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PHOTO BY STEVE HIBBARD/THE CONNECTION

First Friday Art Walk in Great Falls

NEWS, PAGE 17

Linda Rosen, president of the Great Falls Studios, at the kick-off event for the First Friday Art Walk in the Village on Friday, May 6 in the Village Centre in Great Falls.

Historical Allure, or Relic of the Past?

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Brooks Farm: Busy Week?

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Historical Allure, or Relic of the Past?

30 days for commitment to take control of the Grange for community use.

BY KEN MOORE
THE CONNECTION

The legacy of past farmers of Great Falls awaits. And have awaited.

Last Thursday, May 5, members of a number of Great Falls organizations and community groups met, once again, to determine interest in a commitment to the Great Falls Grange as the centerpiece of the community, as founding Great Falls farmers envisioned almost a century ago.

The group pledged Thursday to reconvene in one month to determine whether community groups in Great Falls want to form a nonprofit to take over operations of the Grange.

"We have to figure out our goal as a community, figure out what we can do best for the community," said Jorge Adeler.

"Once we know who will be involved, we will form a board and create a memorandum of understanding. We need to find out how often groups will want to use it," said Eric Knudsen, president of the Great Falls Citizens Association.

Currently, the Fairfax County Park Authority operates the Grange and coordinates community use, but is willing to hand the keys over if a consortium of community groups is ready to assume responsibility.



PHOTO BY KEN MOORE/THE CONNECTION

The Grange can become the centerpiece of the Great Falls community once again, as farmers envisioned when they built the Grange for the community in 1929.

ADELER HAS CORRALLED interest in making the Grange the centerpiece of community as farmers envisioned when they built the Grange in 1929.

He and a number of the same representatives met a few years ago and pitched their vision of making the Grange and the Old Schoolhouse a campus for the community to use.

"A really impressive group of community organizations got together and signed a letter to me basically asking for more access to these facilities," Dranesville Supervisor John W. Foust said.

"The proposal was that I would get the

Grange made ADA accessible and they would come forward with a proposal that community groups would take responsibility for these two buildings."

"And eventually if the community groups come together the way I think they might and the way it was initially proposed, I see something more grand here with the Grange and the Schoolhouse as a community facility," he said.

FOUST FULFILLED his promise.

Fourteen months ago, on March 7, 2015, about 75 members of the community gathered to celebrate the renovations to the

1929 building and grounds that now make it accessible to all of Great Falls.

The Great Falls Grange Hall was the first built in Virginia and one of five granges built in Fairfax County, said Great Falls Historical Society President Kathleen Murphy.

The potential of using the Grange is extraordinary, said Adeler. The possible activities for community use, for youth, senior citizens, adults, artists, musicians, non-profits and the entire community are "endless."

"The answers have to come from all of us," said Adeler. "Decide if you want to join or not," he said, Thursday.

Groups started meeting again last October.

A smaller number has worked the past half year to determine that an exploratory board and creating a 501(c)(3) are necessary next steps. They believe the groups will have to raise \$120,000 per year through wedding and event rentals to make the project successful.

Some potential members voiced hesitation Thursday, calling it a "hard sell" when the group hasn't hammered out exact details of the project, including financial obligations, liability, insurance issues, and hours of commitment necessary. Some groups question whether it will be in their best interest when the county has already offered them use of the building at decent costs.

"This project is simple if we want it to be simple. It can be complicated if we want it to be complicated," said Adeler.

"We do have a choice, nothing or everything," he said.

Great Falls Citizens Association voiced zero hesitation.

"I've been here long enough that I used to hear choirs there with my daughters," said Knudsen. "I'm committed to this."

Brooks Farm: Busy Week?

BY KEN MOORE
THE CONNECTION

The Fairfax County Planning Commission is scheduled to reconvene on Wednesday, May 18, to make a recommendation to the Board of Supervisors on the development of Brooks Farm.

This week, Great Falls Citizens Association will hold what representatives call "an important Town Hall meeting," on Tuesday, May 10, after this week's Connection presstime.

"The program will feature presentations by Great Falls residents who have been involved recently in the negotiations over certain issues arising from a proposal to rezone Brooks Farm as a cluster development; these issues include storm water management, tree preservation and road access," according to Great Falls Citizens Association documents. "The developer, Basheer and Edgemoor, has revised its original development proposal several times in the past year in response to discussions with

Fairfax County and Great Falls residents."

GFCA continues to oppose approval of the current proposal to rezone the 51.9 acre Brooks Farm property from the R-A zoning district to R-E Cluster (Residential Estate). The applicant proposes to build 20 single family detached homes on the farmland off Springvale Road and around Walker Lake.

Great Falls Citizens Association has held numerous meetings on the proposal, touching on environmental questions including septic, well, stormwater and tree canopy.

More than 1,400 people in Great Falls signed a petition opposing the development.

Many testified before the county's Planning Commission in a four-hour hearing that started Thursday, Jan. 21 and lasted past 2 a.m. on Friday, Jan. 22.

"We are the voice for Great Falls. We find that consensus and take it to the county to make sure our voice is heard," said Great Falls Citizens Association president Eric Knudsen.

Basheer/Edgemoor-Brooks spent more than a year revising its application in at-



FILE PHOTO

tempt to meet concerns of residents, especially regarding density, septic, stormwater, environmental, well, water, preservation of trees, and other features of the property around Walker Lake.

"It is very clear this is a special piece of property to people in the community," said Gregory Riegle, representing the developers. "We went to great pains to ensure that we have complete answers to questions."

GREAT FALLS was part of a downzoning more than 30 years ago designed to protect drinking water and the Potomac River, with much of the area zoned for one house for five acres.

Great Falls Citizens Association is holding a Town Meeting on Tuesday, after The Connection's presstime, to address "negotiations over certain issues" regarding the proposal submitted to develop Brooks Farm. The Planning Commission is tentatively scheduled to make its recommendation on Wednesday, May 18. GFCA still opposes the proposal.

The Fairfax County Planning Commission has deferred a decision monthly while several remaining issues are addressed.

These issues will be covered at this GFCA meeting, according to GFCA.

"All GFCA members and Great Falls residents are encouraged to attend, both because of Brooks Farm's importance and also because this meeting will provide a window into how the County evaluates rezoning and development proposals, and how the opinions of neighbors, HOAs, civic organizations and residents factor into their decision," according to GFCA.

See <http://ldsnet.fairfaxcounty.gov/ldsnet/ZAPSMain.aspx?cde=RZ&seq=4194460>.



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❖ 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.

NEWS

Langley High School Junior Andrew Shapiro (left) is a one-man team raising funds for cancer patients like his dad, Allen Shapiro (right) at the Langley/McLean Relay For Life, May 14 and 15, at Cooper Middle School.



PHOTOS COURTESY OF STEPHANIE SHAPIRO

Andrew Shapiro Showing ‘Strength For a Cure’

Langley/McLean Relay For Life, May 14 and 15, Cooper Middle School.

