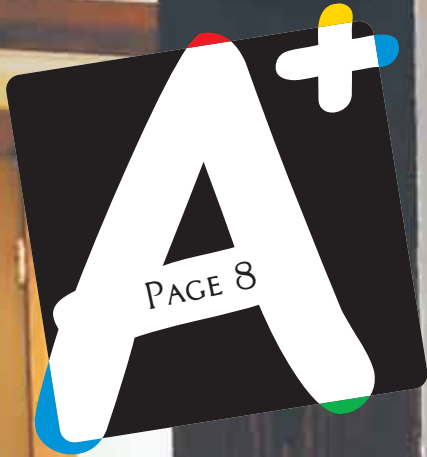


Great Falls  
CONNECTION

Great Falls resident Katie Simmons Hickey raised more than \$277,000 to fund research to combat blood cancer, and was named the 2015 Woman of the Year by the Leukemia and Lymphoma Society's National Chapter.

# Woman of the Year

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PHOTO BY KEN MOORE/THE CONNECTION

**Langley High School alumna Katie Simmons Hickey raised more than \$277,000 for blood cancer research, and was named the 2015 Woman of the Year by the Leukemia and Lymphoma Society's National Chapter.**



**Meeting Noah Ramirez and Hope Veazey, the 2015 Boy and Girl of the Year, solidified Katie Simmons Hickey's commitment to raise as much money as she could during the Woman of the Year campaign this spring.**

## Woman of the Year

**Raising more than a quarter of a million dollars for cancer research with 17 local events.**

BY KEN MOORE  
THE CONNECTION

**K**atie Simmons Hickey's daughter Rylie, 3, delivered the knockout punch in Hickey's fundraising film for the Leukemia and Lymphoma Society.

"She's going to teach the world to beat cancer," said Rylie of her mom.

The Leukemia and Lymphoma Society honored Great Falls resident and Langley alumna Hickey as this year's Woman of the Year.

Hickey called her family and friends who helped her organize her 10 week campaign "The Knockouts."

"It's incredibly heartwarming to have your community back you the entire way," said Hickey, in an interview at Katie's Coffee House.

Hickey raised \$277,000 for the Leukemia and Lymphoma Society by organizing 17 events this year, including events at The Old Brogue, Riverbend Park, a Grandmother's and Mother's Day Tea and Fashion Show at River Bend Country Club, a denim and diamonds wine tasting and auction at a residence in Great Falls, and a Great Falls Concert on the Green.

"It was a second, full time job, no joke," she said.

**HICKEY GOT INVOLVED** because her best friend Colleen Shea was impacted by blood cancer. "Colleen's fight inspired me to begin supporting LLS through Team in Training triathlons, Light The Night Walk, Leukemia Cup Poker Runs, and other local events," she said.

Shea is now 14 years in remission.

Hickey, vice president of The Simmons Team at George Mason Mortgage, said she



PHOTO CONTRIBUTED

**Here, Katie Simmons Hickey is crowned "Woman of the Year." The 22 candidates for Man and Woman of the Year raised \$1.81 million, a new record for the National Capital Area Chapter.**

**"The public awareness we spread and the number of people I met whose lives have been affected by cancer, including our Boy and Girl of the Year, was both overwhelming and inspiring."**

**— Katie Simmons Hickey**

decided to fully immerse herself in raising awareness and money after a personal tragedy last October.

"I knew the time had come to re-channel all those negative vibes into something posi-

tive, worthwhile and significant," she said.

"The public awareness we spread and the number of people I met whose lives have been affected by cancer, including our Boy and Girl of the Year, was both overwhelm-

ing and inspiring," she said.

The Leukemia and Lymphoma Society was founded in 1949 and has 59 chapters in the United States and Canada. The organization funds lifesaving blood cancer research around the world and provides information and support services regarding leukemia, lymphoma, Hodgkin's disease and myeloma.

Hickey and Kevin Rohalmin, CEO of Presidential Detailing, led 22 candidates who collectively raised \$1.81 million for the National Capital Area Chapter, a new record.

The Man and the Woman of the Year campaign is a fundraising competition in communities across the United States to raise money for cancer research in honor of local children who are blood cancer survivors.

Visit [www.lls.org](http://www.lls.org) or call the Information Resource Center at 800-955-4572.

"I am honored to be tied to LLS for the rest of my life," said Hickey.

**OUT OF 900 CANDIDATES** across the country, Hickey learned she was named this year's National Woman of the Year runner up on July 7.

Her family, friends, and other attendees gave her a standing ovation last weekend when she was named Woman of the Year for the National Capital Area.

She looks forward next year to help others develop their own campaigns next year.

"Over the years, people like us have been responsible for funding medical advances that have doubled, tripled and even quadrupled the survival rates of many types of cancer," she said. "There's no reason to stop until we find a cure," she said.

For more information visit [www.letsknockitout.com/](http://www.letsknockitout.com/)



Several dogs chase each other, enjoying the unlimited play time at Seneca Hill.



PHOTOS BY NIKKI CHESHIRE/THE CONNECTION



Seneca Hill Resort attendants John Kett and Jenna Boyer spend time with Amantha, a 7-month-old American Staffordshire Terrier, in the recently renovated play yard.

