

# Great Falls CONNECTION

## Summer Concerts Return to Village Green

NEWS, PAGE 3

Great Falls singer-songwriter Mary Ann Redmond performs a mix of classic covers and her own music at the Concert on the Green. The lawn was full of people from all over the area. Sunday's concert was sponsored by the Simmons Team of George Mason Mortgage.

## Stretching from Great Falls to La Jolla

NEWS, PAGE 13

## Langley, McLean High Students Win Cappies Awards

ENTERTAINMENT, PAGE 10

OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 10 ♦ SPORTS, PAGE 12 ♦ CLASSIFIEDS, PAGE 14

PHOTO BY NIKKI CHESHIRE/THE CONNECTION



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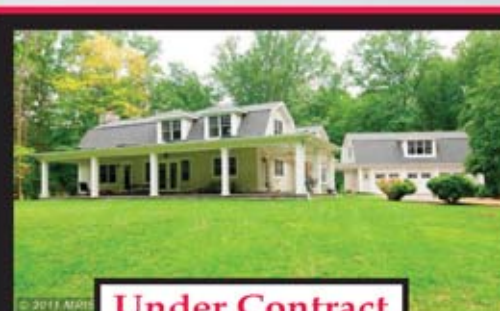
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PHOTOS BY NIKKI CHESHIRE/THE CONNECTION

**Great Falls singer-songwriter Mary Ann Redmond performs at the season's first Concert on the Green. Redmond performed last year as well. She specializes in a variety of music, including blues, jazz and popular music.**



**Drummer Deren Blessman performed on stage with Mary Ann Redmond, along with bandmates Dan Leonard and Scott Ambush.**

## Summer Concerts Return to Village Green

**Great Falls singer-songwriter Mary Ann Redmond kicks off 2016 series.**

BY NIKKI CHESHIRE  
THE CONNECTION

Families, neighbors, and groups of friends gathered on the Village Green, and as the hot summer day drifted into a cooler evening last Sunday, it really began to feel like summer in Great Falls. The crowd present spread out blankets and foldable chairs to listen to the music of local singer-songwriter Mary Ann Redmond, as she kicked off the summer concert series hosted by Celebrate Great Falls.

"It's a beautiful setting," said Cathy Denk, who moved to Great Falls from McLean last year. "I love having multiple generations of families come together here."

The weekly concert, beginning every Sunday evening on the Village Green at 6 p.m., draws people from all over the area. There's plenty of things for everyone, whether it's enjoying a picnic on the lawn with family, having wide open space for the kids to play, or even getting ice cream from the Great Falls Creamery.

There's a different artist performing every week, but this was Redmond's second time playing at the Green. "My first time was just last year," Redmond said, adding she enjoys the atmosphere of the Sunday concerts.

A Great Falls resident for 17 years, she also offers voice lessons in her home recording studio.

Her love for music, she says, started at an incredibly young age. "I really came out of the womb wanting to sing," Redmond laughed. "I loved music from a very early age." She picked up guitar at age 14 and never stopped.



**The crowd applauds and calls for an encore near the end of Redmond's performance.**

While Redmond loves to perform music, she said she also loves to write it. She co-wrote the song "Love Me Anyway" with Todd Wright, which was covered as a duet by Celine Dion and Johnny Hallyday on their 2012 French CDs.

"I get inspired by so many things, it's hard to say whether it's from any one place," Redmond said. "It's funny where you find inspiration." One time, she said, she found the inspiration to write her song "Storm is Coming" when she noticed her dog scared in anticipation of a thunderstorm.

Redmond's been performing with her very own band for the past 17 years, and performed on Sunday with members Dan Leonard, Scott Ambush and Deren Blessman.

Sunday's concert was sponsored by the Simmons Team of George Mason Mortgage.

*Redmond plays at Flanagan's Harp & Fiddle every Sunday from 8:15 – 11:30 p.m. in Bethesda, Maryland. And her music is available on Amazon and iTunes.*

### VIEWPOINTS

**What Do You Like Most About Great Falls Summer Concerts on the Green?**

—NIKKI CHESHIRE

**Mary Ann Redmond performs Sunday evening on the Green.**



**Kacey Boyce**, Former Great Falls resident of 27 years (Now lives in Tysons)

"It's really great getting together with old friends in really great weather to hang out with good vibes. It's nice to have an activity like this right here in town."



**Eileen and Gene Phillip**, Great Falls residents of 32 years

"It's convenient how close it is. You don't have to fight cars and traffic to get here, and watching the kids grow up is fantastic. And it's free! There's a variety of music, and the weather is usually pretty good. With the sun setting and good music, it's a great way to end the weekend."



**Katie Simmons Hickey and Lindsay Simmons Beale**, Great Falls residents and sponsors of Redmond's concert

"[Redmond]'s a local. She's amazing, we love her. The best pick out the best! The concerts are an outlet for everyone to get together for a fun, free activity."