BY JEAN T. JIANOS
THE CONNECTION

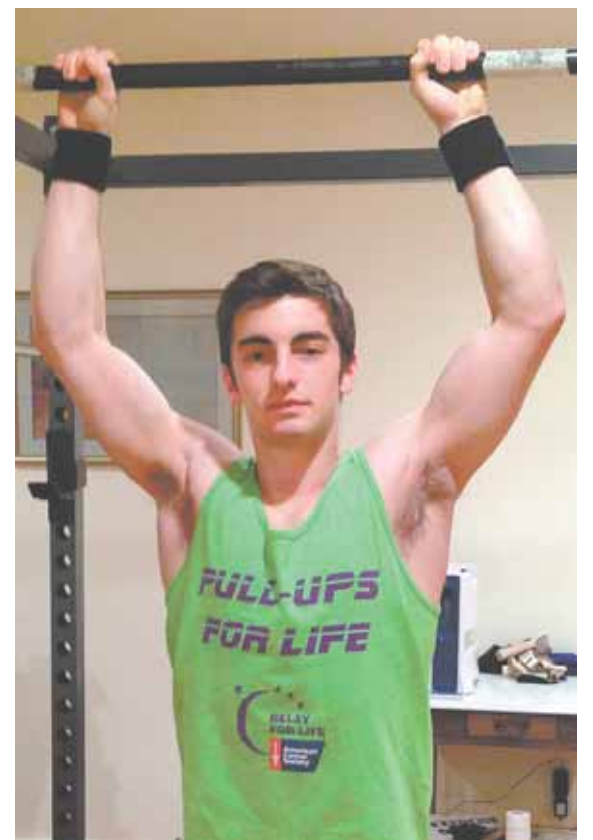
Andrew Shapiro, a junior at Langley High School, has formed a one-man team to raise funds for cancer patients at the Langley/McLean Relay For Life being held at Cooper Middle School, May 14 and 15.

The American Cancer Society’s Relay for Life is an overnight, community fundraising event at which team members take turns walking a track from 6 p.m. Saturday night until 6 a.m. Sunday morning. Sixty-seven teams totaling almost eight hundred participants have signed up for the event and will be camping out at the Cooper Middle School track. Their goal is to raise funds equal to the amount needed by the American Cancer Society (ACS) to provide five cancer patients and their caregivers with free lodging for an entire year at an ACS Hope Lodge, when patients have to travel away from home for treatment.

ACS encourages students like Shapiro to get involved with Relay For Life by giving them the option to organize their own activities. As an endurance athlete who has been training over the past few years for the competition series American Ninja Warrior, Shapiro decided to form a one-man team, Pull-Ups For Life. While fundraising for cancer patients like his dad, Allen Shapiro, a cancer survivor who was diagnosed with stage four colon cancer almost five years ago, Andrew Shapiro will also be attempting to set new Guinness World Records for the number of pull-ups completed in a six, twelve, and twenty-four hour period. Shapiro’s Pull-Ups For Life event is scheduled from noon, Saturday, May 14 through to noon on Sunday, May 15, out on the tennis court at Cooper Middle School.

ACS promotes Relay For Life events as leadership and community service opportunities for high school students. By participating in Relay For Life, students can earn service hours toward special recognition at graduation with a Service Learning Cord or Virginia diploma seal of excellence in civics.

The Rotary Club of Great Falls is a service organization that also seeks to bring leaders together to exchange ideas and to take action on important issues, so when Shapiro asked them to sponsor his Pull-Ups For Life team, Speaker Chair Suzanne Fields ar-



Langley High School Junior Andrew Shapiro’s one-man team, Pull-Ups For Life, will be raising funds for the American Cancer Society while he attempts Guinness World Records at the Langley/McLean Relay For Life, May 14 and 15, at Cooper Middle School.

ranged for Shapiro to address one of their weekly breakfast meetings. Rotary Club of Great Falls Treasurer Bala Sundar said, via e-mail, that after Shapiro’s speech, “the board members unanimously voted yes . . . and made a contribution. . .” Sundar also noted that, “[a] number of club members also contributed individually. . .”

How has Shapiro trained to complete thousands of pull-ups for hours on end? Ten pull-ups a minute, four or five hours straight, every day, for the past seven months, with lots of food for fuel. He has to be self-motivated because he does not workout with a trainer or coach. In addition to training, Shapiro must balance the demands of his junior year studies at Langley High School. His goals include pursuing interests in marine biology and conservation.

To help the Langley/McLean Relay For Life teams reach their goal, go to <http://relay.acsevents.org> and you will be directed to their event page.

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Stormwater Task Force Holds Town Hall Meeting

Recently, the Great Falls Citizens Association's (GFCA) newly formed Stormwater Task Force (SWTF) sponsored a Town Hall meeting at the Great Falls Library which attracted 60 residents. Dranesville Supervisor John Foust of the Fairfax County Board of Supervisors and Commissioner John Ulfelder from the Planning Commission attended. Presenters from the County's Department of Public Works and Environmental Services were: John Matusik, Jonathan Will and Matthew Meyers, as well as Laura Grapes of the Northern Virginia Soil and Water Conservation District. The meeting started with introductions from Bill Canis of the GFCA's Committee on Environment, Parks and Trails, Supervisor Foust and Timothy Quick of the SWTF.

The speakers discussed topics including: the State and County code relating to monitoring and managing soil and water activities, the current state of the Fairfax County stormwater management programs, and their planned projects to monitor and remediate our deteriorating waterways and stream valleys. In addition, state programs that support local education and stormwater management initiatives were presented. For more detailed information, presentation materials will be available at www.gfca.org.

During the meeting, many residents spoke about their own experiences with stormwater, while also asking questions of the speakers. Residents gave examples of property, ponds and local bridges being washed away by stormwater, as well as examples of deterioration of local roadways. From the questions, presentations and discussions, it is evident that the impacts of stormwater in Great Falls is significant, and is increasing as development continues. The SWTF feels the best way to address this is through community involvement in the form of education and advocacy.

The SWTF will sponsor events to inform, educate and support the Great Falls citizens, with erosion and stormwater management. In addition, the task force will be investigating all the major streams in the Great Falls area; if residents have an erosion issue they would like to highlight, they should contact the task force or GFCA. The SWTF will publish its calendar of events on the GFCA site in the next few weeks. The events will provide a variety of opportunities for the citizens of Great Falls to get involved and receive assistance managing stormwater damage on their property and in the community. If you would like to participate in the SWTF, or have questions, forward inquiries to SWTF_Help@GFCA.org



PHOTOS CONTRIBUTED

Beach Mill Bridge Collapse: Residents gave examples of property, ponds and local bridges being washed away by stormwater, as well as examples of deterioration of local roadways.



Participants in the meeting, from left: Timothy Quick, Laura Grapes, Jonathan Will, Matthew Meyers and John Matusik.



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NEWS

PHOTOS BY JAMES DIEDRICH

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Author Robert F. Dorr, seated center, has written many books and tells writers and artists at Pen & Palette secrets to completing and publishing their works. Dorr, to whom the anthology is dedicated, accepts the first copy signed by each contributing writer. As GFWG founder Kristin Clark Taylor and son Robert P. Dorr look on at his side, clever quips result in laughter and applause from the crowd.



