

Great Falls CONNECTION

WELLBEING

PAGE 8

First-place winner Cecelia O'Sullivan reads her winning entry to a standing-room-only crowd. The Great Falls Elementary School sixth-grader competed in the Great Falls Writers Group Creative Writing Contest and received her first check for her writing — \$150 from the Friends of the Great Falls Library.

Making Connections With Words

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Summer Market Opens in Great Falls

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Mother's Day Photo Gallery

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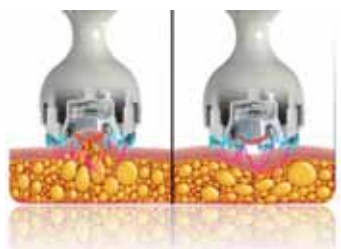
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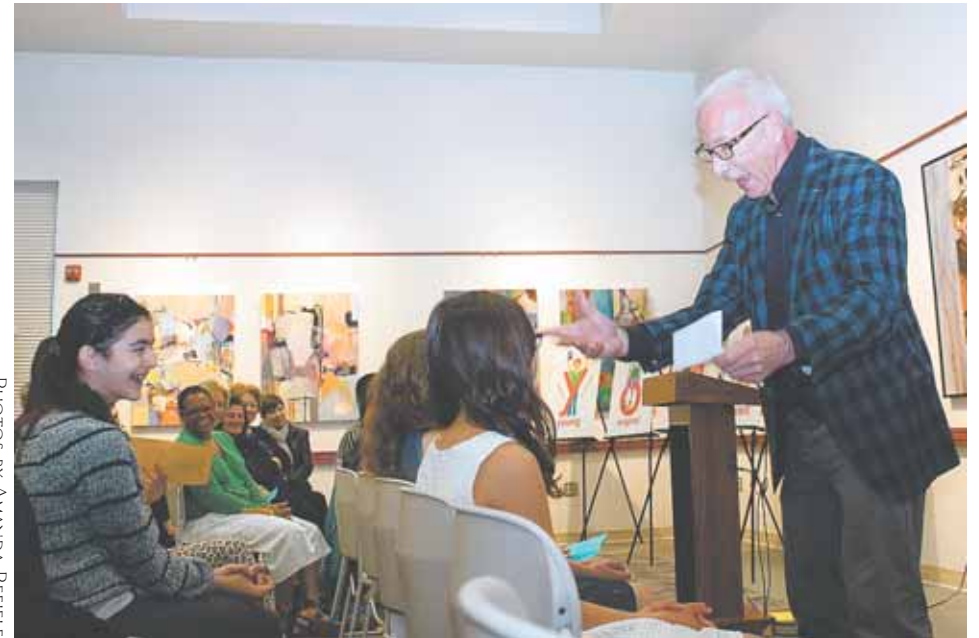
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PHOTOS BY AMANDA PEEFLE



Author Henry Cole, left, and Friends of the Great Falls Library President Michelle Miller, right, flank the ten finalists of the Great Falls Writers Group Creative Writing Contest. Finalists are, from left to right, Erin Kearns, Katherine Stockton, Julia Toloczko, Riley Luce, Miky Kassem, Julia Fremberg, Cecelia O'Sullivan, Elisabeth Anderson, Luke Tibbs, and Karma Kassem.

The audience erupts in laughter as animated Henry Cole tells young writers that he is pulling on their sleeves, just as his eighth-grade teacher did when she recognized his ability to write short stories. The award-winning author and illustrator said making connections such as these are important throughout life. Cole was the featured speaker at the Youth Writing Awards Gala on Saturday at the Great Falls Library.

Making Connections with Words

Winners named in Writing Contest

BY CHRISTINA TYLER WENKS

Participation in a local writing contest is the confidence catalyst some sixth-graders needed to push their creativity and consider writing for their futures. In front of a standing-room-only crowd, the Great Falls Writers Group (GFWG) named the winners of its 2016 Creative Writing Contest Saturday, April 30, at a Youth Writers Awards Gala. GFWG invited all Great Falls sixth-graders to write an essay or short story judged by best-selling authors and college educators. The process took months, culminating on Saturday with a gala. Award-winning author and illustrator Henry Cole offered young writers words of encouragement and winners received cash prizes.

"This contest solidified to my son that writing is a big deal," said mother Susan Tibbs. "Ever since the contest day in February, Luke has spent time writing and creating lyrics. He chose to skip baseball for this event tonight."

Fellow Forestville Elementary School stu-

dent Riley Luce finds most writing assignments difficult, but he enjoys the creative aspect so he entered the contest and became a finalist.

Julia Toloczko from Great Falls Elementary School was surprised to be named top ten. She doubted her work, which now she knows is something most professional writers experience daily. She learned her words carry weight and have value.

Cecelia O'Sullivan didn't think she'd win first place and \$150, but she practiced writing prompts and entered anyway. "I didn't expect to write about a topic that seemed so simple — shoes. But my story was much more complex than I thought would come from a one-word prompt." The student from Great Falls Elementary wrote about a shoe representing family members and memories.

CONVERSATION among students reveals that the contest encouraged entrants to keep writing daily for fun.

Cole explained that this awards ceremony is a big day for these students because

they've made a connection to writing that could influence their professional lives.

Growing up in Northern Virginia, Cole — a former science teacher at Langley School in McLean — did not think he would one day be sought by publishing companies to illustrate or write the next award-winning children's book, but he's living a dream of many writers — a dream that started in the eighth grade when a teacher encouraged him to use his drawings to accompany a short-story assignment. Decades later, Cole routinely meets with childhood mentors and educators to share work and inspiration.

The gala offered a surprise for Cole, too. MIT-graduate Mikhail Shenoy brought his child to meet his fifth-grade science teacher. "Mr. Cole made me a scientist," Shenoy said. "He answered every question, and I had many." Shenoy thanked Cole for igniting a love of learning.