# FATHER'S DAY PHOTO GALLERY



Zachary Good of Great Falls sent us his photos of "Me and My Dad," with the following note: "I am especially proud of him. I am lucky to call him mine. He loves to spend time with me outdoors. I hope you put our pictures in the paper. It would make my dad so proud, and that would be the best gift for him. Thank you, Zak Good." As for the things he enjoys doing with his father: "We go for rides on the ATV."



Zak and his Dad fishing on the Chesapeake for rockfish.



Papa John Cassarino, a great storyteller and grandpa from Rutland, Vermont, with his grandsons at a wedding in Vermont. Carter and Hudson Buckley are from Great Falls but are moving to Vermont to be closer to their grandpa.



Carter and Hudson Buckley from Great Falls at a wedding in Vermont with their hardworking and good-looking dad, Stephen.

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# OPINION

## Support for Police in Reforms

**Police commission recommendations come to Board of Supervisors for approval, implementation.**

EDITORIAL

In some ways, the Fairfax County Ad Hoc Police Practices Review Commission, brainchild of Board of Supervisors Chairman Sharon Bulova, was a bit of a miracle.

The 32 voting commission members included at least nine representatives from Fairfax County Police; former Commonwealth's Attorney Robert Horan; current and former law enforcement officers with experience from the FBI, DEA, state police and others; other former county officials; mental health advocates; attorneys; high powered consultants. Ranks of those participating swelled to 80 when others were appointed the five subcommittees.

How could such a large, intense group with so many viewpoints get anything done? It seemed crazy to expect much. But Bulova, apparently, was crazy like a fox. Bulova and commission chair Michael Hershman, expressed unwavering commitment to the process.

The 142 recommendations, the result of democracy in action, provide support and more resources to the FCPD, while providing for transparency and public confidence.

Police, Commonwealth's Attorney Ray Morrogh, county attorneys and others provided answers to questions and consulted on recommendations every step of the way. The commission and subcommittees met for literally hundreds of hours over nine months. Individual members took on in-depth research projects and reported back to subcommittees.

Members of the Mental Health subcommittee, chaired by Del. Marcus Simon, traveled to Texas for a first-hand look at an effective Crisis Intervention program. In January, the Community Services Board, Police and Sheriff's Office launched Diversion First, to get people having a mental health crisis who come into contact with law enforcement into treatment instead of jail. If this were the only accomplishment of the police review commission, it would be an achievement.

The Independent Oversight and Investigations subcommittee unanimously recommended formation of an Independent Auditor and a Civilian Review Panel. Independent oversight is a national best practice, and these issues come before the Board of Supervisors next month.

**Key recommendations include Independent Auditor, Civilian Review Panel, commitment to transparency, body cameras, data collection.**

The commission recommends the implementation of body worn cameras, a recommendation that appears to be set for delay. This might be necessary, but if so, the delay should come with a timetable for next steps.

Changing the culture from withholding information to sharing as much as possible, as soon as possible, and responding to Freedom of Information requests with as much information as possible are part of the recommendations of the Communications subcommittee. Police departments in Northern Virginia have invoked a blanket exemption to FOIA requests, which has been part of the erosion of public trust.

The robust collection and reporting of demographics covering all stops, frisks, citations, arrests, and use-of-force incidents by district station and magisterial district is also key to public trust and departmental excellence.

Bulova and the Board of Supervisors formed the commission in the wake of the death of John Geer in August of 2013. Geer, a Springfield resident, was standing unarmed with his hands up in the doorway of his own home when he was shot by Officer Adam Torres. Torres, charged with murder, was the first Fairfax County Police officer in the history of the department to be charged in such a death. Torres entered a guilty plea to involuntary manslaughter, with a likely sentence of 12 months; his sentencing is scheduled for next week.

Public outrage over Geer's death was compounded by obfuscation and silence, the failure to communicate, and a lack of public accountability. The police and county refused to release any information on the case for more than a year, and only then after repeated court orders. This tragedy and its aftermath no doubt had a negative impact on morale in the FCPD. The commission's recommendations acknowledge the excellence of the Fairfax police. It's a credit to the department that Chief Edwin Roessler aspires to make FCPD the best in the nation. It's a high bar, county residents expect no less, and steps in that direction are a positive reflection on every member of the department.

It now falls to Supervisor John Cook, chairman of the Public Safety Committee, to guide these recommendations through for approval by the Board of Supervisors overall. The process is underway, and deserves public attention to the details.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Mary Kimm served as a member of the Fairfax County Ad Hoc Police Practices Review Commission. Read more at [www.fairfaxcounty.gov/policecommission](http://www.fairfaxcounty.gov/policecommission)

## All Dulles Area Muslim Society Condemns Orlando Mass Shooting

The All Dulles Area Muslim Society (ADAMS) condemns the tragic and horrific Orlando mass shooting, and rejects any possible motive for this terrible act, whose perpetrator is still being investigated as a possible hate crime, mentally unbalanced individual, and/or lone wolf terrorist sympathizer. We send our thoughts, prayers, and condolences to the families and loved ones of all those killed or injured.

We appreciate the Orlando Muslim community's response in condemning this attack, and we join in urging the entire Muslim community to take part in a blood donation drive for those injured in the attack.