Collaboration Encourages Artistic Individuals, Community to Grow

The Great Falls Writers Group publishes a book compiled by area artists and local wordsmiths.

BY CHRISTINA TYLER WENKS

Artists and authors share a similar creative energy that can ignite each other's inventive fuse. That was evident at "Pen & Palette," an event that launched the collaborative works of the Great Falls Writer Group (GFWG) and Great Falls Studios Thursday night.

"Two Minutes" is a book compiled by local wordsmiths and area artists that pushed creative minds out of their comfort zones, encouraging them to grow collectively and individually. The Great Falls Writers Group (GFWG) provided the content for the pages while Great Falls Studios provided the book covers about a single topic — two minutes — which means something different to each contributor and reader.

Linda Jones's landscapes usually reflect her first career of teaching geography and her love of outdoors. From a distance, her juried selection "Wheels of Time" may look at bit like flowers, but the work actually depicts the workings of an inner clock — a dramatic departure from painting nature. The metal sprockets on the book's front cover have multiple meanings. "The GFWG 'Two-Minute' art challenge

prompted me to put my thoughts onto canvas. The title not only relates to the clock mechanism but to our inner thoughts and memories as time passes, whether they be long-term or a more fleeting two-minutes," such as those of an Alzheimer's patient. Patron comments are causing Jones to push beyond her balm more often and reconsider sketches and ideas she jotted down through the years.

Lithographer Will Tuthill's juried "Time Intact" was selected as the back cover, but the artist explained while making his pen-and-ink submission, he realized his clock face needed a contrapuntal companion. The result is a juxtaposed, splintered clock face titled "Splintered Time." Each work represents a block of time in his life.

He realizes now that writers and artists share the same creative energy. This collaboration motivates Tuthill to stretch himself further, putting words to his illustrations. He's considering publishing a children's book.

With this anthology, GFWG members Mary C. McKay and Hope James are now published. Mary Dacoba and Catherine Mathews are second-time anthology contributors who ripped pages from their personal lives to inspire readers.

Jim Soon Moon is a medical doctor whose patients' stories provide fodder for writing screenplays for minority actresses. "This project makes me more courageous as a writer," said Moon. "This process builds a writer's confidence."

Even those with extensive resumes wrote in a new direction. Robert Dorr has written more than 80

SEE 'TWO MINUTES,' PAGE 7

Linda Jones and Will Tuthill stand adjacent to their winning submissions that became the front and back covers of 'Two Minutes' — a collaborative effort of the Great Falls Writers Group and Great Falls Studios. More than 20 artists created and submitted 56 entries from which these two juried submissions were selected.



NEWS

'Two Minutes' editor Esther MacLively-Eacho of McLean signs copies of the anthology while patrons read entries and ask questions about the process of compiling the book.



PHOTO BY JAMES DIEDRICH

'Two Minutes' Launched

FROM PAGE 6

books in the past 60 years, mostly about aviation and military history. For the anthology, he wrote about himself and the value of two minutes to someone living with terminal brain cancer. Dorr, to whom the anthology is dedicated, attended the event with his entire family and accepted the first copy, personally signed by each contributing author. During the dedication, his words were direct and inspired: "You must resolve the internal conflict of getting it right or getting it finished." He said even his dog knows the secret to writing 2,700 words a day, which adds up to a million words a year. "To succeed, you must

sit and stay." Those words ring true to visual artists, too.

"It's one thing have talent, but it's another thing entirely to share it," said GFWG founder Kristin Clark Taylor.

"We've only just put our toes in the water on collaborating with community groups," said anthology editor Esther MacLively-Eacho, making patrons wonder what's next for the groups.

"Two Minutes" is available at Scrawl Books, an independent pop-up bookstore at Reston Metro Station and at the Great Falls Studios Arts Fest the first weekend in June.

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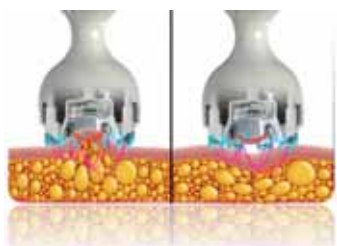


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OPINION

America's Anti-Trafficking Efforts...

... Hollow victories for public accolade.

BY DR. KIMBERLY MEHLMAN-OROZCO

Each day there is more media on the human trafficking scourge in America with heart-wrenching stories about women, men, and children who are forced, defrauded, or coerced into exploitation. Whether it is the pimped child, the indentured migrant laborer, or the domestic slave, the headlines are always the same "victim saved" and "offender arrested," but this narrative masks the reality of the situation. Despite being arrested, few traffickers are ever convicted of human trafficking offenses and those who are typically receive "slap on the hand" sentences. All the while, the majority of trafficking survivors are re-victimized and criminalized through arrest, prosecution, detention, and/or deportation. These victims are rarely "saved" as the media stories suggest, but rather remain "disposable people" in the shadows of heartland America.

I first became aware of this reality gap while sitting in an audience of anti-trafficking policy makers, law enforcement officials, and service providers, listening to Frank Wolf (R), mem-

ber of the U.S. House of Representatives from Virginia's 10th district. There were multiple news agencies recording his speech and taking down notes. He was touting the human trafficking prosecution of Peach Therapy, an erotic massage parlor located in my hometown, midway between my mother's home and my high school. Unbeknown to most in the community that surrounded it, the business was a front for a full service brothel. According to the official Department of Justice press release, the massage parlor proprietor, Susan Lee Gross, was bringing girls from South Korea to New York, and trafficking them down I-95 to my Virginian suburb, for the purpose of commercial sexual exploitation.

Representative Wolf portrayed the conviction as a prime example of the efficacy of his federally-funded efforts to combat human trafficking locally. However, prosecuting erotic massage parlors engaged in human trafficking is often described as "playing a game of whack-a-mole;" shut one down and another will pop right back up, sometimes in the same location or under a different name. Victims are often afraid to cooperate with law enforcement and legal representation for offenders will exploit their credibility gaps, such as undocumented foreign national status, drug use, or coerced co-offending. If law enforcement gets too close, offenders will strategically "sell" the business and change the name in order to evade arrest

and prosecution, bringing investigators back to square one.

Not for a lack of trying from law enforcement, but less than .01 percent of human traffickers are ever convicted for their crimes.

The need to combat human trafficking is one of the few issues that all politicians, Republican or Democrat, can agree on. For example, in the race for presidency, Bernie Sanders, Hillary Clinton, Marco Rubio, and Carly Fiorina (to name a few) have all discussed the need to address the human trafficking scourge in the United States. However, legislators, law enforcement, and victim service providers need to be forthcoming regarding the lack of efficacy of current anti-trafficking efforts. Without an evidence base of support, passing new pieces of costly legislation may not be the answer. America needs to understand that behind the politicians touting arrests for public accolade and the click-worthy headlines on federal prosecutions, human trafficking enterprises continue to flourish in plain sight.

