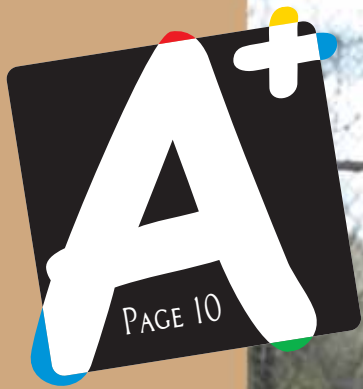


# Vienna Stars Shine

SPORTS, PAGE 17

Victory Pyramid for Vienna Stars 10U. Top of the pyramid (L to R): Dannica Wiggins (Bristow) and Emma Kate Appleton (Great Falls); next Grace Hausamann (South Riding), Lauren Chi (Lansdowne) and Sarah Semko (Great Falls); bottom row, Daniella Lew (Potomac, Md.), Sydney Snider (Warrenton), Katelynn Park (Vienna) and Katie Kutz (McLean), Callie Keys (Leesburg) at the bottom.



## Vienna Commemorates 9/11

NEWS, PAGE 3

## Citizens on Parks: More Open Space

NEWS, PAGE 4





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PHOTOS BY DONNA MANZ/THE CONNECTION

**Hand-over-heart or salute, guests honored the nation's flags and National Anthem.**

## Commemorates 9/11

**American Legion Post 180 of Vienna hosts annual "A Day to Remember" program.**

**O**n a morning much like that of Sept. 11, 2001, the Vienna community commemorated the 14<sup>th</sup> anniversary of the terrorist attacks in the United States. In New York City, Arlington, and Shanksville, Penn., thousands of ordinary people and extraordinary heroes died as hijacked aircrafts plowed into iconic buildings and a lone field. American Legion Post 180 of Vienna hosted the annual "A Day to Remember" program on the lawn of Freeman House at 9 a.m. on Friday, Sept. 11. Vienna resident and Immediate Past National Commander

of the American Legion Dan Dellinger shared his recollection of Sept. 11, 2001, as he and his wife waited in the Cannon Building when the planes hit.

"Surely, no nation in history has provided such opportunity for both individual freedom and quality of life to all of its citizens," said Dellinger. "And, just as surely, no nation in history has given so much and been of such positive benefit to the other nations of the world."

More than 50 guests sat or stood at attention as the visiting American Legion Honor Guard presented the colors, and the



**Vienna resident and Immediate Past National Commander American Legion Dan Dellinger gave the keynote address at American Legion Post 180 "A Day to Remember" program on Sept. 11, 2015.**

Vienna Choral Society sang the National Anthem. Even walking or jogging through the Town Green paused during TAPS.

Town of Vienna Mayor Laurie DiRocco, Town Council members Edythe Kelleher, Howard Springsteen, Carey Sienicki, Linda Colbert, and Tara Voight, as well as State Del. Mark Keam and Town Manager Mercury Payton sat behind the podium.

The bell of Vienna Presbyterian Church chimed at 8:46 a.m., calling to mind the moment that American Airlines Flight 11 struck the World Trade Center's North Tower. Vienna Mayor Laurie DiRocco read the Town of Vienna's proclamation pro-

claiming Sept. 11 "A Day to Remember," memorializing those whose lives were "suddenly, without cause, and pointlessly taken from them ... May they forever rest in peace and abide in our memories."

Dellinger made note that life as we knew it before Sept. 11 is no more. "The determination of our enemies to attack us, to knock down our towers – and, by doing so, to cripple our inspiring American influence – is actually their twisted acknowledgement of American's great and enduring value to the world," Dellinger said.

— DONNA MANZ

## Leadership Fairfax Appoints Karen Cleveland as New President and CEO

Leadership Fairfax (LFI) Chairman, Brian Monday, announced the appointment of Karen Cleveland to the position of president and CEO. Cleveland has been serving as Interim CEO following the resignation of Elizabeth Murphy who left the organization to accept the position of executive director of the Fairfax County Education Foundation.



PHOTO CONTRIBUTED  
**Karen Cleveland**

"Karen's comprehensive knowledge of management, servant leadership and successful community engagement will be invaluable as we embark on a new, expanded strategic direction within LFI," said Monday, LFI Chairman and the Re-

gional President for TD Bank, Metro D.C. and Carolinas region. "She's an impactful community leader with a deep understanding and vision for LFI's future."

Prior to stepping in at LFI, Cleveland was a principle in The Cleveland Group, her own leadership coaching and consulting company, where she worked with corporate executives and consulted with organizations in the nonprofit sector to improve, develop and grow their leadership po-

tential. Previous to the Cleveland Group she served as CEO of Habitat for Humanity of Northern Virginia where she was known as a visionary leader and was credited with

growing the organization into one of the most respected charitable organizations in the Metro DC area. Cleveland has served on numerous Northern VA Boards and last year as the Chair of the Greater Reston Chamber of Commerce.

"I am thrilled to be working with such a dynamic group of Fairfax leaders to expand our mission to be the convener of conversations about critical issues affecting Fairfax County. This is such a natural extension of our mission of developing and connecting community leaders through three experiential training programs. With over 1,600 Alumni Leaders we are perfectly positioned to come together to affect positive change and impact the community in a meaningful and beneficial way," stated Cleveland.

Leadership Fairfax (LFI) is a nonprofit corporation dedicated to finding, training

and growing leaders in Northern Virginia. Through its three programs – Leadership Fairfax, Inc. (LFI), Emerging Leaders, Inc (ELI), and Lifetime Leadership Program (LLP) – LFI seeks to build and connect leaders who raise the tide not only in their local community but in the whole of Northern Virginia. Graduates represent a diverse alumni in the arts, business, education, government, health, religious and social service sectors. Alumni from all three programs become part of and stay connected to a fast growing network of like-minded leaders. Leadership Fairfax is nonpartisan and inclusive. Leadership Fairfax is located at 8230 Old Courthouse Road, Suite 100, Vienna. For more information, visit [www.leadershipfairfax.org](http://www.leadershipfairfax.org) or call 703-752-7555.