For us in Virginia, this tragedy brings back horrible memories of April 2007, when Virginia Tech

student Seung-Hui Cho killed 32 people on the Virginia Polytechnic Institute and State University campus in Blacksburg, Virginia. This is also too reminiscent of the equally horrific hate crimes like the attack in South Carolina on an African American Church, attacks in movie theaters and schools and too many more. Such incidents are a too frequent reminder of the number of individuals driven by hate to commit unspeakable acts.

This horrific Orlando attack however should not be used to vilify and stereotype the peaceful and law abiding Muslim community in America. Islam absolutely condemns and forbids terrorism and extremism. The Quran, Islam's revered text, states: "Whoever kills a person, it is as though he has killed all mankind. And whoever

saves a life, it is as though he had saved all mankind."

Islam promotes the sanctity of human life, the dignity of all humans, and a respect for human, civil rights. Islam teaches religious freedom and emphasizes the same universal moral values accepted by the majority of people of all backgrounds. These are the same principles on which the US Constitution was established and the Bill of Rights was approved.

Muslims believe there is "No compulsion in faith" and we reject violence, hatred, and discrimination toward anyone on the basis of race, color, gender, disability, religion, familial status, sexual orientation and national origin.

ADAMS' mission is to provide religious, social, and educational services to enable the Muslim community to fulfill its responsibilities and contribute to the betterment of society [www.adamscenter.org](http://www.adamscenter.org)

**Write** The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Send to:

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

### WEDNESDAY/JUNE 15

**Senior Safety Program.** 10 a.m.-noon. McLean Community Center, 1234 Ingleside Ave., McLean. Topics we will discuss include: "Text to 9-1-1.... Call if you can - Text if you can't," "Next Generation 9-1-1.... what this will mean to you," "Hazardous Materials Community Right-to-Know Act (EPCRA) in Fairfax County," "Zika Preparedness," "Is 72 hours enough?" (Disaster Preparedness), "Project Lifesaver" (Keeping At-Risk Citizens Safe), "A Brief Examination of Financial Exploitation of Older Adults." <http://www.fairfaxcounty.gov/dfs/olderadultservices/>.

### THURSDAY/JUNE 16

**Vienna Metro Station Bicycle Access Study Meeting.** 6:30 p.m. Oakton High School, 2900 Sutton Road, Vienna. The meeting will focus on proposed concepts from the Bicycle Access Study, and gather community feedback toward selecting preferred alternatives in the area between Nutley Street, Sutton Road, and Virginia Center Boulevard/County Creek Road. For more information on the project, area map or to submit comments online, visit <http://www.fairfaxcounty.gov/fcdot/bike/viennametrobikestudy.htm>.

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A.J. Galindo of Alexandria, Benjamin Waters of Fairfax and Kirby Nassetta of Arlington participated in Outward Bound Costa Rica's Gap Year program.



PHOTO COURTESY OF  
OUTWARD BOUND

# The Gap Year Trend

The pros and cons of taking a break in academic studies before college.

By MARILYN CAMPBELL  
THE CONNECTION

Rappelling down an 80-foot waterfall, the ground appearing miles away, zip lining through thickets of dense, steamy rainforest, treating wounded travelers in the wilderness and engaging in other limit-pushing adventures — that's how three local young adults spent their time after graduating from high school.

"Scuba was definitely my favorite part of the course because of a strong reinforcement that I would enjoy working as a scuba instructor one day," said A.J. Galindo of Alexandria. His adventure was part of Outward Bound's Costa Rica program.

Galindo took what is known as a "gap year," which means taking an academic break for a year or a semester before beginning college. Gap year programs offer students an opportunity for "personal growth in ... leadership, self-awareness [and] ... character development," said Soizic Hagege, spokeswoman for Outward Bound Costa Rica.

After completing his Outward Bound program, Galindo enrolled in Thompson Rivers University in British Columbia, Canada.

The American Gap Association (AGA), an organization that accredits and sets standards for gap year programs, reports that taking a gap year has become an increasingly popular choice for American students. The association has seen renewed interest since Malia Obama's recent decision to take a year off before beginning her studies at Harvard University.

A RECENT AGA STUDY showed that students who took a gap year over performed academically in college. The organization released the results from a survey of its 2015

alumni. More than 90 percent of the alumni surveyed credited their gap year with increasing their self-confidence and maturity as well as offering time for personal reflection.

Uncertainty about future plans is one of the reasons students decide to take time off between high school and college. "Some don't know yet what they want to study, or want to take the opportunity to travel or work to get experience in the real world," said Francesca Reed, associate vice president for Enrollment Management and director of Graduate Enrollment Services at Marymount University. "A gap year ... can be a great opportunity for a person to mature and discover their interests before pursuing a college degree."

Experiences gained during a year away from school can offer clarity, says Jim McClellan, PhD, dean of Liberal Arts at Northern Virginia Community College in Alexandria. "Few students know what they want from life or what will be their life's work when they first enroll in college," he said. "Few finish college in the same major where they began. Sometimes a year of reflection can help a student focus. A year abroad or in some environment beyond their previous experience can offer new perspectives. Working at a 7/11 convinced me I needed to continue college."