With human trafficking especially, law on the books has yet to translate to law in action.

Author Dr. Kimberly Mehlman-Orozco holds a Ph.D. in criminology, law and society from George Mason University, with an expertise in human trafficking. She currently serves as a human trafficking expert witness for criminal cases and her book, "Hidden in Plain Sight: America's Slaves of the New Millennium," is contracted for publication with Praeger/ABC-Clio.

LETTER TO THE EDITOR

ZIKA Mosquito Farm on Your Property

To the Editor:

Our neighborhood experience with a Fairfax County Stormwater Management project is nothing like the rosy picture painted by Mr. Eric Knudsen ("Stormwater Management Engages Community," Great Falls Connection, April 20-26, 2016).

After three years of project planning and six months of destruction of private property, the finishing touches and clean-up are still not complete on our neighborhood "Stormwater Retrofit." Our old, efficient storm drainage system was approved by the County and installed 35 years ago, effectively preventing erosion of land and flooding of roadways by massive flows of storm water and melting snow. It was just removed and replaced with swamps and unfenced ponds on private front lawns, just as the mosquito season is beginning and the Zika virus is moving to Virginia. Easement rights were claimed!

Our original drainage system routed the stormwater to an existing retention lake a few hundred feet away, without damaging erosion and no chance for mosquito reproduction.

Now, with the new project, the

water sits in the new mosquito producing ponds where toddlers and children used to play. They've been full for almost three months now.

No water tests were done to see how much of our lawn fertilizer or deer poop washed into the existing retention lake.

No consideration was given to locating the ponds just 30 feet south onto County property already in the flow path to the lake.

No consideration was given to the loss of property values due to the presence of mosquito farms in the front yards.

No consideration was given to the number of pregnancies that would produce babies with microcephaly.

At a time when our nation's infrastructure is crumbling and we can't even afford to maintain the Memorial Bridge or the Metro, Fairfax County wastes millions on projects that corrupt the environment even further, and the GFCA proudly brings them to Great Falls.

Gene Phillip
Great Falls



PHOTOS BY GENE PHILLIP

Now, with the new project, the water sits in the new mosquito producing ponds where toddlers and children used to play.



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Brightview Great Falls Recognized for Commitment to Quality

Brightview Great Falls was honored with a Quality Standards Certificate from Argentum, the leading national trade association serving companies that own, operate, and support professionally managed senior living communities in the United States.

The certificate recognizes Brightview Great Falls' commitment to quality and dedication to safety and accountability.

"It is an honor to be recognized," said Executive Director Tina Aulakh. "Brightview is a strong believer in establishing and maintaining quality standards for all its senior living residents."

"Residents and associates have created a special community at Brightview Great Falls."

Brightview Great Falls features 90 apartment homes with Assisted Living and Wellspring Village, a secure neighborhood for Alzheimer's and dementia care.

The community has been serving seniors and their families since September 2014. For more information on Brightview Senior Living, visit www.brightviewseniorliving.com

CAREGIVING AND HEALTH EVENTS AND CLASSES

Fairfax County is offering free **Independent Living Project sessions, Mondays, May 2-June 27, 10 a.m.-noon.** Calvary Hill Baptist Church, 9301 Little River Turnpike, Fairfax. Find out more and register at www.fairfaxcounty.gov/olderadults and click on Independent Living Project. Call **703-324-7721**, TTY 711, (Preregistration required. There is no session on May 30.)

Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, May 10, 7-8 p.m.** This will be an open discussion on caregiving. Register beforehand at www.fairfaxcounty.gov/

olderadults and click on Caregiver Support/Telephone Caregiver Support Group. Call **703-324-5484**, TTY 711.

Fairfax County is offering the following free Chronic Disease Self-Management programs:

❖ **Take Control of Your Health and Your Happiness. Tuesdays, May 3-June 7, 10:30 a.m.-12:30 p.m.** Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Register online at www.fairfaxcounty.gov/olderadults and click on Chronic Disease Management Program or call **703-324-5489**, TTY 711. (Preregistration required.)



PHOTO GALLERY!

"Me and My Dad"

To honor dad on Father's Day, send us your favorite snapshots of you with your dad and The Connection will publish them in our Father's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To e-mail photos, send to:

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- Music & Theater
- Lifetime Learning

For a complete listing of classes, tours, performances and events, visit our Website at: www.mcleancenter.org—and register online.



The McLean Community Center
1234 Ingleside Ave., McLean VA 22101
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www.mcleancenter.org

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www.ArleighBurke.org
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HomeLifeStyle

Yellow was the main theme on this Bethesda, Md. porch designed by Kelley Proxmire, principal of Kelley Interior Design. She added complementary accents such as the plates displayed on the wall.



PHOTO COURTESY OF KELLEY INTERIOR DESIGN



PHOTO COURTESY OF WINN DESIGN + BUILD

Doors, such as a quad-panel gliding door or full-swing French door, create a large opening for joining interior and exterior spaces, a feature of this McLean deck by Michael Winn Design + Build.

Creating Space for Family Oasis or Outdoor Entertaining

Local designers unveil recent projects and offer tips.

BY MARILYN CAMPBELL
THE CONNECTION

Lured outside by rising temperatures and blue skies, homeowners are deciding that it's time to spruce up patios, gardens and other outdoor living spaces. Local tastemakers are hard at work transforming winter-worn al fresco spaces into lively oases in time for a season of warm-weather entertaining.

"I have already been extremely active this season working with various clients in the region to focus on their outdoor spaces so that they may entertain outdoors as much as possible, for as long as possible this season," said Philip Smith, design consultant for Offenbachers, an outdoor furniture and accessories company with showrooms in Springfield and Fairfax. "I have looked to fresh, light and natural palettes, making an effort to mix materials whenever possible."

"Outside living areas should be an extension of your indoor space and style, so focus your energy on quality products," said Smith. "Consider accessorizing with throw pillows, rugs, lighting and potted plants,



Philip Smith, design consultant for Offenbachers, recommends Kingsley Bate outdoor furniture. He advises clients to invest in quality pieces.

PHOTO CREDIT COURTESY OF OFFENBACHERS

and leverage bright colors to be even more playful and on trend each season."

Smith points to a recent project in which he anchored the client's covered porch with four of their existing white Adirondack chairs, adding fresh pops of color with teal and yellow cushions. "It created a great transition from their kitchen, making it a

natural extension of where they say most of their guests gather," he said.

Color is the anchor on a Bethesda, Md. porch that Kelley Proxmire, principal of Kelley Interior Design completely recently. "We used yellow as the main theme and added complementary elements such as plates displayed on the wall," she said. "Add-

"I have looked to fresh, light and natural palettes, making an effort to mix materials whenever possible."

— Philip Smith, Design Consultant for Offenbachers

ing mirrors to an outside or seasonal space [also] gives it dimension and interest."

Families with luxurious outdoor living spaces are eager to use them often throughout the warm weather months, that's why it's a good idea for homeowners to "invest [and] choose quality pieces that are easy to maintain and can withstand weather, but easily be updated for style as needed over the years," Smith said.

