

# WELLBEING

PAGE 9

and Oakton  
**Vienna**  
**CONNECTION**

John and Mariann Horejsi, members of St. Mark's parish in Vienna, received the Ignatian Volunteer Corps Della Strada Award for their service and advocacy on behalf of the homeless and poor in the community. The event, which celebrated IVC's 20th anniversary, was held April 26 at Gonzaga College High School.

*'In All Things,  
To Love and  
To Serve'*

NEWS, PAGE 3

**Mother's Day Photo Gallery**

NEWS, PAGE 8

**Courage to Say 'No'**

NEWS, PAGE 16

OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 10 ♦ SPORTS, PAGE 12 ♦ CLASSIFIEDS, PAGE 14

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MAY 6-12, 2015

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## 'In All Things, To Love and To Serve'

### Ignatian Volunteer Corps Honors John and Mariann Horejsi of Vienna for service to the poor.

BY VICTORIA ROSS  
THE CONNECTION

**P**ope Francis, who became the Catholic Church's newest leader in 2013, has been universally praised for emphasizing the plight of the very poor and calling for compassion for those less fortunate and marginalized by society.

Many credit the pontiff's Ignatian aesthetic – "to love and to serve" the poor - for bringing the Catholic Church back to its social justice roots.

John and Mariann Horejsi of Vienna, longtime members of St. Mark's parish in Vienna, have dedicated their lives to those values in many different ways.

On April 26, The Ignatian Volunteer Corps (IVC) presented the couple with the prestigious Della Strada Award for their decades of work to alleviate poverty and suffering in their community.

**THE AWARD** celebrates volunteers whose work and lives reflect the Ignatian values of direct service to the impoverished and of working and educating for a more just society.

"The Horejsis have devoted 30 years to alleviating poverty," said Joan Coolidge, Northern Virginia regional director of IVC. "Mariann's direct volunteer service and John's nonpartisan advocacy as founder and coordinator of Social Action Linking Together have helped to improve the lives of thousands who have no voice in the public arena."

IVC's Della Strada Award is named for St. Ignatius Loyola, who founded the Society of Jesus (Jesuits) in 1541 and established the first church - Santa Maria Della Strada - to serve the poor in Rome.

James Kelley, retired director of IVC's Northern Virginia region, presented the award to John and Mariann Horejsi at IVC's annual Evening of Gratitude, held at Gonzaga College High School in D.C.

"John and Mariann Horejsi have demonstrated the values that IVC cherishes: service to people who are poor, social justice and spiritual growth," Kelley said at the event.

"Mariann, on the one hand, has dedicated herself to service in many different ways," Kelley said, noting that she is a tireless volunteer for the homeless at Christ House in Alexandria, and dedicates her time to many other organizations, including tutoring adults to earn their high school diplomas



**John and Mariann Horejsi, members of St. Mark's parish in Vienna, received the Ignatian Volunteer Corps Della Strada Award for their service and advocacy on behalf of the homeless and poor in the community. The event, which celebrated IVC's 20th anniversary, was held April 26 at Gonzaga College High School.**

through the Fairfax Volunteer Learning Program, helping out at the Western Fairfax Christian Food Bank, and serving the homeless at Fairfax County's hypothermia shelters.

"While Mariann was engaged with direct service, John, who was employed by the Department of Health and Human Services, became increasingly aware of the need for advocacy for people who are poor, people who are marginalized, people who are voiceless," Kelly said.

Kelley noted that John Horejsi's advocacy led him to establish Social Action Linking Together (SALT) in 1983 to advocate for those in need.

"Today, SALT is a faith-based network of 1,200-plus Northern Virginians who support the passage of legislation directed to afford-



PHOTOS BY JIM WEBSTER

**James Kelley, retired director of IVC's Northern Virginia region, presented the Della Strada Award to John and Mariann Horejsi at IVC's annual Evening of Gratitude, held at Gonzaga College High School in D.C. on April 26.**

able housing, hunger relief programs, humane treatment of the incarcerated, tax relief for the working poor and more," Kelley said.

"Legislators know John as the man who does the right thing for the 'least among us'."

**HUNTER MILL SUPERVISOR** Cathy Hudgins, who has nominated John Horejsi for several community service awards in the past 20 years, praised his service to the community.

"John's countless hours of volunteer service to fight homelessness have greatly impacted the quality of life for those less fortunate in Fairfax County and the Commonwealth," Hudgins said.

"I am so proud to be honored," Horejsi said when accepting the award, "I'm especially proud and happy that my wife of 46 years, Mariann, is here with me. She is my partner and best friend."

Horejsi said he takes inspiration from a sign above a door in a tiny church in Doswell, Virginia: "Enter to Worship; Leave to Serve."

"Our appeal to the faith community is to

### About IVC

IVC was founded by Frs. Jim Conroy, S.J., and Charlie Costello, S.J., in September 1995 with 11 volunteers in Baltimore, Philadelphia and Washington. Now in its 20th year, IVC has more than 300 volunteers providing service in 16 regions. The Northern Virginia and Washington D.C. Metro/Maryland regions account for 96 volunteers serving at 45 different partner agencies.