"Our goal as teachers is to make connections with students," said Mary Lou Carmack, vice principal of Colvin Run Elementary School. "This contest made a valuable connection."

"Here we meet the next generation of writers," said Michelle Miller, president of the Friends of the Great Falls Library that sponsored the event. "It seems a natural fit to pair a party with this purpose — children celebrating reading, recognizing peers, hearing a children's author and eating food — which always gets kids excited."

"The collective pride in the room tonight is palpable. There is nothing more important than inspiring a group of young people to write, write, write, every day," said Kristin Clark Taylor, GFWG founder. "That the Great Falls Writers Group took up that charge gives deeper meaning to our group mission, which is to celebrate, always, the power of the written word."

PARENT AND TEACHERS found value in Cole's message, too. "I needed to hear what Cole said tonight," said Beth Jannery, a contest judge and journalism professor at George Mason University. "I've had a challenging week working with a few students, and Cole reminded me that the extra effort is worth it."

Shoes Connect Memories

BY CECELIA O'SULLIVAN
GREAT FALLS ELEMENTARY SCHOOL

People at my school always made fun of my hobby. Shoe collecting. They think it's weird, but I think each shoe has its own story embedded in it. Mama's first ballet shoes tell the story of how she became a beautiful ballet dancer. How she wowed a crowd of millions with her angelic, swirling turns

and gentle, yet powerful, leaps. How she met my father. David's old sneakers remind him of when he still had his leg, when he was running, leaping, jumping in the Georgia sunshine. I keep his sneakers hidden in my closet — a reminder of before he went to war.

"Jess! We're leaving!" my father called. I lift my groggy head. A blond tornado of hair sits atop my head. Tiny gold earrings dangle from my ears. A mess of freckles are splat-

tered across my pale face. "Jess! I mean it!" He calls once more. I groan in his direction. Quickly, I pull on a white t-shirt and overalls. I braid my dirty blonde hair.

I drag myself downstairs where Mama, Daddy, David, and Lyra sit eating ham and pepper omelets. "Hey, thanks for saving some for me," I say. Lyra glares at a 4-year-old's glare at me. I glare right back. My mother gives me a look — the "you're 12,

she's 4" look. I sit down and start drinking some warm OJ.

Bang! I hear it loud and clear. I look at my family, but they've disappeared! 'Guys?! Mama?! Daddy?!' I scream frantically. The dark grey sky turns a blinding white and a dark brown rope ladder drops down from apparently nowhere. I

SEE SHOES, PAGE 4



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NEWS

Celebrating Spring with Arts in Great Falls

Art Walk in the Village: First Fridays will kick off on Friday, May 6, 2016 in the Village Center in Great Falls. Three working artist studios and several restaurants will be participating in the free community event from 6-9 p.m.

“It’s a great opportunity to bring family and friends to see painting demonstrations and enjoy music in a festive atmosphere strolling on the Village Green,” said Judith St. Ledger-Roty, a painter in the Artists’ Atelier who spearheaded the event.

Start your stroll in any order. The Artists’ Atelier is home to ten artists, including painters, a photographer and a fiber artist, located at 756 Walker Road. <http://greatfallsatelier.com/>.

In the Arts of Great Falls Gallery behind the Atelier, you can also see a group exhibit, “Small Gems,” featuring art in a variety of media created by the artists of Great Falls Studios. There are paintings, photographs, sculpture, jewelry and fiber art included in the display.

Artists on the Green hosts eleven painters, located at 776 Walker Road. <http://www.artistsonthegreen.net> And six artists in the newest group studio on the



Visit the artists at three working studios on the Village Green during the Art Walk in the Village: First Fridays on May 6 from 6-9 p.m.

Green, The Artists’ Loft, will be holding their grand opening during the Art Walk. They are located at 766 Walker Road, above the Great Falls Creamery, and include five painters and a fiber artist. For more, go to www.greatfallsart.org/loft.

Celebrate Spring by visiting the artists in their studios during the Art Walk. See live painting demonstrations in each location and talk with the artists about their process and inspirations. It’s a great family activity.

The Great Falls Creamery will be open for the event, as will Pio Pio Pollo, Wild Ginger Pan Asian, and The Brogue. Enjoy dinner and ice cream before or after your stroll. Live music will begin at The Brogue at 9 p.m.

Art Walk in the Village: First Fridays will continue on the first Friday of each month from May–December. One exception will be the month of September, when the event will be held on the second Friday to coincide with Paint Great Falls: Plein Air Festival.

The Arts of Great Falls is a non-profit art foundation providing an art school, working artists’ studios, and art events and activities for the community. Visit www.greatfallsart.org for more information.

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Shoes Connect Memories

FROM PAGE 3

want to climb, but what about my shoes? They’re my connection to my past, to my family’s past. Precious memories that can never be taken back are presented in my collection of footwear. I turn around, but now my house has disappeared. “What’s happening?!” I cry. I run to the ladder and grip on tightly.

The brown rope ladder starts floating up. I look up, but the ladder just keeps going. I want to get away, but I’m a good 50 feet in the air. My tears are falling. One of my grey faded flip-flops falls off. All I can do is grip tightly and prepare for wherever this takes me.

Darkness. Darkness is all I see. Rippling around me like a hundred bees in a hive. My breathing is heavy and slow as the sky slowly gets brighter. Finally, I can make out the shape of giant shoe?!