When shopping for outdoor furniture, look for materials that can stand up to longer use and weather elements. High quality fabrics, says Smith, will not retain moisture and attract mosquitoes.

A longer season also means the need to factor in aesthetically appeal

SEE OUTDOOR, PAGE 12



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\$1,599,000
Lakefront Living
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Contemporary overlooking picturesque Lake Windermere. Breathtaking views & serene setting of 1.72 acres. Soaring ceilings, multiple skylights & oversized windows create a unique & inspiring floor plan. Large, sprawling floor plan featuring over 7,400 finished square feet. 6 Bedrooms, 5 Full Bathrooms & 1 Half Bathroom. Main-Level Library, Solarium, Sunroom. Main-Level Bedroom & Full Bathroom. Walkout Lower Level with Entertaining Bar, Billiards / Game Area, built-in Home Theater, mirrored Exercise Room, 6th Bedroom & Full Bathroom. Hardiplank exterior with extensive hardscaping, patios & stonework. Located on quiet cul-de-sac in upscale Great Falls neighborhood. Top-rated Langley High School. *True nature lover's paradise!*



Heart
of Great Falls!

Located just steps from the Great Falls Village Center, this stately Colonial boasts both

classic elegance & impeccable style! Bright & open floor plan featuring beautiful finishing throughout. 3 fully-finished levels including a total of 5 Bedrooms, 3 Full & 1 Half Bathrooms. 2-story Foyer, high 9' ceilings, Gourmet Kitchen, open Family Room w/vaulted ceiling & Main-Level Library. All renovated Bathrooms. Sun-filled Lower-Level offering large Recreation Room, Media Area, 5th Bedroom & Full Bathroom. Perfect .51 acre lot w/in-ground sprinkler system & professional landscape lighting—just steps from fine shops, dining & all that the Great Falls village has to offer. Top-rated Langley High School district. *Distinctive in-town living at its finest!*



Great Falls
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The Best of
"Fox Vale Farm"

Stunning, fully-renovated

Colonial nestled in one of Great Falls' most beloved & sought-after neighborhoods! Thoughtfully updated both inside & out with high-quality finishes & exquisite style. Open floor plan boasting extraordinary natural light throughout. Recent Main-Level redesign boasting open Kitchen & Family Room. Main-Level Library. All renovated Bathrooms. Spacious Lower Level offering large Recreation Room, Wet Bar, Billiards/Game Area, Guest/Bonus Room, Exercise/Playroom & Full Bathroom. Resort-style exterior featuring Screened Porch overlooking newly renovated pool, hot tub, multiple flagstone seating areas, and separately-fenced play area. Friendly neighborhood with sidewalks & abundant open spaces. Top-rated Langley High School district. *A true gem!*



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Majestic "Beacon
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Magnificent estate

home on nearly 4 acres in wonderful "Beacon Hill"! Majestically sited on beautiful hilltop with spectacular views & vistas. Dramatic open floor plan with upgrades & custom features throughout. 5 Bedrooms, 4 Full Bathrooms & 2 Half Bathrooms. 2-story Family Room, Solarium, Main-Level Library, 5 Fireplaces. Incredible walkout Lower "Game Level" featuring full Bar, Billiards, Media Area, Exercise Room, 5th Bedroom & Full Bathroom. Beautiful pool & spa overlooking private, fully-fenced backyard. *An entertainer's dream!*



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HomeLifeStyle

Outdoor Design

FROM PAGE 10

ing heat solutions, such as a fireplace or fire pit. "They serve as a great focal point and can aid in deterrence of mosquitoes," said Smith.

Creating a seamless transition from a home's interior to an outside living area is a trend that Smith recommends. "For another client whose dining space is closest to the patio entry, I actually brought in a new outdoor bench cushion to use in their dining room to tie in the new grey Lloyd Flanders Mackinac seating just outside on their patio," said Smith. "Since they experience a great deal of direct sunlight, then early shading due to their trees overhead, we [added] an underlit umbrella to give the most shade during peak times and offer ambience once the sun sets."

Foliage is another weapon in the war on mosquitoes. "Think succulent plant options to minimize water consumption and excess moisture [and] keep mosquitoes away," said Smith. "Feel free to mix

materials and pieces to suit what looks and feels good to you to refresh what you already have."

Michael Winn, principal/owner of Winn Design + Build, transformed the deck of a McLean deck home. He advises those considering adding such a space to design an outdoor area which can accommodate larger groups of people when entertaining. For example, he suggests "selecting doors, such as a quad-panel gliding door or full-swing French door, to create a large opening for joining the interior and exterior spaces."

Using a variety of levels for decks and patios is a trend that Winn advises homeowners to avoid. "They may look good, but they often limit the functionality of the spaces and can be tripping hazards for unaware guests," he said.

The guidelines for lighting an outdoor space are the same as interior spaces: ambient, task and accent. "All three should be considered for a layered effect," said Winn.



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PEOPLE

Great Falls Native Earns His Wings

U.S. Navy Ensign Trevor James Shafran, a 2014 graduate of the United States Naval Academy, recently earned his "Naval Aviator Wings" after successfully completing two years of primary flight training at Naval Air Station Pensacola and specialized helicopter flight training at NAS Whiting Field in Milton, Fla.

Ensign Shafran has been assigned to Norfolk, Virginia and will fly the US NAVY's MH-60S Seahawk helicopter.

Shafran, a former Great Falls resident, graduated from Langley High School (2009) and is the son of Jack and Lori Shafran.

U.S. Navy Ensign Trevor Shafran, a Langley High School graduate, earns his Naval Aviator Wings.



PHOTO CONTRIBUTED



PHOTOS CONTRIBUTED

Jeff Ye receives the Volunteer Fairfax Rising Star Award from Fairfax County Board of Supervisors Chairman Sharon Bulova and District Supervisors.

Great Falls Boy Scout Troop 55 Leader Recognized as a Rising Star

Jeff Ye, community service coordinator for Boy Scout Troop 55, was selected and recognized as the "Rising Star" at the Fairfax County Volunteer Service Awards on April 8. Troop 55 is sponsored by St. Francis Episcopal Church, Great Falls.

Ye volunteers as an adult uniformed leader and contributes to many roles in the Troop. He serves as the community service coordinator, patrol advisor, website assistant and project manager for numerous special events. In addition to Troop 55, he volunteers as Den Leader for Great Falls Cub Scout Pack 55, Coach for the Odyssey of the Mind teams at Forestville Elementary School, and Director of the Board for the Capital Symphonic Youth Orchestra (TCSYO).

With support from Troop 55 leadership, Ye developed a system to keep excellent records of community service hours. He worked with national and local youth volunteer service partners to recognize scouts for their community service achievements.

Ye tracked hours for over 70 Boy Scouts so they could receive recognition when they met the guidelines. Due to his leadership, Troop 55 received the 2015 Volunteer Fairfax Award in the Youth Group category, and was nominated for the 2016 Virginia Governor's Volunteerism Award (Community Organization Category).



