

## WELLBEING

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Althea Retter stands next to her QUEST group's origami display. 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.



# McLean CONNECTION



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## School Board Adopts \$2.7 Billion Budget

**FY 2017 budget aims to raise teacher salaries, lower class sizes.**

BY TIM PETERSON  
THE CONNECTION

**T**he Fairfax County School Board has made good on Superintendent Dr. Karen Garza's promise when she introduced a FY 2017 budget for the school system.

"The most important announcement for our students and teachers may be what the proposed budget does not do," Garza said at a press conference held Jan. 7, 2016 at West Potomac High School, "it makes no further cuts."

At the Board's May 26 regular meeting, its members adopted a \$2.7 billion budget that will take effect July 1.

Highlights of the budget include a salary increase plus one percent market scale adjustment for all employees who are eligible, \$40 million to make teacher salaries in particular more competitive in the region and \$10 million aimed at lowering elementary school class sizes.

School Board Chairman Pat Hynes praised the Fairfax County Board of Supervisors in a statement for engaging with their educational



PHOTO BY TIM PETERSON/THE CONNECTION

**At the School Board's May 26 regular meeting, its members adopted a \$2.7 billion budget that will take effect July 1.**

counterparts to overcome an early gap between the two bodies' advertised budget that eclipsed \$70 million.

"Working together, we were able to secure the funding necessary to make critical investments in teacher pay, reduce the size of some classes in our elementary schools and maintain our instructional programs and services to our students," Hynes said. "We sincerely want to thank the members of the community who

rallied to call for increased support for their students, teachers, and schools."

It took the supervisors adding an extra cent to the real estate tax and directing that additional revenue to the school system to make the Fairfax County transfer to FCPS really viable for Garza's goals.

"I am hopeful that this budget represents a turning point for our schools," Superintendent Garza said in a statement. "This reinvestment in

our community's most important asset will provide great dividends for all the citizens of Fairfax. We are already looking ahead to FY 2018 and will continue to work as partners with the Board of Supervisors to solve these vital challenges for our community."

Fairfax County's transfer to the School Operating Fund ended up being a 4.8 increase over the FY 2016 Budget. FCPS also benefitted from an increase in state aid and sales tax, and \$6.7 million in reductions from the previous year because of reductions in student enrollment.

The school system received an increase from the General Assembly of \$16.8 million from the FY 2017 Advertised Budget. It was also \$22.3 million more than reflected in the FY 2016 Approved Budget, according to FCPS spokesman John Torre.

The Board also approved several add-on motions that carried with the FY 2017 budget. Those included Hynes calling for continued collaboration with the Board of Supervisors and focusing joint discussions on the Successful Children and Youth Policy Team.

Providence representative to the School Board Dalia Palchik's motion for the Board to encourage the Supervisors to move a meals tax to referendum in this fall's election was successful as well.

More information about the FY 2017 FCPS budget and the budget process are available at [www.fcps.edu/news/fy2017.shtml](http://www.fcps.edu/news/fy2017.shtml).

## Bracing for Shutdown Surges in Face of Metro Crisis

**Fairfax County shares plan for mitigating effects of Safe Track maintenance.**

BY TIM PETERSON  
THE CONNECTION

**I**f you use Metrorail from Vienna or Reston or Tysons, be on notice: the Orange and Silver lines will be the first affected.

Beginning June 1, the Washington Area Metropolitan Transit Authority (WMATA) will initiate the first of 15 "surges" of rail system shutdowns for maintenance, as part of its robust "Safe Track" effort.

Safe Track is advertised as condensing three years of work down to about one.

The severe timetable comes following a series of maintenance incidents including cars filling with smoke and fireballs sparking inside underground stations.

"It's unfortunate," said Fairfax County Board of Supervisors Chairman Sharon Bulova, that the rail system has arrived at this point "without what should have been plans for investment, replacement."

"That should've happened," Bulova continued.

**Fairfax County Board of Supervisors Chairman Sharon Bulova called the maintenance situation that brought about Safe Track "unfortunate" but supports the effort as "the right thing to do."**

PHOTO BY TIM PETERSON/  
THE CONNECTION

Regardless, the chairman said she's supportive of Safe Track and that it's "the right thing to do."

