

2015 VIRGINIA PRESS ASSOCIATION Special Advertising Section

Great Falls

CONNECTION

WELLBEING

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The U.S. Marine Corps color guard begins the Memorial Day service organized by the Friends of the Great Falls Freedom Memorial.



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Laying of the Wreath, Andy Wilson, Sen. Barbara Favola, Del. Kathleen Murphy, Boy Scout Troop 55 leaders, keynote speakers Ret. Brigadier General Steve Ritchie and Mariana Ritchie and Dranesville Supervisor John W. Foust.



More than 100 people attended the ceremony on Memorial Day behind the Great Falls Library.

PHOTOS BY KEN MOORE/THE CONNECTION

Honoring on Memorial Day in Great Falls

Community gathers at Great Falls Freedom Memorial to honor local fallen.

BY KEN MOORE
THE CONNECTION

United States Air Force veteran Paul Quinn “didn’t intend to show this much emotion” during the Memorial Day Celebration Ceremony at the Great Falls Freedom Memorial.

“You never forget the names and all your friends,” said Quinn, who now lives in Arlington and visited his daughter in Great Falls for Memorial Day weekend.

Well more than 100 people attended The Friends of the Great Falls Freedom Memorial’s annual Memorial Day Ceremony, a moving hourlong tribute behind the Great Falls Library.

Richard “Hot Dog” Brown was a Navy fighter pilot who served the country in the Navy from 1956 to 1981. He and his wife Nora Lee Brown, of Great Falls, called this year’s event especially moving because of guest speaker Mariana Ritchie, who gave the key-note address with her husband Ret. Brigadier General Steve Ritchie, of the United States Air Force.

Mariana Ritchie gave details of growing up in Romania under Communist rule. As a schoolgirl, she hid a photo of an American flag with her, which gave her hope.

“I speak for the oppressed,” she said. “I am the oppressed that you rescued.”

ANDY WILSON, president of the Friends of Great Falls Freedom Memorial, opened the ceremony.

“That’s why we are here today to memorialize and remember and have a ceremony for those who have given their lives,” Wilson said.

“Each died for a cause he considered more important than his own life,” he said.

J.C. Reigns sang “God Bless America,” “American Soldier,” and “Proud to be an

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Boy Scout Troop 55 honors the U.S. Marine Corps Color Guard.



Andy Wilson is the president of the Friends of Great Falls Freedom Memorial.

American.”

Calvin Follin read the names of 25 honored men and women of Great Falls, while Sara Hilgartner rang a bell to each and every name; a Marine Corps bugler played “Taps” while almost all in the audience, including Boy Scout Troop 55, saluted.

“The Community of Great Falls, Virginia, honors those who have given of themselves in service for the cause of liberty and freedom,” are the words on the Freedom Plaza sculpture, where the laying of the wreath took place.

After the United States Marine Corps Color Guard began the ceremony with Boy Scout Troop 55, former Navy Seal John Pidgeon said, “Having our Marines here is awesome. These guys have been in com-



Keynote Speaker Ret. Brigadier General Steve Ritchie, of the United States Air Force, was a fighter pilot who logged more than 4,000 hours, including 800 hours in combat during 339 missions in Southeast Asia. He and his wife are now motivational speakers.

“We never know what’s just around the corner, do we?”

“Treat people with dignity and respect,” he said. “If we could treat other people the way we would like to be treated wouldn’t the world be a different place?” “Our word is our bond,” Ritchie said. “If you have integrity, nothing else matters. If you don’t have integrity, nothing else matters.”

THE FRIENDS of Great Falls Freedom Memorial formed in 2002 with “the mission to build a memorial site in Great Falls dedicated to the residents who have given their lives for our freedom.”

“Great Falls residents have served in many of our country’s wars and conflicts throughout this nation’s history. The Freedom Memorial Committee has compiled a book to honor our Great Falls citizens who have made the ultimate sacrifice and given their lives for our country,” according to tribute placards at the Freedom Memorial in Great Falls.

The book is on display in the library.

Great Falls Freedom Memorial was inspired by a candlelight vigil on Sept. 11, 2002.

The Friends of GFFM support the mission with yearly ceremonial events and educational programs. The group will hold a 9/11 Memorial service candlelight vigil on Sunday, Sept. 11 and a Veterans’ Day Memorial Ceremony on Friday, Nov. 11.



Veteran Paul Quinn, of the United States Air Force.

bat. Make sure you thank them.”

KEYNOTE SPEAKER Ret. Brigadier General Steve Ritchie graduated first in his class in Air Force pilot training and four years later become one of the youngest instructors ever at the Air Force “Top Gun” Fighter Weapon School. “During his second combat tour in Southeast Asia in 1972, Ritchie, then a captain, downed five MiG-2 enemy fighter airplanes. During his career, Ritchie logged more than 4,000 hours, including 800 hours in combat in the F-4 Phantom during 339 missions in Southeast Asia.

“The impossible is sometimes possible,” said Ritchie. “That’s a great lesson for all of us.”

“Take advantage of every day,” he said.

NEWS

Troop 673 Promotes Two New Eagle Scouts

Boy Scout Troop 673, sponsored by the Great Falls United Methodist Men, recently celebrated the promotion of two new Eagle Scouts, Chandler Lee and Nicholas Thomas, on May 8.

A. Chandler Lee joined Troop 673 in 2009 after earning the Arrow of Light as a Cub Scout. Since joining the troop, Chandler has served as Den Chief, Assistant Senior Patrol Leader, Quartermaster, and Webmaster.

While serving in these positions, he was accepted into the Order of the Arrow, Scouting's National Honor Society; earned 25 merit badges, the God and Church award and the 50 Miler award (twice); and participated in all three of Scouting's High Adventures (Sea Base, Northern Tier, and Philmont).

For his Eagle Project, Chandler constructed a set of stairs down a steep hill at St. Francis Church in Great Falls in order to improve access to Harris Hall for preschool and Sunday school students, and for other organizations that use the space.

Under Chandler's supervision, Scouts and other volunteers worked three days to complete this project.

Chandler is a senior at Randolph-Macon Academy in Front Royal and will attend the University of Pitts-



From left — Nick Thomas and Chandler Lee.

burgh in the fall, where he plans to pursue studies in biochemistry and German.

Nicholas Thomas, son of Susan and Craig Thomas, joined Troop 673 in 2012. Since joining the troop, Nick has served as webmaster and the Leave No Trace Trainer.

Nick earned 21 merit badges and the 50 Miler Award He earned the Cory Corrales Spirit Award for his exemplary Scout spirit at summer camp in 2012, particularly in taking decisive action to help protect younger Scouts during the *derecho* storm.

Nick participated in the Philmont high adventure in 2014, hiking and camping in the mountains of New Mexico.

For his Eagle Project, Nick designed and built seven outdoor benches for the annual Great Falls nativity scene in order to replace the hay bales previously used for visitor seating. Nick worked closely with a local carpenter and craftsman to develop plans for the benches.

Nick is set to graduate from Langley High School next month.

While at Langley, Nick was on the wrestling team all four years and on the football team for two years. Nick will attend the College of William and Mary starting in the fall.

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Death Investigation in Great Falls

Police responded to an address in the 11500 block of Seneca Farm Way in Great Falls on Thursday, May 26, shortly before 7 a.m. for the report of an unresponsive woman. Fairfax County Fire and Rescue Department personnel were already on the scene and declared the woman deceased.

The scene was secured and Major Crimes Division detectives were notified and have since assumed the responsibility of the investigation. The deceased has been identified as Kathi Lynn Lipp, 50, of Great Falls. The Office of the Chief Medical Examiner will determine cause and manner of death. The investigation is ongoing, according to FCPD Public Affairs Bureau. At this time, there does not appear to be a threat to the public and detectives are asking anyone with information to contact Fairfax County Crime Solvers at <http://www.fairfaxcrimesolvers.org> or at 1-866-411-8477; or call Fairfax County Police at 703-691-2131.

