

Langley High School cast of "Book of Days." Top, from left, Andrew Wantula, 16, Lily Brock, 17, Richie Follin, 16. Bottom, from left, Jessica Taylor, 15, John Bucy, 17, Jamie Goodson, 16, Vivian Vaeth, 18, Samuel Kit, 16, Krista Hackmeier, 18.

Shaking Small-Town Morality

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Holocaust Remembrance

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Lift Me Up Honored For 40th Anniversary

NEWS, PAGE 7

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Holocaust Remembrance

"One of the most important things we do."

BY KEN MOORE
THE CONNECTION

Holocaust survivor Michel Margosis spoke before the Board of Supervisors, Tuesday, April 7, when the Board of Supervisors made a proclamation declaring April 16 as Holocaust Remembrance Day in Fairfax County.

The proclamation serves "to urge all residents to not bear silent witness to injustice and remain always vigilant to the principles of individual freedom and a just society," said Sharon Bulova, board chairman. "It is so important that we not ever forget."

Six million Jewish women, men and children were killed by the Nazis.

"The spark of evil flared into a raging fire that swept over much of Europe, the residual embers of discrimination, bigotry and intolerance have never been extinguished and have been reinvigorated," said Margosis.

Margosis said he joins in mourning the millions of others murdered by the Nazis including gypsies, priests, homosexuals, Jehova's Witnesses and political prisoners.

"We must embrace our expanded diversity," said Margosis.

"At some point, there won't be anybody left who actually experienced the horrors



The Board of Supervisors thanks Holocaust survivor Michel Margosis for his work to ensure that no one ever forgets the atrocities of the Holocaust.

of the war at that particular time, but that is part of your legacy to pass that along and to pass that along to younger people so nobody ever forgets," said Supervisor Penelope "Penny" Gross. "What you do makes sure we will always remember and never forget."

MARGOSIS INVITED the Board and entire Fairfax County community to an observance at the Jewish Community Center on Sunday, April 19 from 5 to 8:30 p.m.

"We have a responsibility to those who

SEE HOLOCAUST, PAGE 9

Holocaust Kaddish: Never Forget

Jewish Community Center of Northern Virginia
8900 Little River Turnpike, Fairfax
Sunday, April 19, 5-8:30 p.m.
www.jccnv.org
www.jccouncil.org/Holocaust

Thirteen Young Artists Awarded Scholarships by The Alden

The Alden in McLean awarded scholarships to 13 local high school students for successfully competing in the 2015 James C. Macdonald Fine Arts Scholarship Competition.

Following a preliminary audition and a final completion at 8 p.m. on Wednesday, March 25, the prizes were presented by MCC Governing Board Chair Chad Quinn and Performing Arts Director Sarah Schallern. The Alden is housed in the McLean Community Center, which is located at 1234 Ingleside Avenue.

The James C. Macdonald Fine Arts Scholarship Competition encourages artistic achievement and promotes study in the arts by high school students who reside or attend school in the McLean district (Small Tax District 1A, Dranesville). Scholarship prizes of \$1,200 are awarded to students placing first in each of five categories: Dance, Instrumental Music, Theatre, Visual Arts and Vocal Music. Second-place winners are awarded \$800 and third-place winners win \$400.

This year's winners were:



PHOTO BY LISA HELFERT PHOTOGRAPHY

2015 Macdonald Scholarship winners (from left) Madeleine Walker (Dance), Alex Stone (Theatre and Vocal Music), Jennie Kim (Visual Arts) and Eric Lin (Instrumental Music) with MCC Governing Board Chair Chad Quinn.

❖ Dance — First Place: Madeleine Walker, McLean High School; Second Place: Xiang "Mia" Yi, McLean High School; Third Place:

Savanna Hunter, McLean High School.

❖ Theatre — First Place: Alex Stone, McLean High School; Second Place: Jack

Posey, McLean High School; Third Place — Claire Hungar, Homeschooled.

❖ Visual Art — First Place: Jennie Kim, Langley High School; Second Place: Catherine Park, Langley High School; Third Place: Suhyun Yoon, McLean High School.

❖ Vocal Music — First Place: Alex Stone, McLean High School; Second Place: Nicole Sheehan, McLean High School; Third Place: Lily Lord, McLean High School.

❖ Instrumental Music — First Place: Eric Lin, Thomas Jefferson High School for Science and Technology

Wendy J. Conte (Theatre/Vocal Music), Peggy Feerick (Visual Art), Melanie George (Dance), Adriana Hardy (Theatre), Rebecca Kamen (Visual Art), Pamela Lassell (Instrumental Music), Seyon Lee (Instrumental Music), Cynthia Lin (Dance), Sarah Markovits (Vocal Music), Ephraim Schum (Visual Art) and Jim Scopeletis (Theatre/Vocal Music/Instrumental Music) were judges for the completion.

For more information, call The Alden at 703-790-0123, TTY: 711, or visit: <http://bit.ly/1yd1tHS>.

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NEWS

Board of Supervisor Chairman Sharon Bulova watches as School Board Chairman Tamara Kaufax makes her plea for full funding of the schools at the April 7 budget hearing.



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14 Hours, Three Days, 200 Speakers

Schools, libraries, economic development authority and others seek more funding while tax-hawks call for reductions.

BY KEN MOORE
THE CONNECTION

The Board of Supervisors listened to more than 14 and a half hours of testimony from approximately 200 speakers Tuesday through Thursday, April 7-9.

"I very much respect and admire the stamina and the force of will all of you have demonstrated the last three days," said Dennis Hays, chairman of the Fairfax Library Advocates, and the second to last of 214 scheduled speakers.

"I am overwhelmed by the sheer breadth of the services this County provides and I am proud to be a member of this community," said Hays.

Ralph Apton, of the Great Falls Citizens Association, advocated for approximately \$550,000 funding for the Grange during a three year period starting with next year's

budget FY 17-19. "With that, we will be in great shape for a long time," said Apton, who also requested part time staffing to fulfill youth and senior activities at the Grange and asked that nonprofits be permitted to use the Grange without being charged fees by the Park Authority.

He also asked for the Board to include funds for Riverbend Park, the widening of Route 7 and libraries.

Stella Koch, of Great Falls, testified Thursday, on behalf of the Environmental Quality Advisory Council.

"The shortness of this testimony does not reflect the lack of concern we have with the issues," she said. "In fact, we are honored to have an ongoing dialogue with you throughout the year."

Koch voiced satisfaction that the Board is taking environmental issues and concerns seriously, including storm water management.

"I think EQAC is one of the most effective organizations in tracking our environmental initiatives and making sure we stay on track," said Chairman Sharon Bulova.

THE HEARINGS BEGAN Tuesday with a presentation by School Board Chairman Tamara Derenak Kaufax as 200 people packed the Fairfax County Government auditorium.

Members of the Fairfax County School Board sat in the front row, gave a standing ovation, and remained standing as Kaufax finished her testimony to begin the budget hearings.

"Budget reductions come with a price — the price should not be our children's future. This budget does not meet all of the school systems needs and it certainly does not adequately fund our shared vision of excellence for our schools and students," said Kaufax.

The Fairfax County Public Schools requested \$14 million more than is in the proposed budget.

Fairfax County Public Schools is the 10th largest school system in the country with more than 188,000 students.

SEE BUDGET, PAGE 6



Photo by Ed Knepley

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Hate Vandalism Swiftly Purged

Spray painted swastikas were quickly purged from two power boxes along Seneca Road in Great Falls this week.

"Both boxes are along a well traveled path. No one in the area had observed anything suspicious so this may be considered an isolated incident," said Lucy Caldwell, public information officer for the Fairfax County Police.

The graffiti was spray painted on the Verizon boxes on Monday, April 6 during the week of Passover.

The boxes were hidden behind flowering bushes, and went largely unnoticed.

"Great Falls Citizens Association was unaware of the incident," said Phil Pifer, of the GFCA. "Graffiti of any kind is unusual in Great Falls, as is any type of vandalism. We agree with the police that this is an isolated incident," said Pifer.