"Sometimes a year of reflection can help a student focus."

— Jim McClellan, Ph.D., Northern Virginia Community College

While the AGA reports that 90 percent of students are actively enrolled in a four-year institution of higher learning within one year of completing a gap year, the organization acknowledges that this option is not for everyone. The decision to delay college comes with a caveat that students may lose the academic momentum they gained through high school.

"There is a set of skills that a student learns moving through each grade level. Like playing tennis or any other sport, the more practice, the better the performance," said McClellan. "Laying out for a year leads to

skills atrophy. [For some students] it is better to continue on while in top form than to try to rebuild lost skills and regain good study habits."

Even for students who feel certain that they want to take a gap year, Reed advises completing the college application process if obtaining a college degree is future goal.

"It is easier while they are still in school to gather letters of recommendation and use the resources of guidance departments when applying for college," she said. "It will also keep them focused with a future plan. If the student decides to go abroad or work full-time, it may be difficult to request a letter of recommendation while they are busy overseas or with work. Once accepted into college, they can defer their admission a semester or a year."

Boosted by a belief in the benefits of a gap year experience, a growing number of colleges and universities are supporting students who want to take time off between high school and college. "Most colleges are accommodating and will move their start date to the following year," said Reed. "Colleges and universities like to see students with a plan and a degree of motivation before entering college, and the gap year may be the perfect opportunity to do just that."

RESEARCHING OPPORTUNITIES, thinking about goals and having a plan in place about how the time will be spent are critical components of a successful gap year. "They shouldn't wait until they graduate to start planning," said Reed. "Do you want to travel abroad? Learn a new language or improve your foreign language skills? Volunteer either at home or abroad? Explore career interests? It's important to have something meaningful in mind. There are many programs available for students that are considering a gap year."

McClellan suggests an alternate option for students and parents who are concerned that a gap year could slow a student's academic progress. "Spending the junior year abroad is a better idea since no academic momentum is lost and the experience of living and studying abroad is of incalculable value," he said. "Plus, with two years of college completed and added maturity, the junior year abroad is more meaningful than a gap year."

Education Learning Fun

## Considering Private School?

Small steps this summer can minimize stress of application process.

By MARILYN CAMPBELL  
THE CONNECTION

The school year has just come to an end ... which means it's the ideal time to prepare to apply to leading independent schools.

A supply versus demand imbalance for a coveted spot at one of the local, top-tier private schools makes advanced planning a critical part of the process. Local admissions directors offer suggestions on what can be done during the laid-back days of summer before the demanding fall application process begins.

"Do your research over the summer," said Mimi Mulligan, assistant head of school and director of admission and enrollment management at Norwood School in Bethesda, Maryland. "Spend time educating yourself on the wide variety of independent school options in the area."

Perusing school websites and becoming familiar with a school's mission and philosophy toward education can help narrow down choices. Reading social media postings can give parents a sense of a school's culture and community.

Have a family conversation about the type of school that would best serve your child, advises Mulligan, who warns that a school's perceived prestige or reputation as a "top school" doesn't necessarily translate into a good match.

"Be realistic about your child's strengths, weaknesses, and learning style, then create a list of schools that you feel would be a good fit for your child and your family," she said. "This list should be based on your child's needs, not the name recognition of the school. By the time September is here, you will be ready to contact schools for their admission materials and to schedule a visit."

Talking to parents and students at prospective schools is one way families can get a sense of a school's environment. "Create a chart to compare [factors such as]: How the students treat each other. What is the teacher-student relationship like? How does the school care about each individual student and other things that are important to you?" said Terri Collins of Oak Crest School in McLean. "Ask to speak with two current parents to

get their perspective of what they see as the strengths and weaknesses of the school."

"I think one of the things would be to identify the type of school: a boarding school or a day school," said Scott Conklin, director of admissions at Episcopal High School in Alexandria. "Once you've come up with a list of schools, visit some of them. Most are probably open during the summer. Walk around campus and meet the admissions directors."

"Once families have narrowed down the list, they can send for information and begin to map out their fall visits," said Clare Dame, director of enrollment management at Randolph-Macon Academy. "Plan to visit no more than two schools in one day so that they have time to fully investigate each one and will have the time to assimilate the information."

Garnering logistical information is important in planning an appli-



Middle School Science teacher Debbie Pakaluk works with eighth-grade students in the chemistry lab at Norwood School.

PHOTO COURTESY OF  
NORWOOD SCHOOL

"By the time September is here, you will be ready to contact schools for their admission materials and to schedule a visit."

— Mimi Mulligan, Norwood School

cation strategy for the fall. "What are the processes? What are the dates? When are the Open Houses?" asks Richard S. Moss, director of admission at the Heights School in Potomac, Md.

However, Moss underscores the importance of creating a balance between advance planning and enjoying a summer respite, and questions the wisdom of focusing too much energy on an academic year

that is more than 12 months away.