# More Open Space

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

BY KEN MOORE  
THE CONNECTION

**F**airfax 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.

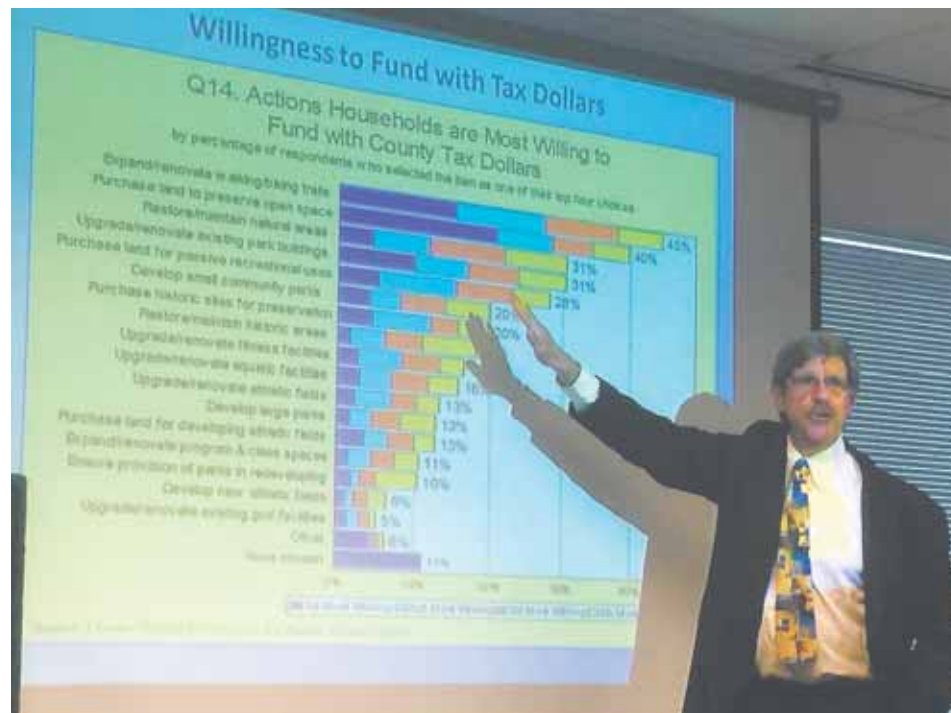
The percent of Fairfax County households that have used the parks in the past year increased to 87 percent, up from 76 percent in 2004 and 82 percent in 2000. The national benchmark is 79 percent, said Vine.

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



**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.**

walking and biking trails, the purchase of land to preserve open space, restoration of natural areas, and upgrading and renovation of existing park buildings.

Vine, who conducts surveys across the states, called the Fairfax County survey the

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.



**Volunteer puppy-raiser Erin Scranton watches with her puppy, Smith. Scranton was the top individual fundraiser, collecting more than \$11,000 for the cause.**

## Walk ‘N’ Roll Fundraiser for Canine Companions for Independence

Canine Companions for Independence (CCI) held their 2nd DogFest Walk ‘N’ Roll fundraiser event in Arlington this past Saturday. Despite the rain, the event had a large turnout and vendors lined the festival space with free samples, raffle prizes, and more. There were service dog demonstrations and contests for partici-

pants’ dogs such as “Best Trick” and “Best Dressed Dog.” The event raised more than \$63,600, which will go toward the nonprofit organization CCI and will be used to place a highly trained assistance dog to a person with disabilities.

— NIKKI CHESHIRE



**Veteran Captain Gavin White with his service dog, Stuart IV, address the audience about how much having Stuart has changed his life. Other keynote speakers featured at the event were Dr. Katy Nelson of The Pet Show with Dr. Katy (left) and Deb Dougherty, executive director of Canine Companions for Independence’s Northeast Region.**



**Canine Companions for Independence hearing dogs Luna and Turf are always on alert for their handlers.**



**Several awards were handed out to the outstanding fundraisers, including Jack, the event’s youngest fundraiser. He celebrated his achievement with his mother, Laurie Rafferty.**



## The Vienna Community Center Groundbreaking Ceremony

The Parks and Recreation Department will host a ceremonial groundbreaking for the renovation and expansion of the Vienna Community Center on Thursday, Sept. 17 at 4 p.m. Anyone who is interested in attending the ceremony, which will be held at 120 Cherry Street SE, should RSVP to the Acting Director of Parks and Recreation, Amy-Jo Hendrix at [ahendrix@viennava.gov](mailto:ahendrix@viennava.gov).

First established as a pivotal part of Vienna in 1966, the Community Center has been renovated three times (1968, 1988, 1998). Since the completion of the Community Center Feasibility Report in 2012, The Lukmire Partnership has spearheaded the operation as the lead architectural and engineering firm. After approval from the Town Council on Aug. 24, the construction contract was awarded to Keller Brothers, Inc. The duration of the project is currently estimated at 18 months.

## Freeman Store and Museum to Participate in Afternoons on Church

Historic Vienna (the Freeman Store and Museum), 131 Church Street, NE will participate in the next Town of Vienna Afternoons on Church, Sunday, Sept. 27, from 1 to 5 p.m. The theme of the Church Street event is "Mugs and Mums," with a wide variety of entertainment, food, and wine and beer tastings available, as well as a moonbounce, balloon animals, face painting and more for the kids.

The Ayr Hill Garden Club will present a variety of plant related activities, and "Mr. Abram Lydecker" (HVI Board Member Jon Vrana) who built the Lydecker Store in 1859, and perhaps "Mrs. Lydecker" as well, will be on hand to discuss local 19<sup>th</sup> century agriculture.

The Freeman Store will offer free homemade mint chip ice cream, and there will be vintage items and used books for sale as well as a brand new assortment of gifts and a selection of old-fashioned candies.

SEE WEEK, PAGE 6

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# NEWS

**Family Fun Day for “Growing Hope” offers activities for children, and music and free refreshments for all. Fundraising vehicles include raffles and an auction.**



PHOTOS BY DONNA MANZ/THE CONNECTION

## Family Fun Day for ‘Growing Hope’

**Optimists’ annual event comes to the Town Green on Sept. 19.**

The Optimist Club of Greater Vienna hosts its 10<sup>th</sup> annual Family Fun Day on behalf of “Growing Hope,” in support of children diagnosed with cancer and their families, on Saturday, Sept. 19 on the Vienna Town Green. Family Fun Day, aimed at providing a day of relief to children fighting cancer, doubles as a local fundraiser, as well. The free event runs from 10 a.m. to 1 p.m.

