

WELLBEING

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Crafters And Re-enactors Visit Colvin Run Mill

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Members of the Virginia 49th Infantry Regiment practiced their drilling and firing demonstrations at Colvin Run Mill park at Great Falls on Sunday, June 7. Re-enactor Brad Waldron poses for a photo with a young visitor at Colvin Run Mill.

Langley in Nebraska

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Supervisors Recognize Jacqueline Cheshire

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ROTARY CLUB GREAT FALLS VIRGINIA

The Rotary Club of Great Falls, Virginia, founded in 2011, is part of a global network of 1.2 million Rotarians in 30,400 clubs in over 190 countries. Rotary's global mission of "Service Above Self" is reflected in major international initiatives such as leading the effort to eradicate polio worldwide and providing scholarships for students to study abroad. Rotary is also recognized by local projects in communities around the world. Its global network allows Rotarians to support each other's local service needs directly, club-to-club.

The Club sponsors two teen-led Interact Clubs that are part of a global network of over 10,000 Interact Clubs. Comprised of 12-18 year olds, these "Interactors" elect their own officers, select a local and international service project each year, and manage the budget, fundraising and execution of those projects. In 2013 the Club also established a 501 (c)(3) Rotary Club of Great Falls, Virginia Foundation to support its

fundraising efforts, enhancing its ability to sponsor service activities and offer scholarships for education.

Everyone is welcome to attend the club's weekly meetings held Thursday mornings, 7:30-8:30 AM at River Bend Country Club. Our guest speakers include leaders from business, government, health care, non-profits, think-tanks and other sectors. We also organize happy hours and special occasion dinners to foster fellowship. These are often hosted by fellow Great Falls Rotarians Jacques Haeringer at L'Auberge Chez François and Ashwani Ahluwalia at BRX American Bistro.

On July 1, Paul Bennett, President of The Rotary Club of Great Falls, Virginia, will pass the mantle to Sean Plunkett, who will lead the Club into its 5th year. We are pleased to recognize our leadership for our first five years and share with you some of the local and international service projects supported by our Club and our Club's Foundation.

Club and Foundation Board Members and Interact Mentors Serving 2011-2015

Val Adeler Armour	Vishal Chawla	Dan Lundeen	Chris Schindler
Maryam Baradari	Stan Corey	Bill Paxton	Bala Sundar
Carlos Berrios	Roz Drayer	Sean Plunkett	Parker Teel
Paul Bennett	Andy Klaff	Zaheer Poptani	Jeff Thinnies
John Burke	George Lodge	Kristen Runke	Scott Ward
Lance Cawley	Masha Loughlin	Butch Sevilla	

Below are some of the service projects supported by the Club since its inception in June, 2011

- Riverbend Park cleanup
- Great Falls Book Fair (collecting books for charity)
- Great Falls Elementary School Early Readers Program (1-on-1 Rotarians reading weekly with kindergartners)
- Annual Bocce Tournament (raised money for Stop Soldier Suicide and Honduras school service projects)
- Granted "Great Falls Citizen of the Year" awards to Jorge Adeler (Adeler Jewelers) and Alisa Cozzens (Serve-A-Village) for their leadership
- Sponsored publication of a children's book on diabetes used throughout Northern Virginia
- Great Falls Senior Center (contributions made annually)
- 3-on-3 Basketball Tournament (raised money for local and international causes)
- Donated to Alternative House in Vienna
- Cooperated with Bailey's Crossroads Rotary for winter coat drive and personal hygiene packets
- Adopted-a-Highway and manage cleanup on Georgetown Pike
- Sponsor an annual High School Speech Contest and Award
- Obtained matching grant from Rotary International for computers in India school
- Supported disaster relief for Japan Tsunami victims
- Supported Strategic Water Alliance for Zambia with other Rotary Clubs
- Supported "Rotary Exchange Program" that brought law enforcement officers from Australia to the US for benchmarking
- Texas Flood disaster relief (sent money and materials for reconstruction)
- Donated computers to Nepal
- Supported the Nepal disaster relief following the earthquake
- Supported for the USO and the Wounded Warrior project
- Supported an orphanage in Ukraine with purchase of a bus
- Several fundraisers led by teen Interact Clubs to support schools in Tela, Honduras
- Raised funds for and helped organized Stop Hunger Now drive at Colvin Run Elementary School
- Contribute annually to the Polio Plus Program to eradicate polio worldwide

Here's to a great 2015-2016 year for the Rotary Club of Great Falls!

Health Curriculum To More Closely Align with State

School Board approves recommendations from advisers, with amendments.

BY TIM PETERSON
THE CONNECTION

Though it was the second packed house in as many months, it may be early yet to call crowded Fairfax County School Board meetings a trend. On May 7, parents, community members and a handful of students came out to Luther Jackson Middle School in Merrifield as the board approved adding “gender identity” to the school system’s non-discrimination policy. No one disputed the need for protection from bullying or fostering a positive, healthy and safe learning environment for all. But many who spoke that night were critical of the process. There was confusion as to what the effects of the policy change would be, and anger that engagement with the public ahead of time was lacking.

At the board’s regular meeting on June 25, the first and foremost action item was voting on recommended changes to the Family Life Education and health education curricula for grades Kindergarten through 10. The changes were proposed by the Family Life Education Curriculum Advisory Committee, an ad hoc group set up, according to the School Board, to align the school system’s lessons with Virginia Department of Education health standards and evaluate new standards for opt-out-optional Family Life Education.

CHANGES included adding gender identity and sexual orientation to Family Life Education, beginning in seventh grade, as well as moving a portion of the curriculum from Family Life Education to students’ health courses. Parents may opt their students out of any Family Life Education class, while the health lessons are mandatory for all students.

The committee briefed School Board members on its initial proposed changes at a work session on May 11; the recommendations came up as business at the board’s May 21 meeting with June 25 scheduled as the voting date.

Between May 21 and June 19, the recommendations were put online for community review. During that period, the School Board reports, staff received 561 emails, plus a petition signed by 116. It amounted to 225 pages of citizen comments, all of which can be viewed and read through the School Board’s agenda notes for the June 25 meeting.

Among the breakdown of responses (also posted in the June 25 agenda notes) 435 were opposed to “inclusion of transgender instruction and references to gender-fluid-



Groups both for and against proposed changes to health and Family Life Education curricula took turns standing and cheering while their viewpoint was represented during citizen participation at the school board meeting.

PHOTOS BY TIM PETERSON/THE CONNECTION

ity,” while 54 supported “inclusion of sexual orientation and gender identity instruction.”

The petition called for the board to:

1. Prevent the removal of family-centered lessons from parent oversight and opt-out.
2. Provide comprehensive cross-references to Virginia health standards of learning for certain [Family Life Education] lessons proposed to be transferred to “health education.”
3. Refrain from approving the teaching of [Lesbian-Gay-Bisexual-Transgender] topics in [Family Life Education] (while acknowledging the importance of teaching respect for all people).

In response to the comments and prior to the June 25 meeting, several changes were made to the recommendations, including:

- ❖ Grade 8 – Removed – “The concept that sexuality is a broader spectrum will be introduced.”
- ❖ Grade 10 – Removed – “Emphasis will be placed on an understanding that there is a broader, boundless and fluid spectrum of sexuality that is developed throughout a lifetime.”

But for the majority of citizens in attendance at the June 25 meeting, clad in red for solidarity, that wasn’t enough. Speakers before the board claimed many of the curriculum items coming out of Family Life Education and into health were not actually required as part of the state standards of learning. And the prospect of losing the opportunity to opt their children out of material not required by the state was infuriating for some.

“This vote is not about bullying or hatred,” said Laura Hanford. “The real point is process ... that culminated in outright deceit.”

After the initial motion from board member Sandra Evans to approve the curriculum advisory committee’s recommendations, members Patricia Reed and Elizabeth

Schultz attempted a motion to postpone the vote until July. They cited a steady stream of clarifying information coming in from county staff answering numerous questions from the board, as well as the feedback from community members.

“To rush is not good public policy,” said Reed, who added she was “receiving material as late as today.”

Schultz questioned who gave the advisory committee its direction and was critical that none of the board members had served as a liaison.

Their motion to postpone was voted down 10-2, which drew an outburst of cat-calls and derogatory comments from the audience.

Next board member Patricia Hynes introduced an amendment that appeared to be a compromise. It would direct Superintendent Dr. Karen Garza to “retain in Family Life Education any objectives that are not required by the 2015 VDOE Health Standards of Learning.”