Verizon quickly purged the hate graffiti in Great Falls. Caldwell reminded residents to contact police "if any residents observe vandals in the act."



PHOTO BY KEN MOORE/THE CONNECTION

Verizon quickly cleared spray painted hate graffiti from two power boxes along Seneca Road reported on Monday, April 6 during the week of Passover.

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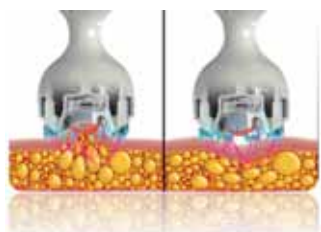


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 The Great Falls Connection,
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 1606 King St., Alexandria, VA 22314
 Photo prints will be returned to you if you include a stamped, self-addressed envelope, but please don’t send us anything irreplaceable.



Great Falls Park Announces New Bike Ambassador Program
 Volunteers will patrol the trail on bicycles and offer information to visitors, answer questions, report hazards, serve as resource protection stewards, alert staff to potential problems and hazards on the trails and provide basic first-aid and basic bike maintenance.

Budget Hearing

FROM PAGE 4

Steven Davis, chairman of the Economic Development Authority, said the county is experiencing record office vacancy rates, which pushes down commercial property values and, with it, the proportion of taxes paid by the commercial tax base, shifting more of the burden onto residential taxes.

Maintaining Fairfax County’s AAA bond rating is critical, Davis said. “You send a signal to businesses around the world that Fairfax County is one of the best managed jurisdictions in the world,” he said. “We all know it has taken decades to build a product that gets businesses here and keeps people here.”

Brian Engler, of the Fairfax Library Foundation, and Charles Fegan, of the Fairfax County Public Library Board of Trustees, addressed the cuts to the library system. Libraries are part of educating the county’s young people, and provide a myriad of other services to residents of all ages despite significant cuts in recent years, they said.

Hays was the last to speak on the libraries, and the second to last speaker of all.

Hays cited studies from Minnesota, Florida, Colorado, Great Britain and Korea. “All came to one conclusion,” he said. “The library is an economic engine,” providing high rate of return on investment.

On April 28, the Board of Supervisors is scheduled to adopt its FY 2016 Budget and tax rate, including budget transfer to the school system. The School Board is scheduled to adopt its budget on May 21.

The FY 2016 Budget becomes effective July 1.

Kaufax cited statistics and trends that challenge the school system. “We would be the sixth largest school division in Virginia, if you counted just our free-or-reduced-price meal population; or the ninth largest if you only counted our English for Speakers of Other Languages population,” she said.

Nearly 53 percent of the proposed \$3.8 billion county budget is slated to be transferred to the schools.

Sharon Bulova, chairman of the Board of Supervisors, said that while the schools didn’t ask for everything they needed or get everything they wanted, that the amount of the proposed transfer from the county to the schools was closer to the amount requested than anytime in memory.

“We appreciate that you rolled up your sleeves, and we rolled up our sleeves,” said Bulova.

Supervisor Jeff McKay called it “unconscionable” that the state doesn’t adequately fund the schools. “We will have the same conversations year after year after year,” he said, if the Board of Supervisors and School Board don’t advocate together in unity. “We need to march together,” he said.

FAMILIAR FACES advocated for a reduction in spending and taxes, such as James Parmalee of Centreville, and Arthur Purvis, of Vienna.

There were also advocates who encouraged an increase in taxes to ensure that funding will address the needs of all of Fairfax residents.

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NEWS

Board of Supervisors honored Lift Me Up, the therapeutic riding program located in Great Falls, for its 40th anniversary celebration.



PHOTO CONTRIBUTED

Lift Me Up Honored for 40th Anniversary

BY KEN MOORE
THE CONNECTION

The Board of Supervisors told Laura Smith she can bring a real horse with her for Lift Me Up's 50th anniversary ceremony.

Last Tuesday, Smith brought a horse miniature that she placed on the podium while the Board of Supervisors honored the therapeutic riding program located in Great Falls for its 40th anniversary celebration.

"Supervisor Foust suggested I bring a horse. It seemed to be the easiest way," she said.

Lift Me Up has provided thousands of therapeutic horseback riding lessons to children and adults with disabilities at its Great Falls stable since 1975. Each week more than 100 riders develop new riding skills that enhance their core strength, balance, coordination and confidence.

"Thank you for this special distinction. Lift Me Up is a labor of love," said Smith. "It's really hundreds of thousands of hours over 40 years that the citizens of Fairfax County have shared with Lift Me Up to help us achieve this goal."

Lift Me Up trains volunteers age 14 and older to assist with the therapeutic riding lessons as sidewalkers and leaders. Volunteers donated nearly 10,000 hours of service to help riders each year.

"It's a wonderful program to be a part of

because not only do we help riders, we help others within our community who are looking for a place to serve, to learn about horses, to learn about how to work with people with special needs," said Smith. "We reach a lot of teenagers who go on to do lots of wonderful things in caring professions. We appreciate your attention today and hope you will join us on our Founders Day on May 17, 1 to 4 p.m."

Lift Me Up recently launched a new program for injured veterans called BITS (Back in the Saddle).

"This is a really thrilling opportunity to bring Lift Me Up before the Board. Thank you for everything you do for our community, and for your 40 years of success. I was particularly excited that you now have Back in the Saddle, a program for wounded warriors," said Foust. "Congratulations, thank you, we are glad to have you in Great Falls," he said.

"I'm impressed that you are also serving wounded warriors, folks coming back from service. It sounds like a wonderful program to help them to heal as well," said Chairman Sharon Bulova.

Two Lift Me Up riders, including Sarah Wickman, attended the ceremony as well.

"We could have brought Sarah up alone to be recognized because I understand that she was a Grand Champion of a riding show in Lexington last year," said Foust. "Congratulations to you Sarah."

John F. Kennedy Special Warfare Center and School as well as other related agencies and war colleges. Dr. Gorka appears regularly as an analyst and commentator in the U.S. and international media, to include the BBC, CNN, Fox News and EuroNews.

The May 5 event will be held at St. Catherine of Siena Catholic Church, 1020 Springvale Road, Great Falls. The program runs 11 to 1:30 p.m. and includes lunch. A modest contribution is appreciated.

The event sponsor is Thrivent Financial, a faith-based, not-for-profit membership organization, a Fortune 500 financial services organization and the nation's largest fraternal benefit society.

Reservations are a must and need to be made by April 28 by emailing Polly Fitzgerald at pollyfitz1@verizon.net or calling 703-759-4345. For additional information see website at gfseniors.org.

WEEK IN GREAT FALLS

Great Falls Senior Center to Host Talk on Terror

The Great Falls Senior Center (GFSC) has announced Dr. Sebastian Gorka as guest speaker for the May 5 event. His subject will be "The Rise of ISIS And Its Impact on America."

Dr. Gorka is a recognized international authority on terrorism, irregular warfare and national security. At the highest level he has briefed and advised the Office of the Secretary of Defense, the U.S. Special Operations Command, NATO, the National Intelligence Council and the CIA. He has also served as lead lecturer for U.S. Special Operations Command's Terrorism program and is a frequent guest lecturer at the FBI, the

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Counting Homeless; Solution Is Housing

Results of the annual census of homeless show progress, persistence of the problem, and some worrying trends.

On the night of Jan. 28, 2015, there were 1,204 people who were literally homeless in the Fairfax County area.

Of those, 715 were people in 213 homeless families, with 431 homeless children; 347 of those children were under 12. Sixty-two percent of the adults in these homeless families are employed, but don't earn enough to avoid becoming homeless. Domestic violence was identified as the cause of homelessness for 41 percent of the people counted in homeless families. Women made up 78 percent of the adults in homeless families.

Men accounted for 77 percent of the single homeless people.

Of the single homeless people, 55 percent, 268 people, are identified as having serious mental illness; 203, or 42 percent were identified as chronically homeless.

Twenty-five percent of the single homeless

individuals were employed.

Eight percent were veterans. Four percent, or 21, were former foster children.