C-SPAN Founder to Speak at The Great Falls Senior Center

The Great Falls Senior Center (GFSC) guest speaker for June 7 will be Brian Lamb, an American journalist and founder of C-SPAN, an American cable network which provides coverage of the U.S. House of Representatives and U.S. Senate as well as other public affairs events. Prior to launching C-SPAN in 1979, Lamb held various communications roles including White House telecommunications policy staffer and Washington bureau chief for Cablevision magazine. Lamb has conducted thousands of interviews in his lifetime, including those on C-SPAN's Booknotes and Q&A, and is known for his unique style, focusing on short, direct questions. Over his career, Lamb has received numerous honors and awards including the Presidential Medal of Freedom and the National Humanities Medal. The June 7 event will be held at The Great Falls Grange, 9818 Georgetown Pike, Great Falls, 11 a.m.-1:30 p.m. and includes lunch. The event sponsor is Celebrate Great Falls Foundation (Community Spirit, Community Events, Community Projects), celebrategreatfalls.org. Reservations may be made by emailing Polly Fitzgerald at pollyfitz1@verizon.net or calling 703-759-4345. Visit gfseniors.org

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June 19th

Tender Polman

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12th

Mary Ann Redmond

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26th

Scott Kurt & Memphis 59

Tom Petty meets Rascal Flatts – rockin' guitar!
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For weather cancellations or more information, call (571) 293-0474 or go to www.CelebrateGreatFalls.org and sign up for our email list!!

Sewage Hauled Elsewhere

Great Falls septic receiving site to close down on June 27; no alternative planned at this time.

BY KEN MOORE
THE CONNECTION

Raw septic will no longer be hauled to Great Falls' Colvin Run Septic Sewage Receiving Plant. The site will close down on June 27.

"We are temporarily shutting down the Colvin Run receiving site due to safety and access issues related to the Difficult Run pump station project," said Matthew Kaiser, with Department of Public Works and Environmental Services. "Access to the receiving site is via the Cross County Trail with limited space, and multiple construction activities and vehicles, as well as equipment staging areas, are taking up most of the available room. The fewer trucks on the trail, the safer the experience will be for trail users. The closure is scheduled to remain in effect until construction activity at the pump station is completed.

Septic will be hauled over greater portions of the county.

The Norman M. Cole Jr. Pollution Control Plant in Lorton will remain available for any septage produced in Fairfax County and "haulers will have the option to take their loads to the Blue Plains treatment plant in D.C., and Upper Occoquan Service Authority in Centreville under our existing agreement with these entities," said Kaiser.

"My expectation is we won't be building a new site. We'll see how this works out," said Dranesville Supervisor John W. Foust. "If something unanticipated comes up, we may have to go to the drawing board."

ABOUT 21,000 customers in Fairfax County don't have access to public sewer and are served by individual household septic systems that require "pump-out" every five years. Approximately 49 percent of the



The Colvin Run Septic Sewage Receiving Plant site will close on June 27 due to safety and access issues related to the Difficult Run pump station project, according to Matthew Kaiser, with Department of Public Works. Rehabilitating the site would not address the issues of safety on the road/trail, flooding, and the lack of queuing space and a turn-around lane, according to county documents.



Engineer Ellen Hall, from Hazen and Sawyer, attempted to tell Reston residents in February why Lake Fairfax Park was the most suitable location of six studied for a septage receiving site to replace the Colvin Run site. That's when the "septic" hit the fan. Plans are now on hold, while the county looks at more options.

sewage generated in the county is from septic tanks.

Approximately 3,200 food service establishments require collection from grease traps. The county's septage management program also collects waste from portable toilets at parks, construction sites, community events and races.

The Department of Public Works and Environmental Services (DPWES) with consultant Hazen and Sawyer shared a feasi-

bility study in February that identified six potential sites for the relocation of the Colvin Run Septage Receiving Site.

Lake Fairfax Area 6 Park Operations/Maintenance in a Reston facility site received the highest ranking.

The Reston community was outraged and raised concerns.

Foust said he was sympathetic to concerns of Reston's residents.

"That would have been a huge mistake,"

he said, of the potential plans to move the septic receiving site to Lake Fairfax. "Hunter Mill Road is a fairly historic highway, narrow and very heavily traveled and to intentionally divert truck traffic on that road is not a good idea."

"Accessing it would have created problems," he said.

Hunter Mill Supervisor Cathy Hudgins alerted the Reston community in mid-April that the county would expand the sites it will consider for an alternative locations, including non-county owned land.

"Attendees overwhelmingly expressed dissatisfaction with the proposed relocation to Lake Fairfax Park and voiced multiple concerns including, but not limited to, the impact to the various communities and Hunter Mill Road," according to Hudgins. "All activity associated with the feasibility of relocating the Colvin Run Septage Receiving Site to Lake Fairfax is on hold at this time," she said.

THE COUNTY WILL "assess additional sites. This process could take 6 to 12 months," said Kaiser.

Renovating Colvin Run is addressed on the county's web page for the feasibility study' frequently asked questions page:

"Rehabilitating the site would not address the issues of safety on the road/trail, flooding, and the lack of queuing space and a turn-around lane.

"Due to the limited size of the site, improvements to the area would not address issues of safety on the road/trail caused by trucks entering and exiting the fenced area as well as trucks queuing to enter the secured area.

"Reston residents asked if the intake pipe could be raised above the floodplain to make renovations to Colvin Run more feasible.

"Options for providing an intake pipe raised above the floodplain with a new connection for septage haulers were considered. The haulers would still be operating within the floodplain. Also, due to the limited size of the site, improvements to the area would not address issues of safety on the road/trail caused by trucks entering and exiting the fenced area as well as trucks queuing to enter the secured area."

Scouts Pull Invasive Plant Garlic Mustard

Scouts and their families from Cub Scout Packs 913, 1170, 1530 and 1540 and Boy Scout Troops 55, 1530, & 1983 in Fairfax, Great Falls, Herndon, Oak Hill, Oakton, Reston, and Sterling filled 15 large garbage bags with garlic mustard, an invasive plant, from Cub Run Stream Valley Park in collaboration with Fairfax County Park Authority's Invasive Management Area (IMA) program. In addition to learning about the importance of removing invasive plants and participating in this critical community service project, scouts earned a Conservation Good Turn, an award for participating in a hands-on project to help scouts realize that everyone can do things to care for the environment.



PHOTO CONTRIBUTED

NEWS

Cooper Presents QUEST Projects, New Garden

On Thursday, May 5, parents and community members were invited to view all of the QUEST projects that Cooper Middle School students have been working on this school year. Some of the featured projects were: fashion shows, origami, zombie apocalypse training, a brand new garden, a mural, story books, services projects and many more.

Finding inspiration from her father, support from the community, and help from eager Cooper students, Cooper's librarian, Leslie Psaltis, was able to transform Cooper's courtyard into a place of majestic beauty. Psaltis learned to garden from her father, and she thought it would be great way to honor him after he passed at the beginning of the school year. She also knew it would be a great, and most likely new, learning experience for students, so she signed up to teach it through Cooper's new QUEST program. After countless hours of work, and financial help from The trust of Donald and Patricia Mayer, the Schoolyard Steward Mini Grant through FCPS Department of Facilities and Transportation and Cooper MS PTO, the



"We wanted to make a beautiful outdoor teaching and reading space - sort of an extension of the library. It combines my love of the library with the joy of gardening," said Cooper Middle Librarian Leslie Psaltis.

Sophie Zimmerman, Alek Paulson and Connor Dankworth join arms and look in awe at Cooper's new courtyard.

PHOTOS BY LINDSAY BOVENZI



garden is almost complete. Parents were invited to come view the garden during Cooper's QUEST Expo on Thursday, May 5.

"We wanted to make a beautiful

outdoor teaching and reading space - sort of an extension of the library. It combines my love of the library with the joy of gardening," said Mrs. Psaltis



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Talk to Your Teens

So much at stake as teens approach graduation and summer.

It's hard to talk to your teens and young adults about alcohol and drugs.

But consider this.

Last year, more people died in Virginia of heroin overdose than in car accidents, more than 700 in all. There have been multiple overdoses of high school students in the last few months, high school students like yours. At this point in the opiate epidemic, you also need to talk about heroin and pills.