“Jess, my dear. I’ve been waiting for you,” a deep, sinister voice says. I say nothing as I step toward the voice, fists out. “Jess, I am a shoe!” said the voice! “Wait, what?” I say. The giant shoe smiled. “Jess, it’s hard being the middle child. I

get it. And you’ve been so strong when your brother lost his leg. So, I reward you by showing you your memories!” the shoe called out. I stepped in his interior and there was a huge screen with one plush chair in front of it. I sat down. All of a sudden, a baby came out of the screen wearing two shoes from my collection. Lyra’s baby shoes. It was Lyra as a baby. One of my best memories! Lyra before she got bratty. The cutie who played charades with me! And a young ballerina came out. Mama! She was wearing the ballet shoes from my collection! And Daddy, wearing his boots that I used as play-horses to race! Those were in my collection, too! And finally, the one I’d been waiting for, David with two legs wearing his sneakers. I played and danced with my memories. I tried on their shoes. One by one, the memories started fading away. “NO!” I yell. They laughed and waved.

Bam! I woke up in my own bed. I ran to the closet where my collection was. I ran downstairs and found my family eating. So it was just a dream. But I know I will never forget it. And instead of crying over bad memories, I will relive the good ones. And I can do that just be wearing some old, dirty shoes.

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THE CONNECTION NEWSPAPERS

WEEK IN GREAT FALLS

Meeting on Brooks Farm Rezoning Set for May 10

The Great Falls Citizens Association (GFCA) board has voted to hold a special meeting to update the community on important developments in the proposed Brooks Farm rezoning. Residents who have been seeking changes in the proposed development will make presentations and take questions. Members and the public are encouraged to attend this milestone meeting on Tuesday, May 10 at 7:30 p.m. at the Great Falls Library.

Comfort Zone Camp to Host Grief Program for Children in Great Falls

Comfort Zone Camp will host a Family Grief Program for children aged 5-17 who have experienced the death of a parent, sibling or legal guardian. This program is open to members of the child's immediate family as well.

The Family Grief Program will take place at Turner Farm Park in Great Falls on Saturday, May 7, 2016 and lasts from

SEE WEEK, PAGE 7

Jack Langford and Dakota Brookfield



PHOTO CONTRIBUTED

Great Falls Scouts Earning the Eagle Rank

Two Scouts working towards their Eagle rank from Troop 673 of Great Falls carried out their service projects on Sunday, April 10. Jack Langford built new bridges across a stream in Scott's Run Nature Preserve in McLean while Dakota Brookfield carried out a project in Riverbend Park to remove invasive species and plant native trees and plants in their place. More than 25 Scouts and other volunteers helped work on these projects.



❖ MAKE YOUR NEIGHBORHOOD BETTER BY JOINING THE GREAT FALLS CITIZENS ASSOCIATION

Help influence the character of our community and how we address concerns such as traffic, development, zoning, retail, schools, parks and the environment. We need your support – go to gfca.org to join today.

❖ BECOME AN EXECUTIVE BOARD MEMBER

GFCA is seeking volunteers with an interest in our community who are willing to serve as Directors on the GFCA Executive Board for the term beginning July 1. No previous board experience is needed – just an interest in serving Great Falls. Candidates must be GFCA members. GFCA elections will be held Jun 14, 7:30 p.m. Contact Ed Phillips, Nominations Chair, at Nominations@gfca.org for more information.



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OPINION

Breaking the Cycle of Crime with Treatment Instead of Jail

Fairfax County Budget Invests \$3.89 Million in “Diversion First”

BY SHARON BULOVA
CHAIRMAN, FAIRFAX COUNTY BOARD OF
SUPERVISORS

One in five adults in the U.S. experience mental illness, and more than half did not receive treatment within the past year. Across the country, more people with mental illness are in jail than in psychiatric hospitals, with 2 million people with mental illness brought to jail every year. The criminalization of mental illness is a social, health and justice issue that Fairfax County has tackled head-on in this year’s FY2017 Adopted Budget.

Diversion First, a new Fairfax County initiative, aims to reduce the number of people with mental illness in our jail. When people with mental illness have a non-violent or low-level encounter with the law, police officers can take them to the Fairfax-Falls Church Community Services Board’s (CSB) Merrifield Crisis Response Center for treatment rather than jail. During this January alone, 265 mental health investigations were conducted by Fairfax County police officers in the field, and 40 percent of those investigations involved the CSB Merrifield Crisis Response Center.

Fully implementing Diversion First was a recommendation of Fairfax County’s Ad Hoc Police Practices Review Commission. In the county’s FY2017 Budget, officially adopted on April 26, 2016, the Board of Supervisors invested \$7.5 million to implement many of these recommendations, including \$3.89 million and a number of new staff positions for Diversion First.

Diversion First is a priority for the Board of Supervisors because the benefits of diverting people to treatment are enormous. First, people can recover from a mental health episode or become stabilized if they receive treatment. If brought to jail, chances of recovery are less likely and reentry back into the community adds even more challenges. With a record of jail time, applying for jobs and housing becomes extremely difficult, if not impossible. Guiding people to treatment instead of incarceration helps prevent a cycle of crime before it even starts, giving residents a better shot at managing and living successfully with mental illness, which benefits the entire community.

Diversion First not only saves lives, it also saves money. It is extremely expensive to the taxpayer to house people in jail who could be better served elsewhere. On average, people with mental illness remain incarcerated four to eight times longer than those without mental illness for the same charge and can cost up to seven times more. In Fairfax County, it costs an average of \$66,000 per year to hold one inmate in jail. Compare that to about \$8,000 for one year of the most intensive CSB care for

an individual, which does not include housing. A jail diversion program in Bexar County, Texas (Fairfax County’s model for Diversion First) saved taxpayers \$50 million in the past five years. We are aiming for a similar outcome here in Fairfax County that promotes a safer, healthier and less expensive way of helping people with mental illness.

