

Human Trafficking: 'No One is Immune'

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Human Trafficking: 'No One is Immune'

Teenager leaders warned, asked to educate themselves and peers against sex trafficking.

BY KEN MOORE
THE CONNECTION

Detective Bill Woolf described how human traffickers use all tools possible, including social media, to lure victims anywhere and everywhere, including Tysons Corner, Great Falls and McLean.

"Traffickers don't discriminate. They are looking for someone they can lure in," said Woolf, of the Fairfax County Police Department and Northern Virginia Human Trafficking Task Force.

Even a Fairfax County public high school was recently used by traffickers as a hub for recruiting; traffickers even used female students to help recruit.

Once someone is befriended on something like Facebook, or their recruiters find out all they can, somebody's likes and dislikes, favorite music, favorite books, favorite stores and favorite places to go.

And by the time there is that "chance encounter" somewhere in the community, such as a musical event, "He knows all the right things to say," said Woolf.

The victim thinks she, or he, is falling in love.

"You think, look at this connection. He gets me," said Woolf. "But it's really that he just did his homework."

Two hundred teenage girls from U.S. Rep. Barbara Comstock's Young Women Leadership Program filled Great Falls Library conference room on July 20. None is immune from being targeted for human trafficking, said Woolf and Beth Saunders, president of Just Ask Prevention Project: End Teen Sex Trafficking.

"They are posing as someone you can relate to. They are luring you in with that four letter word, love," said Woolf.

Beth Saunders urges everyone to look at her website, JustAskVa.org.

"The best way to prevent it is to educate people about what a healthy relationship is," said Saunders.

"Everybody sitting here is a target. If you're not sure what's going on, ask someone. It's not necessarily normal if a stranger is reaching out," she said.

THE YOUNGEST VICTIM Deepa Patel has worked with is 6 years old.

Patel, a clinical social worker at the Multicultural Clinical Center in Springfield, specializes in working with both victims of and perpetrators of sexual exploitation cases.



U.S. Rep. Barbara Comstock (R-10), Dr. Ludy Green, Deepa Patel, Beth Saunders and Det. Bill Woolf spoke to Comstock's Young Women Leadership Program at Great Falls Library on July 20 about human trafficking.



"Everybody sitting here is a target," said Saunders, president of Just Ask Prevention Project: End Teen Sex Trafficking. More than 200 teens participated in Barbara Comstock's Young Women Leadership Program. A panel urged the young women to be leaders in helping combat teen sex trafficking.

"It's a myth that it does not happen here. It is going on here."

— Bill Woolf, detective

"It's horrific that I have a job," said Patel.

"Ask questions, ask somebody, 'Are you okay? Is there anything you need?'" she said.

Traffickers, recently, made a Fairfax County High School a place to recruit, a "large case," said Woolf.

"Recruiting was actually going on in a high school. Girls would do recruiting for them," said the detective.

Woolf asked the 200 teenagers in Great Falls Library how many times police were called.

Because of fear of parents, fear of judgment from peers, because of fear of police and law enforcement, potential victims don't seek help.

Officials use the term human trafficking; they are victims, not "prostitutes."

They may first be offered the opportunity to make "good quick money" by simply un-

"A friend whacked me on the side of my head. 'What aren't you doing? Why aren't you involved?'"

— Beth Saunders, Just Ask Prevention Project: End Teen Sex Trafficking

Woolf said, but "things spiral out of control fairly quickly."

"All of a sudden they are labeled, but, in fact, they were victimized over a period of days, months, years, whatever the time period might be," said Woolf.

"There are deep insidious, long term effects. Lifetime effects," said Patel.

When lured into being a victim, victims live, on average, seven years, said Woolf.

Woolf says the youngest victim he has worked with is 9 years old. "I've seen the horrific effects, essentially stealing their lives away from them," he said.

GANGS HAVE USED human trafficking

Get Help

The Polaris Hotline, 1-888-373-7888

The National Human Trafficking Resource Center is available to answer calls toll free anywhere in the country, 24 hours a day, seven days a week, 365 days a year.

Or text Help or Info to BeFree (233733). More than 375 calls were made to the hotline in 2013 regarding cases in Virginia.

"It's a myth that it does not happen here. It is going on here," said Det. Bill Woolf, of the Fairfax County Police Department.

See JustAskVa.org

"The Just Ask Prevention Project is a public awareness campaign designed to expose the growing prevalence of Teen Sex Trafficking in Northern Virginia and to inspire our community to end the scouting, manipulation and recruitment of our teenagers," according to the website.

"This is the shot we have to end this. We don't want to be doing this in three years. We want to put ourselves out of business," said Beth Saunders, president and CEO of Just Ask: End Teen Sex Trafficking.

as a means for making money, said Woolf, formerly on the gang task force.

"We started to see how many young people, not just girls, that are being exploited in the human trafficking industry," he said.

Saunders once worked for a well-known international hotel company and learned about human trafficking; how traffickers used bell hops, taxicab and other personnel to promote their underground exploitation.

"I read an article about a brother who sold his sister into human trafficking," she said. "I could not believe my eyes."

She taught employees to learn warning signs about human trafficking.

She eventually left her position, returned to Northern Virginia and turned her attention to other endeavors, but she learned how human trafficking has infiltrated the local area.

"A friend whacked me on the side of my head," she said. "She said, 'What aren't you doing? Why aren't you involved?'"

More than 375 calls were made to The Polaris Hotline in 2013, according to her website.

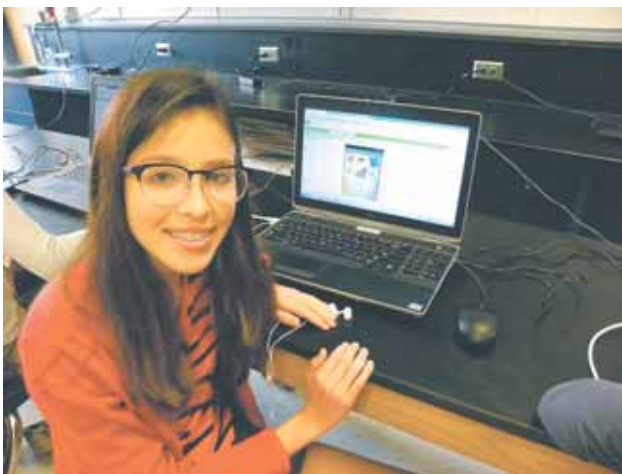
"No one has the right to exert power over another individual. We as women have our own voice," said Dr. Ludy Green, president and founder of Second Chance Employment Service which provides employment for battered and abused women and is the author of Ending Domestic Violence Captivity: A Guide to Economic Freedom.

Saunders told each of the girls in Comstock's Leadership Program that she is in a position to do something, too.

