Music, Magic and More in McLean

News, Page 4

Children’s entertainer Kidsinger Jim will perform in McLean Community Center’s annual Harvest Happening festival for children ages 3-8, on Saturday, Sept. 26.
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More Open Space

By Ken Moore
The Connection

Fairfax County residents say preservation of open space is the most important service that the Park Authority can provide.

“Parks are more important than anytime in the history of the system. Parks are used more today than anytime in the last 15 years,” said Ron Vine, a member of the consultant team who administered the survey.

The percent of Fairfax County households that have used the parks in the past year increased to 87 percent, up from 76 percent in 2004 and 82 percent in 2000. The national benchmark is 79 percent, said Vine.

Vine, project manager with consultant Leisure Vision/ETC Institute, helped Fairfax County conduct a parks needs survey to “provide statistically valid, objective and quantitative data reflecting public input relating to park and recreation needs.”

Preservation of open space and providing opportunities to improve physical health and fitness are the two most important services the Park Authority can provide, according to survey results.

This past March, 4,665 Fairfax County residents returned a survey sent to 15,000 randomly selected households. The completed surveys yield a 95 percent confidence level with a margin of error of 1.4 percent.

County residents say they are most willing to fund expansion and renovation of walking and biking trails, the purchase of land to preserve open space and restoration of natural areas. Fairfax County parks are rated as excellent or good by 91 percent of households.

The three most important activities and programs are biking, hiking, walking, exercise/fitness, and special events and concerts, according to the survey. The three most important facilities are swimming pools, exercise and fitness facilities and gyms.

“We will continue to do more analysis,” said Judy Pederson, spokesperson for the Fairfax County Park Authority.

Ron Vine presents results from a large survey concerning Fairfax County parks. County residents say top priorities for funding are expansion and renovation of walking and biking trails, and the purchase of land to preserve open space and restoration of natural areas.

Second largest in the nation.

“Larger than Los Angeles and Atlanta,” he said.

Fairfax County parks are rated as excellent or good by 91 percent of households. Overall satisfaction with county parks has declined, the survey showed. This year’s satisfaction rating was 57 percent, down from 74 percent in 2007.

“You are considered one of the top rated systems in the country,” said Vine. But, “Your public is saying, ‘Good is not good enough.’ You want to stay on top of this.”

“Your public is saying, ‘Good is not good enough.’ You want to stay on top of this.”
— Ron Vine, parks consultant

Needs change rapidly because people recreate differently said Bill Bouie, chair of the Park Authority Board. He called the authority a $83 million business.

The three most important activities and programs are biking, hiking, walking, exercise/fitness, and special events and concerts, according to the survey. The three most important facilities are swimming pools, exercise and fitness facilities and gyms.

“We will continue to do more analysis,” said Judy Pederson, spokesperson for the Fairfax County Park Authority.

Survey about parks shows more households using the parks, lower satisfaction.

McLean Citizens Association

40

Minutes per office will be given during MCA’s Candidate Debate, scheduled for Sunday, Oct. 18 at the McLean Community Center’s Alden Theater, 1234 Ingleside Ave., McLean at 3 p.m. Candidates for Virginia Senate, House of Delegates, Dranesville Supervisor, Dranesville School Board. “It’s going to be tightly run,” said Glenn Harris, MCA vice president. 12 ushers will help seat people, starting at 2:30 p.m.

28

On the 28th of September from 7-8:30 p.m., MCA is scheduled to host a conversation with Fairfax County Public Schools Superintendent Dr. Karen Garza at the McLean Community Center, 1234 Ingleside Ave.

“This year, Dr. Garza created a budget task force in developing a list of potential budget cuts,” according to MCA documents. “The Task Force’s list includes cuts to high school sports, 7th period in high schools, reversal of later high school start times, advanced academic centers, Thomas Jefferson High School, elementary band and strings and administrative and support staff positions and/or compensation.”

2

MCA passed two resolutions at its first meeting of the new season on Sept. 9, 2015 at Pimmit Hills Library.

MCA supports rezoning and added development of 3.5 million square feet of development at Tyson Corner Center (constructed over four phases) given amendments to profilers.

MCA opposed plans to rezone eight contiguous properties adjacent to the Greensboro Metro Center.

“Our problems with this is one of height,” said Mark Zets, chairman of the Planning and Zoning Committee.

17

The Fairfax County Planning Commission is scheduled to vote on a proposal to increase the size of Mount Daniel Elementary School, a Falls Church school on the edge of McLean. MCA opposes the plan. The hearing is scheduled for Thursday, Sept. 17.