## Dog Days of Summer Celebrated

BY NIKKI CHESHIRE  
THE CONNECTION

**O**n a hot summer day, there's nothing quite like a barbecue and a swim to relax and have fun. That's exactly what happened at Seneca Hill Animal Hospital, Resort and Spa last Sunday – except that this one was for the dogs.

Seneca Hill kicked off their sixth annual Dog Days of Summer open house, which they hold as a way to celebrate their current clients and invite new ones in.

"It just gives people a chance to enjoy Seneca Hill,"

said Marty Veron. "We get several passersby who stop in and can't believe the operation."

The dogs could enjoy unlimited play in the recently renovated play-yard, go for a swim, or cool off with some free frozen treats. Meanwhile, their owners could partake in a raffle to win several prizes including a fitbit, shop through the sidewalk sale, or enjoy hot dogs and other refreshments.

In addition to celebrating the business and their clients, Seneca Hill collects donations for the Marshall Legacy Institute, an organization that places highly trained mine-detection dogs in mine-affected countries. The Marshall Legacy Institute has donated more than 200 dogs to the cause.

## Seneca Hill Animal Hospital in Great Falls hosts Dog Days 2015.



Seneca Hill advertises their open house in order to thank current clients and bring in new ones.

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this 4th of July at the Turner Farm Park

This wonderful patriotic event would not have been made possible without the following sponsors, all of the businesses & family contributors, civic organizations, vendors, and the 68 volunteers including Meg Casey and Stefan Suib, our Co-Chairs of the event

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The Bollinger Family to celebrate the 2015 success of the Langley High School Crew Team

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Mina's Sci-Math Elementary School  
Great Falls Auto Service  
Costa Family & Cosmetic Dentistry



Donations are still being accepted at [www.CelebrateGreatFalls.org](http://www.CelebrateGreatFalls.org) under Friends of the Fireworks



# OPINION

# Backpacks for All

Thousands of students will begin school this fall at a disadvantage; help now so they have the basics.

The first day of school each year is fraught with anticipation and anxiety. Many local students will be concerned about what they wear, who they will see, what it will be like. They've already had multiple shopping trips, online and otherwise, to be sure they have the supplies and extras they need.

We live in an area where many if not most families have the means and desire to do almost whatever it takes to give their children the best chances for success.

But for thousands of students, families lack the financial resources to equip them for success on the first day of school and beyond.

In our affluent area, there are many poor families.

In Fairfax County Public Schools, more than 27 percent of more than 184,000 students are poor enough to qualify for subsidized meals. That's more than 50,000 children in Fairfax County who are going through the summer without their usual access to breakfast and lunch. For many of those children, having a fully equipped backpack on the first day of school is out of reach.

In the City of Alexandria, about 60 percent of the Alexandria Public Schools students are poor enough to qualify for subsidized meals. That's more than 8,000 of the city's 13,000-plus students.

In Arlington, more than 32 percent of the county's 23,000-plus students are poor enough to receive subsidized meals; more than 7,000 students.

Help these students get started on the right foot by contributing to one of the many local

backpack drives.

Virginia sales tax holiday for school supplies and clothing is Aug. 7-9. Purchases of certain school supplies, clothing and footwear are exempt from the Virginia sales tax. Each eligible school supply item must be priced at \$20 or less, and each eligible article of clothing and footwear must be priced at \$100 or less. See <http://www.tax.virginia.gov/content/school-supplies-and-clothing-holiday>.

## EDITORIAL

This is a good place to start, but these students need more than backpacks. In this area, we need to address the impacts of income inequality in the schools. If we succeed in effectively educating these students, the savings overall will be enormous. These students need protection from budget cuts in their classrooms. They need help addressing inequality in the face of "bring your own device policies," and other technology needs.

Here are a few ways to give:

❖ **Fairfax County Collect for Kids** is a public private partnership that provides local children from economically challenged families with the school supplies they need to begin the school year, and has provided 90,000 supply kits and backpacks in its first three years. They seek donations of cash, backpacks donated by citizens and calculators donated by businesses. Contact Jay Garant in Fairfax County Public Schools Office of Business and Community Partnerships at 571-423-1225 [jay.garant@fcps.edu](mailto:jay.garant@fcps.edu) or Sherry Noud [SMNoud@fcps.edu](mailto:SMNoud@fcps.edu) 571-423-4300, Fairfax County Public Schools Office of Social Work Services.

<http://collectforkids.org/resources/>

❖ **Cornerstones in Reston** needs 3,000 backpacks. Each year, Cornerstones and its partner, Kids R First, equip thousands of K-12 children in the Reston-Herndon area (Cornerstones' clients, as well as other local students who receive free or reduced cost school meals) with brand-new backpacks. You can buy backpacks online and have them delivered to Cornerstones. Or deliver the backpacks to Cornerstones Administrative Office at 11150 Sunset Hills Road, Suite 210, Reston; Aug. 10-14 (Monday - Friday); 9 a.m. - 5 p.m. Contact Alacia Earley, Volunteer and Drives Manager, 571-323-9568.

