



Great Falls CONNECTION

WELLBEING

PAGE 8

Piano students of Artstars Studio in Great Falls recently held recitals with an Olympic theme. The young musicians mastered music from all around the world. In addition, each student created a country's flag to display while they were playing music from that country. Pictured: Syrus Weinberg.

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Around the World with Music

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Mall STEM Lab Celebrates
First Birthday

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Make Land Use More Accessible

Board pledges to develop recommendations for the involvement of citizens in the land-use process.

BY KEN MOORE
THE CONNECTION

The Board of Supervisors gave final approval for 19 homes to be developed on Brooks Farm, along Springvale Road and Forest Lake Drive. The Board also gave voice of approval to the thousands of hours 1,400 Great Falls residents advocated for stormwater management, tree preservation, well water, stream valley protection, and other environmental features of the property around Walker Lake.

"Tonight's testimony doesn't scratch the surface in terms of suggesting how difficult it's been," said Dranesville Supervisor John W. Foust.

"I believe the applicant got it right, but I have to say I feel it should not have taken so long and the community should not have had to work so hard to get to this point," he said.

"Many have spent countless hours the past two years exercising their responsibility as residents of the community and the entire community. And you deserve a thank you for your efforts, that's for sure," said Foust.

Great Falls Citizens Association president Bill Canis suggested that the Board create a group of interested citizens who to develop citizen recommendations to improve the land use process and the involvement of the community.

"Citizen involvement has reached a new high in our community," said Canis. "If this county wants to retain citizen involvement in the land use process, there are, no doubt, steps that can be made to make this process more transparent and available to residents who have day jobs and don't have attorneys or specialists to help them."

Chairman Sharon Bulova applauded the idea as, "something that I and members of this Board have been discussing."

She asked Canis if he would be interested in volunteering. "I'm sure we can find residents of Great Falls who would be interested," he said.

TWELVE REVISIONS of the original proposal to develop Brooks Farm were needed to reduce the number of houses proposed on the 52 acres from 23 to 19.

More than a dozen people testified at the Board's public hearing, both for and against the proposal, on July 26.

"You get a sense of the importance of the environmental issues that have collectively dominated the discussion on this application," said Greg Riegler, attorney for the



PHOTOS BY KEN MOORE/THE CONNECTION

More than 100 people attended Great Falls Citizens Association meeting on Brooks Farm Tuesday, May 12. GFCA members voted to oppose the Brooks Farm development proposal.



Brooks Farm is 52 acres off Springvale Road.

applicant. "It's a perspective that frankly the applicant shares."

"In all the years I've been around this process, I'm not sure I've seen a deeper collective dive into the issues with all the stakeholders involved," he said.

James Trent, president of the Forest Lake Homeowners Association, was not convinced after the two-year-process.

"The process has not been collaborative, transparent or cooperative despite many meetings. The process has been driven by individual agendas and legal expediency

and not common sense," he said. "This flawed process has generated an action but not a viable sustainable solution. As a result, the vast majority of the community opposes the proposed development."

Claude Anderson, a neighbor of the owners of Brooks Farm and the property, said he's often asked if he supports the development.

"I think to myself, 'Why would anyone in their right mind support the development of such a beautiful piece of property?' But I answer, 'Yes, I do support this development

based on first hand knowledge of the challenges faced by the Brooks family."

He called agricultural horse-property "out of place" with the growing affluent Great Falls suburb. "We all hoped that a single buyer would build an estate on the property, but I did not win the Mega Million or the Power Ball," said Anderson.

Elyse Turkeltaub said "We moved into Great Falls over 20 years ago because we loved the quiet woods, the presence of horses behind our house, and the 52 acres of Brooks Farm and all the wildlife that live on and around the property.

"We all hoped that a single buyer would build an estate on the property, but I did not win the Mega Million or the Power Ball."

—Claude Anderson

Our first choice, of course, is everything stays as it has the last 20 years," she said. "But change is inevitable."

