

Great Falls CONNECTION

WELLBEING

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Nicki and Hunter
Costa of Great Falls:
"My mom takes me
on my first bike ride."

First Ride

MOTHER'S DAY PHOTO GALLERY, PAGE 15

First Ladies
Come to
Great Falls
Elementary

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Great Falls
Book Festival
Inspires Many

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Third through fifth grade students, led by taiko instructor Mark Rooney performed before the visitors, which also included guests from the Japanese Embassy.



(From left) First Lady Akie Abe, her translator assistant and First Lady Michelle Obama watch students during their taiko drumming performance.

First Ladies Come to Great Falls Elementary

Michelle Obama and Akie Abe make a joint visit to Great Falls.

BY MARISSA BEALE
THE CONNECTION

Last week, Japanese Prime Minister Shinzo Abe, and his wife, Akie, were welcomed during their visit to Washington, D.C., and on Tuesday, April 28, students enrolled in the Japanese Immersion (JI) Program at Great Falls Elementary School were able to showcase their language skills before First Lady Michelle Obama and First Lady Akie Abe from Japan. They made a special trip from the White House to visit the school.

"You have really, really demonstrated a level of understanding of the culture and the language...And you guys are playing an important role in bringing our two countries even closer together," said Mrs. Obama in her remarks. The students listened in rapt attention as she encouraged their language study, emphasizing the similarities she noticed between students in the audience and those around their age in Japan.

"Just like all of you, kids in Japan like to hang out with their friends and have fun. They like sports and they like music, they like reading. They like all the wonderful things you guys do here," said Mrs. Obama.

"I have just visited a Japanese immersion class before coming here and am very pleased to hear the wonderful Japanese in the beautiful accents," said Mrs. Akie through a translator.

THE JI PROGRAM at Great Falls was started in 1989 in an effort to further in-



PHOTOS BY MARISSA BEALE/THE CONNECTION

At the conclusion of the event, students waved, enthusiastically, at cameras and special guests who attended the event.

Great Falls Elementary School neighbor Rachel May heard about the excitement and walked by the school in patriotic gear. "When else would I be able to wear this?" she said. May's children once attended Great Falls Elementary and are all adults now.

corporate language and culture into the Fairfax County curriculum. In 2006, Eisugakkan Elementary in Hiroshima officially became a sister school to Great Falls, a relationship that Prime Minister Shinzo Abe played a key role in establishing.

"Science, math and health are taught in Japanese," said Caitlin Imaki, co-chair of the Japanese Cultural Committee, a parent-run group at the school. "Most first graders have no exposure. Teachers use expressions



PHOTO BY KEN MOORE/THE CONNECTION

and body language to communicate." Mrs. Imaki, who intentionally moved to the area so that her children would be enrolled in JI, sees numerous benefits to studying the language, and much of what goes into making language program a success is the dedication of parents and teachers working behind the scenes. Beyond classroom exposure, students can even practice taiko drumming in an after-school club.

While many students have no prior exposure to Japanese, some students do. Catherine Hackman, one of three students who asked the First Ladies questions in English and in Japanese, lived in Japan for five years.

"I wanted to continue learning after moving here," said Hackman about her choice to remain in the JI Program. "It was really exciting, talking to the First Ladies."

"It was a once-in-a-lifetime experience," said sixth grade student Maxwell Dumas.

STUDYING A FOREIGN LANGUAGE has the possibility of paying off at the high school level as well. On Tuesday, students from Lake Braddock Secondary School and Hayfield Secondary School were invited to the White House for the welcoming ceremony of Prime Minister Abe. They received this recognition for their success in this year's National Japan Bowl, a competition testing students' knowledge of Japanese culture, language, history and more.

"It was great to see the connection continue," said Great Falls Assistant Principal, Barbara DeHart about the visit from the First Ladies.

Students all across Fairfax County are eligible to sign up for the JI program at Great Falls, which uses a lottery-based selection process. Currently Great Falls is just one of two schools in the area and in Virginia offering JI to elementary school students.

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NEWS

The Gift of a Lift

Therapeutic sessions to
resume at Lift Me Up after
week of turmoil.

BY KEN MOORE
THE CONNECTION

To honor his grandson Patrick, Stan Corey donated the lift that the Great Falls therapeutic riding program, Lift Me Up, will use to lift wounded warriors and heavier riders with disabilities safely onto horses.

"I hope it's a small way to recognize Patrick's struggle and help other people," he said.

Patrick, Corey's first grandson, is currently in a Georgia hospital and his death is imminent, Corey said. Patrick fought to live 11 years after a traumatic brain injury from a crash when he was 5 months old.

"He is a beautiful boy that never had a negative thought. He was not supposed to survive a year. It's been a long struggle," Corey said. "We're in the last chapter now."

"My son said, 'For someone who has never spoken a word, he has touched more people,'" said Corey. "The lift is another way that Patrick will help people."

When he dies, Patrick's family hopes that his kidneys and organs will be used to save other children's lives. "He will be able to help other children," Corey said.

Corey heard leaders from Lift Me Up speak to the Great Falls Rotary, and approached them about the need for the lift. "I said, 'I would like to fund the purchase of the lift. There's only one condition. I'd like it to be called Patrick's Lift.'"

The project is scheduled to be highlighted at Lift Me Up's 40th anniversary party, Founder's Day, on May 17.

AFTER A WEEK OF TURMOIL, that same belief in the mission of Lift Me Up brought volunteers to the Great Falls facility on Sunday, May 3 to paint fences and prepare to resume classes.

Lift Me Up announced the last week in April that it would suspend its spring classes and therapy, but after an outpouring of concern from parents of children disappointed by the cancellation of their therapeutic riding sessions, Lift Me Up mobilized to resume classes Monday, May 4.

Georgia Bay, Lift Me Up's executive director, resigned on April 26, citing a need to spend more time with family. Several Lift Me Up instructors resigned follow-



PHOTO BY MOMENTOS FOTO STUDIO IN GAINESVILLE, GA.