As part of Diversion First, Fairfax County police officers and deputy sheriffs are receiving 40 hours of state-certified Crisis Intervention Team (CIT) training to learn about the challenges of living with a mental illness and how to de-escalate crisis situations, both in the community and in the jail. CIT training is also aimed at changing the way law enforcement and the judicial system interact with people who have substance use disorders or intellectual and developmental disabilities.

After completing the training, CIT officers and deputies are better equipped to identify individuals who are experiencing an episode related to mental illness. They can make an informed decision to take persons to the Merrifield Crisis Response Center for assessment rather than arresting them and bringing them to the Adult Detention Center. Or, CIT officers may be able to de-escalate the crisis and resolve the situation on the spot.

If you call 9-1-1 for a mental health crisis or emergency, you can request a CIT-trained officer to respond. In a crisis that is not life threatening or when involving law enforcement is not necessary, you can call CSB Emergency Services 24/7 at 703-573-5679.

LETTERS TO THE EDITOR

Ten Tips for Culturally Aware Children

To the Editor:

Many children start to show an interest in different cultures at a young age, whether through ethnic food, friends at school, unique clothes, or hearing a foreign language spoken for the first time. Here are 10 ways to encourage your child’s curiosity and teach them about a variety of cultures in fun and interactive ways.

1. Read bedtime stories that take place in another country or include some foreign words, so you can practice pronunciation.
2. Host an international au pair as your childcare solution. You can use matching agencies like AuPairCare, which have au pairs from more than 40 countries.
3. Enroll your child in a cultural dance or martial arts class, such as Bollywood, Flamenco or Capoeira.
4. Enroll your child in foreign

language classes for kids.

5. Plan art activities for your child based on different cultures such as Japanese calligraphy, Chinese paper cut outs, and Puerto Rican Ponce Carnival Masks.

6. Cook and try new foods inspired by other cultures with your children, or enroll them in cooking classes like Cooking Up Culture.

7. Plan a heritage party for your children and their friends, and encourage each child to bring food and games from their family’s heritage.

8. Watch family-friendly movies that take place in another country.

9. Listen to popular music from different cultures while in the car, or teach your kids a simple song in a foreign language.

10. Attend local festivals and parades that celebrate different cultures such as Cinco de Mayo, Carnival, Chinese New Year and Bastille Day.

“Children are little sponges, taking in the world around them with eagle eyes and curious minds,”

said Sarah McNamara, vice president of AuPairCare and a mother of two. “This curiosity is a great thing and should be cultivated through as many avenues as possible, in an effort to raise a globally and culturally aware next generation.”

Kim Chenen
Vienna

Taking Care of Our Mother Earth

To the Editor:

There are many of us, so many that our yards can no longer be dominated by grass and plants that do not feed us or our local population of insects. Landscaping services that will plant a vegetable garden are growing and why not plant blueberries in your yard instead of a sterile non-native shrub?

(<http://sustainablenova.com/vegetable-gardening-in-northern-virginia/>).

At a minimum we need less grass and to use plants whose leaves and nectar are food for the insects that are part of the web of life that

sustains us all. So called “native plants” are easy to grow because they are suited to our environment (<https://www.nps.gov/plants/pubs/chesapeake/pdf/chesapeakenatives.pdf>).

They may look different, be not as showy or have more leaves, but we as gardeners must re-learn to appreciate that these plants are what we should plant and they are beautiful. Our obsession with grass only and perfectly manicured lawns have spurred an entire industry of herbicides, pesticides and mowing and the need for vast quantities of water.

(<http://yalebooks.com/book/9780300054019/redesigning-american-lawn>).

Let’s take care of “Mother Earth” so she can continue to take care of us.

Kay Fowler
Herndon

Great Falls CONNECTION

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WEEK IN GREAT FALLS

FROM PAGE 5

noon until 4 p.m. and is conducted in partnership with the Becky Love Foundation. The camp is free of charge, though space is limited and advance registration is required.

In 2016 Comfort Zone began the 17th year of its camp program, which was born out of a desire to provide a caring community and safe haven in which children who are grieving the loss of a parent or sibling are heard, understood, and taught healthy ways to process their grief. Since then, over 13,000 children have attended camps across the country. This Family Grief Program taking place in Great Falls is Comfort Zone's first in the Northern Virginia area.

Participants will take part in confidence building programs and age-based support groups that break the emotional isolation grief often brings. The day's activities will focus on developing community and power of connection for the entire family.

"The death of a parent or sibling is undeniably one of the most traumatic events a child can experience, but parents, schools and social programs often lack the tools needed to help children address their grief adequately," said Mary Beth McIntire, chief executive officer of Comfort Zone. "We are happy to be partnering with the Becky Love Foundation and to serving families in the Northern Virginia area for the first time."

To register for this program, or for more information, contact Ally Singer at ASinger@comfortzonecamp.org.

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Dr. Kathryn J. Sowerwine is a board certified Allergist and Immunologist with a special interest in dermatological diseases linked to allergy. She completed a residency in Internal Medicine at Georgetown University Hospital and her clinical and research fellowship in allergy and immunology at the National Institutes of Health in Bethesda, MD.

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Emily Rusch and her SAPT team will join with teams around the world to raise money for the Alzheimer's Association.

Working to End the Longest Day

BY MARILYN CAMPBELL
THE CONNECTION

Emily Rusch says her mother died a slow and heartbreaking death from Alzheimer's Disease. The experience felt continuous and excruciating.

"Caring for someone with Alzheimer's is really like one never-ending day," said Rusch, office manager for Strength & Performance Training, Inc. (SAPT) in Fairfax.

This June, she and her team of SAPT colleagues will join with teams of people around the world to participate in The Longest Day, a sunrise-to-sunset challenge to raise awareness and funds for research programs of the Alzheimer's Association. The name of the event honors the strength, passion and endurance of those facing Alzheimer's.