BY A 11-0 VOTE, The Planning Commission approved Basheer/Edgemoore-Brooks' application on June 15.

"Collectively, the various measures planned for this development go well beyond the minimum currently required by the Commonwealth and Fairfax County," said Dranesville Planning Commissioner John Ulfelder. "They also have committed to a phased approach to the development to avoid any erosion and sediment problems that can occur during the development stage. And they have agreed to post-construction monitoring of the downstream channels for two years after completion of the project and to be responsible for any corrective restoration, if it is determined it is required," said Ulfelder.

Canis said there are risks to the community, the watershed community, and to the entire Potomac watershed.

He called Brooks Farm "one of the last tracts of farm era land in our community.

"It's not a surprise that residents would take an interest in this property," he said.



Amy Burke, board chair of the Children's Science Center Lab, and executive director Adalene "Nene" Spivey watch Emily Brunner, 15, of Falls Church take on the robotic arm challenge after programming the device to play the "Happy Birthday" song on a xylophone following a Sunday morning ribbon cutting in Fair Oaks Mall. Brunner participated on her school's robotics team at George C. Marshall High School.

PHOTOS BY MARTI MOORE/THE CONNECTION



Anna O'Sullivan, 10, of Great Falls learns about the science of acoustics from student intern Gaby Mugica, 13, of Loudoun County. The activity, called "good vibrations" helps participants make different sounds on the water goblet at the museum's experiment bar.

Mall STEM Lab Celebrates First Birthday

Children's Science Center Lab celebrates with cake, a new robot, aquarium and checks worth \$125,000.

BY MARTI MOORE
THE CONNECTION

Some children go to the shopping mall because their moms have to run errands or it's a nice place to hang out with friends.

Who knew Fair Oaks Mall is a go-to place to conduct science experiments, program a robot and make stuff out of a 3-D printer?

Nearly 700 children and adults found out Sunday, July 25, as the Children's Science Center Lab celebrated its first birthday as a premier destination in this region for opportunities in science, technology, engineering and math education.

Board Chair Amy Burke says 80 percent of learning happens outside the classroom. She believes the museum is an informal education facility that reinforces learning in school.

"And it's fun," adds Burke, the mother of two boys who also works as a consultant for technology policy and government relations.

The lab received two huge corporate gifts worth \$125,000.

Lab visitors saw two new exhibits, an aquatic life display and a robotic arm challenge.

The small aquarium holds colorful fish like some of the sea creatures featured in the popular 2003 Disney-Pixar movie "Finding Nemo" in a room designed for kids ages 5 and younger.

This Discovery Zone offers a tinker shop that introduces young minds to engineering and design concepts. It is earmarked for the \$75,000 birthday gift from Herndon bank Northwest Federal Credit Union.

The robot exhibit in the adjacent gallery



Arlington toddler Palmer Sadowsky finds a live version of cute clown fish from a beloved children's movie Sunday at the Children's Science Center Lab in Fair Oaks Mall. Palmer turns 2 years old this week.

performs tasks users can program from four tablet computers installed around a booth. McLean commercial and government technology consulting firm Booz Allen Hamilton gave \$50,000 for this interactive display. Visitors can help the Children's Science Center Lab find a name for the new robot through Sept. 5. The winner will receive a birthday party at the museum.

Visitors can also sit at a bar and order a science experiment from a "STEM tender" who brings their ingredients and offers assistance if patrons need help with instruc-



Children use KEVA educational tools called KEVA planks to help construct a wooden tower taller than themselves. The construction took place Sunday morning at the celebration of an interactive STEM education museum in Fair Oaks Mall.

tions shown on the Amazon Kindle electronic reading device at their station.

"It's fun and they don't even know they're learning," said museum marketing director Dorothy Ready.

Ready said the facility can fit 90 kids per field trip and many schools must send their students in separate groups. These "capacity constraints" are the reason why Spivey spoke to a crowd Sunday morning about the museum's 10-year expansion plan with a new center under construction soon in

Loudoun County at the Dulles Town Center.

