having the opportunity to play during the summer," Haytham Alsayed, a soon-to-be sixth grade violin player added. "I love orchestra."

During the morning practice sessions, the students have both smaller sectional times and the full orchestral rehearsal, complete

with a break to play and do arts and crafts. Bradley Kim, a student from McLean High School, comes in to help out — he stands next to the lone bass player standing in the back of the group, following the music and helping him count.

"The camp is great for keeping the kids motivated," Donahue said. It not only prepares them for music classes next year, but the camp also keeps their minds musically active, she said. "It is all about the kids."



Bows in hand and whistles in their mouths, Ayda Shakeri and Haytham Alsayed play at Summer Strings Camp.

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SPORTS

Casso to Play Football at Catholic

Q&A: Standout Langley quarterback enjoys fishing, IN-N-OUT Burger.

Nick Casso quarterbacked the Langley football team to new offensive heights in 2013.

The Saxons averaged 40.1 points per game, scoring a school-record 481 points in 12 contests. The offensive explosion led to a 9-3 record for Langley and a trip to the second round of the 6A North playoffs. After a 1-2 start, the Saxons won eight games in a row, including a 28-21 postseason victory over Battlefield. The eight-game winning streak started with a 42-21 victory over Chantilly, during which Casso rushed for 155 yards and four touchdowns. He also passed for 74 yards.

"The ability to score anytime you need it is a good feeling for a coach," Langley head coach John Howerton wrote in an email. "No matter if your defense/special teams are strong that night or not, when the opponent can't stop you, you know you can still win it."

Casso, a 2014 Langley graduate who also played baseball for the Saxons, will attend The Catholic University of America, where he will play quarterback for the football team. Casso recently participated in a Q and A via email with The Connection.



CONNECTION FILE PHOTO

Nick Casso, a 2014 Langley High School graduate, will play quarterback at the Catholic University of America.

❖ **Connection:** What made the Catholic University of America the right fit for you?

Casso: Besides the social aspect of the school and the many endless opportunities in the city, I chose Catholic for the academic advantages.

❖ **Connection:** What is your major?

Casso: Majoring in construction management.

❖ **Connection:** At what age did you start playing football? When did you realize playing college football was a possibility

for you?

Casso: I started playing football when I was 7 and ever since then I thought college football was for me.

❖ **Connection:** What is your favorite memory of playing football at Langley?

Casso: Beating Chantilly at home 42-21!

❖ **Connection:** If you could go back and change one thing about your high school athletic career, what would it be?

Casso: I wish I would have tried to play on the basketball team. Never tried out so I

never knew whether I could have made the team or not.

❖ **Connection:** What are you most looking forward to about the transition from high school to college?

Casso: I am looking forward to the independence of being at school alone and making all your own decisions.

❖ **Connection:** Who is your favorite music artist? Why?

Casso: Eminem, because he was doubted so much and had to work so hard to become famous; now he is one of the greatest rap artists ever.

❖ **Connection:** What is your favorite movie? Why?

Casso: 'Saving Private Ryan,' because I used to watch it with my friend so much that we considered joining the Marine Corps.

❖ **Connection:** What is your favorite food?

Casso: IN-N-OUT Burger.

❖ **Connection:** What is your favorite hobby outside of football?

Casso: Fishing.

❖ **Connection:** What location is the farthest you have traveled from the Washington, D.C. metro area?

Casso: The farthest I have gone is probably France.

❖ **Connection:** Did you follow the World Cup? If so, for which team(s) did you cheer?

Casso: I don't follow the World Cup, but I'm always cheering for team USA!

— JON ROETMAN

SPORTS BRIEFS

McLean's Beatty Earns All-State Honors

McLean junior catcher Caleb Beatty earned second-team all-state honors for the 2014 season from the Virginia High School Coaches Association.

Beatty batted .375 (27-72) with two home runs, 11 doubles and 25 RBIs in 26 games. He scored 18 runs, walked 23 times and struck out just five times. He also threw out 14 of 26 would-be base-stealers.

Beatty helped the Highlanders finish 6A North region runner-up and reach the state tournament for the first time in program history.

McLean Softball All-Stars Advance to State Final

The McLean majors softball all-stars continued their winning ways with a 10-0, run-rue win over the all-stars from Tuckahoe on July 14.

McLean faced Richmond County in the championship game on Tuesday, July 15,



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

McLean catcher Caleb Beatty, right, earned second-team all-state honors from the Virginia High School Coaches Association for the 2014 season.

after The Connection's deadline.

Tuckahoe decided to start the game with their No. 2 pitcher in hopes of preserving their No. 1 pitcher for the championship game.

After a scoreless first inning, the McLean hitters broke things open in the top of the second inning. Bailey Johnson drew a lead-

off walk and Emily Hoskins entered as a pinch runner stole second and advanced to third on a groundout by Amanda Moore. She then scored on a single by Sarah Short and McLean loaded the bases with a single by Abby Covington and a perfectly placed bunt by Kate Haas. Caitlin Jorae then cleared the bases with a double and scored

on a triple by Gracen Govan. McLean put a 5-0 lead on the board heading into the bottom of the second inning.

