

# Taking Up the Next Challenge

SPORTS, PAGE 7

Jennifer Ha and Elena Turner demonstrate team chemistry on the court. McLean 12U Intermediate USTA Junior tennis team won second place in state, advanced to Sectionals.

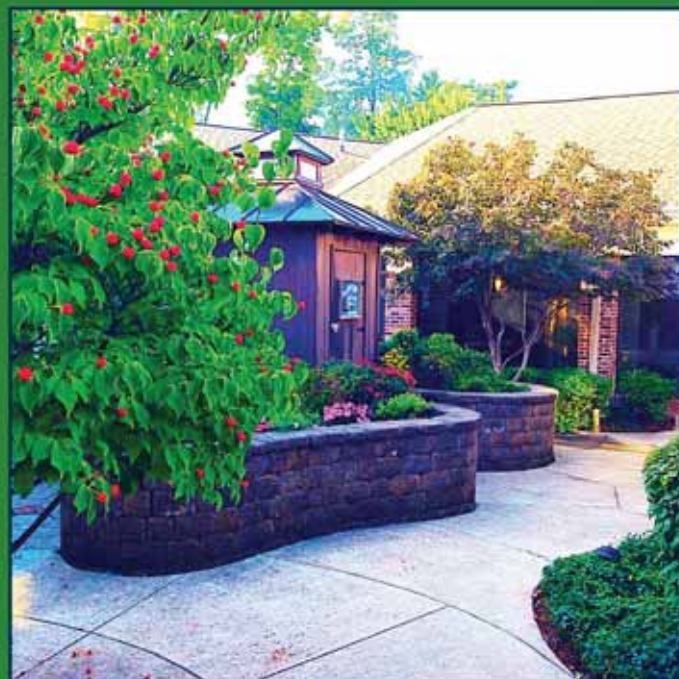
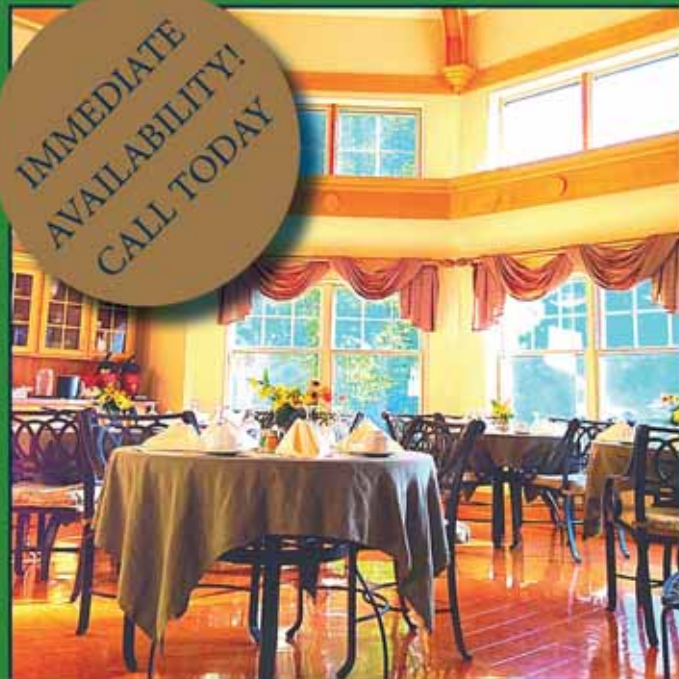
Sunset Party at  
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## ‘A Generation in Pain’

BY KEN MOORE  
THE CONNECTION

*First in an occasional series on youth and adult mental health and county services available to them.*

**M**cLean High School magazine journalist David Kagan didn't know the power of depression when he started to research his article "A Generation in Pain" for McLean High School's Highlander magazine.

"I was aware it was something students dealt with," said Kagan, 17, of McLean. "I didn't know it was this serious."

In fact, almost one third of all high school seniors in the county reported experiencing symptoms of depression, according to a Fairfax County Youth Survey regarding mental health.

In addition, 37.5 percent of female students in Fairfax County schools reported feeling so sad or hopeless for two or more weeks in a row during the last year that they stopped doing usual activities. One in five male students reported the same, according to the survey.