“This is a local event supporting kids in-need in the local community,” said Optimist and “Growing Hope” committee chair, Anna Ryjik. “Supporting local children is an Optimist goal in itself.” Ryjik said the local angle is something that drew in sponsors such as BB&T Bank, Manna Capital Management, and Johnson Robinson CPAs.

Family Fun Day for Growing Hope offers live musical entertainment, free refreshments, a face painter, balloon artist, and a live auction and raffle to raise money for “Growing Hope.”

Local businesses and individuals, particularly generous donors belonging to the Vienna Optimists, sponsor the event and the Optimists’ programs. Ninety percent of funds raised goes directly to “Growing Hope,” a Northern Virginia nonprofit resource supporting families going through cancer treatment. “Growing Hope” works in partnership with Northern Virginia pediatric oncology offices.

The resources of “Growing Hope” are free, from a day at an amusement park to pizza parties. The remaining 10 percent is directed to pediatric cancer research at Johns Hopkins. The Vienna Optimists service organization has raised more than \$350,000 for childhood cancer research and “Growing Hope” since 2006.

For more information on Family Fun Day or to learn about the Optimists’ mission to help youth, go to [www.optimistsclubofgreatervienna.org](http://www.optimistsclubofgreatervienna.org).

— DONNA MANZ



**Teachers, elected officials, volunteer to be “dunked” for a small donation.**

### WEEK IN VIENNA

FROM PAGE 5

## A Buffet Breakfast at Vienna American Legion Post 180

A Buffet Breakfast will be held on Sunday, Sept. 20 at Vienna American Legion Post 180, 330 Center St., N.

Adults \$9, children 12 and under \$3. There will be omelets, scrambled eggs, blueberry pancakes, sausage, bacon, biscuits,

sausage gravy, fruit and home fries. For more information, call 703-938-6580.

## Historic Vienna to Hold Fall Membership Meeting

The Historic Vienna, Inc. Fall Membership Meeting will be held on Monday, Oct. 5, at 7:30 p.m. in the Council Chamber of the Town of Vienna Town Hall, 127 Center Street, South. A brief business meeting will open the

meeting, and will include the presentation of the HVI Volunteer of the Year Award.

The speaker for the evening will be author and Vienna resident Nedda Thomas who will talk about her new book, “Hump Pilot,” a narrative that flashes between the life of her father, Army Air Corps Pilot Ned Thomas, and events of World War II, as American aviators confronted the dangers of their missions flying over the highest mountains on Earth – the vast, mythic, murderous Himalayas – the Hump. A question and answer period will follow the presentation. The Membership meeting is free and open to the

public. Refreshments will be served.

Historic Vienna, Inc., is the nonprofit organization established by the Vienna Town Council in 1976, to preserve and promote Vienna’s heritage through the identification, preservation, and interpretation of historically significant places, events, and persons; educate the public through permanent and revolving exhibits, outreach programs, special events and publications; and enhance a spirit of community through an awareness of Vienna’s past. HVI operates the Freeman Store and Museum on Church Street in Vienna.

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PHOTO CONTRIBUTED

## 'Sun-drenched Amalfi'

At the Vienna Art Center, on Sept. 6, Lu Cousins, center director [right], and well-known artist and Vienna Arts Society member Davi M. D'Agostino, delivered a commissioned oil painting titled "Sun-drenched Amalfi" to an esteemed client. The client and artist worked closely together on adjustments to a photo reference, and communicated well throughout the creative process, with great results.

### FARMERS MARKETS

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**Oak Marr Farmers Market.** 8 a.m. - noon.  
Wednesdays, May 6- Nov. 18. Oak Marr Park & RECenter, 3200 Jermantown Road, Oakton.  
<http://www.fairfaxcounty.gov/parks/farmersmarkets/viennamkt.htm>

#### THURSDAYS

**Herndon Farmers Market.** 8 a.m.-12:30 p.m.

Thursdays, May 7-Nov. 12. Twelve Vendors sell a variety of products including kettle corn and fresh made Italian pasta. Old Town Herndon, 700 Block of Lynn St., Herndon.

**Fairfax's Government Center Farmers Market.** 3-7 p.m. Thursdays, May 7-Oct. 29. Ten vendors including a Middle Eastern delicacy bakery and custom organic ice cream shop. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. [www.fairfaxcounty.gov/parks/farmersmarkets/governmentcentr-mrkt.htm](http://www.fairfaxcounty.gov/parks/farmersmarkets/governmentcentr-mrkt.htm)

## Community Shredding Day

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# OPINION

## Treatment Denied Syndrome

**Natasha McKenna's blood is on all of our hands.**

BY PETE EARLEY

**N**atasha 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 INOVA hospital at 12:30 p.m., only to reappear at another INOVA emergency room at 10 p.m. on the same day. The medical personnel'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 disputed Morrogh's characterizations. 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 suggested 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. Thanks to Dr. Posthumus and Prosecutor Morrogh, McKenna is not only the victim but 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.

*Pete Earley is author of 13 books including the New York Times bestseller "The Hot House" and the 2007 Pulitzer Prize finalist "Crazy: A Father's Search Through America's Mental Health Madness;" former Washington Post reporter, a resident of Fairfax, and a member of the Fairfax County Ad Hoc Police Practices Review Commission.*

### COMMENTARY

### LETTERS TO THE EDITOR

## Democracy in Action in School Board Race

To the Editor:

This fall, after almost 20 years of receiving campaign literature on Back to School Nights, I am handing out campaign information to potential voters. My husband, Tom Wilson, is running for the Fairfax County School Board seat in Sully District, which includes areas such as Oakton, Centreville and Chantilly.

For many weeks I convinced myself that I was too soft-spoken and not assertive enough to en-

gage people in the School Board race and to explain to them why they should vote for Tom.

Finally, seeing how many schools Tom had to cover with volunteers for Back to School Nights, I put aside my excuses and went out to campaign.

I arrived at my appointed school to find a small group of other politicians and their supporters starting to gather in front of the school.

In the lulls between waves of parents, the political types greeted

old friends and discussed a variety of local, state, and national political issues. I was quickly introduced to everyone, no matter what political party they belonged to. Most of the parents were kind enough to stop and take our material and make eye contact. I quickly gained enough confidence to tell people about Tom and his hopes for the Fairfax County Public Schools.