"This is the shot we have to end this. We don't want to be doing this in three years. We want to put ourselves out of business," said Saunders. "It's a myth that it does not happen here. It is going on here," said Woolf. "Your peers are going to listen to you before they listen to me. My plea is to take this message, educate yourself and educate those around you."



Lake Braddock Middle School student Jacob Parker perfects his cat-and-mouse game app inspired by Tom and Jerry cartoons at the summer Middle School Tech Institute by Thomas Jefferson High School for Science and Technology.



Fernanda Molina, 12, of Fairfax and an eighth-grader at Luther Jackson Middle School, creates an app that helps reduce stress for the summer Middle School Tech Institute by Thomas Jefferson High School for Science and Technology.



From left, eighth-graders Nathan Ma, 12, of Great Falls, and Anthony Cruz, 12, of Kingstowne, wait at the 3D printers for their designs to finish.

PHOTOS BY ABIGAIL CONSTANTINO/THE CONNECTION

What I Did on My Summer Vacation—Built Rockets, Apps

TJHSST offers STEM courses to middle schoolers.

BY ABIGAIL CONSTANTINO
THE CONNECTION

Inside W.T. Woodson High School in Fairfax, Jacob Parker is watching a cartoon on the computer, while his teacher Dan Trau walks around the room, answering questions from students. But the rising Lake Braddock Middle School eighth-grader is actually watching his own creation in action.

Got an App for That? is one of the most popular classes being taught at the Middle School Tech Institute, a program of the Thomas Jefferson High School for Science and Technology. MSTI enables rising eighth and ninth grade students to explore numerous topics in STEM (science, technology, engineering and math) fields during one-week sessions. The program started on July 13 and ends Aug. 7.

Parker's app is a cat-and-mouse game, inspired by Tom and Jerry cartoons he used to watch. Rising ninth-grader at Chantilly High School Arjun Nachiappan's app is also game. It is not something he would play but he's learned a lot so far. "If I didn't come to this class, I wouldn't know how to do it," he said. Luther Jackson Middle School eighth-grader Fernanda Molina, of Fairfax, designed an app that was inspired by seeing her parents being stressed out.

One app that Trau said shows a lot of potential is a baseball app idea from one of the students. The premise of the app is to predict if the baseball is going to be a strike once it is over home plate. "It's in the beginning phases but that could be really interesting...It's simple but it's challenging at the same time," he said.

BUT NOT EVERYONE is going to come up with a home-run winning product, especially in the span of one week. Trau said that the focus should not be on whether the product failed or succeeded.

"They may struggle but if they struggle



Bottom row, from left: David Zaldana, 13, Chantilly, Franklin Middle School; Matthew Zoaquria, 12, Alexandria, Holmes Middle School; Jagath Mukkamal, 13, Chantilly, Mercer Middle School; Ethan Tran, 13, Reston, Herndon Middle School; David Ariunna, 13, Centreville, Liberty Middle School. Top row, from left: Bryce Kaplan, 14, Fairfax, Robert Frost Middle School; Kevin Zeng, 13, Ashburn, Trailside Middle School; and Camila Orr, 12, Great Falls, Cooper Middle School. Students prepare to launch rockets they created during Middle School Tech Institute by TJHSST.

and seek growth, then now they learn how to grow and that's infinitely more valuable than a particular discipline." Trau said that students do better in all their classes when they shift from a "failure mindset."

"It's a 'I can't do it right now but I will be able to do it if I do this, if I keep working at it, if I talk to people, if I look at it from different points of view,'" he said.

Some 600 students from all over Fairfax, Prince William and Arlington counties and Washington, D.C. have participated in the institute. Two hundred students from underrepresented and economically disadvantaged groups won scholarships from Northrup Grumman and the Jack Kent Cooke Foundation.

TJHSST principal Evan Glazer said that it is "extremely important" to do everything to attract students from a broader pool to STEM fields.

STEM professions will only improve from having a variety of perspectives, he said. He added that diversity is needed in all fields, as it creates a richer perspective.

Trau makes an active effort to engage girls in computer science classes. At Falls Church High School, his class had over 40 percent girls.

"In computer science it's about 10 to 12 percent girls taking computer science courses and a lot of that has to do with perceptions of society and their intimidation," he said.

More Information

STEAM - <http://www.fcps.edu/is/steam/>

Governor's STEM Academy at Chantilly High School - http://www.doe.virginia.gov/instruction/career_technical/gov_academies/academies/fairfax.shtml

Jack Kent Cooke Foundation Young Scholars Program - <http://www.jkcf.org/scholarship-programs/young-scholars/>

TJHSST Partnership Fund - <http://tjpartnershipfund.org/tjpartnershipfund/outreach/>

Creating an environment where girls feel that they fit in and they belong is a way to encourage them to computer science, said Trau.

OUTSIDE THE CLASSROOM, Camila Orr, 12, of Great Falls, the only girl in the It IS Rocket Science class, is about to test the rocket she built. It broke during the transport but she feels confident that it will launch successfully once she reattaches the broken piece.

"I thought that maybe the only girl that was there might have been late at first and that maybe she was coming the next day. But no one else came," she said. The Cooper Middle School student signed up for the class because she thought it was interesting.

MSTI program manager Craig Lewis said that 85 to 90 percent of students taking the classes have no prior knowledge of the course they are going into. "They may have an interest but they may not know exactly what they're doing."

He said that teachers are able to teach students at any level and be able to get them the knowledge to be proficient. "It can get as intricate as you want...You get out of it what you put into it."

Classes offered at the institute include: Design for Disaster, Exploring the Night Sky, 3D Printing and Animation, Infectious Biological Outbreak, Fun with Electronics, a myth busters class, web page design and science writing.



PHOTOS BY ANDREW SABA/THE CONNECTION

The Morrison Brothers Band performs Sunday, Aug. 2, at the Great Falls Concerts on the Green.



Great Falls Summer Concerts on the Green are a perfect setting for a family picnic.

Great Falls Celebrates Summer on the Green

Sunday evening concerts bring community together.

Sunday's Concerts on the Green at the Great Falls Village Center are a weekly tradition that continues to unite the community. The Great Falls Village Center Green is the perfect place to bring friends and family for an evening of free live music, as the community comes alive more than ever on these summer weekends on Sundays from 6 to 8 p.m. Be sure to bring a blanket and a lawn chair, as the green makes for a great community picnic. Cotton candy, shaved ice and other dispensaries are available, as well as the various food venues surrounding the green such as the Old Brogue Irish Pub and Great Falls Creamery.

Joan Grimson is a regular at this popular local concert because of the community feel it offers, "We come for the community event, we always see people we know and it's a relaxing place to hangout. They usually have really good bands." Newcomer to this weekly concert Alexandra Owens had a lasting impression the first night, and she is now awaiting next Sunday's festivities, "This is a really great scene; everyone together in this beautiful place makes it a great spot for family fun."