This million-dollar STEM education facility runs on corporate and private donors, annual memberships of \$150 a year for a family of four, birthday parties and a \$12 general admission.

The 5,400-square-foot Children's Science Center Lab has an annual operating budget of \$1.2 million — according to museum executive director Adalene "Nene" Spivey — and employs 12 full-time and 20 part-time staff. The museum also boasts 300 active volunteers.

The museum also continues to thrive on its STEM education roots through a portable classroom in a van donated by Volkswagen that delivers science projects to area schools.

"We started as a mobile lab," Ready explained. She said it took five years of fundraising to grow the van into a museum.

Spivey said the Children's Science Center Lab had at least 50,000 visitors throughout its first year and garnered 900 family memberships. The demonstrations change on a rotating basis. Part of her display criteria is "they are so fun, the adults want to play with the exhibits."

More activities held elsewhere in the mall focused on health and fitness in preparation for a special event to promote STEM education nationwide. Retired U.S. Army Col. Tim Hoffman of Warrenton will bike 4,200 miles across America to promote the initiative and raise money for the Children's Science Center Lab from Aug. 1 to Oct. 25. Participate in his cause online at www.afceanova.org/transamerica-cycle-for-STEM.

The Children's Science Center Lab is open every day in Fairfax from 10 a.m. to 6 p.m. on the Level 1 entrance at 11750 Fair Oaks Mall. Parking is between Lord & Taylor and Sears. Call (703) 648-3130 or visit their website at www.childsci.org.

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OPINION

An Open Letter to Readers and More

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Has your organization been featured in the Connection Newspapers, or the Alexandria Gazette Packet or the Mount Vernon Gazette or the Centre View or the Potomac Almanac?

Have any of our papers taken note of your business when you and/or your employees pitch in to help the community? Or when you opened your doors or celebrated a milestone?

Are you an elected official whose messages are enhanced by coverage of issues in the Connection? Do you work for a part of local government that has asked for help getting the word out about a need or a new initiative or accomplishments?

I have a special favor to ask:

Buy an ad in our Newcomers and Community Guide. Please.

Show your support for our organization which continues to be here to support the forces of good in our communities.

Our annual Newcomers and Community Guide is a pullout section that will appear in the the Aug. 24, 2016 edition of all 15 Connection Newspapers, published by Local Media Connection. Deadline is Aug. 17.

We are creating a quality special issue, and we need your help. Whether you invest in a small ad in a single paper (super affordable), or a full page in all 15 of our papers (super value), we appreciate your help this month.

EDITORIAL

To put on my publisher's hat (and not my editor's hat) for a minute, if you have a marketing budget, and you value coverage of local newspapers (not just ours), why wouldn't you spend a portion of that budget (any portion) supporting that platform? There is a cautionary tale in the abrupt closure a year ago of the chain of local papers that served Montgomery and Prince George's counties in Maryland, as an extreme example.

But it's more than a charitable effort.

For the same reasons that organizations, businesses and campaigns know they want local newspaper coverage, newspaper advertising is an effective way to reach voters, residents, clients. The Connection reaches more than 200,000 readers, in print and online, including remarkable demographics. Our readers include local and national decision makers in the public and private sector.

According to an independent study during the last presidential campaign, cited by the National Newspaper Association: 86 percent of voters who cast ballots in the last election read newspapers in print or online; 79 percent of voters ages 18 to 34 read newspapers in print or online; 91 percent of voters who contribute to campaigns read newspapers in print or online.

The deadline for the Newcomers and Community Guide is Aug. 17. Digital enhancements and support are available. More information

at email sales@connectionnewspapers.com or call 703-778-9431.

Share Tips about Community

We need help from our readers for our annual Newcomers and Community Guide.

We're hoping to share special places, activities, events, organizations and volunteer opportunities. What should someone new to your neighborhood know about? Events that should not be missed? Organizations that do a great job? Places to volunteer? Tips for navigating your PTA or your school's front office? A great place to see the sunset? We'd love to have your photos to go along with your suggestions.