<http://www.cornerstonesva.org/donations/drives/back-to-school/>

❖ **United Community Ministries** annual Back to School campaign is underway, and they rely on your support to meet the needs of students from low-income families in the Mount Vernon community. They especially need larger-sized backpacks for middle and high school students, and seek cash contributions to buy supplies. <http://www.ucmagency.org/back-to-school-2015.html>

❖ **OUR DAILY BREAD** Collect for Kids Back to School program runs each summer in partnership with Collect for Kids in a county-wide effort to ensure that the neediest children in our community receive the supplies they need to succeed in school. The program is made possible through a partnership with Kids R First, Fairfax County Public Schools, the Fairfax County Office of Public and Private Partnerships, Apple Federal Credit Union and numerous community-based organizations and businesses in the Fairfax County area who are working together to provide supplies in a more cost-effective and efficient way. Contact Dawn Sykes at 703-273-8829.

— MARY KIMM,

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

## LETTERS TO THE EDITOR

### Making Great Falls More Accessible

To the Editor:

An Easter egg hunt, the 4th of July fireworks and a Halloween Parade followed by supervised trick-or-treating are fine for our children and their parents. Considering the aging population of Great Falls, shouldn't more be done to make life friendlier for us senior citizens? We have paid high taxes and supported local businesses through the years as they have prospered and we have grown older.

We appreciate Brightview and the efforts of the Great Falls Citizens Association in helping us remain in our community as we age. Still, we need easier access to more

medical offices, restaurants, beauty salons and other facilities. Wheelchair access to restrooms in those establishments would be welcome. In instances where handicap access is not available in the front of the building but is provided somewhere else, a sign out front saying so would be helpful.

When my husband and I moved to Great Falls 42+ years ago, the issue of accessibility was not important to us. It is now. "Aging happens" - as do accidents and illnesses, My advice? Think ahead. When selecting a facility to patronize, select the one that will be easily accessible to you if you need help in the future. For example, a trip to the dentist can be traumatic at best. It shouldn't have to be an Olympic event.

In closing, many thanks to the majority of Great Falls businesses that have complied with the

Americans With Disabilities Act, even though in many cases they were not required by law to do so.

**Barbara Bermel**  
Great Falls

### It Takes Community ...

To the Editor:

There is a conversation going on on a local discussion site about what is going on with the Great Falls Farmers Market:

Question: "I have not been to the farmers market in the village in a couple of weeks. I went today and found the number of produce vendors was very limited. Has something happened that we are not attracting more vendors?"

Answer: What is a farmers market? What is a community farm-

ers market? Why bother to have a farmers market in Great Falls? Community matters. Being a place where local residents gather, and visitors can engage with our community matters. Bringing product that is locally grown to market matters - but not so much that the vendors must return home with most of what they brought in their trucks - just the number of vendors that match the level of support that actually is expressed by our community through their specific actions. Giving talented bakers access to our community so that they can incubate their micro-business and try to delight local customers matters. Having a space for young people to work/volunteer and gain confidence matters. Having a space on a Saturday morning, defined by delightful

SEE LETTERS, PAGE 7

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# LETTERS

FROM PAGE 6

music, welcoming all who wish to meet and greet their neighbors matters.

Our farmers market is stuck. If we wish it to grow bigger and be the most vibrant, delightful, joyful market in the entire metro-D.C. area, our Great Falls community must participate in a dance with the vendors we have today. Without more visitors, we cannot engage the new vendors we need to round out our offerings. Without more purchases, vendors cannot sustain their presence, and we cannot attain the critical mass that is an essential ingredient of an attractive, viable, robust market.

What we see is a reflection of community support — delicate, fragile, and not nearly what we could be. The market is a manifestation of our collective action. The market will follow devotedly behind the desire of our community. If our residents do not choose to actively support the market and wish, whether deliberately or through indifference, that it close, it will contract. If our community wishes it to thrive, it will become more robust, thanks to the indi-

vidual supportive actions of individual residents. The vendors and I (the market manager) bring our very best with our full enthusiasm every Saturday. It is the actions of our Great Falls community that will define the way forward.

**Kathleen Murphy**  
Great Falls

## The Act in Sheep's Clothing

To the Editor:

A few weeks ago the House passed HR 2042, the Ratepayer Protection Act. Sounds great, right? Wrong. The Ratepayer Protection Act is a wolf in sheep's clothing and attacks EPA's ability to curb climate change. Specifically, the Act goes after the Clean Power Plan, set to be finalized this summer, which would require states submit carbon reduction plans to the EPA. Carbon pollution is a serious health threat to all Americans, but especially to those with chronic lung disease like asthma. Carbon emissions fuel climate change, and as temperatures rise so does the risk of experiencing unsafe levels of

ozone pollution in the air we breathe. Ozone kills and as someone who has had asthma since childhood I am concerned for the nearly 24,000 children with asthma who live in the county.

Exposure to unhealthy levels of ozone is linked to worsened asthma, increased risk of hospitalization and even premature death. Have you ever seen a child have an asthma attack? Have you ever been forced to watch as their lips tinge blue and panic sets in as they fight to get in a full breath of air but can't? It's something I've experienced firsthand; no child should have to suffer in that way.

That's why I'm disappointed that Representative Barbara Comstock voted in support of the Ratepayer Protection Act. Fairfax County received an F for ozone pollution according to the American Lung Association's 2015 State of the Air Report. Is the Representative okay with that? Her vote sure implies as much.