On graduation day in 2007, West Potomac High School endured the unimaginable tragedy. Two young women who had graduated just hours before died in a car driven by another young woman who had alcohol in her system. The driver and another passenger, a 2005 West Potomac graduate, also died in that crash.

More recently, in June, 2015, Alex Murk and Calvin Li, shortly after graduation from Thomas Wootton High School in Rockville, Maryland, died in a car accident after leaving a party where alcohol was served. The owner

EDITORIAL

of the house where the party took place, the father of the student hosting the party, was fined for knowingly allowing underage drinking. A newly passed law in Maryland, named for Alex and Calvin, means parents who knowingly host underage drinking parties in Maryland could face the possibility of up to a year in jail if an underage drinker leaves their home and is injured or killed in a car crash. The driver recently pled guilty to two counts of vehicular manslaughter.

Summer is the most dangerous time of year for teenagers.

Many teenagers will be celebrating, or possibly self-medicating, with alcohol. Many will engage in binge drinking.

While drinking and driving, or getting into a car with a driver who has been drinking, can kill, there are many other problems that come along with binge drinking. The question of consent and sexual activity looms. Young men and women need to hear from their parents that they are expected to respect the idea of

consent, all the more so in circumstances where alcohol or drugs might be involved. The potential consequences are enormous.

Parents owe it to themselves to talk to their teens about it, even as the teen turns away, rolls eyes, and otherwise indicates he or she is ignoring everything you say, some information will go in. They do hear you. They can't hear what you don't say.

Keep talking. Tell them you love them. Tell them it's been too much work to get them to this point to risk losing them now. Tell them not to text and drive. Tell them not to drink and drive. Tell them not to get in a car with anyone driving who has been drinking or otherwise under the influence. Tell them to wear their seatbelts.

Tell them you'll come pick them up anytime that they need a safe ride home, with the only consequence that they have to talk to you about it the next day.

— MARY KIMM

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LETTERS TO THE EDITOR

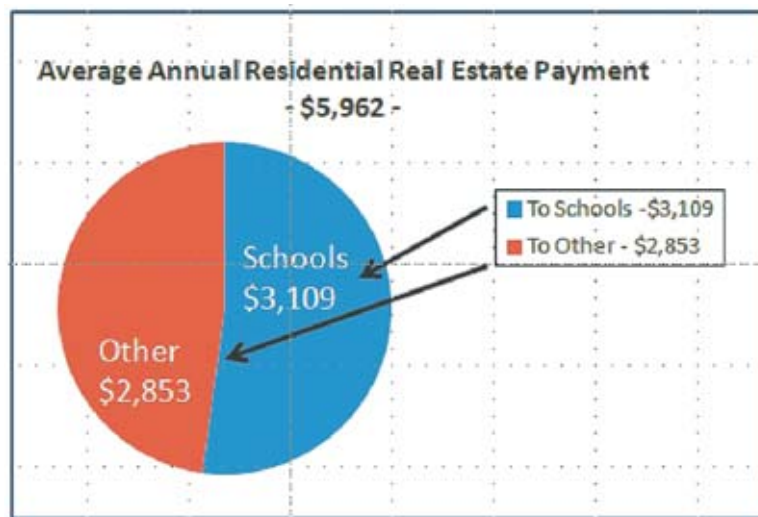
Seniors Unfairly Tapped for School Budget

To the Editor:

The May 19-25, edition of the Connection had an opinion page article titled, "In Search of Diversified Revenue – Fairfax County residents expect to see meals tax question on November ballots." The article began by saying that local governments pay for almost all of local services, including schools, by taxing a single industry, property owners.

It's time to address a real estate tax inequity, i.e., the continued full taxation of elderly homeowners who have not had children in the school system for years and years. The average annual real estate tax per household after the recent FY 2017 rate increase is \$5,962; 52.2 percent of that (a little over \$3,100) goes to support the county school system. (See chart.)

Residential homeowners pay the full real estate tax whether or not they have children in schools.



There is never any age at which a homeowner sees a dime's decrease in his or her taxes. Parents of students do not pay any "tuition."

My proposal is that elderly homeowners, starting at age 65 or maybe 70, be given a small "tax forgiveness" rebate, funded by a per-student user fee assessed at annual school registration. This would be revenue-neutral to the county. The fee would pass through the county from parents

to elderly taxpayers via a tax reduction. Here's the math for a hypothetical example for 65 year old and over taxpayers:

❖ The county's 2015-16 school enrollment is about 187,000 (K through 12).

❖ In 2015, there were about 412,000 housing units in Fairfax County (Source: "Demographic Reports 2015, County of Fairfax, Virginia"). In 2014, about 19.1 percent of housing units were oc-

cupied by persons 65 years old or older (Source: U.S Census Bureau, 2014 American Community Survey 1-Year Estimates"). So, assume that roughly 19.1 percent of those 412,000 housing units, or 78,692 units, were owned by 65-and-older persons (actual ownership data not available to author).

❖ An annual school system revenue-neutral "user fee" of \$100 per student, paid at the time of annual registration, would yield about \$18,700,000 (187,100 students x \$100).

❖ Now, spread the \$18,700,000 over about 78,692 housing units (the estimate of housing units owned by folks age 65 and over) and it would yield about \$238 per year for each of those senior households (\$18,700,000/78,692). That is a very modest 4.0 percent annual tax "rebate" from the average 2017 tax bill of \$5,962 per household. The seniors deserve a little break.

See what your supervisors think.

John A. Knight
Springfield

VOLUNTEER EVENTS & OPPORTUNITIES

Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, June 14, 7-8 p.m.** This month's topic is "Caregiver Vacationing: How to Make it Work When You're a Caregiver". Register beforehand at www.fairfaxcounty.gov/olderadults and click on Caregiver Support/Telephone Caregiver Support Group. Call **703-324-5484**, TTY 711.

The **Fairfax Commission on Aging** meets on **Wednesday, June 15 at noon** at the Kings Park Library, 9000 Burke Lake Rd., Burke. (Please note new meeting location.) The public is welcome to attend and join in the comment period that begins each session. Find out more at www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm. Call **703-324-5403**, TTY 711 for meeting access needs.

Fairfax County is offering a free **Medicare 101 workshop, Wednesday, June 15, 2-4 p.m.** Learn the facts about health insurance for seniors. Reston Community Center, 2310 Colts Neck Rd., Reston. To register, call Karen Brutsché at **703-390-6157**, TTY 711.

Korean Meals on Wheels urgently needs drivers to deliver meals. Frail older adults are not receiving much-needed nutrition due to a shortage of drivers. (Speaking Korean not required.) Email

VolunteerSolutions@FairfaxCounty.gov, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Gum Springs Senior Program** in **Alexandria** is looking for a **Line Dance Instructor**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

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FAITH NOTES

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

Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls, will host annual yard sale/flea market on Saturday, May 7, 2016 from 7 a.m.-2 p.m. You can now reserve a 10x10' space (\$25) to sell your own treasures or donate items to the church (they would pick up). Come shop, donate and/or sell your own things. 703-582-1640.

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.

Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna, is holding Sunday evening worship service in a less formal atmosphere and more intimate setting to help you get ready for the week ahead.

Sundays, 6 p.m. Communion offered. No childcare. 703-938-2119 or www.elcvienna.org.

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.

Centering Prayer Group meets Fridays, 9:30 a.m. at Andrew Chapel United Methodist Church, 1301 Trap Road, Vienna. The hour includes a brief reading related to Centering Prayer, followed by a 20-minute prayer period. E-mail Martha Thomas at mmthomas211@hotmail.com or call the church at 703-759-3509.

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WELLBEING

Mosquitos, Zika and a Healthy Summer

Zika virus spreads through bite of infected Aedes mosquito, a type present in Virginia in summer.

BY SENATOR TIM KAINE
U.S. SENATOR

As warm weather returns and the last days of school draw near, I'm sure that, like me, you're looking forward to spending a lot of time outdoors this summer. As you read troubling headlines from Latin America and other parts of the world about the Zika virus, I'm also sure you are concerned about how to keep yourself and your family safe.