The Fairfax-Falls Church Community Services Board (CSB) provides behavioral health services for children, youth and their families, as well as for adults. These include services for serious emotional disturbance, mental illness, substance use and co-occurring disorders for children and youth from birth through age 18.

About 20 percent of emergency services at the CSB is devoted to serving youth 11 to 20 years of age.

"We want to make sure that kids and families see that there is no stigma attached to receiving mental health services," said Jim Kelly, manager of emergency services at the Fairfax-Falls Church Community Services Board.

**KAGAN'S CLASSMATE** wanted to share her story in the student run magazine to help others, he said.

Kagan wrote that his classmate's "daily routine isn't anything out of the ordinary."

"She wakes up at 6:30 every day, eats breakfast and is soon on her way to school. [She] melts into the crowds of people in our hallways. She goes unnoticed for the most part, save for her close friends."

"She walks through the halls, periodically putting on smiles to make her friends stop worrying. It's a normal day for [her], just as it is for most students at McLean. What's not normal, however, is that [she] is struggling to save her own life."

More than 22.2 percent of female students reported that they had seriously considered suicide during the past year and 11.2 percent of male students reported the same, according to the youth survey.

**KAGAN WON** a national award from Quill and Scroll International Honor Society for

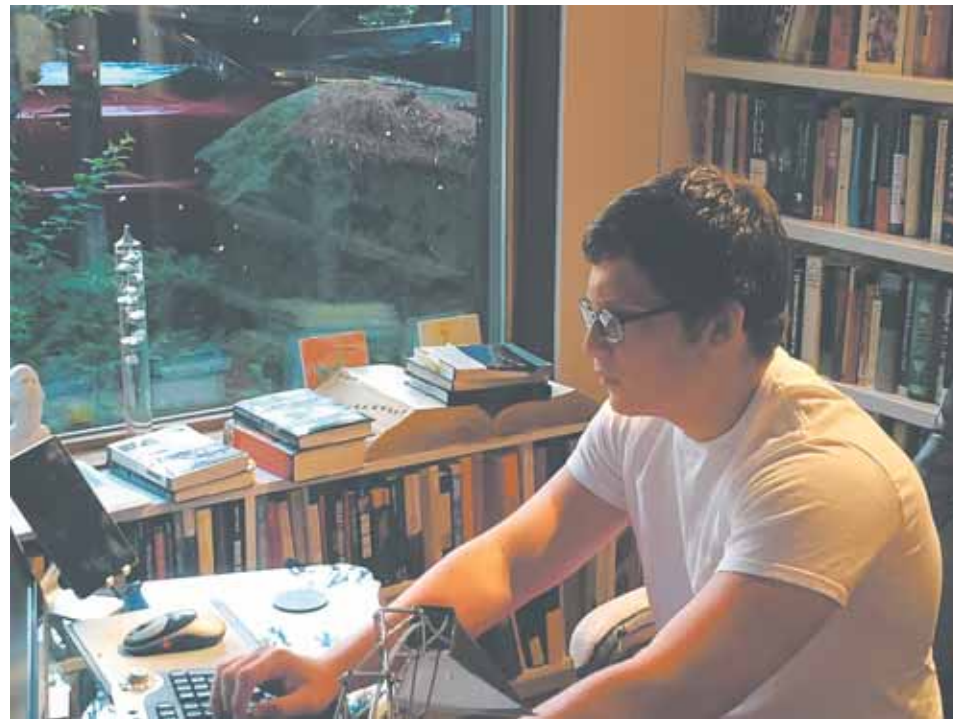


PHOTO CONTRIBUTED

**David Kagan, 17, of McLean, won a national award from the Quill and Scroll International Honor Society for High School journalists for individual in-depth reporting on teen depression.**

**"What's not normal, however, is [she] is fighting to save her own life."**

— David Kagan, 17, McLean High School  
<http://thehighlandernews.com/a-generation-in-pain/>

High School journalists.

His entry won for individual in-depth reporting judged by professional journalists.

His article was about public service.

"Our goal," said Kagan, "is to keep writing a lot about issues that impact our students, the hard hitting cases."

All Fairfax County high schools and middle schools have links on their websites, alerting them to crisis numbers and links that they can call. Even elementary schools alert families where help can be sought.

