

Great Falls CONNECTION



What's Coming?

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Great Falls Citizens Association wants to save the house on Turner Farm through the residential curatorship program. Turner Farm was saved from development by a public-private partnership started in 1994 to "Save the Farm."

Langley Choirs Win Top Awards in San Antonio

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Great Falls Farmers Market Celebrates 'Field to Table'

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PHOTO BY KEN MOORE/THE CONNECTION

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FX8542011 - \$989,000 - Great Falls
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Join us Monday May 11th at our **Military Appreciation Monday (MAM)** event at The Old Brogue in Great Falls. We will be hosting **Great Falls Girl Scout Troop 3651's efforts to raise money in support of the WWII Veterans Honor Flights**

* The Old Brogue is located at the corner of Georgetown Pike and Walker Rd. in Great Falls. Call (703) 759-3309 to reserve your table at either the 5:30 or the 7:30 seating. (Bob and his Co-Sponsors will each make a 10% matching donation of your dinner tab!)

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Idyllic but controversial. More than 1,400 residents oppose a proposal to develop Brooks Farm off Springvale Road into 20 cluster houses. Planning and Zoning is expected to hear the proposal in a public hearing in June.



PHOTOS BY KEN MOORE/THE CONNECTION
Langley High School is currently being renovated in a project approved by a bond referendum in 2013.



Great Falls Citizens Association wants to save the house on Turner Farm through the residential curatorship program.

What's Coming?

BY KEN MOORE
THE CONNECTION

❖ Brooks Farm, near Springvale Road/Parkerhouse Drive RZ 2014-DR-022

Basheer/Edgemore-Brooks continues to fine tune its proposal to rezone a 51.9 acre property from the R-A zoning district to R-E Cluster (Residential Estate), at a density of 0.5 dwelling units/acre. The applicant now proposes to build 20 single family detached homes. Great Falls Citizens Association has held three meetings in the last five months on the proposal. Supervisor John Foust coordinated staff presentations at two Great Falls Citizens Association meetings, which have touched on environmental questions including septic, well, stormwater and tree canopy. Planning and Zoning is currently scheduled to review the application in time for a public hearing in June.

See <http://ldsnet.fairfaxcounty.gov/ldsnet/ZAPSMain.aspx?cde=RZ&seq=4194460>.

❖ 3509, 3514 (sign) 6520 Georgetown Pike Langley High School Renovation

Three more years of construction at Langley High School will completely modernize the McLean/Great Falls school that was originally built in the 1960s. Fairfax County voters approved the \$68 million project in

a 2013 bond referendum. The School Board awarded \$60 million to Dustin Construction last November. Langley High School continues to give updates on renovation progress on its website at fcps.edu/LangleyHS

❖ 1528, 1524, 1510, 1509 Turner Farm 925 Springvale Road, Great Falls, 22066

The Mark Turner House at 10609 Georgetown Pike, built in 1892, is one of "only two surviving examples of the Queen-Anne architectural influence in Great Falls," according to the Great Falls Historical Society. John Turner (1808-1892) bought the original farm in 1869 and his grandson Mark Turner (1889-1959) purchased the 163 acres from his grandfather.

Mark Turner, first Master of the Great Falls Grange, member of the Virginia Milk Commission and Fairfax County School Board Member and Board of Supervisor, sold 11.69 acres along Springvale Road to the United States Government. In 1973, he sold 100 acres, which became the Falls Manor Subdivision, according to the Historical Society.

Great Falls Citizens Association wants to save the house at Turner Farm through the residential curatorship program, which is still being developed by the county.

The land was saved from development by

More than 1,400 residents oppose Brooks Farm redevelopment; citizens association calls for resolution.



Great Falls sites and developments to look at: 1 Brooks Farm, Springvale Road/Parkerhouse Drive; 2 Turner Farm, 925 Springvale Road; 3 Langley High Renovation, 6520 Georgetown Pike; 4 Pedestrian Path, Georgetown Pike.

a public private partnership started in 1994 to "Save the Farm."

The Observatory Park on the land off Springvale Drive is open which provides four permanently mounted telescopes. The Analemna Society partnered with the Park Authority to develop recreational and educational astronomy programs at Turner

Farm, including Friday night star-gazing with summer viewing hours are from sunset to 10:30 p.m.

Equestrian facilities are also available at Turner Park for general riding. Use of the facilities is free and reservations are not required, but riders do need to bring their own horses.

Great Falls Citizens Association Calls Vote on Brooks Farm Development

More than 1,400 residents have petitioned to oppose the rezoning, according to Great Falls Citizens Association.

The Board of the Great Falls Citizens Association have called for its membership to vote on a resolution to oppose the Brooks Farm rezoning.

"We have not been convinced enough is being done to prevent damage to neighboring homes and pond," said

GFCFA president Eric Knudsen.

"Brooks Farm is an environmentally-sensitive area and the source of the headwaters of Pond Branch Stream watershed," he said. "GFCFA has extensively studied the rezoning plans and discussed them in depth with Fairfax County staff, weighing arguments both for and against the Brooks Farm development. The resolution reflects the results of this inquiry into density,

stormwater erosion and possible impact on water pressure in neighboring properties."

The resolution will be presented to the GFCFA membership for action at the next general meeting on May 12, 2015, at 7:30 pm at Forestville Elementary School.

"GFCFA has studied this application for many months, and public interest has remained high throughout the process. The input the committee has received from resi-

dents is that the current proposal does not sufficiently address their concerns," said Jennifer Semko, chair of GFCFA's Land Use and Zoning Committee.

The GFCFA resolution also calls for state-of-the-art stormwater management on every lot and in common areas, with development conditions, proffers and covenants imposed to ensure that sensitive environmental areas will be cared for during construction and well into the future, said Knudsen.

— KEN MOORE

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WEEK IN GREAT FALLS

Mother's Day 5K for Mental Health

Come out May 3 and support the Becky Love Foundation at the second annual Mother's 5K for Mental Health. This event will begin and end at the Turner Farm Park, 925 Springvale Road, Great Falls. The race will begin at 8 a.m. and will follow an out and back certified 5K course just outside the park.

Registration for the 5K will be \$30 until on-line registration closes on May 1. The race will then cost \$35 on race day. The 1k fun run will be \$10 and \$15 on race day. All participants of the 5K who register before May 1 will receive a commemorative race shirt. If you registered after May 1, shirts will be available on a first come, first serve basis.

Bring your horse or pony to Turner Farm on Mother's Day and ride in a 5K course around the cross country course. The ride will end at the Riding Ring, where we will have gymkhana games for all to enjoy. \$40 before March 31, \$45 until registration closes, \$50 on race day.

Awards will be given to the overall male and female winners as well as the top finisher in each of the following age groups; 12 & Under, 13-18, 19-29, 30-39, 40-49, 50-59 and 60 & Over.

Enjoy a post-race event with water and snack for runners, then stay for a fun day for the whole family, including a moon bounce, climbing wall, pony rides, face painting and food from Gordon's Grill. Starting at 10 a.m., watch a 5K on horseback, with games in the riding ring until 1 p.m.

The Becky Love Foundation is a non-profit, supporting mental health. For more information about who we are and what we do, visit:

www.beckylovefoundation.org or contact us at sarah@blfound.org.

Great Falls Resident Receives Governor's Award

This Thursday, April 30, Great Falls resident Jacqueline Cheshire will receive the 2015 Governor's Volunteerism and Community Service Award in the Outstanding Adult Volunteer category. Cheshire received the award based on the work she does as a volunteer puppy raiser for Canine Companions for Independence (CCI), a nonprofit organization dedicated to the raising and training of service dogs for people with disabilities. In addition to dedicating her time as a puppy raiser, Cheshire is a leading force in the DC DogFest Walk 'N' Roll, which raised more than \$46,000 for CCI. This year's DogFest fundraiser will take place at Pentagon Row in Arlington on Sept. 12, 2015, and is a public event. They hope to raise \$60,000 this year for CCI.

Yard Sale/Flea Market at the Church

Annual yard sale/flea market will be held again this year on Saturday, May 9, 8 a.m.-2 p.m. at the Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls (703-759-3705) - rain or shine. You can reserve a 10'x10' space for \$20

SEE WEEK, PAGE 5



Dr. Allen S. Garai

- Specialist in Orthodontics
- Diplomate, American Board of Orthodontics (Board Certified)
- Elite Invisalign Provider
- Attending Faculty— Orthodontic Department Children's/Washington Hospital

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Great Falls
9912D Georgetown Pike
Great Falls, VA 22066
703-281-4868

Great Falls Farmers Market Celebrates 'Field to Table'

Opening day highlights local, sustainable food source in residents' backyards: deer.

By LISA COLBURN STEWART
FAMILYANDFORKS.COM

On Saturday, April 25, Great Falls restaurants helped kick off opening day for the summer season at the Great Falls Farmers Market with a focus on a local, sustainable food source in residents' backyards, deer. Local chefs John Conway, executive chef at The Old Brogue, Zamarod Owner and Chef Dor Niaz, and High View Farm's Owner, Craig Hagaman presented dishes to share with Farmers Market shoppers to demonstrate the possibilities and versatility of venison.

Conway adapted one of The Old Brogue's signature dishes to create a venison bourguignon utilizing hind-quarter cuts stewed in a succulent wine sauce and surrounded by local carrots and potatoes. Any potential gaminess of

the venison is removed by slow cooking, making Conway's Venison Bourguignon almost impossible to distinguish from his more familiar Beef Bourguignon version.

"Although we don't serve venison at The Old Brogue, this venison stew is a great example of how home cooks can incorporate a local and sustainable meat source into our favorite dishes without sacrificing flavor."

IN HIS OTHER DISH sampled at the market, Smoked Venison Tenderloin, Conway marinated venison tenderloins for a day, then pan fried to create a crust. He finished grilling the tenderloins on the smoker provided to the event by Sam Gadell. "Venison is very lean so marinating the meat in advance is another great way to

SEE VENISON, PAGE 9



The Old Brogue's Executive Chef John Conway Prepares Venison for Great Falls Farmers Market Opening Day "Field to Table" celebration.



Zamarod's Dor Niaz preparing grilled venison for Great Falls Farmers Market Opening Day "Field to Table" event.

PHOTOS BY LISA STEWART

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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.

Yours in fitness,
The Team at Koko FitClub



Try us 30 days risk free for just \$30. Meet our team, talk with our members, and enjoy all that the digital gym has to offer. There is no obligation: If you don't love Koko in 30 days, we haven't earned your business.

*Some restrictions may apply. See club for details.

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

There is absolutely no way I would achieve what I do at this club ANYWHERE else. I've lost over 15 lbs, my blood pressure is lower, and I am looking and feeling better than I have in 10 years!