Hynes commented the board had made a “mistake” in attempting to move some of the Family Life Education to health curriculum that wasn’t required by the state. But a large part of the audience was vocally upset there were no details presented as to which Family Life Education curriculum items this amendment would impact.

Schultz then offered a sub-motion: directing Garza and her team to further review the recommendations and how they align with state standards. This would also defer consideration of the changes for implementation in the 2016-2017 school year. Schultz again commented that the board’s preparation for the vote was lacking.

Schultz’s sub-motion was defeated. Then board vice chairman Ted Velkoff offered an amendment to Hynes’ original amendment that enumerated the 15 items originally from Family Life Education that would be



Student Bennett Shoop addresses the Fairfax School Board at its June 25 meeting in support of the Family Life Education proposed changes, saying, “Knowledge can become acceptance too.”

returned. This would “make sure parents have the opportunity to opt out,” Velkoff said. Twelve were not required by the state to be in the health standards and three were in response to the petition.

The list of numbers without corresponding policy descriptions drew more noise from the heavily anti-recommendations crowd.

ACCORDING TO AGENDA posted by Fairfax County Public Schools, those curriculum items that were part of Family Life Education, had been recommended to move to health and would be moved back under Velkoff and Hynes’ amendments are as follows (the K or number refers to grade level):

❖ **K.1** Student will recognize that everyone is a member of a family and identify members of their individual families

❖ **K.2** Students will identify positive ways in which family members and friends show love, affection, respect, and appreciation for each other.

❖ **1.1** Students will describe a community as people living and working together and will understand that family members make up a community.

❖ **1.2** Students will identify responsibilities of different family members.

❖ **3.1** Students will identify positive personal characteristics and attributes.

❖ **4.3** Students will identify the need to assume greater responsibility for self as an individual, as well as responsibility within family, peer groups, and larger community.

❖ **4.7** Students will recognize the values and challenges of friendship.

❖ **5.2** The student will identify roles, duties, and responsibilities of family members

❖ **7.2** The student will explore changes in peer relationships during adolescence.

❖ **7.3** The student will describe how adolescent development affects family relationships and practice effective strategies for communicating with family members.

❖ **8.2** The student will practice applying the decision-making process to situations related to adolescent development.

❖ **8.7** The student will identify family and

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~ At The Great Falls Village Centre ~ JOIN US FOR CONCERTS ON THE GREEN!

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Natty Beaux**
A fun-lovin', finger-snappin',
hoppin' and boppin' swingin'
jump blues and rockabilly
combo.

**Sunday, July 12th —
Emma Bailey**
Soothing Emma Bailey
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**Sunday, July 19th —
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Unique arrangements of both
classic and modern rhythm &
blues and soul with rockin'
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**Sunday, July 26th —
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Proud Location of the Following Events:

"Egg Hunt" "4th of July Parade" "Concerts
on the Green" "Halloween Spooktacular"
"Celebration of Lights"
"Cars and Coffee"
"Farmers Market"



The Great Falls Village Centre
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NEWS



PHOTOS BY TIM PETERSON/THE CONNECTION

Parents wearing "Respect Parents' Rights" and waving signs that read "Opt Out My Child" stand during citizen participation at the June 25 school board meeting.

School Board

FROM PAGE 3

personal expectations of dating relationships and investigate the influence of mass media messages on dating and sexual behavior.

❖ **8.8** The student will demonstrate strategies for resolving conflicts that arise in families and peer groups.

❖ **9.1** The student will identify the family as a basic unit of society and his or her responsibility as a member of the family.

❖ **10.9** Student will describe his or her attitudes toward dating while examining values, morals, and ethics essential to positive dating relationships.

Those two amendments passed, after which Schultz made one final attempt to stay the vote by tabling the discussion. Af-

ter that was voted down, the board voted 10-2 in favor of the recommended changes with Reed and Schultz as the dissenting votes.

Where the May 7 vote drew lengthy and numerous comments from the majority of the board members, the group was largely quiet aside from the champions of the motions and amendments.

"It is important to note that all [Family Life Education] designated lessons will continue to have the opt out provision," School Board chairman Tammy Derenak-Kaufax said in a statement after the meeting. "Our parents' role in determining if their child will receive [Family Life Education] lessons has not changed. We respect parents' rights to make the choices they believe are in the best interest of their families."



School Board members Sandra Evans representing Mason District (left) and Elizabeth Schultz representing Springfield District (right) discuss changes to health and family life education curricula at the board's June 25 meeting.



WELCOME TO THE WORLD GAMES AND FAIRFAX COUNTY, WHERE FELLOW **POLICE, FIREFIGHTERS AND TEACHERS** HAVE A TARGET ON THEIR BACKS



As a public servant, you understand the commitment of fellow police, fire and teachers to goodwill, community involvement and education.

But here in Fairfax County, local politicians don't share our commitment. Every year it's a fight for funding. Politicians let special interest groups, like the Chamber of Commerce and the Restaurant Association, use us for target practice. *It seems like every year, public safety and education are the only ones to take the hit.*

When politicians place the burden on schools and public safety with underfunding and stagnant salaries, *we all lose.*

While you're here at the games, recognize Fairfax County public safety officials with a high-five. It might be the only support they get this year.

WE DESERVE BETTER

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Teachers Care!





PHOTOS COURTESY OF FAIRFAX COUNTY

Kurt Jacobs, a fifth grade elementary teacher at Forestville Elementary School in Great Falls, visited Colvin Run Mill park in Great Falls with the Virginia 49th Infantry Regiment.



Visitors to Colvin Run Mill in Great Falls had the chance to learn about the historic era of the American Civil War and watch drilling and firing demonstrations beginning from the Virginia 49th Infantry Regiment.

Crafters And Re-enactors Visit Colvin Run Mill

Great Falls Parks prepare summer activities.

BY RYAN DUNN
THE CONNECTION

On Sunday, June 7 Colvin Run Mill Historic Site was active with several events at the historic park. Colvin Run Mill was in action with grain grinding demonstrations, and visitors could see millers turn corn into meal and grits, or wheat into flour using the now restored, water-powered grist mill. The mill is often used on the first and third Sundays of the month. From noon to 4 p.m. blacksmiths swung hammers at the Colvin Run forge to create tools and other decorative items from iron. “We had all kind of events going on today,” said park employee and historian Kathryn Blackwell.

The mill opened as a museum in 1972, and visitors can observe its historic machinery in full operation. The restoration work completed at Colvin Run Mill now completely shows the Oliver Evans’ (1755-1819) automated process that revolutionized late 18th and early 19th century flour milling in America. In its heyday, Colvin Run Mill could have produced nearly 4,000 pounds of flour daily, enough to fill twenty 196 pound barrels. The park is operated by the Fairfax County Park Authority and located at 10017 Colvin Run Road in Great Falls. The mill is a popular year-round destination, with visitors including children on school field trips.

Since being restored, the mill has had an increased demand for grain from local restaurants. “We did a heavy grind, about 1,000 pounds of grain today. The



Members of the Virginia 49th Infantry Regiment practiced their drilling and firing demonstrations outside at Colvin Run Mill park in Great Falls on Sunday, June 7.

normal amount is between 300 to 500 pounds,” said Colvin Run Mill’s miller, Mason Maddox.

Other activities of the day included a visit by the Virginia 49th Infantry Regiment, which did drilling and firing demonstrations beginning at 11 a.m. “It is a fun way to reach out to the public and teach history,” said reenactor Kurt Jacobs, a fifth grade elemen-

tary teacher at Forestville Elementary School in Great Falls. Members of the Virginia 49th Infantry Regiment visit Colvin Run Mill annually in December for a Christmas Caroling event. To help with historic outreach, members of the Virginia 49th Infantry Regiment dress in attire similar to that used during the American Civil War.

Also at Colvin Run Mill were members of the Northern Virginia Carvers, a group of wood carving enthusiasts who lend their tools and expertise to help others uncover artistic talents from a block of wood. One of the wood carvers was Great Falls resident Jack Edwards. Edwards brought with him several wood carvings. “My wife is a carousel lover, and after finding some design plans on the web, I began my work,” said Edwards. Edwards has used basswood to carve the head of carousel horse. The Northern Virginia Carvers offers a free lesson, with nominal charge for wood blanks, and meet on the first and third Sundays at Colvin Run, June through August, noon-4 p.m.