To volunteer with IVC or request an IVC volunteer to work with a non-profit agency that serves the needy, contact Joan Coolidge at 703- 352-4140 or jcoolidge@ivcusa.org.

get involved, to get 'Out of the pew and into the Lobby,'" Horejsi said.

IVC's ninth annual "Evening of Gratitude" began with Mass concelebrated by Monsignor Ray East, pastor of St. Teresa of Avila Catholic Church in Southeast Washington and seven other priests at St. Aloysius Catholic Church. More than 200 in the congregation joined the singing led by the St. Teresa of Avila young adult choir.

Coolidge introduced the ceremony by quoting Pope Francis.

"The thing the church needs most today is the ability to heal wounds and to warm the hearts of the faithful... I see the church as a field hospital after battle."

### Master Police Officer Oliver Retires from VPD

On Dec. 15, 2014, a reception was held at the Lotus Garden Restaurant in honor of MPO James Michael "Mike" Oliver who retired on Jan. 1, 2015, after 35 years of service with the Town of Vienna Police Department. MPO Oliver started his career with the department in August of 1980. After his graduation from the 44th Session of the Northern Virginia Criminal Justice Academy, he was assigned to the Patrol Section.

During his time with the department, MPO Oliver was a member of the Special Weapons and Tactical (S.W.A.T.) team, and a Criminal Investigations Detective.

Since 1995 he has been assigned to the Traffic Section as a Motorcycle Operator.

MPO Oliver is a native of Fairfax County. He graduated from Herndon High School in 1974. In 1975, he entered the United States Army where he honorably served as a Military Police Officer until his discharge in 1978. He was the recipient of the Vienna Women's Club Police Officer of the Year in 1983 and 1994.

MPO Oliver's willingness to impart his knowledge and anecdotes from his 35 years of experience with younger officers will be greatly missed at the Vienna Police Department.



**From left — MPO James Michael "Mike" Oliver and Col. James A. Morris.**



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## Learning to Navigate

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*Thursday, May 21, 2015 - 6:30pm to 8 pm*

Joy Galberth & Jamie Ayoub, Directors of Case Management, INOVA Hospital Fairfax and Loudoun and Erin Hodson, VP INOVA Children's Hospital will give an update on admissions, hospital procedures and changes. They will share how INOVA Hospital works with the community through outreach and its various programs and services. Light refreshments will be served! This event is **FREE** and open to the public!

Floris United Methodist Church | 13600 Frying Pan Road Herndon, VA 20171



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## News

The cast and crew of Oakton High School's "Mary Poppins." Back from left, Rob Condas, Megan Griggs, Muriel Wandey, Hunter Carrico. Front from left, Michael Williamson, Lindsey Jacobson and Cassie Wiltse.



PHOTO BY ABIGAIL CONSTANTINO/THE CONNECTION

# Oakton High Presents 'Mary Poppins'

ABIGAIL CONSTANTINO  
THE CONNECTION

In the most delightful way, Oakton High School in Vienna presents a spring production of "Mary Poppins" the musical from May 7-9.

Junior Megan Griggs, in the titular role, leads a company of actors which include freshmen Cassie Wiltse (Michael); Lindsey Jacobson (Jane); junior Michael Williamson (Bert); and seniors Muriel Wandey (Mrs. Corry), Rob Condas (Mr. Banks) and Savan-

nah Hard (Mrs. Banks). The play is directed by Vanessa Gelinas, with choreography by Wandey and photography by sophomore Hunter Carrico.

How Mary Poppins will fly is a big secret none of the cast will divulge. "We want to keep it a mystery," said Gelinas. "People will just have to come and see."

The musical diverges a bit from the movie version starring Julie Andrews. It delves further on the relationship between Mr. and Mrs. Banks and the children Jane and Michael. "It's more about Mary bringing



PHOTO CONTRIBUTED

Megan Griggs stars as Mary Poppins in Oakton High School's musical production of "Mary Poppins," running May 7 to 9.

beauty in a place that's already magical," said Condas, to the agreement of the rest of the main cast. Gelinas said that the message the musical is trying to send is "Anything can happen."

Wiltse, who plays bratty little boy Michael, said that it has been fun working with upperclassmen. She and fellow freshman Jacobson have two of the lead roles. Jacobson, who has been involved in community theatre since fifth grade, said that Jane is the biggest role she has had.



PHOTO BY HUNTER CARRICO

Michael Williamson as Bert in Oakton High School's musical production of "Mary Poppins."

To help the cast get into character, David Cassidy provided some dialect coaching. Gelinas sought his help when the actors' accents ranged from southern United States to Australian. Williams said he also watched a lot of Michael Caine movies, which helped a lot.

"Mary Poppins" will fly into the Oakton High School stage Thursday to Saturday, May 7-9 at 7 p.m. Tickets are \$15 at the door. Oakton High School is located at 2900 Sutton Road, Vienna.