The Corey family - from left: Cullan, 6, parents Michelle and Niles, Kelli, 4, Patrick, 11, and Ryann May, 9.

ing Bay's departure, and Lift Me Up announced via an email message to clients that classes would be suspended for the spring, with plans to resume in June.

Parents whose children rely on their therapeutic riding session said they were blindsided and left in the dark.

Kimberly Nelson, whose 12-year-old daughter has been riding at Lift Me Up since she was 6 years old, said she heard via email that Lift Me Up had canceled all upcoming lessons.

"As a parent with a child, who has a medical order for this type of therapeutic treatment, it is like your pharmacy closing with no advance notice and you don't have the medical treatment, i.e. medicine, that you need," Nelson said.

Parents of children with special needs have often spent their child's lifetime advocating strenuously, and those skills and instincts kicked in over the confusion and suspension of services at Lift Me Up, with many parents engaging via social media and direct communication.

BOARD MEMBERS at Lift Me Up scrambled, and convinced Georgia Bay to rejoin the organization as acting executive director to oversee a more orderly transition, and classes will resume this week.

"I want to reach out to you all as people who are so very important to me," Bay wrote to Lift Me Up families, riders and volunteers. "As you may know, I resigned to spend more time with family. While that continues to be true, in what I never anticipated; the program was thrown into disarray."

In returning to her duties, Bay got right down to resuming services: "For most of you there will be no change to your lesson time. But due to the limited number of instructors we may request shifting of a couple of the lesson offerings," said Bay. "Every attempt will be made to accommodate all our riders."

While the exact details of the "disarray" are unclear, board member Tracy Kenny reached out to parents promising better communication in the future, including establishing a Rider/Parent Advisory Committee to the board.

Vote on McLean Day

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PEOPLE

Great Falls Woman Wins Governor's Volunteerism Award

Jacqueline Cheshire helps people gain independence.

ABIGAIL CONSTANTINO
THE CONNECTION

Jacqueline Cheshire and her new puppy, Agent, are almost never apart, until 18 months later when she gives the puppy up so it can receive further training as an assistance dog for Canine Companions for Independence (CCI).

Cheshire is a volunteer puppy raiser for CCI. She gets a dog, usually a Labrador, golden retriever, or a mix of the two, from CCI when it is 2 months old and spends the next 18 months training, familiarizing and socializing the puppy until it is ready to go back to CCI in New York. At CCI, the puppy is paired with a person with disability and they become lifelong companions.

Cheshire said giving the dogs back is the hardest thing about what she does. "But it's like send-

ing your kids to college. You know they're going to do great things," she said.

HER WORK for CCI earned her the Governor's Volunteerism Award, which she received from Gov. Terry McAuliffe on Thursday, April 30 in Richmond.

Cheshire's stepmother, Julianne Clemente, nominated her for the award, which honors people who engaged in volunteer activities that benefit the greater community, demonstrated a commitment to meeting community needs, utilized unique and creative approaches, and developed and fostered virtues and skills of civic engagement and social responsibility.

Nancie Spector, of Connecticut, has one of the dogs Cheshire trained, Solar. "She did an amazing job" raising Solar, she said. Spector is a child clinical psycholo-



PHOTO BY BENJAMIN CHESHIRE

Gov. Terry McAuliffe presents Jacqueline Cheshire, of Great Falls, pictured with Canine Companion for Independence assistance puppy Agent, a Governor's Volunteerism Award on Thursday, April 30 in Richmond.

gist. She uses Solar as a facility dog in her work with children. "[Solar] is unflappable. Sometimes there are kids screaming in the

office and it doesn't affect Solar at all. I credit [Cheshire] with that," she said.

Cheshire's work with CCI started when her daughter Nikki wanted



PHOTO BY ABIGAIL CONSTANTINO/THE CONNECTION

Dan Clemente with his daughter Jacqueline Cheshire, who received the Governor's Volunteerism Award for her work with Canine Companions for Independence, where she raises puppies, such as Agent, to become assistance dogs to people with disabilities or special needs.

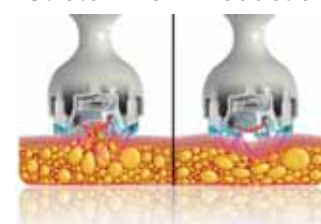
to raise a service dog for her Girl Scout project. Her family—husband Ben, daughters Tory and Nikki and son Christian—soon got

SEE CHESHIRE, PAGE 7



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Vote Set on Brooks Farm Rezoning

The Executive Board of the Great Falls Citizens Association (GFCA) has called a meeting for Tuesday, May 12 to vote on a proposed resolution opposing the rezoning of Brooks Farm and to present a slate of candidates for the GFCA board. The meeting will be held at 7:30 p.m. at Forestville Elementary School, 1085 Utterback Store Road.

The landowner and developer of Brooks Farm, a 52-acre parcel in Great Falls, have submitted a Rezoning Application to Fairfax County to rezone the property from Rural Agricultural (RA) to Residential Estate (RE). The applicant's current development proposal calls for the construction of 20 private residences on the property in a cluster subdivision.

In response to the community concerns raised during public meetings held by GFCA and through ongoing dialogue with local residents, the GFCA Executive Board recently approved a proposed resolution regarding the rezoning application that will be referred to the GFCA membership for action at the May 12 meeting. The resolution, if adopted by the GFCA membership, would oppose the rezoning and cluster development at Brooks Farm as currently proposed, identify key issues of community concern, and offer potential alternatives that may address these concerns. A copy of the proposed resolution can be found on the GFCA website: <http://gfca.org/Land-Use-&-Zoning-News>.

In addition, a slate of candidates for the GFCA Executive Board will be presented at the May 12 meeting. Members in good standing who are willing to serve on the board can also be nominated from the floor provided that the nominee consent in person or in writing. The membership will vote on the slate in June.

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Cheshire

FROM PAGE 6

involved. "After raising the first one, I thought, 'How could we not keep doing this?'"

She has raised six puppies since 2009 and has been rewarded with getting to know the people who receive them and the other puppy raisers, who she said are most willing to help each other take care of each other's charges.