At the end of the night, one candidate exclaimed, "Ah! Democracy

## Early Detection As a Key

To the Editor:

I have always loved my big sister. Like most little sisters, I took her presence, and the often-unsolicited advice that can only come from a big sister, for granted. Now that ovarian cancer is threatening to take her from me, I realize that being Denise's little sister provides me with comfort and strength.

Because early detection is so critical to survival when fighting ovarian cancer, we want to warn

everyone. We were blissfully unaware of the danger and unaware that, because there is no screening test for ovarian cancer, our annual physicals were not enough. We were unaware that the number one cause of gynecologic deaths is ovarian cancer or that 1 in every 75 women will develop ovarian cancer. Denise is one of the 85 percent of women who are diagnosed after the cancer has metastasized because the symptoms

are so vague. By the time she was diagnosed, the cancer had spread beyond her abdomen. When ovarian cancer is detected before it has spread, nine out of 10 women will survive for more than five years. Only 15 percent of ovarian cancer cases are diagnosed early. As I support Denise in her fight, she is still providing me with comfort and demonstrating how to be strong. We are sharing our story during September, which is Ovarian Cancer Awareness Month, because we want to spare other fami-

lies from this terrible fight. We hope that, throughout the year, the color teal will remind you of the danger and your need to be vigilant. If you have any of these symptoms: bloating that is persistent; eating less and feeling fuller; abdominal pain; urinary symptoms; please be proactive, see your gynecologist, ask for a transvaginal ultrasound; a pelvic/rectal exam; and a CA-125 blood test. Do it for yourself and for the people who love you.

**Kerry Wilson**  
Oakton

**Laura Forte**  
Great Falls

Vienna & Oakton  
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# Theater And Visual Arts Thrive at 1st Stage

As 1st Stage prepares to open a new season, local watercolorist Deborah Conn opens a visual art installation, "Figuratively Speaking," on 1st Stage's Gallery walls. "I'm drawn to people, faces and emotions", said Conn, who also does portraits on commission. Her portraits are generally done from photos, which she says "capture an instant of emotion not accessible when someone models." A traditional watercolorist since 1998, Conn uses other media on occasion. "I like textures and patterns," she said.

Conn's work can be viewed in the front lobby gallery at 1st Stage during the run of E.M. Lewis' "Now Comes the Night" (Sept. 17-Oct. 11). Conn's work will be followed by four more artists whose showings will correspond with the remaining productions in 1st Stage's season.

Patrons of the theater and others can meet the artist at a wine and cheese reception, to include live guitar music at 1st Stage on

## About the Gallery

For every play in 1st Stage's season, a corresponding installation of artwork embellishes the walls of the lobby and Gallery hall.

1st Stage works closely with local watercolorist Deborah Conn to curate and display artists' works that enhance the overall artistic experience at the theater.

The artwork corresponds with an aspect or theme of each play. "This makes the theater a great resource for other art forms in the community."- Deborah Conn

Sept. 20 from 5-7 p.m. That day will include a performance of "Now Comes the Night" at 2 p.m. and a concert by the Virginia Chamber Orchestra at 7 p.m.

Theater, music, and visual artists have a welcoming place to share their talents at 1st Stage. This September marks the beginning of the eighth season of plays of unusual depth, musicality, and humor at Tysons' first professional theater.

The outstanding artwork featured in the Gallery enhances the

audience experience at the theater.

General admission tickets for 1st Stage's season productions are \$35-\$30. Senior (65+) tickets are \$31-\$26 and student and military tickets are \$15. Subscriptions and Flex Passes are available for savings of up to 30 percent off regular price tickets. Tickets, Subscriptions, and Flex Passes can be purchased online at [www.1ststagetysons.org](http://www.1ststagetysons.org) or by calling the 1st Stage box office at 703-854-1856.



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# Ending Bullying

**Back to School: Local educators offer advice for parents on how to deal with bullying as school resumes.**

BY MARILYN CAMPBELL  
THE CONNECTION

**W**hen 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



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

**A new phone app called Know Bullying offers prompts for starting conversations about bullying, as well as warning signs and tips on dealing with the issue.**

**"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."**

**— Amy Best, chair, Department of Sociology and Anthropology, George Mason University**

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 impor-

tance 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."

SEE ENDING BULLYING, PAGE 12

# Later to Rise

BY TIM PETERSON  
THE CONNECTION

**J**ames Madison High School senior Ben Press provided firsthand testimony for the positive effect of new later start times for Fairfax County high school students.

"Your investment in our health paid off, as can be seen in the better-rested faces of thousands of high school students across the county," said Press, addressing the Fairfax County School Board in his new role as student representative at their Sept. 10 meeting.

"But our work isn't done yet," Press continued, "with middle school starting so early, we still have a ways to go until we get this absolutely right."

When schools re-opened the previous Tuesday, high schools started around eight o'clock rather than seven o'clock, the result of advocacy, community engagement and planning going back several years.

Phyllis Payne of advocacy group Start Later for Excellence in Education Proposal spoke during the citizen participation portion of the meeting, thanking the board members for their work in getting the change accomplished.

"It's just been great," Payne said, "hearing all kinds of wonderful things from

**Phyllis Payne of the advocacy group Start Later for Excellence in Education Proposal applauds School Board members for helping bring about later start times for high school students.**



people I don't know, people I do know." She went on to read a handful of glowing comments from parents who said the extra hour in the morning allowed them and their students to be feel better rested, have time to prepare and eat a more nutritious breakfast, and just feel less stressed in the morning.

Steven Greenburg, president of the Fairfax County Federation of Teachers, added that group's perspective: "The transition to later high school start times went very smoothly," he said. "Our students will know our focus is our on their care and education — an investment in the future leaders of this community, what's that worth?"

"We had a community that recognized ultimately that this was important," said Mount Vernon School Board member Dan Storck. "It really came to light in the last

**School Board reflects on first day of later high school start times.**

**School Board student representative Ben Press, a senior at James Madison High School, called the later high school start times "an investment in our health."**



PHOTOS COURTESY OF FCPS

election: Voters spoke and elected School Board members who felt this was an important thing to do. As a result we were able to bring this home."

For its first meeting of the new school year, the board had no action items on which to vote. However, its new business included introducing appointments for individuals to serve a one-year term on the Challenged Materials Interdepartmental Review Committee. The materials are library or instructional media at elementary, middle and high school about which residents may choose to file complaints.