~ Scott Kreitz



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OPINION

Fostering Connections, Faltering

Why are federal dollars acceptable for roads, but not for helping foster children?

While there is plenty of competition for the title “most vulnerable,” foster children are certainly among them.

In Fairfax County right now, there are more than 240 children in foster care. There is no benign way to end up in foster care. Foster children are victims of abuse and/or neglect significant enough for them to be removed from their families. On Tuesday, April 29, the Fairfax County Board of Supervisors announced that May is Foster Care and Foster Family Recognition Month.

Ironically, May, 2015 could be a month of uncertainty for older foster children in many places in Virginia because of a failure in the Virginia General Assembly.

About 50 foster children a year “age out” of the foster care system in Fairfax County. There are children who may have spent much of their lives in foster care, and reach the age of majority while they are still in foster care, without being reunited with their families or being adopted.

“The research shows that our youth who have been in foster care are extremely traumatized,” said Carl E. Ayers, director of the Virginia Division of Family Services. “Children who have aged out of foster care are much more likely to be homeless, to end up in psychiatric hospitals, to end up in jail, to be young parents, to be on public assistance and just in general have higher rates of poverty. If you can think of a negative outcome, that’s what we

see [at high rates] with foster children who age out.”

But right now, about 150 young people between 18-21 who are receiving foster care services in Virginia, with as many as 50 of them here in Fairfax County, are discovering that because the General Assembly failed to pave the way for Federal “Fostering Connections” funding, they could be aging out sooner than they expected.

In 2008, President George Bush signed the Fostering Connections Act that gives states the ability to use federal dollars for children who were in foster care up until the age of 21.

In Virginia, the General Assembly passed in 2014 a plan for implementation that required legislation in 2015 session. But that bill died in committee, and Virginia Family Services has begun the process of letting local agencies, like Fairfax County Department of Family Services, that once a foster child turns 18, they must be transitioned out of foster care.

By spending a little over \$3 million, the state could have gained more than \$10 million in federal money to help these emerging adults at a critical moment. Savings to localities would have been more than \$3 million.

But instead, foster children 18 or older will need to have services transitioned. Ayers says the department will work with local agencies to be sure that none ends up homeless, no one ends up in the hospital. But for youth in foster care 18 or over, a new plan will have to be

Learn More: Foster Care

Orientation meeting, second Monday monthly, 7 p.m.
Department of Family Services, Pennino Building
12011 Government Center Parkway
Fairfax, VA 22035
703-324-7639
www.fairfaxcounty.gov/dfs/childrenyouth/fca.htm

worked out, and each such youth will have to deal with one more uncertainty.

“It is very, very important that no one is turned on the street,” said Ayers, citing specific instructions that local agencies contact him personally if they are having trouble identifying services for any of the youth being transitioned.

Localities got the word via a “broadcast” memo on April 15, and are still sorting out what it all means.

In Fairfax County, the goal is for youth who are currently in foster homes to be able to stay in them by shifting how they are served, but there will certainly be a financial impact.

“With this being so new, our immediate step was to see exactly which kids will be affected, timelines and expectations,” said Nannette Bowler, director of Fairfax County Family Services. “We’ll scramble and do an assessment on all these children to figure out we can support them given what has occurred.”

“We’re going to have ... look any avenue that we can to be sure these children are not derailed.”

Stand by, because it is going to take a village to raise these children.

— MARY KIMM
MKIMM@CONNECTIONNEWSPAPERS.COM

COMMENTARY

Celebrate Mom, Dad—Without Selling One Short

BY CHRISTIAN PAASCH

In today’s marketing environment, it seems as though one gender cannot make progress without disparaging another. However, a few inspiring and refreshingly positive television ads have recently managed to gain popularity while avoiding this pitfall. I applaud Dove, Nissan and Toyota for having the courage to step away from the norm and, in doing so, not only bring men into the mainstream picture of the modern American parent, but also for doing so in a way that is perhaps more innovative than anything else: championing one gender without attacking, alienating or poking fun at the other gender.

Toyota has done a terrific job of bridging the strong bond between fathers and daughters. In the company’s latest ad, Toyota depicts the various stages of a daughter’s life where her dad is there to console, protect, guide

and eventually, set out into the world with tears in his eyes. The message of the ad is to make bold choices — what better term to describe what any parent would want for his or her child, in particular a daughter?

In a seeming balance to Toyota, Nissan focused on the relationship between a father and his son. Perhaps too stereotypically, the father here is depicted as the absent father, a race car driver in this instance, and the son looking on, wanting to be just like his father. Of course, the soundtrack to this commercial is none other than “Cats In The Cradle,” but thankfully, the father realizes before it’s too late that his son needs to physically see him and know that their relationship is more important than any job.

Dove has arguably the most moving, yet simple ad: clip after clip of young and adult children calling for “Dad” or “Daddy” at various stages of their lives. From

the toddler needing help to the adult calling his father with the wonderful news of a pregnancy, the commercial ends with a simple question and answer: “What makes a man stronger? Showing that he cares.”

So why do these ads matter? Why are they so special? Here again, the answer is simple: because they are a rarity. Because they champion the roles dads play in the lives of children, both boys and girls, without denigrating the crucial and complementary role mothers play in those same children’s lives. This spirit of gen-

der equality is one to celebrate and emulate.

In fact, the path these three companies have forged serves as a marketing model for others and reminds parents everywhere that they are parents first, united by the love for their children and made stronger by a mutual appreciation of their unique strengths and differences.

Christian Paasch is chair of the National Parents Organization in Virginia and has been appointed by Virginia Gov. McAuliffe to Virginia’s Child Support Guidelines Review Panel. He lives in Alexandria. Email christianpaasch@nationalparentsorganization.org.

WRITE US

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.
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NEWS

Venison Served at Farmers Market

FROM PAGE 6

tenderize and add flavor," Conway said.

Zamarod's approach to venison, as shown by Dor Niaz, uses bold spice combinations and a hot grill. The exotic aromas of Niaz's venison kabobs and burgers permeated the unseasonably cold air and quickly drew a crowd who waited patiently in anticipation.

Niaz's venison tenderloin kabobs feature meat cubes marinated the day before in a spiced yogurt, and then grilled on a skewer over a hot grill. On a plate, the tender meat cubes practically melt to the slightest pressure of a fork. Niaz served the kabobs over a bed of spinach rice and with a side of spinach from Zamarod.

In another very different dish, Niaz utilizes ground venison and mixes it with the bold flavors of coriander, turmeric, smoked paprika and red pepper for spicy venison burgers. The crowd quickly embraced the platter of burgers redolent of earthy spices and aromas.

"Using bold spices is a great way to address any gaminess imparted by venison meat. It also provides tremendous aroma and flavor to the very lean meat," suggested Niaz.

Craig Hagaman of High View Farm, a farmers market vendor who raises cows, pigs and chicken on his farm in Berryville and brings exceptional beef, pork, chicken and eggs to the market each week, going on his fifth year, barbecued kabobs with his "mystery" sauce which he declined to reveal, and venison roasts prepared with olive oil and a dry rub. Hagaman loves to both hunt and grow happy, well-cared for animals for our local food supply.

Green Fire, a local Great Falls 501(c)(3) non-profit company dedicated to effective deer management in Great Falls, donated the locally caught venison. Owner Jerry Peters was also at the market informing residents of their options to help control the deer population in their backyards.

THE GREAT FALLS FARMERS MARKET coordinated this educational program in support of sustainable approaches to deer management. Among those present were the Great Falls Citizens Association, providing information on their deer survey, and the Great Falls Historical Society, emphasizing culi-

Craig Hagaman with kabob in hand.



PHOTOS BY LISA STEWART



The Great Falls Farmers Market was abuzz with a bouquet of venison recipes to taste.

nary customs typical at the turn of the last century, as presented in their historic pre-1900 cookbook, full of wild game recipes. The farmers market opens every Saturday from 9 a.m. to 1 p.m. next to the Wells Fargo Bank in the Great Falls Village Centre. One of the few year-round farmers markets in the region, the Great Falls Farmers Market vendors offer fresh local produce, baked goods, farm-fresh eggs and meat, as well as fresh cheeses, pickles, hot sauces, and more.

FRIENDS OF THE MCLEAN COMMUNITY CENTER INVITES YOU!

To "Meet the Candidates" in the 2015 McLean Community Center Governing Board elections.

When:

Sunday, May 3 from 2-4 p.m.

Where:

DuVal Studio at the McLean Community Center
1234 Ingleside Avenue,
McLean, VA 22101

Who:

Four adult candidates, two teens from the McLean High School boundary area, and two teens from the Langley High School boundary area.

Format:

Informal Reception

Four adults are vying for adult votes to fill three seats on the Governing Board. Two teens from the McLean High School boundary area and two teens from the Langley High School boundary area are vying for teen votes to fill one board seat from each high school boundary area.

Refreshments will be served. For planning purposes, please let us know if you will attend by emailing paulkohlenberger@mcleancenter.org. **See you there!**



The McLean Community Center
1234 Ingleside Avenue, McLean VA 22101
703-790-0123/TTY: 711
www.mcleancenter.org



PHOTO GALLERY!

"Me and My Mom"

To honor Mom on Mother's Day, send us your favorite snapshots of you with your Mom and The Connection will publish them in our Mother's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To e-mail digital photos, send to:

editors@connectionnewspapers.com

Or to mail photo prints, send to:

The Great Falls Connection,
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NEWS

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The Women's Select Treble Choir was among three Langley choirs to perform at Our Lady of the Lake University. The choirs all received gold ratings from the judges.

Langley Choirs Win Top Awards in San Antonio

The Langley High School choirs recently took part in a national choral festival in San Antonio, Texas, sweeping the high school competition with the program's top awards. Highlights included the Outstanding Choral Award, which was presented to the Langley Madrigals for having the highest average score of any choir in the competition. The Madrigals and the Concert Choir also received the Choral Sweepstakes Award for having the highest combined score. Junior Trevor Goldhush was honored with an Ovation Award for his solo in the traditional spiritual, "I Got a Key."

The Madrigals, Concert Choir, and Women's Select Treble Choir all received Gold ratings for superior scores. In addition, the Madrigals and Concert Choir each received an Adjudicators' Trophy for having an average score of 95 or higher.

The awards program, held at Six Flags San Antonio, was the culmination of a five-day spring trip for the choirs, in which 60 students participated. The choirs performed in the Sacred Heart Chapel at Our Lady of the Lake University. The trip also included visits to SeaWorld, the San Antonio River Walk and local markets, and an evening ghost tour of the historic downtown.