Amanda Moore continued her dominant pitching in the second inning. Following a 1-2-3 first inning, she sandwiched two pop outs to the catcher, Gracen Govan, around the defensive play of the game. After a one-out walk, the Tuckahoe No. 7 hitter hit a bloop over Caitlin Jorae's head into shallow left field. The runner on first held up and was forced out at second base on a nice throw from Kate Haas, the left fielder, who came in quickly to field the ball that had dropped in. Sarah Short alertly covered the base from her second base position.

In the top of the third inning, Tuckahoe brought in their No. 1 pitcher, but McLean added three more runs. Amanda Moore singled, Emilie Sanchez walked. Sarah Short entered to run for Moore. With Maria Urban at the plate, both runners advanced on a wild pitch and then Urban hit a soft ground ball towards the third baseman, who faked a throw to first and tried to draw off Sarah Short, who alertly held her position on near third and the bases were loaded. All three runners scored on wild pitches. It was 8-0 going into the bottom of the third.

For the game, Moore gave up no hits, walked one, no runner reached second base and only one ball left the infield.

SPORTS

McLean Hamlet Demonstrates Prowess

Swim team talent on display as they faced off against Tuckahoe in a home meet.

BY BIJAN TODD
THE CONNECTION

A swimming pool is usually a place for a child to relax during a sweltering hot day in the middle of summer. However, for members of the McLean Hamlet Swim Team, the atmosphere around the pool is a bit different. Competition is what entices these young swimmers to the water.

The Hamlet Swim Team was founded as the "Sunfish" in 1970, but has since changed their name to "The Green Feet." Directed by a number of coaches and officials, the team provides dozens of youth swimmers in McLean Hamlet and surrounding neighborhoods with an opportunity to show off their



PHOTOS BY BIJAN TODD/THE CONNECTION

In the 8-and-under age group, Hamlet swimmer Savas Emanuel finished with a time of just over 39 seconds in the 25-meter backstroke race.

skills in the pool, while having fun and making friends in the process. Akshay Krishnan, a 12-year-old swimmer for the Hamlet, said, "I've been swimming for the Hamlet for four years. I love how you can swim and have fun when you're here." Krishnan finished with one of the best times in his heat during the 25-meter backstroke race against Tuckahoe on Monday.

Hamlet Head Coach Meghan

Overend has been involved with the Hamlet Team for six years, and is currently in her second year as a coach. Overend, who is entering her fourth year at the University of Virginia, says she couldn't be happier coaching a great group of kids. "I absolutely love it here," Overend said. "I think overall our team has strong swimmers across the board." One of these swimmers, however, particularly stood



Tuckahoe swimmer Avery Burgess completes the 50-meter freestyle race for the girls 13-and-up age group, finishing with the best time in her heat.

out to Overend: 10-year-old Johnny Bradshaw broke an NVSL record last week in the 50 meter freestyle race for boys ages 9 and 10.

The Tuckahoe Swim Team clashed with the Hamlet Team in a "B Meet" on the Hamlet's home turf Monday evening. Since the meet was for the B Groups of each team, the purpose of this particular competition was to grasp each

swimmer's best time for each event, instead of awarding first place, second place, etc. for each race. Although there were no winners or losers in this meet, each swimmer was nonetheless attempting to conquer their best possible time for each race.

The Club is open from 11 a.m. until 9 p.m. daily until Labor Day, and can be reached during hours of operation at 703-893-7255.

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Between Halves



By KENNETH B. LOURIE

At present, July 12th, I'm halfway, approximately, between my last CT Scan which showed a previously unseen silver-dollar sized growth in my lower left lung and my next CT Scan scheduled for August 6th, one month earlier than my usual three-month interval in order to make an evaluation sooner rather than later; to determine if this is new growth or nothing more than old growth that is now visible due to the combination of shrinking tumors and dissipating fluid opening up the viewing area, so to speak. Apparently, the chemotherapy drug, Alimta, with which I've been infused every three weeks since last September appears to be doing its hoped-for job: shrinkage.

My reaction to this new finding in late May was not negative. At worst, it was neutral, at best, it was positive; something seen for the first time because previously there was too much of other unhealthy stuff in the way for it to be seen at all. Less clutter, if you'll allow a lay person's description to suffice. And for all my oncologist knows, this growth may have been there all along and is not the least bit a cause for concern, quite the opposite in fact. But we don't know enough yet, so he decided not to wait three months. Heck, this growth could even be smaller than it was originally (affected by the Alimta also) and smaller even on this next scan. But we won't know definitively, we'll only know comparatively – between late May and early August.

To say I'm looking forward to the results would be a bit overstated. Curious, I'll allow. Moreover, I don't want to express any real confidence about my prospects, because so much of what cancer does it will do, regardless of what I think or hope or pray. But two things/symptoms my oncologist advised me to e-mail him about: pain in the area of the "new" growth and/or a persistent cough, neither of which I've experienced in the slightest. Now he didn't give me a timeline as to when I might feel something, but six weeks out, I haven't felt a thing. (I know better than to ask him hypotheticals; presumably patients feel symptoms differently, manifest symptoms differently and tolerate/notice symptoms differently, so feeling/not feeling might mean something or nothing; it varies. Uniformity is hardly at play here.) Still, I suppose I would have to go along with my brother Richard's encouragement: "It's better not to feel anything, KB, isn't it?" Heck yes! But it's hard not to worry. It's cancer, after all.