565

MCA’s membership count as of MCA’s September meeting. Animesh Gupta said the membership committee hopes to plan family-friendly events in the near future, including a movie night in this fall.

Potential activities include a MCA Drone/Kite Festival and/or a MCA Community Walk/Race to get families with young children more involved in MCA.

23

During National Preparedness month, McLean Citizens Association is scheduled to host a panel discussion to educate families, businesses, houses of worship and other organizations on developing emergency plans, kits preparedness. Wednesday, Sept. 23, 7 p.m., McLean Community Center, 1234 Ingleside Ave., McLean.

180

Members of MCA responded to an airport noise survey the Transportation Committee is engaged in.

“We feel that we need more detailed data,” said Jim Robertson. Data compiled so far was “specific enough to let us go forward with talking with the Federal Airlines Association,” he said. The new survey is due Sept. 30. See www.mcleancitizens.org.

100

McLean Citizens Association has been representing the interests of McLean citizens for 100 years. Cost of membership is $15. See www.mcleancitizens.org.

By the numbers
Boy Scout Troop 673, sponsored by the Great Falls United Methodist Men, recently promoted two new Eagle Scouts, Cayhan Movaghari and Harrison Trinca, on May 31.

Cayhan Movaghari, son of Ali Movaghari and Taraneh Djahanbani, joined Troop 673 in 2008 after earning the Arrow of Light as a Cub Scout. Since joining the troop, Cayhan has served as a Patrol Leader, Instructor, Senior Patrol Leader, and Troop Guide. While serving in these positions, he was accepted into the Order of the Arrow, Scouting’s National Honor Society, earned 32 merit badges, and participated in all three of Scouting’s High Adventures (Sea Base, Northern Tier, and Philmont).

For his Eagle Project, Cayhan planned and developed a trail running along Georgetown Pike in Great Falls from Miller Avenue to Gouldman Lane, in conjunction with Great Falls Trailblazers. The trail also covered two small creek crossings that are now accessible by foot.

A recent graduate of Langley High School, Cayhan served as SGA President, captain of the Varsity Wrestling team, and the Attorney General to the American Legion Virginia Boys State. He was also named Sports Journalist of the Year for the State of Virginia as a junior. Cayhan has just started his freshman year at James Madison University and plans to major in business.

Harrison Trinca, son of Ann Trinca and Wilfred Blood of McLean, joined Troop 673 in 2011. Since joining the troop, Harrison has served as Quartermaster, Assistant Senior Patrol Leader, Troop Instructor, and Senior Patrol Leader. Harrison earned 39 merit badges and the 50 Miler Award (twice), and was elected to the Order of the Arrow. He also participated in all three High Adventures (Sea Base, Northern Tier, and Philmont).

For his Eagle Project, Harrison planned and constructed a large 66-inch fire pit and four surrounding six-foot benches at the Capital Church in Vienna. This required researching local fire ordinances, coordinating with church leaders, and preparing a level site to accommodate the stacked stones and surrounding gravel. The fire pit and benches serve as an inviting place where youth and other church groups can meet and socialize.

Harrison is a recent graduate of Langley High School, where he served as SGA Vice President (senior year), Class Vice President (freshman year), and was a volunteer at Jill’s House, a respite care facility for children with special needs. Harrison is now attending Brigham Young University, in Provo, Utah.
The First Week at Cooper Middle

Seventh grade students spent time getting to know their new school building, classmates and teachers. Ice breaker games and get to know you activities were a big part of learning the first week.

Students also jumped right into learning and technology, discussing the differences between observation and inference in history class with images on laptops.

Advance drama students jumped right into skits and acting with their peers.

Even during the first week of school, the band plays on.
McLean'sconnection@connectionnewspapers.com
kmoore@connectionnewspapers.com
mkimm@connectionnewspapers.com
jvernon@connectionnewspapers.com
opinion
Treatement Denied Syndrome
Natasha McKenna’s blood is on all of our hands.

By Pete Earley

Natasha McKenna did not die from excited delirium. She died from Treatment Denied Syndrome. Commonwealth Attorney Raymond F. Morrogh’s 51-page investigative report about the death of the 37-year-old woman contains a horrifying litany of attempts by McKenna to seek help for her mental illness only to be met with ineptness and indifference.