Let's first understand the virus and the threat it poses to Virginia. According to the Centers for Disease Control and Prevention (CDC), the Zika virus spreads primarily through the bite of an infected Aedes mosquito, which is one of the types of mosquito present in Virginia during the summer months. According to the CDC, Texas, Florida and Hawaii are likely to be the U.S. states with the highest risk of experiencing local transmission of Zika virus by mosquitoes, based on prior experience with similar viruses. However, additional states are

assumed to be at some risk due to the presence of Aedes mosquitoes. While, as of May 11, there have been 15 cases of Zika virus among individuals traveling abroad and returning to the Commonwealth (or among family members and close contacts of such individuals), there have been no recorded cases of someone contracting the virus from a mosquito in Virginia. Furthermore, while I'm writing this, no one has been shown to have acquired the virus from a mosquito bite anywhere within the continental United States.

Most people infected with the Zika virus display no symptoms. Among those whose infections do develop into Zika virus disease, the illness is largely mild and marked by fever, rash, joint pain and/or red eyes for two to seven days. An infection usually does not lead to hospitalization, and death from Zika is extremely rare.

As you probably already know, though, the virus does pose significant risks to a fetus during pregnancy. The CDC and the World Health Organization (WHO) have

both concluded that Zika infection during pregnancy is a cause of microcephaly and other severe fetal brain defects.

Because of the connection between Zika and birth defects and the rare health threats the virus can pose to infected individuals, it is important for us to prevent the spread of the disease now and minimize our own risk of infection.

On Thursday, May 19, the Senate voted to approve a bipartisan \$1.1 billion package to prevent transmission of the virus and treat infections. I also supported a larger \$1.9 billion package that provided more resources to the Department of State, the United States Agency for International Development (USAID), and the Department of Health and Human Services to address this crisis both at home and abroad. Combined with efforts already underway by the Virginia Department of Health (VDH) and many localities, this federal effort would ensure that a robust public health initiative is in place to help control this pandemic.

With public health officials at each level of government working to combat this disease, we should consider our own role in preventing infection and stopping the potential spread of the virus. VDH recommends that Virginians follow the CDC's guidance for preventing Zika. By visiting www.cdc.gov/zika/prevention or

www.ZikaVA.org, you can learn about what types of insect repellent are most effective at preventing mosquito bites and how bed nets, water treatment tabs, permethrin spray and condoms can help prevent the transmission of the disease in your home and outdoors. On www.ZikaVA.org, you can see the state Zika plan and other Virginia-specific information.

The CDC's site contains specific guidance for pregnant women (www.cdc.gov/zika/pregnancy), women and couples considering pregnancy (www.cdc.gov/zika/pregnancy/thinking-about-pregnancy) and parents (www.cdc.gov/zika/parents).

The Aedes mosquito does not fly far from where it breeds. Therefore, it is important to prevent the population of mosquitoes from growing in and around your home. Make sure to use window and door screens; regularly clean, turn over, cover or throw out any indoor and outdoor items that hold water (e.g. tires, flower vases, toys, garbage bins); and use sprays or foggers to kill mosquitoes. For more information on where to look out for mosquitoes and what products to use in controlling them around your home, you can visit www.cdc.gov/zika/prevention/controlling-mosquitoes-at-home.

It's important to reiterate that there are

SEE MOSQUITOS, ZIKA, PAGE 13

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Staying Safe This Summer

Tips and precautions for avoiding warm-weather hazards.

BY MARILYN CAMPBELL
THE CONNECTION

The start of summer means pools and backyard grilling. It also means an increased risk of accidents and injuries. Local safety officials are offering safety tips during June, which is National Safety Month.

With warm weather come health threats posed by ticks and mosquitoes. In addition to the Zika virus, which is not currently a local threat, mosquitoes can carry the West Nile Virus, while ticks can spread Lyme disease.

Recommended defenses against these pests include using insect repellent to protect against mosquito bites and eliminating potential mosquito breeding sites like pools of standing water or heavily foliated spaces such as tall grass, where bugs often hide.

"We ... have to be prepared and be ready in the event that we get local spread of [the Zika virus]," said Mary Anderson, a spokeswoman for Montgomery County. "The information on preventing bites and ridding your property of mosquitoes is good whether we have Zika or not."

"We're taking the Zika virus seriously and preparing as though as though it could be a potential threat."

— Kurt Larrick, spokesman,
Arlington County Department of
Human Services

Local county health departments, including Montgomery and Fairfax, have established websites with current information on the Zika virus. Anderson also recom-

mends a Zika virus webpage, created by the Centers for Disease Control, which includes a map with updated information on areas where Zika is spreading: <http://www.cdc.gov/zika/index.html>.

"We're taking the Zika virus seriously and preparing as though as though it could be a potential threat," said Kurt Larrick, spokesman for the Arlington County Department of Human Services.

In addition to insect bites, time spent outside in hot weather can lead to heat-induced illnesses like sunburns, heat rashes, heat exhaustion and heat stroke, and the elderly and very young children are at greatest risk. Health officials say that the best lines of defense include limiting sun exposure, especially between 10 a.m. and 4 p.m., the period considered the peak intensity hours. Wearing a hat and sunglasses that provide 97-100 percent protection against both

SEE SUMMER SAFETY,
PAGE 13

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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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FAITH



2016 confirmands photo - from left: Gloria Boos, Rose Boos, Quinn Brown, Connor Dankworth, Jackson Sayers, Spencer Paulsen, Ethan Nickles, Benjamin Leone and Andrew Leone.



Lilah Scimone enjoying cake at the luncheon.

PHOTOS CONTRIBUTED

Great Falls United Methodist Church Turns 140

Great Falls United Methodist Church held its 140th anniversary celebration on Sunday, May 15. More than 185 attended the celebratory service, confirmation, and luncheon. Former pastors Rev. Nancy Childress (2006-2013) and Rev. Gilbert Cofer (1952-1955) attended, as well as former member and now UMC Arlington District Superintendent Cathy Abbott. DS Abbott was guest speaker. Nine young confirmands joined the church and were presented with a large cake at the luncheon.

Great Falls United Methodist began as Salem Church in 1876 and combined with Arnon Chapel in 1944. The existing church building was completed in 1949. A history book has been printed for the occasion — “140 Years of Serving God” — and is available in the church office for \$15. Today the church is active in local community outreach with preschool, Scout Troop 673, Fairfax County Hypothermia Shelter, as well as global outreach including Imagine No Malaria programs, vision and youth mission trips.



Long-time member Ellen Cole reunites with Rev. Gilbert Cofer.



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WELLBEING

For More Information

Fairfax County
<http://www.fairfaxcounty.gov/living/summer/>

Summer Safety

FROM PAGE 11

UVA and UVB rays, and applying sunscreen even on cloudy days and reapplying it every two hours or after swimming or sweating are also advised.

"You want to dress lightly and intake a lot of fluid, but avoid alcohol and sugary, sweet drinks when you're in the heat," said Captain Troy Gibbs, a spokeswoman for the Alexandria Fire Department's Community Services Unit. "Staying hydrated by drinking a lot of water is your best bet."

Health officials recommend checking on elderly neighbors who don't have air conditioning and avoiding leaving pets, small children and older adults in small, enclosed spaces like cars, where conditions can turn deadly even

after a short period of time in extreme heat.

Local county facilities, including libraries and community centers, are air conditioned and open to the public. Know the warning signs that it's time to get out of the heat, says Gibbs.

"If they stop sweating, that can be a bad sign," she said. "Profuse sweating can be an indicator that the body is trying to compensate, but if a person stops sweating totally, that is usually not a good sign." While spending time at the pool is a popular cooling method during hot weather, residents should be aware of the potential threat of recreational water illnesses (RWI). Taking a shower with soap and checking the diapers of small children frequently can help keep germs that lead to

RWI out of pool water. Health officials say that chlorinated water doesn't kill all germs, diapers sometimes leak and both adults and children should stay out of the public pool when they are sick. Other preventative measures include frequent hand washing, discouraging children from drinking water that is used for swimming and giving young children bathroom breaks at least every 60 minutes.