After June's kickoff, the repairs are scheduled to last until March 2017, WMATA representative Jack Requa told members of the Fairfax County Board of Supervisors Transportation Committee in a May 24 meeting.

The first surge from June 4 to 16 will cause the Orange and Silver lines to run on continuous single-track status from East Falls Church to Ballston. To supplement the slowed service, WMATA is offering limited Metrobus shuttles.



For other surges, there will be supplemental service from Fairfax Connector buses.

In addition to the alternate public transit options, Bulova and Fairfax County Department of Transportation Director Tom Biesiadny also encouraged people to look into carpooling and ride-sharing as much as possible during the surges.

Bulova also said she's sent a letter to employers around the Fairfax County encouraging them to be more flexible with employees looking to telework.

"We're not crying over spilled milk here," she said. "Right now we have a crisis. We

### June 4-16 Disruption

- ❖ Orange Line trains between Vienna and Ballston will operate every 18 minutes
  - ❖ Additional Orange Line trains will operate between Ballston and New Carrollton only
  - ❖ Silver Line trains will operate every 18 minutes
  - ❖ At 10 p.m. all trains will operate every 20 minutes
  - ❖ Metro closes at midnight seven days a week for the duration of all safety work
- During most safety surges, Fairfax Connector will provide supplemental express service on existing routes or on rush-hour shuttles.
- For surge #1:
- ❖ Supplemental trips in the Dulles/I-66 corridor on express Route 599 from Reston to Pentagon.
  - ❖ Express rush-hour shuttle service from Vienna Metrorail Station via I-66 to Pentagon.
  - ❖ Existing express service on routes 393 and 394 from Saratoga Park-and-Ride via I-95/395 to Pentagon.
- SafeTrack supplemental and shuttle service fare is \$4 per trip.

have to make sure we're flexible. People are resilient; we'll find a way to get through this."

Fairfax County has launched a website listing the dates and details of the surges, along with suggestions for alternate transit. The website address is [www.fairfaxcounty.gov/fcdot/safetrack](http://www.fairfaxcounty.gov/fcdot/safetrack).

Operators with the same information are available by phone at 703-339-7200.



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# NEWS

## Studying Environment, Hands-on

For the third year, Churchill Road sixth-graders participated in Fairfax County Park Authority's Invasive Management Area (IMA) Volunteer Program. Over the past week, the students spent an hour each morning clearing out the park behind the school. Merrily Pierce, IMA coordinator for Churchill Road Park, worked with the teachers and students to help them identify the non-native invasive plants from the native plants that are beneficial to the park. The students learned about the origins, characteristics and ways to control these unwanted plants during their science classes.

The students planted 30 redbud trees and seeded the cleared areas. Selina Al-Shihabi said that "it was fun to do something as a team and work together." Abby Siegel felt positive "that we helped our ecosystem improve," while both Sara Wellborn and Caroline Senich enjoyed a sense of accomplishment from the physical aspects of the task – "pulling a big root out" and "digging everything up and seeing what a difference it made."



PHOTO BY KIM MORAN

**Churchill Road sixth-graders Mia Cunha Mendonca, Katy Shaw, Harry, Moon, Abby Siegel, Matt Harrison and Avery Jones trimmed invasive species from the wooded area behind the school.**



**Churchill Road sixth-graders Anna Stout, Noelle Rupli, Yeon Ju Choe, Selina Al-Shihabi, Ethan Gartner and Matthew Harrison bag up clippings from the invasive species they removed from the school grounds.**



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# NEWS

Jane Chen, Ana Grajdeanu, Sarah Yan, Beth Johnston, Raneem Kamoona, Nikki Razavi, and Katie Rebhan display the photo books that they created for their QUEST project. They used Adobe InDesign to create the layout from scratch.



PHOTOS BY LINDSAY BOVENZI

**“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.

## 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 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.



**Audrey Anikeeff serves up fresh and healthy smoothies and noodles for her QUEST project.**

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## Fundraiser Supporting McLean Project for the Arts

HBC Group's (Keller Williams Realty) Community Charity Champions announced a fundraiser for McLean Project for the Arts.

The dinner will be Tuesday, June 14, from 5 to 8 p.m. at Pulcinella Italian Host in McLean.