The mill opened as a museum in 1972. On Sunday, June 21, Colvin Run Mill will be open with free mill tours for all fathers accompanied by their children. Riverbend Park located at 700 Potomac Hills Street in Great Falls will host a Father’s Day fishing event from 5 to 7 p.m. on June 21. The cost is \$8 per person and includes supplies and equipment or you may bring your own rod and reel. All fish caught will be released.



PHOTO CONTRIBUTED

Kayla Omsberg

Langley High Senior Interns with Local Entrepreneurs

Kayla Omsberg, a senior at Langley High School, selected her Langley Leap internship with a small internet-based home business. Omsberg, who will study Fashion Design at Fashion Institute of Technology (FIT) in New York City next year, had retail shop experience and wanted to intern in a different setting.

Langley Leap started in 2012 with 18 seniors going out into the community. It has grown remarkably over the past three years, with almost all seniors participating. Eligible seniors participate in a 10-day internship in local businesses, schools, and community service organizations in the area. This experience benefits students in numerous ways: it helps them explore a possible area of interest in college; provides tangible experience putting academic interests into action, and, for some, by getting a chance to give time and effort to organizations that need both.

Having a Langley Leap student helped two Great Falls’ women in their new business. Fitness Bitsy LLC, owned by Cindy Hargroves and Meg Smith, started selling fitness band cover bracelets last August. The volume of sales surprised them, and they found that they were spending the majority of their time filling orders, designing new bracelets and restocking inventory with little time left for updating and making corrections to their online selling venues Etsy, Amazon and Scott’s Marketplace. They decided that having a Langley Leap student would help them with some of the work they couldn’t complete.

Hargroves, who hosted a Langley Leap student at her engineering office during the first year in 2012, was excited to have a Langley Leap student join Fitness Bitsy.

Omsberg’s redesign of the www.FitnessBitsy.com website far exceeded Hargroves’ and Smith’s expectations and they were sad the internship was so short.

July 4th Hometown Celebration

Parade, Festivities & Fireworks

Saturday, July 4th



They're Back!!

Schedule of Events

8am-9am	5K Walk/Run <i>Great Falls Freedom Memorial</i>
8am-1:30pm	INOVA Blood Drive <i>Great Falls Fire Station</i>
9am-9:45am	Little Patriot Parade <i>Great Falls Village Centre Green</i>
10am-10:45am	Main Parade <i>Great Falls Village Centre</i>
10:30am-12:30pm	Festivities, Food, Games & Fun <i>Great Falls Village Centre Green</i>
6pm-10pm	Fireworks & Activities <i>Turner Farm Park</i>



Little Patriot Parade

Great Falls Village Centre Green

Babies and children up to age 5 are welcome to parade around the Green. Awards for "Young George Washington," "Little Miss Betsy Ross," and "The Star Spangled Family."

9am Registration at the Gazebo - 9:15am Start

Questions? Contact Roz Drayer
roz@rozdrayer.com

Main Parade Information

Registration

To be in the parade, all floats, cars, entertainers & others need to register online at www.CelebrateGreatFalls.org.
Parade staging will take place at 9:30am on Lunenburg Rd. between Minburn and Columbine Streets.

Make a Float !

We encourage neighborhoods, local businesses, or any group to make a float for the parade!

PRIZES!!

BEST BUSINESS FLOAT
BEST NEIGHBORHOOD
BEST ORGANIZATION
BEST MINI-FLOAT (under 8')

Bring your Pet

Bring your friendly dog on a leash to walk in the parade!
Dress your dog up and meet at the corner of Lunenburg and Columbine Street at 9:40am.

Treats provided by
Great Dogs of Great Falls

Young Bike Riders Welcome!

Young bike riders will join the parade once it reaches the Village Centre. A space for riders and their parents to gather and view the parade before joining it will be reserved in the large Wells Fargo parking lot.

No need to register



Celebrate Great Falls Foundation

Sign up for our email list at
www.CelebrateGreatFalls.org

For weather cancellations or more information, call (571) 293-0474

5K Walk/Run with Great Falls Trail Blazers

Again this year, the Great Falls Trail Blazers are hosting The Annual 5K Walk/Run on our local trails. Join us for an 8am start at the Freedom Memorial on the Library grounds. Any questions, contact Mary Anger at

GreatFallsTrailBlazers@yahoo.com

Volunteers Needed for this Event!

The Hometown Celebration is run entirely by community volunteers. We still need 20 people for food sales, popcorn making, snow cone making or helping kids with games. Shifts are 10:30-11:30 or 11:30-12:30. Please sign up online at www.CelebrateGreatFalls.org

This is a great place for middle schoolers or older to help the community!

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Bic DeCaro, Westgate Realty Group, Inc.
Koko Fit Club
Rossen Landscape

OPINION

Open Letter to Elected Officials and Candidates

Spend some of your campaign dollars in newspapers.

Here at the Connection, our email boxes are filling up with messages from people running for office. It's not surprising, since in November, virtually every state and local office in the commonwealth is on the ballot.

It's a good predictor for what will happen next in brick and mortar mailboxes of voters around the region.

What do candidates want from local newspapers?

Candidates, many of them incumbents, want to be quoted. They would like a reporter to come to their campaign announcements, to their kickoffs, to their forums. Candidates would like us to cover and print their statements on a variety of interesting and important issues. They would like to have their photos appear on the print and web pages of our newspapers

And for the most part, we will. We will cover the issues, the campaigns, the opinions, the fundraising, the political record.

While competition in local races is limited, money is not.

Current campaigns are on track to top the money spent in 2011 State Senate races. In 2011, Virginia State Senate candidates spent more than \$42.5 million. They have already spent more than \$20 million in 2015.

In Virginia state house races, in 2013 (members of the Virginia House of Delegate, like U.S. Congress, run for reelection every two years) candidates spent \$35.9 million.

In an example of the money these races can

attract, here is an extreme example from two years ago. In the 2013 race for House of Delegates District 34, Barbara Comstock raised \$1.4 million, narrowly defeating Kathleen Murphy (50.64 percent to 49.21 percent) who raised nearly \$700,000. Comstock went on to win the U.S. House seat vacated by longtime Rep. Frank Wolf, and Murphy went on to win the District 34 seat in a special election.

Comstock to her credit spent more than \$5,000 (about one-third of one percent) on newspaper ads (most in Korean publications), but more than \$87,000 on mailers. More surprising in a race for Virginia House of Delegates was that Comstock spent more than \$500,000 on TV and radio ads.

Murphy spent \$29,570 on mailers, \$950 on newspaper advertising and \$161,200 on TV and radio ads. (SOURCE: VPAOrg)

EDITORIAL

In other contested House races in 2013, it was more common to see expenditures between \$100,000 and \$300,000 per candidate. Most candidates spent zero dollars in community newspapers. Nearly every candidate spent tens of thousands of dollars on filling up voters' mailboxes with glossy mailers.

Of course it makes sense for candidates to target individual voters by mailing directly to their homes.

But does it really make sense to do that to the exclusion of other methods of reaching voters? Consider that 91 percent of voters who contribute to campaigns read newspapers in print or online, according to an independent study in 2012.

The Connection will not be endorsing candidates in the November elections. We'll be covering the local races to the best of our ability no matter who spends money on advertising. Other local newspapers will also cover the races without regard to advertising dollars.

That's not why we do what we do.

But to put on my publisher's hat (and not my editor's hat) for a minute, if you have a big marketing budget, and you value coverage of local newspapers (not just ours), why wouldn't you spend a portion of that budget (any portion) supporting that platform? There is a cautionary tale in the recent and abrupt closure of the chain of local papers that served Montgomery and Prince George's counties in Maryland, as a recent and extreme example.

One California community in Los Angeles proposed legislation to let residents opt out of receiving election-related mail during a hotly contested mayoral election "where both campaigns and their supporters had flooded the mailboxes of registered voters with dozens of direct mail pieces," according to The Argonaut, a weekly newspaper there. Sound familiar?

But it's more than a charitable effort.

For the same reasons that the campaigns know they want local newspaper coverage, newspaper advertising is an effective way to reach voters.

According to an independent study during the last presidential campaign, cited by the National Newspaper Association: 86 percent of voters who cast ballots in the last local election read newspapers in print or online; 79 percent of voters ages 18 to 34 read newspapers in print or online; newspapers and their websites consistently outscore other media for being "reliable," "accurate" and "in-depth" about local civic and political issues; newspaper political advertising is the least "annoying" of any medium; 91 percent of voters who contribute to campaigns read newspapers in print or online.

Just a suggestion ...