Rather than being welcomed when she appeared in area emergency rooms, she either was shown the door without receiving help or was discharged before being stabilized. In one instance, she was stuffed into a cab less than four days after being so violent that she needed to be restrained to prevent her from harming herself or others. In another, a police officer and magistrate overruled a doctor who twice tried to get McKenna hospitalized. In a third, she was discharged from one NOVA hospital at 12:30 p.m., only to reappear at another NOVA emergency room at 10 p.m. on the same day. The medical professional’s solution was not to help her but to call the police and have her arrested. Taken to jail, she was stripped naked, held in solitary and stuck in bureaucratic limbo for several days. When it came time to move her, she was stunned with a taser four times and died.

If the lack of treatment McKenna received while she was alive was not enough, she was further abused in death. Relying on “junk science,” Medical Examiner Dr. Jocelyn Posthumus declared the cause of McKenna’s death to be excited delirium — a make-believe syndrome not recognized as real by the American Psychiatric Association, American Medical Association or the International Classification of Diseases (ICD-9) of the World Health Organization.

No matter, that diagnosis allowed Fairfax Prosecutor Morrogh to drive in the final nail. Declaring at a press conference that McKenna possessed super-human strength and quoting a deputy who described McKenna as being “demonically possessed,” the Commonwealth Attorney stripped away what little dignity was left for this woman whose only real crime was that she got sick.

The release of a sheriff’s video of McKenna being removed from her cell — naked and afraid — visually disproved Morrogh’s characteristics. McKenna walked from her cell in handcuffs and was knocked to the floor by a squad of men who never showed any signs of losing control of her or of having their lives threatened.

This week, two important meetings could help set the agenda for change. On Monday Sept. 14, the Ad Hoc Police Practices Commission was scheduled to discuss the use of force by law enforcement in Fairfax. On Tuesday night, Sept. 15, community leaders planned to meet to discuss how to create a jail diversion system to keep individuals such as McKenna from being incarcerated. Nearly 50 community leaders attended the inaugural Diversion First meeting last month. (Morrogh did not.)

The ideas being used by Diversion First are not new. They were first brought to the attention of Fairfax officials more than a decade ago but were never implemented because of a lack of funding, a lack of interest and a lack of leadership.

Natasha McKenna paid with her life because of that. Who’s to blame? Like the biblical Pontius Pilate washing his hands of Christ’s blood, nearly everyone who crossed paths with McKenna during the last month of her life can claim blamelessness.

To Dr. Posthumus and Prosecutor Morrogh, McKenna is not only the victim but the perpetrator of her own death.

The unanswered question is whether Fairfax County — its leaders and its citizens — have learned anything from this tragedy or if they will continue washing their hands and reassuring themselves that there was nothing any of them could do — after all, Natasha McKenna was mentally ill.

* Treatment Denied Syndrome is a term first used by a long time National Alliance on Mental Illness advocate to describe our nation’s lack of mental health services and callous disregard for persons with mental disorders.

Disappointing McLean Town Hall

To the Editor:

On Saturday, Sept. 12, I attended a Town Hall meeting hosted by my VA Delegate Kathleen Murphy. As in previous Murphy Town Halls, other area Commonwealth representatives were sitting alongside her to take part in the discussion. In fact, they typically speak much more than does Delegate Murphy.

The elected officials flanking Murphy were Senator Janet Howell, Delegate Marcus Simon, Delegate Rip Sullivan and Senator Barbara Favola.

Del. Sullivan attempted to inject a bit of humor when he described his district as containing Arlington National Cemetery. He quipped, “There are lots of votes there.” It was an utterly tasteless, disrespectful and unbecoming statement.

For one hour, before taking any questions, the representatives spoke about only two issues: Gov. McAuliffe’s appointment of a Supreme Court justice, and Virginia’s redistricting plan. They devoted their entire time subtly and not-so-subtly attacking the Republican leadership in Richmond. At one point, Sen. Favola pleaded for restoring a “balance” to our state government by making sure Democrats win the Senate. The Town Hall began to feel more like a Democrat Party planning session than a Town Hall for constituents.

In truth, I am not a slave to any Party. I doggedly research issues, without regard to political platitudes. And I come to Town Halls expecting to hear thorough, considered, educated guidance from my elected representatives.

So after an hour of hearing the Senators and Delegates rehash two issues from partisan perspectives, I raised my hand to ask two questions: 1) Had anyone researched whether or not Planned Parenthood clinics in Virginia participate in the sale of aborted feto parts; and 2) Had anyone spoken with State officials who are responsible for refugee resettlement programs about the number of refugees coming to Virginia, and unvetted Syrian refugees in particular?