"Most importantly, families should ... have a good, restful, and productive summer," said Moss. "It is easy to think about the long-term goal of admission while sacrificing the immediately important goal of having a truly great break. ... Though it is good, as a parent, to be generally aware of the process so that in September you can hit the ground running."

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# Cappies Gala Honors High School Theater

**T**he 17th Annual Cappies Gala honoring high school theater was held Sunday, June 12 at The Kennedy Center. Winning the top prizes for the Best Musical was Woodrow Wilson High School in the District for "Hair;" and winning Best Play was Duke Ellington School of the Arts in the District for "The Story." This year's Masters of Ceremony were Judy Bowns, Janie Strauss and Ed Monk, who is retiring from Chantilly High School this year.

This year's show included 57 public and private high schools in Fairfax County, Arlington, Fauquier, Loudoun, Montgomery, and Prince William counties, and the cities of Falls Church, Alexandria, and Washington, D.C. The Cappies season extended from late October to early May.

The Cappies program was launched in the summer of 1999 by Judy Bowns, the Theatre Arts resource teacher with FCPS, and the late Bill Strauss (director, Capitol Steps), in cooperation with area theater teachers, for the purpose of celebrating and bringing public acclaim to high school theater.

— STEVE HIBBARD



**The Critics Team Award went to McLean High School. From left are Laras Kettner, Emily Swett, Emily Lachow, Jack Posey, Gillian Wright, Jess Scarano, Julia Luigs, and Syona Ayyankeril.**

PHOTOS BY STEVE HIBBARD/THE CONNECTION



**The Bill Strauss Graduating Critic went to Gillian Wright of McLean High School.**



**The Male Dancer Award went to Cuinn Casey, "Chicago," Langley High School.**



**The Lead Actress in a Musical Award went to Jamie Goodson, "Chicago," Langley High School.**



**The Andy May's Rising Critic Award went to Maggie Klein of Oakton High School.**



**The Comic Actress in a Musical Award went to Isatu Fofanah, "Legally Blonde," Herndon High School.**



**The Returning Critic Award went to Lydia Gompper of George Mason High School in Falls Church City.**

## 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

**"Footloose."** Fridays and Saturday, 8 p.m. Sunday 2 p.m. July 8-24. Alden Theatre, McLean Community Center, 1234 Ingleside Ave., McLean. Based on the movie of the same name. [McLeanPlayers.org](http://McLeanPlayers.org). 866-811-4111.

**"Floyd Collins."** Fridays, 8 p.m. Saturdays, 2 p.m. and 8 p.m. Sundays 2 p.m. and 7 p.m. Through June 26. 1st Stage Theater, 1524 Spring Hill Road, McLean. Man chases his dreams but finds only short-lived celebrity. \$35/\$32. [www.1ststageysons.com](http://www.1ststageysons.com).

**June Floral Show.** June 1-30. Broadway Gallery Fine Art and Framing, 1025-J Seneca Road, Great Falls. Reston Chamber Member features Floral Show at Great Falls Gallery with works of art by Vladimir & Alena Piven, Olaf Schneider, Anastasia Carson, David Sloane, Matthew Moore, and Linda Griffin. [broadwaygallery.net](http://broadwaygallery.net). 703-450-8005.

**McLean Farmers Market.** 8 a.m.-noon. Fridays from May 6-Nov. 18. Lewinsville Park, 1659 Chain Bridge Road, McLean. The market provides area residents an opportunity to purchase locally grown or produced products. [www.fairfaxcounty.gov/parks/farmersmarkets](http://www.fairfaxcounty.gov/parks/farmersmarkets).

**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).

**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 16

**Opening Exhibition Reception.** 7-9 p.m. McLean Project for Arts, 1234 Ingleside Ave., McLean. Join in viewing the newest exhibits, meet the artists, and enjoy food and drink provided by J. Gilberts Wood-Fired Steaks and Seafood and The Vineyard. [rrips@mpaart.org](mailto:rrips@mpaart.org). 703-790-1953.

### FRIDAY/JUNE 17

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

**Kenny Rogers Concert.** 8 p.m. Wolf Trap's Filene Center, 1551 Trap Road, Vienna. Country Music Hall of Famer Kenny Rogers makes his final stop at Wolf Trap on his Final World Tour. \$30-\$60. 703-255-1900. [wolftrap.org](http://wolftrap.org).

### SATURDAY/JUNE 18

**Musical Performance, Storytime and Book Signing.** Barnes and Noble Tysons Corner Center, 7851 L Tysons Corner Center, McLean. With Grammy Award-winning Okee Dokee Brothers. 703-506-2937.

**"The Magic of Bill Blagg Live."** 8 p.m. The Alden, 1234 Ingleside Ave., McLean. Critics and audiences alike rave about Bill Blagg's incredible, high-energy, grand-scale magic and illusion. \$20/\$15. [mcleancenter.org](http://mcleancenter.org).