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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.**

EDITORIAL

**T**here 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.

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.

CONNECTION FILE PHOTO

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.

## Garza Calls Community to Help #saveFCPS

**Superintendent says FCPS faces deficit of more than \$100 million; FCPS excellence at risk.**

*Statement from Fairfax County Public Schools Superintendent Karen K. Garza following the Fairfax County Board of Supervisors passage of the Fairfax County Fiscal Year (FY) 2016 budget:*

**O**nce again, we find that the Fairfax County Board of Supervisors has failed to fully fund Fairfax County Public Schools (FCPS). This is extremely disheartening — we entered this budget year making a good faith effort to work collaboratively with the Board of Supervisors. We worked for nearly a year with the County Executive and the Board of Supervisors to develop a reasonable budget that met only the very minimal needs of FCPS, and in the end they did not deliver.

Supervisors are sending a clear message that they are unconcerned about the increasing challenges of our students, our teach-

ers, and our schools. The supervisors refused to fully fund our budget for the 2015-16 school year (FY 2016), when faced with a nominal \$7.6 million deficit. We have grave concerns as to what will happen in the 2016-17 (FY 2017) school year when we face a devastating shortfall of more than \$100 million.

The entire Fairfax County community has a critical decision to make: either we invest the necessary funds in our students and schools, or we will have to work together to decide what to cut — and we cannot cut our way to excellence.

Due to years of chronic underfunding coupled with a decade of significant enrollment growth and increasing student needs, we will not be able to sustain the current quality nor the full range of academic programming

we currently offer our students. We have sought to protect the classroom to date, but with the scale of the FY 2017 shortfall, we will have to take a serious look at the programs that we must cut starting in the 2016-17 school year. These cuts will likely affect all current academic programming including limiting elective choices, reducing career and technical programs, impacting advanced offerings, and again raising class sizes at all levels. We must make these difficult choices by December 2015 because students begin their course selections in January 2016.

Since 2008, we have cut 2,175 positions and nearly a half-billion dollars from our budget affecting every school and department. We have fallen so far behind in teacher salaries that we are no longer com-



Karen K. Garza

petitive and are losing talented staff to neighboring school districts. Our teachers are the reason FCPS students excel and achieve. Losing our most experienced teachers will have a significant effect on student performance and will ultimately affect the reputation of FCPS.

Fairfax County public schools are frequently cited as one of the main reasons that businesses choose to relocate to the county, and Fairfax has some of the highest property values in the country, but without excellent schools as a foundation — corporate investment in Fairfax and property values will decline.

In the education of our children, every year matters; we cannot hope to make up deficits in their education in their later years. It is critical we take action now.

I hope our community will join me to #saveFCPS.

## COMMENTARY Law Enforcement, the Mentally Ill and the Pursuit of Justice

BY STACEY A. KINCAID  
SHERIFF, FAIRFAX COUNTY

Across the nation, people are having serious discussions about how to alter the dynamic that too often exists between some law enforcement officers and individuals. Out of each case, we learn something that will help us go forward. So, as justice pursues its course in

Fairfax County with regard to the tragic death of Natasha McKenna, let's not lose sight of the real underlying problem: the systemic mishandling of mentally ill patients who have few or no resources, and law enforcement's struggle to deal with untreated or undertreated individuals.

There is a teachable moment here for those of us who have dedi-

cated our lives to law enforcement and for members of the community who believe in dignity and fairness for those who come into contact with the criminal justice system.

All of us are eager — and many are impatient — for the investigation into Ms. McKenna's death to be concluded. This incident has not been forgotten or ignored.

From the beginning, the Sheriff's Office has cooperated with the investigation fully. The recent completion of a report by the Office of the Chief Medical Examiner means the investigation is nearing a close. I have not offered more than passing comment because, as both a law enforcement official

SEE KINCAID, PAGE 7

Vienna & Oakton  
**CONNECTION**

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## LETTERS

### Kincaid

FROM PAGE 6

prejudice the outcome of an investigation in advance of the facts by answering questions to which I do not have the answers, or by anticipating actions I might take once all the facts are known. I admit to having been disappointed that someone chose to release internal documents — for the same reasons I think anyone interested in justice and fairness would be.

In the meantime, and for the foreseeable future, our jail will continue to be a warehouse for individuals with mental illness who have been unable or unwilling to access effective clinical care, social services and housing in the community.

About 40 percent of the inmates in our jail have been identified as needing some level of mental health care dur-

ing their incarceration. More than a quarter have a serious mental illness — often combined with a substance abuse disorder — that requires intervention, regular treatment and medication management. The Sheriff's Office is working to improve mental health care at the jail, but as of this writing, we have no available options to properly divert individuals under arrest and avoid unnecessary incarceration. In no way whatsoever is this intended to justify inappropriate, improper or illegal behavior by law enforcement officers anywhere; it is simply a fact.

As I have done for years, I will continue to advocate locally and in Virginia for more treatment centers for minor offenders who are seriously mentally ill and would be better served in a mental health facility than in a jail.