In her superintendent's remarks, Dr. Karen Garza praised the school system for a first day that went smoothly and successfully in her view, including the new start times. "I could not be more pleased nor more proud of our wonderful FCPS employees," Garza said. "We posed this challenge,

did it for all the right reasons, and it was a great start."

For helping pull off the major change, Garza recognized the task force that worked on the project, county agencies and assistant superintendent for facilities and transportation services Jeffrey Platenberg.

"The Police Department stepped up too, set up flashing signs," Garza continued. "And all the supervisors assigned to schools, greeting kids, it was certainly a goodwill gesture."

Garza closed by referencing the community engagement meeting being held to discuss the projected \$100 million budget shortfall facing the county for Fiscal Year 2017. This week, an online tool went live that allows residents to draft their own budget and submit it for school board members and the budget task force to review.

"We're all very interested in what the community has to say," said Garza. "That's what this entire exercise is about, just allowing the community to have a voice, what they want us to take into consideration as we make these important decisions."

More information on the Budget Proposal Tool is available online at [www.fcps.edu/news/fy2017/budget-tool.shtml](http://www.fcps.edu/news/fy2017/budget-tool.shtml).





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# Ending Bullying

FROM PAGE 10

**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 children 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 anti-bullying 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 for assessment and counseling.

If parents find it necessary to contact their child’s school, the approach is important, and experts suggest sticking with specifics. “Labels are often unhealthy in some cases. Parents and other adults would do well to address the behavior in front of them,” said Peter Braverman, founder of the education group ARC Professional Development in Bethesda, Md. “As a teacher or administrator, if you say, ‘Josh is a bully,’ I can’t do anything about it, but if you say, ‘Every time my son walks into Spanish class, Josh

## 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/>

“... dumps his notebook on the floor,” then I can address it.”

**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.”

“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.”



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## CALENDAR

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### 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.

### FRIDAY/SEPT. 18

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

**McLean Farmers Market.** 8 a.m.-12 p.m. Fridays, May 1-Nov. 20. 1659 Chain Bridge Road, McLean.

## Ongoing

**"Gold Rush."** Tuesday-Saturday, 10 a.m. - 4 p.m. through Sept. 26. at Vienna Art Center, 115 Pleasant St., NW, Vienna. Artwork with "gold" as the theme.

This can be interpreted in many ways, gold colors, gold coins, golden hair, gold leaf and more. The show is open to the public, and visitors can also view small items of original art, scarves, jewelry, notecards etc. All hand made by VAS artists - great for gifts.

**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>

**"Along the Way."** Through Sept. 30 at Great Falls Library, 9830 Georgetown Pike, Great Falls. "Along the Way," Jill Banks solo exhibit of original oil painting.

**"Figuratively Speaking."** Friday-Sunday through Oct. 11 at 1st Stage in Tysons, 1524 Spring Hill Road, Tysons Corner. Portraits and figures in watercolor and mixed media by Deborah Conn. Tickets: \$15-\$30. [www.1ststagetysons.org](http://www.1ststagetysons.org).

[www.fairfaxcounty.gov/parks/farmersmarkets/mcleanmkt.htm](http://www.fairfaxcounty.gov/parks/farmersmarkets/mcleanmkt.htm)

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.smartmarkets.org/](http://www.smartmarkets.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 general admission, \$26 seniors (65+), \$15 students and military. Purchase online at [www.1ststagetysons.org](http://www.1ststagetysons.org) or 703-854-1856.

**Food for Others Tysons 5K.** 9:30 a.m. 7925 Jones Branch Drive, McLean. The second annual Tysons 5K organized by Food for Others

SEE CALENDAR, PAGE 15

## ALPHA LEADERSHIP BREAKFAST

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lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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Volunteers needed for adoption events, fostering, transportation, adoption center caretaking and more.



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## 'Gold Rush' at Vienna Art Center

The Vienna Arts Society presents "Gold Rush!," Sept. 1-26, artwork with "gold" as the theme. This can be interpreted in many ways, gold colors, gold coins, golden hair, gold leaf and much more from the imagination of the VAS members.

The show is open to the public, and visitors can also view small items of original art, scarves, jewelry, notecards etc. all handmade by VAS artists – great for gifts. Stop by the Art Center to see this exhibition.

Vienna Art Center is located at 115 Pleasant St., NW, Vienna. The exhibition is open Tuesdays - Saturdays, 10 a.m. - 4 p.m., Sept. 1 - 26. Free and open to the public.

At the VAS monthly members' meeting, on Thursday, Sept. 10, 7:30-9:30 p.m., watercolor artist Rachel Kazan will demonstrate "Textures in Watercolor." Learn fun ways to use saran wrap, salt, rubbing alcohol and gesso to make textures in watercolor that can be used for rocks, mountains, water, feathers and other highly textured objects. In addition, you can use layers of saran wrap painting to create a batik effect in watercolor.

Kazan has studied watercolor painting and drawing at the Torpedo Factory and the Pennsylvania Academy of Fine Arts and with local artists including Susan Herron, David Daniels, Gwen Bragg and Rachel Collins. She had solo shows at local venues in 2014 and 2015, and she won an Honorable Mention at the 2014 Vienna Treasury of Art show.

Free and open to the public at Vienna Art Cen-



**"Romance & Lace" Collage with Gold, by Anita Champ is featured in the "Gold Rush" exhibition.**

ter, 115 Pleasant St., NW, Vienna.  
Contact: 703-319-3971.  
www.ViennaArtsSociety.org.

## CALENDAR

FROM PAGE 14

volunteers to benefit the 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.

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

### MONDAY/SEPT. 21

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

### 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.

**Rock-A-Bye Baby.** 11:30 a.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. An early literacy enhanced storytime, featuring rhymes, stories and songs. Birth-12 months 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 and join us for stories and songs. All ages.

**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.

### FRIDAY/SEPT. 25

**OFTC Friday Field Trip: Double Feature at AMC Tysons.** 3:30-10 p.m. Old Firehouse Teen Center, 1440 Chain Bridge Rd., McLean. \$33/\$23 members.

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

### SATURDAY/SEPT. 26

**STEM Project.** 11 a.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 Helaine Mario 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.