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

On Interns Past and Lessons Learned

BY JOAN BRADY

Harlem, 1991. Pre-gentrification. It was an unlikely location for a book club. But every week, I hopped the subway and headed to the Children's Aid Society Center at 103rd and Columbus to lead a group of young teens in book discussions.

Looking back, "The Catcher in the Rye" seems like an odd choice, a story seemingly so far from the day-to-day experiences of my young readers. My notes from that time are simply a scrawled list of discussion questions: "How did Holden feel about adults? peers?" "Why did he

break the windows of the station wagon." I wish I could remember how the kids related Holden's feelings and experiences to their own.

I was working at Channel 13/WNET at the time and the kids thought it was super cool that I worked in TV. The fact that it was public television, rather than MTV, didn't seem to matter. The fact that I wasn't on TV or even working on the production end of the business, didn't seem to matter either.

Ralph was particularly interested. So much so that we discussed the possibility of an internship. His frame of ref-



Joan Brady

erence limited him to asking about an internship in the mailroom.

Ultimately, the station hired him to be my (unpaid) marketing services intern.

As an intern, Ralph did what high school interns do.

He stapled. He made copies. He came in a few days a week after school.

When the time came for us to part ways, I asked him to write down what he had gotten out of the internship.

"I have learned that I have fun working...

...it is really easy to get along with one another...

...to work in a big building with others you have to get along...

...you can't come in mad and then take it out on everyone else...

... to work in a big building with others you have to get along ...

...if you're angry stay home don't come to work..."

Ok that last might be impractical

as a full-time employee, but darn if it doesn't make some sense.

I can't help but wonder what ever happened to that kid who learned the importance of getting along with others at work, when he was just 14.

Joan Brady is a professional photographer; mentor and advocate for current and former foster children; a volunteer with paws4People, Fairfax Families4Kids, and others; and a resident of Great Falls. Reach her at joan@joanbradyphotography.com

Great Falls CONNECTION

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Farmers Market To Serve July 4 Breakfast

The Great Falls Farmers Market will open at 8 a.m. this Saturday to be in place before the parade. The vendors are serving a Prix Fixe Breakfast at \$12 per person and consists of a contribution from each vendor. By reservation only. Call 917-673-3149 or email kathleen@greatfallsfarmersmarket.org by Thursday evening to reserve. Visit www.greatfallsfarmersmarket.org for more information and the menu.

Everyone is welcome to shop at the market, however the Village Centre will be closed off for the parade. Parking across the street or on Walker Road.

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

WEDNESDAY/JULY 1

ESL Conversation Group. 2 p.m.
Great Falls Library, 9830 Georgetown Pike, Great Falls. Practice English in a casual conversation group. Adults.

MONDAY/JULY 6

Effective English. 1p.m. Dolley Madison Library 1244 Oak Ridge Avenue, McLean. Effective English gives adults a chance to get expert help with speaking and conversing, reading and writing, and listening and comprehending. Adults.

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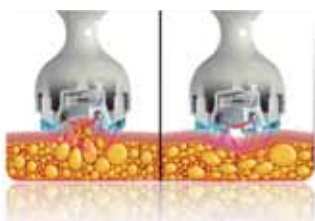
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WELLBEING

July 4th Safety

From swimming to fireworks, safety precautions for a festive Independence Day.

BY MARILYN CAMPBELL
THE CONNECTION

It was a near accident at camp last summer that sparked action by one parent. Elementary school-aged campers splashed in the pool. Everyone was having fun. Then tragedy almost struck.

Jackie Wheeler says one second her 7-year-old son was frolicking on top of the water and the next he was bobbing just below the surface, gasping for air.

"One of the counselors took his eyes off of Noah for one second, and he started to struggle," said Lee. "Ultimately, the lifeguard had to jump in and save him."

Wheeler didn't witness the incident, but its recounting was difficult for her to hear. That brush with danger became a defining moment for her family. She enrolled her son, who is now 8, and her daughter Ava, who is 4, in private swimming lessons at the YMCA in Bethesda, Md.

"I want them to be safe around the water, and I want them to be able to save themselves or someone else if necessary," said Wheeler.

She's not the only one thinking about safety. As Independence Day approaches and time spent at the pool, outside in sweltering temperatures and at fireworks shows increases, public health and safety officials are working to raise awareness about potential hazards.

WATER SAFETY

Ensuring that children learn to swim and keeping a close watch on them at the pool or beach are two ways that officials encourage water safety.

Parents and caregivers should also be mindful of recreational water illnesses, which are caused by swallowing or coming in contact with contaminated water in swimming pools and other bodies of water. Help reduce the risk of recreational water illnesses by showering with soap and water before entering a pool, taking frequent

bathroom breaks and conducting regular diaper checks followed by washing hands with soap and water, say local health officials.

HEAT SAFETY

Sunburn is another health concern when swimming outdoors.

"Protect your skin and eyes from the sun's damaging rays [by] wearing protective clothing and sunglasses," said Kenya Fluellen, associate professor of nursing at Northern Virginia Community College in Alexandria, Virginia. "Always use sunscreen with a minimum SPF of 30."

Heatstroke is the number two killer of children after car crashes, and Fairfax County has joined with the National Highway Traffic Safety Administration to remind parents and caregivers about the dangers of leaving children unattended in a car, particularly during the summer, which can lead to heatstroke and even death.

"You should never leave a child alone in the car, and that is certainly true in the summer when the temperatures are on the rise and cars get hot very quickly," said John Silcox, public safety information officer, Fairfax County Health Department.

Fairfax County officials say there were 30 heatstroke deaths of children left in vehicles in 2014. Most parents simply forgot their children were with them. "Put something in the back of your car, such as a bag or a cell phone, so you'd be certain to check before leaving the car," said Silcox.

FIREWORKS SAFETY

While fireworks are synonymous with July 4th celebrations, creating a fireworks display at home is illegal in some local jurisdictions. In both Alexandria and Montgomery County, Md., for example, all fireworks are illegal to possess or discharge, including gold label sparklers. In Fairfax County, any firework that explodes, emits a flame, sparks higher than 12 feet, or performs as a projectile is prohibited. Arlington County has similar prohibitions.



PHOTO COURTESY OF ARLINGTON COUNTY FIRE DEPARTMENT

Fireworks are sold at a local stand at Lee Highway and N. Harrison Street in Arlington. Fireworks are synonymous with July 4th celebrations, but creating a fireworks display at home is illegal in some local jurisdictions.



PHOTO COURTESY OF JACQUELINE WHEELER LEE

Ava and Noah Lee take private swimming lessons in Bethesda, Md. Safety officials encourage parents to make sure their children learn to swim.

"We always remind people that the best and safest way to enjoy July 4th is to go to a professional show and let the professionals handle it and just enjoy the show," said Lieutenant Sarah-Maria Marchegiani, spokeswoman for the Arlington County Fire

Details

Local Fireworks Laws and Safety Information

- Arlington: <http://fire.arlingtonva.us/fire-code-information/fireworks/>
- Alexandria: http://alexandriava.gov/fire/info/news_firedisplay.aspx?id=62314
- Fairfax County: www.fairfaxcounty.gov/fr/prevention/fmfireworks.htm
- Montgomery County: www.montgomerycountymd.gov/mcfrs-info/tips/citizens/fireworks.html

Heat and Car Safety

- www.safercar.gov/parents/index.htm

Water Health and Safety

- www.redcross.org/prepare/disaster/water-safety
- Arlington: <http://health.arlingtonva.us/environmental-health/recreational-water-illness-rwi/>
- Alexandria: <http://alexandriava.gov/AquaticHealth>
- Fairfax County: www.fairfaxcounty.gov/hd/eh/pools/pool-safety.htm
- Montgomery County: www.montgomerycountymd.gov/mcfrs-info/tips/citizens/pool.html

Department. "Some people don't know that sparklers are dangerous for kids. They burn hot enough to cause third degree burns. We recommend that adults be the only ones to ignite fireworks."

If you do want to put on your own backyard Independence Day illumination show, check local regulations, allow fireworks to cool completely and douse them with water before discarding them, advises Marchegiani.

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WHY IS IT SO HARD TO GET IN SUMMER SHAPE?

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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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~ Michael James, Member,
Koko FitClub, Herndon

"I have always been active: skied and golfed for years... As I aged, I noticed that muscle tone and balance were not what



they used to be. Koko meets all my needs: the option to work out on my schedule, the ability to work at my own pace and intensity because of the individualized program, and enough competitive spirit to keep me motivated. If I can do it at my age, then I encourage anyone of any age to do it. My balance, blood pressure and weight have all improved with Koko. I LOVE it!"