Held annually on the summer solstice, The Longest Day symbolizes the challenging journey of those living with the disease and their caregivers. Teams are encouraged to create their own experience as they fundraise and participate in an activity they love to honor someone facing the disease.

SAPT will hold a fundraising event on June 18 by offering free workouts and classes for 16 continuous hours. "We're open for all of the daylight hours on the 18th, and in return, we're asking for donations that will go to support the Alzheimer's Association's mission," said Rusch.

The Longest Day: June 20

To learn more and to start or join a team, visit alz.org/thelongestday or call 800-272-3900.

The SAPT team is also taking donations in advance and has raised nearly \$1,000 of their \$5,000 goal. Rusch hopes to do her part to halt the disease's cycle which she has experienced first-hand.

"My daughters were 8 and 11 when my mother died. They never really knew because she was in the advanced stages of Alzheimer's," she said. "When I was a child, my grandmother had Alzheimer's so I never knew her either. I'm doing the Longest Day because research is important to finding a cure or viable treatment."

Yuen De Anda, whose father has Alzheimer's, is participating in The Longest Day and is the captain of Springfield's Team Bridge Heroes United. The team, which is based out of a retirement community in Springfield, is intergenerational. There are high school students who play alongside seniors.

This June will be their fourth year participating in the event. In the last three years, the team has raised more than \$58,000 for the Alzheimer's Association. In 2013, the team's first year, they finished in the top 20 teams in the nation. In 2014 and 2015, they finished in the Top 10.

"The [seniors] need exposure to different people to stay engaged and alert. The kids light up the room



Teams work to raise money for the Alzheimer's Association during the annual Longest Day event.

Event to raise awareness and funds for research programs of Alzheimer's Association.

when they are there," said De Anda. "Some kids have brought their grandparents to play."

The bridge club helps seniors in two ways. Club members raise money for Alzheimer's research by playing the game, and the game itself is an activity that keeps seniors engaged.

"You're forced to interact with other people and that helps you keep your sanity," said De Anda. "Social connection is huge."

While June 20 is the official date for The Longest Day event, the Alzheimer's Association encourages activities and fundraising around this date. Cindy Schelhorn of the Alzheimer's Association says that teams across the nation develop creative ways to raise money. "We've seen ... Rocking Chair Marathon ... writing letters to loved ones, yard sales [and] yoga."

For information, visit alz.org/thelongestday or call 800-272-3900.

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SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

MAY

Mother's Day is May 8

5/18/2016.....A+ Camps & Schools, Proms,
Summer Planning

Memorial Day is May 30

5/25/2016..Summer Fun, Food, Arts & Entertainment

JUNE

6/1/2016.....Wellbeing

6/8/2016.....Father's Day Dining & Gifts

6/8/2016.....HomeLifeStyle

6/15/2016.....A+ Graduations & Summer Learning

6/15/2016.....Father's Day Dining & Gifts

Father's Day is June 19

6/22/2016.....Independence Day Preview

6/29/2016.....A+ Adult & Continuing Education

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PHOTOS BY ABIGAIL CONSTANTINO/THE CONNECTION



Owen, 5, and Ellie, 2, Cisz, of Great Falls enjoy a treat at the Great Falls Farmers Market on Saturday, April 30.



Jo Oo's "Plain and Simple" baked goods and pies are inspired by her grandmother's recipes.

Summer Market Opens in Great Falls

BY ABIGAIL CONSTANTINO
THE CONNECTION

The Great Falls Farmers Market's Summer Market opened on Saturday, April 30, though it did not feel much like summer. The temperature was cool and the sky was gray, but by the second hour, attendance picked up, as intrepid market-goers came to check out fresh, summer produce and other delicious goods.

"It's the first day we have summer vegetables," said market manager Kathleen Murphy. These are typically lighter, more seasonally sensitive crops.

Alma Diaz of Diaz Berries and Veggies had to take the circuitous route to get to the village center from Westmoreland County due to the effects of an accident earlier in the morning that blocked Georgetown Pike.

The weather may have contributed to the summer market's inauspicious start but new vendors are coming in the next weeks, as well as some musical acts for entertainment.

For more information about the market and the vendors, go to <http://greatfallsfarmersmarket.org/>.



Market manager Kathleen Murphy points to the first tomatoes sold at the Great Falls Farmers Market's 2016 summer market at the Great Falls Village Center.



Luke Walhgren, a Great Falls resident, shares his love of cooking with World Eats. He makes empanadas with global flavors — from Nepalese to the market favorite, Jamaican.



PHOTO BY IRISH EYES PHOTOGRAPHY BY TOBY/COURTESY OF MCLEAN COMMUNITY PLAYERS

In one room two cops (from left — Scott Landsman and Lynley Peoples) watch the video of what's happening in the next room with the security agent (Stephen T. Wheeler) and the accountant (Brianna Goode) in rehearsal for the McLean Community Players "Unnecessary Farce," playing at the Alden Theater through May 14.

CALENDAR

Send announcements to www.connectionnewspapers.com/Calendar/. Deadline is Friday at noon for the following week's paper. Photos/artwork encouraged.

ONGOING

Lashley Artist Showcase. May 2-28. Broadway Gallery and Fine Art and Framing, 1025-J Seneca Road, Great Falls. The paintings of award-winning "plein air" artist Christine Lashley. broadwaygallery.net. 703-450-8005.

Small Gems Exhibit. Through May 10. Wednesday, noon-4 p.m. Saturday, 10 a.m.-1 p.m. Village Green Center, 756 Walker Road, Great Falls. Contributed work no larger than 12 inches square. Sparkling jewelry, bronze sculpture, fiber arts, painting, print and mixed media. The exhibit hangs on the walls and is displayed in cubbies and glass cabinets. Free. greatfallsstudios.com.