Diverse bands come each week, with the Green this past Sunday welcoming one of country/rock's most up-and-coming groups, The Morrison Brothers. This Washington, D.C. based group has its musical roots in Nashville, Los Angeles and New Orleans and have played at such popular D.C. area venues as the 9:30 Club. Next Sunday, Aug. 9, another popular band, Diamond Alley, comes to Great Falls.

— ANDREW SABA



Summer Concerts on the Green attract community, guests from the area.



Great Falls community comes together Sunday evenings for Concerts on the Green.



Alexandra Owens, left, pictured with Claire Saba, is a newcomer to the Great Falls Summer Concerts on the Green and is looking forward to next Sunday's concert.

OPINION

Legislation Combats Sex Trafficking

BY TIM HUGO
STATE DELEGATE (R-40)

On July 1, legislation that I sponsored, HB1964, went into effect. This new law is Virginia's first stand-alone human trafficking statute and creates stricter penalties for traffickers, greater protections for sex trafficking victims, and provides needed tools for prosecutors and law enforcement to stop human trafficking in Virginia.

At a recent forum on human trafficking at George Mason University, Det. Bill Woolf of the Fairfax County Police Department Human Trafficking Unit shared a bit of startling news. Woolf stated that without the passage of HB1964, only 11 of the 120 or so open cases dealing with human trafficking could be pursued. According to Woolf, because of this new law, almost all of these cases can now be pursued.

Until today, Virginia was the only state in

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the nation without a dedicated human trafficking law and was one of only two states that did not specifically criminalize sex trafficking. The enactment of this law marks another goal reached for Virginia's many organizations and individuals engaged in stopping this abhorrent crime. Thanks to the efforts of many, the General Assembly has established laws to combat the scourge of sex trafficking in Virginia; as a result of these long-term efforts, Virginia finally has a strong sex trafficking law in place.

This new section of the Virginia Code establishes the new offense of sex trafficking, which provides substantial penalties, including a Class 3 felony when the victim is a minor — regardless of whether the child was forced, intimidated or coerced. This distinction reflects the disturbing reality of how traffickers prey on the vulnerability and trust of young victims and ensures greater protections for Virginia's children. The new law also closes a gap in Vir-

ginia law by criminalizing the recruitment of minors and adults for commercial sex. Further, the law provides for the use of multijurisdictional grand juries and includes sex trafficking as a predicate crime under Virginia's racketeering and criminal street gang statutes — ensuring that prosecutors and law enforcement can use these laws to combat criminal enterprises that engage in sex trafficking across jurisdictional lines.

I would like to thank the many people, elected officials, and community groups that had a hand in crafting this legislation; particularly, the Kids Are Not For Sale in VA Coalition and the Richmond Justice Initiative. The threat of sex trafficking is closer to home than many realize, and in the General Assembly we are committed to eradicating this crime against our young people. This stand alone statute will now send traffickers the message that they are not welcome here and that our kids are not for sale in Virginia. Not now, and not ever.

Time to Encourage Reading

BY JOHN C. COOK
SUPERVISOR (R-BRADDOCK DISTRICT)

For many of us summer vacation provides a time for our families to enjoy time off from the school year grind, and allows children to participate in fun outdoor activities. However, during summer break, some children fall behind in their academic achievements, which can lead to steps backward in a child's education. This is especially true when it comes to reading.

According to the National Summer Learning Association, approximately 22 percent of the school year's instructional time is lost over summer vacation. In fact, teachers often spend at least one month re-teaching material that students have forgotten over the summer. Unfortunately, the time that teachers spend covering old material could be dedicated to new material that students are potentially missing out on all together.

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We may be more than halfway through this summer, but there is still plenty of time to encourage reading in your household before the kids get back to school. There are plenty of creative ways to help kids find time to read; children can combine reading with summer activities like going to the pool or traveling for a family vacation. You can also encourage reading by leading by example: reading together as a family, picking up your own book when your child sits down to read, and spending time together reading aloud are all ways to make reading a fun family activity.

And don't be afraid to make visiting the library a regular activity of your summer schedule! Fairfax County has an extensive public library system, which can be a fun, cool place to spend an afternoon when the summer weather isn't cooperating.

The library is also providing ways to encour-

age students to read during the summer. The Fairfax County Public Library Summer Reading Program runs until Sept. 5 and encourages children to read for pleasure during summer break. The program provides reading lists for those in need of ideas, and the program even offers prizes.

To be eligible for the coupon book prize, children from birth until sixth grade must read fifteen books. They can also have books read to them. Seventh through twelfth grade students must read six books in order to be eligible for the prize. More information can be found at <http://www.fairfaxcounty.gov/library/srp/>

Summer can be a fun and exciting time for our children, but while they are exercising their bodies with outdoor sports and activities, it is important that they exercise their minds as well. This is why I would encourage everyone to pick up a book this summer, and join the library programs that make reading fun and rewarding.

LETTERS TO THE EDITOR

Morally Wrong and Counterproductive

To the Editor:

Thanks to Mary Kimm of the Connection (Editorial — "Backpacks for All," Connection, July 15-21, 2015) and Ronald Baker's letter to the Connection for highlighting the need for backpacks and the way to support this initiative. However, your readers also need to know about the "Virginia Back to School Supplies and Clothing Allowance" (aka: Backpacks for All) that was introduced in the Virginia General Assembly in 2014 and 2015.

The Connection article noted that we live in an affluent area with these needs, however, in other areas of the state, less affluent areas, the need is greater.

For example, the Richmond International Raceway, seating capacity of 107,097, could be filled more than twice with the number of Virginia Children living in poverty, most of which are in families experiencing the deepest poverty.

In addition to the Connection appeal to support the backpack program via charitable contributions, an approach that SALT also embraces, there is also need to advocate for efforts by the state to address the issue. The article calls for partnership, but the state is absent, not a part of the needed partnership. Funds are already available for government support of backpacks for impoverished stu-

dents via the federally funded TANF Block Grant. What is missing is public awareness and support to tap these funds and use them for the intended purpose.

Support has come from students, with the leadership of Rae Moar, a freshman at Thomas Jefferson High School. In her seventh and eighth grade years of school and in her freshman year at Thomas Jefferson, she collected over 800 signatures from students at her school, her church and community to help give impoverished children a strong start in school and give them a learning boost. These signatures were sent to members of the General Assembly,

and Del. Scott Lingamfelter and Sen. Chuck Colgan (now retired). The legislation requires support from your readers. Readers that do not know who represents them can go to this web site: <http://viriniageneralassembly.gov/>.

SALT is proud to have advocated for the "Virginia Back to School Supplies and Clothing Allowance" and promoted support for smart policies for kids and their families. Failing our children today is not only morally wrong; it is also counterproductive, ultimately leaving us less competitive in the global community.