I have pledged my 28-year

career with the Sheriff's Office in service to the safety, security and well being of all Fairfax County residents, and to do so as fairly and transparently as possible. I will continue to work with mental health organizations in search of solutions to an intractable problem facing vulnerable individuals for whom all of us, out of nothing more than common human compassion, must assume some responsibility.

### BULLETIN BOARD

To have community events listed in the Connection, send to [north@connectionnewspapers.com](mailto:north@connectionnewspapers.com). The deadline for submissions is the Friday prior to publication.

#### FRIDAY/MAY 8

**English Conversation Group for Adults.** Patrick Henry Library, 101 Maple Ave. East, Vienna. 10 a.m. Practice in a group setting.

#### SATURDAY/MAY 9

**Annual Yard Sale/Flea Market.** 8 a.m.-2 p.m. Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls (703-759-3705) - rain or shine.

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**BOSTON POPS REHEARSAL, July 2-5.....\$729** Includes Coach from Vienna or Rockville, 3 Nights Hotel with 2 Breakfasts, 1 Lunch, 1 Dinner, Sightseeing in Boston Area, July 4th Fireworks, Boston Pops rehearsal Concert with Keith Lockhart. Call for Itinerary.

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**THE CONNECTION**  
NEWSPAPERS

**VDOT** Virginia Department of Transportation

### Transform I-66 Outside the Beltway Fairfax and Prince William Counties

#### Public Hearings

**All hearings are 5:30 p.m. until 9 p.m.**  
**A presentation will begin at 7 p.m.**

#### Wednesday, May 27, 2015

VDOT Northern Virginia District Office, 1<sup>st</sup> Floor  
4975 Alliance Drive, Fairfax, VA 22030

#### Thursday, May 28, 2015

Oakton High School Cafeteria (Entrance #1 or #14)  
2900 Sutton Road, Vienna, VA 22181

#### Tuesday, June 2, 2015

Battlefield High School Cafeteria (Entrance #1 or #4)  
15000 Graduation Drive, Haymarket, VA 20169

#### Wednesday, June 3, 2015

Bull Run Elementary School Cafeteria (Entrance #1)  
15301 Lee Highway, Centreville, VA 20121

The Virginia Department of Transportation (VDOT), in partnership with the Virginia Department of Rail and Public Transportation (DRPT), will host hearings for the public to review and provide comments on the Tier 2 Environmental Assessment (EA)/Draft Section 4(f) Evaluation for the Transform 66 Outside the Beltway Project. In compliance with the National Historic Preservation Act, Section 106 and 36 CFR Part 800, information on potential effects of the proposed improvements on properties listed in or eligible for listing in the National Register of Historic Places is included in the environmental document. The EA is being prepared in compliance with the National Environmental Policy Act of 1969, as amended, and 23 CFR 771. The project involves the transformation of 25 miles of I-66 between U.S. Route 15 in Haymarket and I-495/the Capital Beltway, and will provide congestion relief and enhanced safety, as well as new travel choices and reliability.

**Stop by** between 5:30 and 9 p.m. to view displays, learn more about the project, discuss your questions with VDOT staff and provide written or oral comments. The formal presentation will begin at 7 p.m.

**Review** project information, including preliminary plans, project schedule, and right-of-way, environmental and civil rights information at [www.transform66.org](http://www.transform66.org), at the public hearings, or at VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax beginning May 12, 2015. Please call 800-367-7623 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

**Written comments** may be mailed to Ms. Susan Shaw, Megaprojects Director, at the VDOT Office address above, or emailed to [Transform66@VDOT.Virginia.gov](mailto:Transform66@VDOT.Virginia.gov). Please reference "Transform 66 Outside the Beltway" in the subject line. Comments must be postmarked, emailed or delivered to VDOT by **June 18, 2015** to be included in the public hearing record.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT's Civil Rights Division at 800-367-7623 or TTY/TDD 711.

State Project: 0066-96A-297, P101 Federal Project: NH-066-1(300) UPC: 105500

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## MOTHER'S DAY PHOTO GALLERY



Andy Rudin, from Vienna, with his mom. The photo was taken in Albuquerque, N.M. in 2012, when they celebrated his sister's graduation from college.



Monica and Hailey Fleming enjoying a quick spring break photo in South Beach, Miami.



Mom notices she's not the boss after all! From left: mom Melanie, Tony and Angela Zadrina.



Meena Bhinge's boys, Rohil and Samik, always think of making tea for Mother's Day and in May 2013 they had a surprise tea party set up in Meadowlark Gardens in Vienna.

## Vote on McLean Day

McLean Community Center  
Governing Board Election  
Saturday, May 16, from 10:30 a.m.–5 p.m.  
Lewinsville Park, 1659 Chain Bridge Road

### Your Vote is Your Voice!

All qualified residents of Small District 1A  
Dranesville are encouraged to vote for members  
of the 2015-2016 MCC Governing Board.