Enjoy dinner and know that approximately 70 percent of the proceeds from food and drink will go to MPA, as long as the diner brings the flyer for the event. Contact HBC Realty Group at 703-734-0192 or visit [www.HBCGroupKW.com](http://www.HBCGroupKW.com) to receive a flyer.

Sponsors of the event are: Karen Briscoe and Lizzy Conroy with the HBC Group of Keller Williams Realty, Marcus Simon with EKKO Title, Kevin Dougherty of Pillar to Post, Kathy and Justin Neal of The Neal Team/SunTrust Mortgage, Jim Harris of BOWA, The McLean Chamber of Commerce, and Moe Jebali with Pulcinella Italian Host.

## Coming Soon: New Assisted Living and Memory Care Community

The Kensington Falls Church is a new assisted living community serving Northern Virginia seniors, including those with Alzheimer's disease and other types of dementia. Doors are scheduled to open in the City of Falls Church in early 2017.

The Kensington offers 24/7 care for residents, delivered by a team of specially trained caregivers and professionals to assist older adults who need help with at least one daily activity.

The community is divided into three neighborhoods. The assisted living neighborhood serves residents who are able to enjoy guided activities that are individually tailored to preference, need and ability, and include support. Two memory care neighborhoods – Connections and Haven – serve memory – impaired residents who need more assistance with activities and higher levels of clinical care.

The Kensington's information center opens to the public in June 2016. It is located at 1212 West Broad Street in Falls Church – down the street from the Kensington site. [www.thekensingtonfallschurch.com](http://www.thekensingtonfallschurch.com)

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# OPINION

## 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

MKIMM@CONNECTIONNEWSPAPERS.COM

### LETTERS TO THE EDITOR

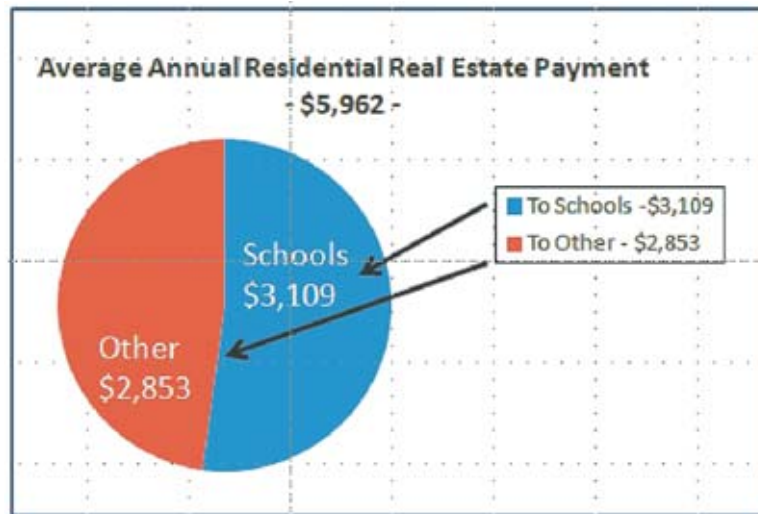
## Seniors Unfairly Tapped for School Budget

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](http://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](http://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](mailto:VolunteerSolutions@FairfaxCounty.gov), call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://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](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

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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](http://www.cdc.gov/zika/prevention) or

[www.ZikaVA.org](http://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](http://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](http://www.cdc.gov/zika/pregnancy)), women and couples considering pregnancy ([www.cdc.gov/zika/pregnancy/thinking-about-pregnancy](http://www.cdc.gov/zika/pregnancy/thinking-about-pregnancy)) and parents ([www.cdc.gov/zika/parents](http://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](http://www.cdc.gov/zika/prevention/controlling-mosquitoes-at-home).

It's important to reiterate that there are

SEE MOSQUITOS, ZIKA. PAGE 12

## 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 foliage 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 12

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## WELLBEING

# Staying Safe

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

## For More Information

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

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<sup>oo</sup>
- 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.

## SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

### JUNE

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

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

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# 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.