John Horejsi
SALT Coordinator
Vienna

Great Falls
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NEWS

Celebrate National Farmers Market Week

BY KATHLEEN MURPHY
MARKET MANAGER

Local farmers markets have a big impact – preserving farmland, stimulating local economies, increasing access to nutritional food, and supporting healthy communities. The USDA and the Farmers Market Coalition have designated the first week in August as National Farmers Market Week.

The Great Falls Farmers Market is celebrating:

*Jessie Baker, of Day Spring Farm, will show how to prepare barbecue chicken in a crockpot. Pick up the recipe and enjoy a taste.

*Amber Condry, the Weston A. Price Foundation Chapter Leader for Vienna, will demonstrate how to make bone broth, an old-fashioned remedy rich in minerals, collagen and silicon. Bone broth is said to reduce joint pain, support the immune system, help bone formation, and fight inflammation.

*Lisa Jackson, author of Savvy Secrets, Eat, Think & Thrive: Seven Steps to Optimum Health, is Executive Director of an Integrative Wellness Program for a large oncology group, is founder of the Wellness Inspired Network, and teaches yoga and dance at Carpe Diem Dance in D.C. Her passion is to inspire wellness through education on the body's innate ability to heal from within through empowering fun and transformational strategies. She will show you how to prepare zucchini pasta with pesto and



PHOTO CONTRIBUTED

Great Falls Farmers Market Saturdays: Music, juice, veggies and neighbors meeting neighbors.

marinara sauce (no cooking involved!).

*Lisa Colburn Stewart, a home cook and author of the family food blog, FamilyandFork.com – assisted by her daughters, Mia and Ava, will demonstrate how to make an easy gazpacho using fresh farmers market ingredients.

*Other surprises to be announced.

We look forward to enjoying the magnificent summer harvest with all of our in-town neighbors. Come taste all these wonderful recipes.



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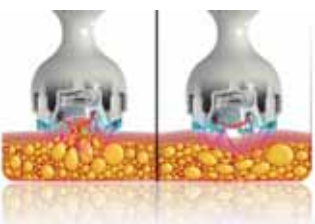
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Sew What? Visiting Miss Cathy's Sewing Camp in Great Falls.

BY MADLYN MCAULIFFE
THE CONNECTION

Scentillating seams and life lessons abound during a two-week sewing camp helmed by Cathy Moran — local business-wiz, born teacher, and mother to four vivacious red-heads — as part of The Great Falls Foundation for the Art community summer programs.

"I was a fidgety young girl with energy to burn," admits Moran with a sparkle of humor that is so candidly Moran. She credits her mother for steering her straight, guiding her through the needle's eye of adulthood through everyday lessons in sewing, knitting and crocheting before Pinterest and Etsy even existed. The lessons Moran learned extended far beyond mastery of the craft. Moran was exhilarated by "the feeling that comes over you after you have created something," whether that work be a child, a homemade Halloween costume or a warm quilt.

That realization is the fulcrum of her life — the inspiration for her

generosity of spirit and effortless kindness. Now Moran — or rather, Ms. Cathy — imparts her wealth of knowledge upon young, eager minds, and tiny, willing hands at the Great Falls Artists' Atelier.

IN ITS NEW LOCATION near the Old Brogue, the Artists' Atelier is where art, crafting and local commerce intersect. For the past two weeks, the back studio has been home to Miss Cathy's Sewing Camp where summer-breakers step away from televisions and shopping malls to learn and share in a timeless art. For three-and-a-half hours every day over two weeks, they do nothing but sew, surrounded by sewing machines basking in warm bulb light and inadvertently decorating the concrete floor with scraps of cloth and pieces of colored thread. Away from the July heat, Miss Cathy's classes are a chance to step back, take a deep breath and create something beautiful.

Week one's project was an owl fashioned from yo-yos, gathered fabric disks. Moran's neighbor and

rising fifth grader, Josie Amspaugh, was the class assistant for week one. The kids were so focused on the end product, they didn't realize how quickly time had passed or how good they were becoming with a needle and thread. Moran's eldest daughter, Molly, stopped by the first day to lend her expertise and natural leadership. Now a nurse at Georgetown Hospital, Molly is living proof of the mother-daughter sewing connection — and the girls flock to her. Moran made a conscience decision not to have music playing. Week one the kids chatted as they stitched. Week two you could hear the hum of the sewing machines, which provided the perfect white noise to allow the girls to chat and work.

Quilting was next. Moran learned to quilt on a sewing machine 25 years ago — her first creation went off to Fordham with her first son, Timmy — and called on friends for advice, patterns, machines for her little ones. Moran spent the weekend prior rounding up six sewing machines from around Great Falls, the result of



PHOTOS CONTRIBUTED

Josie Amspaugh with "buttons" the owl she made.

which was a veritable exhibit — the evolution of the sewing machine from a 1967 tank-like Singer to a 2000 computerized Viking.

Guest speaker JoAnne Lewis spiced up week two with a challenge — hand quilting. JoAnne sews the squares of her quilts by hand before sending them to Pennsylvania to be backed and finished by an Amish community. JoAnne

is dedicated in her quilting, hand-stitching colorful patterns and incorporating T-shirts gathered during family vacations into gorgeous works of art for friends and family.

Sewing takes on a personal quality while quilting, but that doesn't preclude teaming up to tackle challenging patterns. The quilting class reunited Moran with Wendy Hunter, friend and fellow seam-

stress. "Wendy did all the sewing for my gift shop, Cathy's Corner, in Great Falls," said Moran. "We do things differently, which is great for the girls to see and learn."

And learn they do, as the benefits of sewing and quilting are numerous.

SEWING can be simultaneously social and meditative, encouraging

multi-tasking (talking while stitching), independence and communication. Repetitive motion builds fine motor skills and provides an easy, cost-effective answer to proclamations of "I'm bored." While hand-quilting students practice patience, focus and self-acceptance — even the most seasoned sewers will make mistakes — "God's Eyes" as Ms. Cathy calls them.

In a sense, sewing imitates life: wrinkles occur and mistakes happen but do we unravel every seam to root out the issue? No — we sew with the flow and make it look like we planned it all along — and no one is better at spinning a "whoops" into a "wow" than Cathy Moran.

Still asking "so what?" Well, why the heck "knot"?



The quilting class with their finished pillows. One side machine quilted and one side hand quilted.



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CALENDAR

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

TUESDAY-SUNDAY/AUG. 4-9

Mystical Arts of Tibet. 7:30 p.m. Unity of Fairfax, 2854 Hunter Mill Road, Oakton. The acclaimed Mystical Arts of Tibet will conduct a live exhibition of an elaborate Peace Mandala sand painting and perform related music, dance and lectures. www.unityoffairfax.org

WEDNESDAY/AUG. 5

Dan Navarro. 7:30 p.m. Jammin' Java, 227 Maple Avenue East, Vienna. \$20. For over 30 years, Dan Navarro has written, sung, played and acted throughout his career.