Some troubling trends:

This year, 123 or 25 percent of the single homeless people were over 55. **COMMENTARY**

This year, 52 or 11 percent of the single homeless people were transitional adults, aged 18-24. This year, 58 percent of homeless individuals in families and 43 percent of single homeless people counted were African American. This is disproportionate to the overall African American population of 9.7 percent.

This year marks a reduction of 21 homeless people, or approximately 2 percent reduction over the previous count in 2014. It is a decrease of 34 percent since 2008 when there were 1,835 literally homeless people counted, including 1,091 in families. The Fairfax County Office to Prevent and End Homelessness credits adoption of housing first and rapid rehoming models, heightened prevention efforts and prioritizing housing for longest and most vulnerable homeless for continuing decrease.

What's needed is more affordable housing, more housing affordable to those with very low income, more affordable housing designated for formerly homeless people with the supports they need. Without a commitment to more affordable housing, it will be impossible to continue to reduce the number of homeless people in the region.

It's critical to note that those who are

literally homeless are a small part of the problem. In terms of preventing homelessness, literally thousands of families live at risk of becoming homeless in our region. Very high housing costs combined with the growth of low-wage service jobs mean that many families are one unexpected

bill away from homelessness. Nonprofits in the county play a huge role in preventing homelessness by responding to crises.

As the development of the Silver Line brings a wave of new residential construction in the county, we must insist that affordable housing be a part of that growth.

Mother's Day Photos

Mother's Day is May 10 and, every year at this time, The Connection calls for submissions to our Mother's Day photo gallery. Send photos of mothers, grandmothers, great-grandmothers, with children or without children in the photos. Please name everyone in the photo, the approximate date, describe what is happening in the photo and include your name, address, email address and phone number. (We will not print your full address or contact information.) You can upload photos and information directly to www.connectionnewspapers.com/mothersday/ or email to editors@connectionnewspapers.com.

— MARY KIMM

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Deer Population in Great Falls: A Historical Perspective

BY KATHLEEN MURPHY

There was a time in Great Falls when residents provided most of their own food from start to finish: They grew vegetables in their gardens, fruits in their orchards, grains in their fields, and livestock in their pastures. They hunted deer and fowl in forests, fished in ponds, streams and the Potomac, and gathered shellfish from the Bay.

To find out how Great Falls residents fed themselves before 1900, The Great Falls Historical Society's research on culinary styles (what people ate) and how food was prepared, is available in their book, "How to Cure a Thousand Pounds of Ham and Other Receipts" (GFHS, 1987), available for purchase at the GFHS tent at the farmers market. Local residents managed their food supply at a time when there was no gas or electricity for stoves, refrigeration, or lighting, and no mechanical means of transportation by depending on the bounty of the land. Ingredients in their recipes included wild game they hunted themselves - deer, rabbit, squirrel, duck, pheasant, wild turkey, and muskrat. The yield of their garden was also diverse, including onion, barley, carrot, corn, tomatoes, beans of several types, potatoes, herbs, and okra, to list a few.

While living off the land seems idyllic, we now understand that local wildlife was over-hunted and the land was over-farmed. The deer and their wild predators (wolves, mountain lions, bobcats) were hunted until there were no more left in Fairfax County by 1920. Local fields no longer yielded sufficient crops or sup-



GREAT FALLS HISTORICAL SOCIETY/
HOW TO CURE A 1000 POUNDS OF HAM, 1987

The Great Falls Farmers Market will focus on good hunting practices over the next two weeks, culminating in a presentation of the health benefits of venison, with a cook off and tasting on Saturday, April 25.

ported sufficient livestock that farm families made livings from - in the absence of agricultural farming practices that reformed the soil. Hastened by the economic hardships of the Great Depression, many Great Falls landowners sold and moved. A number of fallow gardens and fields have grown to forest. Many local farmers who remained joined the Great Falls Grange, an organization dedicated to educating farmers in more advanced, sustainable agricultural practices.

While this drama was playing out, the deer populations made an astounding recovery. With their predators eliminated, hunting laws limiting game harvests put in place, deer imported from other states to restock the local population, and suburban development, a

mosaic of vegetation emerged that supported many more deer than the original deer forests. By the 1970s, deer were reappearing around Great Falls. By 1999, deer were so numerous that Fairfax County started a deer management program. No one is talking about bringing back the deer's wild predators. Now, growing a vegetable garden in Great Falls requires construction of a sturdy 8-foot tall fence to keep the deer out. And the deer have significantly altered the ecology of our beautiful hardwood forests. The understory plants, except for invasive plants that deer won't touch (otherwise they wouldn't be invasive) are gone in most forests. Animals, small and large, that depended on this layer of forest now have inadequate habitat to survive.

While the hunting practices pre-1900s were not sustainable, having eradicated deer from our vicinity by the early 1900s, our current practice of allowing the deer population to grow exponentially without limit is also not sustainable. Our forests and those that depend on its understory for cover and fortification are forecast to disappear within the next 20 years, if we do nothing. The sustainability of our community's diverse wildlife depends on the decisions and actions of our community to bring our wildlife and their habitats and food sources into balanced alignment that can be sustained.

The Great Falls Farmers Market is focusing on "Field to Table" over the next two weeks, refreshing our community's understanding of wild game as a food source, culminating in a

SEE MURPHY, PAGE 13

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Holocaust Remembrance

FROM PAGE 3

perished as well as those who survived to educate future generations and rededicate ourselves to the history of the Holocaust and its impact on the world," said Chairman Sharon Bulova.

More than two dozens synagogues, houses of worship and nonprofits, plus Holocaust survivors, youth and interfaith leaders will join the Jewish Community Center of Northern Virginia Sunday, April 19 for the annual observance.

The program includes a reading of names of those murdered in the Holocaust, "Unto Every Person There is a Name," a youth workshop and an adult seminar on "The Psychology of Scapegoating."

"I always try to participate in that observance, it is one of the most powerful things we do," said Supervisor Gross.

"We will consider the intricacies of human nature and social interaction that al-

low for unspeakable atrocities to be committed by some individuals or groups against others. With hope, we will look at strategies that have succeeded in mobilizing the silent bystander and raising up societies to take a forceful stand against injustice and inhumanity," according to JCC of Northern Virginia.

THE EVENING is scheduled to culminate in a community commemoration with readings, poetry, a community interfaith choir, recitation of the Holocaust Kaddish and the

intergenerational candle lighting and pledges of the children and grandchildren.

"Many of us come to the Jewish Community Center to read the names of individuals who lost their lives, who perished, who were murdered during the

Holocaust," said Chairman Bulova. "I think it is a very powerful thing that our community does, it is so important, so very important not to ever forget what had happened."

"At some point, there won't be anybody left who actually experienced the horrors of the war at that time."

— Supervisor Penelope "Penny" Gross

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Moving for Academic Excellence

Researchers say frequent physical activity can lead to success in school.

BY MARILYN CAMPBELL
THE CONNECTION

Inside an elementary school classroom in Bethesda, Md., a class of third grade students is divided into small groups and given a task: to cross a desert using a limited supply of tools that often include a jump rope, a foam noodle or a scooter. Their mission is to devise a plan to cross the desert without touching the sand.

This classroom exercise at Norwood School requires cohesive collaboration, quick analytical skills and, most of all, creative physical movement.

"This type of activity is so much more than who has the most points on the scoreboard or how to kick a football," said Jane Martens, physical education coordinator at Norwood School. "It shows the direct relationship between movement and academic success, particularly when it comes to focus. Twenty minutes is long enough for little ones to sit and focus on academics. After that they need movement to refocus their attention."

Martens and other educators and researchers cite substantial evidence that physical activity can boost academic performance, including grades and test scores. In fact, many say the recent trend of sacrificing physical education for the sake of academics is counterproductive.

"Unfortunately, with an increased focus on academic standards of learning and budget dilemmas, physical education and outdoor play have often been among the first things to be cut," said Ivy Beringer, Ph.D., assistant dean, early childhood education and substance abuse, Northern Virginia Community College in Alexandria. "Based on research findings this appears to be counterproductive to the development of the



PHOTO COURTESY OF NORWOOD SCHOOL

Students at Norwood School engage in a movement exercise during the school day. Researchers say physical activity can boost academic performance.