"Unnecessary Farce." Fridays-Sundays. April 29-May 14. Alden Theatre, 1234 Ingleside Ave., McLean. Call for times. Classic farce with a contemporary American plot: the police procedural. \$18-\$20. www.mcleanplayers.org. 866-811-4111.

"Slice of Life" and The National Gallery of Art Copyists Exhibits. Tuesdays-Saturdays, 10 a.m.-4 p.m. May 3-28. Vienna Art Center, 115 Pleasant St., NW, Vienna. Two exhibits by the Vienna Arts Society. Free. viennaartsociety.org.

Six Artists: What Matters Most. April 2-May 14. The Frame Factory Gallery, 212 Dominion Road NE, Vienna. An exhibition and sale of artwork by local artists. Open Monday-Saturday, 10 a.m.-5:30 p.m. theframefactory1.com. 703-281-2350.

"Proof." March 31-May 8. 1st Stage, 1524 Spring Hill Road, Tysons. Pulitzer Prize-winning play. \$30/\$26/\$15. 1ststagetysons.org. 703-854-1856.

Time Traveler Tuesdays. 4:30 p.m. March 29-June 7. Colvin Run Mill, 10017 Colvin Run Road, Great Falls. This weekly series will take participants on an interactive journey through time, focusing on a different period in Virginia history each week. Register at <http://www.fairfaxcounty.gov/parks/colvinrunmill/events.htm>.

Weekly Storytime. Wednesday and Saturday. 11 a.m. Barnes &

Noble, 7851 L Tysons Corner Center, McLean. Themes and Titles vary. Free admission.
Gentle Yoga. Thursdays, 6:30 p.m. Emmaus United Church of Christ, 900 E Maple Ave. E, Vienna. Saturdays, 9:30 a.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Gentle Kundalini Yoga, one free introductory session, senior discounts. Increase your flexibility, improve your breathing and health, reduce your stress. Ravi Kaur has 15 years experience teaching yoga. \$15 per session. www.edimprovement.org. 571-213-3192.
Tai Chi Beginners' Practice. Saturdays, 8-9 a.m. St. Luke's Catholic School Gymnasium, 7005 Georgetown Pike, McLean. Weekly Tai Chi practice. Group has met for over 20 years. Free. FreeTaiChi.org. 703-759-9141.

WEDNESDAY/MAY 4

"Healing Voices." 7 p.m. First Christian Church of Falls Church, 6165 Leesburg Pike, Falls Church. Documentary exploring real-life stories of individuals working to overcome the extreme effects of their illness and integrate their experiences into their lives in meaningful ways. 703-324-7006.

Jammin' Juniors Concert. 12:30 p.m. McLean Central Park Gazebo, 1468 Dolley Madison Blvd., McLean. Bring your lunch and listen to some tunes. Roger Day will perform. Free. mcleancenter.org.

THURSDAY/MAY 5

Jennifer Knapp. 7:30 p.m. Jammin' Java, 227 Maple Ave., E, Vienna. Knapp will perform songs from her new album Set Me Free. \$80. www.jamminjava.com.

FRIDAY/MAY 6

Spring Fling. 7-9 p.m. The Old Firehouse, 1440 Chain Bridge Road, McLean. P, always sold-out 5th and 6th-grader parties that include music, dancing, games, snacks, videos and more! Advance registration is required; walk-ins will not be admitted. \$35/\$25. mcleancenter.org.

SEE CALENDAR, PAGE 11

CALENDAR

FROM PAGE 10

FRIDAY-SATURDAY/MAY 6-7

Claude Moore Colonial Farm Spring Plant Sale. 10 a.m.-5 p.m. Claude Moore Colonial Farm, 6310 Georgetown Pike, McLean. Browse varied selection of heirloom tomatoes, eggplant and peppers, as well as other vegetables. Also perennials. Free admission and parking. 1771.org. 703-231-3545.

SATURDAY/MAY 7

Document Shredding. 9 a.m.-noon. Long and Foster, 1355 Beverly Road, McLean. Free, secure paper shredding for the community. Here's your opportunity to clear your home or office of paper clutter! Spring clean your office and shred outdated documents. 703-903-8643.

Yard Sale/Flea Market. 7 a.m.-2 p.m. Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls. To reserve a space to sell or for more information call 703-582-1640.

Social Justice Yard Sale. 7 a.m.-1 p.m. Unitarian Universalist Church of Fairfax, 2709 Hunter Mill Road, Oakton. Proceeds from the sale will be shared with the Shepherd's Center of Oakton-Vienna (SCOV), The National Alliance on Mental Illness, Mosaic Harmony and Unitarian Universalist Partner Church Circle. 703-281-0538.

"Under the Gun." 7 p.m. Unitarian Universalist Church of Fairfax, 2709 Hunter Mill Road, Oakton. Documentary screening followed by a discussion on gun violence hosted by Northern Virginia Chapter of the Brady Campaign to Prevent Gun Violence. 703-281-4230.

Colvin Elementary Fun Run. 8:15

a.m. Shouse Village, 1400 Trap Road, Vienna (behind the school). Objective this year is to collect new or gently used sports equipment for our local sister school, Hybla Valley ES, to help promote their family and student lifelong health and fitness goals. <http://www.crespto.org/home.html>.

TUESDAY/MAY 10

Fantasy Sports with Matthew Berry. 7:30 p.m. The Alden McLean Community Center, 1234 Ingleside Ave., McLean. Join Matthew Berry, ESPN fantasy sports analyst and author of "Fantasy Life: The Outrageous, Uplifting, and Heartbreaking World of Fantasy Sports from the Guy Who's Lived It" for a lively talk featuring stories and tips from the "front lines" of fantasy sports. Free. Register at <http://bit.ly/1XJAHc> or call 703-324-8428.