**Aztec Two-Step: The "Second Step" Album 40th Anniversary Show.** 6 p.m. Jammin' Java, 227 Maple Avenue, East, Vienna. Renowned folk-rock duo Aztec Two-Step will celebrate the 40th Anniversary of their ever-popular 1975 RCA album release "Second Step" by performing the album straight through, in its entirety, along with other ATS favorites. Tickets: \$25-\$30.

**Harvest Happenings.** 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 36 months and younger. For children ages 3-8.

### SUNDAY/SEPT. 27

**Butterfly Crafts.** 1-5 p.m. Church Street, Vienna. As part of the Town of Vienna's, Afternoons on Church Street, the Ayr Hill Garden Club will be hosting a table featuring butterfly crafts geared for ages 3 through 6th grade. Free packages of milkweed seeds (butterfly magnets) will be offered.

### TUESDAY/SEPT. 29

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



McLean  
Community  
Center  
The Center of It All



## Here's What's Happening at MCC

### Old Firehouse Teen Center Back-to-School Party

Friday, Sept. 18, 7-10 p.m.  
\$35/\$25 OFTC members

### Alden Theatre Volunteer Usher Event

Monday, Sept. 21, 5:30-6:30 p.m.

### Old Firehouse Teen Center Friday Field Trip Double Feature at AMC Tysons

Friday, Sept. 25, 3:30-10 p.m.  
\$33/\$23 members



### Harvest Happenings

Saturday, Sept. 26, 11 a.m.-2 p.m.  
\$5 per person/Free, 36 months and younger



### Onstage @ The Alden Theatre IV: "Sleeping Beauty"

Saturday, Oct. 3, 2 p.m.  
\$15/\$10 MCC district residents

### Old Firehouse Teen Center Teacher Workday Trip Kings Dominion

Friday, Oct. 9, 9:30 a.m.-7:30 p.m.  
\$80/\$70 MCC district residents

The McLean Community Center  
www.mcleancenter.org  
Home of the Alden Theatre  
www.aldentheatre.org



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## FAITH

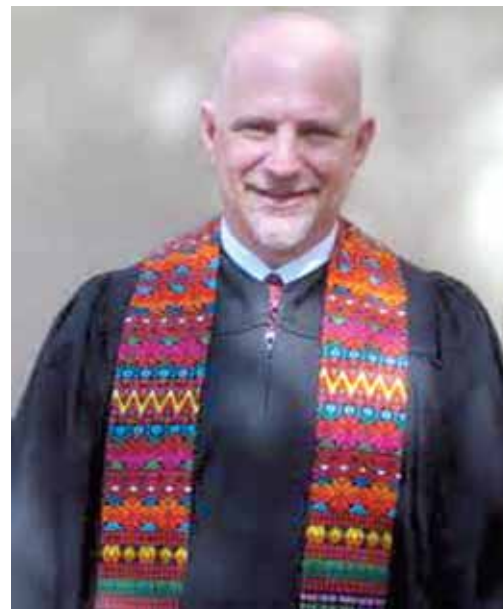
# Welcoming New Lead Minister

Former nonprofit executive, fundraiser, consultant and now Unitarian Universalist minister, Rev. David A. Miller, became the new parish minister at the Unitarian Universalist Congregation of Fairfax (UUCF) last month. After a yearlong search, members of UUCF voted to call Rev. Miller as parish minister in April.

"What a privilege it is to be called to serve this vibrant and active congregation," Rev. Miller says. "UUCF is well known for being a beacon of progressive faith in Northern Virginia and I am honored to join in the effort to bring healing, wholeness and transformation for ourselves each other and the planet."

A Chicago native who was raised Jewish, Rev. Miller was called to ministry after 25 years in management, strategic planning and business development with corporations, educational institutions and nonprofits, including the American Heart Association, the Easter Seals Society and the Children's Museum of Utah. Rev. Miller received his B.S. from the University of Utah and his master of divinity from Claremont School of Theology in California. "I became interested in pursuing my dream of ministry when I realized that being a person of faith, hope and love, channeled in the right kind of spiritual settings, can help to better the world," says Rev. Miller.

Before coming to UUCF, Rev. Miller was minister of the Unitarian Universalist Fellowship of San



Rev. David A. Miller

Dieguito in Southern California. He also previously served the San Diego County Unitarian Universalist Cluster as the ministerial coordinator of the San Diego County UU Network, as a member of the Unitarian Universalist Association's (UUA) Pacific Southwest District Ministerial Transitions Team and as a UUA district consultant for boards for strategic planning and mission/vision retreats. Rev. Miller was also a member of the Unitarian Universalist Standing on the Side of Love National Creative Advisory Team.

Rev. Miller says social justice work "is central to the work of my ministry and central to our calling as Unitarian Universalists. This work asks us to develop ways to break our cycles of anger and demonization of others. We as Unitarian Universalists have words for this: We are called to stand and act on the side of love, deep love, as we recognize the inherent worth and dignity of all people on all sides of conflicts and the broken relationships. We do this because we are connected in an interdependent web of all existence and what diminishes one diminishes all."

UUCF is a progressive faith community of more than 1,200 adults, youth and children dedicated to "transforming ourselves, our community and the world through acts of love and justice." All are welcome to attend UUCF worship services and religious education classes on Sundays at 9:15 and 11:15 a.m.

## FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to [vienna@connectionnewspapers.com](mailto:vienna@connectionnewspapers.com). Deadline is Friday.

If you are experiencing the pain of separation or divorce, the caring community at **Vienna Presbyterian Church** invites you to attend Passages DivorceCare. This program offers a path toward healing. The next 15-week DivorceCare series will be held Tuesdays from 7 to 9 p.m. beginning on Sept. 15-Nov. 17. Vienna Presbyterian Church is located on the corner of Maple Avenue (Rt. 123) and Park Street in Vienna. Cost to cover materials is \$20, scholarships available. For more information or to register call 703-938-9050, go to [www.viennapres.org](http://www.viennapres.org), or send an email to [Passages@ViennaPres.org](mailto:Passages@ViennaPres.org).

**The Great Falls United Methodist Church** will hold their annual Fall Bazaar on Saturday, Sept. 26, 2015 from 8 a.m. to 3 p.m. at 10100 Georgetown Pike, Great Falls (703-759-3705). Come enjoy a pork barbecue dinner (11 a.m.-5 p.m.) with dessert and beverage for \$10. There will be 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.