The Texting Hotline is the most used method students reach out for help.

"That's the type of technology they are comfortable with," said Kelly, of the Community Services Board. "They are bolder and more forthcoming about what is going on."

"We have students texting, 'I'm worried about my friend,'" said Marcy Johnson, UMFS vice president for programs.

"I'm pleased we're getting third party referrals," she said.

One in four eighth grade students reported having symptoms of depression, according to the youth survey.

**EMERGENCY SERVICES** at the County's Community Services Board Center is staffed with 42 clinicians with the ability to treat people in nine different languages, said Kelly.

**McLean High School senior wins national journalism award for combatting depression.**

### WHO TO CALL FOR HELP:

In emergency situations (24/7)  
CSB Emergency Services, 703-573-5679, TTY 711  
CrisisLink suicide hotline, 703-527-4077  
CrisisLink suicide text hotline, 703-940-0888  
Fairfax Detoxification Center, 703-502-7000, TTY 703-322-9080  
Call 911 for a life-threatening emergency  
During business hours:  
CSB Entry & Referral Services (To schedule a mental health assessment), 703-383-8500, TTY 711  
Fairfax County Public Schools Intervention and Prevention Services [www.fcps.edu/dss/ips/](http://www.fcps.edu/dss/ips/) | 571-423-4020  
National Suicide Prevention Lifeline: (800) 273-TALK (8255)  
See <http://www.fairfaxcounty.gov/csb/publications/youth-family.htm> for a free online youth suicide prevention program geared for laypeople.  
See <http://www.fairfaxcounty.gov/csb/events/mental-health-first-aid.htm> for a link to the county's Mental Health First Aid information and class registration, designed for adults who want to know more about issues affecting youth and how to help.

with people there in our lobby," said Kelly. "From the get go, we're establishing rapport and making sure there is no stigma attached to receiving mental health treatment."

Fairfax County Public Schools offer a curriculum to teachers to learn how to spot warning signs and to know where to send students find help.

Approximately nine thousand teachers took the training during this past year.

"By talking about it, by demystifying it, we make treatment more accessible," said Mary Ann Panarelli, director of FCPS Department of Student Services and intervention and prevention services.

"We know part of the response is having adults in your community that you feel care about you and you are willing to talk," said Panarelli.

Students and their friends face stress throughout the community, she said.

"I hate that they don't know and are struggling by themselves," said Johnson, who helped start the Parent Support Partner program in Fairfax County. The program matches parents learning to navigate the mental health system with other parents of children with behavioral, emotional or mental health needs who have successfully navigated the mental health system with their own family.

**AN EIGHT-HOUR** Youth Mental Health First Aid program is available through the county that can help family members, caregivers, school staff, health and human services workers who work with youth understand mental illnesses, seek timely intervention and save lives.

There is also a free one-hour online youth suicide prevention that thousands in the county have already taken. See <http://www.fairfaxcounty.gov/csb/publications/youth-family.htm>.

"If we can increase the number of people that can respond," said Johnson, "at the end of the day, everybody is a lot safer."



CONNECTION FILE PHOTOS

**A walkway leading to the football field for Langley High School's Feb. 7, 2014 candlelight vigil commemorating the deaths of two seniors.**

They even have a mobile crisis unit.

"We go to schools, churches, wherever the individual might be, a bus stop, a street corner," Kelly said.

"We're here 24 hours a day, 365 days a year," he said.

"We have folks that are ready to engage



# Now Playing: Sensory-Friendly Films at AMC Theatres

Dancing, shouting, singing welcome at special screenings for children, families affected by autism.

BY VICTORIA ROSS  
THE CONNECTION

July is the hottest month for Hollywood's cavalcade of blockbuster films, as studios compete for audience dollars and crash into each other to be the first to release their tent pole films, such as Avengers, Jurassic World, Mission: Impossible – Rogue Nation, and Fantastic Four.

Smuggling in snacks, snagging a ticket and finding parking are typically the biggest hurdles for those who clamor to see these blockbusters in a cool, dark theater.

But for children with autism and their families, the summer movie experience can be a daunting array of sights, smells and sounds. And with sensory overload comes the chance for an emotional meltdown.