All five officials looked like deer in the headlights. Apparently, they weren’t expecting the questions. My delegate, Kathleen Murphy, never answered either question. Senator Howelljumped in to declare emphatically that “No Planned Parenthood offices in Virginia are selling body parts!” I asked if she had surveyed the offices to determine that, and she did not answer. Senator Favola then said I was giving an opinion, to which I replied that I had simply asked a question.

The subject then moved swiftly to refugees. Not one of the elected representatives had spoken with a State official about the refugee resettlement program, nor did any one of them profess knowledge of the program. One member of the audience interjected that he looked forward to having Syrians open restaurants in McLean because he liked their food.

After the meeting, I approached both Senators Favola and Howell to follow up the questions they did not answer.

Senator Favola said she thought the refugee program was a federal program, and was not aware Virginia had an office of refugee resettlement which worked closely with federal contractors to bring refugees to the state (this is a multi-million dollar program.) I then asked Senator Howell how she was able to determine that no Planned Parenthood clinic in Virginia was selling fetal tissue or body parts, obviously nervous and uncomfortable, Howell admitted that she got her information from “the paper and the Planned Parenthood website.” Furthermore, she said she had not had contact with any Planned Parenthood office in the Commonwealth.

Howell then proceeded to decry the “doctored” videos exposing Planned Parenthood’s role in selling fetal tissue and body parts. When I asked if she would watch the entire videos, rather than the “doctored” ones, she emphatically announced, “Yes”, then abruptly turned away.

I left the Town Hall wondering, “Don’t we, the citizens of McLean, deserve better, informed leadership?”

Cathy Scott McLean
McLean Community Foundation Announces Grant Request Deadline

The McLean Community Foundation is accepting proposals for its current grants cycle until Oct. 1. Applications can be found on the MCF’s website at mcleancommunityfoundation.org.

The McLean Community Foundation (MCF) is a nonprofit formed in 1980 by the McLean Citizens Association to meet the philanthropic needs of a growing McLean community. The focus is entirely and specifically on McLean community and was established solely as a charitable foundation to benefit the residents of the McLean Planning District of Fairfax County.

Recent grants awarded include: Lift Me Up, $4,500 for part of a special dance floor, $3,500 towards a canopy for the outdoor playground at the Falls Church/McLean Children’s Center, $2,484 for new computer equipment for the McLean Orchestra and $5,000 for sponsorship of the McLean Project for the Arts ARTFEST in October.

Also, Save the Date for April 16, 2016 for Gala Benefit: “A Night of Magic” which promises to be a glorious evening with dinner and entertainment at a local McLean home.

Cajun Barbecue and Silent Auction at Claude Moore Colonial Farm

The Claude Moore Colonial Farm, a privately operated and funded National Park, and living history museum, is holding a Cajun Barbecue and Silent Auction Fundraiser on Friday, Oct. 2 from 6 to 9 p.m. at the Pavilions of Turkey Run in McLean. The menu features dry rubbed, slow cooked pork barbecue, grilled marinated chicken, farm to fork vegetables including zucchini, squash and broccoli, cole slaw and tossed salad, and warm peach cobbler. Cash bar features cold beverages including wine, beer and soft drinks. Silent auction, live music, 18th century dancing and beer tasting.

Adults and children: $35; Farm volunteers: $25; children under 6 free. Advance prepaid reservations required at: www.1771.org/silent-auction

McLean 5K Run with the Warriors to Be Held Oct. 3

The fourth annual McLean 5K Run with the Warriors will be held on Oct. 3 in support of local Wounded Warriors. All proceeds benefit Wounded Warrior Transitional Housing at Vinson Hall. McLean 5K announces a partnership that appoints Under Armour as the official outfitter of the runners of the McLean 5K. Last year, more than 1,000 runners came out and the event raised over $53,000 for Wounded Warrior Transitional Housing at Vinson Hall. All proceeds from the McLean 5K Run with the Warriors will be used to support the Wounded Warrior Transitional Housing at Vinson Hall.

All proceeds from the McLean 5K Run with the Warriors will be used for the Wounded Warrior Transitional Housing at Vinson Hall. In 2012, Navy Marine Coast Guard Residence Foundation merged their Run With the Wounded Warriors 5K, with co-host CENTURY 21’s McLean 5K to become the McLean 5K Run with the Warriors. In July 2015, Under Armour joined to become the third partner of the McLean 5K.