**Jennifer Kaufer**  
The American Lung Association in Virginia  
Fairfax

## For Sale by Owner

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Is this the special colonial you have been dreaming of finding to raise your family? It is hidden on a very special piece of land in Great Falls, near the end of a 1/2 mile street next to over 40 acres of protected wilderness (the view only changes with the leaves and seasons), with a stream and the wonderful related wildlife; all within 2 miles of Tysons and the new subway station into DC now, and out to Dulles in the years ahead.

Public Water/Sewer, and New Fire Station at top of street on Rt 7; The best public school ladder in the county/state also comes with this great home.

The Master suite includes a sitting room with fireplace, walk-in Closet, updated shower, and dressing area. 3 other bedrooms and a full bath (with a vanity and sink and mirror outside bathroom) are located on the upper level. The main level includes a LR, DR, hall with custom crown moldings, family room with fireplace, library or Main level bedroom w/closet & window, plus a half bath, with hand-painted French wallpaper; a full kitchen renovation with hardwood floors, granite counters, Stainless steel appliances, and custom cabinets, with a computer work area, along with a separate laundry room with tile floor. A fabulous screened porch and Trex deck allow for three season outdoor space. The lower level is fully finished, with a full bath, bedroom, office, furnace room, and a Recreation room, with a wet bar, that opens to the back yard and the woods; where you can walk and sit and read by the creek, or just listen to the birds, and the kids can play safely. It would be very hard to find a better place to commute from in Great Falls to wherever you travel to work, let alone come home to at the end of the day...this is your great opportunity, but only one Lucky buyer will get to be the next owner...Good Luck.

**Edward fitch@cox.net**

All offers over \$1,175,000 (with proof of your ability to buy) will be reviewed (7/26/15).



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**Japanese Prime Minister Shinzo Abe with Great Falls Elementary School students and teachers.**



**Great Falls Elementary students wearing traditional yukata.**



**Matsui family members host Fiona Barber.**

PHOTOS CONTRIBUTED

# Great Falls Sixth Graders Visit Japan

## Japanese Immersion class meets Japanese Prime Minister, U.S. Ambassador.

**G**reat Falls Elementary School's (GFES) sixth grade Japanese Immersion Program (JIP) participants returned from their cultural exchange trip to Japan on July 9. The 14 day trip included stops in Tokyo, Kyoto, Hiroshima, Fukuyama, Miyajima Island and Mt. Fuji. The trip was designed to give 13 participating students an opportunity to apply their language skills by becoming further immersed in Japanese culture. Not only did students visit major cultural landmarks, they also stayed with Japanese families whose students attend Eisugakkan Elementary School in Fukuyama, and were received by dignitaries eager to further their understanding of Japanese culture.

One of the trip highlights involved a visit to the residence of Prime Minister Shinzo Abe and his wife Akie Abe. On the same day the group was also invited by Caroline Kennedy, U.S. Ambassador to Japan, to the American Embassy in Tokyo. All dignitaries reinforced the benefits of a multi-cultural education and importance of the strong relationship between U.S. and Japan. During the morning at the Prime Minister's residence, students presented a gift to both the Prime Minister and Ms. Abe, were treated to lunch and learned about the Japanese martial art of sumo wrestling. Mrs. Abe posted these pictures to her Facebook page following the visit. At the American Embassy, Caroline Kennedy and her staff talked

about the role that American diplomats play in foreign countries and answered tough questions posed by GFES students.

The time spent with Eisugakkan Elementary School students in Fukuyama is always a trip highlight because it involves GFES students being hosted in Japanese homes for a couple days. The experience helps students learn about Japanese family life, food, school and extracurricular activities. Japanese homestay families chose shopping, cooking, sightseeing, playing with pets, and holding birthday celebrations as activities for GFES students during their visit. After their homestay, GFES students reconnected with their U.S. families and continued touring around Japan. Three Japanese Eisugakkan Elementary School students will visit the U.S. in October 2015 and be hosted by GFES families as part of the exchange relationship.

Over the course of the trip, the group of 30 students, parents and siblings also toured a ramen museum, rode the bullet train around Japan, learned to make nori, were entertained by a geisha, received kabuki lessons, visited the Hiroshima Peace Memorial/Museum, hiked Mt. Misen, toured the Tsuneishi Shipbuilding and Recycling Plant, participated in a Kendo demonstration, watched a sumo practice, shared in a Japanese tea ceremony at a Buddhist temple, climbed Mt. Fuji, took a dinner cruise in Tokyo Harbor, and visited several other shrines and temples.

The trip was an amazing adventure filled with experiences and people who will be remembered for a lifetime.

The group kept a photo blog of the trip and other pictures can be seen at <https://gfesjapantrip2015.wordpress.com/>

# Parsa Lajmiri Wins Great Falls History Trivia Contest

**T**he Great Falls Historical Society announced that Parsa Lajmiri, a 12-year-old student in the Landon School in Bethesda, Md., successfully answered the history questions in the final round to win the Youth Champion Medal. The Great Falls History Trivia Game was pulled together by Greg Haymans, one of the new GFHS Board Members, to engage local residents, young and old, in the story of the community in a fun way.

The goal of creating the Great Falls trivia game was to pull together interesting local history facts that residents of the community may have heard of but didn't have the full story about. Within the Great Falls Historical Society there are published historians, former dairy farmers, curators of historic sites, and lifelong residents who provided a wealth of knowledge and experience to garner questions from. The goal was to create a contest that was challenging but not overwhelmingly difficult, where the answers are found in the parks or by reading the historic markers readily available around town.