"My 9-year-old son Jason can't be exposed



AMC Sensory Friendly Films Promo

to overpowering or sudden noises, and he doesn't do well in very dark rooms," said Marjorie Williams of McLean. "When he gets excited, he likes to jump around and flap his arms, so he needs a good amount of personal space."

Fortunately for children like Jason, AMC Theatres (AMC) and the Autism Society of America have teamed up to offer the "Sensory Friendly Films" program - an effort to give special needs children a chance to enjoy their favorite films in a safe and accepting environment.

"As a leading theatrical exhibition company, we are so proud to be making a difference in the estimated 1.5 million Americans living with an autism spectrum disorder by offering families a chance to see a movie together — often for the very first

time," said Ryan Noonan, public relations director for AMC.

Noonan said the concept of Sensory Friendly Films began in 2007 at the request of a Maryland mother, who took her young daughter to a matinee of Hairspray, a film her daughter was excited to see.

When her daughter began flapping her hands, dancing and jumping up and down, her family was asked to leave the screening.

The next day, the mother called her local AMC Theatre in Columbia, Md. and asked the manager if he would be willing to set up a special screening for children on the autism spectrum. He readily agreed, and AMC hosted its first sensory-friendly film in Columbia, Md. in 2007. The demand was so high, the theater sold out all 300 seats.

## Coming to AMC Tysons Corner 16

The following list of Sensory-Friendly Films is scheduled at AMC Tysons Corner 16. All shows begin at 10 a.m. For more information on the film series, go to [amctheatres.com/programs/sensory-friendly-films](http://amctheatres.com/programs/sensory-friendly-films).

Saturday, Aug. 22, 2015 - Underdogs  
Saturday, Sept. 26, 2015 - Hotel Transylvania

Saturday, Oct. 17, 2015 - Pan  
Saturday, Nov. 14, 2015 - The Peanuts Movie

Saturday, Dec. 5, 2015 - The Good Dinosaur

AMC's corporate office took note of the success of the screenings, and contacted the Autism Society of America to join forces and mobilize affiliates and theatres in towns around the country. AMC now offers monthly sensory-friendly screenings at 152 theaters throughout the U.S. and Canada.

"The lights are turned up, the sound is turned down, and the 'silence is golden' rule is lifted - singing and dancing along is encouraged," said a promotion for "Sensory

SEE FILMS, PAGE 5

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## News

# Sensory-Friendly Films at AMC Theatres

FROM PAGE 4

Saturdays" on the website of The Autism Society of Northern Virginia (ASNV), located in Oakton. ASNV promotes the sensory-friendly films series to their community of more than 5,000 individuals and families affected by autism throughout Northern Virginia.

Currently, AMC Theatres is the only national theater chain that offers these sensory-friendly screenings.

In Northern Virginia, sensory friendly movies are held monthly on Saturday mornings at AMC Tyson's Corner 16 in McLean, AMC Potomac Mills 18 in Woodbridge, and AMC Rio Cinemas 18 in Gaithersburg, AMC Georgetown 14, and AMC Capital Center 12 in Washington.

Movies are typically rated G or PG, and they start promptly at 10 a.m. Previews and advertisements are eliminated. The lights are dimmed, but not turned off, and

the surround sound is muted. Because some children may have strict, special dietary needs, families are permitted to bring their own gluten-free, casein-free snacks from home.

"Being able to relax and enjoy quality family time without worrying if someone will complain or be disturbed by noise of movement is a wonderful experience," said Ken Chan of Fairfax, whose entire family enjoys the screenings, along with his 7-year-old daughter, Emily, who has sensory-integration issues.

Best of all, children are allowed to be themselves.

They can shout out their thoughts, clap whenever they feel like it, dance in the aisles or twirl in their seats. For once, parents of children with autism can sit back, enjoy the show and trade smiles instead of criticism.

"No one complains and no one is thrown out," Chan said. "We never hear a single 'shhh' from other parents. It's such a relief."