Prior to the trip, the Langley choirs took part in the District XII Choral Assessment at Marshall High School. All four of the participating choirs received superior ratings from all of the judges.

Langley High School offers six choirs: the Madrigals, Women's Chamber Choir, Concert Choir, Women's Select Choir, Women's Treble Choir, and VoiceMale. Director of Choral Activities Mac Lambert, now in his 13th year at Langley, leads the award-winning choirs. Under Dr. Lambert's direction, Langley choirs have consistently received superior ratings at district assessments and have earned top scores at Heritage Music Festivals around the country. The choirs are planning a performance tour in Europe in the spring of 2016.



Sixty Langley High School students attended the choir spring trip to San Antonio.

PHOTOS COURTESY OF LANGLEY CHORAL GUILD



Students enjoyed a tour of downtown San Antonio, including the Alamo.

Visit These Houses of Worship To Highlight Your Faith Community, call Karen at 703-917-6468

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FAITH

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

Annual yard sale/flea market will be held again this year on Saturday, May 9, 8 a.m.-2 p.m. at the Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls (703-759-3705) - rain or shine. You can reserve a 10'x10' space for \$20 (check made out to and mailed to Great Falls United Methodist Church) to sell your own treasures or donate items to the church (we will pick up). Come shop, donate and/or sell your own things. This year space renters are asked to come early (anytime after 6 a.m.) and park in our lower lot once they have unloaded. Tables can be rented for \$10 as long as they last. Make sure you take all your items with you once the event is over at 2 p.m.

Barbeque at Antioch Christian Church. The community is invited to a Barbeque in honor of Pastor Randy Beeman, pastor of the Antioch Christian Church, 1860 Beulah Road, Vienna. Pastor Beeman's ministry ends June 1. He began as the pastor of the church in 2009 and has served as the Vienna Police Chaplain and served with Fellowship of Christian Athletes and Arise Campus ministry at George Mason. The Barbeque takes place on Sunday, May 3, at 12:30 p.m. in the church fellowship hall. There will be barbeque and country dancing. To RSVP email toserteam@verizon.net or call 703-242-2186

The Hunger Church (Charles Wesley United Methodist Church),

6817 Dean Drive, McLean, will hold Annual Church Yard Sale (Inside - rain or shine) (on Saturday, May 9, 9 a.m.-3 p.m. Church-family yard sale, multiple families represented. Large selection of items ranging from household items to electronics, books, pictures, furniture, glassware, children's items, and jewelry. Come early to see best selection! No clothes or automotive equipment, treasures galore. Hot dog lunch will be served mid-day. Sponsored by the United Methodist Men of Charles Wesley United Methodist Church <http://www.TheHungerChurch.org>

Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna, is holding Sunday evening worship service in a less formal atmosphere and more intimate setting to help you get ready for the week ahead. Sundays, 6 p.m. Communion offered. No childcare. 703-938-2119 or www.elcvienna.org.

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, offers musical, educational, outreach and fellowship ministries in addition to worship services, including a 7:45 a.m. worship service without music; 9 a.m. worship service, children's chapel and children's choirs; 10 a.m. Sunday school and adult forum; and 11 a.m. worship service with adult choir. 703-759-2082.

The Antioch Christian Church offers a time of Prayer and Healing on Wednesday evenings at 6:30 p.m. for anyone wanting encouragement and healing through prayers. People are available to pray with you or for you. Antioch Christian Church is located at 1860 Beulah Road in Vienna. www.antiochdoc.org

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PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

McLean senior Alex Morris scored four goals during a victory against Madison on April 23.



Members of the McLean boys' lacrosse team celebrate during their 9-5 victory over Madison on April 23.

Morris' 4 Goals Lift McLean Boys' Lax Over Madison

Highlanders snap two-game losing skid, Warhawks fall to 5-2.

BY JON ROETMAN
THE CONNECTION

The McLean and Madison boys' lacrosse teams entered Thursday's contest having each recently suffered the first loss in their respective seasons.

Thanks to a stellar effort from senior Alex Morris, it was McLean that made a return visit to the win column.

Morris scored a game-high four goals and the Highlanders beat the Warhawks 9-5 on April 23 at Madison High School. McLean improved to 9-2 while Madison fell to 5-2.

Morris, who will play collegiately at Ohio State, scored a pair of goals in the second quarter to help McLean build a 6-1 halftime advantage. He added a goal in the third quarter and one in the fourth, giving him 38 in 11 games this season.

"He's a dynamic player," third-year McLean head coach Nick Worek said.

McLean won its first eight games of the season before losing to South County 9-6 on April 18. The Highlanders lost again four days later, falling to Chantilly 11-8.

"Those two teams we lost to were fantastic," Worek said. "South County and Chantilly, we're talking top five or six teams in the region ..."

AGAINST MADISON, McLean held a five-goal lead at halftime, but the Warhawks turned up the heat, scoring twice in the first 32 seconds of the second half. Madison possessed the ball for much of the third quarter, but the Highlanders escaped with a 7-4 lead.

"Coming out of [back-to-back losses], I think our guys were a little bit bummed out



— we were riding pretty high," Worek said. "They were bummed like any high school kid would be. Tonight, I thought they really showed a lot of composure, especially in the first half. We really shared the ball well.

"... We had a really nice meeting after the last loss and the seniors really stood up and said, 'Hey, we're still OK, here. We have a good team.'"

Morris said the Highlanders didn't lose confidence after tasting defeat for the first time in 2015.

"Practice became more intense," Morris said. "We really focused, we're really ready to get back out there and start improving on what we didn't do as well the games before."

Junior midfielder Jack Benson scored two goals for McLean. Owen Pilewski, Zane Mason and Justin Gibbons each scored one.

Gibbons, who will play collegiately at the University of Michigan, has 32 goals for the season.

Worek also praised some of McLean's defensive players, including senior goalie Michael Dolan, who finished with 11 saves.

"Coming out of [back-to-back losses], I think our guys were a little bit bummed out — we were riding pretty high. They were bummed like any high school kid would be. Tonight, I thought they really showed a lot of composure, especially in the first half."

— Nick Worek, McLean boys' lacrosse coach

McLean junior Jack Benson scored two goals against Madison on April 23.

losing to Langley, 11-6.

While Madison fell short against McLean, head coach Alex Gorman said the Warhawks showed improvement from their previous game.

"I think last week, we did not look good. Tonight, we played better," Gorman said. "We responded better. I think we can build off this. I think sometimes when you start off winning, you get complacent and you make mistakes. Last week, our mistakes hurt us a lot. This week, it wasn't so bad."

Madison junior attackman Cheech McLallen scored a pair of goals against McLean. Palmer Lloyd, Robbie McLallen and Jacob Stein each scored one.

"Madison played so hard," Worek said. "They are tremendous."

Madison reached the state final in 2013 but failed to qualify for the region tournament in 2014.

NEXT UP for McLean is a home game against South Lakes at 7:15 p.m. on Friday, May 1. Madison will travel to face Fairfax at 7 p.m. on Friday.

"[McLean has] two of the best players in the region," Gorman said about Morris and Gibbons. "When we don't possess the ball well enough, they can do some damage when they head the other way."

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 Floirmonte, Debbie Glakas, Lisa Neher, Sarah Swart and Barbara Wagner.

THROUGH/FRIDAY MAY 17

Old Wicked Songs. Fridays 8 p.m. Saturdays 2 & 8 p.m. Sundays 2 & 7 p.m. Set in Austria in the mid-1980s, Old Wicked Songs explores passion, music, forgiveness, and renewal through the eyes of generationally divided Professor Mashkan and his new American student, Stephen Hoffman. General admission tickets are \$28. Senior (65+) tickets are \$23. Student and military tickets are \$15. Group discounts are available. Tickets can be purchased online at www.1ststagetys.org or by calling the 1st Stage box office at 703-854-1856.

THURSDAY-SUNDAY/APRIL 30-MAY 3

"Young Frankenstein." Thursday, April 30 at 7:30 p.m.; Friday, May 1 at 7:30 p.m.; Saturday, May 2 at 2 & 7:30 p.m.; and Sunday, May 3 at 2 p.m. George C. Marshall High School is located at 7731 Leesburg Pike, Falls Church. Come and be transported back to Transylvania with Dr. Frederick Von Frankenstein and a zany cast of characters. Tickets are \$15 for Adults, \$10 for students/seniors. Note: This production contains language and content that may not be suitable for young children. Visit <http://statementtheatre.org> for more details.

FRIDAY/MAY 1

Jam Session. 7-9 p.m. Vienna Art Center, 115 Pleasant St., NW, Vienna. Acoustic musicians and fans are invited to join a jam session at the Vienna Art Center, playing acoustic instruments and singing in an environment featuring wood floors and surrounded by original art. Free.

McLean Farmers Market. 8 a.m.-12 p.m. Fridays, May 1-Nov. 20. 1659 Chain Bridge Road, McLean. www.fairfaxcounty.gov/parks/farmersmarkets/mcleanmkt.htm

FRIDAY-SATURDAY/MAY 1-2

"Bye Bye Birdie." 7:30 p.m. Flint Hill School, 10409 Academic Drive, Oakton. One of the most beloved rock and roll musical shows of our time. A delightful show for all ages, this musical is full of youthful energy and contains hit numbers like: "A Lot of Livin' to Do," "Put on a Happy Face," "Kids," and "Telephone Hour." Reserve your seats here: <https://www.flinthill.org/bye-bye-birdie/>

"Other Desert Cities." 2 p.m. Vienna Community Center, 120 Cherry St., SE, Vienna. "Other Desert Cities" tells the story of the fictional Wyeth family — a clan led at the top by a mother and father highly regarded in old Hollywood circles and admired by Republicans for their service to and friendship with the Reagans in their heyday. Reserve tickets: vtcshows@yahoo.com

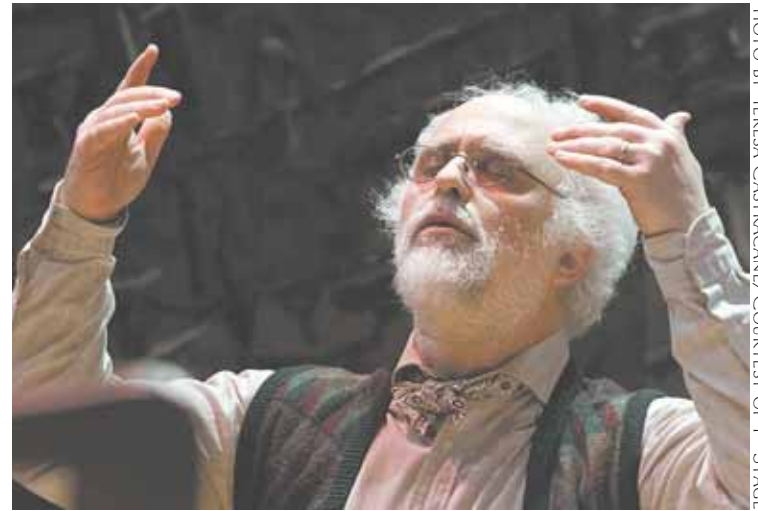
SATURDAY/MAY 2

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

Boy Scout Troop 13 of Oakton/



The U.S. Navy Band Commodores, the Navy's premier jazz ensemble, presents a concert program featuring exciting vocal jazz arrangements, classic big band hits and fresh instrumental music at McLean High School, 1633 Davidson Road, McLean, on Thursday, April 30 at 7 p.m.