"The more active we can get students within a day, the better prepared they will be to concentrate on these math problems or that text they need to read, or that essay they need to write."

— Dominique Banville, Ph.D., George Mason University

whole child. Even when there is limited time in the daily schedule for physical activity and outdoor play, teachers can engage children in classroom activities designed to get them moving."

Experts say aerobic exercise has the greatest effect on academic performance, and elementary school students benefit most from being physically active.

"Some of the largest cognitive benefits were linked, in order of importance, with mathematical achievement, IQ and reading achievement, all critical components of the standardized testing movement," said Dominique Banville, Ph.D., director, division of health and human performance at George Mason University in Fairfax. "Physical education is the only subject in school specifically dedicated to not only make students move during class time, but also to provide them with knowledge that will allow them to be active outside of school.

"Based on the most recent research, the more active we can get students within a day, the better prepared they will be to concentrate on these math problems or that text they need to read or that essay they need to write."

The effect is physiological as exercise increases one's energy level, increasing one's capacity for cognitive activity. "Exercise increases blood flow to the brain and has been shown to increase one's ability to focus," said Beringer.

The lessons that students learn from physical education are life-long and extend beyond an elementary school spelling test or a middle school science project.

"In addition to promoting concentration in the classroom, it gives children an opportunity to develop competence in using their growing bodies," said Christine Pegoraro Schull, Ph.D., professor, early childhood education, Northern Virginia

Resources for Movement Activities

Recessitate, a box of cards that have movement activities can be used quickly during breaks and transition times. Visit <http://oranda.org/products/recessitate>.

"10 Simple Ways to Encourage Physical Activity in the Classroom." These suggestions do not require equipment and are easy to incorporate throughout the day. Visit www.yourtherapysource.com/10simple.html.

COMPILED BY IVY BERINGER, PH.D., NORTHERN VIRGINIA COMMUNITY COLLEGE

Community College in Alexandria. "Everyone needs to learn how to run, stretch, climb, be agile and use rules in a group. In a fundamental way, it teaches children to not be sedentary."

ONE SOLUTION for a lack of time or space for activity is melding it with academic subjects.

"Teachers and school leaders need to see movement and play more through an interdisciplinary lens," said Glenn Whitman, director, Center for Transformative Teaching and Learning and girls' varsity soccer coach at St. Andrew's Episcopal School in Potomac, Md. "Teachers need to recognize that regardless of the length of a class period, students need to move."

"Simple solutions are to have students move among different workstations in class or to collaborate with their peers while standing up," Whitman added. "Students can recreate the movements of historical battles. Before an assessment, students can do some jumping jacks or stretches, which elevate dopamine levels in the brain and have been shown to lead to increased academic performance. Building movement into class is only limited by the level of a teacher's willingness to be creative."

Parental involvement is critical, say educators, particularly in schools where physical education is limited. For example, parents can suggest ideas for brief movement activities that are interspersed with academics, volunteer to lead such activities or form focus groups to brainstorm ideas to increase movement.

"Movement is so important that parents need to be more vocal about it," said Martens. "Parents need to be informed about what they're losing when they take away physical activity and movement."

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THE CONNECTION
NEWSPAPERS

WE CHANGE LIVES



Maybe it really is you. Maybe you really don't belong in a "gym."

Many people just don't do well in a typical big box gym. Those gyms are too big, there is nobody to help you, and it's easy to get lost in the sea of people already in shape.

It is hard to get serious about fitness when you feel like you don't belong at the gym, when you feel like nobody really cares about you after you join.

But fitness might be the most important thing to living a healthy life. Being healthy makes you a happier person, a better parent, employee, partner or spouse. Fitness is the key to getting involved in life. You can choose to fully embrace your own fitness life, or you can watch other people living theirs. Only YOU can decide to change your life and body when you are ready.

At Koko, we understand all of this, which is why our company was founded over a decade ago. We are the small, alternative fitness choice that exists for people who feel they don't fit into that impersonal big box fitness center.

If you like lots of help and guidance, then we are for you. If you like a small, comfortable place to work out with people just like you, then Koko is your gym. If other gyms have failed you and you felt lost in the crowd, we are here to make sure that this time -- with personal guidance and the proven Koko training methodology -- you will succeed.

Don't take our word for it, come see us for yourself. We offer a full 30-day membership, including full access to our training and coaching programs, for only \$30. Come experience what makes Koko so special. Meet our clients and our staff, and give us a chance to prove that this time you will succeed.

Fitness has to be part of your life; it shapes the way you live today and how you'll look and feel tomorrow. If you have failed before in fitness, remember that there is a place here in our community that is truly different and willing to prove it to you. This time, it is all about you. This time, you will change your life.

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Koko is all about family for us... it was my 17 year old who begged me to give it a try. I loved it at first because it was easy to fit into my schedule and was something fun for me



to do with my teenager. Now I love KOKO because I see the results and I feel so much better. KOKO is just a part of my life. KOKO is like no other fitness experience. It's not a regular gym (thank God -- no mirrors!). And it is an easy way to fit exercise into your schedule without it being a drag. I actually like working out now which was certainly not the case before. KOKO is fun because it challenges you individually, is efficient and gets results! I recommended it to my neighbors and now they're KOKO Nuts too!

~ Leesa Donner, Great Falls

I previously belonged to three other gyms in Reston, and I had never made it a full year before my attendance dropped off. With Koko, however,

I recently passed my two year anniversary and am still going strong. I love that I can get a full body workout every time in less than an hour.

The cardio and strength workouts continue to push me to work harder than I ever did on my own at previous gyms. As a result, I'm in the best shape of my adult life. And the desire to keep feeling this healthy and strong keeps me coming back. Thanks Koko!

~ Watt H., Reston, VA

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~ Scott Kreitz

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Encouraging, Inspiring and Rewarding Young Writers

Youth Creative Writing Contest winners to be announced at the Great Falls Book Festival.

By CHRISTINA TYLER WENKS

More than 100 sixth-graders from Forestville Elementary School participated in the Great Falls Writer's Group (GFWG) first Youth Creative Writing Contest. Winners will be announced and read their works during the afternoon event themed "Every Child Is A Storyteller" from 2 to 4 p.m. on Saturday, May 2, at the first Great Falls Book Festival at the Great Falls Library.

The GFWG started the contest to encourage and inspire young writers and reward their efforts. As a student, GFWG Member Michael Cappitelli won a similar contest. "Placing second rein-

2015 Great Falls Book Festival Schedule

Saturday, May 2, 2015
 ♦ 11 a.m. to 12:30 p.m.: How To Publish And Promote Your Book: A Conversation With Industry Experts
 ♦ 2 to 4 p.m.: "Every Child Is A Storyteller" Creative Activities for Youth; Youth Writing Contest Award Winners Announced
 ♦ 7 to 9 p.m.: "An Evening With The Authors" — Fifteen authors celebrate, discuss and sign their books. Wine and cheese reception at 7 p.m. Program begins promptly at 7:30 p.m.
 All events are at the Great Falls Library, 9820 Georgetown Pike, Great Falls, and are free and open to the public. No reservations are needed.

forced that I was on a good path because I then went to university as a communications arts major."

That experience provided a self-confident foundation to pursue writing.

Now the Reston resident and other GFWG members provide a similar opportunity for local children. "Being part of the contest made me feel like I had something to contribute – that what I say matters," says Cappitelli.

"Great writers don't become great writers overnight. Influences throughout the years create a canon of thoughts that become stories of their own," says Miller, president of the Friends of the

Great Falls Library and founder of the local Kids' Book Club.

GFWG writers determined two writing prompts from which sixth graders could choose. One prompt drew from personal experience. The other prompt required writing about an illustration from a soon-to-be published book by local children's author and illustrator, Brenda Klimavitz, of Vienna.

STUDENTS HAD ONLY 30 MINUTES to write. While their teacher graded the classroom assignment based on her students' abilities, essays were also assigned a number to achieve anonymity and submitted to contest judges

who weighed writing based on creative and original merits.