- You need not be registered to vote in the general election
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#### Absentee Ballot

Vote now by absentee ballot and avoid the crowds!  
View the candidate statements on the Center's Web site.  
Call the Center or send an E-mail message to "[elections@mcleancenter.org](mailto:elections@mcleancenter.org)" to request a ballot package be sent to your home. Or, stop by the Center at 1234 Ingleside Avenue or the Old Firehouse Teen Center, 1440 Chain Bridge Rd., and pick one up. Completed ballots must be received by 5 p.m. on **Wednesday, May 13** to be counted.

**The McLean Community Center**  
703-790-0123/TTY: 711  
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# Healthy Relationships for Life

**Researchers say meaningful friendships help preserve health.**

BY MARILYN CAMPBELL  
THE CONNECTION

**B**ill 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."



PHOTO COURTESY OF BILL & BETTY KENEALY  
**Bill and Betty Kenealy stay connected by socializing regularly with their good friends and former next-door neighbors.**

Healthy friendships and strong social connections 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 Guly, professor of psychology at Marymount University in Ar-



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.**

lington. "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 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

SEE HEALTHY, PAGE 13

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# CALENDAR

Send announcements to [north@connectionnewspapers.com](mailto:north@connectionnewspapers.com). 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 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.1ststagetysons.org](http://www.1ststagetysons.org) or by calling the 1<sup>st</sup> 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](http://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.

### 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](http://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 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](http://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. Come shop, donate and/or sell your own things. 703-759-3705.  
**Vienna Bike Rodeo.** 10 a.m. - 1 p.m. Vienna Volunteer Fire Department parking lot, 400 Center Street S., Vienna. Under the guidance of a veteran cyclist, the Rodeo will help

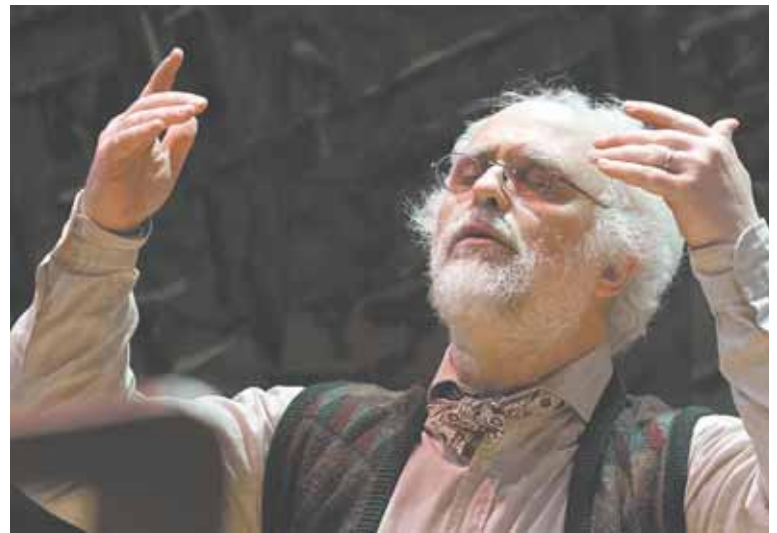


PHOTO BY TERESA CASTRACANE/COURTESY OF 1<sup>ST</sup> STAGE

**Philip Hosford as Professor Josef Mashkan in 1<sup>st</sup> Stage production of "Old Wicked Songs." Fridays 8 p.m. Saturdays 2 & 8 p.m. Sundays 2 & 7 p.m. [www.1ststagetysons.org](http://www.1ststagetysons.org). Runs through May 17.**

children who already know how to ride a bike develop safety skills including breaking, balancing, basic road rules and how to handle obstacles.

**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.

### 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/>

### SATURDAY-SUNDAY/MAY 16-17

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

### 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<sup>th</sup>), and \$10/child 12 & under (\$15 after May 14) Pre-registration and late registration will be available at [www.JoeCassellaFoundation.org](http://www.JoeCassellaFoundation.org).

### 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.

### 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](http://www.vivavienna.org) for timings.

### TUESDAY/MAY 26

**Sheryl Crow.** 8 p.m. Wolf Trap, 1645 Trap Road, Vienna. "Soak Up the Sun" with the 9-time Grammy-winning pop, rock, and country queen, whose "delicious harmonies and insightful lyrics" (*Variety*) fuel her worldwide fame. Tickets: \$35-\$55.

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**Vienna Inn staff welcomes Leslie Fender.**

PHOTO CONTRIBUTED



## Man Rides Horse from Texas and Stops at Vienna Inn

If you were driving down Maple Avenue on Tuesday, April 28, you may have seen a horse parked right out front.

Her name is Angel and she belongs to a true cowboy from Stephenville, Texas, Leslie Fender. Fender, a Marine Corps Veteran, suffered a stroke in 2004 and was paralyzed on his right side for six months. His doctor was able to perform a surgery and the National Stroke Association covered

the expense. Once Fender recovered, he wanted to give back to the people that saved his life. He and Angel have spent the last three years riding across the country to raise funds for the National Stroke Association and American Stroke Association.