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

THURSDAY/AUG. 6

The Piano Guys. 8 p.m. Wolf Trap, 1551 Trap Road, Vienna. Piano and cello YouTube phenoms bring their beautiful compositions to the stage, with original works and classical/pop mashups ranging from Swedish House Mafia to Vivaldi. Tickets: \$30-\$55. www.wolftrap.org.

Reading Buddies. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Teen volunteers available to read to/ with beginning readers. Ages 3-9.

Knit Club. 6 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Bring your supplies and practice your crochet, knitting and cross stitching techniques. Ages 8-18.

STEM Project. 1 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. National Honor Society tutoring project with Menaal Saeed, Langley HS student.

FRIDAY/AUG. 7

Madama Butterfly. 8:15 p.m. Wolf Trap, 1635 Trap Road, Vienna. Experience Puccini's heartbreaking masterpiece of passion, honor, and sacrifice with Wolf Trap Opera and the National Symphony Orchestra in this new, staged, and costumed production with custom video projections. Tickets: \$25-\$75. www.wolftrap.org.

Playdate Cafe. 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Children come and enjoy toys and a playspace, while adults enjoy coffee and conversation. Ages birth-5.

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

Pokemon League. 3 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Learn and play. Ages 5-18.

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

FRIDAY-SATURDAY/AUG. 7-8

"Fiddler on the Roof." 7:30 p.m. Vienna Community Center, 120 Cherry Street SE, Vienna.

SATURDAY/AUG. 8

Vienna Art Society's Photography Exhibition. 4-6 p.m. Vienna Art Center, 115 Pleasant Street, NW, Vienna. Juror Matthew G. Schmidt will select winners at the Vienna Arts Society's annual judged photography exhibition. Enjoy light refreshments



"Screw Loose?" photograph by juror Matthew G. Schmidt. Come out on Saturday, Aug. 8 from 4-6 p.m., where juror Matthew G. Schmidt will select winners at the Vienna Arts Society's annual judged photography exhibition. Enjoy light refreshments and meet the artists at the awards reception.

Ongoing

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>

and meet the artists at the awards reception.

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Silver Line Music & Food Truck Festival. 12-9 p.m. Lerner Town Square at Tysons II, 8025 Galleria Drive, Tysons. Admission is free, over 20 food trucks and fun.

The Music of John Williams National Symphony Orchestra. 8:15 p.m. Wolf Trap, 1551 Trap Road, Vienna. Journey now with John Williams' and the NSO as they perform entrancing and exhilarating music by the most Oscar-nominated man alive, with songs from beloved films like Star Wars, Indiana Jones, Jaws, Jurassic Park, Harry Potter, Hook, and more. Tickets: \$20-\$58.

Fire Truck Visit. 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Come check out a fire truck up close and hear all about being a firefighter from the team at the Great Falls fire station.

Dance for Everyone. 7-11:30 p.m. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. Dancing to the music of Speakeasy, a five piece party band playing your favorite R&B, Pop, Funk, Soul and more. \$20 admission covers optional lesson, dancing, light refreshments and an evening of fun.

Oakton Farmers Market. 10 a.m.-2 p.m. Year round. Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. www.smartmarkets.org/FarmersMarket.html

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

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

SUNDAY/AUG. 9

Tyson's Farmers Market. 10 a.m.-2 p.m. 8400 Westpark Drive, McLean. Sundays, through Nov. 15.

MONDAY/AUG. 10

Tiny Tots. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Featuring stories, rhymes and songs. Ages 13 - 23 months with adult.

MONDAY/AUG. 10-17

Dine Out Tysons. Dine Out Tysons is a Week of \$20 Lunch and \$30 Dinner menus offered by participating restaurants.

TUESDAY/AUG. 11

Needtobreathe's Tour De Compadres. 7 p.m. Wolf Trap, 1551 Trap Road, Vienna. Immerse yourself in captivating alt-rock from premier bands. Tickets: \$25-\$45. www.wolftrap.org.

Book Discussion Group. 7 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. August title is "The Lowland" by Jhumpa Lahiri. Adults.

WEDNESDAY/AUG. 12

Jim Gaffigan- Contagious. 8 p.m. Wolf Trap, 1551 Trap Road, Vienna. Laugh it up with the Grammy-nominated humorist as he dishes on food, fatherhood, and everything in between. Tickets: \$30-\$60. www.wolftrap.org.

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

Toddling Twos and Threes. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. An early literacy enhanced storytime featuring stories, rhymes and songs. Ages 2-3 with adult.

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CALENDAR

FROM PAGE 10

THURSDAY/AUG. 13

Counting Crows-Somewhere

Under Wonderland Tour. 7 p.m. Wolf Trap, 1551 Trap Road, Vienna. Fall "Accidentally in Love" with the melodic alternative rockers and hear them play all their hits off their album. Tickets: \$45-\$60. www.wolftrap.org.

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

My First Book Club. 4:30 p.m. Dolley Madison Library, 1244 Oak Ridge

Avenue, McLean. A book discussion group for boys and girls. Grades Kindergarten - 2.

Cupcake Wars: Sweet Reads. 7 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Decorate book themed cupcakes, then put them to the ultimate test.

FRIDAY/AUG. 14

Lyle Lovett and His Large Band. 8 p.m. Wolf Trap, 1551 Trap Road, Vienna. Texas' Grammy-winning "Cowboy Man," known for his wry humor and deep storytelling creates richly layered, foot-tapping, Americana, alt-country, and blues with the help of his large band.

Tickets: \$25-\$50. www.wolftrap.org.
Playdate Cafe. 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Children enjoy toys and a play space while adults enjoy coffee and conversation. Ages birth-5.

Great Decisions Foreign Policy Series. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Foreign Policy Association's Great Decisions program: Middle East Sectarianism.

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

Pokemon League. 3 p.m. Patrick Henry Library, 101 Maple Avenue

East, Vienna. Learn and play. Ages 5-18.

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

FRIDAY-SUNDAY/AUG. 14-16

"Fiddler on the Roof." 7:30 p.m. on Friday and Saturday; Sunday show timing at 1 p.m. Vienna Community Center, 120 Cherry Street SE, Vienna.

SATURDAY/AUG. 15

Great Falls Farmers Market. 9 a.m.-1 p.m. Year round. Great Falls Village

Centre, 778 Walker Road, Great Falls.

TUESDAY/AUG. 18

Preschool Storytime. 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Join us for stories, songs and activities. Age 3-5 with an adult.

WEDNESDAY/AUG. 19

Morning Book Group. 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Call branch for Title. Adult admission.

Pokemon Book League. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play Pokemon with your friends.

SCHOOL NOTES

Send school notes to greatfalls@connectionnewspapers.com by Friday.