With the guidance of Forestville Elementary School Principal Todd Franklin and teacher Jennifer Donlon, judging criteria was established using standards already required for sixth-graders, but originality and creativity were deciding rubric factors. Fairfax County Public Schools approved the contest because the assignment is fairly administered, fits into student curriculum, and no outside influence from peers, siblings, or parents can influence or skew results, vocabulary or creativity in the assignment. Each submission is original and only from the mind and heart of each student.

GFWG members administered the contest, but judging was done solely by non-GFWG members who routinely work with or write for young readers.

Judges include Beth Jannery, director of the Journalism Program at George Mason University; Laura Malone Elliott, a published and nationally-known author who writes historical fiction for children and young adults; and Daniela Dixon, librarian and man-

ager of the Great Falls Library.

"Some young writers were very brave and raw in their writing, which gave me goose bumps at times.


Others were funny and curious and had me laughing," said Jannery about the entries. "I was inspired in meaningful ways by them all. What hope I have for this generation of writers."

During the book festival's afternoon event targeting young readers and writers, Children's Author Courtney Pippin-Mathur from Alexandria will help youngsters find their titles and start writing their own books.

JUDGES from the contest plan to share what they've learned through the contest judging experience and share with young persons how to become better writers.

The Friends of the Great Falls Library will provide the cash awards for the winners. Miller added, "This is a culmination of all the library community hopes it can create. Great thinkers, great writers, great readers and great storytellers."

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LETTERS

Oak Tree Planting Program Underway

To the Editor:
The Great Falls spring 2015 Legacy White Oak planting program is underway now, as described in this week's Connection ("Legacy White Oak Project.") There are options for planting trees in local parks as well as at homes, schools, churches and businesses. Residents who would like to support tree-planting in our local parks can make a tax-deductible contribution of \$466 this month to the Fairfax County Park

Foundation, at 12055 Government Center Parkway, Suite 404, Fairfax, VA 22035. Their telephone is 703-324-8582 and website is www.fairfaxparkfoundation.org. Checks should be marked with: "Great Falls Legacy White Oak Planting" and should specify in which local park the resident would like to see the oak planted. The local parks with spaces for trees in 2015 are: Colvin Run Mill, Riverbend and Lockmeade (on Riva Ridge).

If you'd like to have a white oak planted on private property (for \$406), contact GFCA vice president Bill Canis at bcanis@yahoo.com. For an additional charge, the local landscaper will also water your oak weekly during the summer. Planting white oaks is one way to ensure our community's wooded and semi-rural character continues into the future.

Bill Canis
Great Falls

Inappropriate 'Choices'

To the Editor:
My name is Donna McHugh and I am writing in response to your article ["Moving: From Institution to Community"] printed on April 2 regarding the Northern Virginia Training Center.

I am the sister and co-guardian of my 58-year-old brother Joseph F. McHugh (Joe) discussed in the article. He lives at the Northern Virginia Training Center (NVTC). Joe is minimally verbal, non-ambulatory, has serious digestive issues with spasticity and without continual preventative medical routines, performed by others at NVTC, he would be dead.

The article states that we have been provided a multitude of community placement choices. The choices presented to me and Joe's other legal guardians have been

inappropriate. The community does not have the skills or supports necessary for his real medical needs for his survival. We are actively investigating and reviewing choices — but nothing is available. There are not comparable and appropriate choices in Northern Virginia like we were promised. Currently, my only choice is the Central Virginia Training Center in Lynchburg, Va., which is slated to close in 2020 and go through the process of placement/discharge all over again which is stressful and full of anxiety. No one can predict the future of the state-funded ala-carte waiver, currently funded at 60 percent, which is being offered as my brother's source of funding while currently he has a fully-funded (100 percent) Medicaid/Medicare federal waiver which means whatever his needs are they are met, so from a fiduciary standpoint as a legal guardian why would I change that? I

can't predict how he will react to a new home, staff and routine. My hope is this will be a positive transition. But, I strongly feel that the impending closure date is unrealistic and makes me wonder if the department/state is more interested in "discharge" and closure than fostering the correct and appropriate placements. Finally, the Commonwealth of Virginia has had 40 years to develop community homes and resources. Virginia has the solution to serve many of its citizens including the medically fragile by using the property they already have and renovating it to meet individual/group needs. This is a solution that involves compromise and cooperation and would have Virginia leading the country.

I fear that my brother as well as many of the remaining residents will not find good, appropriate placements.

Donna McHugh
Centreville

Murphy

FROM PAGE 8
presentation of the health benefits of venison, with a cook off by local chefs and a free tasting of their recipes at the farmers market on Saturday, April 25 — the opening day of our 2015 summer farmers market.

Culling our local deer herd to a level that is sustainable can be a nourishing experience: refreshing our primordial understanding of

action of hunting, providing a respectful connection with our wildlife and their habitat as experienced during a hunt, awakening us to the fact that all of the meat we eat — all pink and nicely wrapped in plastic — depends on the taking of a live animal, which is a serious and solemn reality that deserves our most solemn respect and deepest gratitude.

Eliminating all the middlemen in our food chain, restoring our connection to the field, and bring-

ing our nourishment from field to table, we restore our connection to the earth.

Re-establishing this connection, we hear a call to join together in bringing our community into right balance — it is ours to ensure that the generations who follow us will enjoy a thriving local habitat, abundant with wildlife — in sustainable balance.

Kathleen Murphy is Great Falls Farmers market manager and president of Great Falls Historical Society.



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Sophomore Jessica Taylor, 15, and junior John Bucy, 17, rehearse their lines during rehearsal for Langley High School's "Book of Days," running April 23 to 25 at Hunter Woods Elementary School in Reston.



PHOTOS BY ABIGAIL CONSTANTINO/THE CONNECTION

Langley High School's 'Book of Days' Shakes Small-Town Morality

Performance in Reston while high school venue undergoes repairs.

ABIGAIL CONSTANTINO
 THE CONNECTION

Langley High School's spring production of Lanford Wilson's "Book of Days" will run on April 23-25 at Hunter Woods Elementary School in Reston. The show must go on even while Langley is undergoing major renovations.

The cast had their first practice in the venue for the first time on Saturday, April 11. "We've been practicing in school but this is actually the first time we've been here," said sophomore Jamie Goodson, 16, who plays the lead character Ruth Hoch.

Goodson said she sees a lot of similarities between her character and herself. "She's outspoken, not reserved, says whatever's on her mind," she said. Because of the play within the play, Goodson is also playing Joan of Arc. "We read scenes from Joan of Arc," she said, to prepare for the role and get into the character.

Sophomores Sam Kit, 16, and Kanishk Singh, 16, share the role of Earl Hill, a "low-life, poor guy," said Singh, whom Ruth suspects of foul play when Walt Bates, played by senior Liam Nimick, the owner of the cheese plant in the small town of Dublin, Mo., is found dead.

Singh and Kit both said that they are nothing like their character, whom they described as secluded, both emotionally and physically. "You just have to find that element within yourself," said Singh. "I really had to search myself for this role," added Kit.

Under the direction of Valerie Karasek, the cast also utilized techniques that allowed them to truly get into their characters. John Bucy, 17, and Sivan Tretiak, 15, spent a part of the rehearsal play fighting. There is no actual fight scene in the production but Karasek had the boys run their lines while pretending to be engaged in a fistfight, in what she calls



Sophomore Jamie Goodson, 16, plays the lead character Ruth in Langley High School's "Book of Days," running April 23 to 25 at Hunter Woods Elementary School in Reston.

"physicalizing the scene."

"Book of Days" was written in 2000 by Pulitzer Prize winning playwright Lanford Wilson. The mystery of Walt Bates' death and the dogged persistence of main character Ruth Hoch, along with the residents of the small town, hold a mirror on the values of the tight-knit community. "The play shakes up small-town values, it takes on its morality," said Karasek. "Can we accept truth if it's uncomfortable and if it shakes our values?" she said.

"Book of Days" will run April 23 to 25 at Hunter Woods Elementary School, 2401 Colts Neck Road, Reston. For more information, go to <http://www.saxon-stage.com/>.