Troop 55 adult leaders and Scouts recognized for their outstanding community service efforts at the Fairfax County Volunteer Service Awards breakfast. From left, Scoutmaster Gary Pan, Assistant Scoutmaster Jeff Ye, Senior Patrol Leader Mitchell Pan, Dranesville District Supervisor John Foust, James Ye, Assistant Senior Patrol Leader Daniel Reuss, Assistant Scoutmaster Ted Reuss.

Troop 55 Scouts Mitchell Pan, Wesley Pan, Daniel Reuss and James Ye were recognized at the

2016 Volunteer Fairfax award breakfast with "Youth Benchmark 100" for their more than 100 hours of community service. Seventeen scouts were awarded with the 2015 President's Volunteer Service Award at the Troop 55 Court of Honor, and received a letter of congratulation from President Obama for their contribution to the local community.

McLean Community Center
The Center of It All

Here's What's Happening at MCC

Onstage @ The Alden
ArtsPower's "Chicken Dance"
Saturday, May 14, 2 p.m.
\$15/\$10 MCC district residents



McLean Day 2016
Saturday, May 21 • 11 a.m.-5 p.m.
Lewinsville Park,
1659 Chain Bridge Rd.
Governing Board Elections:
10:30 a.m.-5 p.m.

Classics of the Silent Screen
Buster Keaton's "The Cameraman" (1928)
Tuesday, June 7, 7:30 p.m.
\$12/\$8 MCC district residents

The Old Firehouse Summer Kick-Off Party
Friday, June 10, 7-9 p.m.
\$25 OFTC Members/\$35 All others

Onstage @ The Alden
"Gut Churn"
from Radiolab's **Jad Abumrad**
Saturday, June 11, 8 p.m.
\$30/\$15 MCC district residents

Onstage @ The Alden **Morgan Taylor's "Gustafur Yellowgold's Show"**
Sunday, June 12, 2 p.m.
\$15/\$10 MCC district residents

Onstage @ The Alden
"The Magic of Bill Blagg Live!"
Saturday, June 18, 8 p.m.
\$20/\$15 MCC district residents

Insider Knowledge Series
"Jazz Masters with John Eaton"
Cole Porter
Saturday, June 25, 1 p.m.

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



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CALENDAR

Send announcements to 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.

"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.

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>.

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 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.

THURSDAY/MAY 12

MPA Gallery Talk. 7 p.m. McLean Project for the Arts, 1234 Ingleside Ave., McLean. Hillary Steel, will speak about the development of her work, her unique process, and her international influences. Free. mpaart.org. 703-790-1953.

FRIDAY/MAY 13

Later Later Late Show. 10:30 p.m.-midnight. Jammin Java, 227 Maple Ave., E, Vienna. Six of D.C.'s best stand-up comedians on one show. \$8/\$10. coacomedy@gmail.com. 571-230-9177.

FRIDAY-SATURDAY/MAY 13-14

Annie, Jr. Friday, 7 p.m. Saturday, 6 p.m. Great Falls Elementary School, 701 Walker Road, Great Falls. Play/musical. \$5. 703-757-2100. <http://www.gfespta.com/spring-musical.html>.

SATURDAY/MAY 14

Plant and Yard Sale. 9 a.m.-1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Hundreds of healthy, beautiful, well-priced plants donated by Club members will be offered for sale. There will also be Club member "Plant Experts." gfgardenclub.org.

"Chicken Dance." 2 p.m. The Alden, 1234 Ingleside Ave., McLean. ArtsPower's newest musical portrays the colorful story of Marge and Lola, two barnyard chickens on a mission to win the barnyard talent contest first prize of two tickets to see the great Elvis Poultry in concert. Ages 4

101st McLean Day, May 21

Food, fun, rides at McLean Day in Lewinsville Park.

Rides and More Amusements - In addition to popular large amusement and children's rides, there will also be balloon artists, costumed characters and free laser tag.

Festival Foods and More - Lobsters, crepes, barbeque. But leave room for dessert, as there will also be lots of sweet treats.

Stage Entertainment - Local bands and other notable performers fill the air with music. This year there is a children's stage with engaging performers sure to hold young McLean Day goers' attentions.



KEN MOORE/THE CONNECTION
Equestrian Kingsley Muller, 6, enjoys a trip on the carousel at the McLean Day festival 2015.

For festival updates, driving directions, shuttle bus stop locations and a festival area map, visit www.mcleancenter.org/special-events.

and up. \$15/\$10. mcleancenter.org.
"If You Ever Want to Bring a Piano to the Beach, Dont!" 11 a.m. Barnes and Noble Tysons, 7851 L Tysons Corner Center, McLean. 703-506-6756.

Redskins Reads Bookfair. Barnes and Noble Tysons, 7851 L Tysons Corner Center, McLean. Stop by for a chance to meet David Bruton (times to be announced) of The Washington Redskins or children's author Sarak Ardestani during a special, family-friendly Storytime from 3-5 p.m. 703-506-6756.

Annual Mum Plant Sale. 9 a.m.-3 p.m. Green Spring Gardens Park, 4603 Green Springs Road, Alexandria. Complete range of Mum colors and classes. 703-560-8776. odcsmums.org.

SATURDAY-SUNDAY/MAY 14-15

Pull-Ups for Life. Noon. Cooper Middle School Tennis Court, 977 Balls Hill Road, McLean. Andrew Shapiro will be attempting the world records for most pull ups in six hours, 12 hours, and 24 hours. The record attempts will be video-taped and verified by the judges at Guinness World Records. \$5 donation, \$200 corporate sponsor. Search for the event at relayforlife.org.

SUNDAY/MAY 15

Reading and Signing with Author Joseph Hicks. 3 p.m. Barnes and Noble Tysons Corner, 7851 L Tysons Corner Center, McLean. Local author signs "Sophie and Paige Soccer Twins." Ages 4-8. 703-506-6756.

Big Jam 2016. 7-8:30 p.m. James Madison High School, 2500 James Madison Drive, Vienna. Eight- to 15-year-olds from the area who use a combination of traditional and non-traditional instruments. \$10/\$15. viennajammers.org.

MONDAY/MAY 16

Reading and Signing with Morgan Matson. 7 p.m. Barnes and Noble Tysons Corner, 7851 L Tysons Corner Center, McLean. From bestselling YA author of "Since You've Been Gone" comes a feel-good story of friendship,

finding yourself, and all the joys in life that happen while you're busy making other plans. 703-506-6756.

THURSDAY/MAY 19

Radney Foster. 6-7:30 p.m. Jammin Java, 227 Maple Ave. East, Vienna. Considered an elder statesman of Texas singer-songwriters, Foster has been a friend and mentor to many younger artists on the Texas scene. \$20-\$22. jamminjava.com.

Penny University Event. 7 p.m. Caffe Amouri, 107 Church St. NE, Vienna. "Blooming into Mindfulness" book discussion with author Martha Brettschneider. Free. Nicki@caffeamouri.com.