**AAUW Used Book Collection.** 9 a.m.-1:30 p.m. SunTrust Bank, 515 Maple Ave. E, Vienna. CDs, DVDs, software, children's books, records, and recent textbooks, all in good condition. Proceeds benefit scholarships for women. [aauwbookfair@gmail.com](mailto:aauwbookfair@gmail.com). 703-527-4206.

**Birds, Butterflies, and Blossoms Wagon Ride.** 10-11 a.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Take a wagon ride through the meadow. 2 years or older. \$6/\$8. 703-759-9018. To register: [fairfaxcounty.gov/parks](http://fairfaxcounty.gov/parks) and search for Riverbend Park.

**Harry Connick, Jr. Concert.** 8 p.m. Wolf Trap's Filene Center, 1551 Trap Road, Vienna. Come see Harry Connick, Jr., singer and pianist, in concert. \$40-\$75. 703-255-1900. [wolftrap.org](http://wolftrap.org).

### SUNDAY/JUNE 19

**Show/Tag Sale.** 10 a.m.-8 p.m. The Great Falls School of Art, 756 Walker Road, Suite C, Great Falls.

SEE CALENDAR, PAGE 11



# CALENDAR

FROM PAGE 10

Falls. Show of paintings by artist Michela Mansuino. Silent auction. Free. 571-263-7696.  
**Tender Polman.** 6-8 p.m. Great Falls Village Centre Green, Great Falls. You've heard this upbeat, patriotic powerhouse at The Old Brogue. <http://www.celebrategreatfalls.org/concerts-on-the-green/>.

## MONDAY-FRIDAY/JUNE 20-24

**Primitive Beginnings.** 9 a.m.-3 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Children will learn nature awareness, free play, archery, learning to build friction fires and more. Focus will be on skill building and outdoor play. Bring lunch. 6-9 years old. \$285/\$300. To register: [fairfaxcounty.gov/parks](http://fairfaxcounty.gov/parks) and search for Riverbend Park.

**Junior Potomac Adventure Camp.** 9 a.m.-3 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Campers enjoy rock climbing, canoeing, tubing and hiking. Bring lunch. 8-12 years old. \$399/\$414. To register: [fairfaxcounty.gov/parks](http://fairfaxcounty.gov/parks) and search for Riverbend Park.

## TUESDAY/JUNE 21

**Lisa Loeb.** 10:30 a.m. Children's Theatre-in-the-Woods, 1551 Trap Road, Vienna. Lisa Loeb performs childhood favorites from her most recent album, Nursery Rhyme Parade! Using catchy, rhyming vocals, parents and children alike will share in the magic of music. \$12. [wolftrap.org](http://wolftrap.org).

## WEDNESDAY/JUNE 22

**Pirate School.** 10:30 a.m. Children's Theatre-in-the-Woods, 1551 Trap Road, Vienna. Set sail on a swashbuckling adventure with Pirate Billy Bones as he teaches zany lessons on how to stand, talk, laugh, and eat like a boisterous buccaneer. 4 and up. \$10. [wolftrap.org/woods](http://wolftrap.org/woods).

## THURSDAY-SUNDAY/JUNE 23-26

**Riverdance.** Thursday and Friday 8 p.m., Saturday and Sunday 2 p.m. and 8 p.m. Wolf Trap's Filene Center, 1551 Trap Road, Vienna. Come see Irish traditions meet present day in Riverdance's dance, music, and song. \$20-\$75. 703-255-1900. [wolftrap.org](http://wolftrap.org).

## SATURDAY-SUNDAY/JUNE 25-26

**Women's Soccer Association Tournament.** Oakton High School, 2900 Sutton Road, Vienna. Tournament to celebrate Fairfax Women's Soccer Association 40th anniversary this year. \$25 individuals. \$400 teams.



**Olympic 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.**



**From left — Evan Casey (as Floyd Collins) and John Sygar (Homer Collins) in "Floyd Collins" at 1st Stage in Tysons Corner until June 26.**

[fwsasoccer.org](http://fwsasoccer.org).  
**Vienna Wireless Society National Field Day.** 2 p.m. Burke Lake Park, 7315 Ox Road, Fairfax Station. Local amateur radio operators ("hams") will join thousands nationwide on the weekend of June 25-26 to show off their amateur-radio and emergency-communications capabilities. To learn more about amateur radio, visit <http://viennawireless.net/> or go to <http://www.arrl.org/newham>.

## SUNDAY/JUNE 26

**Wagon Ride to Poohsticks Bridge.** 11:30 a.m.-12:30 p.m. Riverbend

Park, 8700 Potomac Hills St., Great Falls. Journey through the woods to Poohsticks bridge. Listen to Winnie the Pooh's story and play Poohsticks on the bridge. Meet at the Nature Center. 2 years or older. \$6/\$8. To register: [fairfaxcounty.gov/parks](http://fairfaxcounty.gov/parks) and search for Riverbend Park.

**Build Your Own Bat House.** 10 a.m.-noon. Riverbend Park, 8700 Potomac Hills St., Great Falls. Build a bat house to hang in your yard. 3 years or older. \$8/\$10. Additional \$15 per bat house. To register: [fairfaxcounty.gov/parks](http://fairfaxcounty.gov/parks) and search for Riverbend Park.