Her work also led her to bring CCI's event DogFest Walk 'n Roll to the Washington, D.C. area last year, raising \$46,000. The second DogFest Walk 'n Roll will be on Sept. 12 with a goal of \$60,000.

In addition to her work with CCI, Cheshire is the president of Clemente Development Company, Inc. in Tysons. She is active with the Girl Scouts and on the board of the Friends of Clemyjontri Park, a park in McLean equipped with accessibility, developmental and sensory features.

CHESHIRE was born in Washington, D.C. She attended Oakton High School in Vienna, Sandy Spring Friends School in Maryland and Old Dominion University in Norfolk, Va.

For more information about her work with CCI and DogFest Walk 'n Roll, go to cci.org.

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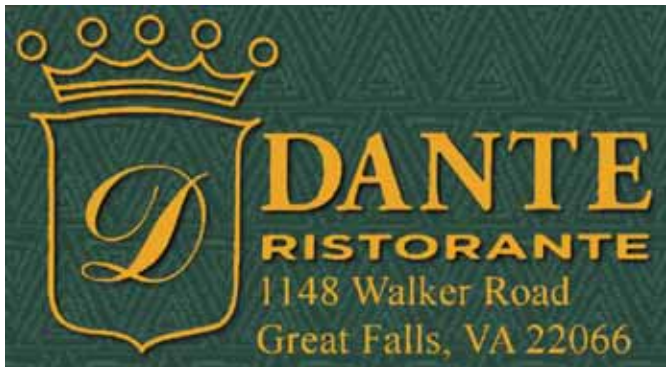




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OPINION

Hunger Is Widespread

Saturday, May 9, is the postal carriers food drive; put a sturdy bag with food donation next to your mailbox that morning.

There are families dealing with hunger in every county in the United States, including here in Northern Virginia.

In Fairfax, there are 67,190 people who are food insecure, (facing hunger at some point monthly) which is more than 6 percent of the population, according to a report by Feeding America. In Arlington, 8.7 percent of the population is food insecure, 18,750 people. In Alexandria, 10.8 percent of the population faces hunger at least monthly, that's 15,540 people.

You can see the national data by county in an interactive map: <http://map.feedingamerica.org/>

ON SATURDAY, MAY 9, as they deliver mail, postal carriers will collect donations of non-perishable food left by residents near their mailboxes. They will be joined by retired letter carriers, by family members and friends, and by volunteers to help collect and distribute the sacks of non-perishable food items that get left next to mailboxes that morning.

EDITORIAL

People are encouraged to leave a sturdy bag containing non-perishable foods such as canned soup; canned vegetables; canned meats and fish; pasta; peanut butter; rice or cereal next to their mailbox before the regular mail delivery on Saturday. Carriers will bring the food to local food banks, pantries and shelters.

The annual food drive is held in more than 10,000 cities and towns in all 50 states, the District of Columbia, Puerto Rico, the Virgin Islands and Guam. Last year almost 73 million pounds of food was collected in the one-day event for people in need throughout the United States.

CHILDREN ARE AFFECTED by hunger disproportionately, with nearly 30 percent of students in Fairfax County Public Schools poor enough to receive subsidized meals at school, which is an incredible 51,968 students. That percentage is more than 31 percent in Arlington with more than 7,700 students poor enough to get meal benefits. In Alexandria, 60 percent of students are poor enough to get meal benefits; that's almost 8,600 students.

Many of these students go hungry on weekends, during school closures for bad weather and in the summer. More on that soon.

In the meantime, leave a bag of food out by your mailbox on Saturday.

LETTER TO THE EDITOR

Compassion in Action in Great Falls

To the Editor: I am writing this letter to let you know how much I appreciate and respect the Great Falls community. We recently held a used sporting equipment drive to donate to very poor communities in the Dominican Republic. We called it "Every Kid Needs to Play." It was held through a faith-based non-profit I helped to create to "serve." It's worth some time to let you know how we got to such a successful outcome. About 18 months ago my father and I heard a sermon at our church, McLean Bible Church, about "Serving." I think since we live in this little bubble we call Great Falls, it really hit home. The statistics are really amazing – did you know that 14.5 percent of the world's

population live on less than \$1.25 a day? So, we immediately started the process of creating a non-profit to "serve" God and therefore others. My good friend and Co-Founder Mackenzie Regen got involved and helped us get it off the ground. We went and got a bank account, created a social media profile, and put all the write-ups together to get certified by the IRS. About 12 months later we were official! My brothers and cousins got involved and we all started asking for donations. Here's where amazing things started happening... We asked the Great Falls Soccer, Great Falls Lacrosse, Great Falls Basketball, Langley Softball, Langley Basketball, and Boys Lacrosse teams to donate and send

the word out... and boy, did they! Along with those teams and the Great Falls community, we received 540 cubic feet of gently used sporting equipment. The Langley Girls Lacrosse team manned the receiving stations and sorted the donations. Then, the Reston Target and the Reston Giant donated as many boxes as they had available. We boxed up the equipment and put it in my garage. We had no idea how we were going to ship the gear. We were so blessed to find a missionary who knew a non-profit called Gleaning For the World (gftw.org). GFTW was sending a bunch of food donations to the Dominican. They sent a box truck up to my house and took back all of the donations

to ship with the food donations they were shipping. We were so blessed. Our friends at Empowering Action are now distributing all of the donations. I want to thank everyone in Great Falls that was able to be a part of this. There were so many donations, support, and help that made such a big difference. I am praying that big things happen from this event and am thankful for my community. I'll be traveling to the Dominican soon and am so proud of what our community accomplished and looking forward to making this an annual event with your help. With love and appreciation,

Halle Duenkel
Great Falls

John Adams to Receive the Tibbetts Award 2015

BY JACK O. NUTTER
CHAIR, TIBBETTS AWARD
COMMITTEE

The Great Falls Historical Society is delighted to announce that John Adams, a longtime area resident, has been chosen as The Tibbetts Award 2015 honoree.