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 MIDWEEK SERVICES, WED. 7:00 PM

CALENDAR

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

THROUGH SATURDAY/MAY 6

6 Artists: 5 Years. The Frame Factory, 212 Dominion Road NE, Vienna. An exhibition and sale of artwork by local artists: Jackie Elwell, Elaine Floirmonde, Debbie Glakas, Lisa Neher, Sarah Swart and Barbara Wagner.

WEDNESDAY/APRIL 14

Great Falls Citizens Association (GFCFA) Meeting. 7:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Will be a joint meeting of the GFCFA Land Use & Zoning Committee (LUZ) and the Environment, Parks and Trails Committee (EPT). The two committees are holding this session to look more closely into the environmental issues at the Brooks Farm property in Great Falls, which is proposed to be rezoned with cluster development.

Legos in the Library. 4 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Age 5-12 use provided legos to get creative.

WEDNESDAY/APRIL 15

Arts Jam Anniversaries. 7:30 p.m. GMU Center for the Arts, Concert Hall, 4373 Mason Pond Drive, Fairfax. A Flint Hill School music and dance extravaganza, at More than 150 performers and 8 ensembles, and the cast of the Upper School Musical, "Bye Bye Birdie." Free and open to the public. No reservations required. Free Parking in Lot K with Flint Hill mini bus shuttle service and paid parking at the Mason Pond Deck parking garage attached to the concert hall.

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

THURSDAY/APRIL 16

Introduction to Painting. 1-4 p.m. Vienna Art Center, 115 Pleasant Street, NW, Vienna. If you have always wanted to learn how to paint, attend this class with Donna Grone and you will take home your own finished painting. All supplies provided by the Vienna Arts Society. No experience necessary. Free. Call to register: 703-319-3971.

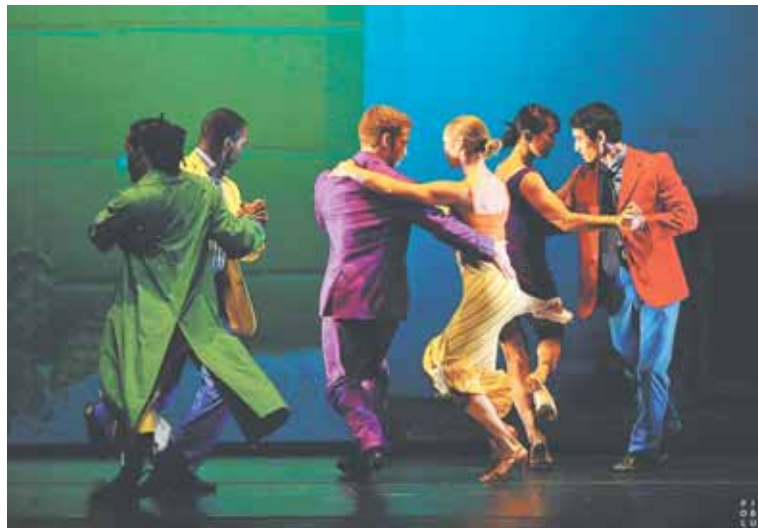
FRIDAY/APRIL 17

Pilobolus. 8 p.m. McLean Community Center, 1234 Ingleside Avenue, McLean. Award-winning, internationally recognized Pilobolus Dance Company will perform innovative, energetic and gravity-defying works. Tickets are \$50 for the general public and \$40 for McLean tax district residents.

"Other Desert Cities." 8 p.m. Vienna Community Center, 120 Cherry St. SE, Vienna. The story of the fictional Wyeth family — a clan highly regarded in old Hollywood circles. The play explores the dark family secrets that threaten to destroy external and internal perceptions about the life the family members lead. Runs through May 2. www.viennatheatrecompany.org.

Eileen Ivers. 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. This virtuoso's award-winning skill and Irish-inspired playing prove she is "the Jimi Hendrix of the violin," according to The New York Times. \$27-30. 703-255-1900.

Playdate Café. 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Toys and playspace for



On April 17 catch a performance of the Pilobolus Dance Company at the McLean Community Center. Acclaimed for its mix of humor, invention and drama and for the quickness and athleticism of its dancers, the Pilobolus Dance Company continually breaks down barriers and challenges the way people think about dance. For more information, visit www.aldentheatre.org.

preschoolers, coffee and conversation for grownups.

Drop-in Chess and Board Games. 3:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. All levels and ages are welcome to play.

SATURDAY/APRIL 18

Model Trains and Thomas at Open House. 1-5 p.m. Historic Vienna Train Station, 231 Dominion Road NE, Vienna. See and hear model trolleys and steam and diesel trains plus Thomas and some of his friends. The layout reflects the mountainous terrain and towns of Western North Carolina with award winning structures. Free admission. 703-938-5157. www.nvmr.org.

SUNDAY/APRIL 19

"Call Me William: The Life and Loves of Willa Cather." 2 p.m. McLean Community Center, 1234 Ingleside Avenue. The life and times of Pulitzer Prize-winning author Willa Cather are explored in the show, by Prudence Wright Holmes. Tickets are \$20 for the general public and \$15 for McLean tax district residents.

Amadeus Winds. 4 p.m. Saint Luke Catholic Church, 7001 Georgetown Pike, McLean. The Amadeus Winds will perform a concert. Tickets are \$30 and may be purchased at the door or online at <http://www.amadeusconcerts.com>. Students 17 and under are admitted free of charge.

Breakfast Buffet. 8 a.m.-noon. American Legion Post 180, 330 Center St., N., Vienna. Omelets, scrambled eggs, bacon, sausage, blueberry pancakes, biscuits, sausage gravy, home fries and fruit. Adults \$8, children 12 and under \$3. Call 703-938-6580 for more information.

TUESDAY/APRIL 21

Table Panache for Festive Celebrations. 10 a.m. Vienna Presbyterian Church, 124 Park Street, NE, Vienna. The program will feature eight tables designed by Five Hills Garden Club Members and will be held on in the Great Hall. Arrive at 9:30 a.m. to browse the boutique of unique vendors. The program will begin at 10 a.m. Tea and a light lunch will follow. For ticket information call 703-988-9324 or email mariansanders@cox.net.

WEDNESDAY/APRIL 22

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

Silent Comedy on the Civil War "Hands Up." 7:30 p.m. McLean Community Center, 1234 Ingleside Avenue, McLean. The 1926 comedy on the Civil War "Hands Up," starring silent movie icon Raymond Griffith. The film has one of the most eye-opening endings of any era.

THURSDAY/APRIL 23

John McCutcheon. 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Folk expert with a vital, narrative voice performs classics like "Christmas in the Trenches" and "Hail to the Chief." \$25-28. 703-255-1900.

Reading Buddies. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Beginning readers practice with teen volunteers.

Arbor Day and Green Expo. 4 p.m. Peet's Coffee, 332 Maple Ave E, Vienna. The tree planting ceremony will be held in front of Peet's Coffee. After the Arbor Day ceremony, the public is invited to attend the 7th annual Vienna Green Expo at the Vienna Community Center from 6:30 p.m. to 9 p.m. The Vienna Green Expo is a juried showcase of local and regional earth-friendly exhibitors educating the public on how to achieve a green lifestyle.

Introduction to Painting. 1-4 p.m. Vienna Art Center, 115 Pleasant Street, NW, Vienna. If you have always wanted to learn how to paint, attend this class with Donna Grone and you will take home your own finished painting. All supplies provided by the Vienna Arts Society. No experience necessary. Free. Call to register: 703-319-3971.

SATURDAY/APRIL 25

Taste of Vienna. 11 a.m. to 8 p.m. 400 Center Street South, Vienna Volunteer Fire Department. to <http://www.tasteofvienna.org/>. <https://www.facebook.com/tasteofvienna?fref=ts>. Rain or shine.