~ Karen Spahn, Member,
Koko FitClub, Reston

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Fairfax County Summer Food Program

service program for children, a program established to ensure that students who qualify for free and reduced-price meals during the school year continue to receive nutritious meals when school is not in session. Free meals that meet federal nutrition guidelines will be provided to

Meals will be provided to all children without charge. Acceptance and participation requirements for the program and all activities are the same for every child regardless of race, color, national origin,

sex, religion, age, disability, political beliefs, sexual orientation, gender identity, or marital or family status, and there will be no discrimination in the course of the meal service. Meals may be provided, pending qualification, at the sites and times listed as follows:

School Site	Dates	Breakfast	Lunch
1 Annandale Terrace ES	Jun 29 — Aug 7	9:00 - 9:30	12:00 - 12:30
2 Bailey's (Lower) ES	Jun 29 — Aug 7	9:00 - 10:00	12:00 - 1:30
3 Beech Tree ES	Jul 13 — 31	9:00 - 10:00	11:00 - 12:00
4 Bren Mar Park ES	Jul 13 — 31	8:00 - 8:30	11:15 - 12:15
5 Brookfield ES	Jun 29 — Aug 7	8:30 - 9:30	12:00 - 12:30
6 Bucknell ES	Jun 29 — Aug 7	8:45 - 9:30	11:30 - 12:30
7 Burke School	Jul 13 — 31	N/A	11:30 - 12:00
8 Clearview ES	Jul 6 — 31	8:30 - 9:45	12:00 - 12:45
9 Crestwood ES	Jul 13 — 31	9:15 - 9:45	12:00 - 12:45
10 Dogwood ES	Jun 29 — Aug 7	8:00 - 9:30	11:00 - 12:30
11 Forest Edge ES	Jul 6 — 31	9:00 - 9:45	12:00 - 12:45
12 Forestdale ES	Jul 13 — 31	8:00 - 9:00	10:30 - 12:00
13 Garfield ES	Jun 29 — Aug 7	8:30 - 9:30	11:30 - 12:30
14 Glasgow MS	Jul 13 — 31	7:15 - 7:30	11:00 - 11:30
15 Glen Forest ES*	Jun 29 — Aug 7	8:30 - 9:30	11:30 - 12:30
16 Graham Road ES	Jun 29 — Aug 7	9:00 - 9:45	12:00 - 1:25
17 Groveton ES	Jul 13 — 31	8:30 - 9:30	11:00 - 12:00
18 Herndon ES	Jun 29 — Aug 7	9:00 - 9:30	12:00 - 12:30
19 Hollin Meadows ES	Jul 6 — 31	8:00 - 9:00	11:00 - 12:30
20 Holmes MS	Jul 13 — Aug 7	8:30 - 10:00	11:45 - 12:30
21 Hughes MS	Jun 29 — Jul 30	8:00 - 8:30	11:30 - 12:00
22 Hunters Woods ES	Jul 13 — 31	9:00 - 9:20	11:00 - 11:30
23 Hutchison ES	Jun 29 — Aug 7	9:00 - 9:30	12:00 - 12:30
24 Hybla Valley ES	Jun 29 — Aug 7	9:00 - 9:30	12:00 - 1:00
25 Key MS	Jul 6 — Aug 6	8:00 - 10:30	11:30 - 1:00
26 Jackson MS	Jun 29 — Jul 31	8:00 - 9:45	11:30 - 12:30
27 London Towne ES	Jul 13 — 31	8:00 - 8:30	11:00 - 12:00
28 Lynbrook ES	Jun 29 — Aug 7	8:00 - 9:30	11:15 - 12:30
29 Mason Crest ES	Jul 6 — 31	9:15 - 9:45	11:30 - 12:45
30 Mount Eagle ES	Jun 29 — Aug 7	8:00 - 9:30	12:00 - 12:30
31 Mount Vernon HS	Jun 29 — Aug 4	7:45 - 8:00	11:00 - 12:10
32 Mount Vernon Woods ES	Jun 29 — Aug 7	9:00 - 9:30	12:00 - 12:30
33 Parklawn ES	Jul 13 — 31	9:30 - 9:45	12:00 - 12:45
34 Pine Springs ES	Jul 6 — 31	9:30 - 10:00	11:30 - 12:45
35 Poe MS	Jul 6 — 31	8:00 - 8:30	11:30 - 12:00
36 Riverside ES	Jul 13 — 31	8:30 - 9:00 and 1:30 - 1:45	11:00 - 12:00
37 Sleepy Hollow ES	Jun 29 — Aug 7	8:45 - 9:30	11:15 - 12:30
38 South Lakes HS	Jul 13 — 31	9:00 - 9:30	11:30 - 12:00
39 Timber Lane ES	Jul 13 — 31	8:30 - 8:45	12:00 - 12:30
40 Washington Mill ES	Jul 13 — 31	8:15 - 8:45	12:00 - 12:30
41 Weyanoke ES	Jul 13 — 31	8:30 - 8:50	11:45 - 12:15
42 Whitman MS	Jul 6 — 31	8:30 - 9:00	11:00 - 12:00
43 Woodburn ES	Jul 13 — 31	8:30 - 9:00	11:30 - 12:00
44 Woodley Hills ES	Jun 29 — Aug 7	9:00 - 9:30	12:00 - 12:30

This map of Fairfax County, Virginia, illustrates the distribution of community services. Major highways such as I-495, I-270, I-66, and US-28 are shown. Key locations include Washington Dulles Airport, Great Falls, Herndon, Reston, Tysons Corner, Fairfax Station, and Alexandria. Community service locations are indicated by numbered red and blue dots, with a high concentration in the eastern and southern parts of the county, particularly around the Mount Vernon and Woodlawn areas. The map also shows the borders of Loudoun County, Fairfax County, and Arlington County.

Site	Dates	Meal Type	Time
1 Wedgewood Apartments 7615 Allman Drive, Annandale	Jun 22 — Sept 4	Lunch	12:00 – 1:00
2 Barros Circle 6117 South Barros Court, Centerville	Jun 22 — Sept 4	Lunch	12:00 – 12:30
3 Mott Community Center 12111 Braddock Road, Fairfax	Jun 22 — Sept 4	Breakfast/ Lunch	8:30 – 9:30/ 11:30 – 1:30
4 Ox Hill Baptist Church-CLCP 4101 Elmwood Street, Fairfax	Jun 22 — Aug 28	Breakfast/ Lunch	9:00 – 10:00/ 12:00 – 1:00
5 Ragan Oaks 1201 Ragan Oaks Court, Fairfax	Jun 22 — Sept 4	Lunch	12:00 – 1:00
6 Robinson Square 4400 St. Edwards Place, Fairfax	Jun 22 — Sept 4	Lunch	12:00 – 1:00
7 Lorton Community Action Center 9518 Richmond Highway, Lorton	Jun 29 — Sept 4	Lunch	12:30 – 2:30
8 YMCA Reston 12196 Sunset Hills Road, Reston	Jun 22 — Aug 28	Breakfast/ Lunch	8:30 – 9:00/ 11:30 – 1:00
9 Creekside UCM Community Center 7939 Janna Lee Avenue, Alexandria	Jun 29 — Aug 28	Lunch	12:00 – 1:00
10 Gum Springs Community Center 8100 Fordson Road,	Jun 22 — Sept 4	Breakfast/ Lunch	9:00 – 10:00/ 12:00 – 1:00
11 Huntington Community Center 5751 Liberty Drive, Alexandria	Jun 22 — Sept 4	Breakfast/ Lunch	9:00 – 10:00/ 12:00 – 12:30
12 Lincolnia Community Center 5130-B Lincoln Avenue, Alexandria	Jul 6 — Aug 28	Breakfast/ Lunch	9:30 – 10:00/ 12:30 – 1:30
13 Old Mill Gardens 5804 St. Gregory's Lane 1A, Alexandria	Jun 29 — Aug 28	Lunch	11:00 – 1:00

WWW.CONNECTIONNEWSPAPERS.COM



Langley High School's Science Olympiad Team was honored by the Board of Supervisors on Tuesday, June 23.

Langley in Nebraska

Langley High School's Science Olympiad Team was honored by the Board of Supervisors and Del. Kathleen Murphy (D-34) Tuesday, June 23.

Langley's team finished first in the state of Virginia in April and represented the state of Virginia at the national competition at the University of Nebraska in Lincoln, Neb. on May 15-16.

The competition "requires student mastery of technology, science and engineering subjects," said Supervisor John W. Foust. "It's a challenging and very competitive national program."