## 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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**Pictured, from left, are Phil Sclafani, JBG Vice President Construction; Larry Nussdorf, Chairman and CEO Clark Enterprises Inc.; Devon Lauer, JBG Senior Analyst; Del. Marcus Simon (D-53); Supervisor John Foust (D-Dranesville); Del. Kathleen Murphy (D-24); State Sen. Barbara Favola (D-31); Bailey Edelson, JBG Vice President Development; Greg Trimmer, JBG Principal; and Art Lohsen, Partner, Franck & Lohsen Architects.**

## The Signet to Enhance Downtown McLean

JBG Companies in McLean broke ground on May 25 for The Signet.

The walkable, mixed-use development marks the first new construction in downtown McLean in many years and represents an important step towards a more dynamic area.

The Signet will bring 123 luxury condominium residences and about 5,000 square feet of street-level storefronts and restaurants transforming an underutilized parking lot.

"The Signet is a significant step in the future of downtown McLean, as Fairfax County and residents work to define a new vision for a walkable and active neighborhood core," said JBG Principal Greg Trimmer.

"We are pleased to have worked closely with the community to envision and bring to life this signature development."

The development plan reflects the desire for a pedestrian-friendly, mixed-use downtown McLean.

The new development hopes to enhance

the pedestrian experience in and around the site with gardens, walking paths and a public park. It will provide a transitional connection between the active commercial core of McLean and its existing residential neighborhoods.

"Downtown McLean has been a focus for revitalization in the community and in the Comprehensive Plan for some time," said Supervisor John Foust (D-Dranesville). "Today's groundbreaking marks an important step in accomplishing those goals and moves McLean farther down a path to having a more vibrant and active downtown."

It will be located at 6900 Fleetwood Road and will feature full-time concierge, high-quality interior design, a resident lounge, fitness center and more.

Franck Lohsen Architects designed the building and Page Architects is the architect of record. Bill Rooney Studios designed the interiors. Davis Construction is the general contractor for the development. Sales are anticipated to begin in the fall of 2016. For more information, visit TheSignet.com.

## 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](http://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](http://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](mailto:VolunteerSolutions@FairfaxCounty.gov), call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

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## PEOPLE

# Try Sweetbites of McLean

**Owner-baker Sandra Panetta, from food truck to a fabulous bakery.**

BY ALEXANDRA GREELEY  
THE CONNECTION

**F**rom a successful food truck to a fabulous bakery in McLean, owner and baker Sandra Panetta has taken sweet eats to a new and yummy level at Sweetbites. Thus, it is no surprise, for example, that her outstanding sticky buns, gooey with a cinnamon-butter spread and topping, sell out almost as soon as these are out of the oven. “We need to make more,” said a staff member.

So why McLean and what happened to the food truck? Panetta explained that city food truck regulations had become stricter over time. “More than 400 food trucks operate in D.C.,” she said, “and the new regulations allow only 100 parking spaces. We were put on a lottery system. So those of us who had a truck from the beginning were just thrown into the system with all others.”

As it happened, her operating days diminished, and Panetta needed a new setting that offered regular hours and a regular flow of customers and a regular chance to offer her cupcakes, pies, cakes, brownies, lemon bars, chocolate chip cookies, muffins, scones, and, of course, the sticky buns. So about one year ago, she found this small coffee shop/café setting, and business has boomed ever since. Of course, it helps that she is on the ground floor of an office building, so upstairs staff have an easy time of grabbing coffee and sweets.

What makes her story one of such success stems from her history: “I am self-taught,” she said. “I started about 16 years ago as a second career. I was slowly letting go of my first career as an environmental policy analyst. I got caught in the cupcake wave, so I combined that with the food truck wave.” She experimented with other sweets, but found that most customers wanted only cupcakes. To make them happy, she developed about 50 different cupcake flavors. “People lined up for hours waiting for their cupcakes,” she said. The reception of her baked goods was—and is now—overwhelming.

When patrons step into what is really more than a bake shop—we offer breakfast and lunch and offer soups and sandwiches and freshly brewed Illy coffee—what will first impress them is both the baking aromas and the glass cases filled and topped with Panetta’s goodies. All are made fresh daily, she said, and all are made from scratch—no packaged mixes here.

Desserts change so often, she said, that she and the staff often figure out what to bake the next day, so they bake what they are in the mood for. What are the most popular, if not everything? She lists the lemon bars (called Not Your Average Lemon Bar) because the bars contain the entire fruit, rind and all; the fresh biscuits; the brownies (fantastic); and the chocolate chip cookies that people fight over. Other offerings include such comfort desserts as the pineapple upside down cake, fresh cream puffs, and a tres leches cake.