The Society applauds Adams' tireless, passionate, and enduring advocacy over close to 50 years to preserve the integrity and heritage of Georgetown Pike. Adams was one of the earliest-concerned citizens instrumental in effectively battling for the protection, and ultimately the acquisition of the 336-



PHOTO CONTRIBUTED

John Adams

Georgetown Pike and Potomac River Association, formed in 1969, the membership grew from an initial 20 people to several hundred to thousands within months, forming an articulate opposition to all of the powers-that-be at every level of government who were in support of development. Adams

acre Scott's Run as a Fairfax County Nature Preserve. As one of the founders and long-time President of the Georgetown Pike and Potomac River Association, formed in 1969, the membership grew from an initial 20 people to several hundred to thousands within months, forming an articulate opposition to all of the powers-that-be at every level of government who were in support of development. Adams

has been a leader in preserving and protecting the historic character of the 12-mile road and has participated in all of the protective actions to preserve the Pike including its designation as the first official Virginia Byway in 1974, the Senate Document No. 47, a 125-page blueprint that governs aspects of preservation of the Pike, adopted in 1994 by the General Assembly in Richmond, the 1999 Traffic Calming Study, and more recently, the Pike Association has participated in the planning of the Clemyjontri Park in McLean, and the Turner Farm Equestrian Park and Astronomy site in Great Falls. Adams has generously lent

his legal competence to advocate for such residents along the Pike as the Salem Baptist Church.

Adams meets all the criteria for being named the Jean Tibbetts Award recipient. He has researched and prepared legal briefs on behalf of protecting historic natural resources, testified on behalf of historic preservation, and accomplished successful interventions that have altered the way in which historic preservation is implemented along the Georgetown Pike corridor. We are all beneficiaries of Adams's efforts, which, in collaboration with other community groups, have resulted

SEE ADAMS, PAGE 11

Great Falls CONNECTION

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It happens every year, and when we don't take action, it just gets worse over time. The fitness options out there can feel daunting. Some are too intimidating or intense. Some seem like they could never get the results you want quickly. Some are too expensive. And so, another year goes by without reaching your summertime fitness goals.

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Nick Konarski, General Manager,
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~ Michael James, Member,
Koko FitClub, Herndon

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~ Karen Spahn, Member,
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Healthy Relationships for Life

Researchers say meaningful friendships help preserve health.

BY MARILYN CAMPBELL
THE CONNECTION

Bill and Betty Kenealy, of Springfield, make it a point to socialize regularly with their long-time friends, many of whom are other couples they met through work and through the activities of their five children. They've watched their children become adults, worked, retired and even survived cancer. Now they're living together in a retirement community in Springfield. Bill is 85 and Betty is 81.

"We enjoy meeting for dinner on a regular basis or playing cards or dominoes and Bingo," said Bill.

One of those couples is George and Peggy White, both 80. They met when Bill and George were stationed together in the military. Both couples speak fondly of the strength they get from their friendships.

"All of us have different stories and have different backgrounds," said Peggy White, 80. "It's been an interesting and rewarding."

Healthy friendships and strong social con-

nections provide more than interest, say researchers. They are vital to one's mental, physical and emotional wellbeing. A study by the National Institutes of Health show that people who are socially isolated are more likely to die of heart disease than those who have close relationships. While it might be more challenging to make friends as one ages, the benefits are worth the effort say researchers.

"Research shows that social connections are more important for health, longevity and cognitive functioning than any other variable," said Linda Gulyn, professor of psychology at Marymount University in Arlington. "Social support ... increased likelihood of getting proper health care, compliance with health treatments, diet, activity [and] mental health."

A HEALTHY SOCIAL NETWORK is credited with longevity. "Social support at all stages of the lifespan reduces people's stress levels, and this in turn promotes physical health," said Linda Cote-Reilly, Ph.D., associate professor of psychology at Marymount

University. Seniors who have active social connections are better able to fight disease, they experience greater psychological well-being and reduced incidence of depression, Cote-Reilly said.

Social isolation can lead to depression and physical health issues.

"One of the things that research has shown is that social isolation is a killer," said Dominique S. Hubbard, professor of psychology who studies social exclusion and ostracism at Northern Virginia Community College. "One of the most fundamental things that we need is meaningful social connections and a sense of belonging."

In fact, researchers point to a variety of studies that link health and longevity with fulfilling relationships.

"There is this really amazing study done in Alameda County, Calif., that followed almost 5,000 residents for nine years, and found that the best predictor of mortality rates were people who indicated they had few meaningful relationships, meaning that



PHOTO COURTESY OF GEORGE & PEGGY WHITE

George White, 80, stays socially connected by volunteering for the West Springfield police department. He and his wife, Betty, also 80, stay connected with friends.

people who answered they had many meaningful relationships were more likely to be alive than those with few," said Georgeana Stratton, Ph.D., (associate professor of psychology at Northern Virginia Community College in Sterling. "Even when they ... only look at people with cancer or heart disease, they still found that those with many meaningful relationships did better than those who answered few.

"Their social relationships were the best predictor of health and death, meaning it



PHOTO COURTESY OF BILL & BETTY KENEALY

Bill and Betty Kenealy stay connected by socializing regularly with their good friends and former next-door neighbors.

predicted better than other things they measured like smoking and stress," said Stratton.

Seniors are more susceptible to the harmful effects of a dearth of companions. "Isolation is potentially very damaging to all of us, but most especially to seniors," said Pamela Stewart, assistant dean of psychology, Northern Virginia Community College, Annandale campus. "Friendships keep us balanced and generally more positive. They help to keep us busy, can give us a focus and keep us more happily engaged in the world around us."

Retiring and relocating creates challenges when attempting to maintain existing friendships. "Unfortunately, for many the pool of friends becomes smaller as one ages," said Stewart. "We lose touch with our former work mates and a fair percentage of our friends may have moved away or passed away."

Those who are no longer in situations that offer natural opportunities for social interactions can still recreate a circle of friends.

"Seniors can replace those by adding new things," said Hubbard.