**The winner Parsa Lajmiri, 12, is receiving the award from Greg Haymans, who created the Trivia Contest with the assistance of other local historians.**



PHOTO CONTRIBUTED

It was interesting to watch how various personalities approached playing the game. Adult contestants, concerned they knew so little of history, were afraid to play, for fear of being embarrassed. Children readily played and ventured guesses without hesitation when answers didn't come to mind.

Those who considered themselves students of history or who had lived in Great Falls for a long time confidently rolled the die to receive their question. They sometimes pieced together historical facts to intuit the answers. All told, contestants thoughtfully played the game and were pleased to reach deep down

to find answers they hadn't given much thought to previously.

The Great Falls Historical Society conducted the contest to focus attention on local community today and the story of its past. George Washington furthered regional business interests by building the Potomac Canal and owning the land where Colvin Run Mill now stands. The dairy farming community served Washington, D.C. by delivering milk via the trolley that departed Great Falls at Elkins Station at Great Falls Park, running along Old Dominion Drive to Georgetown. Most important to residents today has been the preservation of Georgetown Pike as the nation's first historic and scenic byway, which has kept Great Falls amazingly "semi-rural in character," although its location is only 15 miles from the White House.

The Great Falls Historical Society was organized in 1977 to promote community spirit by bringing the past into the present. Its mission, "To feel the pulse of earth where man has trod, and for the future, keep the past." To learn more or to join the organization, visit [www.gfhs.org](http://www.gfhs.org).





## WHY IS IT SO HARD TO GET IN SUMMER SHAPE?

Every year it happens...

Spring and summertime roll around, and we panic about putting on our summer clothes. Arms seem too jiggy for short sleeves. Legs feel too lumpy for shorts or a bathing suit. And "abs"? Let's not go there.

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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Come see yourself a little differently this summer. Call or stop by the club. Meet our team of caring fitness professionals. Talk with our members (they ROCK). Come see how strong you truly are. You CAN get in great shape this summer, and we are here to help.

Yours in good health,  
Nick Konarski, General Manager,  
Koko FitClub of Northern Virginia



\*Some restrictions may apply. See club for details.

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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,  
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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.

### ONGOING

**"The Healing Wall."** Tuesdays – Saturdays, 10 a.m. – 4 p.m., through Aug. 1. Vienna Art Center, 115 Pleasant St., NW, Vienna. "The Healing Wall" is assembled from two dozen puzzle pieces created by soldiers recovering at the Fort Belvoir Community Hospital. Each piece makes a powerful statement by itself as well as part of the larger puzzle.

**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 McGaughey of Reston exhibits a collection of watercolors inspired by her personal photographs. The exhibition includes more than a dozen other artists.

**Tyson's Concerts on the Plaza.** Fridays, through Aug. 7. 6-8 p.m. at Tyson's Corner Center, 1961 Chain Bridge Road, Tyson's 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/>.

**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/>.

**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>

### THURSDAY/ JULY 16

**Reading Buddies.** 4:30- 6 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Teen Volunteers available to read to or with beginning readers. Ages 3-9. Register at <http://www.fairfaxcounty.gov/library/branches/gf/>.

**Knit Club.** 6- 8 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Kids and teen knitting club. All levels welcome. Bring your supplies. Crochet, knitting and cross stitching techniques. Ages 8-18. V

### FRIDAY/JULY 17

**Family Game Time.** 3:30 - 5:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play assorted board games. Visit <http://www.fairfaxcounty.gov/library/branches/gf/>.

**Playdate Cafe.** 10 a.m. - 12 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Toys and play space for children. Coffee and Conversation for grownups. Visit <http://www.fairfaxcounty.gov/library/branches/gf/>.

### SATURDAY/JULY 18



**View Robert Gilbert's exhibition "Restful Pause" showcasing wine bottles, wine glasses, ceramic pots, fruits and vegetables from July 1-Aug. 1 at Katie's Coffee House, 760 Walker Road, Great Falls.**

**SocialBurger Wine Pairing.** 1-6 p.m. The Wine Outlet, 278 Cedar Lane SE, Vienna. Cost: \$7. Visit [www.viennawineoutlet.com](http://www.viennawineoutlet.com)

**Model Trains and Thomas at Open House.** 1-5 p.m. Historic Vienna Train Station, 231 Dominion Road NE, Vienna. See and hear model trolleys and steam and diesel trains plus Thomas and some of his friends. The layout reflects the mountainous terrain and towns of Western North Carolina. Free. Visit [www.nvmr.org](http://www.nvmr.org).

**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.

**Legos in the Library.** 2- 4 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Get creative with legos. Legos provided. Age 5-12. Visit <http://www.fairfaxcounty.gov/library/branches/gf/>.

### SATURDAY-SUNDAY/JULY 18-19

**Claude Moore Colonial Farm 1771 Market Fair.** 11 a.m.-4:30 p.m. 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://www.1771.org>.

### SUNDAY/JULY 19

**Grinding the Grain.** 11 a.m. – 4 p.m. Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Learn how to grind grain with demonstrations from Blacksmiths. Tickets: \$5 - \$7. Visit [fairfaxcounty.gov](http://fairfaxcounty.gov).