Philip Hosford as Professor Josef Mashkan in 1st Stage's production of "Old Wicked Songs." Fridays 8 p.m. Saturdays 2 & 8 p.m. Sundays 2 & 7 p.m. www.1ststagetys.org

PHOTO BY TERESA CASTRACANE/COURTESY OF 1ST STAGE

Reston/Vienna Annual Rummage Sale. 8 a.m. - 1 p.m. Church of the Good Shepherd, 2351 Hunter Mill Road, Vienna. Proceeds from the rummage sale will support the Troop's camping, skill development, and leadership programs. Please call and leave a message at 571-295-6413 or email rummagesale@troop13vienna.org.

Annual Plant Native Sale. 8-11 a.m. The Great Falls Grange Pavilion, 9818 Georgetown Pike, Great Falls. Buy a variety of indigenous wildflowers, including bluebells, trees, shrubs and ferns that benefit our watershed, woodlands and fauna. Native plants are as beautiful as invasive ornamentals and exhibit a better rate of survival. It's the right thing to do for the environment, and the proceeds will help support summer staff and educational programs at Riverbend Park.

Free Community Carnival. 11 a.m. - 3 p.m. Oakton United Methodist Church, 2951 Chain Bridge Road, Oakton. Free games and food and fun for all ages. www.oaktonumc.org.

Free Comic Book Day. Game On! Comics, 310 Dominion Rd NE, Vienna. Game On! Comics in Vienna is one of thousands of comic book shops around the world celebrating the biggest day in the comic book industry and comic art form, Saturday, May 2. On Free Comic Book Day, over 5.6 million comic books will be given away by participating stores, introducing as many people as possible to the wonders of comic books.

PRS, Inc. Raising the Stakes for Hope & Recovery Benefit. 5 - 9 p.m. Event hosted at the home of Gary & Tina Mather in McLean, Virginia. PRS Kentucky Derby and CrisisLink Link Up & Live are proud to announce the first annual Raising the Stakes for Hope & Recovery Benefit. Join in for an evening featuring the 141st Run for the Roses, elegant hors d'oeuvres, Mint Juleps, mocktails, fun photo opportunities, Silent and Live auctions and more as two events benefiting the community come together as one. Tickets: \$150; More information: www.prsinc.org/raising-the-stakes.

Cars & Coffee. 6-9 a.m. Katie's Coffee House, 760 Walker Road Great Falls. Enjoy early morning coffee at an amazing gathering place of antique, custom, hotrods, exotic, sports cars.

SUNDAY/MAY 3

Mother's Day 5K. 8 a.m. Turner Farm Park, 925 Springvale Road, Great Falls. Support the Becky Love Foundation at the second annual



An exhibition and sale of paintings, drawings, sculpture and jewelry.

6 ARTISTS
five years.

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

Mother's 5K for Mental Health. 5K race registration: \$35. 1K fun run registration: \$10.

THURSDAY/MAY 7

Artists Meet for Coffee. 8:30 a.m. - 10 a.m. Katie's Coffeehouse, Georgetown Pike, Great Falls. Enjoy meeting local artists for coffee.

SATURDAY/MAY 9

McLean-Langley Relay for Life. 6 p.m. Cooper Middle School, 977 Balls Hill Road, McLean. The Langley-McLean Relay for Life team will be hosting their event at Cooper Middle School. The event will consist of an all-night, fun-filled evening featuring games, live music, dancing, food, A Luminaria Ceremony, a banquet for cancer survivors, and much much more! All proceeds from the event will go directly to the American Cancer Society to promote cancer research. Help us meet our \$125,000 goal to win the fight against cancer! Day of participation entry fees are \$10,*to stay all night, participants must raise \$100. Got Questions? Visit: www.relayforlife.org/... to sign up, donate money, or learn more about our event.

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.

SATURDAY/MAY 16

McLean Day 2015. 11 a.m. - 5 p.m. Lewinsville Park, 1659 Chain Bridge Road, McLean. Petting zoo, ride, games, food trucks and more. <http://mcleancenter.org/>

SUNDAY/MAY 17

2015 Joe Cassella 5K Walk/Run Charity Event. 8:30 a.m. Great Falls Village Centre, 776 Walker Road, Great Falls. Participants from all ages and skill levels will gather together for a great cause and enjoy a day of fitness and fun. The Kids Fun Run will kick off this event followed by the competitive, ChronoTrack-timed 5K Run/Walk. The Joe Cassella Foundation will host a post-race celebration to include food, music, entertainment for kids, cash prizes, awards and giveaways. Registration fees to participant will be \$30/adult (\$35 after May 14), and \$10/child 12 & under (\$15 after May 14th.) Pre-registration and late registration will be available at www.JoeCassellaFoundation.org.

FRIDAY-MONDAY/MAY 23-25

Viva! Vienna! Vienna's largest festival sponsored by the Rotary Club of Greater Vienna, returns to the historic Church Street corridor for three days of family fun, including carnival rides, diverse food, live entertainment for children and adults and more than 300 vendors

selling crafts, services, jewelry, children's toys and books, novelties. Admission to the festival is free, rides are not. Visit www.vivavienna.org for timings.

MONDAY/MAY 25

Great Falls Annual Freedom Memorial Day Ceremony. 11 a.m. - 12 p.m. Freedom Memorial behind Great Falls Library, 9830 Georgetown Pike, Great Falls. Friends of the Great Falls Freedom Memorial invite the public to join the ceremony, which includes a taps bugler, patriotic songs and remarks by retired Marine Corps Lieutenant Colonel Dominik G. Nargele. After reading of the names and bell-ringing for each of the 25 residents of Great Falls who have fallen in service to our Nation, local dignitaries will lay the wreath and Boy Scout Troop 55 will raise the flags. Ample parking available in the Library parking lot.

SATURDAY/MAY 30

Silver Line Music & Food Truck Festival. 5 p.m. Lerner Town Square at Tysons II, 8025 Galleria Drive, Tysons. Admission is free, over 20 food trucks and fun.

SUNDAY/MAY 31- AUG. 16

Great Falls Concerts on the Green. Great Falls Village Centre Green. Come out on Sundays and listen to some live music. Full schedule list: <http://www.celebrategreatfalls.org/concerts-on-the-green/>.

MONDAY/JUNE 1

Great Falls Annual Charity Golf Tournament. Hidden Creek Golf & Country Club Reston. Join us for a morning or afternoon round of golf and support our three Great Falls elementary schools while you are at it! Individual golfers are \$175 and foursomes are \$600. For more information: www.celebrategreatfalls.org

SATURDAY/JULY 4

Great Falls 4th of July Celebration & Parade. 8 a.m. - 6 p.m. 5K Walk Run, Blood Drive, Little Patriot Parade, and floats, horses, antique cars and pets making a loop in the Main Parade. Fireworks start after dusk. <http://www.celebrategreatfalls.org/4th-of-july-celebration-parade/>

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Estate Planning Law Firm in downtown McLean seeking **Receptionist/Office Assistant**. Pleasant telephone manner and basic computer skills required. Monday through Friday 9 to 5. Please call 703-448-7575 and ask for Ann for details.

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Zone 5: The Potomac Almanac

Zone 6: The Arlington Connection
The Vienna/Oakton
Connection
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The Great Falls Connection

21 Announcements

ABC LICENSE

David Hassain trading as Cafe Paramount, 1425 S. Eads St. Arlington, VA 22202. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer off Premises license to sell or manufacture alcoholic beverages. David Hussain, owner

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

David Hassain trading as Belvedere Market, 1600 North Oak St., 1425 S. Eads St. Arlington, VA 22209. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer off Premises license to sell or manufacture alcoholic beverages. David Hussain, owner

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

American Tandoor Tysons Corner, LLC trading as American Tandoor, G021U Tysons Corner Center, McLean, VA 22102. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On and Off & Mixed Beverage Restaurant (seating capacity over 150) license to sell or manufacture alcoholic beverages. Karan Singh, Manager

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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LEGAL NOTICE
SeaWatch Plantation Owners Association, Inc. v. Estate of Patricia A. Stewart, et al.

Civil Action No. 2015-CP-26-2266

Court of Common Pleas, Fifteenth Judicial Circuit, Horry County, South Carolina
TO: RICHARD ELAM

YOU ARE HEREBY SUMMONED to answer the Complaint in the above referenced Civil Action within thirty (30) days after the first publication of this Summons and to serve a copy of your Answer to the Complaint on the Plaintiff's attorney at the following address:

Butler Law, LLC
Attn: Dan V. Butler, Esq.
1293 Professional Drive, Ste 224
Myrtle Beach, SC 29577

For your information, the Complaint was filed March 25, 2015 with the Clerk of Court for Horry County, South Carolina. You can obtain a copy of the Complaint from the Office of the Horry County Clerk of Court located at 1301 2nd Ave, Conway, South Carolina.

If you fail to answer the Complaint within the time aforesaid, the Plaintiff in this action will apply to the Court for the relief demanded in the Complaint and judgment by default will be rendered against you for the relief demanded in the Complaint. The Answer must be in writing and signed by you or your attorney and must state your address, or the address of your attorney if signed by your attorney.

BUTLER LAW, LLC
Dan V. Butler, Esq.
1293 Professional Drive, Ste 224
Myrtle Beach, SC 29577
Ph: (843) 855-3157
Email: dbutler@butlerlaw.net
Attorney for the Plaintiff

21 Announcements

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NOTICE OF SUBSTITUTE TRUSTEES' SALE OF PROPERTY OWNED BY HUNTER MILL EAST, L.L.C.

LOCATED AT 1623, 1627, AND 1631 CROWELL ROAD, VIENNA, VIRGINIA; 627 HUNTER MILL ROAD, VIENNA, VIRGINIA; AND AN ADJACENT PARCEL LACKING AN ADDRESS

SALE TO BE HELD AT THE FAIFAX COUNTY CIRCUIT COURT

MAY 7, 2015, AT 10:00 A.M.