In the end, regardless of the time of day, patrons will find it hard to depart with nothing more



PHOTO CONTRIBUTED

**Sandra Panetta, owner of Sweetbites of McLean.**

than bottled water. Why not a handful of cookies and brownies—or a wedge of cheesecake—for that splurge?

Sweetbites Café and Bakery, 6845 Elm St., McLean, 703-448-1115. Hours: Monday-Friday, 7 a.m. to 5 p.m.; Saturday, 8 a.m. to 2 p.m.; Sunday, closed. <http://www.sweetbitescafe.com>

## Sweetbites Chocolate Chip Muffins

Makes 12 jumbo muffins

### Ingredients

3 cups all-purpose flour  
1 and 1/2 tsp. baking powder  
1 tsp salt  
1/2 tsp baking soda  
2 sticks unsalted butter  
2 cups granulated sugar  
4 large eggs  
1 cup sour cream  
1 and 1/2 Tbsp. Madagascar Bourbon pure vanilla extract

1 and 1/2 cups good quality dark chocolate chips  
Turbinado sugar

### Method

Preheat oven to 375 degrees.

Line a jumbo muffin tin with liners and set aside.

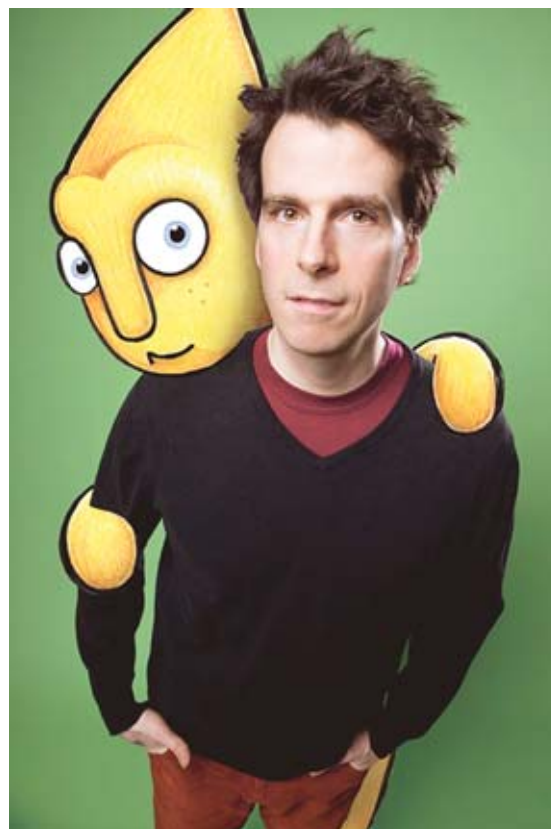
In a bowl, whisk together the flour, baking powder, salt and baking soda.

Beat butter on medium speed until lighter in color. Gradually add sugar and mix for another minute. Reduce speed to low and add flour in two additions, alternating with the sour cream. Add the vanilla and mix until just blended.

Gently fold in chocolate chips. Evenly divide into liners and sprinkle lightly with turbinado sugar.

Bake for about 25 minutes, until golden brown and springy to the touch.

Cool in pan for 5 minutes before removing to a rack to cool completely.



**Gustafer Yellowgold shines at The Alden in McLean on June 12.**

## CALENDAR

Send announcements to [connectionnewspapers.com/Calendar/](mailto:connectionnewspapers.com/Calendar/). Deadline is Friday at noon for the following week's paper. Photos/artwork encouraged.

### ONGOING

**“Floyd Collins.”** June 2-26. 1st Stage, 1524 Spring Hill Road, Tysons Corner. The caves of the Appalachian Mountains were largely unexplored and filled with mystery when Floyd Collins, an already notable cave explorer, sought to generate more tourist activity at his family's cave. \$31/\$35/\$15. [1ststagetysons.org](http://1ststagetysons.org). 703-854-1856.

**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. [kropsfleamarket@gmail.com](mailto:kropsfleamarket@gmail.com).

**Meadowlark Magic at Meadowlark Botanical Gardens.** May 2-Through June 20. 9750 Meadowlark Gardens Court, Vienna. Vienna Arts Society members exhibit their work. 703-255-3631.