Jesse McComas of Vienna was recognized for his academic achievements at his recent graduation from Universal Technical Institute (NYSE: UTI) in Exton, Pa., the leading provider of post-secondary education for students seeking careers as professional automotive, diesel, collision repair, motorcycle and marine technicians. McComas graduated from UTI's Automotive Technology Program with Ford Accelerated Credential Training with a 3.91 GPA and 99.12 percent attendance. He received 2 "Student of the Course" awards (earning the highest grade of the course), as well as 6 Directors List Awards and was nominated into the Alpha Beta Kappa Honor Society. Upon graduating, Jesse will be continuing his education in the BMW program.

Dylan Phillips of Great Falls graduated with honors from James Madison University with a Bachelor of Arts in Computer Information Systems.

Kristen Wolaver, daughter of John and Barbara Wolaver of Great Falls, and a 2013 graduate of Langley High School, has been named to the Dean's List for academic achievement for the spring semester at the University of Pittsburgh. Kristen is a neuroscience major with a minor in chemistry at the Dietrich School of Arts and Sciences at Pitt, where she will begin her junior year in August 2015.

Brendan Mullen, Langley HS grad class of 2011, son of Mike and Debbie Mullen of Great Falls, graduated Magna Cum Laude, with Distinction from the Pennoni Honors College, Drexel University in Philadelphia, Pa. Brendan earned a Bachelor of Science degree in Biological Sciences and will be attending Drexel College of Medicine in the fall. While at Langley, Brendan played goalie for the Langley Saxons Ice Hockey team and at Drexel, played on two inline teams, one of which won the Philadelphia College Roller Hockey League championship this spring.

George Mahaney-Walter, son of Mary Claire Mahaney and Herbert Walter of McLean, was awarded the degree of Master of Business Administration in recent commencement exercises at the Simon School of Business of the University of Rochester.

Northern Virginia Community College is preparing to welcome 17 incoming Honors Pro-

gram Scholars for the start of the 2015-2016 academic year, which begins Aug. 24. The scholarship provides \$10,000 to be divided into fall and spring semesters for two years, at \$2,500 per semester. It will assist students with the cost of tuition toward a NOVA degree. **Natalia Chavez Choque and Benjamin Atherton, of McLean High School**, received this scholarship.

Gabrielle Greco, of Vienna, daughter of Drs. Stephen and Judith Greco, was named to the Dean's List at the College of William and Mary for the Spring Semester.

Dylan Maxwell Phillips, of Great Falls, has been named to the president's list at James Madison University for the spring 2015 semester. Students who earn president's list honors must carry at least 12 graded credit hours and earn a GPA of 3.90 or above. Phillips is a senior whose major is Computer Info Systems - BBA.

Victor Zheng, 21, of McLean, is among five University of Virginia scholars who have received Critical Language Scholarships to assist them in pursuing their love of language. They will spend seven to 10 weeks in intensive language institutes this summer in one of 13 countries to study languages the U.S. government has deemed "critical." Zheng will study Chinese in Dalian, China. He is a third-year history and Chinese major who is learning Mandarin Chinese.

"I applied out of a desire to have another opportunity to go back to China and be immersed in its environment," he said. "I also just inherently love being abroad where I believe I learn the best and the most." Zheng, who is a member of U.Va.'s Virginia Glee Club, plans to pursue a master's degree in international relations.

Graham P. Lobel, the son of Doug and Betsy Lobel of McLean, received a Bachelor of Science degree cum laude, from Haverford College, in Haverford, Pa., at the school's 177th Commencement on Sunday, May 17. Lobel graduated with High Honors in Chemistry. At Commencement, Lobel also received The George Peirce Prize in Chemistry, for excellence in undergraduate research. Lobel graduated from the Thomas Jefferson High School for Science and Technology in 2011.

Gabrielle Greco, daughter of Drs. Judith and Stephen Greco of Vienna, made the Dean's List at the College of William and Mary for the spring semester.

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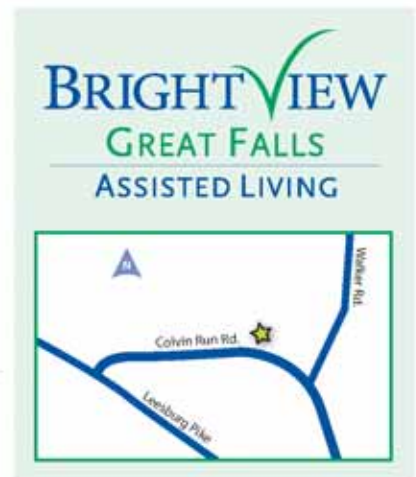
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SPORTS

The Buckingham twins, Sarah and Emily, in last Wednesday's match.



PHOTOS BY COOPER DAVIS/THE CONNECTION

River Bend Youth Tennis Team Concludes Successful Season

The youth tennis team of River Bend Golf and Country Club has made great strides this year, going from not winning a match in the past five years to only losing two this year. On Wednesday, July 29, River Bend concluded its summer season, facing off against undefeated Washington Golf and Country Club. Patrick Noelke, director of junior tennis at River Bend, explained that part of the reason the team has thrived is because, "We have changed our junior program structure a lot, so we put a lot more emphasis on fitness and footwork." Noelke is pleased to see the improvement, as he stated, "It is nice to see our 10s and 12s

have really developed; they've really turned into great tennis players."

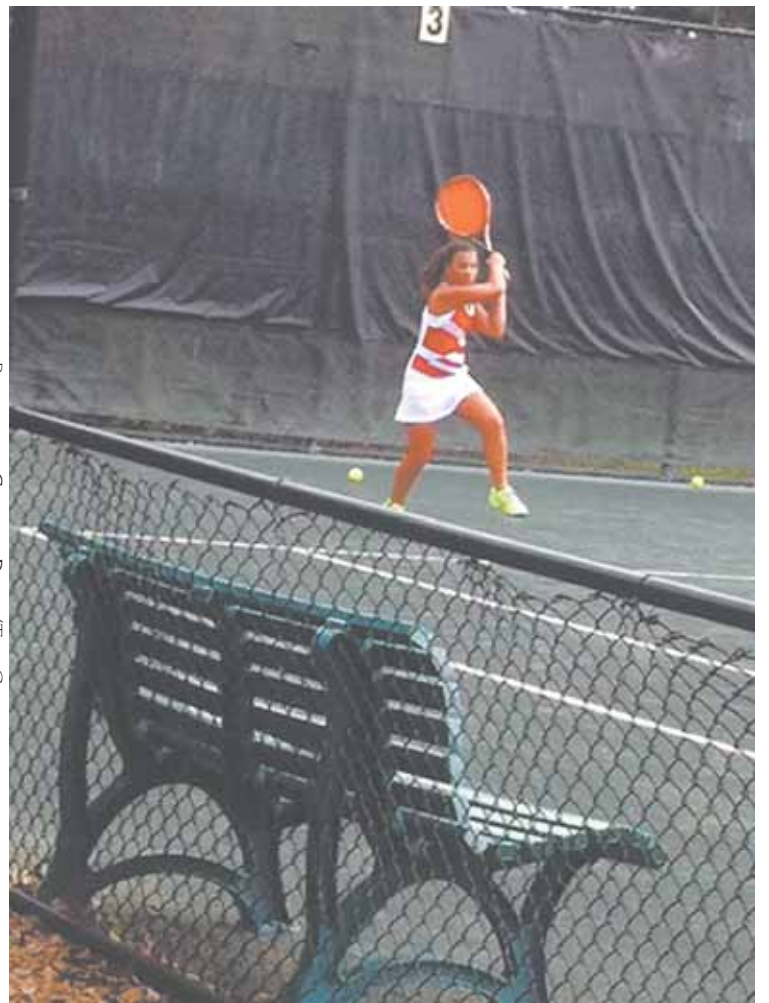
The River Bend 14s and 16s barely lost their match against Washington Golf on Wednesday, falling one win short of a tie. Luke Bennett, Gabe Dombrowski, JJ Merrill, and the doubles team of Dombrowski and Duncan Brown all picked up wins for River Bend. Bennett has been a bright spot for River Bend this year, winning every match he has played. Bennett credits this success to his confidence, which he achieves by "getting a quick start. Usually I make it my main goal to win my first service game, because then you establish your dominance, in a way. It sets the pace for the whole match."