What are your favorite parks? Favorite historic sites? What tips do you have for someone getting to know the community?

We will publish a selection of local tips along with a plethora of information useful to newcomers and long-time residents alike, including our award-winning Insiders Guide to the Parks, and information on how to vote and more.

See last year's community guides by going to www.connectionnewspapers.com/PDFs/ and scrolling down to Newcomers.

Email tips and photos to editors@connectionnewspapers.com or send as a letter to the editor via the website at <http://www.connectionnewspapers.com/contact/letter/> by Wednesday, Aug. 17.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

What We Did on V-J Day Vienna resident's memories of the end of the war.

BY MEREDITH LUHRS

Memories of WW II in an American child's mind are a distinct set of curiosities — special activities removed from the ordinary day to day routine of growing up. We accumulated aluminum from candy wrappers, tin foil, and wrapped it into heavy, grimy balls which were then collected "for the war." Every boy had one in his pocket. Our mothers gathered to roll bandages for the Red Cross, volunteering "for the war." Evenings at six, we stood back and kept silent for the ritual of the nightly news, when our parents huddled around the radio, listening to serious and somber voices, hearing the strange names of places in the world become familiar by much reporting. Much straining to hear and shushing of innocent prattle identified short wave broadcasts coming over the Atlantic from London. These memories were completely somber, and remain so. I must turn the page when I recall a completely different set of events



PHOTOS CONTRIBUTED

Meredith Luhrs

which are simply identified as V-J Day.

We lived by a lake, and my father was determined that every child in the neighborhood should be able to swim. Riding in the truck bed was a normal, everyday event for us bigger children, as my father came home from work every day at five during the summer, loaded any and all into the truck, driving to a park which had a lake and sandy beach...an ideal place to learn to swim. He taught us — one by one — to swim, and to enjoy the water. He also taught us to



Henry and Elsie Luhrs with their children in 1946.

pick wild blueberries! This detail will explain why we were so surprised to see him in the middle of a summer day, and why it was natural for neighborhood children join in our V-J Day adventure.

It was a hot humid day in August. We didn't know it was V-J Day. The story begins when my father came home at noon. We quit playing and stood in astonishment at this never before event, immobile seeing him and his truck in the

middle of the day. Smiling, he went straight into the house. A few moments later my parents came out and announced the war was over. Japan had surrendered. How we cheered. We danced with excitement as a roll of red, white and blue bunting was pulled from the front seat, and my parents began to unfurl it, securing it to the lumber rack of the truck. There was no protocol for celebrating the end of a war, so what happened next was a thoroughly American invention: Make noise and let the joy be heard! Pot and pans, lids and wooden spoons were rounded up, and distributed to neighborhood kids and to my older brother and me as we climbed into the truck bed. My mother got into the cab with the baby on her lap, and my little sister climbed in between her mommy and daddy. Then we were off! But where were we going?

My father was a boat builder on the bay shore of New Jersey. The natural thing, in his mind, was to

SEE V-J DAY, PAGE 11

Great Falls CONNECTION

www.ConnectionNewspapers.com

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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LETTERS

Gas Leaking Detectors Needed

To the Editor:

My name is Michael, a 13-year old resident in Great Falls and I want to express my concerns over a well known public health issue. The unfortunate toxic leak of MTBE and subsequent cleanup operation at the former Great Falls Exxon site is taking too long and I want to express an idea to help avoid this type of situation in the future. With the availability of new sensor technologies, we should make sure this never happens again. We should require every new gas station to install gas leaking detectors..

With the installation of gas leaking detectors in underground storage containers, the owner and operator of gas stations can be alerted when a leak occurs and start cleanup early, rather than catching it many years later, and spending years to pump out the MTBE and other hazardous toxins as in the former Exxon site. This would save energy, by not having a clean-up pump run 24 hours a day, everyday for 2-3 years. This is especially important to the neighborhoods and businesses in close proximity to the gas stations who rely on well water. This would

also get rid of the unsightly pumping and clean-up equipment behind a chained fence. Having the unsightly pumping equipment centrally displayed at our historic Great Falls downtown area is not a pleasant attraction in the neighborhood.