Since 2003, thousands of young men and women have been wounded in the line of duty. After discharge from inpatient treatment at Walter Reed National Military Medical Center, they continue on active duty while going through a very thorough evaluation period. At this point in their recovery, many wounded warriors seek housing which is suited to their rehabilitation needs. NMCGRF is investing in our wounded warriors by providing handicapped accessible apartments that are designed to support them through their transitional period in a McLean location.

Faith Notes

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

The Great Falls United Methodist Church will hold their annual Fall Bazaar on Saturday, Sept. 26, 2015 from 8 a.m. to 1 p.m. at 10100 Georgetown Pike, Great Falls (703-759-2705). Come enjoy a barbecue dinner (11 a.m. - 5 p.m.) with dessert and beverage for $10. There will be a silent auction, crafts and curios, baked goods, youth toys and activities, clothes and sports equipment, jewelry and scarves, used books and previously owned hand tools/hardware for sale, and more.

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. Sunday, 6 p.m. Communion offered. No childcare: 703-938-2119 or www.elcvienna.org.
When Carol Baker cried, no one heard her. She and a classmate were alone in the girls locker room, and as Baker, then an eighth grade student, tried to leave, her classmate grabbed her gym shirt and pushed her into a locker. They weren’t fighting over anything in particular and Baker didn’t sustain any physical injuries.

“I was awkward and easily intimidated,” said Baker. “I was an easy target for someone who got pleasure out of scaring other people.”

As she describes her pubescent encounter, Baker is still visibly shaken, even though the encounter happened more than 30 years ago. It could just as easily happen to her two children — a daughter in fifth grade and son in eighth grade — today. Bullying remains a real issue in schools, and from smart phone apps to in-school programs, there are a plethora of initiatives to address and prevent it.

“Most researchers agree that bullying is an intent to cause harm,” said Michele Garofalo, Ed.D., chair of the Department of Counseling and school counseling program director at Marymount University in Arlington. She is an expert in bullying, adolescent stress and character education.

Educators describe bullying as unwanted, aggressive behavior that is repeated and occurs where there is an imbalance of power, either real or perceived.

However, it’s important to know the difference between teasing, exchanges between two people who simply don’t like each other, and outright bullying. “Teasing can be hurtful, but the intention may not be to cause harm and an imbalance of power might not be there,” said Garofalo, who also has a private therapy practice.

When offering in-the-moment strategies for addressing bullies, Garofalo says children’s well-being comes first. “Most importantly, students should consider their safety,” she said. “If they feel they are in danger, they should quickly leave the area and go to a safe place and tell an adult — school counselor, teacher, administrator, parent. Students should not stay and fight back.”

Bullying is most likely to peak in sixth through ninth grades. “The early teen years is when it emerges, when there is a lot of identity development,” said Amy Best, Ph.D., chair of the Department of Sociology and Anthropology at George Mason University in Fairfax. Her research focuses on the study of youth identity formation, youth well-being and social inequalities.

“Peer groups assume much greater importance for kids and kids are more self aware than they had been previously. There’s not a lot of cross-gender or cross-race bullying.”

If parents suspect a child has fallen victim to bullying, it helps if they already have open lines of communication and their kids feel comfortable talking to them. An effective dialogue is crucial when it comes to addressing the problem.

“The hard part is when kids don’t want to talk about it, but parents should have on-going conversations with their kids,” said Best. “It’s useful to be able to create spaces where kids feel comfortable sharing.”
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Education redefined.
From Page 8

ONE ROADBLOCK to assessing a potential bullying situation is when a child is reluctant to share or talk. Unfortunately, this is particularly common among the same age group most susceptible to bullying. "Yes and no questions won’t glean the best information," said Lauren Keller, Lower and Middle School counselor at Bullis School in Potomac, Md. "Instead, parents should ask questions about relationships and times of day, such as: 'Who did you sit with at lunch? What did you do during recess and who were you with? Is there anyone you would like to make plans with for this weekend?'

A new phone app comes to the aid of parents who might find initiating a conversation with their child daunting. It’s called Know Bullying, and it offers conversation prompts, tips for preventing bullying and warning signs that a child might be a victim or a bully.

Local school districts and private schools have antibullying policies and plans in place. St. Stephen’s & St. Agnes School in Alexandria hosts groups such as Lunch Bunch and Courageous Conversations, which are forums where "students can talk candidly ... about their daily hopes and challenges," said Linda Stratton, director of communications at the school. "These groups also take leadership in fostering a community of respect."