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

**Weekly Storytime.** Wednesday and Saturday. 11 a.m. Barnes & Noble, 7851 L Tysons Corner Center, McLean. Themes and Titles vary. Free admission.

**Gentle Yoga.** Thursdays, 6:30 p.m. Emmaus United Church of Christ, 900 E Maple Ave. E, Vienna. Saturdays, 9:30 a.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Gentle Kundalini Yoga, one free introductory session, senior discounts. Increase your flexibility, improve your breathing and health, reduce your stress. Ravi Kaur has 15 years experience teaching yoga. \$15 per session. [www.edimprovement.org](http://www.edimprovement.org). 571-213-3192.

**Tai Chi Beginners' Practice.** Saturdays, 8-9 a.m. St. Luke's Catholic School Gymnasium, 7005 Georgetown Pike, McLean. Weekly Tai Chi practice. Group has met for

over 20 years. Free. [FreeTaiChi.org](http://FreeTaiChi.org). 703-759-9141.

### THURSDAY/JUNE 2

**Rain Follows the Plow.** 9 p.m. Jammin Java, 227 Maple Ave. E., Vienna. Folk Opera about the Dust Bowl. [jamminjava.com](http://jamminjava.com).

### 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](mailto:tjmarzol@cox.net).

### FRIDAY/JUNE 3

**SpringFest Opening.** 6-9 p.m. Great Falls Village Green, corner of Walker Road and Georgetown Pike. [greatfallsstudios.com](http://greatfallsstudios.com).

### 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](http://www.GreatFallsStudios.com).

### SATURDAY/JUNE 4

**Cactus/Succulent Sale.** 10 a.m.-2 p.m. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Hosted by the National Capital Cactus and Succulent Society, will be held in front of the Meadowlark Visitor Center. Cash only sale. [novaparks.com](http://novaparks.com).

**Community Flea Market.** 8 a.m.-1 p.m. Oakton Church of the Brethren, 10025 Courthouse Road, Vienna. Flea market with food and bake sale. Sales space available, \$15, for advanced reservation. [oaktonbrethren.org](http://oaktonbrethren.org). 703-281-4411.

**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](http://www.HistoricPleasantGrove.org).

### Summer Reading Triathlon

SEE CALENDAR, PAGE 15



# CALENDAR

FROM PAGE 14

**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. [jcnv.org/Israel-fest](http://jcnv.org/Israel-fest).

**Mosaic Mural Unveiling.** 4 p.m. Lutheran Church of the Redeemer, 1545 Chain Bridge Road, McLean. Public invited. [bjdanne@yahoo.com](mailto:bjdanne@yahoo.com).

**Choral Evensong with Festive Reception.** 4-5 p.m. Church of the Holy Comforter, 543 Beulah Road NE, Vienna. Music will include works by Parry, Sumsion, Vaughan Williams, Kelley, and Bach. David Kelley at [dkelley@holycorforter.com](mailto:dkelley@holycorforter.com).

**Biking for Peace Meet and Greet.** 7 p.m. Oakton Church of the Brethren, 10025 Courthouse Road, Vienna. Hear Michael Himlie and David Jones discuss their adventure and work with Christian Peacemaker teams. [oaktonbrethren.org](http://oaktonbrethren.org).

## 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](http://www.celebrategreatfalls.org).

**Joan Shelley.** 7:30 p.m. Jammin Java, 227 Maple Ave. E, Vienna. Folky, pastoral music. \$15. [jamminjava.com](http://jamminjava.com).

## TUESDAY/JUNE 7

**A Walk in the Garden.** 1-5 p.m. Atrium Building, 9750 Meadowlark Gardens Court, Vienna. A standard flower show. Free. [lmc323@aol.com](mailto: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](http://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

# Tysons' 1st Stage Wins Major Theater Honor

## Lolita Marie received the Helen Hayes Award for Outstanding Supporting Actress in a Play.

BY DAVID SIEGEL  
THE CONNECTION

**1**st Stage was recognized at the Helen Hayes Awards on Monday evening, May 23, at Washington, D.C.'s historic Lincoln Theater. Lolita Marie received the Helen Hayes Award for Outstanding Supporting Actress in a Play for her role in the 1st Stage production "Doubt, A Parable."