In execution of a certain Deed of Trust and Security Agreement dated May 5, 2008, and recorded May 5, 2008 in Deed Book 19918 at Page 1894, as amended by a certain Amendment to Deed of Trust and Security Agreement dated October 14, 2009, and recorded October 15, 2009 in Deed Book 20741 at Page 0680, each among the land records of Fairfax County, Virginia (collectively the "Deed of Trust"), made by HUNTER MILL EAST, L.L.C., a Virginia limited liability company, now securing CATJEN LLC, a Virginia limited liability company (the "Noteholder"), default having occurred in the payment of the debt secured thereby, and being instructed to do so by the Noteholder, the undersigned Substitute Trustees will offer for sale the property described below at public auction by the main entrance to the Fairfax County Circuit Court, located at 4110 Chain Bridge Rd, Fairfax, VA 22030 on May 7, 2015, beginning at 10:00 a.m.

The real property encumbered by the Deed of Trust that will be offered for sale by the Substitute Trustees is commonly known as 1623 Crowell Road (Tax Identification Number: 0184-08-0003), 1627 Crowell Road (Tax Identification Number: 0184-08-0002), 1631 Crowell Road (Tax Identification Number: 0184-08-0001A), 1627 Hunter Mill Road (Tax Identification Number: 0184-01-0023), and an adjacent parcel lacking a street address (Tax Identification Number: 0184-01-0026B), all located in Vienna, Fairfax County, Virginia, as more particularly described in the Deed of Trust, and all improvements, fixtures, easements and appurtenances thereto (the "Real Property"). The Real Property will be sold together with the interest of the Noteholder, if any, in the following described personal property at the direction of the Noteholder as secured party thereof, as permitted by Section 8.9A of the Code of Virginia of 1950, as amended (the "Personal Property"): Improvements, Fixtures and Personality, and any and all other personal property and any proceeds thereof as more particularly described in the Deed of Trust (the "Personal Property"). The above described Real Property and Personal Property are collectively referred to as the "Property."

TERMS OF SALE

ALL CASH. The property will be offered for sale "AS IS, WHERE IS" and will be conveyed by Substitute Trustees' Deed (the "Substitute Trustees' Deed") subject to all encumbrances, rights, reservations, rights of first refusal, conveyances, conditions, easements, restrictions, and all recorded and unrecorded liens, if any, having priority over and being superior to the Deed of Trust, as they may lawfully affect the property. Personal Property, if any, shall be conveyed without warranty by a Secured Party Bill of Sale.

The Substitute Trustees and the Beneficiary disclaim all warranties of any kind, either express or implied for the property, including without limitation, any warranty relating to the zoning, condition of the soil, extent of construction, materials, habitability, environmental condition, compliance with applicable laws, fitness for a particular purpose and merchantability. The risk of loss or damage to the property shall be borne by the successful bidder from and after the date and time of the sale. Obtaining possession of the property shall be the sole responsibility of the successful bidder (the "Purchaser"). A bidder's deposit of \$250,000.00 (the "Deposit") by certified or cashier's check shall be required by the Substitute Trustees for such bid to be accepted. The Substitute Trustees reserve the right to prequalify any bidder prior to the sale and/or waive the requirement of the Deposit. Immediately after the sale, the successful bidder shall execute and deliver a memorandum of sale with the Substitute Trustees, copies of which shall be available for inspection immediately prior to the sale, and shall deliver to the Substitute Trustees the Deposit and the memorandum of sale. The balance of the purchase price shall be paid by the Purchaser. Settlement shall occur within thirty (30) days after the sale date, TIME BEING OF THE ESSENCE with regard to the Purchaser's obligation. Settlement shall take place at the offices of Venable LLP, 8010 Towers Crescent Drive, Suite 300, Tysons Corner, Virginia 22182 or other mutually agreed location. Purchaser shall also pay all past due real estate taxes, rollback taxes, water rents, water permit renewal fees (if any) or other municipal liens, charges and assessments, together with penalties and interest due thereon. The Purchaser shall also pay all

settlement fees, title examination charges, title charges and title insurance premiums, all recording costs (including the state grantor's tax and all state and county recordation fees, clerk's filing fees, congestion relief fees and transfer fees and taxes), auctioneer's fees and/or bid premiums, and reasonable attorneys' fees and disbursements incurred in the preparation of the deed of conveyance and other settlement documentation. The Purchaser shall be required to sign an agreement at settlement waiving any cause of action Purchaser may have against the Substitute Trustees, and/or the Beneficiary for any condition with respect to the property that may not be in compliance with any federal, state or local law, regulation or ruling including, without limitation, any law, regulation and ruling relating to environmental contamination or hazardous wastes. Such agreement shall also provide that if notwithstanding such agreement, a court of competent jurisdiction should permit such a claim to be made, such agreement shall serve as the overwhelming primary factor in any equitable apportionment of response costs or other liability. Nothing herein shall release, waive or preclude any claims the Purchaser may have against any person in possession or control of the property. If any Purchaser fails for any reason to complete settlement as provided above, the Deposit shall be forfeited and applied to the costs of the sale, including Trustees' fees, and the balance, if any, shall be delivered to the Beneficiary to be applied by the Beneficiary against the indebtedness secured by and other amounts due under the Deed of Trust in accordance with the Deed of Trust or applicable law or otherwise as the Beneficiary shall elect. There shall be no refunds. Such forfeiture shall not limit any rights or remedies of the Substitute Trustees or the Beneficiary with respect to any such default. If the property is resold, such re-sale shall be at the risk and the cost of the defaulting bidder, and the defaulting bidder shall be liable for any deficiency between its bid and the successful bid at the re-sale as well as the costs of conducting such re-sale. Immediately upon conveyance by the Substitute Trustees of the Property, all duties, liabilities and obligations of the Substitute Trustees, if any, with respect to the Property so conveyed shall be extinguished, except as otherwise provided by applicable law.

/s/ Henry F. Brandenstein, Jr., Substitute Trustee

/s/ Patrick W. Lincoln, Substitute Trustee

FOR INFORMATION CONTACT:

Henry F. Brandenstein, Jr., Esq.

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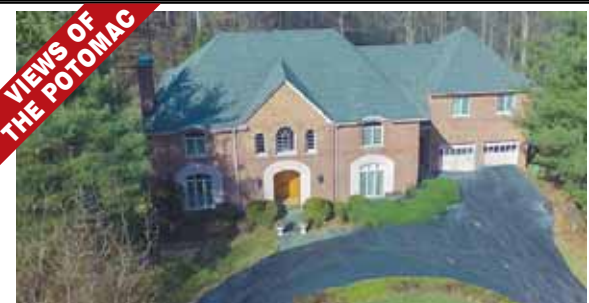
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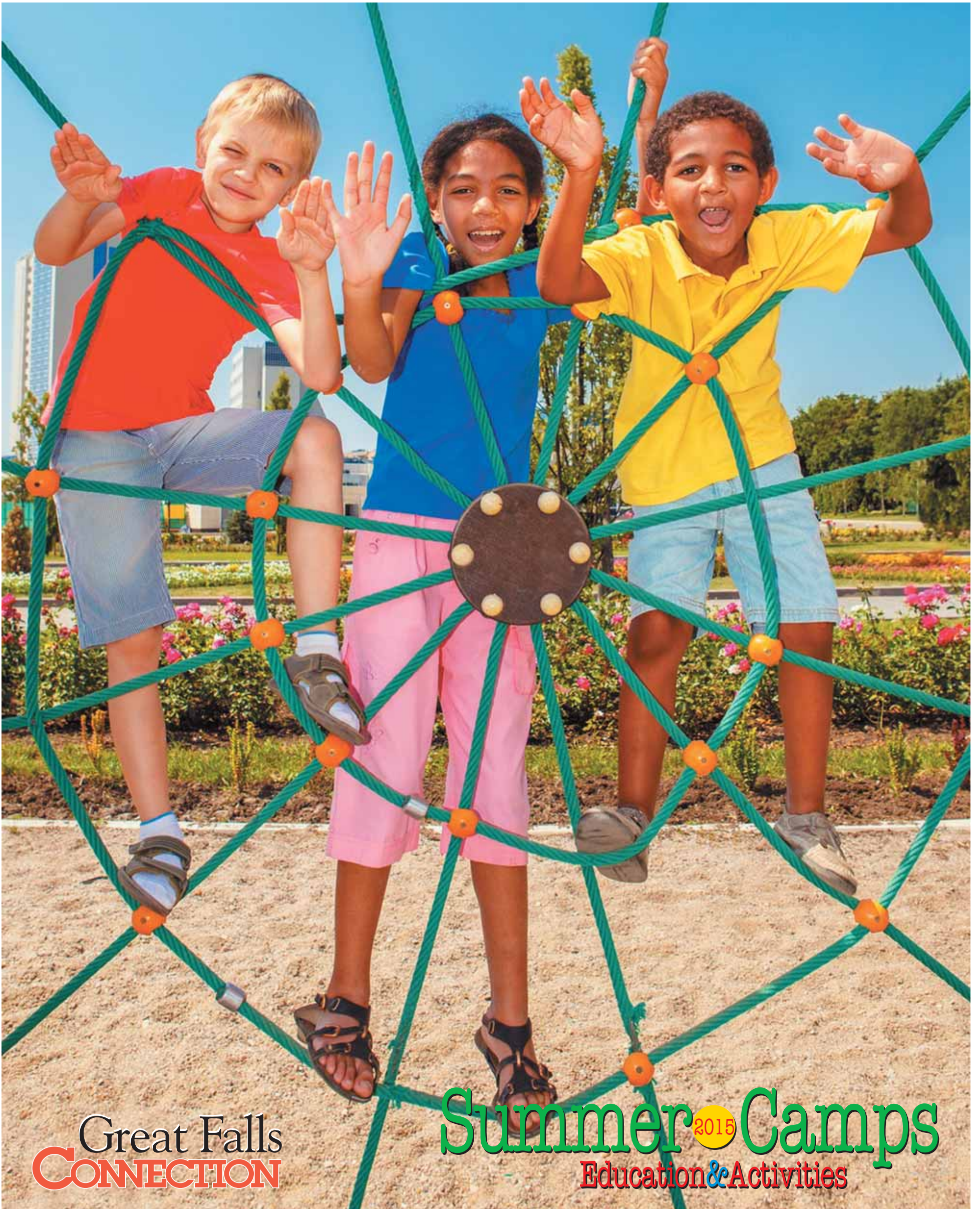
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Celebrating 75 Years

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The Congressional Schools of Virginia in Falls Church marked its 75th anniversary with a week end-long celebration on April 24 and 25, with events attended by hundreds of students, staff, alumni and friends of the school.