To date, they have raised \$750,000 towards their goal of \$1,000,000. Fender and Angel were making their way from Arlington to the Manassas Battlefield

when they decided to take a break in Vienna. Fender had heard good things about Vienna Inn from people along the path and decided to check it out. While enjoying a Chili Dog, he shared his story with all of the other locals in for lunch. "We were honored to have Leslie Fender stop in for a World Famous Chili Dog," said Marty Volk, owner of Vienna Inn.

For more information on Vienna Inn visit [www.ViennaInn.com](http://www.ViennaInn.com).



**Leslie Fender's Angel "parked" at Vienna Inn last Tuesday.**

### FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to [vienna@connectionnewspapers.com](mailto: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.

## STELLAR SUMMER CAMPS & TRIPS

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**McLean Community Center**  
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## 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.**

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# SPORTS

## Madison Girls Finish Runner-Up at T.C. Williams Invitational

**A**manda Swaak won two events and set the Madison record in the 1600, helping the girls' track team place second in the T.C. Williams Invitational.

The Warhawks finished with a score of 58. T.C. Williams won the event with a total of 81.

Swaak won the 1600 with a school-record time of 5:06.23. She also won the 3200 with a time of 11:11.42.

Madison senior Laura Sullivan finished fifth in the 1600 (5:28.3), junior Kiara Sprowls was sixth (5:29.87) and junior Bella Maggio finished seventh (5:32.44).

The girls' 1600 relay team (Katie Sciandra, Hannah Colbert, Devon Williams, Maddie Colwell) produced a state-qualifying time of 4:04.69. The Warhawks placed second in the event.

Junior Morgan Wittrock placed second in the 3200 (11:26.98) and freshman Jeana Bogdon placed third (11:37.8).

The Madison boys' team finished 14th with a score of 16. T.C. Williams won the team title with a score of 83.

Drew Hallett finished seventh in the discus with a throw of 130 feet, 6 inches.



**Amanda Swaak wins the 1600 with a school-record time of 5:06.23.**

**Madison runners Kiara Sprowls, Laura Sullivan and Bella Maggio compete in the 1600 during the T.C. Williams Invitational on May 2.**

PHOTOS BY LOUISE KRAFFT/THE CONNECTION

The boys' 1600 relay team (Maliek Scott, John Rogers, Jack Chang, Nate Williams) produced a regional-qualifying time of

3:27.83 and placed fourth.

In all, Madison athletes produced 23 personal bests and two season bests.



**Madison senior Amanda Swaak won the 1600, setting a school record with a time of 5:06.23 during the T.C. Williams Invitational on May 2.**

"I am not worried about team placing as the focus for many on the team was to reach the conference/region/state standards and we got some of these ..." Madison head coach Craig Chasse wrote in an email. "So we still have some work to do to be ready for the postseason, but are looking good going into the last week of the regular season."

## Madison Girls' Lax Splits

**T**he Madison girls' lacrosse team split twilight games recently with a close loss to Woodson on April 22 and a win over McLean on April 24.

Madison traded goals with Woodson throughout, with the score tied until the Cavaliers pulled out a 7-6 victory. Zoe Dyer, Anya Saponja, Andie Battin, Lia Cooley and Keirra Sweeney scored for the Warhawks, with an assist by Battin and five saves by goalie Sigourney Heerink.

Madison emerged from a close first half to best the Highlanders 16-9. Shannon Condon, Maddie Roberts, Hailey Swaak, Grace Knicey, Battin and Logan Hanton each had one goal. Carly Rogers scored two, Katie Sciandra three, and Sweeney, five. Dyer and Sciandra each had an assist and Heerink racked up nine saves.

In JV action, the undefeated Warhawks bested Woodson 10-6 on multiple goals by Audra Kim (4) Caroline Turner (3) and single points by Erika Atwood, Elia Kim and Katie Hotsenpiller.

Goalies Emily Costanzo and Lauren Chadwick combined for five saves. McLean's JV faced a 16-3 defeat at the hands of the Warhawks. Audra Kim scored six, with additional goals by Atwood, Caroline Turner, Hotsenpiller, Anna Miller, Kaitlyn Turner and Sophie deGuzman. Costanzo and Chadwick had three saves.



KHY SWEENEY

**Kierra Sweeney and the Madison girls' lacrosse team lost to Woodson on April 22 and defeated McLean on April 24.**

## Oakton Baseball Beats Robinson

The Oakton baseball team defeated Robinson 8-1 on May 1, improving the Cougars' record to 13-2.

Oakton's Conference 5 record improved to 6-1.

The Cougars faced Centreville on Tuesday, after The Connection's deadline. Oakton will host Osbourn Park at 6:30 p.m. on Wednesday, May 6, and Chantilly at 6:30 p.m. on Friday, May 8.

### 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.



## NEWS

### Rotary Club of Vienna Helps Stop Hunger Now

Tom Kylo on behalf of the Rotary Club of Vienna presents a check to Julie Moore of Stop Hunger Now. The donation will provide 4,000 meals which will be packaged and shipped to needy children overseas. The children will receive the meals at school and then be able to take them home and hopefully break the hunger cycle. There are many opportunities to volunteer. Visit <http://www.stophungernow.org/> for more information.