Named for the legendary First Lady of the American Theater, the Helen Hayes Awards recognize professional theater excellence in the D.C. metropolitan area. Over 200 productions from more than 90 professional theaters across the Washington area, including Northern Virginia, were judged.

"We are so proud that Lolita Marie was recognized for her extraordinary work in 'Doubt, a Parable,'" said Alex Levy, 1st Stage artistic director. "She is a rare talent that is able to embody ferocity and tenderness in the same moment. She is fully dedicated to her craft

and to her art and helps us to fulfill our mission to bring world-class theater to Fairfax County."

"I am truly honored to be awarded Outstanding Supporting Actress in a Play for my role as Mrs. Muller in 'Doubt, a Parable,' at 1st Stage." In her performance as Mrs. Muller, Lolita Marie is the mother of a son she deeply loves and stands up for, even as others cast serious doubts about him. "Doubt, A Parable" won the 2005 Pulitzer Prize for Best Drama and Tony Award for Best Play

In her Helen Hayes acceptance remarks Marie spoke of "appreciating people who choose to be parents, understanding that it is an imperfect endeavor, and who, day after day, try to get it right, like Mrs. Muller."

1st Stage performs at 1524 Spring Hill Road, Tysons, near the Spring Hill stop on Metro's Silver Line. More Information about 1st Stage is at [www.1stStageTysons.org](http://www.1stStageTysons.org)



PHOTO BY TERESA CASTRACANE/COURTESY OF 1ST STAGE  
**Lolita Marie as Ms. Muller in "Doubt, a Parable" at 1st Stage in Tysons Corner.**

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](http://mcleancenter.org).

## FRIDAY-SUNDAY/JUNE 10-12

**B-Fest Teen Book Festival.** Barnes and Noble Tysons Corner Center, 7851 L Tysons Corner Center, 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](http://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](http://NOVAparks.com).

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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

**W**ith 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.**



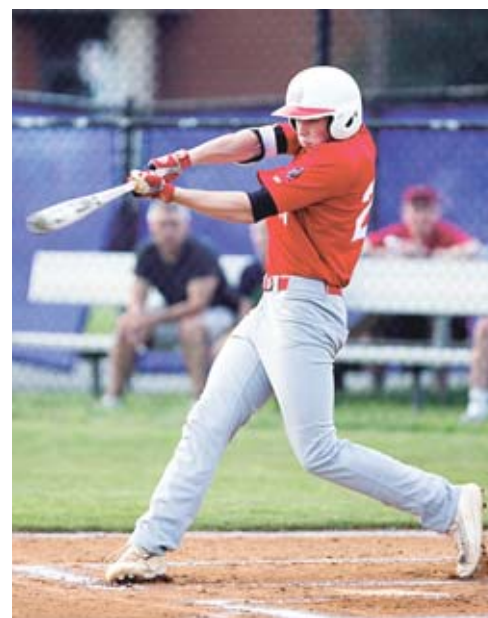
**Anya Heijst and the Oakton girls' soccer team will host T.C. Williams in the 6A North region semifinals on June 1.**

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**



# Inspired for the 'Best Issue Ahead'

BY MARISSA BEALE  
THE CONNECTION

Two publications at McLean High School were recently recognized, due to outstanding student work, in this this year's Virginia Association of Journalism Teacher and Advisers (VAJTA) competition and several other competitions.

McLean High School's yearbook, "The Clan," edited by Sajanee Chithrahan, Habiba Feroze, Bianca Russell and Yande Thiaw, won first place in the yearbook Best of Show competition for VAJTA, was a finalist in the 2016 Pacemaker award, presented by the National Scholastic Press Association, and received a Silver Yearbook Crown from the Columbia Scholastic Press Association.

Among the first things that students learn is photography and how to conduct interviews. "I try to push my students to realize that the story depends on the way you tell it. Sometimes we have a story that really demands a longer form narrative," said Meghan Percival, who has been the yearbook advisor at McLean for 17 years. The yearbook staff comprises 60 students.

"I was the editor-in-chief of my yearbook, and when there was an opening in my second year at McLean they asked if I was interested and I definitely was," said Percival.