"We take safety seriously all the way across the board from pools to barbecuing to riding bikes and even walking," said Larrick.

In addition to RWI, other water-related dangers spike during the summer. Ensuring that children know how to swim, watching young children very carefully when they are near water, swimming with a partner and wearing a life vest when boating are important safety precautions.

Safety Tips

From the Centers for Disease Control

- ❖ Water Safety
 - ❖ Learn how to prevent recreational water illnesses (RWI)
 - ❖ Always supervise children when in or around water.
 - ❖ Teach kids to swim.
 - ❖ Learn CPR
 - ❖ Install a four-sided fence around home pools.
- ❖ Boating Safety
 - ❖ Wear a properly fitted life jacket every time you and your loved ones are on the water^{oo}
- ❖ Heat Safety
 - ❖ Never leave infants, children, or pets in a parked car, even if the windows are cracked open.

- ❖ Dress in loose, lightweight, light-colored clothing.
- ❖ Schedule outdoor activities carefully, for morning and evening hours.
- ❖ Stay cool with cool showers or baths.
- ❖ Seek medical care immediate if you or your child has symptoms of heat-related illnesses
- ❖ Sun Safety
 - ❖ Cover up. Clothing that covers your and your child's skin helps protect against UV rays.
 - ❖ Use sunscreen with at least SPF (sun protection factor) 15 and UVA (ultraviolet A) and UVB (ultraviolet B) protection every time you and your child go outside.
- ❖ Protection from Mosquitoes and Ticks
 - ❖ Use an effective insect repellent when spending time outdoors.

- ❖ Make your backyard a tick-safe zone.
- ❖ Check yourself and your children for ticks.
- ❖ Prevent Injuries
 - ❖ Check to make sure that the surfaces under playground equipment are safe, soft, and well-maintained.
 - ❖ Supervise young children at all times around fall hazards, such as stairs and playground equipment.
 - ❖ Use stair gates, which can help keep a busy, active child from taking a dangerous tumble.
 - ❖ Learn concussion signs and symptoms and what to do if a concussion occurs.
 - ❖ Make sure kids and teens wear the right protective equipment for their sport or recreation activity.

Mosquitos, Zika

FROM PAGE 10

currently no reported cases of mosquitoes transmitting the Zika virus in Virginia or anywhere else in the continental United States. While this fact offers us some reassurance, it also provides us with a clean

slate and golden opportunity to prevent or lessen the severity of a large-scale outbreak in the coming months. With proactive and responsive steps from all levels of government and due care from each of us, we can take control of this public health threat and enjoy this summer to its fullest.

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Promoting Tea Culture in Great Falls

Meet Laurie Bell, the owner of the Great Falls Tea Garden.

BY ALEXANDRA GREELEY
THE CONNECTION

Tea-lovers may enjoy their morning brew, but maybe few know the history of the steaming cup that awakens the palate and starts their day. Historians quibble: was it the Indian prophet Prince Bodhi-Dharma in the early 500s AD? Or is it the Chinese legend about the Chinese emperor Shen Nung, who in 2737 BC was sipping hot water under a tree when some of its leaves drifted into his cup. The leaves? *Camellia sinensis*.

From that Chinese cuppa' to its global fan club, tea has certainly made its mark in the culinary world. And one of its local advocates and instructors is Laurie Bell, who runs a tea business in Great Falls called Great Falls Tea Garden.

Well-known locally for her former Great Falls catering business called A La Belle Cuisine, Bell has left the cookpots for the teapots because she wants the world to learn about and appreciate the nuances of premium loose leaf teas.

Of course, most people will wonder: why tea? It was really a family matter, Bell explained, one that started with her grandmother. "She would serve tea every afternoon, and I had it with milk and sugar," she said. "Through all my world travels I got to know more about tea than just tea bags. It's as varied in its delicious nuances as wine and you can drink all you want and still drive. I studied with the Specialty Tea Institute to become a tea specialist and I go to tea conferences every year," she said, adding that she never had a cup of coffee until she was 35 years old.

With her pronounced passion for all things teas, it is no surprise that Bell channeled her culinary energies towards understanding and creating tea flavors. After about 10 years of tea studies, experimenting and creating, and attending conferences and reading tea treatises, she started her tea business that



Laurie Bell's Great Falls Tea Garden business consists of seminars for the public, and custom-blended teas for restaurants and retail sale.

Laurie Bell studied with the Specialty Tea Institute to become a tea specialist and goes to tea conferences every year.

PHOTOS CONTRIBUTED



consists of seminars for the public, and custom-blended teas for restaurants and retail sale.

Because tea in all its iterations is the most consumed beverage in the world after water, Bell discovered that almost every population and every country has its own tea culture and how they brew and consume their teas. She also discovered that every variable — whites, greens, oolongs, and blacks—all come from the same plant. What makes the difference in color and flavors is when the leaves are picked, in what climate and region (terroir), and the masterful processing of the leaf.

Many countries around the world process and drink straight green teas while other countries process their teas into oolongs or blacks. The seminars are structured so attendees can taste a variety of each style and learn how,

for example, a black tea grown and processed in China will taste different from those grown and processed in India, Sri Lanka or Kenya. Or how a lightly oxidized oolong will taste quite different from a heavily oxidized oolong. So for Bell it has made sense to structure her class teachings on appreciating single-origin teas.

Her website gives tea-drinkers the locations of where to savor some of her custom-blended teas as well as some classic teas and flavors. It also details where Bell gives seminars and how to attend them.

Laurie Bell's Smoky Tea Cornbread

The ingredients in this cornbread are fairly standard. What makes this recipe so tasty and unique is the use of cornmeal stone ground from the historic

Colvin Run Mill, and some Lapsang Souchong tea. The tea adds a bit of smokiness to the flavor combination lending a familiar taste reminiscent of bacon but without the meat. Serve warm or room temperature. It stays moist for two days if wrapped well. Enjoy, warm, at room temperature, or briefly reheated.

Serves 9

1 tablepoon Lapsang Souchong tea leaves, dry
1 1/2 cups cornmeal, preferable stone ground from Colvin Run Mill
1/2 cup all-purpose flour
4 teaspoon baking powder
1 tsp sugar
1/2 tsp salt
1 egg
1 1/2 cups milk (whole, lowfat, or skim is fine)
1 tablespoon canola oil or melted butter

Preheat oven to 425 degrees. Grease or spray an 8 x 8- or 9 x 9-inch-square pan.

Finely grind the dry tea in a spice grinder. This will yield about 1 1/2 tsp. ground tea leaves.

Combine ground tea with other dry ingredients. In separate bowl, beat egg, and add milk and oil to blend. Fold in blended liquids to dry ingredients and stir briefly until just mixed. Pour batter into prepared pan.

Bake for 25 minutes until lightly browned on top and the sides are separated from the pan; check after 20 minutes for a 9x9-inch pan. Cool slightly before cutting.

Variations:

❖ Stone ground whole wheat flour from Colvin Run Mill may be substituted for the all-purpose flour and/or some of the corn meal

❖ Try this recipe with other teas for a variety of flavor combinations

❖ Add some corn (off the cob or frozen/thawed) to the batter

❖ Add chopped nuts, shredded or diced cheese, and/or fruit to the batter

❖ To make a sweeter cornbread, add 1 or 2 additional Tablespoons of sugar to the dry mixture; and/or

sprinkle some sugar on top of the unbaked batter after filling the pan

❖ May also be baked in a greased muffin pan for corn muffins. Bake 15 - 20 minutes, depending on size

Experiment and enjoy.

CALENDAR

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

ONGOING

Krop's Crops Flea Market. 9 a.m.-3 p.m. Second and fourth Saturdays from May to August. 11110 Georgetown Pike, Great Falls. Shop for vintage, antique and used items. Or sell your treasures.

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.

THURSDAY-FRIDAY/JUNE 2-3

Langley High School Concert. 7-9 p.m. Langley High School Auditorium, 6520 Georgetown Pike, McLean. It's a Grand Night for Singing on Broadway. Hear Langley High School's award-winning chorus sing favorites from hit shows. Free. Suggested donations. tjmarzol@cox.net.