Public Works Day. 2-6 p.m. Northside Property Yard, 600 Mill St., NE. Vienna residents, school and scout groups, and others are invited to tour the property yard; get an up-close look at the heavy machinery, vehicles, and equipment used by public works; and meet the employees who provide these essential services. Police and fire equipment also will be on site. 703-255-6380.

FRIDAY/MAY 20

Preschool Nature Nuts. 10:30-11:15 a.m. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Learn about spring flowers. \$5. Register at NOVAparks.com.

McLean Art Society Meeting. 10 a.m.-noon. McLean Community Center, 1234 Ingleside Ave., McLean. Nancy Still, an artist specializing and teaching the painting of miniatures will be the featured presenter. Guests welcom. 703-790-0123.

FRIDAY-SATURDAY/MAY 20-21

Enlightened Living - The Path of Inner Yoga. 6-8 p.m. Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Led by Swami Nirivisheshananda Tirtha, the focus of the talk and Q&A will be how to walk the path of Inner Yoga (samatva) and transform lives spiritually. Program followed by dinner. Free. <http://cirdna.org/EL2016>. 703-861-4230.

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

MAY

5/25/2016.....Connection Families • Summer Fun, Food, Arts & Entertainment
Memorial Day is May 30

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
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Cooper Holds Star Wars-Themed Concert

On May 4, Cooper Middle School's Concert Band and Symphonic Band performed a special Star Wars themed concert to celebrate Star Wars day. They played "Star Wars Medley" and a Star Wars "Mix Tape," featuring all of the students' favorite songs from the Star Wars films. Mr. Baker, the band teacher at Cooper, said he "appreciates all of the hard work and effort the band kids put into putting on such a great concert."



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PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



Langley senior Jon-Michael Duley scored three goals against McLean on May 5 in the opening round of the Conference 6 tournament.

Michael Levetown and the Langley boys' lacrosse team secured a region tournament berth with a 9-8 win over McLean on May 5.

Langley Boys' Lax Beats McLean in Conference 6 Tournament

Senior midfielder Duley leads Saxons with three goals.

BY JON ROETMAN
THE CONNECTION

The Langley boys' lacrosse program is an annual championship contender, capturing four straight state titles from 2009 to 2012 and appearing in five of the last seven state finals.

Despite a .500 regular season in 2015, the Saxons regrouped in the postseason and reached the state semifinals.

On Thursday, Langley entered the 2016 postseason facing a steep climb in order to return to the state tournament. Despite entering the Conference 6 tournament as a bottom-four seed, the Saxons took the all-important first step of keeping their season alive.

Facing rival McLean, Langley built a four-goal lead and held on for a 9-8 victory in the conference tournament quarterfinals on May 5 at McLean High School. The Saxons secured a berth in the 6A North region tournament and will face No. 1 seed South Lakes in the conference semifinals at 5:30 p.m. on Wednesday, May 11 at Langley High School, the predetermined site for the conference tournament semifinals and finals.

"It feels excellent," said Langley senior midfielder Jon-Michael Duley, who led the Saxons with three goals against McLean. "I'm just really happy that this wasn't my last game. I'm looking forward to May and what it could possibly bring."

LANGLEY, led by first-year head coach Bo Ingalsbe, finished the regular season with a 6-8 record, including 3-4 in the conference. The Saxons entered the postseason having dropped three straight, including a 9-8 loss to McLean in the regular-season finale.

Langley entered the postseason as the No. 5 seed in the conference tournament and had to travel for the opening round. It was

also the Saxons' first playoff game without long-time head coach Earl Brewer, who retired in 2015 after 21 seasons and 288 wins with Langley.

"It's strange," Langley assistant coach Matt Puccio said. "We got used to it. Early in the year was definitely a transitional time going from Earl to Bo's coaching style. It's definitely different."

Ingalsbe declined comment.

McLean took a 5-4 lead when Miles Collins scored with 9:23 remaining in the third quarter, but Langley's Duley answered less than a minute later, sparking a 5-0 Saxons run to close the quarter.

Michael Killion, Brian Weingast, Daniel Orme and Michael Levetown each scored a goal in the final 6 minutes, 13 seconds of the third quarter, giving Langley a 9-5 advantage.

McLean scored three times in the fourth quarter, including a goal by Jack Benson in the final minute, but Langley held on for the win.

In 2015, Langley lost to McLean in the season opener — the Saxons' first loss to the Highlanders in program history. Two

months later, Langley beat McLean in the conference championship game.

"I definitely feel like we had something to prove," Duley said after Thursday's win. "We lost to McLean by one a week ago and [something] similar ... happened last year, where we lost to them and we came back and beat them [in the conference tournament], and we were just looking forward to doing the same again this year."

DULEY was a second-team all-conference selection this season.

"He's everything to our offense," Puccio said. "He makes our offense go. ... He's a workhorse."

Orme finished with two goals for the Saxons. Michael Esposito had one.

Benson and Collins each had two goals for McLean. Kevin McCarthy, Eric Lawhead, Ted Miller and Gavin Legg each scored one.

McLean finished the season with a 5-10 record.

Langley improved to 7-8 with the win.

"We had to earn it this year," Puccio said. "We had to earn the victories. ... Here on out, we have to work."



Bo Ingalsbe is in his first season as head coach of the Langley boys' lacrosse team.



McLean's Kevin McCarthy scored a goal against Langley on May 5.

Artist Judith St. Ledger-Roty discusses her painting with guests at the First Friday Art Walk in the Village in Great Falls.



PHOTOS BY
STEVE HIBBARD/
THE CONNECTION

First Friday Art Walk in Great Falls

27 artists in three group studios participate with galleries and restaurants at Village Centre.

The kick-off event for the First Friday Art Walk in the Village was held on Friday, May 6 in the Village Centre in Great Falls. Some 27 artists in three group studios participated along with galleries and several restaurants. The artists entertained visitors, did live painting demonstrations and talked about their process and inspirations. Participating artists included Artists on the Green, 11 artists; The Artists' Loft, six artists; The Arts of Great Falls Gallery; and Artists Atelier, 10 artists. Participating restaurants included The Brogue, Pio Pio Pollo, Wild Ginger Pan Asian and the Great Falls Creamery. The Art Walks are scheduled for the first Fridays of the month now through December.

"Our view of this is that Great Falls has become an artful place to live; we're hoping to invigorate the Green with artists doing their work or showing their work," said artist Judith St. Ledger-Roty, who specializes in representational realist art in an impressionistic style. "They can have dinner and listen to music at the Brogue."

She added: "People don't have to go into Georgetown; they can stay in the community we've all lived in. And it becomes a destination area for us and not just a place you drive by. My goal is to be able to establish a space where if you want to see art, you come to the village."

Chris Rollins, a watercolor artist of botanical paintings from Great Falls, added: "I'm really excited about having so many people in the community come out to see artists working in their studios and discover-



Oil painter Jill Banks with her husband Randy of Fairfax.

ing the different artistic pursuits from the artists on the Green."