The festivities began on Friday, April 24 with an on-campus celebration featuring a keynote address by Linda Ward Byrd, a Congressional alumna from the Class of 1968 who recounted her memories as a Congressional student, a school where she said “everyone knew my name.”

The School’s founding family was hon-

ored in a tribute by Tina Trapnell, a former member of the School’s Board of Trustees, and former Mason District Supervisor who detailed the family’s 75-year history, from the school’s founding by Malcolm and Evelyn Devers in 1939 to today. The event also included student performances, the dedication of items selected by students for a time capsule, and a community photo on the front steps of the school.

The on-campus celebration was followed by a Golf Tournament at Reston National Golf Course, and the celebrations culminated with a 75th Anniversary Gala on the evening of April 25, attended by more than

250 parents, faculty, alumni, sponsors and friends of the school.

“Our 75th Anniversary is a wonderful opportunity for the community to reflect upon our achievements as a school. From our modest beginnings in 1939 as a small preschool, to our current standing as a leading independent early childhood, elementary and middle school in the D.C. area, we are proud to have touched the lives of so many children. We are a community shaped by a strong group of supporters, and look forward to continuing to provide excellence in education for generations to come,” stated Janet Marsh, Congressional’s Executive Director.

The Congressional Schools of Virginia is an independent school on Sleepy Hollow Road in Falls Church, offering a challenging and comprehensive educational program to students from Infant through 8th Grade. The family spirit that lives on the



Linda Ward Byrd '68



Celebrating a 75th anniversary.



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Preparing for Summer Camp Away

Many emotions arise when a child leaves for camp.

BY MARILYN CAMPBELL
THE CONNECTION

Julie Kaminski remembers the language from her desperate letters to her parents: “I love you. I want to come home now!” She recalls penning a dramatic plea to be rescued from residential summer camp more than 40 years ago. Today, Kaminski is preparing for her daughter’s first camp experience away from home this summer.

“Looking back, I can see how going away to camp helped me become more self-sufficient, self-confident, self-reliant and taught me how to get along with so many different kinds of people,” said Kaminski, a local mother of two children.

“Of course I didn’t think that at the time. I was extremely homesick even though it was my idea to go to sleep away camp in the first place.”

A child’s first residential summer camp experience can be fraught with emotions that run the gamut from excitement to terror. While glee at the thought of a summer filled with sports, swimming, crafts and new-found friendships can be the dominant feeling, the thought of an extended period of time away from home can cause sadness and anxiety for both parents and their children.

An American Camp Association study showed that 96 percent of children who attend sleep away camps experience homesickness at some point during their stay. While these emotions are normal, parents can help children tame the pre-camp jitters. The life-long lessons gained from such camps make it worth the effort.

“Becoming comfortable with your child being away at summer camp, perhaps the first extended separation you have had, is a matter of trust,” said David Kaplan, Ph.D. of the American Counseling Association in Alexandria, Va.



PHOTO CONTRIBUTED

Summer camp experiences can help children become self-confident and self-reliant.

“Trusting your child that they can handle themselves without your supervision. Trusting that they can handle relationships with other children. Trusting that they can get up in the morning, take a shower, wash their clothes, and change their sheets without your prodding.”

ACKNOWLEDGING THAT homesickness is normal and many campers experience it, can help children accept and cope with their emotions.

“Expecting to miss home and feel somewhat anxious helps children feel less surprised and overwhelmed when it occurs,” said Barbara Meehan, Ph.D. executive director, Counseling and Psychological Services, George Mason University in Fairfax, Va.

A child’s apprehension can be eased when parents share their own camp experiences,

particularly positive memories.

“Don’t let your child get caught up in your own anxiety about leaving for camp,” said Linda McKenna Gulyn, Ph.D., professor of psychology at Marymount University in Arlington, Va. “Kids sometimes worry about the parents they left behind. Be positive, but not sad that your child is leaving.”

Meehan says that developing a few self-soothing activities like playing outdoors or reading is one strategy for helping children deal with feelings of missing home. Identifying people with whom young campers can share their emotions is another means for dealing with homesickness.

“Talking to a camp counselor and even peers can help ease the difficult feelings and often they will learn they are not alone,” said Meehan.

Encouraging a child to make friends and become involved in camp activities will put

the focus on the positive aspects of camp. Packing letters and stamped envelopes and developing a plan for letter exchange can help a child feel connected to their families.

“Isolating and avoiding what feels hard can often worsen anxiety and homesickness,” said Meehan. “Remind your child they are stronger than they feel in the moment and that engaging in camp activities can be helpful.”

There are times however when a child might not be ready for residential camps. The American Camp Association reports that while most cases of homesickness subside, there are cases — if a child is not eating or sleeping, for example — when it could be time to seek help. “Consult with camp professionals about resources if your child’s anxiety worsens or persists,” said Meehan.

Camps&Schools●Notes

Paralympic Sports Team Seeking Players

The Fairfax Falcons Paralympic Sports team, a Fairfax County Neighborhood and Recreation Services Therapeutic Recreation program, is recruiting new players. The team provides a variety of sports experiences to athletes with physical disabilities impacting their lower extremities ages 4 1/2 to 18 (or high school graduation). Not all athletes use wheelchairs for everyday use. Some athletes are ambulatory and only use a wheelchair for sports. Their primary sport is wheelchair basketball, which runs late August through April. In the spring, they

offer a variety of sports including floor hockey, track, field, fishing, rugby, golf, and football. For more information, email fairfaxfalcons@gmail.com.

Summer at Massanutten

Each year, Massanutten Military Academy offers a five-week intensive summer school program, an opportunity for students to get ahead in their learning, make up for bad or failing grades, or increase their knowledge and participation in their JROTC leadership skills. Massanutten Military Academy offers the safety of a structured learning environment, as well as the fun of a summer camp through a combination of classroom time and weekend activities. The program is offered June 27-Aug. 1, 2015.

Credit for academic courses is transferable to the student’s current school. JROTC leadership credit equals one high school course credit.

STEM CAMP Massanutten offers STEM Summer Camp, two two-week camps running from June 29-July 10 and July 20-31, open to students grades 7-12. This summer camp offers students the chance to explore the many facets of STEM education including hands-on experiences. Upon completion of the STEM Summer Camp, students will receive a certification of completion. Massanutten Military Academy offers the safety of a structured learning environment, as well as the fun of a summer camp through a combination of classroom time and activities. Visit www.militaryschool.com/summer-school-2015.asp.

Diverse Camps Offer Summer Fun

Northern Virginia has scores of local camps for summer learning and fun.

BY STEVE HIBBARD
THE CONNECTION

Scores of local camps in Northern Virginia that offer many opportunities for summer fun and learning. Here is a sampling of diverse camps that range from art to theater to field trips to swimming, tennis and music. There's even a camp for aspiring musicians who want to form a band.

ROAM Rock Camp

ROAM Rock Camp gives children the opportunity to build communication skills and confidence through the language of music. The camps are designed to focus on why each participant wants to be in a band, why they love music and what they want to get out of it. The goal is to create an environment or band that children will thrive in. They will hand select each member to create a group that best fits their age and experience. During the camp, groups will learn three to four of their favorite songs or even write songs if they wish. At the end of the week they will record the group and give them a CD to take home to show off their progress.

"The best thing about these camps is that we are able to show these young musicians from first-hand experience how to be players and performers. I wish I had something like this when I was growing up," said John Patrick, owner/director, who is the former co-founder of the national touring act Virginia Coalition.

Camps are offered from June 1 to Aug. 28. To register, contact ROAM to let them know every week your child would be available to do a camp. Deadline for registration is June 1.

Contact info: Rock of Ages Music, 114 E. Del Ray Ave., Alexandria VA 22301; call 703-838-2130. Email Roam.rockofagesmusic@gmail.com.

Burgundy Farm

Burgundy Farm offers two summer camps: a day camp at the 25-acre Alexandria campus in eight week-long sessions, and a sleep-away camp in three sessions at Burgundy Center for Wildlife Studies in Capon Bridge, W.Va. Both camps are great options for children excited about learning in the outdoors with dedicated counselors. Day campers swim every day, and programs include sports, science and performing and visual arts. Sleep-away camp provides a mix of structure and freedom, fostering a respect to the natural world through greater knowledge of nature and self.

"At Burgundy Farm Summer Day Camp, our campers enjoy all the benefits of a sleep-away camp with the convenience of a day camp, including swimming, animal encounters, nature exploration, forming strong bonds and friendships with other campers and counselors, and the opportunity to build self-esteem and confidence in a fun and



PHOTO CONTRIBUTED

Campers enjoy the rock climbing wall at Burke Racquet and Swim Club's Sports Camp.

friendly environment," said Hugh Squire, director of auxiliary services.

Burgundy Farm Summer Day Camp is located on the Alexandria campus of Burgundy Farm Country Day School, 3700 Burgundy Road, Alexandria. Lower and upper divisions, grouped by age and interest, for children ages 3-years-8-months to 12 years old. Camp runs Monday, June 15-Friday, Aug. 7. Register at www.burgundyfarm.org/summer-programs. Contact Hugh Squire at hugh@burgundyfarm.org or 703-842-0480.

Burgundy Center for Wildlife Studies Camp is located within 500 acres in a secluded valley near Capon Bridge, W.Va. Overnight junior session (age 8-10) for one week in August - currently waitlist only; senior sessions (11-15) for two weeks in June, July or August; adult weekend (21+) in July. Register at www.burgundycenter.org. Contact Michele McCabe at michelem@burgundyfarm.org or 703-842-0470.

Burke Racquet and Swim

Burke Racquet and Swim Sport Camp has been a hidden treasure in Burke for more than 27 years. Tucked behind the Kaiser Permanente Building in Burke, the indoor camp is the ideal setting for children who want to do a variety of sports. It offers swimming, tennis, and rock climbing daily. It also



PHOTO CONTRIBUTED

The Girls Junior Elite enjoy soccer camp at the Soccer Academy at E.C. Lawrence Park in Centreville and Patriot Park in Fairfax this summer.

offers Zumba, soccer and camp games. All of the Sports Camp staff has been background checked through Fairfax County; they are CPR/AED trained.

The camp offers full day (\$280 per week) and half day mornings or afternoons (\$180 per week). There is before and after camp care for working parents. The first week of camp begins June 22 and goes through Aug. 28. Call Burke Racquet and Swim Club at 703-250-1299.

Soccer Academy Inc.