These are reasons why I think we should have gas sensor technology installed into every new gas station storage containers to avoid the messy situation we are experiencing at Great Falls.

Michael Kee
Great Falls

BULLETIN BOARD

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

SATURDAY/AUG. 13

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

THURSDAY/ AUG. 25

Finance Committee Meeting of the

Whole 7:30 p.m. at The McLean Community Center, 1234 Ingleside Avenue. Governing Board encourages residents of Small District 1A-Dranesville who have suggestions, comments or concerns regarding the Center's FY 2018 budget to attend this meeting. At this meeting chaired by MCC Governing Board Treasurer Paul Kohlenberger, the full board will continue work on the FY 2018 budget, which began with a staff presentation at a July Finance Committee meeting. Call: 703-790-0123 or Visit: www.mcleancenter.org

WEDNESDAY/SATURDAY/

SEPT. 7-10

Quarterly Book Sale. Friends of the Tysons-Pimmit Regional Library will hold Quarterly Book Sale. Books and media for all interests and ages. Wednesday 1 - 5 p.m.; Thursday 9 a.m. - 4 p.m.; Friday 9 a.m. - 3 p.m. Bag sale/half price sale - \$7 per bag Saturday, 10 a.m.- 2 p.m. Smaller scale weekly book sale. 7700 Leesburg Pike Falls Church. TysonsLibraryFriends@gmail.com 703-338-3307

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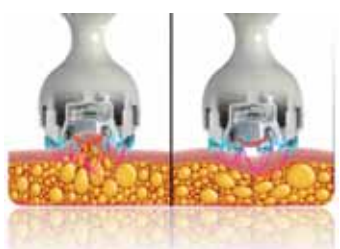


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WELLBEING

Staying Fit and Healthy on Vacation

BY MARILYN CAMPBELL
THE CONNECTION

Listening to Christian Elliot describe part of a recent vacation that he took with his wife, Nina, you might think he was attending a fitness bootcamp.

“We woke up early, got in a jog and I did push-ups on a step, lunges on a dirt road,” said Christian Elliot. “As long as you have gravity ... you can exercise.”

While August vacations offer a chance to renew and rejuvenate, carving out time to exercise and creating opportunities for nutritious food are keys to maintaining a healthy lifestyle while on holiday.

“The biggest thing about eating healthy and exercising on vacation is planning ahead,” said Elliot, a personal trainer and founder of TRUE Health and Wholeness in Arlington. “People plan their vaca-

tion in pretty good detail, but they fail to plan where and how they’re going to work out.”

Part of that planning includes bringing packable equipment and appropriate clothing for exercise. “Pack [resistance] bands for strengthening exercises, and a jump rope is a great way to get cardio. Those are lightweight and easy to pack,” said Catie Bocker, NP-C, MSN, director of the Student Health Center at Marymount University in Arlington. “Whatever you do, keep it simple and fun. If we make it too complicated it might not work.”

GETTING ACTIVE with family and friends is one way that Bocker made exercise enjoyable during a recent vacation. “I led a bodyweight circuit for my family every morning when I was on a beach vacation recently,” she said. “We were staying on the beach and

we would wake up each morning and do a workout.”

Part of the appeal of bodyweight exercises is that they can be done virtually anywhere and require no equipment. Bocker recommends 60-second exercise intervals with 15 seconds of rest between each set.

“I do an upper body exercise, a lower body exercise, sit ups and some type of cardio,” she said. “For example, push ups, squats, jumping jacks and a sit up. There are fitness and workout apps out there that you can use if you feel intimidated by creating your own bodyweight circuit. If you write out a few exercises before you leave for vacation, you’re far more likely to do it.”

From swimming laps in a hotel pool to walking laps around an airport terminal while waiting for a flight, there are many ways to get creative with exercise.