Experts also urge parents to contact school counselors, administrators and classroom teachers to report bullying and to obtain more information. "If parents believe their child is a victim, they should consult the school counselor or mental health professional who can work with the child to examine feelings and come up with strategies to help the child cope," said Garofalo, who also advises parents to be vigilant for signs of depression, anxiety and suicidal ideation. If any of those danger signs appear, they should immediately contact a mental health professional who can work with the child to examine feelings and come up with strategies to help the child cope. "One of the first things we hear from students is that they shut off when they hear the word ‘bully,’" said Erin O’Malley, dean of student services at Bishop O’Connell High School in Arlington. "And we want the students to listen to us."

"Most kids don’t want to be bullies," added Braverman. "Addressing specific actions and behaviors allows the kid to think, ‘I’m a good person and I can modify these behaviors.’ As an administrator, I have no problem calling your parents at work and telling them to come and pick you up. I’ll help you change your behavior in any way I can, but if you do it again, you’re going home.

Additionally, it is good for adults to focus on all parties involved in bullying. “There are three actors: the bully, the victim and the bystanders,” Braverman continued. "The great irony is the bystanders are the ones who hold all the power."

Braverman knows this from experience. "The best class I ever graduated in 8th grade was the worst class I had in 6th grade. There were two boys in the class and for years one bullied the other, and one day one it stopped when [the victim] stood up to [the bully]. He got other kids to stand with him while he did it. If a powerful bystander stands next to the victim, the problem would stop immediately." Garofalo is about to embark on a research project to study the role of bystanders in bullying situations. Parents can also turn bullying situations into teaching opportunities, says Best. “Learning to deal with conflict and confronting problems are important life skills. Listen to kids first and then map out a plan of action."

Ending Bullying

Bullying Resources

Know Bullying phone app:
http://store.samhsa.gov/apps/knowbullying/index.html
http://www.stopbullying.gov/
http://www.stopcyberbullying.org/
http://www.tolerance.org/
http://character.org/key-topics/bullying-prevention/

Fairfax County Public Schools:
http://www.fcps.edu/dss/ips/ssaw/violenceprevention/bullyinginfo/definition.shtml

Virginia Department of Education:
http://www.doe.virginia.gov/support/prevention/bullying/

AVOIDING LABELS also helps when confronting the child who is suspected of bullying. “One of the first things we hear from students is that they shut off when they hear the word ‘bully,’” said Erin O’Malley, dean of student services at Bishop O’Connell High School in Arlington. "And we want the students to listen to us."

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Cancun, Mexico All-Inclusive Resort • Nov. 7-14...$1,349
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Azalea Festival in Norfolk • April 21-24...$650
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Milton Theatre, McLean Community Center

SEPT. 18 – OCT. 3, 2015

WEDNESDAY/SEPT. 16

Jammin’ Juniors Concert. Two of a Kind. 12:30 p.m. McLean Central Park, 1468 Dolley Madison Blvd. Free admission.

Toddler Tales. 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Stories and activities for you and your toddler. Age 2-3 with adult.

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

THURSDAY/SEPT. 17

Oakton Book Discussion Group. 7 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Come and join Oakton’s book discussion group. The September selection is Orphan Train by Christina Baker Kline. Adults.

“Not Just for Teens” Adult Book Club. 7 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Are you an adult who loves YA lit? If so, join us for discussion, fun and dessert. September’s title will be “Marcelo In The Real World” by Francisco X. Stork. Adults.

Reading Buddies. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Grab a buddy! Teen Volunteers available to read to or with beginning readers. Ages 3-9.

FRIDAY/SEPT. 18

Back-to-School Party. 7-10 p.m. Old Firehouse Teen Center, 1440 Chain Bridge Rd., McLean. $35/$25 OFTC members.


SATURDAY/SEPT. 19

STEM Project. 11 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. National Honor Society tutoring project in STEM subjects for elementary students.

NAMIWalks Northern Virginia. 9-11 a.m. Tysons Corner Center, Fashion Boulevard. The walk will help raise awareness and support programs that offer help and hope to people living with mental health conditions and family members.

Beer, Bourbon & BBQ Festival. 12-6 p.m. Lerner Town Square at Tysons II, 8025 Galleria Drive. A great day of beer sippin’, bourbon tastin’, music listenin’, cigar smokin’, and barbecue eatin’.

Ice Cream Social Fundraiser. 4-7 p.m. Nottoway Park, shelter 1, 9610 Courthouse Road, Vienna. An ice cream social fundraiser to raise money for Girl Up, a United Nations Foundation campaign that works to empower adolescent girls in developing countries.