In the youth matches, the players are self-refereed, which one might imagine could cause problems. However, Noelke said, "That's part of tennis... integrity; you earn trust and sportsmanship by calling balls in or out." If worse comes to worst, Bennett said, "If you can't work it out, you just redo the point."

A particularly interesting doubles pair for River Bend consists of twin sisters Emily and Sarah Buckingham. The Buckingham twins didn't plan to play doubles, but when they joined the summer team, the coaches thought it would be a good fit because they had played together for so long, and one

sister was a lefty while the other was a righty. Mother Kim Buckingham said she thinks there's added chemistry to the girls' play because of the fact that they are twins, saying, "I think that they don't necessarily have to talk to each other as much; they move on the court, and they kind of know what the other one is doing."

Kim Buckingham also emphasized how fun the country club summer league is. River Bend Director of Tennis Operations Jeff English said his favorite thing about his job is the people. "The people are generally happy to be here, and they want to be here, and they're looking to have fun."



Chloe Valcourt of River Bend returns a shot against Washington Golf and Country Club.

Young Swimmers Make Splash at Annual All-Star Swim Meet

Watts, Cruz set NVSL records.

BY BONNIE SCHIPPER
FOR THE CONNECTION

Hundreds of swimmers, 94 teams, 50 events, and two broken records.

On Aug. 1, Clifton's Little Rocky Run pool hosted Northern Virginia Swimming League's 59th annual Individual All-Star meet. Commencing at 9 a.m., the 5.5-hour-long meet highlighted the best young swimmers in the area.

The participants in Saturday's meet qualified by swimming in one of the league's 17 divisional meets. At these meets, each of the 102 NVSL teams can enter two swimmers in each event. The swimmers with the top 18 times in the league earn a spot in the All-Star meet.

"If [one of the swimmers] has a bad divisional meet for some reason, unfortunately they may not make All Stars even when they've been one of the top swimmers in the event for the entire season," Records Coordinator Linda Klopfenstein said. "Divisionals is like the preliminary meet and All Stars is the finals."

In her first race of the day, 9-year-old Courtney Watts of Highlands Swim Club set the NVSL record for the 9/10 girls' 50-meter backstroke. Her time of 34.16 beat Janet Hu's 2006 time of 34.32.

"It's cool [to have set the NVSL record] because I've been trying to get [that time] all season," Watts said. "I just felt good. I've been trying to go to as many practices as I can and work hard at those practices and it helped a lot."

Watts also holds the record for the 8-and-under girls' 25-meter backstroke, with a time of 17.70, which she set during the 2014 All-Star meet.

In the 13/14-year-old boys' 50-meter backstroke, California resident Max Cruz also set his second NVSL record with a time of 27.28, just breaking Jaya Kambhampaty's 2014 time of 27.31. He also holds the record for the 11/12 boys' 50-meter butterfly, which he set during the All-Star meet last year.

"I've focused a lot on my main two strokes, the back and fly, and I've trained a lot harder and worked for long amounts of time to prepare for this meet," Cruz said. "My hard work paid off today, and I'm grateful that I could [set a record]."

Cruz, swimming for the Holmes Run Acres Recreation Association, also took first place in the 50-meter butterfly.

Other standout performances of the day were those of Lincolnia Park's Lukas Wuhler, who took first place in both the 8-and-under 25-meter butterfly and the 25-meter freestyle, Fair Oaks' Anthony Grimm, who won both the boys' 11/12 50-meter backstroke and the 100-meter medley, and Highlands Swim's Maggie O'Shaughnessy, who won the 8-and-under girls' 25-meter butterfly and the 25-meter backstroke. Wakefield Chapel's Nicholas Parker, Fairfax's Leah Rogers, McLean's Victoria Valko, and Mosby Woods' Leaya Ma also took first place in multiple events.

"[NVSL] is part of the reason this area produces such successful swimmers," Springboard Pool's Sarah Weinstein said. "It's fun but it's also super competitive and I love being a part of a league that teaches kids to love swimming fast."

WELLBEING

Teams in Training

Getting in shape while raising money for charity.

BY MARILYN CAMPBELL
THE CONNECTION

Rain poured from a gray March sky. Drenched racers wound their way through Washington, D.C. before spilling across the finish line at R.E.K. Stadium, their running shoes heavy and soaking wet.

"We were freezing cold and shivering the entire time," said Ann Goettman of McLean. "We looked like we'd been through a car wash."

Goettman and others on her team of would not let the elements deter them from completing the 2015 D.C. Rock'n'Roll Half Marathon. They'd spent the last four months running, walking and lifting weights as part of a Team in Training (TNT) fundraising effort to support the Alexandria, Virginia-based Leukemia & Lymphoma Society (LLS). Participants pledged to raise money for a charity in which they believe by training for and competing in marathons, triathlons, cycling and hiking. In turn, they

get access professional fitness coaches who guide them as they set fitness goals, boost their endurance, lose weight, and get toned taut.

"You have an opportunity to give back from a philanthropic perspective, but you're also putting yourself out there to get in the best shape," said Jaclyn Toll, Deputy Executive Director of the Leukemia & Lymphoma Society.

"It brings you together with other like-minded individuals, people who are into the combination of philanthropy and health and wellness."

A central figure on Goettman's team is Lynne O'Brien. In fact, the group came together in O'Brien's honor after she was diagnosed with leukemia three years ago. Daunted by the challenge, but motivated by the prospect of hope, she ran her first half marathon in 2013.

"A huge benefit is that we were all getting in shape and were uniting around a cause," said O'Brien. "I lost weight and it was great for my stamina and overall health. I'm 53 and it's great to know that I can run a half marathon."