“Hotels usually either have a gym ... and the concierge can tell you about nearby trails for hiking or walking,” said Bocker.

In addition to planning to exercise while on vacation, packing a small, portable stash of fruit, vegetables or trail mix can quell hunger while sightseeing or waiting at the airport. “Stop by the grocery store and pick up healthier snacks,” said Bocker. “Go-to foods for me are nuts or dried fruit. They’re great when going through security.”

For those who, like the Elliots, will be traveling with children, child-friendly snacks are a must. “We have to manage their low blood sugar with quick energy hits,” said Elliot. “Our kids love the grass-fed beef sticks or beef jerky.”

“You can’t deprive yourself and say I’m not going to have ice cream at all,” said Janet Zalman, founder

Advance planning is key to maintaining a healthy diet and fitness on the road.

of the Zalman Nutrition Group. “You can say, ‘I’m going to have ice cream one or two times, but I’m not going to eat the supersize, I’ll have a kiddie size.’”

It’s also a good idea to choose restaurants and peruse menus at your destination before leaving on vacation. “Research your options,” said Bocker, “Like anything else

you do, you have to plan and research it so that you can be an informed consumer.”

Finally, if you decide to splurge on a favorite food, make it count. “When you go off the rails and eat high calories food, make sure it’s fabulous,” Zalman. “Most people cheat out of convenience, but if you’re going to cheat, cheat high.”



Nina and Christian Elliot plan ahead to incorporate a healthy diet and exercise into family vacations with their children Naomi, 8, Caleb, 6, Noah, 2, and Cohen, 7 months.

PHOTO COURTESY OF CHRISTIAN ELLIOT

Challenged Brain, Healthy Brain?

Social engagement and mentally challenging jobs might keep Alzheimer’s disease at bay.

BY MARILYN CAMPBELL
THE CONNECTION

Most days of the week, Ana Nelson can be found educating others about Alzheimer’s disease in her role as vice president of Programs and Services for the Alzheimer’s Association National Capital Area Chapter. Her free time is spent touring historical sites in Northern Virginia and staying fit through competitive running and other activities. She’s currently training for the Marine Corps Marathon.

“I have worked in the (Alzheimer’s disease) field for 30 years and have always been a promoter of healthy lifestyles,” said Nelson. “When you’re sightseeing and asking questions, you’re stimulating and challenging your mind. When I enter and train for races, I’m interacting with other people and staying socially engaged.”

Nelson is incorporating into her life key elements that are credited with staving off age-related mental decline. In fact, jobs and activities that require complex thinking and social

connections can help build resilience and delay age-related cognitive decline and dementia, according to a new study presented at the Alzheimer’s Association International Conference (AAIC) 2016 last week.

The study suggested that working with people in challenging jobs such as Nelson’s had the most protective effect on the brain.

“With the brain, like other parts of the body, you use it or lose it,” said Dr. Dean Hartley, Ph.D., director of Science Initiatives for the Alzheimer’s Association. “If you don’t use it, it goes away.”

Activities that require planning and processing information challenge the brain. “Sitting in front of the television is detrimental,” said Hartley. “Being passive doesn’t stimulate the brain.”

In this study, researchers tried to answer questions about whether mentally challenging occupations and activities protected cognitive function against the impact of poor diet. Scientists studied 351 older adults who were living independently and adhering to a Western diet, which researchers said included red meat, potatoes, foods made with white flour and sugar.



PHOTO COURTESY OF ANA NELSON

Ana Nelson of the Alzheimer’s Association and her husband Jim stay fit and socially engaged through competitive running. A new study shows that social connections can help build resilience and prevent age-related cognitive decline and dementia.

Over a three-year period, the researchers found this type of diet to be associated with cognitive decline in older adults. However, individuals in the study diet who consumed a Western diet, but also had a mentally stimulating lifestyle, were protected from cognitive decline.