Following the calendar and chemotherapy schedule, I will have one more infusion before my next – and final – CT scan before I see my oncologist to discuss the results and dare I say, treatment options. On or about August 15th, I will once again know the tale of the tape. I will learn if my life goes on as it sort of is, with relative calm, or if I'll be thrust into the unknown vortex of clinical trials/N.I.H-type studies and the educated hands of researchers.

I've been extremely fortunate so far, diagnosis-to-date. And I'd like to think (wishfully, naively) that my luck will continue to be exceptional. Although, I realize I may be beginning to bump up against some shorter odds here, having survived five-plus years already (only 16 percent of stage IV NSCLC survivors live beyond five years). Nevertheless, I'm thrilled to be an aberration. In fact, I can't think of anything I'd rather be called.

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

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MONDAY/JULY 21
English Conversation. 10:30 am. Oakton Library, 10304 Lynnhaven Pl., Oakton. English practice for non-native speakers. Adults. 703-242-4020.
Spanish Conversation Group. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Practice Spanish as a foreign language in this casual conversation group. 703-757-8560.

TUESDAY/JULY 22
Improve Your English Skills. 11 a.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Get focused help with reading, writing, speaking and listening skills. Adults. 703-356-0770.
Computer One-on-One. 11 a.m. Oakton Library, 10304 Lynnhaven Pl., Oakton. Internet, Microsoft Word, Excel and Powerpoint. Adult. 703-242-4020.

One-on-One Computer Tutoring. 11 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Work with a volunteer tutor to learn about using the Internet, setting up an email account and using basic software. Adults. 703-938-0404.
English Conversation One-on-One. 1:30 p.m. Oakton Library, 10304 Lynnhaven Pl., Oakton. English practice for a non-native speaker with a library volunteer. Call for appointment. Adults. 703-242-4020.

WEDNESDAY/JULY 23
Computer One-on-One. 11 a.m. Oakton Library, 10304 Lynnhaven Pl., Oakton. Internet, Microsoft Word, Excel and Powerpoint. Adult. 703-242-4020.
English Conversation Group. 1 p.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Practice conversational English in a group setting. Adults. 703-356-0770.

LETTERS

FROM PAGE 9
that concerns me. There are far too many of my friends who are either unemployed or are underemployed and forced to find work outside of their college studies. The biggest concern facing my generation is not being able to find work out of college. I know that as a Congresswoman, Barbara Comstock will hit the ground running working for good-paying jobs in the Commonwealth.

I like most college students am concerned with the rising gas prices, and I know Delegate Comstock supports plans for achieving energy independence. President Obama won over my peers by running on a promise of hope and change, which has fallen flat over the past five years. We need leaders in Congress like Barbara Comstock who will work towards helping students. Delegate Comstock is a mom so I know she gets it. She has our best interests in mind and will work hard so that my generation has a bright future.

Macy Anderson
McLean

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The DOGWOODS at LANGLEY!



OPEN!
Sunday, 7/20
2-4pm!

5829 Bent Twig Road

McLean NOW offered for...\$950,000
GREAT LOCATION with this *WONDERFUL* 4br/3.5
ba colonial; BRAND NEW stainless steel appliances; sited on
lovely wooded lot overlooking parkland on quiet cul-de-sac!

Just Listed in KINGS LANDING!



OPEN!
Sunday, 7/20
2-4pm!

6273 Gentle Lane

Alexandria Great convenient location!
FABULOUS 3 br/2.5 ba colonial on 3 finished levels
features gorgeous updated kitchen; renovated MBA and
hall bath; Brazilian cherry floors; 20x20 Trex deck!

Just Listed in SLEEPY HOLLOW!



OPEN!
Sunday, 7/20
2-4pm!

Much BIGGER than it looks!

3032 Beechwood Lane

Falls Church \$825,000
BEAUTIFUL and *IMMACULATE* 3br/3.5
bath Cape on 3 finished levels. Sparkling home with
updates! Large 2-car garage; close to everything!

Sought-After CHESTERBROOK WOODS!



Chesterbrook,
Longfellow,
McLean
Schools!

1503 Woodacre Drive

McLean \$999,000
SUPER 4 br/3 full bath 2 level rambler with spacious
living and dining rooms—both with bay windows; family
room add'n; bright island kit w/ skylights; walkout LL rec rm!



OPEN
Sun. 7/20
2-4pm

Alexandria/Quaker Hill
1 bedroom/1 bath condo



Chesterbrook Woods
\$1,459,000



OPEN
Sun. 7/20
2-4pm

Falls Church/Idylwood Towers
3 bedroom/ 3 full bath condo



McLean/Franklin Park
\$2,100,000



FOR SALE!

McLean/Chesterfield
\$749,000



FOR SALE!

McLean/Foxhall
NOW offered for \$775,000

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