WEDNESDAY/MAY 11

Jammin' Juniors Concert. 12:30 p.m. McLean Central Park Gazebo, 1468 Dolley Madison Blvd., McLean. Bring your lunch and listen to some tunes! Join us for a free lunchtime concert for children ages two to five and their families. Steve Roslonek of SteveSongs is one of the most engaging performers on the national children's music scene. Free. mcleancenter.org.

FRIDAY-SATURDAY/MAY 13-14

Annie, Jr. Great Falls Elementary School, 701 Walker Road, Great Falls. 571-512-2760. Wall, run, strollers welcome. Music, raffles, cake and food. \$30 adults; \$15 for 12 and under till April 7. wolftrappta.org.

Great Falls Studios Presents 'Small Gems'

There is a new show in town: Great Falls Studios presents "Small Gems" at Arts of Great Falls School and Gallery, Village Green Center, 756 Walker Road, Great Falls.

Some 30 member artists have contributed work no larger than 12 inches square. Sparkling jewelry, bronze sculpture, fiber arts, painting, print and mixed media. The exhibit hangs on the walls and is displayed in cubbies and glass cabinets.

Free and open to the public on Wednesdays, Noon - 4 p.m. and Saturdays, 10 a.m.-1 p.m. An exhibiting artist will be present.

Friday, May 6, 6-9 p.m. First Friday Gallery Walk (the beginning of a new Great Falls community tradition!) and Small Gems reception, with refreshments. Show continues until May 10. www.GreatFallsStudios.com.

Great Falls Studios appreciates the Arts of Great Falls for providing this space for the month.

Looking ahead: May 1-31. All Member, all Media Exhibition "April Showers Bring May Flowers" at Great Falls Community Library, Large Meeting Room, 9830 Georgetown Pike, Great Falls.

Thursday evening, May 5: Pen & Palette Reception by Great Falls Writers Group and Great Falls Studios at Great Falls Community Library, Large Meeting Room, 9830 Georgetown Pike, Great Falls. An anthology written by GFWG with cover art by selected GFS members to be released. The evening will include a discussion allowing writers and artists to share the ideas and inspiration behind their work. The book and artwork will be offered for sale. Wine and other refreshments to be served.

June 4 and 5: Great Falls Studios Spring ART FEST, to coincide with the first Summer 2016 Celebrate Great Falls Concert on the Green.



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Undefeated, Unfinished

Coach Maggie Kovacs leads Langley to a perfect 14-0 regular season.

It seemed fitting that the Langley girls' lacrosse team finished a perfect regular season on senior night playing the McLean Highlanders.

Langley defeated rival McLean 19-7 on April 29, finished the regular season with a 14-0 record and will be the No. 1 seed in the Conference 6 tournament. The Saxons beat defending champion Madison 14-10 on April 26 to take over sole possession of first place.

Langley head coach Maggie Kovacs has coached these seniors since they were girls in the early Great Falls Lacrosse little lax program. Group hugs at the end of the game were the visual queues of the team's love for each other and a celebration of an undefeated season, but the feelings go much deeper than that.

Kovacs, a former Oregon lacrosse star and Langley standout herself, has spent the season developing a team-first attitude with the girls. Many feel that the Langley teams Kovacs played on from 2006 to 2009 were some of the best of all time.

What separates the current team from those teams?

"The question in itself is the answer!" Kovacs said. "I would've killed to have as much talent as Langley's had in the past few years. But, I think the difference in why my freshman and sophomore year teams dominated was simply because we were the better team. We also had some incredible talent, but not nearly the depth Langley has now. They (the current team) just needed to see beyond themselves and all of their personal successes to realize that everyone has a role to play and together they could finally achieve their goals. We had a breakthrough a few weeks ago against Washington-Lee, so now not only do they have so much more talent than my teams ever had,



PHOTO CONTRIBUTED

The Langley girls' lacrosse team finished the regular season with a 14-0 record.



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Morgan Kuligowski, seen against South Lakes on April 15, and the Langley girls' lacrosse team will be the No. 1 seed in the Conference 6 tournament.

but they're on their way to having the heart and teamwork that we did. It's not an easy process, but the girls are peaking at just the right time. This team is definitely one for the record books."

Kovacs also recruited support as a first-

year coach when taking over the team.

"I wasn't going to take this position unless I had help," said Kovacs. "Before applying, I convinced Annie Swanson to be my associate head coach. She's a friend and former Langley teammate of mine, and I

knew she'd make an amazing coach and would be fun for me to pal around with at practices and games. Coach Bucky Morris was a bit trickier sell. I knew if I got him out to a practice he'd be hooked, that he'd eat up how much talent this team had. He was my first true lacrosse coach and taught me everything I know.

"In Halle Duenkel's senior night write up, she mentioned that I made her brush her teeth and eat left handed even though she's a righty, to strengthen her left hand up so anything on her left side would feel more natural. I loved the shout out, but I can't take the credit. That's all Bucky! He told my team the same thing in seventh grade."

Keeping the team motivated and a competitive fire burning is something Kovacs is thinking about so that the Saxons do not have a lapse going into the playoffs.

"We have inner squad teams and competition days that keep them fired up," she said. "I have a few surprises up my sleeve that I don't want to reveal yet. But you can be sure more unconventional ideas will be coming their way ASAP."

Langley averaged nearly 17 goals per game during the regular season while allowing fewer than seven per contest.

The Conference 6 tournament will begin Thursday, May 5.

SPORTS ROUNDUPS

Langley Boys' Tennis Edges Madison

The Langley boys' tennis team won its ninth consecutive match, edging Madison for the second time this season, 5-4, on April 29.