"Consider joining a class or a bridge club. The key is to have consistent, positive interactions."

Donating one's time offers an opportunity for staying connected.

"Volunteering at a local school or animal shelter or even getting a part time job is a great way to meet people and stay engaged and current," said Joyce Schwartz, a geriatric social worker who lives in Potomac, Md. "Pursuing a hobby, working out a gym or attending lectures are good too, especially if they're free or discounted activities for seniors."

STILL, STAYING ENGAGED socially and developing new friendships can become increasingly challenging, as one gets older.

"Physical disabilities and illnesses can increase the likelihood that a person is hospitalized or homebound in later adulthood, which can lead to social isolation and depression," said Cote-Reilly.

Also important, said Cote-Reilly, is distinguishing connections that offer positive social interaction from those that simply provide contact with another person.

Adams

FROM PAGE 8

in securing the designation of Georgetown Pike as a Virginia Scenic and Historical Byway and resulted in the Pike being listed on the National Register of Historic Places.

The Jean Tibbetts History Award, to be presented at the Tibbetts Award Banquet, was established by the Great Falls Historical Society in memory of former president, historian, and author, Jean Tibbetts, who died in September 2004. This award honors outstanding contributors

to the research, articulation, dissemination, and preservation of the history of life along the Potomac River corridor from McLean, west through Dranesville, and south through Herndon. The Award carries a stipend of \$200 and the awardee's name is placed in recognition on the Society's Great Falls Historian's Plaque displayed in the Great Falls Library. This year, the Tibbetts Award Banquet will be held at The Old Brogue on May 20 at 6:30 p.m. For information or reservations, please contact Betty Swartz at 703-759-2378.

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PHOTO BY CHRISTINA TYLER WENKS

While Great Falls Writer's Group Founder Kristin Clark Taylor moderates, a book marketer and book-store manager, best-selling authors, and a social media guru discuss the ins and outs of the publishing business to a packed room during the publishing panel portion of the first Great Falls Book Festival at the Great Falls Library on May 2.



PHOTO BY MELISSA WINN

Authors unite for the "Evening with the Authors" at the Great Falls Book Festival. Pictured in the top row are Austin S. Camacho, John Wren, Rob Blackwell, Terence Kuch, Ayesha Shoulders, Lynne Beverly Strang, Rebecca Glenn, and Courtney Pippin-Mathur. Seated in front are Kimberly "Kimba" Dalferes, Bill Lewers, Anne Speckhard, Susan Coll, Stephen Miller, GFWG Founder and Author Kristin Clark Taylor, L.M. Elliott, and Pamela Palmer.

Great Falls Book Festival Inspires Many

BY CHRISTINA TYLER WENKS

Enthusiastic readers, writers, and future authors seeking inspiration and information filled the Great Falls Book Festival Saturday, May 2, at the Great Falls Library.

The day-long event hosted by the Great

Falls Writer's Group opened with a publishing panel offering those navigating rough waters of publishing some advice and experience with self-publishing and traditional methods of producing books by securing agents, publishers, and marketers. Panelists shared what and how they've learned.

Panelist and social media guru Jennifer

Abernethy was discovered as an author quickly by sharing her tips on Facebook while panelist and best-selling author Pamela Palmer spent years pushing her books to publishing houses. After years of rejection letters – "enough to wallpaper multiple rooms of my house" – Palmer has written her 19th novel. A future project may

be self-published.

In addition to discussing the ebbs and flows of a changing industry, panelist and marketing expert Rob Jolles compares writers to athletes. "Respect that runner in the rain, because he's getting his miles in every

SEE FESTIVAL, PAGE 13

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Great Falls Writer's Group Founder Kristin Clark Taylor greets guests at the first Great Falls Book Festival on May 2.



Great Falls Book Festival Inspires Many

PHOTOS BY MELISSA WINN

FROM PAGE 12

day." Writers must make time to write. Panelist and bookstore owner and marketer Ramunda Lark Young summed it up succinctly: "Don't wait. Don't be afraid. Use your passion. Write in your voice."

Finding their own voices didn't seem to be a challenge for students who participated in a youth writing workshop lead by children's author and illustrator Courtney Pippin-Mathur. Children left having written and illustrated imaginative dragon stories. Among the children were winners of the GFWG's first creative writing contest (*see related story*). Daniela Dixon, manager of the Great Falls Library, hopes all the young writers at the workshop have books in the library one day.

More than a dozen authors of all experience levels, backgrounds and genres drew readers to the second annual "Evening with the Authors." The unique opportunity to talk to authors about their writing and publishing experiences and to sign and sell their books inspired patrons to finish their own works.

Author and GFWG member Rebecca Glenn was new to Northern Virginia when she attended last year's inaugural author event and was immediately caught up in



At the Great Falls Book Festival, book lovers listen as authors share their journeys into writing.

the fervor. Glenn just unveiled her first book, "Becoming Lisette," at the author event this weekend. Her words inspired many attendees. She sold more than a dozen books.

More than 25 members of the GFWG contributed to an anthology "Passages on Time" which was unveiled. The anthology sold briskly, selling 50 copies at the book festival.

Says Kristin Clark Taylor, GFWG founder and facilitator: "We came together, we lit a creative flame, and now we'll carry this fire around with us in our hearts as we move toward our main goals: To write with courage. To write with conviction. To write.



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Deadline is Friday for the following week's
paper. Photos/artwork encouraged.

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
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Hoffman. General admission tickets
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\$15. Group discounts are available.
Tickets can be purchased online at
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the 1st Stage box office at 703-854-
1856.

THROUGH SATURDAY/JUNE 13

4 Artists Spring Show. The Frame
Factory Gallery, 212 Dominion Road,
NE, Vienna. 703-281-2350.
www.theframefactory1.com

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.

FRIDAY/MAY 8

Precious Treasures. 7-9 p.m. Vienna
Art Center, 115 Pleasant Street NW,
Vienna. Members of the Vienna Arts
Society exhibit and sell original
artworks in several continuing shows
in the area. Pick up a map of
locations and meet featured artist
Madeleine. The exhibition, which
features the Jamie Brooks
Retrospective continues until May 30.