**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](http://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.

**The Antioch Christian Church** offers a time of Prayer and Healing on Wednesday evenings at 6:30 p.m. for anyone wanting encouragement and healing through prayers. People are available to pray with you or for you. Antioch Christian Church is located at 1860 Beulah Road in Vienna. [www.antiochdoc.org](http://www.antiochdoc.org)

**The Jewish Social Services Agency (JSSA)** offers a wide variety of support groups for those with emotional, social, and physical challenges. [www.jssa.org/growth-learning](http://www.jssa.org/growth-learning).

**HAVEN of Northern Virginia** offers a variety of free bereavement support groups, meeting on a weekly basis. 703-941-7000 or [www.havenofnova.org](http://www.havenofnova.org).

**McLean Bible Church** Fitness Class at Body & Soul Fitness. Gain balance, energy and strength at 9:45 a.m.

Mondays and Fridays. Free childcare for registered students. [bodyandsoul@mcleanbible.org](mailto:bodyandsoul@mcleanbible.org).

**St. Dunstan's Episcopal Church**, 1830 Kirby Road in McLean, holds a third Sunday service every month at 10:15 a.m. which allows children to play active roles in the music and as greeters and ushers. Traditional services are every Sunday at 8:15 and 10:15 a.m.

**Vienna Christian Healing Rooms** are open, every Saturday, 1-5 p.m., at 8200 Bell Lane. A team of Christians is available to anyone requesting prayer. Free and open to the public. 703-698-9779 or [www.viennachristianhealingrooms.com](http://www.viennachristianhealingrooms.com).

**Chesterbrook United Methodist Church** is at 1711 Kirby Road, McLean. Worship service is at 11 a.m. Sunday school is at 9:30 a.m. for adults and children. 703-356-7100 or [www.ChesterbrookUMC.org](http://www.ChesterbrookUMC.org).

**The Jewish Federation of Greater Washington and the Jewish Outreach Institute** offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. [ShalomDC.org](http://ShalomDC.org).

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- Color logo on event banner displayed at banquet
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- Color logo on event banner displayed at banquet
- Six (6) raffle tickets
- Bronze-\$2,500**
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- Two (2) golfers
- Four (4) raffle tickets
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Contact us for other donation opportunities.

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Monday, October 5, 2015

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Post Tournament Awards Banquet  
Silent/Live Auction  
Raffles and Prizes

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<http://www.bgcgw.org/fairfax/5th-annual-fore-the-kids-golf-tournament/>

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For more information on sponsorship opportunities please contact Leslie Atkins - [lpatkins2@aol.com](mailto:lpatkins2@aol.com)





PHOTOS CONTRIBUTED

Some Vienna Stars 10U after winning nationals: left to right are Katie Kutz (McLean), Katelynn Park (Vienna), Dannica Wiggins, Lauren Chi and Sarah Semko (Great Falls).



Sarah Semko, of Great Falls, with the Vienna Star's 10U tournament trophy from the "Memorial Day Madness" tournament played in New Cumberland, Pa. The girls (9-0) were champions of that three-day tournament after playing teams from New Jersey, Delaware, Maryland, New York and Pennsylvania, and Sarah hit a grand slam.

# Vienna Stars Shine

Players from Great Falls, Vienna, McLean and beyond come together to win under-10 national championship in fast-pitch softball.

BY KEN MOORE  
THE CONNECTION

Sarah Semko and The Vienna Stars '04 amassed what the Washington Nationals couldn't this 2015 season: a 43-game winning streak.

"It's fun winning, but it's also fun to know you got good at something," said Sarah, of Great Falls Elementary School. "I like that it's a team sport and we all get to know each other and I got to make some really great friends that I'll know for a long time."

The Vienna Stars '04 softball team, a 10-U team meaning players are under 10 years old, won the United States Specialty Sport Association National Championship in Salisbury, Md. in July.

"I was so happy and I was just out of words," said Katelynn Park, of Vienna. "I just started crying and everyone else was so emotional, too, and we jumped up and hugged and started screaming," she said. "It was a great time."

The team defeated every opponent in the national tournament and won seven of the eight games they played on the "run rule" or "mercy rule."

"Top to bottom, this was the best hitting team out there. Many teams have three or four girls that can perform at the plate. But, with our team, even the bottom of our order could slug one out, or knock a few into the gaps. It really was an amazing hitting performance, all year long," said Coach Rich Levin.

The Vienna Stars won the Virginia state tournament in June.

They competed against state championship teams from Virginia, Maryland, New

Jersey, New York, Delaware, Pennsylvania and Illinois.

"It's a pretty big accomplishment," said Semko's mother Jennifer Semko.

**THEY CREDIT** coach Levin for words of inspiration that became a team motto: Building a championship one practice at a time.

"It isn't playing softball that makes you better at softball, it's practicing softball that makes you better," said Levin, of Chantilly.

The girls practiced twice a week as soon as Levin selected his team during a tryout period in August of 2014.

During the winter, the 10-year-old girls practiced in a warehouse.

Some players drove more than an hour to get to practices in Vienna.

The parents noticed the improvement and progress they made together.

"It was a lot of fun," said Jennifer Appleton, mother of Emma Kate Appleton, residents of Great Falls. "Watching this team develop from last fall when we weren't sure they would win anything to mid spring when we saw fantastic things from all the girls, they just developed into a team," she said. "The nicest part was how kind and good the girls were to each other. No girl drama here."

"It was very gratifying," said Levin.

"You might have put your finger on what really stood out about this team; no drama," said Levin. "If you take any group of 10 girls and 20 parents, you can almost be guaranteed at least some drama. But not this season. It was amazing," he said.

Rich Levin, has been coaching the 10U team in the Stars program since 1995.

"He knows a lot about the game. He's really good as a hitting coach, a fielding coach and a base-running coach," said pitcher Katie Kutz, of McLean.

"He taught us all he knows. He taught us about everything," said Katelynn.

"I remember when he pretended that we almost gave him a heart attack," she said, when she or her teammates would bobble a pop-up or something like that.

"You can learn a lot," said Emma Kate.

"He has a way to motivate them to try their best and he genuinely loves it," said Jennifer Semko.

"He's incredibly good with the girls. They adore him and he gets them to bring out their own motivation to succeed. He's a hard task master, but you can see his genuine happiness when they succeed," she said.