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

Great Falls Farmers Market. 9 a.m.-
**CALENDAR**

**From Page 12**

1 p.m. Year round. Great Falls Village Centre, 778 Walker Road, Great Falls. [http://greatfallsfarmersmarket.org](http://greatfallsfarmersmarket.org)

**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/SEPT. 20**

**Artist Reception.** 5-7 p.m. 1st Stage in Tysons, 1524 Spring Hill Road, Tysons Corner. Artist reception with featured 1st Stage gallery artist and curator, Deborah Conn. Performance tickets are: $30 tickets, $26 seniors (65+), $15 students and military. Purchase online at: [www.1ststagetysons.org](http://www.1ststagetysons.org) or 703-854-1856.

**Food for Others Tyson 5K.** 9:30 a.m. 7925 Jones Branch Drive, McLean. The second annual Tyson 5K organized by Food for Others volunteers to benefit Food bank. Last year they had approximately 200 participants and raised over $9,000. This event allows people who live and/or work in Tysons to support less fortunate neighbors while enjoying a great run or walk.

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

**Country Western Dance.** 4-9 p.m. Colin Run Dance Hall, 10201 Colvin Run Road, Great Falls. Dancing to “The Bastards of Twang Band.” Versatile, popular band of seasoned pros will keep you moving to a wide range of new and classic country tunes. $20.

**MONDAY/SEPT. 21**

**Tiny Tots.** 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Join us for a fun, interactive, storytelling time featuring stories, rhymes and songs. Ages 13 - 23 months with adult.

**Legos in the Library.** 3 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Get creative with Legos. Legos provided. Ages 5-12.

**TUESDAY/SEPT. 22**

**Snakes in the Library.** 4 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Great Falls National Park presents a program on snakes. Age 6-12.

**WEDNESDAY/SEPT. 23**

**Treasured Two-Fives.** 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. An early literacy enhanced storytime featuring stories, rhymes and songs. Age 2-5 with adult.


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

**THURSDAY/SEPT. 24**

**Starlight Storytime.** 7 p.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Wear your favorite pajamas as we learn about these nocturnal and on missing art and music during Fall Bazaar.

**Patrick Henry Book Club.** 1 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Recent title change: “All the Light We Cannot See” by Anthony Doerr. Adults.

**STEM Project.** 4:30 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. National Honor Society tutoring project in STEM subjects for elementary students.

**Talk on Writing.** 2-3 p.m. Books a Million, 1451 Chain Bridge Road, McLean. Local Author Hélène Martin will talk about her novel of suspense, “The Lost Concerto.” She will focus on inspiration, character and plot, and on missing art and music during World War II.

**Fall Bazaar.** 8 a.m. - 3 p.m. Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls. A silent auction, crafts and curios, baked items, youth toys and activities, clothes and sports equipment, jewelry and scarves, used books and previously owned hand tools/hardware for sale and more.

**Halloween Happening.** 11 a.m. - 2 p.m. McLean Community Center, 1234 Ingleside Avenue, McLean. This indoor-outdoor festival features live entertainment, craft projects and games that celebrate the change of season. $5 per person/Free for children 13 months and younger. For children ages 3-8.

**MONDAY/SEPT. 28**

**Healthful Eating.** 2 p.m. Brightview Great Falls, 10200 Colvin Run Road, Great Falls. The community is partnering with Sahal, a local organic market in Great Falls to present an interactive, wellness presentation on Healthy Eating.

**TUESDAY/SEPT. 29**

**Canasta Group.** 12:30 p.m. Oakton Library, 10304 Lymhnseh Place, Oakton. Enjoy socializing while you play Canasta with this weekly group meeting. Adults.

**WEDNESDAY/SEPT. 30**

**Fall for the Book: Peter Straub.** 7:30 p.m. McLean Community Center, 1234 Ingleside Avenue, McLean. Author Straub will thrill fans with a reading of his work.

**Busy Beavers.** 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Did you know that there are beavers in our creeks and ponds? Do the beaver dance, listen to some stories and make a beaver dam as we learn about these nocturnal animals.
Week to Week

By KENNETH H. LOUIE

As much as I’d like to write a new and different, non-cancer column this week, I’m afraid I can’t. The reason being, other than the obvious (I am who I am), is that this happens to be my cyclical post-chemo week when the side-effect eating challenges that knock me off my creative balance have indeed done so again. Consequently, I am consumed emotionally, by my own struggles and find it difficult to get out of my own way and introspect backward or forward. Unfortunately, this is the week, every third week in fact, the week immediately following my chemotherapy, when I am less in control of my actions/some of my behaviors than usual and stick more in the present imperfect. It’s not pretty nor is it resolvable, apparently.