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## Great Falls Girls Complete Undefeated Season

Great Falls girls Grade 7/8 girls AAA/Orange lacrosse team defeated Dulles South in The NVYLL championship game on Saturday, June 4, after an undefeated season. They played in the orange Triple AAA division so this makes them the best seven and eight grade team in the Northern Virginia area.

This is also the first time in history of GFLA that Great Falls A-team has won the title championship in this bracket. The team's roster included: Head Coach Jeff Grimson, Assistant Coaches: Jacquie Henry, Mary Smith and Gene Canfield; players — Lucy Jane Magruder, Hope Heiden, Sophie Smith, Brooke Van Beuren, Charlotte Henry, Lauren Treacy, Julianna Grimson, Sydney Southworth, Morgan Pence, Haley Smith, Nicole Moran, Jennifer Canfield, Cristina de Kanter, Mary Margaret O'Connor, Hayley Blankingship, Emma Norris, Caroline Bean, Jessica Broyles, Courtney Kuligowski, Victoria Kim, Annie



## PEOPLE

## Great Falls Teen to Compete in Miss Teen America

Skye Jannery-Barney, a Great Falls resident and rising junior at The Madeira School, will compete for the title of Miss Teen America 2016 this July. Skye is a varsity volleyball and varsity basketball player at Madeira and she is the current Miss Virginia Teen 2016. Skye is representing the state of Virginia and her platform is advocating against teen trafficking.

"Teen trafficking is a frightening issue happening in our own backyard. Human trafficking of teenage girls happens right here in Northern Virginia. I am raising awareness to help teens feel supported. This



**Skye Jannery-Barney**

is a real human issue, not only something that impacts that impacts teen run-aways," according to Jannery-Barney.

The Miss Teen America Scholarship Program is

holding Nationals July 6-9 in Atlanta, Georgia at the Georgia International Convention Center. Should your Virginia business be interested in sponsoring Skye as she represents Virginia at the Miss Teen America competition, contact Beth Jannery at bethjannery@gmail.com

Skye is available to make appearances and attend community service events as Miss Virginia Teen 2016. She is a former Miss Junior Teen Virginia and winner of the Academic Achievement award. This is a unique competition, focusing on brains not only beauty. There is no swimsuit competi-

tion and the delegates are expected to get good grades, play sports and be engaged in community service as well as have a social issue platform. The website is [www.missteeenamerica.com](http://www.missteeenamerica.com).

Skye is also traveling to Australia this summer for two weeks with a global travel program and is a lifeguard in Reston at Lifetime Athletic. She needs to raise approximately \$5,000 in travel and pageant fees to compete.

Contact Beth Jannery at 860-798-2847 or bethjannery@gmail.com for more information.





**Last Saturday in the Great Falls Village Green, 10 people joined yoga teacher Victoria Weseley, including one beginner, one veteran back for the second time, and one student who has been doing the outdoor Great Falls class for the three years it has been offered on The Green. All ages and abilities are welcome.**

PHOTOS BY KEN MOORE/THE CONNECTION



**Check Weseley's facebook page for updates, especially for weather cancellations.**

## Stretching from Great Falls to La Jolla

**Delivering yoga class close to home on Great Falls Green.**

BY KEN MOORE  
THE CONNECTION

**V**ictoria Weseley's mother lives in La Jolla, California. "You do everything outdoors there," said the Great Falls resident and yoga teacher.

"I thought, 'Wouldn't it be wonderful'" to create a yoga class outdoors in Great Falls.

Depending on the weather — this season got off to a late start because of the rain — you'll find a group on The Green in Great Falls starting at 9:30 a.m.

"People always say, 'Yoga? I'm not flexible enough.' Well, that's why you come here," said Weseley. "I don't teach a pose, I'll say, 'Let's start here, and then if it feels comfortable, 'Let's go here.' I offer options."

Raylynn Oliver and her son John Robinson, 22, have been regulars the last three years.

"Victoria is good at teaching to all people's levels, teaching to where we are. Doing it on The Green, right before the Farmers Market, is just fantastic," said Oliver.

Beverly Geserick came for the first time this past Saturday.

"I feel taller, I feel stretchier, I feel released," said Geserick.

Geserick has been the caretaker of her family, giving her energy to parents and loved ones. People told her she should take time for herself, and she appreciates the



**Yoga teacher Victoria Weseley, of Great Falls, offers Free Yoga on The Green classes Saturday mornings, weather permitting, at 9:30 a.m.**

chance to practice yoga so close to home.

"Anybody can do this," Weseley said. "I love it when new people come, I like it even better when they come back."

Weseley teaches youth to people who are 100 years old, athletes to people who participate in their wheelchairs.

"I'm a diabetic so exercise is an integral form of my health maintenance," she said. "I had a lot of stress and didn't know how to release it. It was more mental, which separates yoga from exercise, so I'm sort of



**Raylynn Oliver and her son John Robinson, 22, have participated in Free Yoga on The Green the last three years on Saturdays at 9:30 a.m.**

anti this aerobic craziness because that goes against the roots of what yoga is all about."