The coaching staff, says O'Brien, has an effective program that whips racers into shape before each event. Lessons range from using proper form during a workout, stretching to prevent injury and hydration



PHOTO COURTESY OF LYNNE O'BRIEN

The LOL team in training crosses the finish line at the Nike Women's Half Marathon in Washington, D.C. McLean residents (from left) Chris Fraley, Mary Ellen Overend, Barbara Overstreet, Dorothy McAuliffe (McLean and Richmond. First Lady of Virginia), Lynne O'Brien, Beth O'Shea, Lauren O'Brien (Denver Colo.), Kim Aubuchon and Terry Lineberger.

and nutrition to sustain the level energy necessary to complete race.

"They break it down into small parts, and on one day we'll fast run for shorter distance and the next day," she said. "They get pretty specific. They're telling you how to move your arms and hold your head and even how you should step."

The metamorphoses are often beyond the physical. "In terms of their outlook on exercise and their new found love of long distance exercise and endurance, the transformation unbelievable transformation," said Skye Donovan, Ph.D., department chair and associate professor of Physical Therapy at Marymount University in Arlington volun-

teers as coach for TNT.

One of the factors in the evolution of the mindset of the team members is camaraderie and the knowledge of a higher cause.

"New drugs are coming down the line," O'Brien said. "Doctors say it's an exciting time for them. Since I was diagnosed three years ago, five new drugs have come into the market."

Many train for and endure physical fetes that seemed unattainable at first thought. "I am not an athlete, I'm a busy, 53-year-old mom of five kids. I'm busy," said Beth O'Shea of McLean. "But the next thing you know I'm getting myself in shape, meeting new people and going on long walks."

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21 Announcements

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CI MBC DC Metro LLC trading as Taylor Gourmet, 2401 Smith Blvd, Reagan National Airport Space B/C-20B, Arlington, VA 22202. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises license to sell or manufacture alcoholic beverages.
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 legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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Back On Track



By KENNETH B. LOURIE

Having reread last week's column a time or two now, I've realized that I neglected to update you regular readers – especially those of you who read my most recent pre- and post-scan columns: "Abysful" Ignorance and Scant Know For Sure Anymore – on the previous week's scan results. Once again, I have defied the odds – maybe statistics would be a better word? Nevertheless, my tumors remain stable, as do I, and I remain amazingly lucky as well. As to the reasons why I continue to "thrive," perhaps it's due to the marketing campaign of the HMO that is responsible for my care.

Certainly I'm living proof that all is not lost when lost is where you seem to be. Six and a half years ago at my diagnostic ground-zero: 2/27/09, my oncologist offered little hope. Though he was honest and direct in his presentation of the facts, statistics, treatment, etc., he was not particularly encouraging. To invoke a quote from Lt. Col. Henry Blake from a long-ago M*A*S*H episode: my oncologist didn't exactly "blow any sunshine up my skirt." It was quite the opposite, in fact. When we questioned him further about my chances of living beyond two years or even beyond five years (two time frames he cited), he did acquiesce and agree that sure, it's possible I could be the one (almost literally) that could survive beyond the rather grim prognosis of "13 months to two years" that I was given.

Not that I doubted him, but when you're a lifelong non-smoker, asymptomatic with no immediate family history of cancer; being told at age 54 and half that you have late-stage lung cancer and have maybe two years to live, is not simply a hard pill to swallow, it's an impossible pill to swallow and yet swallowing now becomes the least of your problems, especially considering that heavy-duty chemotherapy was scheduled to begin in six days. That's when you realize you're not in Kansas anymore, and when your hair falls out a few weeks later and you start to look ashen gray in the face and hollow in the eyes – and feel even worse than you look, it's easy to start believing the extremely discouraging news given to you by your oncologist.

But somehow you must – not believe, because believing can be very disheartening. And "disheartening" leads to and creates negativity, and negativity is almost as harmful as the chemotherapy itself. Cancer may have a mind of its own (figuratively speaking), but so do you, and using it to "laugh, think and cry" as Jim Valvano encouraged ("a full day" as he called it) in his ESPY speech in 1993 while accepting the first-ever Arthur Ashe Courage and Humanitarian Award, is perhaps what makes one stronger – or possibly strong enough, emotionally. And given the ravaging effects of chemotherapy, you're going to need that emotional strength to compensate for the physical weakness you're likely to experience during your treatment. Cancer is difficult enough on its own; you don't need to make it any worse.

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

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

WEDNESDAY/AUG. 5

Blood Donation. 9 a.m. - 2:30 p.m. Tysons Tower, 7900 Tysons One Place, McLean. The American Red Cross is facing a looming shortage of the blood types most needed by patients and is calling on eligible donors with O negative, B negative and A negative blood to give now to prevent an emergency situation. Blood donation appointments can be quickly and easily scheduled by using the Red Cross Blood Donor App, visiting redcrossblood.org or calling 1-800-RED CROSS.

MONDAY/AUG. 10

Spanish Chat. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. All levels welcome to practice Spanish in a relaxed environment with a native speaker. Adults.

MONDAY/AUG. 17

Spanish Chat. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. All levels welcome to practice Spanish in a relaxed environment with a native speaker. Adults.

MONDAY/AUG. 24

Spanish Chat. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. All levels welcome to practice Spanish in a relaxed environment with a native speaker. Adult admission.

TUESDAY/AUG. 25

Expecting the Unexpected: Preparing for Emergencies. 1-2 p.m. Tysons Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. What do you do when an emergency occurs? Find out from experts from the Office of Emergency Management.

ONGOING

The **Shepherd's Center of Oakton-Vienna** has an urgent need for volunteer drivers to take area seniors to medical appointments and other activities. Opportunities to volunteer for other services are also available. No long-term commitment and hours are flexible to fit your schedule. Visit www.scov.org or contact the Volunteer Coordinator at 703-281-5086 or email volunteer@scov.org.

Food Addicts in Recovery. Wednesdays at 7 p.m. at The Vine Church, 2501 Gallows Road, Dunn Loring. Are you having trouble controlling the way you eat? Food Addicts in Recovery Anonymous (FA) is a free twelve step recovery program for anyone suffering from food obsession, overeating, under-eating or bulimia. For more information or a list of additional meetings throughout the U.S. and the world, call 781-932-6300 or www.foodaddicts.org.

Vienna Toastmasters. 2nd and 4th Wednesdays at 7:30 p.m., at the Vienna Community Center on the 2nd floor room opposite the elevator, 120 Cherry St., S.E., Vienna. A friendly place to get comfortable with public speaking and impromptu speaking for new and experienced speakers. Open to the public.

Coffee/Tea Poetry Group. Poets and poetry lovers seek to form a group to meet once a month at a local coffee/tea shop to enjoy each other's creations. 703-819-1690.

FAITH NOTES

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

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

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

21 Announcements

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