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](http://www.fairfaxcounty.gov/parks/farmersmarkets/mcleanmkt.htm)

Playdate Café. Great Falls Library,
9830 Georgetown Pike, Great Falls.
10 a.m. Toys and playspace for
children. Coffee and conversation for
grown-ups.

Pokemon League. Patrick Henry
Library, 101 Maple Ave. East, Vienna.
3 p.m. Age 5-18 learn and play.

**Great Decisions Foreign Policy
Series.** Great Falls Library, 9830
Georgetown Pike, Great Falls. 1 p.m.
Foreign Policy Association's Great
Decisions program: The United States
and Africa.

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

SATURDAY/MAY 9

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

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
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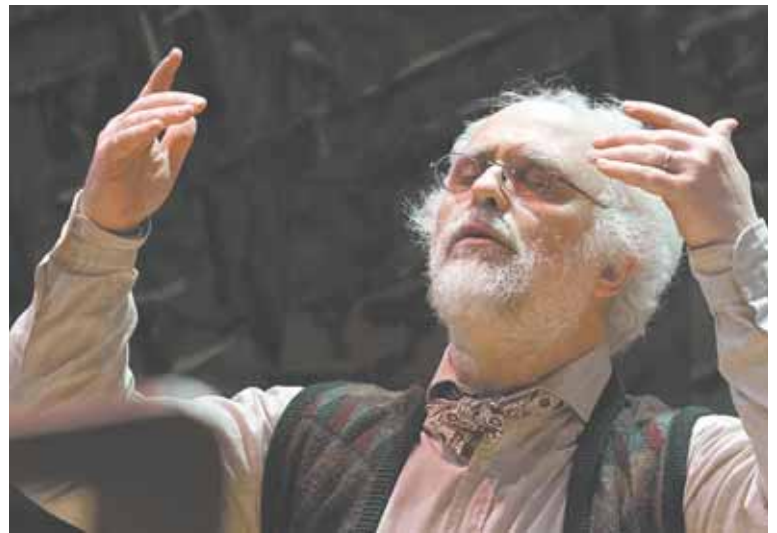


PHOTO BY TERESA CASTRACANE/COURTESY OF 1ST STAGE

**Philip Hosford as Professor Josef Mashkan in 1st Stage
production of "Old Wicked Songs." Fridays 8 p.m. Satur-
days 2 & 8 p.m. Sundays 2 & 7 p.m.
www.1ststagetysons.org. Runs through May 17.**

Annual Yard Sale/Flea Market. 8
a.m. - 2 p.m. Great Falls United
Methodist Church, 10100
Georgetown Pike, Great Falls. Come
shop, donate and/or sell your own
things. 703-759-3705.

Mother's Day Tea & Fashion Show.
11:30 a.m. - 2 p.m. River Bend
Country Club, 375 Walker Road,
Great Falls. A relaxing afternoon of
tea, light fare, and fun fashion.
Tickets: [www.eventbrite.com/mothers-
day-tea-and-fashion-show-tickets-
16492544645](http://www.eventbrite.com/mothers-day-tea-and-fashion-show-tickets-16492544645).

Annual Plant Sale. 9 a.m. - 1 p.m.
Great Falls Library, 9830 Georgetown
Pike, Great Falls. The Plant Sale, held
on Mother's Day weekend, has
become a popular source for Mother's
Day gifts. Come early for best
selection; it's not unusual for all to
sell out by 11:30.

SUNDAY/MAY 10

Wine & Food Event. 12-5 p.m.
Balducci's, 6655 Dominion Drive,
McLean. Free special wine event
featuring Mother's Day drinks and
food samplings.

MONDAY/MAY 11

Vienna VIP Adults. Patrick Henry
Library, 101 Maple Ave. East, Vienna.
10 a.m. Support for individuals with
vision impairment.

Good Night, Sleep Tight. Patrick
Henry Library, 101 Maple Ave. East,
Vienna. 7 p.m. Preschool and all ages
come in your pajamas for stories and
songs. Openings.

TUESDAY/MAY 12

Toddlin' Twos. Patrick Henry Library,
101 Maple Ave. East, Vienna. 10:30
a.m. Age 2 with adult enjoy early
literacy enhanced storytime with
songs.

WEDNESDAY/MAY 13

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

FRIDAY/MAY 15

McLean Art Society Meeting. 10
a.m. - noon. McLean Community
Center, 1234 Ingleside Avenue,
McLean. Ms. Davis, a member of the
Potomac Valley Watercolorists
explains her artwork as a riot of color
and a way of conveying meaning and
a new perspective to mundane
objects like industrial towers. She
will be demonstrating techniques
using alcohol inks. Guests are
welcome.

Playdate Café. Great Falls Library,
9830 Georgetown Pike, Great Falls.
10 a.m. Toys and playspace for
children. Coffee and conversation for
grownups!

Preschool Storytime. Great Falls
Library, 9830 Georgetown Pike,
Great Falls. 10:30 a.m. Ages 3-5 with
adult enjoy stories, songs and
activities.

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

SATURDAY/MAY 16

McLean Day 2015. 11 a.m. - 5 p.m.
Lewinsville Park, 1659 Chain Bridge
Road, McLean. Petting zoo, rides,
games, food trucks and more. [http://
mcleancenter.org/](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 14th), and \$10/child 12 &
under (\$15 after May 14) Pre-
registration and late registration will
be available at
www.JoeCassellaFoundation.org.

**Amadeus Orchestra with Jessica
Stecklein.** 4 p.m. Saint Luke
Catholic Church, 7001 Georgetown
Pike, McLean. Soprano Jessica
Stecklein returns to perform with the
Amadeus Orchestra. Tickets are \$30
and may be purchased at the door or
online at [http://
www.amadeusconcerts.com](http://www.amadeusconcerts.com).
Students 17 and under are admitted
free of charge.