The Saxons won the No. 2 doubles match via tiebreaker, 8-6, which decided the match.

In singles action, Langley winners included: No. 1 Hammy Abuhamda; No. 3 Nick Frankenberg; and No. 4 Michael Ning. Madison winners included: No. 2 Luke Sablik; No. 5 Aryan Ossareh; and No. 6 Conner Castellaw.

In doubles action, Langley's No. 1 (Abuhamda/Kevin Shen) and No. 2 (Frankenberg/Ning) teams won. Madison's No. 3 team of Castellaw and Connor Williams was victorious.

Langley improved to 11-1. Madison fell to 9-4.

McLean's Kutz Selected to All-American Softball Team

Katie Kutz, daughter of Greg and Cathy Kutz of McLean, made the 10-year-old USA Elite Select Futures All-American Fastpitch Softball team. She was picked as a Direct Selection player from the April 8 tryouts in Leesburg, which earned her a roster posi-

tion on the team.

Notable results from the tryout for Kutz include a 54 mile-per-hour fastball, 56 m.p.h. overhand throw, and 65 m.p.h. ball exit speed on batted ball.

Kutz will be traveling to the ESPN Wide World of Sports complex in Orlando, Fla., during the first week in August to compete in the Futures All American Games. Kutz is a fifth grade student at Churchill Road Elementary School and plays for the Vienna Stars 04 travel softball team. She played in McLean Little League for six years starting in T-Ball at the age of 5.

MOTHER'S DAY PHOTO GALLERY

Four generations: Congresswoman Barbara Comstock, right, with her mother Sally Burns, her daughter Caity Comstock Roller, and granddaughter Hailey.



Fairfax Board of Supervisor Chairman Sharon Bulova with daughter Karin in 1976.

Princess Aliyah & Kashmir Rose, 4, celebrate Mother's Day surrounded by picturesque Alaskan Glaciers in 2015. Princess Kashmir says, Alaska is the most beautiful and favorite place compared to the 24 countries she has visited.



Melodee and Rose Boos at 5 Guys on the cold, snowy Saturday, April 9, 2016.

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Straight-on Effects



By KENNETH B. LOURIE

As a seven-plus year chemotherapy "infusee," I believe I'm fairly well qualified to address some of the side effects of the treatment. Side effects my a--! The effects are hardly indirect or on the side. They are direct and to the point. Whether it's hair loss, memory loss, nausea, vomiting, diarrhea, risk of infection due to low white blood cell count, low energy/high fatigue due to low red blood cell count, loss of appetite/lack of taste; and on and on and on – and I'm not even addressing the psychological, emotional and spiritual issues which themselves are nearly overwhelming – the results: "Danger, Will Robinson." Because it seems as if you're lost in your own space. Wishing and hoping and praying may mitigate some of the suffering. Unfortunately, there's still plenty to go 'round.

Is there relief in sight for those cancer patients so regularly affected? Yes. There is medication. Although, generally speaking, my oncologist has been hesitant to prescribe additional medication to treat the effects of treatment/previously prescribed medication, regardless of its effectiveness. It's not exactly akin to a cat chasing its tail, but prescribing medication to treat the "side" effects of an already prescribed medication – which in turn may have been prescribed to treat the effects of yet another previously prescribed medication, seemed somewhere between redundant (sort of), ridiculous and irresponsible somehow. If solving one problem/symptom simply caused a new and different symptom/problem that required medication, then all we were accomplishing was whacking a mole, so to speak. And as a cancer patient, compounding the underlying problem didn't seem to make sense; so rarely, if ever – and my oncologist and I talked about this – did we decide to throw good money after bad, if you know what I mean. Mostly we decided to leave well enough alone – within reason, even though I might not have been all that well.

Please don't infer from this rationalization that I've suffered unnecessarily. I don't think I have. Although I certainly don't know for sure. But in reviewing today decisions made in the past, I still think, to quote my deceased father, that "The idea had merit." No second-guessing here. The decision seemed logical and prudent then and it still does today, even in arrears. Perhaps managing my "straight-on effects" as I've discussed has contributed to my overall good health/unexpected survival. Who's to say? Obviously, prescription and/or over-the-counter medication is a reasonable course of action/treatment, all things considered. But sometimes, too much of a good thing may simply be too much. The human body does have its limits. Specifically, I refer to the Immune System, our internal fighter. Though it works in many strange and mysterious ways, many more of those ways are understood now after years of research. Unleashing it rather than medicating/obfuscating it might very well be the missing link in treating not only cancer but other dreaded diseases. In fact, Immunotherapy is an entirely new field/class of drugs created/ designed to harness the power of one's own Immune System. Now that's a "straight-on" effect I would embrace.

Fortunately, or not, my non-Immunotherapy chemotherapy is keeping my tumors "stable" (my heretofore favorite word), so rather than stop what's working – despite the eating/taste issue I experience during my post-chemo week – we're going to stay the course, but remain open to course corrections. It may not be ideal, because the "straight-on" effects can be difficult. Nevertheless, even though it's not exactly my idea, I do think much of it.

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

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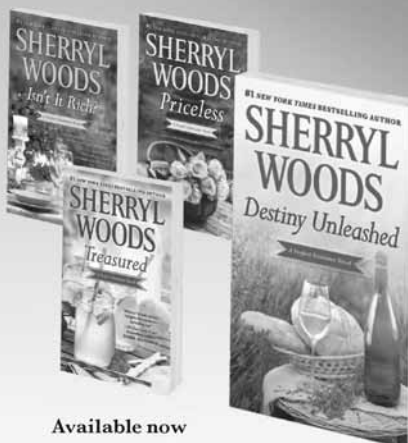
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