The Soccer Academy offers a wide range of innovative, state-of-the-art programs that meet the interests and playing abilities of all players and teams. It caters to individuals and teams of all ages. All residential camps include a goalkeeping camp. Day camps include E.C. Lawrence Park in Centreville and Patriot Park for ages 5-14. Residential Camps at University of Mary Washington, Fredericksburg and Randolph Macon Academy, Front Royal, for ages 9-18. Visit www.soccer-academy.com for camp locations, costs, dates and times. Call 703-393-7961 or email soccer@soccer-academy.com.

Kenwood Summer Day Camp

Kenwood Summer Day Camp makes it their mission to provide campers with new experiences and lasting friendships each summer. "Whether it's watching a baseball game, riding a roller coaster, or seeing knights joust from the front row, we take pride in giving them these opportunities and watching them share it with their new friends," said Justin Elcano, camp director.

Kenwood Summer Day campers can go on daily field trips to exciting destinations including water parks, mini golf, roller skating, amusement parks and more. Campers also have a wide variety of activities to keep them entertained while they are on campus. There is a large wooded playground that is home to many kickball, capture the flag, and basketball games. They have five themed



PHOTO CONTRIBUTED

FCPA Camps and the Rec-PAC Program camps take place all over the county.

rooms that hold arts and crafts, video games, board games, ping pong, air hockey, and movies.

Kenwood summer day camp is open to children who have completed kindergarten through 8th grade. Camp starts June 15 and goes through Sept. 2. Visit the website to find a calendar with a schedule for each week at www.camp.kenwoodschool.com. Call 703-256-4711 or email camp@kenwoodschool.com.

Metropolitan School of the Arts

Metropolitan School of the Arts offer pre-professional summer dance, music theater and acting camps. It also offers a wide variety of youth summer camps where students can explore and learn many facets of the performing and visual arts, including mini camps for the youngest students, ages 3-5, youth camps for students in grades 1-6, and intensives for students age 8 and up. Private summer music lessons are also available for piano, voice, guitar, violin and drums.

"MSA summer camps are the perfect way to try something new and a great way to keep young bodies active and develop new friendships," said Melissa Dobbs, president of Metropolitan School of the Arts in Lorton and Alexandria. "Whether your child is passionate about the performing arts or just looking to have some fun, MSA camps offer creative programs for all skill levels."

The Lorton campus is at 9601 Ox Road, Lorton, and the Alexandria Campus is at 5775 Barclay Road, Kingstowne, Va. Call 703-339-0444 or visit www.metropolitanarts.org.

Langley School Summer Studio

The Langley School Summer Studio features more than 70 classes that allow for the personal, social, and intellectual growth of each camper in preschool to 8th grade. Innovative and engaging academic and STEM

programs stimulate with math adventures, robots, and Raspberry Pi. Exploration abounds as campers take exciting field trips to become field scientists who investigate the Chesapeake Bay, cyclists who traverse local mountain bike terrain, and magicians who create illusions. The spotlight also shines on experiences that get campers "in the studio" with a Pulitzer Prize-winning photographer or the lead choreographer and dancer for MC Hammer.

"Each year, we look to add to our diverse roster of classes while growing the perennial favorites to ensure The Langley School Summer Studio offers the best possible experience for our campers," said Director of Auxiliary Programs Jennafer Curran. "Whether taking part in one of many field trips, exploring a new interest like soccer or dance, or refining math or reading skills, our campers develop academically, socially, and emotionally ... and have a great time in the process."

The Langley School Summer Studio will run in six weekly sessions from June 15 - July 31, for students in preschool to grade 8. Classes are held at The Langley School in McLean, and take advantage of the 9.2-acre campus, featuring a wooded nature area, state-of-the-art athletic center, artificial turf field, computer labs, and age-appropriate playgrounds. Visit www.langley.school.org/summerstudio for details or to register online. Call 703-356-1920 or email summer@langley.school.org.

Bishop Ireton Camp

Bishop Ireton High School offers campers the opportunity to participate in sports and/or theater while developing individual and group skills. It offers boys camps (baseball, basketball, lacrosse and football); girls camps (basketball, lacrosse and volleyball); and coed camps (soccer, theater). Age ranges for the camps are rising 1st graders to rising seniors depending on the camp. The 17 camp sessions are conducted by the school's coaches or teachers and assisted by student counselors. Lunch is provided for full day camps by the cafeteria at no extra cost.

"Last year we had nearly 600

SEE PAGE 6

STELLAR SUMMER CAMPS & TRIPS

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Diverse Camps Offer Summer Fun

FROM PAGE 5

campers attend one of our sports or theater camps. The camps are a great way for youngsters to get to know us and for our coaches and theater teachers to get to know them," said Peter Hamer, summer camp director.

The camp brochure and sign up form can be found under the athletics tab at www.bishopireton.org. Contact Peter Hamer at hamerp@bishopireton.org or 703-212-5190.

Park Authority and Rec-PAC

The Fairfax County Park Authority offers more than 1,400 summer day camp options at 100 locations plus the six-week theme-based summer Rec-PAC programs at nearly 50 elementary schools every summer.

Camps are held at RECenters, historic sites, lakefront parks and schools and offer a variety of camp titles. Both camps and Rec-PAC offer children a chance to have fun, build friendships and have a safe and rewarding summer experience. The Rec-PAC program runs June 29 through Aug. 6 from 8:30 a.m.-3:30 p.m. daily and is open to children in Fairfax County who are rising first graders through those who finished sixth grade.

Registration begins April 27 online at www.fairfaxcounty.gov/parks/recpacwww.fairfaxcounty.gov/parks/recpac. There is an \$8 discount per week for those who register before June 12. Partial scholarships are available for those who qualify through free and reduced lunch program. The large summer camp program begins early June with camps for preschoolers and later in June for school age campers.

From crafts and games to high-tech and high adventure, the Park Authority has something for everyone. Many camps offer swimming at RECenters each day as well as extended care for working parents. Sports enthusiasts can choose from an array of skill-development camps, including British soccer, basketball, football, baseball, cheerleading, archery, lacrosse or extreme sports programs. Enjoy the outdoors? Then check out the boating, fishing and biking camps. Specialty camps such as Young Chef's Cooking, Chess, Geocaching and Girls Leadership allow for exploring new interests or developing a new skill. There is also an array of STEM programs that stimulate cognitive development and enhance critical thinking. New camps are available in 2015 and include Ninja Stars, Longboarding Camp, Brazilian Soccer, Overnight Camps, Stand-Up Paddle Boarding, Kayak Fishing, fun new art camps, tons of new engineering camps and many more. The search and browse options on the website (www.fairfaxcounty.gov/parks/campswww.fairfaxcounty.gov/parks/camps) make it easy to narrow choices by location, age of children, type of camp and week of



PHOTO COURTESY OF GLENN COOK

Students enjoy summer camps at Metropolitan School of the Arts in Lorton and Alexandria; musical theatre camps are just one of the many camps offered.

summer or check out the 2015 Summer Camp Guide.

For more information about Rec-PAC or camps, call 703-222-4664 Monday through Friday, 9 a.m.-4 p.m.

Centreville Dance Academy

Summer Camp at Centreville Dance Academy is a great way for a child to experience dance in a fun and safe atmosphere. It offers a Princess Party Camp, Broadway Bound Camp, Glitz & Glam Camp, and Me & My Doll Camp. Dancers will enjoy pretending to be their favorite characters, dressing up, and creating fun crafts. On the final day of camp there will be an in-studio performance for family and friends.

"Summer camp is a great way to expose your child to all that dance has to offer. Dance camp is a wonderful place to build lasting memories and relationships with the CDA teachers and new friends. We love seeing the dancers grow each year," said Kathy Taylor, owner/director.

Princess Party Camp offers The Little Mermaid from July 6-10; Frozen from July 27-31; Princess Ballerina from Aug. 3-7; and Frozen from Aug. 17-21.

Broadway Bound Camp is July 13-17. Glitz & Glam is July 20-24 and Aug. 10-14. Me and My Doll is June 29-July 13.

Register on the website through the Parent Portal. Centreville Dance Academy is located at 14215-G Centreville Square, Centreville. Visit www.centrevilledance.com, call 703-815-3125 or email office@centrevilledance.com.



PHOTO CONTRIBUTED

Children participate in Field Day at Kenwood Summer Day Camp in Annandale.

The Art League's Summer Art Camps

The Art League's Summer Art Camp provides children ages 5-15 a wonderful introduction to visual art. In the regular art camp, each day brings a new project that may include drawing, painting, printmaking, or sculpture. Projects vary from week to week, so campers can always come back for more. The specialty camps, like Drawing Camp or Painting Camp, focus on immersion in one particular medium.

"Inspiring young artists and helping them discover the joy of innovation is a big part of our mission. It's as rewarding for us to see what the campers create as it is for them," said Executive Director Suzanne Bethel.

The Art League's Summer Art Camps are held weekly. Half-day and full-day camps include regular art camp, painting, photography, jewelry, ceramics, sculpture, fiber, drawing, cartoons, and more. Camps run weekly from June 22 through Aug. 21, 2015 at The Art League's Madison Annex, 305 Madison Street in Alexandria. Register and find details online at www.theartleague.org. Contact The Art League at school@theartleague.org or 703-683-2323.

SummerTimes

St. Stephen's & St. Agnes SummerTimes programs offers campers ages 3-18 an enjoyable and enriching experience with programs designed to stimulate curiosity and creativity, develop talents, and encourage exploration and personal growth. Most of the camp directors are SSSAS teachers and



PHOTO CONTRIBUTED BY PETER HAMER

Bishop Ireton Cardinals summer camps in Alexandria are gearing up for their eighth year of sports and theater camps.

coaches, supported by alumni and students. Operating on three campuses with state-of-the-art facilities in the heart of Alexandria, the camp strives to inspire campers all summer long.

"At SummerTimes, your child will have the opportunity to see new sights in Washington, D.C., to expand artistic horizons in an art or filmmaking camp, learn about computer programming or jewelry making, challenge their abilities in one of our many sports camps, try their hand in TechPlay, or participate in a variety of fun activities in our traditional Day Camp. We pride ourselves on offering camps that will spark an interest in your camper, and will encourage them to create and try new things on their own in a safe and nurturing place," said Jim Supple, Director of Summer Programs.

St. Stephen's & St. Agnes summer programs run from June 15-Aug. 14, offering nine weeks with a variety of camps. With more than 145 different camp sessions to choose from, there is something for campers of every age. Visit www.summertimes.org to view camp offerings, pricing, registration procedures and more. Email summerprograms@ssas.org or call 703-212-2777.