Jill Banks, an oil painter from Fairfax, added: "I think it's terrific that we have the joint studios here at the Village Centre. People have been really excited about having a regular event to come out and celebrate in Great Falls. I do want people to enjoy the night on the town."

Julie Casso, executive director of the Arts of Great Falls, the local art foundation that runs the school, offers working artist's studios and does community art events, added: "It's very exciting to have so many people come out in this weather and see the art in the studios and gallery and enjoy the unique Village Green that we have in Great Falls. We're truly expecting the community to want to come out and spend the night on the town."

Oil painter and lawyer Cindi Berry of The Artists' Loft added: "This is our first Friday for us; this is our grand opening for The Artists' Loft. It's exciting and it's surprising how many people turned out in such appalling weather."

— STEVE HIBBARD



Oil Painter Carol Howard of Reston shows her work at The Artists' Atelier of Great Falls.



Artist Chris Rollins of The Artists' Atelier of Great Falls specializes in watercolors and botanical paintings.



Don and Jan Heginbotham, a sculptor and painter, with Linda Rosen, president of Great Falls Studios.



Oil painter Cindi Berry of The Artist's Loft and oil painter Yeggy Hejazi discuss their craft.

BULLETIN BOARD

To have community events listed in the Connection, send to connectionnewspapers.com/Calendar/. The deadline for submissions is at noon on the Friday prior to publication.

SATURDAY/MAY 21

Used Book Collection. 9 a.m.-1:30 p.m. SunTrust Bank, 515 Maple Ave., East, Vienna. Sponsored by the AAUW McLean Branch. Also, bring your CDs, DVDs, software, children's book, records, and recent textbooks, all in good condition. Proceeds benefit scholarships for women. aaubookfair@gmail.com. (703) 527-4206.

THURSDAY/MAY 26

Home/Investment/Discussion. 8-9 a.m. The Old Brogue Back Porch, 760 Walker Road, Suite C., Great Falls. Informal conversation with experts offers homeowners a fresh perspective on investment and alternative ways to save through property development. 703-865-5065. AVArchitectsbuid.com.

SUNDAY/JUNE 11

Disability Resource Fair. 10 a.m.-2 p.m. ServiceSource Disability Resource Center, 10467 White Grante Drive, Oakton. The fair will provide personal access to experts in the disability field. We will have resources, nonprofit partners, and vendors covering a range of disability topics including children, autism, aging, and veterans. communications@servicesource.org. 703-461-6000.

ONGOING

Computer Classes for Seniors. 11 a.m.-noon. Wednesdays. April 6-May 4. Tysons Corner Microsoft Store, 1961 Chain Bridge Road, McLean. Free. Register by calling Shepherds Center of Oakton/Vienna at 703-281-0538.

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/lcumbudsman/.

Fairfax County needs volunteers to **drive older adults to medical appointments and wellness programs**. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Respite Care volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

FAITH NOTES

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

The **Church of the Holy Comforter in Vienna**, 543 Beulah Road, is offering the course "Your Faith, Your Life: An Invitation to the Episcopal Church." Classes will be April 17; May 1, 15, 22; June 5 from 12:30-1:30 p.m. Light lunch and childcare provided. Visit <https://tsu.me/1tg> to sign up for a book and

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

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.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. 703-941-7000 or www.havenofnova.org.

McLean Bible Church Fitness Class at Body and Soul Fitness. Gain balance, energy and strength at 9:45 a.m. Mondays and Fridays. Free childcare for registered students. 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.

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.

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21 Announcements

ABC LICENSE

ATOP RS, Inc trading as Towers Foods, 1600 S Eads St, Arlington, VA 22202. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer off Premises; license to sell or manufacture alcoholic beverages. Chong Choe, Director

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 or 800-552-3200.

ABC LICENSE

BBGG Concepts, LLC trading as Big Buns, 4401 Wilson Blvd #104, Arlington, VA 22203. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On & Off Premises license to sell or manufacture alcoholic beverages. Craig Carey, CEO & Founder

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 or 800-552-3200.

21 Announcements

ABC LICENSE

Dudleys Sport & Ale, LLC trading as Dudleys Sport & Ale, 2766 S Arlington Mill Dr, Arlington, VA 22206. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises and Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Reese Gardner Member

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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THE CONNECTION

Selling When I Should Be Buying



By KENNETH B. LOURIE

There's a familiar sales expression/advisory that says: "It worked so well I stopped doing it." As a long-time (seven-plus years) cancer survivor, I can relate. There are some nutritional and lifestyle changes I've made over the years that have worked so well - presumably, that I've stopped doing them: ingesting three teaspoons of pureed asparagus twice daily, drinking 12 ounces of water mixed with baking soda at least once a day, starting mornings with a fruit and vegetable smoothie, swimming laps in my local pool three times a week, and in general, making fruits and vegetables ("eat the rainbow") more of a priority in my diet and less of a happenstance.

Granted, I've added (I wouldn't say replaced) a few supplements along the way and have continued to do so as a means not to a premature end, but overall, I'm hoping that less is indeed more; rationalizing along the way that maintaining my sunny disposition, positive attitude and sense of humor was more important in this battle royal than being miserable, while adhering to a stricter schedule of non-Western, anti-cancer alternatives.

If anything has been true in my cancer experience, it has been that I've remained true to myself. To invoke a classic Clint Eastwood quote from the movie, "Magnum Force": "A man's got to know his limitations," and I definitely know mine. I've always wanted to know the truth from my oncologist, however discouraging on occasion it has been; and as concerns my nutrition/behavior/lifestyle choices, I might as well be Popeye the Sailor Man, because "I yam what I yam." Certainly, change in general can be good - and necessary quite frankly, but if it makes one miserable in the interim, and in the aftermath too; constantly stressing about how to manage and how to get from point "A" to point "B" and even to point "C," - then what have I really accomplished?

As much as I've tried to assimilate all the information concerning cancer and living with/surviving cancer, I've tried to balance it (after all, I am a Libra) with what I can and cannot absorb/do. Obviously, I don't want to die due to my own neglect/stubbornness/stupidity, but neither can I afford (figuratively speaking) to self-impose unhappiness and anxiety. It's difficult and challenging enough to endure the physical, emotional and spiritual effects a diagnosis of "terminal" cancer can cause; but piling on with external demands, albeit demands that potentially could impede the cancer, are still demands nonetheless. And another thing I've learned from my cancer career (some career), is that my capacity to manage additional demands has been somewhat (I wouldn't say totally) diminished. It's as if my tolerance gene has mutated somehow, just like the healthy genes which have likewise mutated and now become malignant.

However, remaining close-minded to the evolution in lung cancer research and treatment (Immunotherapy, as an example) which has finally happened recently (six new drugs approved by the F.D.A. in 2015 alone; as many as had been approved in the last decade), and considering as well the no-longer-presumptive relationship between nutrition and one's overall health, seems even to me to be penny wise and pound foolish. Moreover, it just doesn't make sense. I suppose that if I want to stay in the game, I have to get back into the game. It will only be too late when the game is over.

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



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