FRIDAY-SUNDAY/JUNE 3-5

Great Falls SpringFest. Great Falls Village Green. behind the shops at Walker Road and Georgetown Pike. For updated information on time, events and performers, go to www.GreatFallsStudios.com.

SATURDAY/JUNE 4

Spring Fair. 10 a.m.-2 p.m. Pleasant Grove, 8641 Lewinsville Road, McLean. Includes plant sale, "attic treasures" quality yard sale and antiques, homemade bake sale, food, crafts, and artisan made quilts. All proceeds are donated to Pleasant Grove. For information, see www.HistoricPleasantGrove.org.

Summer Reading Triathlon Opening. 11 a.m. Barnes and Noble Tysons Corner Center, 7851 L Tysons Corner Center, McLean. Young readers can vote for their favorite heroes and places from a selection of contenders curated by booksellers and enjoy other fun activities. Voting runs through August 21. 703-506-2937.

SUNDAY/JUNE 5

Israel Fest 2016. Noon-4 p.m. Lerner Town Square at Tysons II. Join the community in celebrating Israel's 68th year of independence! Engaging events and interactive activities will run throughout the afternoon. jccnv.org/Israel-fest.

Mosaic Mural Unveiling. 4 p.m. Lutheran Church of the Redeemer, 1545 Chain Bridge Road, McLean. Public invited. bjdonne@yahoo.com.

MONDAY/JUNE 6

Annual Charity Golf Tournament. Starts at 6:45 a.m. Hidden Creek Country Club, 1711 Club House Road, Reston. The tournament includes a 4 person scramble, lunch or dinner and awards. Receptions follow both the morning and afternoon shotguns. Lots of prizes and lots of fun. Proceeds benefit our three local elementary schools. www.celebrategreatfalls.org.

Joan Shelley. 7:30 p.m. Jammin Java, 227 Maple Ave. E, Vienna. Folky, pastoral music. \$15. jamminjava.com.

TUESDAY/JUNE 7

A Walk in the Garden. 1-5 p.m.

SEE CALENDAR, PAGE 15

WWW.CONNECTIONNEWSPAPERS.COM

CALENDAR

FROM PAGE 14

Atrium Building, 9750 Meadowlark Gardens Court, Vienna. A standard flower show. Free. lmc323@aol.com.

Buster Keaton's "The Cameraman." 7:30 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Keaton gets himself into ridiculous situations in an attempt to win over a girl, and his hijinks are so timeless that "The Cameraman" has a Rotten Tomatoes score of 100 percent. Hosted by film historian Bruce Lawton with live musical accompaniment by composer Ben Model. \$12/\$8. mcleancenter.org.

THURSDAY/JUNE 9

Write On Into Summer. 10 a.m.-noon. Dunn Loring Center for Parent Services, 2334 Gallows Road, Dunn Loring. Workshop for ideas on how to encourage children to write over the summer months. Register at 703-204-3941.

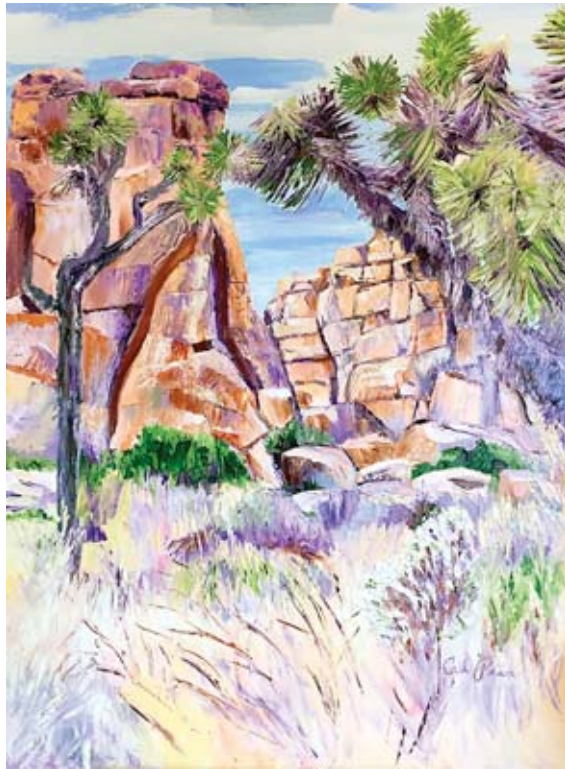
FRIDAY/JUNE 10

Summer Kick-Off Party. 7-9 p.m. The Old Firehouse, 1440 Chain Bridge Road, McLean. A disc jockey keeps the fun alive with great music while the game room is open for ping-pong, pool and other arcade games. This event will be supervised by Old Firehouse staff members. Parents/guardians (age 18 or older) must come into the center to pick up their children by 9 p.m. \$35/\$25. mcleancenter.org.

FRIDAY-SUNDAY/JUNE 10-12

B-Fest Teen Book Festival. Barnes and Noble Tysons Corner Center, 7851 L Tysons Corner Center,

"Joshua Tree National Park," by Gail Péan, Oil on Canvas, will be on display in the large meeting room of Great Falls Library throughout the month of June.



McLean. Featuring author events, writing workshops, panel discussion at noon on Saturday with popular local YA authors Kate Hattemer, Jessica Spotswood and Lisa Maxwell moderated by Lenore Appelhans and more activities. bn.com/B-fest.

SATURDAY/JUNE 11

Princess Garden Party. Noon-2 p.m. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Music, dancing games, lunch, crafts, face painting and portrait. Ages 4 to 8. \$29. Register at NOVAparks.com.

ETAP's Spring Show. 8-10 p.m. Richard J. Ernst Community Cultural

Center, 8333 Little River Turnpike, Annandale. Enjoy an evening of exciting entertainment, Broadway Style. This All Dance Revue features some of ETAP's most iconic numbers from the past 20 years, and many new ones as well. All ages. \$19-\$23. Encore-tap.org.

"Animal Kingdom" Pet Rescue and Adoption. 10 a.m.-4 p.m. Vienna Art Center, 115 Pleasant St., Nw, Vienna. Artists will offer pet related art, and invite owners to bring their pets to pose for original caricatures and portraits. ViennaArtsSociety.org. 703-319-3971.

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Advertising Deadlines are the previous Thursday unless noted.

JUNE

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

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

Father's Day is June 19

6/29/2016.....Connection Families

JULY

7/6/2016.....Wellbeing

7/13/2016.....HomeLifeStyle

7/20/2016.....A+ Camps & Schools

7/27/2016.....Connection Families: Our Pets

AUGUST

8/3/2016.....Wellbeing

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8/17/2016.....A+ Camps & Schools – Back to School – Private Schools

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Oakton players (from left) Caitlin Violet, Alex Marquis and Alana Moore celebrate during the Cougars' 6A North quarterfinal game against Madison on May 26.



PHOTOS BY
CRAIG STERBUTZEL/
THE CONNECTION

Oakton Girls' Soccer Advances to Region Semifinals

Marquis' goal leads Cougars to win over Madison.

BY AARON LUNDMARK
THE CONNECTION

With a chance to avenge an early-season loss, the Oakton girls' soccer team was looking for revenge against the Madison Warhawks on May 26.

Oakton senior Alex Marquis exacted that revenge, as she headed a perfect cross from teammate Anya Heijst in just the seventh minute to give the Cougars all the room they needed as they defeated the Warhawks 1-0 to move onto the regional semifinals.

"I think we've progressed nicely throughout the season," said Oakton head coach Kasey Davenport. "They beat us the first game of the year, we were still figuring things out but today we did a good job of executing when we needed to."

Oakton was able to control the pace nearly the entire game. The only goal happened after a steal by Heijst in the attacking zone which led to her cross right to the head of Marquis. After that goal, the defense and senior goalkeeper Sam Weaver took over.

"The defense was great," said Davenport. "[Weaver] came up with big saves when we needed them and they all kept their composure down the stretch which was huge."

Chances were slim for Madison early in the first half, but a couple of great saves by Weaver were key, including saves in the 12th and 18th minutes. The game was physical, as fouls were called often and a yellow card was issued to Oakton's Caitlin Violet in the 35th minute.