"It's quite an honor," said Foust. "Once again, a Fairfax County high school makes us so very proud."

Chemistry teacher and Langley coach Leah Puhlick thanked for all the support given to her "future scientists and engineers."

"We are privileged to be here and honored to represent Virginia at the national competition," she said.

Eleven students from the team appeared before the Board of Supervisors last Tuesday.

— KEN MOORE

OBITUARY

Clarissa 'Lynne' Simmons, 72, of Great Falls, Dies



Lynne Simmons, of Great Falls, died Tuesday, June 23, 2015 at the age of 72 after a three year battle with multiple myeloma/plasma cytoma cancer. A native of Ellenville, N.Y., she was born to Alfred and Sally Greenwood. She graduated from American University, Washington, D.C., where she majored in Interior Design and Education. Lynne met her husband Larry Simmons of Riverview, Mich., in the mid 1960s where she attended high school. They were later married on Aug. 28, 1965. They moved to Northern Virginia in the late 1960s where Lynne became a long time resident of Great Falls.

Lynne was a creative, experienced educator and very successful businesswoman. She was a true visionary, a role model for many, and the strong woman behind Village Green Day School. She originally co-founded the Center for Early Education in 1975, which quickly outgrew the space where it was located. Lynne and her late husband, Larry Simmons, then opened the Great Falls Village Green Day School in Great Falls in 1979. In 1997, Lynne, Larry, and their son, Ian, built and opened Village Green Day School at Lowes Island in Potomac Falls. It was through Lynne's guiding hand and her insight into early childhood education and employee achievement, that the schools became the successful programs that they are today. Village Green was created with a core purpose "To make a significant contribution to society through educational excellence." The schools are a

product of Lynne's life's work. They embody the mission Lynne created collaboratively with her husband, son and staff. To this day, they are wonderful places, "Where Learning Feels Like Family."

Lynne has left an amazing legacy. She was one of the most loved and respected citizens of Great Falls. She participated in many charity events and served in numerous volunteer positions within the community and at Christ the King Lutheran Church. Lynne was also a volunteer at Wolf Trap and would have celebrated 40 years of service this summer.

Lynne is survived by her son, Ian, daughter-in-law Cyndi, grandson, Harrison of Arlington, Va., brother, Al Greenwood of Bonita Springs, Fla., and many adoring nieces, nephews, great nieces and great nephews. Her late husband Larry predeceased her in October, 2007 as well as her daughter, Jill, in July, 1987. Many family members, friends and children have lost a magnificent, warm, elegant, loving and respected lady.

A visitation was held on Monday, June 29, 2015 at Christ the King Lutheran Church, 10550 Georgetown Pike, Great Falls.

A Memorial Service celebrating her life was held at 11 a.m. on Tuesday, June 30, at Christ the King Lutheran Church. Interment will be private.

In lieu of flowers, the family requests charitable donations be made to Christ the King Lutheran Church, 10550 Georgetown Pike, Great Falls, VA 22066, or to the Multiple Myeloma Research Foundation (on memo line, specify "for research"), 383 Main Avenue, 5th Floor, Norwalk, CT 06851.

Please share condolences with the family at www.adamsgreen.com



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They're Back!

The Great Falls 4th of July Fireworks at Turner Farm Park are Back!

This wonderful patriotic event would not have been made possible without all the local support, local "volunteers" who stepped up to put on the event and all of the funds donated by hundreds of citizens and businesses.

The Celebrate Great Falls Foundation & the Great Falls community say "Thank You"

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Saturday, July 4th Fireworks Schedule

6:00 pm - The gates open at Turner Farm Park.

Free activities include a rock climbing wall, moon bounce, inflatable rides and a dunk tank. Food will be available from the following vendors.

Mookie's BBQ, (soon to be open in Great Falls)

Red Hook Lobster Pound DC (great lobster rolls and lobster mac & cheese)

Chef on Wheels Taco's, Great Falls Creamery ice cream and much more!!

Music by John Paul and Megawatt DJs

9:20 pm - Fireworks display by Dominion Fireworks

www.CelebrateGreatFalls.org



PHOTO CONTRIBUTED

Scouts Create New Trail at Riverbend Park

More than 60 volunteers cleared a new safety trail at Riverbend Park on Saturday, June 13. Troop 673 scouts, assisted by Kilmer and Cooper Middle School students and neighborhood volunteers, worked with new Riverbend Park manager John Callow and veteran technician Gary Eisner to create a 1,100 foot trail for children along Jeffrey Road so that they need not walk on the road to get to their bus-stop. Hikers and dog-walkers will also find the trail a pleasant addition to the park's amenities. Powered by Safeway-donated donuts and Dominos-contributed pizzas, the group worked its way through the trail in record time. The project, which had been requested by local families, was headed up by Greg Gersony, who undertook the job as his Eagle project. It is dedicated to Troop 673 Eagle Scout Mark Waugh, whose parents and brothers labored all day together with the scouts.

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Be sure to include your name, address and phone number, and identify
all people and pets in photos. Submission deadline is July 15.



Reston Town Center is the site of the Games' Athletes Village, where participants and their family and friends can come to gather each afternoon and evening.



PHOTOS BY RYAN DUNN / THE CONNECTION

Although Saturday was soaked with rain for most of the day, Sunday June 28 weather was clear for competitions in Reston for events such as the Honor Guard competition, Open Water Swim and Ice Hockey.

Athletes on Fire

World Police and Fire Games weekend events near Reston Town Center.

BY RYAN DUNN
THE CONNECTION

Rain which lasted throughout Saturday, June 27 cancelled several outdoor events in the Fairfax 2015 World Police & Fire Games. Yet a sunnier Sunday permitted competitions to continue in Fairfax County. In Reston, Honor Guards marched at the Reston Town Center pavilion, police dogs did an obstacle course at Lake Fairfax Park, and more than 100 open water swimmers swam two miles in Lake Audubon. Fairfax County Police Officer Sean Martin won the 35+ age group in the Open Water Swim (44:01). At Reston SkateQuest on 1800 Michael Faraday Ct., novice division teams participated in the Ice Hockey competition. The Novice Championship will be held on Friday, July 3.

"I am excited to watch all the games, it is a lot of fun," said Mark Kordalski. Kordalski and Steve McFarland, firefighters with Fairfax County Fire and Rescue are both assisting the World Police & Fire Games Ice Hockey games held at Reston



Reston hosted an Honor Guards competition on Sunday, June 28. Winners of 4 gold medals were the Fairfax County Sheriff's Office Honor Guard.

SkateQuest. Ice Hockey games are also being held at Ashburn Ice House, and Prince William Ice Center at Dale City. "It has been interesting to see all the different sports representatives," said Caitlin Warren, a front desk receptionist at SkateQuest and student at NOVA Community College. Lake Fairfax Park in Reston will host the Cross Country and Rugby games scheduled to begin Tuesday, June 30. For more info on the 2015 Games, visit fairfax2015.com.

The Fairfax 2015 World Police & Fire Games end July 5. Reston Town Center has another athletic event it will host on July 4, the annual Firecracker 5K.

The sixth annual Firecracker 5K on Saturday, July 4 will be sponsored by Reston-based Leidos and benefit the USO of Metropolitan

Washington. In this "Battle of the Branches" competition, whichever military branch has the most registered runners will have donation to the USO made on its behalf.

The race is July 4, 8 a.m. at Reston Town Center. Registration is \$35 and is open online through July 2. Price jumps to \$40 July 2-4. Discounts for Under 14 or Active Military.

The course goes on streets through Reston Town Center, as well as on Cameron Glen Drive, Sunset Hills Road, Reston Parkway and Town Center Parkway. Roads will not be blocked to traffic, but lanes could be blocked. The course is relatively flat. For more info on the Firecracker 5K, see www.prraces.com/firecracker.



The Celebrate Great Falls float makes its way down Columbine Street during the annual Great Falls Fourth of July parade.

CALENDAR

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

ONGOING

Vienna's Summer on the Green Concert Series. Fridays-Sundays, through Sept. 27. 6:30 p.m. at Vienna Town Green, 144 Maple Avenue E, Vienna. Come out on the weekend and listen to some good music. Visit <http://www.viennava.gov/DocumentCenter/View/2640>

Great Falls Concerts on the Green. Sundays, through Sept. 6. 6-8 p.m. at Great Falls Village Centre Green. Come out on Sundays and listen to some live music. Visit <http://www.celebrategreatfalls.org/concerts-on-the-green/>.