**Bird Watching for Beginners.** 8– 11 a.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Learn how to bird watch. Tickets: \$10. Visit [fairfaxcounty.gov](http://fairfaxcounty.gov).

### MONDAY/JULY 20

**Coding for Kids.** 10 a.m. - 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Kids coding workshop. All levels welcome. Bring your computer and learn about coding in a fun relaxed environment. Ages 14-18. Register at <http://www.fairfaxcounty.gov/library/branches/gf/>.

### TUESDAY/JULY 21

**Robin and his Merry Band.** 2:30 - 3:15 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Impressions Theatre presents the musical story of Robin Hood. Age 6-12. Register at <http://www.fairfaxcounty.gov/library/>

[branches/gf/](http://branches/gf/).

### WEDNESDAY/JULY 22

**Pokemon League.** 4:30 - 5:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play Pokemon with your friends. Information at <http://www.fairfaxcounty.gov/library/branches/gf/>.

### THURSDAY/JULY 23

**Reading Buddies.** 4:30 - 6 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Teen Volunteers available to read to or with beginning readers. Ages 3-9. Register at <http://www.fairfaxcounty.gov/library/branches/gf/>.

**Kids Book Club.** 5:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Ages 8-12. Call branch for title. 703-757-8560.

### FRIDAY/JULY 24

**Playdate Cafe.** 10 a.m. - 12 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Toys and play space for children. Coffee and conversation for grownups. Visit <http://www.fairfaxcounty.gov/library/branches/gf/>.

**Family Game Time.** 3:30 - 5:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play assorted board games. All skill levels and ages welcome. Visit <http://www.fairfaxcounty.gov/library/branches/gf/>.

**Kayak Tour-Sunset Over Riverbend.** 5:30– 7:30 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. A kayak tour of the upper Potomac River. Tickets: \$38. Visit [fairfaxcounty.gov](http://fairfaxcounty.gov).

### SATURDAY/JULY 25

**Kids Gardening Workshop.** 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Come and learn how garden. Ages 5-12. Register online at <http://www.fairfaxcounty.gov/library/branches/gf/>.

**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.

### SUNDAY/JULY 26

**Wagon Ride-Journey to the Potomac River.** 7 – 9 a.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Take a wagon ride alongside the Potomac River and learn about the park. Tickets: \$5. Visit [fairfaxcounty.gov](http://fairfaxcounty.gov).

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"Old Glory," mixed media, collage by Susan Peyton Silliman

# Great Falls Studios Virtual Gallery Presents 'Pursuit of Happiness'

The Great Falls Studios Virtual Gallery opened in 2011 and continues, reflecting a new theme starting the first of each month. Experience art "Made in Great Falls" with a couple of keystrokes. "Pursuit of Happiness," the July theme, features 20 images from 12 GFS member artists. View the artwork online at <http://www.greatfallsstudios.com/virtualgallery-new.php>.

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# SPORTS

## Q&A: Langley Grad West to Play Football at Lafayette

Running back listened to Lil Wayne before games.

**T**yler West spent two seasons as the Langley varsity football team's starting running back and finished his career as the program's all-time leading rusher.

After limited duty as a sophomore, West thrived in a starting role as a junior, rushing for 2,230 yards. He again surpassed the 2,000-yard mark as a senior, totaling 2,081. He finished his high school career with 4,373 yards and more than 50 touchdowns.

As a member of the Saxons, West twice earned first-team All-Conference 6, first-team All-6A North Region and second-team All-State honors. As a senior in 2014, West was named Conference 6 Offensive Player of the Year.

West, a 2015 Langley High School graduate, will continue his football career at Lafayette College in Easton, Pa. The Leopards compete at the Division I level in the Patriot Conference.

West recently participated in a Q&A via email with The Connection.

**Connection:** You'll be playing football at Lafayette College in the fall. What made Lafayette the right choice for you?

**West:** I decided to play for Lafayette because I really enjoyed my visit, the football facilities are incredible, it's an academic school, and it seemed like the right fit for me.

**Connection:** What position(s) will you play?

**West:** I will be playing running back and possibly some special teams.

**Connection:** What are you most looking forward to about life in college?

**West:** I really look forward to playing in the games at a college level, but I also look forward to meeting new friends, teammates, and learning new things about football and economics, which I am majoring in as of now.

**Connection:** At what age did you start playing football?

**West:** I started playing football in fifth grade for the McLean Mustangs.

**Connection:** When did you realize playing college football was an option for you?

**West:** After my junior season I began to hear from various colleges and coaches and it was an incredibly exciting process that I had dreamed of being a part of since I was very young.

**Connection:** What is your favorite memory of playing football at Langley?

**West:** I have an incredible amount of great memories playing for Langley. Two of my favorites were winning the incredible close Madison game my senior season that we needed to win to make the playoffs and winning the incredibly close Battlefield play-off game my junior season. Each game was incredibly fun to be a part of for me though.

**Connection:** How would you describe the McLean/Langley rivalry?

**West:** The McLean rivalry is an incredible one. Before each game, both teams are incredibly fired up and no one from either school wants to lose,



CONNECTION FILE PHOTO

**Tyler West, a 2015 Langley High School graduate, finished his high school career as the Saxons' all-time leading rusher.**

including the fans. The stands are always packed from both sides and the kids go crazy for the entire game. You're playing against people that you have grown up with which makes it really special. It's always one of the most fun games of the season, no matter how close the game turns out to be. Everyone gives it their all and it is truly a battle each play.