Madison couldn't put together any offensive pressure until the last 10 minutes of the game. When asked about the difference from the first meeting, Madison head coach Devon Dowell didn't think there was much of a difference.

"I think it was just two great teams going at it tonight," she said. "It was the heart in the beginning and the heart in the end. I think there were some different formations but I don't think that was anything we didn't expect."

Madison got great chances from Hannah Ravesteijn and Faith Lee down the stretch but Weaver was up to the task. The final game clincher was a save made



Oakton's Alex Marquis scored the only goal during the Cougars' 1-0 win over Madison on May 26.



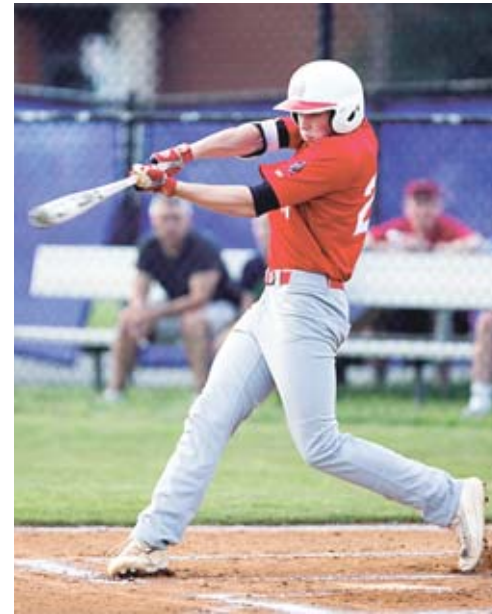
Anya Heijst and the Oakton girls' soccer team will host T.C. Williams in the 6A North region semifinals on June 1.

by Weaver in stoppage time on a rocket off the foot of Julia Leas, which Weaver was able to tip just above the crossbar.

"I thought we had some great shots on goal and a lot of good attempts," said Dowell. "They have a good goalkeeper in [Weaver] but I thought we played well enough on our part we just couldn't put it away."

Oakton (16-1-1) will move on to host T.C. Williams at 7 p.m. on Wednesday, May 1 in the regional semifinals.

"All season we've just been taking it one game at a time and we just go game by game," said Davenport. "We just have to make sure we take care of what we have to when it's time."



The McLean baseball team ended its season with a 6-0 loss to Chantilly on May 27 in the 6A North region quarterfinals.

PHOTO BY
WILL PALENSCAR

McLean Baseball Ends Season with Loss to Chantilly

While the conclusion of any season brings emotional reactions, Friday's loss to Chantilly was particularly disappointing for McLean head baseball coach John Dowling.

Chantilly defeated McLean 6-0 on May 27 in the 6A North region quarterfinals at Chantilly High School. With the loss, the Highlanders' season, as well as the high school careers of multiple seniors who had been with Dowling and his staff for three years after he took over at McLean in 2014, came to a close.

Seniors Conor Grammes, Jon Clines, Matt Collins and Matt Hanusik each started as sophomores when the Highlanders reached the 2014 state semifinals in what was the most successful season in program history.

"This group, it sort of hit us after the game," Dowling said. "... It's always disappointing for the season to end, but it was even harder because ... [t]hey were playing really big roles on what was the most successful baseball team in the school's history."

Grammes, a first-team all-region selection at shortstop, will go on to play at Xavier. Clines, an honorable mention all-region pitcher, will play at VMI and Collins, a second-team all-

region outfielder, will play at Harford Community College in Bel Air, Md.

Senior pitcher/outfielder Thomas Buckman will play at SUNY Maritime College.

McLean finished the season with a 16-9 record, including a 5-4 victory over Osbourn Park on May 25 in the opening round of the region tournament. Dowling said while the Highlanders have goals of advancing further, the program is at a point that it expects to at least reach the second round of regionals.

McLean finished runner-up in Conference 6, losing to Madison 1-0 in the championship game. Junior Jack Slade started on the mound for the Highlanders against the Warhawks.

Slade, along with junior infielders Brendan Grammes and Alex Gerhardt, and sophomore catcher Grant Williams are among the players Dowling said he expects to be primary contributors next season.

Williams caught every inning for McLean this season. While Dowling said he would like Williams to improve offensively, his defense provides a big relief.

"That allows me to sleep at night," Dowling said, "knowing we've got a guy behind the plate."

— JON ROETMAN

"It's always disappointing for the season to end, but it was even harder because ... [t]hey were playing really big roles on what was the most successful baseball team in the school's history."

—McLean head baseball coach John Dowling

Childhelp Hosts a Shining Stars Gala

On Saturday, April 16, Childhelp's Washington Area Chapter welcomed 330 guests to Childhelp Shining Stars Gala in the Hyatt Regency Tysons Corner Regency Ballroom.

Childhelp Celebrity Ambassador and Master of Ceremonies for the black-tie fete was John O'Hurley (of "Seinfeld" fame).

Cheryl Ladd ("Charlie's Angels"), a more than 30 year Childhelp Celebrity Ambassador, took center stage to introduce Gala co-chairs, Jane and Rich Hozik of Great Falls and congratulated the Hoziks for introducing Childhelp to many new Virginia-based companies, including presenting sponsor, Manisha & Roy Kapani (of ECS Federal, Fairfax and Kapani Family Charitable Foundation, McLean). Long time Childhelp supporter Hadeed Carpet (Valerie & Joe Hadeed of Alexandria) was co-presenting sponsor.

Childhelp Co-Founders Sara O'Meara (CEO) and Yvonne Fedderson (president) presented Childhelp's Loyal Heart Award to Sandra Crippen of Great Falls. Mrs. Crippen has been with Childhelp since its Virginia inception and serves on the Greater Washington Area Advisory Board.

All proceeds from Childhelp Shining Stars Gala, including raffle, silent and live auction donations, will support Childhelp's Alice C. Tyler Residential Treatment Facility and Childhelp's National Child Abuse Hotline (1-800-4-A-CHILD).

Since 1959, Childhelp has brought the light of hope and healing into the lives of countless children as a leading national nonprofit organization dedicated to helping at-risk children. Childhelp's programs and services include residential treatment services, children's advocacy centers, therapeutic foster care, group homes and child



Childhelp Celebrity Ambassador and Master of Ceremonies, John O'Hurley (of "Seinfeld" fame) warmed up and "Razzle Dazzled" the audience for Childhelp Shining Stars Gala.



Cheryl Ladd introduced and sang Happy Birthday to Jane and Rich Hozik of Great Falls, Childhelp Shining Stars Gala chairs.



Childhelp Founders Sara O'Meara (CEO) and Yvonne Fedderson (president) presented Sandra Crippen with Childhelp Loyal Heart Award.

abuse prevention, education and training. Childhelp created the Childhelp National Day of Hope, held each April during National Child Abuse Prevention Month that mobilizes Americans to join the fight against child abuse. For more information, log on to www.childhelp.org, [facebook.com/childhelp](https://www.facebook.com/childhelp) or twitter.com/childhelp.

PHOTOS CONTRIBUTED

Exhibit at Great Falls Library Celebrates 100th Anniversary of National Park System

Gail Péan, oil painter, invites the public to a reception on Friday, June 10, 4-6 p.m. to celebrate the 100th Anniversary of the National Park System (NPS). The solo exhibit "Happy 100th Anniversary NPS" will be on display in the large meeting room of Great Falls Library throughout the month of June.

"Happy 100th Anniversary NPS" features original oil paintings painted with palette knives based on photos taken by Great Falls residents Michele Krohn and Gail Péan of National Parks they have visited.

Great Falls National Park is included. It was a part of the Northern Virginia Parks system until it was

transferred to the NPS in 1966.

Gail Péan is a member of Artists on the Green Gallery and Studio at 776 B Walker Road in Great Falls where she teaches oil painting to children and adults. Visit the exhibit during library hours or during the reception June 10, 4-6.

"Sleeping Bear Dunes" by Gail Péan, Oil on Canvas 30" x 40"



PHOTO BY TR COOK

Alex Brudno, recipient of 2016 Volunteer Award (center) with parents, Linda Leatherbury and Spence Brudno.