The second McLean High School publication that received recognition is their newsmagazine, "The Highlander," which also received a Pacemaker award, making



COURTESY PHOTO

**Dr. Ellen Reilly (center) celebrates her Administrator of the Year Award from the Virginia Association of Journalism Teachers and Advisers with some of McLean's student journalists.**

McLean one of only 12 high schools in the country to have both their yearbook and newspaper listed on the Pacemaker list run by the National Scholastic Press Association. The newsmagazine also received a Gold Magazine Crown from the Columbia Scholastic Press Association.

"We have been really fortunate to have always had great support here at McLean," said Lindsay Benedict, adviser to the newsmagazine at McLean. Not only has

there been support from parents and the student body, but also the administration. "Some think that it's the principal that dictates what we write about, but it's the complete opposite," she said.

McLean High School principal Ellen Reilly was named the VAJTA Administrator of the Year for her support of McLean student journalists. She was cited for going on the record about sensitive topics, making time to meet regularly with editors of McLean

## McLean High student journalists win awards.

media programs, and supporting a live daily news broadcast.

Students had a chance to compete for individual awards at the VAJTA write-off competition, where they are given an hour to write, onsite, using provided facts and quotes. After looking at other several sources, students use what they think they'll need to write an opinion or feature article.

"The purpose of the speed-writing is to simulate the under-deadline experience. I think it's great because the students learn a lot about their own abilities. It also raises my expectations as an advisor," said Benedict.

In the VAJTA write-off competition, McLean High School student winners were Lama Al Rajih, first place for broadcast; Sania Shahid, second place for caption writing; Ashwin Dasgupta, first place for editorial writing; Liam Zeya, first place for feature writing; Bryan Chung, first place for infographics; Siddharth Shankar, second place for newswriting; Melanie Pincus, third place for newswriting; Samantha Taherian, honorable mention for photography; John Corvari, first place for sports writing; and, Haru Kato, second place for sports writing.

"I think it's awesome that we've won these awards but I don't think that's the motivation for doing good journalism," said Benedict. "A few years ago I had an editor-in-chief, Cameron Menchel, who said 'our best issue is always ahead of us.' That mindset has been passed down from journalist to journalist."



**On May 14 a capacity audience gathered in Anne and Will O'Neil's great room to hear father and son, Eric and Michael Himy, performing.**

## A Father and Son Play for Charity

The Lake Barcroft's classical music lovers are familiar with pianist Eric Himy, a world-touring virtuoso who has performed here a number of times over the past decade. On May 14 a capacity audience gathered in Anne and Will O'Neil's great room to hear not one but two Himys, Eric and Michael, the 13-year-old son who has been studying with his

mom, concert pianist Margarita Gramaticova. It was not Michael's public performance debut, but it was special in two other ways.

First, it was a charity event, collecting money for the American Cancer Society fund drive at Michael's school, Longfellow Middle School in McLean. Second, it was their very first time performing together.



PHOTOS CONTRIBUTED

**Virtuosi: Father and son, Eric and Michael Himy**

Michael played inspired interpretations of pieces by Beethoven, Bach, and Chopin; while Eric performed music by Chopin, Liszt, Debussy and Ravel. Guests and artists shared a light supper and refreshments.

The guests showed the usual Lake Barcroft generosity, contributing more than \$1,500. Michael was thrilled, and Eric was proud.



**Eric Himy**



**Michael Himy**



## 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/](mailto: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](mailto: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](mailto:disabilityservices@fairfaxcounty.gov).

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**ABC LICENSE**  
Capital Restaurant Concepts Ltd. trading as Ovations, 1551 Trap Rd, Vienna, VA 22182. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises and Mixed Beverage license to sell or manufacture alcoholic beverages. Thomas Gregg, CEO  
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

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**300 Bishops Court, Falls Church Just Listed!**  
\*GORGEOUS\* 4BR/3.5 BA end-unit home in FALLS CHURCH CITY! This magnificent home features beautiful hardwoods; exquisitely updated kitchen with granite & stainless steel; inviting family room with walkout to deck; light/bright owner's suite with luxury bath; huge rec room with fireplace, wet bar, BR and bath; super location! Fall Church City schools!



**1620 Forest Lane, McLean \$1,548,000**  
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