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# OPINION

## Legislation Combats Sex Trafficking

BY TIM HUGO  
STATE DELEGATE (R-40)

**O**n 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

### COMMENTARY

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)

**F**or 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.

### COMMENTARY

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

## McLean CONNECTION

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# SPORTS

**12U Intermediate USTA team at State Championship: Coach Eben Donker, Shawn Lisann (11), Maya Ellison (12), Dana Edson (12), Jennifer Ha (11), Elena Turner (12), Anthony Guerrero (12) and Jake McGowan (11).**

PHOTO COURTESY OF  
CONNIE MCGOWAN



PHOTOS BY CAROLINE WATKINS/THE CONNECTION

**Shawn Lisann (11), Anthony Guerrero (12), Coach Eben Donker, Jennifer Ha (11), Dana Edson (12) and Elena Turner (12) at practice**

## Taking Up the Next Challenge

**McLean 12U Intermediate USTA Junior tennis team wins second place in state, advances to Sectionals.**

**M**cLean's 12U Intermediate USTA Junior Team battled against eight other competitive tennis teams in Virginia on July 23, including "The Terminetters" of Virginia Beach, Westwood Club of Richmond and a familiar foe to the team, Herndon's Worldgate Rascals. Although McLean beat Virginia Beach and Richmond earlier in the tournament, they came second overall to Worldgate by one game. "We played a hard match because they were probably the best team," athlete Jennifer Ha said. "We lost overall by one game (33-32) but still managed to get first in our flight that day."

A quick recap of the tournament: Anthony Guerrero had a great victory in boys singles with an 8-0 score. McLean's Dana Edson lost in girls singles (5-8) after a tough game. Jennifer Ha and Elena Turner gained points for the team in girls doubles, earning 8-0 while Shawn Lisann and Jake McGowan played a difficult game in boys singles, losing 8-0. Connie McGowan, mother of Jake McGowan, commented on the final results: "It was a disappointing loss since it was terribly close. But they were still proud of the second place outcome and are still qualifying to move on to sectionals."

The team feels a mixture of emotions moving into sectionals at Boar's Head, where they will start their first match on Aug. 8. While some are thrilled for a Worldgate rematch, others are nervous due to the tough competition. "I feel mostly excited going into sectionals but meanwhile I feel some pressure since we will have top-level competition playing the best teams of the Mid-Atlantic," said athlete Anthony Guerrero.

Whatever the results may be at sectionals, the members plan on continuing their tennis careers for many years to come. Whether they have been playing for two or seven years, many of the members plan on pursuing their passion for tennis at the high school or even collegiate level. Their chemistry was also evident on and off the court.

- CAROLINE WATKINS



**Shawn Lisann (11), Anthony Guerrero (12), Elena Turner (12), Jennifer Ha (11), Dana Edson (12) at practice.**



**Dana Edson serves the ball.**



**Elena Turner practicing.**



**Shawn Lisann is all smiles at practice.**



**Anthony Guerrero waiting for his turn on the court**

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# CALENDAR

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

## 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>

## 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](http://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](http://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](http://www.wolftrap.org).



**“Screw Loose?”** photograph by juror Matthew G. Schmidt. Come out on Saturday, Aug. 8 from 4-6 p.m., where 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.

**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](http://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 and meet the artists at the awards reception.

**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.

**Vienna Farmers Market.** 8 a.m.-12 p.m. Faith Baptist Church Parking Lot, 301 Center Street South, Vienna. [www.viennafarmersmarket.com](http://www.viennafarmersmarket.com).

## SUNDAY/AUG. 9

**Tyson's Farmers Market.** 10 a.m.-2 p.m. 8400 Westpark Drive, McLean. Sundays, through Nov. 15. [www.tysonspartnership.org](http://www.tysonspartnership.org)

## 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 Tyson's.** Dine Out Tyson's 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](http://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](http://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.

## THURSDAY/AUG. 13

**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.

## FRIDAY/AUG. 14

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

## SUNDAY/AUG. 17

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



PHOTOS BY CAROLINE WATKINS/THE CONNECTION

People of all ages attended the concert at the Tyson's Corner Plaza.