Alex Brudno, Great Falls Historical Society's 2016 Volunteer of the Year

KATHLEEN MURPHY,
PRESIDENT
GREAT FALLS
HISTORICAL SOCIETY

services as volunteer to the Great Falls Historical Society in October 2014. A graduate of the University of Mary Washington with a major in history, GFHS welcomed Alex and immediately found projects for Alex.

The Great Falls Historical Society has recognized Alex Brudno as the 2016 Volunteer of the Year. Through his consistent, focused and dedicated volunteer efforts, including working as a summer intern to further the Colvin Run Historic District research (more than 100 hours); photo archiving in support of our archive reorganization; running the Great Falls Historical Society's Publication Sales presence at the farmers market and at GFHS programs independently, including adding new product offerings; serving as associate editor to prepare the book on Thelma's Country Store, providing citations to establish historic facts, and supporting many other projects as needed, Alex has served with purpose to advance the integrity of local history.

Alex's first assignment was to take over the GFHS tent at the Great Falls Farmers Market. Alex continues to staff the tent, spending seven hours each and every Saturday at the market, providing a tangible location where newcomers can ask questions about the history of Great Falls, members can renew their membership, and the entire community can purchase gifts or make a reservation for one of our events.

ALEX was initially a "diamond-in-the-raw," being high on willingness and dedication, but inexperienced at interacting with the public. However, over time and with constructive feedback and lots of interaction with farmers-market regulars and visitors, Alex has grown in sales discipline and humor.

Alex Brudno first offered his

Just a Regular Guy, Hopefully



By KENNETH B. LOURIE

As a long-time cancer patient (seven-plus years), I have heard much cancer talk. I have not read nearly as much, as I was advised early on by my primary care physician to try and refrain from going online too often to research my condition/treatment because the information provided can sometimes be misleading; given my own unique set of medical circumstances, it might not pertain to me, exactly. Mostly I have followed his suggestion. One time, I remember, I couldn't resist and "Googled" my chemotherapy drug. Nine to 12 months was the prognosis. I've lived three-plus years ever since. And though I certainly understand and appreciate the relevance and availability of the "information super-highway," I have, generally speaking, tempered my enthusiasm for such investigative pursuits.

However, as much as I've followed my doctor's advice, I have not been a total blockhead. And one of the concerns I've come to believe is, that with many cancer patients, it's not the actual cancer that kills them but rather the collateral damage the treatment causes to other vital organs, systems, areas of the body, etc. As a matter of fact, I'm living proof, sort of. Presumably, because of seven-plus years of chemotherapy, I have irreparable kidney damage and some unspecified liver damage. Accordingly, every four weeks when I go in for my pre-chemotherapy lab work, my levels of creatinine (kidney) and bilirubin (liver) are measured (among many others) to determine if my treatment can proceed or if waiting a week for a retest would be more prudent. At some point, I think (fear) that I'll have to stop treatment because the damage to certain major organs (as indicated by the levels of bilirubin and creatinine) will pose such a risk/complication that continuing the previous/current course of treatment would be irresponsible (heck, maybe even malpractice, for all I know). The cancer, then untreated, could potentially cause further life-threatening problems. Consequently, I'm always mindful of, and sensitive to, changes/deficiencies I'm experiencing that might indicate a bodily function is no longer working properly: "collateral damage."

Recently, I've had such an occurrence. It's nothing major, so far as I know, and I certainly don't have any supporting lab work to corroborate anything since I'm between infusions, but I've had some difficulty eliminating. Now I don't know if this is a function of age, something I ate and/or drank, something I didn't eat and/or didn't drink or fearfully the cancer doing what it often inevitably and destructively does, but it's atypical, and from what little I've learned over these years, new problems/conditions are noteworthy, generally. As such, this past weekend has been particularly challenging, emotionally as well as physically, not to go to a bad place when you're not able to go all. I wish I could take it all in stride, but left to my own thoughts and chronic discomfort, I find it difficult not to wonder if I have crossed some sort of Rubicon and moreover, worry that the amazing good fortune I've experienced since being diagnosed in late February, 2009, has finally begun to give way to reality. Perhaps, I just need to remember what my Auntie Irene used to say: "This too shall pass," and think ahead, not behind.

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

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PEOPLE

Potomac School Senior Places Third at National Science Symposium

Spencer Perkins, a senior in The Potomac School's Science and Engineering Research Center (SERC) program, earned third place in the chemistry category at the 54th National Junior Science and Humanities Symposium, held in Dayton, Ohio, April 27-30.

For more than two years, Perkins has been conducting an independent, college-level research project in conjunction with Potomac faculty and outside experts. His work focuses on the development of a new coating for nanowires used in photoelectrochemical fuel cells (solar cells that produce electrical energy and generate clean water in the process of electrolysis). His approach, which helps to stabilize the nanowires and maintain efficiency of the cells, has the potential to greatly reduce the overall cost of solar energy systems.

Perkins progressed to the national competition after winning first place at the regional Junior Science and Humanities Symposium, held at Georgetown University in March. In recognition of his third-place finish at the national level, he received a \$4,000 scholarship from the U.S. Department of Defense. He plans to attend Duke University in the fall.

Two other Potomac School seniors, Madeline Dubelier and Matt Spencer, also presented their independent research projects at the National Junior Science and Humanities Symposium, after being awarded third and fourth place respectively at the regional finals.

Earlier this year, Dubelier and fellow Potomac School senior Gianmarco Terrones were named semifinalists in the 2016 Intel Science Talent Search for their independent research. Dubelier developed a robotic arm that enables the user to form a pinch grip, while Terrones' project focused on desalination. In addition, senior Matt Spencer was selected as a semifinalist in the Siemens Competition in Science, Math, and Technol-



PHOTO CONTRIBUTED

Potomac School senior Spencer Perkins

ogy in fall 2015, for his research on bioremediation of plastic waste.

Potomac School science teacher and SERC program advisor Dr. Isabelle Cohen notes, "I am proud of the hard work and professionalism these students have displayed in connection with their research. The honors and accolades that they have received this year are well deserved."

Now in its sixth year, the SERC program is one of three selective advanced programs offered by

Potomac's Upper School. (The other two are the Visual and Performing Arts Concentration and the Global Perspectives and Citizenship Program.) SERC was created to give students opportunities to do long-term independent research, work in a professional lab, and stretch their minds. "The program is for students who want to take on some open questions and do more than just coursework," says Douglas Cobb, chair of the Upper School Science Department.

After taking biology as freshmen, students enter SERC as sophomores, taking two courses – one in accelerated physics and chemistry, the other focused on developing the experimental design for their research proposal. They also secure a mentor in the wider scientific community – an expert in their field of interest who will assist with their research and provide equipment, materials or lab space.

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.

FRIDAY/JUNE 3

Summer Mindfulness. 10 a.m.-noon. Dunn Loring Center for Parent Services, 2334 Gallows Road, Dunn Loring. Learn valuable mindfulness tools to help your children enhance their physical, mental, emotional, and social skills this summer. Register at 703-204-3941.

SATURDAY/JUNE 4

Gun Violence Discussion. 8:30-10 a.m. Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Explore the issue of gun violence in America. The discussion will focus on the Armor of Light documentary available on iTunes. Breakfast provided. 703-356-7200.

Town of Vienna Recycling Day. 8 a.m.-2 p.m. Northside Property Yard, 600 Mill St. NE, Vienna. Got unwanted car parts,

batteries, electronics (anything with a plug except older TVs with fat backsides), and even motor oil and antifreeze? Vienna's public works will take it off your hands and ensure that it's recycled responsibly. 703-255-6380.

SUNDAY/JUNE 11

Disability Resource Fair. 10 a.m.-2 p.m. ServiceSource Disability Resource Center, 10467 White Granite 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.

Community Accessibility Forum. 11 a.m. and 12:30 p.m. ServiceSource Disability Resource Center, 10467 Granite Drive, Oakton. Review the forum information to develop an action plan that addresses community recommendations, barriers, and service gaps. Register at 703-324-5847 or disabilityservices@fairfaxcounty.gov.



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