What happens is that a few days after my Friday infusion, the thought of food, the consumption of food, the taste/after-taste of food, anything and everything to do with food, becomes increasingly less appetizing (figuratively and literally). Nothing interests me. Nothing satiates me. Nothing pleases me. Nothing does anything for me except make me miserable, discouraged and disappointed. Moreover, since I’m not eating/eating very little, there’s minimal fuel in the tank (so to speak) so my energy level, initiative, follow up/follow through suffers accordingly. This lack of drive/lack of overall satisfaction leads to a malaise/type of depression that is now familiar but unfortunately not any more manageable. Because of these circumstances I am often fatigued during the day and thus feel compelled to take a nap. Since I nap during the day, I then find it difficult to fall asleep at night. When I finally do fall asleep, it is late at night/early in the morning so when my 6:30 a.m. alarm goes off the next day (life goes on), I am tired, yet I have to get up. Then the symptoms I’ve previously described are complicated by this new pre-existing condition. Then I start my day already stuck in neutral. Other than going with this non-flow, and trying to not beat myself up over a condition/effort I didn’t cause and one I can’t control, I don’t know whether to write off the week (no pun intended) or work through it in some way or another and try not to be miserable.

Granted, the context is not lost on me; I am alive and reasonably well, for the moment; two-plus years since I began this particular protocol and two years as well since I was hospitalized in surgical intensive care for one week, but this is the price I must pay. Two weeks out of every three I – as well as my eating habits, are relatively normal (no comments from the peanut gallery, please!), but not the third week. If this is how I must live my life, so be it. It doesn’t make me happy, but neither does it seem to be killing me–only making me hungry, tired, unhappy and unproductive. It’s not ideal but it is a living. And “living” sure beats the alternative. No worries, though, I’ll manage to make the best of it, somehow; even during the worst of it.
16 RE Services

FREE BOOK:
Selling Goods due to downsizing/estate settlement. Only 80 available. Contact MaxSold Downizing/Estate Services: 202-350-9088, easy@maxsold.com or MaxSold.com/book by Nov.15

26 Antiques

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Energetic and friendly individual needed for busy backyard nature store in the Reston area. Must have knowledge of backyard birds and be customer service oriented. 15-20 hours per week. 703-403-1283

16 RE Services

10 Elderly Care

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OVER 75 HOMES SOLD SO FAR THIS YEAR!

6303 Hardy Drive
McLean, VA
$799,000
ABSOlutely beautiful 4BR/3 full bath home featuring renovated kitchen (2012) with granite, tile backsplash, box window, and eat-in space; sparkling hardwoods throughout the upper level; updated HVAC, plus updated washer and dryer; updated roof and the home has been newly painted! Lovely formal dining room with chair rail & wainscoting—perfect for entertaining! Elegant living room w/ fireplace & French door walkout to full house length balcony; inviting recreation room with Berber carpet and fireplace; gorgeous landscaped 1/4 acre lot; super Potomac Hills location! Close to DC, Tyson’s, shopping and schools!

2601 Babcock Road
Vienna, VA
$880,000
Fabulous reminder of yesteryear—this lovely 3 bedrooms/2 full baths Sears and Roebuck classic has been lovingly maintained and features 2003 kitchen bump-out and remodeled elegant living room with built-ins and fireplace with French door walkout to wonderful screened-in porch—great for entertaining; separate formal dining room; spacious master bedroom suite; updated roof; hardwood flooring throughout; separate renovated guest house/office on lot features living room, bedroom and bath; detached 2-car garage; HUGE, level yard on OVER an ACRE!

5601 Kerns Court
Falls Church, VA
$669,000
Wonderful 4 bedroom/3 full bath home with fabulously updated kitchen ('15) including quartz counters and stainless steel appliances; beautiful hardwood floors; 4 spacious bedrooms; lovely owner’s suite with full bath and his/her closets; light/bright sunroom off the owner’s suite; new carpet in oversized lower level, plus wet bar, fireplace and full bathroom with potential guest space; new luxurious pergola and patio ('14); newly painted interior and exterior ('14); beautifully landscaped yard on over half an acre; private driveway and 2 car garage in private cul-de-sac location!

I am never too busy for your referrals!