**Connection:** Have you ever tried a sport and found out you were embarrassingly bad at it?

**West:** Golf is definitely my worst sport and I've only played it a couple times.

**Connection:** Do you have a specific game day routine?

**West:** On game day I would always spend the school day forcing down as much water as I could and then after school we would all hang out together in the locker room preparing for the game.

**Connection:** You're sitting around playing a board game with family/friends. Do you play to have fun or play to win?

**West:** I try to play for both. I hate to lose, so if I'm winning, I'm always having fun.

**Connection:** What do you like to do when you're not playing a sport?

**West:** When I'm not playing sports I like to hang out with my friends.

**Connection:** Are you a pro sports fan? Which team(s) do you root for?

**West:** I'm a Washington sports fan in general.

**Connection:** What location is the farthest you've traveled from the Washington, D.C metro area?

**West:** The farthest I've traveled is probably Europe when I was in elementary school.

**Connection:** What's your favorite food?

**West:** My favorite food is pizza.

**Connection:** Who is your favorite music artist? Why?

**West:** My favorite music artist is Lil Wayne because I would always listen to him before our games and his music gets me pumped to play.

**Connection:** What is your favorite movie? Why?

**West:** My favorite movie is "The Longest Yard," because it's about my favorite sport.

— JON ROETMAN



PHOTO BY COOPER DAVIS/THE CONNECTION

**Bradley Carvajal, the Great Falls starting pitcher, who also doubled in the game, bats against Reston American.**

## Great Falls Defeats Reston American

BY COOPER DAVIS  
THE CONNECTION

### Great Falls Routs Reston National

**T**he oldest age group of Great Falls All-Star Little League players, the 11-12 Majors, started their journey of baseball play this summer on Saturday, July 11: Each summer, Majors teams throughout the world compete for an opportunity to play in the Little League World Series in August and showcase their talent on ESPN.

The first step toward this goal is to win the home Little League district, and the Great Falls All-Stars got off to a great start Saturday by winning their first game in the District 4 Majors tournament against Reston American. Although Great Falls played the game at its home field, Nike Field, the team was "away." Parent and fan Steve Trautwein said, "I think we got a nice break: while we get to play at home, we're officially the visiting team." Great Falls took full advantage of batting first by exploding for five runs before an out was even recorded. Trautwein, whose son Steven contributed to the win with two laser beams to left field, continued, "We got the first two baserunners [Max Nathan and Will Long] on base, and then a three-run blast by Nick Faili, and all of a sudden, we don't have a single nerve on our team."

The starting pitcher for Great Falls, Bradley Carvajal, pitched to the first five Reston batters and retired each one. Later, in

Great Falls continued its strong start to the District 4 Majors All-Star tournament by beating Reston National on Sunday, July 12, 28-0.

the top of the third, Great Falls extended its lead, with Robert Hage, Will Leger, Donovan DiLenge and Max Nathan all scoring in the inning. Holden Smith added a home run in the fourth inning for insurance, and Reston American could not manage a run, leading to a Great Falls 11-0 victory in four innings.

One of the stars of the game was Max Nathan, who pitched 2 1/3 innings of shutout ball and was a home run shy of hitting for the cycle. Nathan said he was on his game on Saturday, "painting the edges." Nathan's father, Steve, said he was "more tense than [Max] was." His advice to his son, though, was "to relax, stay focused, but most of all... have fun!"

With Saturday's promising beginning, the Great Falls team is hoping to defend the District 4 Majors title that Great Falls Little League has won for the last three years, and to repeat what the 2012 Great Falls Majors team accomplished, which was to win the state tournament and reach a nationally televised game. Matthew Angles, a player on the 2013 district-championship team, advised this year's all-star players to "always hustle and give it your all."



## WEEK IN GREAT FALLS

### Great Falls Senior Center Welcomes Back Don Hakenson

The Great Falls Senior Center (GFSC) event for Aug. 4 features Don Hakenson. His topic will be Mosby's Raid into Fairfax Court House. Hakenson has spent countless years researching Civil War incidents and sites in Fairfax County, especially regarding the confederate guerilla chieftain Colonel John S. Mosby and his rangers. Hakenson is a past president of the Stuart-Mosby Historical Society, founder and member of the Board of Directors for the

Franconia Museum and is a civil war advisor for the Mosby Foundation. Hakenson is a Washington, D.C. native who has lived most of his life in Fairfax County.

The Aug. 4 event will be held at The Great Falls Grange, 9818 Georgetown Pike, Great Falls. The program runs 11 a.m.-1:30 p.m. and includes lunch. A modest contribution is appreciated. The event sponsor is the Rotary Club of Great Falls. The Rotary meets at the River Bend Country Club on Thursday morning for breakfast at 7:30 a.m. Meetings are open to the public. For more information visit [www.rotarygreatfalls.org](http://www.rotarygreatfalls.org). Reservations are a must. To reserve, email Polly Fitzgerald at [pollyfitz1@verizon.net](mailto:pollyfitz1@verizon.net) or call 703-759-4345.