SUNDAY/MAY 9

Annual Yard Sale/Flea Market. 8 a.m. - 2 p.m. Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls. You can reserve a space (\$20) to sell your own treasures or donate items to the church. Come shop, donate and/or sell your own things. 703-759-3705

ONGOING

Tai Chi Beginners' Practice. Through March 21. Free Tai Chi beginners' practice. Open to all. Every Saturday, 8-9 a.m. St. Luke's Catholic School Gymnasium, 7005 Georgetown Pike, McLean.



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Here's What's Happening at MCC



**Onstage @ The Alden
Pilobolus**

Friday, Apr. 17, 8 p.m.
\$50/\$40 MCC district residents

**McLean Spring Community
Garage Sale**

Saturday, April 18, 9 a.m.-1 p.m.

Free admission
1420 Beverly Road
(behind the Giant Shopping Center)

**Onstage @ The Alden
"Call Me William: The Life and
Loves of Willa Cather"**

by Prudence Wright Holmes

Sunday, Apr. 19, 2 p.m.

\$20/\$15 MCC district residents

**"Fabulous Floral" Day Trip
Virginia Museum of Fine Arts**

Tuesday, April 21, 8:45 a.m.-5:30 p.m.

\$130/\$125 MCC district residents

**Classics of the Silent Screen
Raymond Griffith in "Hands Up"**

Wednesday, Apr. 22, 7:30 p.m.

\$12/\$8 MCC district residents

**OFTC Family Events
Dinner & A Show Featuring
the Alden's Unruly Theatre**

Friday, April 24, 7-9 p.m.

Dinner available for purchase; show is free.

**Mermaid Theatre of Nova Scotia
"The Very Hungry Caterpillar
and Other Eric Carle
Favourites"**

Saturday, Apr. 25, 2 p.m.

\$15/\$10 MCC district residents

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SPORTS

McLean Gymnastics: Remarkable Season

The Board of Supervisors honored McLean High School's girls gymnastics team for winning the Virginia High School League 6A state championship, the team's first.

"Congratulations on an extraordinary accomplishment. I realize this is the first time McLean High School has won the state championship. Is that correct?" said Supervisor Foust.

"We're going to do it again next year, is that also correct?" asked Supervisor Foust.

The entire team school stood with their coach, Courtney Lesson, before the Board on Tuesday, April 7 in Fairfax.

"Not only are they great competitors, but they are truly supportive of one another," said Lesson. "They have a great work ethic and team spirit."

Lesson thanked the McLean community, parents, friends, families and the McLean High School administration, including Dr. Ellen Riley, principal; Jim Patrick, director of student activities; Fernando Belli, assistant director of student activities.

"Great job ladies. I'm so proud of you on everything you have accomplished this



Fairfax County Board of Supervisors honored McLean High School's girls gymnastics team on Tuesday, April 7.

year," said Lesson. "And thank you for having us here today."

"We love bringing you before the Board for a number of reasons," said Foust. "First, obviously, is recognition for winning a state championship, that's an amazing accom-

plishment that makes us very proud. What really makes us most proud is the quality of students we have at McLean High school and the wonderful wonderful student athletes that you all are."

The team was congratulated just after

Mount Vernon Woods Elementary School students sang for the Board.

"Feel free at any time to sing your school song," said Supervisor Jeff McKay.

— KEN MOORE

Langley Swim and Dive Honored at Board

Sheriff Stacey Kincaid gave Langley High School Girls Swim and Dive team an extra splash of praise Tuesday, April 7 while the Board of Supervisors were recognizing the team for winning the VHSL 6A state championship this past winter, the sixth time in the school's history.

"Are you a swimmer?" Supervisor John Foust said, as he looked up to see Kincaid standing with the Langley swimmers.

"I was a swimmer, but I did not swim for Langley High School," said Kincaid. "I did play softball for Langley High School so I just wanted to come up and support my alma matter and I'm very proud of these women."

"This is a great time to celebrate so I celebrate with them," she said.

"Well, we're very proud of you. A Langley High School student who is the first female Sheriff in the county in 272 years," Foust said.

Foust told the swim and dive team how



Fairfax County Board of Supervisors honored Langley High School's girls swim and dive team on Tuesday, April 7.

proud he was of them. "I will always bet on you because it is your sixth state championship and that is really amazing."

"Thank you very much for this recognition," said coach Ryan Jackson. Four of the students on the state championship team

appeared before the Board of Supervisors for their recognition; three were at school and one was swimming at the Olympic training center.

"They are a fantastic and phenomenal group of young ladies," he said. "As a team we were able to win those titles, so it really speaks how this group of young women competes, not as individuals but really competes as a team and supports each other. We are all so very proud of their accomplishments."

Their recognition followed Mount Vernon Woods Elementary School students who sang the school song at a recognition for the school's 50th anniversary.

Jackson said as he waited for his team to be honored, he asked the Sheriff if there is a Langley School song.

"We have no idea if there is a Langley school song, but we are going to find out about that," said Jackson.

— KEN MOORE

McLean Boys' Lax Improves to 6-0

The McLean boys' lacrosse team improved to 6-0 with a 7-6 triple-overtime victory over Stone Bridge on April 9.

The Highlanders faced Yorktown on Tuesday, after The Connection's deadline. McLean will travel to face Thomas Jefferson at 7:15 p.m. on Thursday, April 16.

Meaghan O'Reilly and the McLean girls' soccer team remained undefeated with a 2-1 victory at South County on Monday. The victory improved the Highlanders' record to 4-0-2. McLean will travel to face Thomas Jefferson at 7 p.m. on Friday, April 17.



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



The McLean boys' soccer team dropped to 2-3 with a 3-2 loss to South County on Monday. The Highlanders will host Thomas Jefferson at 7 p.m. on Friday, April 17.



Colvin Run Mill Park manager Mike Henry near the corn bolter, a period piece which dates back to the early 19th century. It has been named "Elvis" by staff members at the park. A Restoration Celebration will take place at Colvin Run Mill Historic Site on April 19.



The new shaft which services the Colvin Run Mill water wheel is an oak tree that fell in New York state during Hurricane Sandy in October 2012.

Colvin Run Mill Prepares For Reopening Ceremony

Restoration complete at historic Great Falls park.

BY RYAN DUNN
THE CONNECTION

Colvin Run Mill Park Manager Mike Henry is planning for busy weeks ahead. A Restoration Celebration will take place at Colvin Run Mill Historic Site on April 19. There will be an official grand reopening ceremony open to the public at 1 p.m. Operated by the Fairfax County Park Authority and located at 10017 Colvin Run Road in Great Falls, the mill is a popular year-round destination. With restorations complete at Colvin Run Mill, the 200-year-old park is harking back to its glory days.

Thanks to a \$75,000 grant through the Partners in Preservation social media contest sponsored by American Express and the National Trust for Historic Preservation, the original restoration of the mill that started in the 1970s was on its way to fulfillment last year. Grinding with the main stones at Colvin Run Mill Historic Site stopped for a few months when Miller Mason Maddox found a crack in the 6,000-pound main axle of the site's water wheel. The fractured shaft was replaced with an oak tree that fell in New York State during Hurricane Sandy in October 2012. Ben Hassett, one of the few remaining millwrights in the nation, conducted the repair work at Colvin Run Mill in Great Falls.

FAIRFAX COUNTY spent about \$1 million restoring the mill between 1968 and 1972, but stopped before finishing when funds ran out. "This project is to complete restorations begun in the 1970s," said Hassett. Hassett helped Colvin Run Mill mirror a system outlined in Oliver Evans' 1795 book, "The Young Millwright's and Miller's Guide." Colvin Run Mill is the sole surviving operational 19th-century water-



powered mill in the Washington, D.C. metropolitan area, and its restored mechanism is a significant example of automated technologies pioneered in milling and adopted across American industry. Milling ended at the site in the mid-1930s and thereafter the mill was abandoned. Citizen interest inspired the Fairfax County Park Authority to acquire the property in the mid-1960s.

The mill opened as a museum in 1972, and visitors can observe its historic machinery in full operation. The restoration work completed at Colvin Run Mill now completely shows the Oliver Evans' (1755-1819)

automated process that revolutionized late 18th and early 19th century flour milling in America. Evans' system was the foundation of the modern automated industries that followed. Locally, George Washington received one of the first licenses to use Evans' system in his mill on Dogue Creek in Fairfax County.