“Activities that required an engagement of executive functioning, like planning, volunteering or any task that get your mind thinking, those types of experiences are where we’re seeing the best pro-

tection against cognitive decline,” said Amy E. Coren, Ph.D., J.D., assistant professor of Psychology at Northern Virginia Community College in Alexandria. Coren was not involved with the study.

Not all types of social interaction have been shown to be equally beneficial to healthy brain functioning, notes developmental psychologist Dr. Linda Cote-Reilly, associate professor of Psychology at Marymount University in Arlington. “Older adults who have a lot of social interaction because they need assistance with activities of daily living do not experience these interactions as positive,” she said. “People are helping them because they have lost the ability to do the tasks themselves and are dependent on other people.”

However, Coren, Hartley and other researchers say that more research is needed.

“The study was done by a well-respected group of scientists, but we can’t say that if you stay socially and mentally active you won’t get this disease,” said Pamela Greenwood, Ph.D., associate professor of Psychology at George Mason University. “There have only been a handful of these studies to date and the results have been inconsistent. For some, it doesn’t have a big impact and for others it does.”

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PHOTOS CONTRIBUTED

Each student created a country's flag to display while they were playing music from that country.

Around the World with Music

Piano students of Artstars Studio in Great Falls recently held recitals with an Olympic theme. The young musicians mastered music from all around the world. In addition, each student created a country's flag to display while they were playing music from that country. Selections included "The Galway Piper" from Ireland, "Cielito Lindo" from Mexico, "Botany Bay" from Australia, and "Greensleeves" from England.

Music by Mozart was also featured in the recitals, since 2016 marks the 260th anniversary of Mozart's birth. Recital attendees enjoyed hearing melodies from Mozart's "Magic Flute," "A Little Night Music," and "Don Giovanni."

The instructor for Artstars Studio is Great Falls resident, Mary Jane Cogan. For information on fall enrollment, call 703-430-0166 or emailartstarsmjc@gmail.com. The studio's website is www.Artstars.biz.



Alex



Gracie at piano



Julia Wang



Nishka



Sarah at piano



Syrus Weinberg

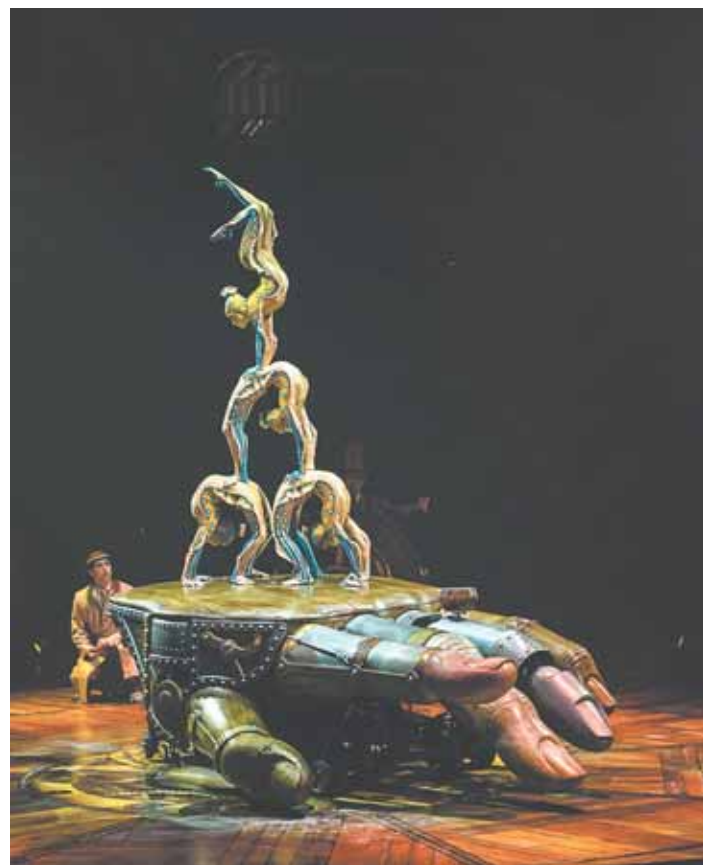


PHOTO BY MARTIN GIRARD/SHOOTSTUDIO.CA COSTUMES: PHILIPPE GUILLOT 2014 CIRQUE DU SOLEIL

Contortion, Cirque du Soleil "Kurios," at Tysons II, The Lerner Town Center, 8025 Galleria Drive, July 21 to Sept. 18, 2016.