# Sunset Party at Tyson's Plaza

Little children raced to get first-choice seats on the lawn for Andy Grammer, whose hit single “Honey, I’m Good” peaked at no. 9 on Billboard Hot 100 this summer. Teenage girls trampled over beach towels to snap selfies with the band. Middle-aged couples sang along to every song, clapping and dancing with one another. Musicians showed off their fancy footwork while jamming on their guitars and keyboards. Local acoustic performer Stewart Lewis warmed up the crowd under the waning sun, followed by Grammer, whose fans transformed the Plaza into a sea of cellphones accenting the night sky.

Lewis, Grammer’s opening act, served as an excellent precursor to the main act. With songs such as “Not a Love Song” and “Unplugged,” a song about our “vices and devices,” Lewis’ thought-provoking tunes were the perfect accompaniment to a Friday evening on a sun-soaked lawn.

Grammer played all of his popular songs, from “Keep Your



Andy Grammer arrived to a crowd easily double the size of his 2014 concert at the same venue.

Head Up” to “Fine By Me” to his latest single, “Honey, I’m Good.” The crowd was also pleased to hear classic covers, such as “Sunday Morning” by Maroon 5 and a request from the audience, “Chasing Cars” by Snow Patrol. As the energy and exuberance of Grammer and his fans grew, the Tyson's plaza swayed underfoot, reflecting an audience that seemed double that of Grammer’s 2014 concert at the venue. After many “Andy!” chants from the crowd, Grammer didn’t even step foot off the stage before running back on for his encore.

— CAROLINE WATKINS



Opening act and local musician Stewart Lewis warmed up the crowd.



## WELLBEING

# Teams in Training

Getting in shape while raising money for charity.

BY MARILYN CAMPBELL  
THE CONNECTION

**R**ain 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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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: "Abyssful" 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.

# Public Meetings on MCC Budget

In August and September, the Governing Board of the McLean Community Center (MCC) will hold two public meetings on its Proposed FY 2017 budget. The first meeting, the Finance Committee Meeting of the Whole, will be held at 7:30 p.m. on Thursday, Aug. 20. The second meeting, the Public Hearing on the FY 2017 Budget, will be held at 7:30 p.m. on Monday, Sept. 14. The two meetings will be held at the Center, which is located at 1234 Ingleside Avenue. Residents of Small District 1A-Dranesville who have suggestions, comments or concerns will have an opportunity to voice them at both meetings.

FY 2017 begins July 1, 2016 and ends June 30, 2017. MCC is supported by a 2.3 cents real estate tax surcharge on \$100 of assessed value paid by residents of Small District 1A-Dranesville. At the Finance Committee Meeting of the Whole, chaired by MCC Governing Board Treasurer Lathan Turner, the full board will continue its work on the FY 2017 budget, which began at a July 29 Program Committee meeting. Board committees evaluate staff departmental budget proposals in the areas they oversee, which include continuing and new programs and projects, as well as the facilities and management of the Center. The departmental and consolidated budget proposals will include a review of FY 2015 year-end actuals, the current year's budget (FY 2016) and new proposals for FY 2017. The preliminary consolidated budget approved at this meeting will be posted on the MCC website, www.mcleancenter.org, by Monday, Sept. 7, a week before the public hearing.

FY 2017 Budget Public Hearing gives residents another opportunity to review and comment on the Center's FY2017 budget. District residents who wish to speak at the public hearing are asked to call 703-790-0123, TTY: 711, to have their names placed on the speakers' list. Written comments may be sent to the Governing Board by mail (address to: McLean Community Center, 1234 Ingleside Avenue, McLean VA 22101), fax (703-556-0547) or E-mail (feedback@mcleancenter.org).

Copies of the proposed budget will be available at the Center's reception desk, on the Center's website, www.mcleancenter.org and at both public meetings. Residents who call the Center to announce their intentions to attend the work session will receive a budget package when they arrive.

In addition to these meetings, residents are invited to attend board committees' budget planning meetings in August and early September. The dates and times of those meetings will be posted on the Center's website, www.mcleancenter.org.

Residents may continue to submit written comments after the public hearing through Monday, Sept. 21. The Board will approve the FY17 budget when it meets at 7:30 p.m. on Wednesday, Sept. 23. The final budget will be approved by the Fairfax County Board of Supervisors in spring 2016.

For more information, call the Center at 703-790-0123, TTY: 711, or visit the Center's website, http://ow.ly/Qrczr.

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