Baroody Camps

Baroody Camps offers a variety of summer enrichment camps in Northern Virginia, with everything from American Girl Doll Camp to Gymnastics to Super Heroes Theme Camp, and more. Locally owned and operated, Baroody Camps offer a wide variety of academic, athletic, creative, and adventure camps for children, Kindergarten through 8th grade. In addition to the more traditional camps (sports camps, art camps, outdoors camps, educational camps, leadership camps, and academic camps) a few specialties include the Themed Day Camp offerings for the younger campers with a variety of interests, and Traveling Camps for older children who want to explore the highlights of city by Metro, hit up all of the best amusement parks in the region, or spend a few nights traveling up and down the coast to visit iconic baseball stadiums. Visit www.baroodycamps.com

Summer Fun for Adults

The region offers a wide range of programs for adults.

BY MARILYN CAMPBELL
THE CONNECTION

Summer fun is no longer reserved for children. Whether one's interests lie in exploring nature and hiking in the woods or immersed in history, art and literature on a university campus, the region abounds with warm weather opportunities.

The Osher Lifelong Learning Institute (OLLI) at George Mason University offers its members a chance to satisfy their intellectual and cultural curiosities. Want to read and discuss the "Iliad" or play Symphony No. 5 on the piano? Classes in Homer's writings or classical music are available in Fairfax, Reston and Sterling, Va. \$375 gives members access to more than 400 trips, courses and clubs ranging from memoir writing to French cooking.

"This summer you can get outside with OLLI trips to the National Gallery of Art, the Hillwood Estate, Museum and Gardens,

and The Franciscan Monastery," said Jennifer Disano, OLLI executive director.

From oil painting to soap making, Arlington County is offering a diverse smatter of classes for adults. "We have a smorgasbord of programs and really cool classes where you can learn about nature or go on hikes," said Susan Kalish, a spokeswoman for the county.

Potomac residents who want to distinguish an amethyst from an iolite are in luck this summer. A gemology class is among the most popular adult classes at the Potomac Community Recreation Center.

"We've got a host of different programs from tai chi, yoga and karate," said Peter Selikowitz, the center's executive director. "There's even a laughter fitness class which is a fun way to reduce stress."

For those wanting to learn how to avoid internet scams, Marymount University has teamed up with City of Falls Church to present "Living Better with the Internet." The series of five classes is designed for seniors and will be held at the Falls Church Community Center this summer. "The best news of all is that the classes are free," said Odette Shults, a spokeswoman for the University.

Educators say that an uptick in interest among adults, particularly seniors, has led



PHOTO CONTRIBUTED

Summer camp experiences can help children become self-confident and self-reliant.

to a diverse offering of learning opportunities. "There is an absolute trend and evidence-based research is driving the trend," said Andrew Carle of George Mason University. "Adult activities are being reinvented. What used to be arts and crafts and

now their being called wellness and enrichment and address the physical, cognitive, social and spiritual needs of adults. We're seeing people being given more choices on how to improve their lives rather than just giving them activities."

Play Unified

BY RICK JEFFREY
PRESIDENT, SPECIAL OLYMPICS VIRGINIA

In my 20-plus years in Special Olympics I still, on occasion, make the same mistake. I miss the boat. I underestimate the abilities either cognitive or physical of our Special Olympics athletes; athletes with intellectual disabilities. But by continually making this mistake, I, in essence, pretty much make them like everyone else; just another person, available to be judged and limited by what we see or what we think we see. You see, the limitations that all of us place on each other determine how we perceive each other, treat each other, like each other, fear each other, raise each other up or marginalize each other.

Ask most coaches out there and they will tell you that the biggest limitations on any student athlete are the ones coaches place upon them, among which might be too slow, not big enough or not tough enough. It might not be much different in the classroom where teachers might see a student as too lazy, too distracted or not interested. And these are just student athletes in any sport, in any classroom, at any high school in Virginia.

Now compound that with Down syndrome, autism or an undiagnosed disability resulting in a student's inability to keep up with peers. In most cases, the limitations in a school environment, an environment that moves all too fast, are enormous. And even in schools with wonderful inclusive classroom environments, the opportunity to



interact and really build friendships and relationships remains limited.

These students with intellectual disabilities are, in most cases, not receiving an opportunity to really participate in sports; an activity that, at its heart, teaches teamwork, trust and communication; an activity that at its core promotes competency, credibility and caring; the building blocks of human relationships. Sports and sports teams are probably more conducive to building relationships and creating friendships than possibly any other school activity. Plus throw in the opportunity to "wear the colors" and represent your school and you create an emotional bond that may be the most inclusive opportunity for any student.

IMAGINE A PARTNERSHIP between Special Olympics and high schools throughout Virginia. Imagine the opportunity for a student with an intellectual (or any) dis-



PHOTO CONTRIBUTED
Rick Jeffrey

COMMENTARY

ability to play alongside his or her peers without disabilities in a Unified Sports team environment; to rely on each other, to communicate with each other, to believe in each other, to become Champions Together.

Imagine no more because Champions Together is here. In fact, it's right here in Fairfax at Robinson Secondary School and Robert E. Lee High School – and in 22 other high schools in Virginia.

This partnership with the Virginia High School League is aimed at bringing together youth with and without disabilities to build the first unified generation, a generation where youth will build upon the friendships and life lessons learned through sports and the Special Olympics movement so, later in life, they will not be afraid to live, work and THRIVE alongside their peers with different ability levels.

Champions Together high schools will form inclusive track and field teams this spring that will compete against other local high schools. Other components of the program include an inclusive student-led leadership team that will organize an awareness event to promote respect and inclusion, and promote philanthropy to support the future of the program.

AT SPECIAL OLYMPICS, we dedicate ourselves each day to building communities more respectful in their conduct, more inclusive in their makeup, more unified in their fabric. And each day the Virginia High School League is promoting education, leadership, sportsmanship, character and citizenship for students by establishing and maintaining high standards for school activities and competitions.

A new, young, energetic base of athletes and volunteers, which could include the sons or daughters of many reading this op-ed piece, will eventually transition from the schools into our communities and help Special Olympics Virginia and the Virginia High School League continue to achieve our missions.

The Champions Together program is new, and as it develops, we will learn a lot about how to build it, refine it and make it the best that it can be for everyone. And do you know who we will learn this from? We will learn it from our young people with and without disabilities who, through their participation and their ownership of this inclusive program, will prove to us that they are the future.

Let's Play Unified!

Rick Jeffrey has been the President of Special Olympics Virginia since 2000. He has served on many national and international committees for Special Olympics, and is currently serving on the United States Leadership Council where he is chair of the Sports Committee.



Beginning Sunfish classes sail from the dock on a summer morning to practice the day's maneuvers.



Sailors rig the Sunfish in preparation for beginning the day's lesson at Youth Sailing Camp at the Washington Sailing Marina.

Summer Sailing Camp: Outside, Hands-On, Empowering

BY SHIRLEY RUHE
GAZETTE PACKET

Amy Zang has just returned from a week sailing the British Virgin Isles with nine members of her extended family ranging from her 78-year-old, legally-blind father to her brother's 4- and 6-year old children.

"I was the captain of the 46-foot catamaran, but I had to get used to it. It is the biggest boat I have sailed. You use the same sailing skills but adapt the technique when the boat is this large."

Zang is the director and owner of the Youth Sailing Day Camp at the Washington Sailing Marina. The Washington Sailing Marina camp offers six different youth sailing classes in the summer with the Sunfish for beginners and the Flying Scot for intermediates. The advanced class uses a Hobie Cat. The racing class sails a Collegiate 420 that is a fast, maneuverable boat allowing campers the chance to work on boat balance and roll tacks.

Adventures on a Big Boat sails a Catalina 25. This group has a picnic lunch under anchor on Thursdays and they, along with the intermediate boats, sail to Old Town for



Summer counselors at National Marina Sailing Camp give the sailors a safety lesson each day before heading for the Potomac.

lunch on Fridays. Other groups get smoothies on Friday "so everyone gets a treat."

Sailing students must be certified before moving on to the next level. Some campers come for one week and others move up the skill level over successive weeks at camp. Windsurfing is also offered.

The camp opens June 1 and runs weekly through Aug. 22, and is already over 50 percent full. The classes run from 9:30 a.m.-4:30 p.m. and are open to rising third graders-15 years of age. She thinks children choose sailing for summer because "it is different, it is outside, it is hands on and they get immediate gratification." They walk away with a life skill that they can carry into adulthood, she says.

Sailing class is empowering, Zang says. Children don't have much in their lives that they can be fully in charge of. "I give them trust, here is a boat, and you can learn to sail it and they give trust back. They learn responsibility and it is a huge confidence builder for both male and female students. Sailing isn't about strength." She adds, "When kids come they love it and keep returning year after year." She said word of mouth is powerful and she has had a number of children for many years.

Classes are systematic, beginning with a 10-minute "chalk talk" about what they will be doing that day. Then on to a drill such as a figure eight on the water followed by docking. The routine gets instilled with a game like "stick, stick, capsize." Sailing students practice docking, sailing to the dock where an instructor awaits them. If they do a perfect docking, they get a paint stick and they sail back to a buoy not too far off, switch positions (crew moves to skippers position) and sail to the dock again. If they do a good docking they get a second paint stick, and from there they sail out into the lagoon where a safety boat is stationed. They hand in their two paint sticks and get

to do a capsize, the reward for two good dockings.

She calls each day "controlled chaos" where she has to be mentally two steps ahead watching weather, keeping track of the boats at all times and supervising the instructors as well as tending to children who may need special attention. "Every single cog in the wheel has to work." Zang describes herself as a big communicator and sends group email updates to parents during the week. If there are specific things to pass along she emails the parents directly.

During the school year, Zang provides home-bound school instruction for students with illness or special needs that keep them from attending traditional school.

At this time of year, Zang is interviewing



Amy Zang, Director and Owner of the Youth Sailing Marina, starts checking the boats in April and "putting a screwdriver to every screw" before camp opens June 1.

staff, rescheduling returning staff, reviewing insurance policies and other business, organizing buses, getting boats ready for the season "putting a screwdriver to every screw, washing out boats and getting them in the water."

Zang offers bus service pickup from Bethesda. This year, a mom organized a group of 24 sailing campers from Chantilly so "I am sending a bus there to pick up the kids that week." Sailing students come from all over the metropolitan area and some are visiting relatives and attend sailing camp for a week or two. About half come with a friend although she tries to match everyone up with a buddy if they don't. "We have a lot of diplomat kids, too, a nice diverse population."

The staff includes more than 40 full-time summer counselors; many started in sailing camp themselves a number of years ago. "I have one counselor this year who started camp when he was 9." She has better than a 1-6 ratio of staff to campers.

"It's a good job for high school and college students, getting a tan, learning valuable skills and how to work with kids."

PHOTOS BY SHIRLEY RUHE/THE GAZETTE