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## SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

### JULY

7/29/2015..Professional Profiles & Business in the Community

### AUGUST

8/5/2015 ..... Wellbeing

8/12/2015 ..... HomeLifeStyle

8/19/2015 ..... A+ Camps & Schools – Back to School – Private Schools

8/26/2015 ..... Newcomers & Community Guide Pullout

### SEPTEMBER

9/2/2015 ..... Wellbeing

*Labor Day is Sept. 7*

9/9/2015..HomeLifeStyle Pullout – Real Estate & New Homes

9/16/2015 ..... A+ Camps & Schools Open Houses

9/23/2015 ..... Fall Fun, Food, Arts & Entertainment

9/30/2015 ..... Professional Profiles & Your Business in the Community

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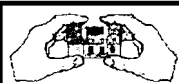
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**Zone 4:** Centre View North  
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**Zone 5:** The Potomac Almanac

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

## “Scant” Know For Sure Anymore



By KENNETH B. LOURIE

After six years, four months and two weeks since being diagnosed with stage IV, non-small cell lung cancer (the “terminal” kind), I can say with certainty that I have no sense of what my next CT scan, scheduled for July 15th, will indicate. Previously (multiple scans over multiple years), I’ve felt something in my upper chest/lungs where the largest tumors are located and the subsequent scan showed nothing of consequence. On other scan occasions, I’ve felt nothing of consequence in my chest and the scan showed tumor growth, enough to change my medication. On still other scan occasions, I have felt something in my chest (where the tumors are located), and sure enough the CT scan showed some growth. Finally, and conversely, on still other CT scans, I’ve felt nothing of consequence and there was no tumor activity of concern. As a result of these four contradictory indicators of possible growth/no growth, for the weeks, then days, leading up to my every-three-month CT scan, I never know what to think I feel any more than I know what to feel I think. Thirty or so scans into my cancer-controlled life, I’m still teetering emotionally before, during and after the computerized tomography. And though the actual scan itself takes less than a minute, the damage is done and can only be undone after we learn the results.

Which oddly enough presents another similarly juxtaposed problem. In the early years, during our post-scan “scamxiety,” waiting the week or so until our next face-to-face appointment with my oncologist to learn the results was unbearable, so usually I would call a day or two later and get a message to him or my oncology nurse, attempting to speed up a response. Typically, I would hear back sooner rather than later. Eventually, e-mail communication became part of the process, and after my scan was completed, I started e-mailing my oncologist directly, advising him of my status and asking for results.

Usually, the news was good. Occasionally the news was not. And though my oncologist would rather have delivered bad news in person, he certainly could appreciate how difficult it was for me/patients to wait, so he continued to e-mail. One time however, the post-scan e-mail he sent us was discouraging and said he would discuss it further at our next appointment, scheduled as usual within the week. When he saw us in person, he was surprisingly upbeat and immediately told us/apologized for having e-mailed us some incomplete information concerning my scan, and told us instead that the “results were good,” not bad, something about the radiologist comparing the wrong scan (he had me at “results were good”), the exact kind of potential miscommunication waiting and discussing results in person eliminates. As a result, we have, with experience gained over the last few years, begun to be able to wait for the appointment to discuss the scan and not stress too much in the interim, generally.

Since we stopped e-mailing and requesting scan results, my oncologist oddly enough has, on his own initiative, e-mailed us good news, not e-mailed us bad news and not e-mailed us good news. This inconsistency has remade the time leading up to the scan stressful again, because now we don’t know what not hearing from the oncologist might mean; heck, it might mean nothing, it just might just be that he’s on vacation (as was the actual case one time and it was no one’s responsibility to inform us of anything so no one did). Of course, we didn’t know, so naturally we went negative thinking it was bad news.

Similar to the CT scan results meaning/not meaning, this is not exactly two halves making a whole, this is more like eight quarters making up two different wholes. Unfortunately, easy is the last thing it has become, when it’s the first thing it needs to be. Cancer is tough enough on its own. It doesn’t need any help. I’m extremely grateful to still have a chance. I just wish I had more of a choice.

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

Fairfax County’s free **Family Caregiver Telephone Support Group** meets by phone on Tuesday, Aug. 11, 7-8 p.m. to discuss “Keeping Organized as a Caregiver.” Register at [www.fairfaxcounty.gov/dfs/olderadultservices](http://www.fairfaxcounty.gov/dfs/olderadultservices) and click on Caregiver Support. Call 703-324-5484, TTY 711.

Fairfax County’s **Long Term Care Ombudsman Program** needs **volunteer advocates** for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email [Lisa.Callahan@fairfaxcounty.gov](mailto:Lisa.Callahan@fairfaxcounty.gov). Also visit the Northern Virginia Long Term Care Ombudsman Program at [www.fairfaxcounty.gov/dfs/olderadultservices/ltcombudsman/](http://www.fairfaxcounty.gov/dfs/olderadultservices/ltcombudsman/).

The **Wakefield Senior Center** in **Annandale** needs an experienced **Canasta Player**, an **Art Instructor** and certified instructors **Pilates** and **Ballroom Dance**. For these and other opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

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The **Hollin Hall Senior Center** in **Alexandria** needs instructors for the following classes: **Basic Guitar**, **Italian**, **Pottery** and **Ballroom Dance**. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

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The **Little River Glen Senior Center** in **Fairfax** needs a **Computer Lab Assistant** and a **Zumba Gold Instructor**. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

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Fairfax County needs volunteers to **drive older adults to medical appointments** and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.





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