When Weseley started teaching, she originally wanted to reach to high school students.

"All the studies showed how they have so much stress," said Weseley. "The problem with high school students is the reason why they need yoga is they are so overcommitted."

So what did she do? She went with the flow.



**Victoria Weseley**

**"I love it when new people come, I like it even better when they come back."**

**—Victoria Weseley**

Now she teaches people at Great Falls Friends and Neighbors, seniors at Brightview Great Falls, people coming back from injuries, and anybody willing to give it a shot at The Green.

"I don't think people should have a fear, it's not a sport, it's not a competition, and even though it's a group, it's also very solitary, you do what you can," she said.

One more reason, she added. "I think it's made me a nicer person, I really do."



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## 21 Announcements

**ABC LICENSE**  
Pork, Inc. trading as Earl's Sandwiches, 2605 Wilson Boulevard, Arlington, VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On and Off Premises license to sell or manufacture alcoholic beverages. John B. Snedden, owner  
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 newspapers legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200

**ABC LICENSE**  
Quinns 1776 LLC trading as Quinns, 1776 Wilson Blvd. Arlington, VA 22209. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises and Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Reese Gardner Managing Member  
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

## 21 Announcements

**ABC NOTICE**  
Caribou Hunter, LLC trading as Matchbox American Kitchen & Spirits, 1100 S. Hayes St. Arlington, VA 22202. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises and Mixed Beverages on Premises license to sell or manufacture alcoholic beverages. Ted Neal, II Chief Executive Officer  
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

**ABC NOTICE**  
Passion Food Ten, LLC trading as TenPenh Tysons, 7900 Westpark Dr. Tysons Corner, VA 22101. 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. David Wizenberg, Member  
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

## 21 Announcements

**ABC NOTICE**  
Highgate Hotels, L.P. trading as Westin Arlington Gateway, 801 N. Glebe Rd., Arlington, VA 22203. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On & Off Premises and Mixed Beverage Restaurant (Seating Capacity over 150 seats) license to sell or manufacture alcoholic beverages. Rickey D. Whitworth, Vice President  
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

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-Thomas A. Edison

## Control And/Or Lack Thereof



By KENNETH B. LOURIE

If being diagnosed with a "terminal" form of lung cancer makes you feel anything, it is loss of control; along with all the anxieties associated with feeling powerless. As I may have written previously, "terminal" is all it's cracked up to be. That prognosis hangs over your head, almost physically – or so it seems, but most assuredly: emotionally and spiritually. The trick is; there is no trick. Compartmentalizing, deluding, pretending, denying, hoping, praying, laughing and crying are but a few of the methods I've employed over these past seven-plus years in an attempt to overcome that original "13 month to two year" prognosis. Being open to diet and lifestyle changes and non-Western alternatives, and maintaining a positive attitude and a self-effacing sense of humor have likewise contributed – or so I've been told, to my above-average years of survival.

I wouldn't characterize these last seven years, however, as my friend Sean has joked, as "being on the clock," but cancer patients are usually on something. And the "something" we're most typically on is, a schedule. For me: 24/7 urine collection on Tuesday, pre-chemotherapy lab work on Wednesday (two days prior to Friday infusion), pre-infusion medication taken at home beginning Thursday and continuing through Saturday, Friday infusion, post-chemo weak for the next seven to 10 days; repeat every four weeks; quarterly C.A.T. scans followed by a quarterly face-to-face appointment with my oncologist to discuss the scan/results, P.E.T. scans every six months, M.R.I. of the brain once a year; plus my daily regimen of pills, supplements, apple cider vinegar, alkaline water, wheat grass, among other miscellaneous presumptive anti-cancer options.

Given this chronology of treatment and routine/maintenance, it's extremely difficult (let me amend that: I'll say challenging instead) to plan, schedule, coordinate, arrange and commit to social activities, especially those involving travel away from home. Because, at least for me, the cancer stuff comes first and is foremost – as does my daily routine – so anything that upsets that figurative apple cart is yet another complication/blip on my radar that initially serves no particular purpose other than reinforcing some of the less obvious problems/negatives of living life as a cancer patient undergoing treatment.

Perhaps understanding this lack of control/fairly rigid set of circumstances – as well as my recurring attempts at extending my life as long as possible – my oncologist, to his credit, has regularly given me opportunities to stop, start, change, etc. my treatment/schedule in order to enhance the quality of my life and give me back some control. Rarely have I taken advantage, however. As much as I respect and appreciate his opinion, it has always been difficult for me to find that balance. The logistics of juggling my mandated routine along with my personal routine – and dealing with the subsequent fears of not doing/maintaining either, given the fact that I've survived so long adhering to them, is a hurdle I've been unable to overcome.

I've often heard it said that laughter is the best medicine. I wonder though, as it pertains to cancer patients like myself, currently still on treatment, if breaking/braking routine – and saying the heck with it, for awhile anyway, is not the pause that refreshes? As much as I like to laugh, I'd like to live a little, too.

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

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