Tysons Concerts on the Plaza. Fridays, through Aug. 7. 6-8 p.m. at Tysons Corner Center, 1961 Chain Bridge Road, Tysons Corner. Sit back and enjoy live music with a special line up each week. Tickets are available on a first-come, first-serve basis beginning at 10 a.m. each Friday morning in the mall concourse on level 2 next to ZARA.

Summer Reading Program. Friday-Sunday, through Sept. 5. 10 a.m.-5 p.m. at Great Falls Library, 9830 Georgetown Pike Great Falls. Attend summer events and check out books. All ages. Visit <http://www.fairfaxcounty.gov/library/branches/gf/>.

Restful Pause. Wednesday-Saturday, through Aug. 1. Katie's Coffee House, 760 Walker Road, Great Falls. Robert Gilbert brings his nine, framed still-life paintings to exhibit. The subjects are wine bottles, wine glasses, ceramic pots, fruits and vegetables. The paintings are realistic in some areas and impressionistic in others.

What's in Your Garden? Tuesdays - Saturdays, through Aug. 1. Vienna Arts Society "Gallery in the Village Green," 513 Maple Ave. W, Vienna. Featured artist Loy McGaughy of Reston exhibits a collection of watercolors inspired by her personal photographs. The exhibition includes more than a dozen other artists.

WEDNESDAY/JULY 1

Books and Babies Story time. 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Rhymes, songs, and activities for babies and parents. Build an early literacy foundation for your child while enjoying time together. Birth-24 months with caregiver.

WEDNESDAY-FRIDAY/JULY 1-3

World Police & Fire Games: Dodgeball. 4-8 p.m. Lerner Town Square at Tysons II, 8025 Galleria Drive, Tysons. Fairfax2015.com.

THURSDAY/JULY 2

Throwback Thursdays. 7 p.m. Barnes & Noble Tysons Corner Center, 7851 Tysons Corner Center, McLean. As part of the month long Get Pop-Cultured event, each Thursday will be themed after a different decade in pop culture. This Thursday will be focused on the '50s. Explore the books, toys, games, music, movies, TV and fashion that shaped each decade.

Knit Club. 6 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Kids and teens bring your own supplies and practice your crochet, knitting and cross stitching techniques. All levels welcome. Ages 8-18.

SATURDAY/JULY 4

Great Falls Farmers Market. 9 a.m.-1 p.m. Year round. Great Falls Village Centre, 778 Walker Road, Great Falls. www.celebrategreatfalls.org/FarmersMarket.html.

SUNDAY/JULY 5

Wagon Ride to Poohsticks Bridge. 11 a.m. - noon. Riverbend Park, 8700 Potomac Hills Street, Great Falls. Listen to Winnie the Pooh's story and play Poohsticks on the bridge. Cost is \$5 per person. Children must be accompanied by a registered adult. For more information, call 703-759-9018.

Grinding the Grain. 12-3 p.m. Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Grain grinding demonstration is \$7 for adults, \$5 for children and seniors, \$6 for students 16 plus with ID. There's a Blacksmith demonstration from 11 a.m. until 4 p.m. and free woodcarving lessons from the Northern Virginia Carvers for ages 12 and up. Lessons are free. Nominal charge for wood blanks.

MONDAY/JULY 6

The Kinder Cise Show. 2:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Sing and Dance with Wolf Trap teaching artist John Taylor. All ages welcome. Each child and adult must be signed up separately.

TUESDAY-WEDNESDAY/JULY 7-8

Tim Kubart & the Space Cadets. 10:30 a.m. Wolf Trap, 1645 Trap Road. Musical group Tim Kubart & the Space Cadets will be putting on an interactive adventure for kids and performing their music. Tickets: \$10. wolftrap.org.

WEDNESDAY/JULY 8

Coding for Kids. 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Kids bring your computer and learn all about coding a fun, relaxed environment. All levels welcome. Ages 7-10. Openings.

Pokemon League. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. www.celebrategreatfalls.org

SEE CALENDAR, PAGE 17

WWW.CONNECTIONNEWSPAPERS.COM

CALENDAR

FROM PAGE 16

Great Falls. Drop- in and play Pokemon with your friends.

THURSDAY/JULY 9

The Living Rainforest. 2:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Meet animals from the rainforest. Ages 6-12.

Reading Buddies. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Teen volunteers available to read to/with beginning readers. School age, preschool.

FRIDAY/JULY 10

Playdate Café. 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Chance for children to enjoy toys and a play space while adults enjoy coffee and conversation. Preschool.

Great Decisions Foreign Policy Series. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Foreign Policy Association's Great Decisions program; privacy in the Digital Age. Adults.

Family Game Time. 3:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play assorted board games with friends and family. All skill levels and ages welcome.

SATURDAY/JULY 11

Kayak Mini Float Trip. 11 a.m. Riverbend Park, 8700 Potomac Hills Street, Great Falls. A scenic wagon ride from the Visitor Center to the launch site at Riverbend Park, followed by a 1.5-mile instructor-led float trip down through riffles and flat water. No previous experience necessary. Cost is \$38. For information, call 703-759-9018.

July 4th in Fairfax County

SATURDAY/ JULY 4

Vienna 4th of July Festival and Fireworks Show. 12-9 p.m. Vienna Town Green, 144 Maple Avenue, East, Vienna. Free event with food and drink, music, family games, children's entertainment and more. Fireworks show begins at 9:15 p.m. <http://www.viennava.gov/index.aspx?nid=894>

McLean 4th of July Fireworks Celebration. 8 p.m. Cooper Middle School, 977 Balls Hill Road, McLean. Food and music. Shuttle buses will be available at St. John's Episcopal Church at the McLean Community Center. <http://www.mcleancenter.org/special-events>

Great Falls 4th of July Celebration & Parade. 8 a.m. - 6 p.m. Village Centre Green, 776 Walker Road, Great Falls. 5K walk/run, blood drive, Little Patriot Parade, and floats, horses, antique cars and pets making a loop in the Main Parade. Fireworks start after dusk at Turner Farm Park. <http://www.celebrategreatfalls.org>.

In the Lobby Bar: Independence Day Dance Party. 10 p.m. Jammin' Java, 227 Maple Avenue, East, Vienna. Featuring Pat Jones, DJ Madmen Z and Irresponsible. <https://jamminjava.com>

Herndon 4th of July Celebration. 6:30 p.m. Bready Park, Herndon Community Center, 814 Ferndale Avenue, Herndon. A family-fun event featuring games, arts and craft activities, bingo, food face painting, balloon artists, and fireworks. Fireworks show is choreographed to music and begins at dark, approximately 9:30 p.m. www.herndon-va.gov.

Firecracker 5K for the Troops. 8 a.m. Reston Town Center, 11900 Market Street, Reston. A 3.1 mile race, live music, face painting, waving flags, and free massages. praces.com/firecracker/

Lake Fairfax Fireworks Spectacular. 4-8 p.m. Lake Fairfax, 1400 Lake Fairfax Drive, Reston. Live music, enjoy the Water Mine park and more. <http://www.fairfaxcounty.gov/parks/lakefairfax/>

Historic Pohick Church 4th of July Tours. 1-3 p.m. Pohick Church, 9301 Richmond Highway, Lorton. Costumed history docents will give free guided tours of the historic colonial church. <http://www.pohick.org>

July 4th in Paradise. 11 a.m.-7 p.m. Paradise Springs Winery, 13219 Yates Ford Road, Clifton. Open for normal business hours with live music and food available throughout the day. <http://www.paradisep Springswinery.com>

Fairfax's Independence Day Celebration & Fireworks. 10 a.m.-10:30 p.m. in the Downtown Fairfax Historic District. Independence day parade, historical tours, games, entertainment and fireworks begins at 7 p.m. www.fairfaxva.gov.

Mount Vernon's An American Celebration. 8 a.m.-5 p.m. George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway, Mount Vernon. Daytime fireworks in patriotic colors fired over the Potomac River at 1 p.m. The event also includes an inspirational naturalization ceremony for 100 new citizens, military re-enactments, a special wreath-laying ceremony, free birthday cake for all and a visit from the "first" first couple, "General and Mrs. Washington." www.mountvernon.org.