## Healthy Relationships for Life

FROM PAGE 9

who answered few.

"Their social relationships were the best predictor of health and death, meaning it 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. "Social support means, 'Does this individual feel supported by those in his or her life?' It doesn't mean the number of friends or support persons one has," she said. "Older adults who have a lot of social interaction because they need assistance with activities of daily living ... do not experience these interactions as positive. People are helping them because they have lost the ability to do the tasks themselves."

While social media has made staying in touch with friends easier for some, there are dangers. "Unfortunately, there is a negative correlation between time spent on social networking sites and the internet in general and the time spent with friends," said Stratton. "Also, several studies indicate that more time on Internet predicts depression. So while in-person relationships are great buffers for stress and protect physical and mental health, online relationships may actually... hurt mental health and social connections."

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Civil Action No. 2015-CP-26-2266

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TO: RICHARD ELAM

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# Finding the Courage to Say 'No'

Local nonprofit group presents "Perils of the College Drinking Culture" program.

BY ANDREA WORKER  
THE CONNECTION

**T**he final quarter of the 2014-2015 school year has arrived. For thousands of area high school seniors that means time to say farewells to friends, teachers, and the familiarity of the routines and activities of the past four years. For many of them, it also means time to prepare for that first year of college, and possibly their first time away from home and daily parental guidance. On April 14, the United Prevention Coalition of Fairfax County (UPC) presented one of their signature programs, "The Perils of the College Drinking Culture," at Madison High School in Vienna to help both the young adults and their parents make a safe and healthy transition to this next phase in their lives. The documentary "HAZE," was shown, melding a mixture of medical facts about the effects of alcohol with expert commentary from doctors, scientists, and school administrators. The thread that wove the film together was the tragic real-life story of Lynn Gordon Bailey, Jr. known by all as simply "Gordie."

**"I made a decision not to drink at all when I went to college, and I still had a lot of fun. That first 'No,' is the hardest, but after awhile, people just accepted it."**

— Casey Lingen, Chief Deputy,  
Commonwealth's Attorney  
for Fairfax County

Adults and youngsters alike could be seen leaning forward toward the screen as Gordie's story unfolded before them. An excellent student and gifted athlete involved in a variety of academic and social activities, on Sept. 17, 2004, Gordie was found dead by his new fraternity brothers at Chi Psi Fraternity House at the University of Colorado at Boulder. The night before, Gordie and 26 other fraternity pledges had been taken blindfolded to a National Forest where they were encouraged to drink four 1.75 litre bottles of whiskey and six bottles of wine in 30 minutes. When the group returned to the Fraternity house, Gordie was intoxicated and did

not drink further. After placing him on a couch and then writing on his face and body with markers in another fraternity ritual, they left Gordie to "sleep it off." Ten hours later he was found dead, face down on the floor.

Interviews with Gordie's family highlighted their grief, but the warning in the story was their mutual shock and disbelief. Mother, father, family and friends all echoed, "How could this have happened, especially to him?" Gordie Bailey had been a happy, healthy, friendly, outgoing young man. He had no prior history of any kind of substance abuse. No mental health issues. He came from a stable home with strong and loving relationships. Yet, just three weeks after arriving on campus, Gordie was gone.

**ATTENDING** with his mother, Brenda, William Parada found the program "breaks down your perceptions. It really shows you the effects and the consequences."

The agenda included a welcome by Madison PTSA President Jill Hecht. Sara Freund, executive director of UPC, set the stage, outlining the agenda, and following the showing of "HAZE," Lisa Adler, president of UPC, introduced a panel and facilitated a question and answer session after each member gave a brief summary of their credentials and some thoughts on the movie and the topic under discussion. The panel represented a depth of knowledge and personal experience, including Dr. William Hauda, M.D. an emergency physician and medical director of the Forensic Assessment Consultation Team at Inova Fairfax Hospital. Hauda described in detail the effects of alcohol on the brain and on the body. "First there is the animated stage. Then the alcohol begins to diffuse around the body." Alcohol affects the part of the brain that controls basic bodily functions, slowing down all reflexes and functions, even breathing. "It's scary," said Hauda. "It looks like a person is simply sleeping, when they could be going into a coma, and dying."

Tylia Turner, a sophomore at George Mason University spoke about the pressures faced by college students, then offered tips and alternatives. "There are lots of activities, things to do on and off-campus that don't involve drinking," she said. "It's true," added panellist Casey Lingen, chief deputy, Commonwealth's Attorney for Fairfax County. "I made a decision not to drink at all when I went to college, and I still had a lot of fun. That first 'No,' is the hardest, but after awhile, people just accepted it. And since I usually had a cup in hand – filled with diet soda or whatever – it wasn't really an issue. Remember, the drinking may come from peer pressure, but the consequences are all yours."