Sarah Semko said her father knew the team was "going to be the best team ever" even when she didn't. "But I knew it would be a good thing to play for Coach Rich because I knew he was so good," Sarah said.

"It was fun winning, of course, but our coach never talked to us the way he did when it was our last game. He was always silly and goofed around with us, he was trying to be a coach, he would prepare us for the next game. But he gave a big speech at the end," she said. "I didn't want the season to end."

**LABOR DAY WEEKEND**, the girls and their former coach, were getting together to celebrate this summer achievement with jet skiing, waterskiing, barbecue, swimming and fun.

And the girls got to finally cash in on a bet they made with their coach during the fall.

Because they won the national championship, they earned the right to dye their coach's hair blue and gold, the team colors. "ARGH! Who told you?" said Levin.

"The whole story is that the girls wanted some kind of reward for winning one tour-

## The Stars

Emma Kate Appleton, Great Falls  
Lauren Chi, Lansdowne  
Grace Hausmann, South Riding  
Callie Keys, Leesburg  
Katie Kutz, McLean  
Daniella Lew, Potomac, Md.  
Katelynn Park, Vienna  
Sarah Semko, Great Falls  
Sydney Snider, Warrenton  
Dannica Wiggins, Bristow  
Coach Rich Levin, Chantilly  
Assistant Coaches  
Greg and Cathy Kutz, McLean  
Paul Chi, Ashburn

The Vienna Stars softball program is a fast-pitch organization founded and operated under the guidance of the Vienna Girls Softball League, with teams for girls 10u (10 and under), 11U, 12U, 14U, 16U and 18U.

<http://www.viennastars.com/>

namment. Like a trophy isn't enough.

"And they kept asking me, over and over, 'If we win a tournament can we dye your hair?' Over and over.

"And this was only September. So finally I couldn't take it anymore, and said, 'If you win nationals, you can dye my hair.' And, you know, give them credit, that was the end of it. Until the end of spring. Who knew they'd even remember? Oh, well, it was worth it."

"He's gonna look really silly because it's six-week dye," said Sarah. "One of my teammates picked it out because her aunt is a hair stylist. We wanted to make sure it would be permanent."

"The mustache is off limits. Coach Rich wanted to make sure of that," said Sarah.

All but one girl moved on to compete for the 11U Vienna Stars '04 this year, and the team will compete in many 12U tournaments for the next two years.

Levin helped the girls build themselves a foundation of champions and stars.

"We have three girls that will attend Langley High," said Levin. "So you folks out in Great Falls should have a really good softball team in about four years."



# Week to Weak to Week



By KENNETH B. LOURIE

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 stuck 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/effect 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.

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

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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 newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

### 21 Announcements

**ABC LICENSE**  
MMSJ, Inc. trading as Basillini Italian Restaurant, 235 Maple Ave. E, Vienna, VA 22180. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer and Wine on and off Premises license to sell or manufacture alcoholic beverages. Caroline Kamel, secretary  
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered to [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200

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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](http://www.abc.virginia.gov) or 800-552-3200.

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## Area Students Named Finalists in Photo Contest

Ten students from local high schools have placed as finalists in the Nature Visions Photo Expo (NVPE) Student Photography contest and will receive a \$50 gift card from District Camera, of Burke. The 10 finalists were chosen out of more than 60 submissions, representing schools from Northern Virginia and Maryland. The winner will receive a \$100 District Camera gift card and will be announced at NVPE at the Hylton Performing Arts Center in Manassas, on Saturday, Nov. 14 and Sunday, Nov. 15, from 9:30 a.m. to 4:30 p.m. each day. All finalists' photography will be on display at NVPE. General admission is free to view the photo exhibits and visit more than 20 local and national photography vendors. Class fees range from free to \$85. Merchant Hall three-day passes are also available at \$160 per person and allow access to 11 presentations. Purchase passes at [www.naturevisions.org](http://www.naturevisions.org).

NVPE finalists include: two-time finalist, Gabriel Arias, 17 of Potomac, Md., attending Winston-Churchill High School for his photos, Harmony and Bloom; Sai Charan Gurrapu, 15, of Chantilly,



**Alicia Kay, 17 of Vienna, attending Oakton High School.**

**Jess Taylor, 17, of Vienna, graduate of Winston Churchill High School.**

attending Chantilly High School, for Blossom; two-time finalist, Kevin Hackler, 18, of Herndon, graduate of Chantilly High School, for Glory and Connections; Alicia Kay, 17 of Vienna, attending Oakton High School, for Monet; Abby Keller, 18 of Springfield, graduate of West Springfield High School, for Frozen in Time; Alyssa Prouty, 18, of Haymarket, gradu-



PHOTOS CONTRIBUTED

ate of Paul VI Catholic High School, for Freedom; Andrew Savino, 17 of Fairfax Station, attending The Howard Gardner School, for Eastern Screech Owl; and Jess Taylor, 17, of Vienna, graduate of Winston Churchill High School, for Stranded.

For more information, go to [www.naturevisions.org](http://www.naturevisions.org).

### SCHOOL NOTES

Send school notes to [vienna@connectionnewspapers.com](mailto:vienna@connectionnewspapers.com) by Friday.

graded credits.

**Kathryn Seymore Hahne** of Vienna, was named to the Dean's List at the Frank Batten School of Leadership and Public Policy for the spring semester of 2015. The University of Virginia established the Batten School in 2007 as part of its strategic plan and as an expression of its Jeffersonian heritage.

**Saba Chinian** of Vienna, was named to the Dean's List at the Frank Batten School of Leadership and Public Policy for the spring semester of 2015. The University of Virginia established the Batten School in 2007 as part of its strategic plan and as an expression of its Jeffersonian heritage.

**Madeline Taylor Hundley** of Vienna, was named to the Dean's List at the Frank Batten School of Leadership and Public Policy for the spring semester of 2015. The University of Virginia established the Batten School in 2007 as part of its strategic plan and as an expression of its Jeffersonian heritage.

**Kelsey Waddill** of Vienna, was named to the Dean's list for academic excellence for the spring 2015 semester at Johns Hopkins University. To be selected for this honor, a student must earn a grade point average of 3.5 on a 4.0 scale in a program of at least 14 credits with at least 12

**Jesse McComas** of Vienna was recognized for his academic achievements at his recent graduation from Universal Technical Institute 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.

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