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ABC LICENSE

Church Street Venture, LLC trading as Chase the Submarine, 132 Church St, NW Unit A, Vienna, VA 22180. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On and Off Premises/Keg Permit license to sell or manufacture alcoholic beverages. Timothy Ma, member

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

ABC LICENSE

Best Value Petroleum, Inc trading as Best Value Petroleum, 5630 Lee Hwy, Arlington, VA 22207. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer Off Premises license to sell or manufacture alcoholic beverages. Arpit Sethi, President

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

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

LOCATED AT
10736 SUNSET HILLS ROAD, RESTON, VIRGINIA

SALE TO BE HELD AT THE FAIRFAX COUNTY CIRCUIT COURT

July 2, 2015, AT 4:00 P.M.

In execution of a certain Credit Line Deed of Trust and Security Agreement dated November 19, 2008, and recorded November 20, 2008 in Deed Book 20183 at Page 0376 among the land records of Fairfax County, Virginia (the "Deed of Trust"), made by HUNTER MILL WEST, L.C., a Virginia limited liability company, now securing CATJEN LLC, a Virginia limited liability company (the "Noteholder"), default having occurred in the payment of the debt secured thereby, and being instructed to do so by the Noteholder, the undersigned Substitute Trustees, will offer for sale the property described below at public auction by the main entrance to the Fairfax County Circuit Court, located at 4110 Chain Bridge Rd, Fairfax, VA 22030 on July 2, 2015, beginning at 4:00 p.m. The public auction for the sale of the property previously scheduled for June 18, 2015 was continued to July 2, 2015.

The real property encumbered by the Deed of Trust that will be offered for sale by the Substitute Trustees is commonly known as 10736 Sunset Hills Road (Tax Identification Number: 0183-02-0004) located in Reston, Fairfax County, Virginia, as more particularly described in the Deed of Trust, and all improvements, fixtures, easements and appurtenances thereto (the "Property").

TERMS OF SALE

ALL CASH. The Property will be offered for sale "AS IS, WHERE IS" and will be conveyed by Substitute Trustees' Deed (the "Substitute Trustees' Deed") subject to all encumbrances, rights, reservations, rights of first refusal, conveyances, conditions, easements, restrictions, and all recorded and unrecorded liens, if any, having priority over and being superior to the Deed of Trust, as they may lawfully affect the Property.

The Substitute Trustees and the Beneficiary disclaim all warranties of any kind, either express or implied for the Property, including without limitation, any warranty relating to the zoning, condition of the soil, extent of construction, materials, habitability, environmental condition, compliance with applicable laws, fitness for a particular purpose and merchantability. The risk of loss or damage to the Property shall be borne by the successful bidder from and after the date and time of the sale. Obtaining possession of the Property shall be the sole responsibility of the successful bidder (the "Purchaser").

A bidder's deposit of \$150,000.00 (the "Deposit") by certified or cashier's check shall be required by the Substitute Trustees for such bid to be accepted. The Substitute Trustees reserve the right to prequalify any bidder prior to the sale and/or waive the requirement of the Deposit. Immediately after the sale, the successful bidder shall execute and deliver a memorandum of sale with the Substitute Trustees, copies of which shall be available for inspection immediately prior to the sale, and shall deliver to the Substitute Trustees the Deposit and the memo-

randum of sale. The balance of the purchase price shall be paid by the Purchaser. Settlement shall occur within thirty (30) days after the sale date, TIME BEING OF THE ESSENCE with regard to the Purchaser's obligation.

Settlement shall take place at the offices of Venable LLP, 8010 Towers Crescent Drive, Suite 300, Tysons Corner, Virginia 22182 or other mutually agreed location. Purchaser shall also pay all past due real estate taxes, rollback taxes, water rents, water permit renewal fees (if any) or other municipal liens, charges and assessments, together with penalties and interest due thereon. The Purchaser shall also pay all settlement fees, title examination charges, title charges and title insurance premiums, all recording costs (including the state grantor's tax and all state and county recordation fees, clerk's filing fees, congestion relief fees and transfer fees and taxes), auctioneer's fees and/or bid premiums, and reasonable attorneys' fees and disbursements incurred in the preparation of the deed of conveyance and other settlement documentation.

The Purchaser shall be required to sign an agreement at settlement waiving any cause of action Purchaser may have against the Substitute Trustees, and/or the Beneficiary for any condition with respect to the Property that may not be in compliance with any federal, state or local law, regulation or ruling including, without limitation, any law, regulation and ruling relating to environmental contamination or hazardous wastes. Such agreement shall also provide that if notwithstanding such agreement, a court of competent jurisdiction should permit such a claim to be made, such agreement shall serve as the overwhelming primary factor in any equitable apportionment of response costs or other liability. Nothing herein shall release, waive or preclude any claims the Purchaser may have against any person in possession or control of the Property.

If any Purchaser fails for any reason to complete settlement as provided above, the Deposit shall be forfeited and applied to the costs of the sale, including Trustees' fees, and the balance, if any, shall be delivered to the Beneficiary to be applied by the Beneficiary against the indebtedness secured by and other amounts due under the Deed of Trust in accordance with the Deed of Trust or applicable law or otherwise as the Beneficiary shall elect. There shall be no refunds. Such forfeiture shall not limit any rights or remedies of the Substitute Trustees or the Beneficiary with respect to any such default. If the Property is resold, such re-sale shall be at the risk and the cost of the defaulting bidder, and the defaulting bidder shall be liable for any deficiency between its bid and the successful bid at the re-sale as well as the costs of conducting such re-sale. Immediately upon conveyance by the Substitute Trustees of the Property, all duties, liabilities and obligations of the Substitute Trustees, if any, with respect to the Property so conveyed shall be extinguished, except as otherwise provided by applicable law.

Henry F. Brandenstein, Jr., Substitute Trustee
Patrick W. Lincoln, Substitute Trustee
FOR INFORMATION CONTACT:
Henry F. Brandenstein, Jr., Esq.
Venable LLP
8010 Towers Crescent Drive, Suite 300
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Quality of Life



By KENNETH B. LOURIE

Throughout my nearly six and a half years of cancer treatment, starting at the initial Team Lourie meeting on February 27, 2009, when my oncologist suggested I take that vacation I've always dreamed of (to which I exclaimed "WHAT!?!"), my quality of life has always been important to him. Whenever there has been a treatment blip on my radar, and changes had to be considered/made to my protocol, my oncologist has regularly asked if I wanted to continue treatment, take a break from treatment or stop it altogether and enjoy, if possible, whatever above-average good health I was experiencing while I could, because I might not experience it again and if I did, it might not last too long. Ergo my quality of life. Diagnosis-to-date however, I have always opted to continue to damn the torpedoes and infuse full speed. Oddly enough, continuing to infuse has worried me less than not infusing at all.

As I progress through year seven, I am wondering yet again about quality of life. Though we are not at any kind of crossroads - treatment or otherwise, and my lab work continues to indicate that my body is able to tolerate my every-three-week infusions of Alimta, I do have my less-than-stellar moments. This is particularly so for the seven to ten days immediately following my infusion. It is during this time when a certain predictable side effect occurs, having first manifested itself about six months ago, to make me less pleasant than I'd prefer to be. What happens is I don't eat, not too much anyway. Because I can't. Because I won't. Because something somewhere - internally, psychologically, physically - is preventing me from doing so. In general, the whole idea of eating is a total turn off. And given my nature/proclivities, I need it to be a turn on. As a result, I'm always hungry. And then I get tired from not eating (no energy). Then I take a nap. Then at bedtime, I'm unable to fall asleep because I've slept some already. Eventually, I do get some sleep, but I end up having a restless, interrupted, short, REM-less sleep and wake up tired the next day when the routine starts all over again; except now I'm tired to begin the day and don't have any interest in breakfast, so I get no boost to start. The marijuana pills I wrote about don't help. Consequently, I seem to be stuck in this cycle of depressing miserableness (is there any other kind?). Not gaining any pleasure from one of the staples of my existence is an extremely discouraging set of circumstances and is making Kenny a very dull boy, or at least duller than I usually am.

But, and it's a HUGE but, the treatment is so-far-so-good, working; the tumors have not grown or moved - and I'm alive and reasonably well.

Still, one week of every three, I'm not a happy camper (and if I were actually camping - out of doors - I'd be even less happy, since I don't camp). The question becomes, sort of: is camping all that important (euphemistically speaking)? Obviously, to me, living hungry is more important than dying satiated. But I don't like being depressed and miserable one third of my time. That is an in-e-quality of life with which I'm not particularly pleased. Life goes on though, and for that, I'm over-the-top grateful - and amazingly, maybe even randomly, lucky. I just wish I could savor my next meal as much as I savor my survival. As my Auntie Irene used to say: "This too shall pass," until two weeks from now, that is.

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



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