MONDAY/MAY 18

Kids Book Club. Great Falls Library,
9830 Georgetown Pike, Great Falls.
5:30 p.m. Ages 8-12. Call branch for
title.

WEDNESDAY/MAY 20

Morning Book Group for Adults.
Great Falls Library, 9830 Georgetown
Pike, Great Falls. 10:30 a.m. Call
branch for title.

THURSDAY/MAY 21

**James Madison High School
Spring Concert.** 7:30 p.m. the
Madison High School Auditorium,
2500 James Madison Dr., Vienna.
These bands were recently awarded
superior ratings at the state
assessment for the 10th straight year.
Come out and hear joyful, spirit-
lifting music.

MOTHER'S DAY
PHOTO GALLERY



Chairman of the Fairfax County Board of Supervisors Sharon Bulova "loves this photo:" On right is her daughter Karin feeding her newborn Mac, sitting next to her stepdaughter, Mary, feeding Will. They gave birth within two weeks of each other.



Rose, 11; Melodee, mom; and Gloria Boos, 11, of Great Falls. Rose and Gloria had just finished snowboarding at the Bryce Resort.



Selfie with mom. From left: Rose, 11; Melodee, mom; and Gloria Boos, 11, of Great Falls.

Jessica Wood and Jocelyn (age 19 Months), of Great Falls, are having lunch at Bartaco at the Reston Town Center. Jocelyn was having a blast.



McLean
Community
Center
The Center of It All



Here's What's Happening at MCC



Celebrating 100 Years!
McLean Day 2015

Saturday, May 16

Festival and Rides: 11 a.m.-5 p.m.

MCC Governing Board Elections:

10:30 a.m.-5 p.m.

Lewinsville Park, 1659 Chain Bridge Rd.

Jammin' Juniors
Yosi and Eugene

Wednesday, May 20, 12:30 p.m.

McLean Central Park Gazebo

Free admission

Concerts at the Alden

Sunday, May 24, 3 p.m.

Free admission

Midday Thrillers
"Gaslight" (1944)

Wednesday, May 27, 1 p.m.

Free. Reservations are not required.

OFTC Friday Field Trip
Kings Dominion

Friday, May 29, 3:30-10 p.m.



The Okee Dokee Brothers
"Adventure Songs"

Sunday, May 31, 2 p.m.

\$15/\$10 MCC district residents

The McLean Community Center
www.mcleancenter.org
Home of the Alden Theatre
www.aldentheatre.org



1234 Ingleside Ave.
McLean, VA 22101
703-790-0123, TTY: 711



McLean Boys Finish 11th, Girls 13th at T.C. Williams Invite

The McLean boys' track team tied for 11th and the girls were 13th on May 2 at the T.C. Williams Invitational.

The boys scored 18 points and finished in a three-way tie with Stuart and Churchill. The girls finished with 21 points.

"The boys and girls had a great day!" McLean head coach Megan Ney wrote in an email. "It is always nice to see athletes start to step up when the weather gets nice and the postseason is in the near future. They are working together and helping each other because they know individual times will help with relays and an overall team score at our Conference Meet."

In boys' action, McLean senior Matt Ohlson finished runner-up in the discus with a throw of 148 feet, 4 inches, and senior James Carver took second in the high jump with a clearance of 6-2.

In girls' action, McLean sophomore Paige Harper produced personal records in the long and triple jump. She finished seventh in the triple jump (34-1 ") and 13th in the long jump (15-2).

Senior Rose Castle finished fourth in the long jump (16-2 æ), fifth in the triple jump (35-5 Ω) and sixth in the high jump (4-10).

Senior Michelle Vaccaro finished fourth in the 3200 (11:43.65).



McLean junior Wesley Romary finished eighth in the 110 hurdles on May 2 during the T.C. Williams Invitational.

"I believe that our kids are peaking at the right time," Ney wrote. "They are getting excited about the conference meet and



McLean sophomore Sri Medicherla finished 13th in the 1600 (5:42.87) on May 2 at the T.C. Williams Invitational.

regionals, and I know there are so many who are still reaching for the state auto-qualifiers in the next week – it makes the



Langley freshman Sophia Divone placed third (5:16.19) in the 1600 on May 2 at the T.C. Williams Invitational. The Langley girls' team finished 12th with a score of 22. The boys' team finished 16th with 11 points.

end of the season exciting and competitive." The T.C. Williams boys (83) and girls (81) won the team events.

Running for Mental Health

Forty-three brave runners, walkers and toddlers came out early on Sunday morning to participate in the Becky Love Foundation event at Turner Farm Park on Sunday, May 3. Raising money to support mental health, the event drew around 100 people over all, 4 horses and a gaggle of kids, doing spin art, jumping in the moon bounce, and running challenges in the obstacle course. Ponies and horses did gymkhana games in the ring after the 5k ride around Turner Farm Park. In the Second Annual Mothers for Mental Health, best in each age bracket from under 12 to over 60 won gift certificates to Potomac River Running, a local running store chain that timed the sanctioned event. Supervisor John Foust (D-Dranesville) came to the event early on Sunday, bearing bananas for the exhausted runners. He shared his appreciation and congratulated the participants as they crossed the finish line.

Started in 2013, the Becky Love Foundation raises awareness and funds for mental health, supporting those who have lost loved ones and struggle to move forward, bereavement camps for kids who have lost a parent or sibling, and suicide awareness. Now registered with the National Capital Area Combined Area Campaign, Code, 94250, the Becky Love Foundation looks for wider exposure to raise funds for mental health.



The charity run attracted participants of all ages.

COURTESY PHOTOS



Children enjoyed horse rides.

TENNIS ROUNDUPS

McLean Boys' Tennis Beats Madison

The McLean boys' tennis team defeated Madison 6-3 on April 29.

In singles action, McLean's Mike Padmanabhan (No. 1), Mark Martinkov (2), Kyle Chisu Edwards (3), Matt Spahr (4) and Jeffrey Peng (6) won their respective matches.

Dylan Miks (5) was Madison's lone singles winner.