Evans' automated milling system integrates several elements into a continuous process that reduces the amount of manual labor required to operate a gristmill. These include grain elevators (which have buckets attached to endless canvas or leather

straps which revolve over two pulleys), wooden Archimedean screws (or conveyors), and a corn bolter. One of newer additions to Colvin Run Mill is the corn bolter which dates back to the early 19th century. Named "Elvis" by staff members, the period piece corn bolter has period graffiti on it.

Park Manager Mike Henry suspects with completion of the repairs, there may be an increased demand of ground grain products at local restaurants. Colvin Run Mill still grinds enough corn and wheat to supply the associated general store, as well as several area restaurants. The Fairfax County Park Authority Board approved three Mastenbrook grants in mid-February, setting in motion more than \$20,000 in improvements at Colvin Run Mill Historic Site, Turner Farm as well as Idylwood Park. These bond funded grants provide limited matching funds for projects in Fairfax County parks.

In its heyday, Colvin Run Mill could have produced nearly 4,000 pounds of flour daily, enough to fill twenty 196-lb barrels. Each barrel would have been hand crafted to exact specifications written into Virginia law in the 1780s. Colvin Run Mill has 13 reproduction barrels on display, and wanted seven more to show the mill's daily output. The new barrels were commissioned from cooper (barrel maker) Ron Raselis of Strawberry Banke Museum in New Hampshire who made the park's original barrels. They were funded by a combination of Friends of Colvin Run Mill, public donations and a matching grant from the Park Authority's Mastenbrook program. "We are very thankful for community support, and for all the assistance from our volunteers," said Henry.

THE COLVIN RUN MILL reopening ceremony will be open to the public. Everyone can enjoy tasty treats made from mill products and children will have fun with activities just for them. Grain grinding demonstration will last from noon-3 p.m. This is a free event and no registration is required. For more info on the mill, visit www.fairfaxcounty.gov/parks/colvinrunmill/.

A grant through the Partners in Preservation sponsored by American Express and the National Trust for Historic Preservation helped pay for complete renovations of the Colvin Run Mill at Great Falls.

PHOTOS BY
RYAN DUNN/
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NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

ABC LICENSE
JM/JN Group, LLC trading as Osteria Da Nino, 2900 S. Quincy St. Arlington, VA 22206. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) FOR A Beer and Wine on/off Premises and Mixed beverage on Premises license to sell or manufacture alcoholic beverages. Antonino Pino, member
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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21 Announcements

PUBLIC NOTICE

AT&T proposes a modification to an existing facility with tip heights of 167 feet on a building at 2625 Jefferson Davis Highway in Arlington, VA (National Airport). In accordance with federal regulation 47CFR 1.1307, the NEPA and the ACHP 36 CFR 800, parties interested in submitting comments or questions regarding any potential effects of the proposed facility on Historic Properties may do so by contacting Scott Horn (856-809-1202, scotthorn@acerassociates.com) at ACER Associates, LLC at 1012 Industrial Dr., West Berlin, NJ 08091.

21 Announcements

ABC LICENSE
Big Mooks BBQ, LLC trading as Mookies, BBQ, 1141 Walker Rd. Great Falls, VA 22066. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Mixed Beverage Caterer Limited license to sell or manufacture alcoholic beverages. Brian Varani, member
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

ABC LICENSE
Robinson Hill LT, Inc. trading as Lebanese Taverna Express, 2401 Smith Blvd Reagan National Airport Terminal BC Space BC-20A, Arlington, VA 22202. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer and Wine On Premises license to sell or manufacture alcoholic beverages. Robinson Hill LT, Inc.
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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Up and Down and All Around

By KENNETH B. LOURIE



No. That's not my stomach talking. Nor is it the recurring effects of the six-plus years of chemotherapy. Fortunately, nausea has rarely been a part of that experience. However, like so many others, I have endured my share of side effects: I've lost my hair, lost weight, lost interest in food/lost taste, lost energy, lost sleep and a few other things I can't remember I've lost ("chemo brain"), but amazingly, I've not lost my life. Neither have I lost my will to live. Still, living with cancer is hardly the stuff of which dreams are made; more likely, they're nightmares. And though living is its own reward, for a cancer patient/survivor, it's not a given; you sort of have to take it.

To say that "living with cancer" – meaning you're the one afflicted – is like being on a roller coaster, would be unkind to all roller coasters. I can't really see that there are any thrills to being on board for this emotional/physical ride. Aside from there not being a safety bar, there are no guarantees that you'll survive the trip/ordeal; and unlike the ride at the amusement park, it's unlikely you'll want to go on again. For cancer patients, being diagnosed once is more than enough. And if your diagnosis is the terminal kind, once really is all there needs to be. Because if there's one thing that cancer has proved to be beyond a reasonable doubt, is an indiscriminate killer with reach beyond many a grasp.

Ergo; assimilating, integrating, processing this fact into your daily existence is hardly the pause that refreshes. It's more of the premature finish that you worry about. Immediately, your outlook on life changes. Whatever plans/expectations you may have had for a long life may have to be modified. I had a modest plan, more like a presumption: that I would live into my mid eighties, as both my parents had. Learning at age 54 and a half that my presumption turns out to be an assumption I shouldn't have made, is unsettling to say the least, and extremely disappointing to soften the most. Finding a level, a mechanism, a rationalization, a sense of purpose in the midst of such a devastating change of plans is the axis on which your life – with its cancer-related fits and starts – twists and turns.

As difficult as this challenge is, it is particularly difficult during the weeks leading up to your CT Scan and the days following, until your appointment with your oncologist when the results are finally discussed. Then you'll know where you stand or whether you should be sitting; whether your life hangs in the balance or whether the balance is completely out of whack. It's rare that you'll be pardoned; realistically speaking, all you can hope for is lighter duty. But that's the problem, there's nothing light about it. It's all heavy and often very unpredictable. And there's very little that's amusing about it. And unlike a roller coaster which has a beginning and an end with a middle to die for, cancer's beginning, middle and end is all to die for.

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

SCHOOL NOTES

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

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

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

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

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

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

Four Fairfax County Public Schools (FCPS) students have won **national awards in the 2015 Scholastic Writing Awards Competition**. Sixteen FCPS students won regional Gold Key awards, and 29 students won regional Silver Key awards.

♦ Olivia Dabich of Marshall High School for Flash Fiction, "A Defector and Family's Guide to the Aftermath of Defection from North Korea." Dabich won a Gold Key award for this entry in the regional competition.

♦ Peiqi Wang of Carson Middle School for Critical Essay, "A False Dichotomy: Privacy and Security in the Digital Age." Wang won a Gold Key award for this entry in the regional competition.

National Silver Medal award winners were:

♦ Mei Baek of Thomas Jefferson High School for Science and Technology (TJHSST) for Poetry, "Grandmother." Baek won a Gold Key award for this entry in the regional competition.

♦ Samiksha Kale of Kilmer Middle School for Poetry, "3-2-1 Fun, My Spark of Inspiration, The Jewel of India, Wretched Soul." Kale won a Gold Key award for this entry in the regional competition.

Regional Gold Key award winners are:

♦ Colleen Flanagan of Herndon High School for Poetry.

♦ Olivia Dabich of Marshall High School for Short Story and Poetry.

♦ Tara Abrishami of TJHSST for Poetry.

♦ Suzie Bae of TJHSST for Personal Essay-Memoir.

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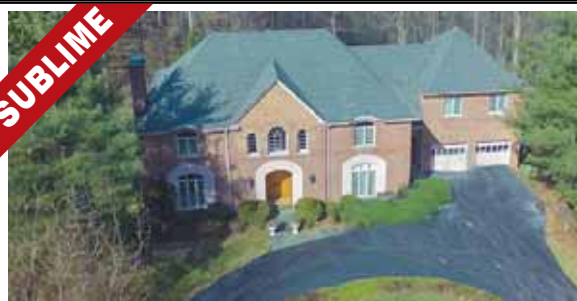
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