The panelists all agreed with a central message of the film. If someone had just checked on young Gordie and made a call

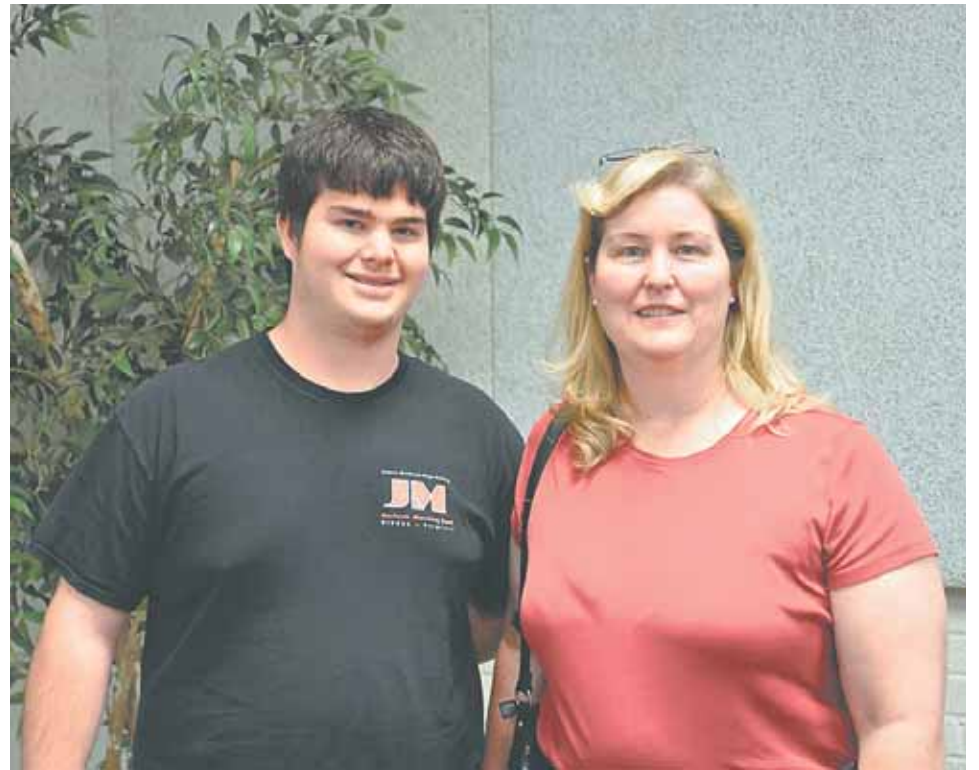


PHOTO BY ANDREA WORKER/THE CONNECTION

**James Madison High School senior William Parada and his mother Brenda said they were glad they had attended the Unified Prevention Coalition's Program on the "Peril's of the College Drinking Culture." "It was really educational, an eye-opener," said William. They were both specifically impacted by "HAZE" the documentary shown as part of the presentation. "That really made us think," said Brenda Parada. "Gordie [the young man in the film who died from alcohol in 2004] was not a dumb kid. If it could happen to him, it could happen to anyone. Like they [the panel] said, we should have a plan before he goes to college."**

for help, he would probably have survived. Several of them, however, like Dan Pang, Fairfax County Police Department Sergeant and School Resource Office Supervisor, warned that in the long run, "it's really about personal responsibility." Pang and others advocated for "doing the right thing. Looking out for others and not being afraid to make the call."

"You can save others that way," said Jeff Levy, president of Virginia College Parents, whose son died in a car crash after drinking at a college party. The panelists were unanimous, however, in their belief that it was more important to abstain, not getting into situations where safety is dependent on the care and awareness of others who more than likely were equally under the influence of alcohol or drugs and incapable of providing assistance.

**THE GROUP** also agreed with advice from Mary Ann Sprouse, director, George Mason University's Wellness, Alcohol and Violence Education and Services. "Have a plan," she said. "Know what you are going to do, and know what your response will be when you are faced with these situations. Making it up as you go can lead you to do something that you really shouldn't or don't even want to do."

"And don't count on those friends who say

that you'll all stick together at a party," warned Pang. "That never happens. Trust your sixth sense, before it's dulled by alcohol."

The takeaway from the program that the panelists and the UPC members stressed for the parents was, in Mary Ann Sprouse's words, "to use your voice." Staying involved and communicating, especially when the student has left the home environment, is critical.

UPC is a non-profit organization working to prevent substance abuse by youth and young adults. Collaborating with more than 60 community organizations and partners at the county, state and national levels, UPC addresses the problem with educational programs, advocacy, research, and work groups that include parents, teachers, health care personnel and the young people, from middle school and up, that they seek to protect. UPC offers a number of resources and guides, like its "Virginia's Guide for Parents of First-Year College Students." More information is available at [www.unifiedpreventioncoalition.org](http://www.unifiedpreventioncoalition.org). The website [www.viriniacollegeparents.org](http://www.viriniacollegeparents.org) will provide more information on that group's efforts with resources for parents. For more about the movie "HAZE," Gordie Bailey's story and additional resources, visit [gordie.org](http://gordie.org).