Madison won two of three doubles matches. Luke Sablik/Miks (1) and Ravi Suresh/Mark Fertal (2) won for the Warhawks.

McLean's doubles team of Spahr and Jason Wang (3) came out on top.

Oakton Girls' Tennis Sweeps Herndon

The Oakton girls' tennis team swept Herndon 9-0 on May 1.

In singles action, Oakton's Annie Clark (10-0), Victoria Thai (10-0), Kaitlyn Hyun (10-0), Jackie Zhu (10-6), Andie Carroll (10-0) and Anna Klinker won their respective matches.

The Oakton doubles teams of Clark/Thai (8-0), Hyun/Klinker (8-1) and Zhu/Carroll (8-0) were also victorious.



The winners of the 33rd Annual Great Falls Friends and Neighbors Poetry contest are honored at a luncheon at the River Bend Golf and Country Club on Wednesday, April 29. The Great Falls Elementary students from left are: Andreas Voyages, Brian Potteiger, Colleen Sherry, Elizabeth Rothenberger, Tehya Hale, Alexa Gianoplus, Josh Gast, Ashley Gibb and Ayala Albert.



PHOTOS BY ABIGAIL CONSTANTINO/THE CONNECTION

From left, Karen Magley and Pat Kuehnel, of Great Falls, Linda Maguire, of Vienna, Barbara Gwizdz, Anne McVey, of Great Falls and Jackie Culhane, of Potomac Falls, attend the Great Falls Friends and Neighbors' Poetry Luncheon at River Bend Golf and Country Club in Great Falls on Wednesday, April 29.

Budding Bards at Great Falls Elementary

Ladies' club awards poetry winners, throws luncheon.

ABIGAIL CONSTANTINO
THE CONNECTION

The Great Falls Friends and Neighbors (GFFN) threw its 33rd Annual Poetry Luncheon at the River Bend Golf and Country Club in Great Falls on Wednesday, April 29, culminating National Poetry Month.

The event recognized children's efforts in poetry writing. "Children have different talents. [Poetry] is the talent we chose," said organizer Pat Kuehnel.

First- to third-place winners, out of 208 entries, in grades four to six at Great Falls Elementary School received certificates and read their poems in front of families, teachers and the women of GFFN.

First-place winner fourth grader Ayala Albert read her poem "You," which was inspired by her experience learning about bullying. "Telling someone they are stupid doesn't make you smarter / Saying someone is ugly doesn't make you prettier," Albert read to rousing applause.

A sense of place was the inspiration for sixth grade first-place winner, Colleen

Sherry and third-place winner, Andreas Voyages. Sherry wrote about the evening sky in Deep Creek Lake, while Voyages waxed lyrical about the Greek Isles.

Principal Roy Lonnett thanked GFFN for supporting the opportunity to be creative, saying that the contest is a way for students to "lift the rules and be free to express themselves."

Judges for the poetry contest were Lucy Juncal, Pat Kuehnel, Mary Ann Nocerino, Raylynn Oliver and Mary Stout.

GFFN is a women's club that brings residents of Great Falls together for fun, friend-

And the Winners Are

*Fourth Grade

Ayala Albert, "You," First Place
Ashley Gibb, "White," Second Place
Josh Gast, "Sins," Third Place

*Fifth Grade

Alexa Gianoplus, "The Storm," First Place
Tehya Hale, "I Have No Escape," Second Place
Elizabeth Rothenberger, "My Imagination," Third Place

*Sixth Grade

Colleen Sherry, "Evening Sky," First Place
Brian Potteiger, "The Unknown," Second Place
Andreas Voyages, "Oh, How I'd Love to be in Greece," Third Place

ship and culture and gives back to the local community. For more information about the club, visit <http://www.gffnva.org/>.

Young Diplomat

BY KEN MOORE
THE CONNECTION

Great Falls Elementary School second grader Glenn Koji vanValkenburgh greeted Japan's Prime Minister Shinzo Abe and his wife, Mrs. Akie Abe, as they arrived at Andrews Air Force Base on April 27 for their U.S. visit.

"It was a really exciting week," said Glenn.

Glenn is a student in the Great Falls Elementary School Japanese Immersion Program. His mother and father, Mia and Jason vanValkenburgh, moved to Great Falls from Chevy Chase in 2012 specifically so that he could take part in the program.

"Because my Mom is Japanese," he said.

On Monday, Glenn shook the Prime Minister's hand and said, "Hello, welcome to the United States" in Japanese as he handed the Prime Minister a bouquet of flowers.

"I thought it was a very big deal. I was a little nervous. Ten percent," he said.

First Lady Michelle Obama and Mrs. Abe visited Great Falls Elementary School on Tuesday, April 28 and Glenn and his classmates sang "It's a Small World" in Japanese.

Glenn's mother is Japanese and his maternal grandparents live in Yokohama, Japan where Glenn hopes to visit with his mother and sister next summer.

When asked how his mother felt about his honor, Glenn said, "I'd like to hear what she says."

Great Falls second grader greets Japanese Prime Minister and wife at Andrews Air Force Base.



PHOTO CONTRIBUTED/SMSGT KEVIN WALLACE, CHIEF OF PUBLIC AFFAIRS, 89TH AIRLIFT WING

Glenn Koji vanValkenburgh greets Japan's Prime Minister Shinzo Abe and Mrs. Akie Abe as they arrive at Andrews Air Force Base on April 27.

"I told you I was very proud," said Mia vanValkenburgh.

"I was so proud, I was bursting," she said,

afterwards, "but more than that, it was a great experience for him. I was just along for the ride."

She is excited that Glenn and his younger sister, Emi, 5, anticipated to begin Great Falls immersion program in two years, will be able to speak to their grandparents in their native tongue.

She is hoping to take a trip to Japan with her children next summer.

Although she says her son may not know exactly how distinguished an opportunity he received, being part of the friendly relationship between the United States and Japan, she plans to immortalize the events.

"I think that will be the Christmas card photo this year," said Mia vanValkenburgh.

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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
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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
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South Carolina.

If you fail to answer the Complaint within the time aforesaid,
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