CALENDAR

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

ONGOING

Cirque du Soleil "Kurios." July 21 to Sept. 18. Tysons II, The Lerner Town Center, 8025 Galleria Drive, Tysons Corner. \$39-\$170. 1-877-924-7783. cirquedusoleil.com/kurios.

Evenings on the Ellipse. 5:30-7 p.m. Thursdays through Aug. 25. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Fun music and good company. Paradise Springs and The Winery at Bull Run will be offering complimentary tastings of their premium reds and whites. If it rains, concerts will be moved inside to the Government Center Forum. <http://www.fairfaxcounty.gov/parks/performance/>

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.

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

Tai Chi Beginners' Practice. Saturdays, 8-9 a.m. St. Luke's Catholic School Gymnasium, 7005 Georgetown Pike, McLean. Weekly Tai Chi practice. Group has met for over 20 years. Free. FreeTaiChi.org. 703-759-9141.

THURSDAY/AUG. 4

"The Greatest Sports Heroes A to Z." 2:30 p.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Performed by Bright Star Touring Theatre as part of the Summer Reading Program. For more information, 703-356-0770.

FRIDAY/AUG. 5

First Friday Art Walk in the Village, 6-9 p.m. - Come to Great Falls Village Centre and browse through three Art Studios & Galleries (with 27 artists), Shops, & Restaurants. See painting demos by artists in the studios and enjoy music as you stroll through the Village Green. Live Music at The Old Brogue begins at 9 p.m. Start in any location: 756, 766 or 776 Walker Road, Great Falls, VA. Info at www.greatfallsart.org/ArtWalk/

Kayak Tour-Sunset Over Riverbend. 5:30 p.m. Riverbend Park, 8700 Potomac Hill St., Great Falls. Experience day's end with an upper Potomac River tour. Start with the basics and in a short time you will be maneuvering through the water. This is not a whitewater tour. No previous experience required. 14 and up. \$39/\$41. www.fairfaxcounty.gov/parks/riverbend-park/.

SATURDAY/AUG. 6

ACE W & OD 10K. 6 p.m. Centennial Park, 131 Church St. NE, Vienna. All are welcome — runners, walkers, baby strollers, and friendly dogs on leash. racedirector@att.net. 703-927-4833.

Animal Feeding Time. 10 a.m. Riverbend Park, 700 Potomac Hill St., Great Falls. It is feeding time and the parks exhibit animals are hungry. Join a Riverbend animal caretaker as they feed and care for our snakes, turtles, frogs, and fish. 3 years and up. \$4/\$6. www.fairfaxcounty.gov/parks/riverbend-park/.

SEE CALENDAR, PAGE 11

CALENDAR

FROM PAGE 10

SUNDAY/AUG. 7

Natty Beaux. 6-8 p.m. Great Falls Village Centre Green, Great Falls. A fun-lovin', finger-snappin', hoppin' and boppin' swingin' jump blues and rockabilly combo. <http://www.celebrategreatfalls.org/concerts-on-the-green/>.

Book Signing. 2-4 p.m. Freeman Store, 131 Church St. NE, Vienna. Connie Stuntz, of Vienna, a history author will sign copies of "This Was Vienna, Virginia." 703-938-5187.

Wagon Ride-Journey to the Potomac River. 11:30 a.m. Riverbend Park, 700 Potomac Hill St., Great Falls. Enjoy riding through the woods and along the Potomac River, while finding out about the park's wildlife and the American Indians who once lived here. Children must be accompanied by an adult registered in the program. \$6/\$8. www.fairfaxcounty.gov/parks/riverbend-park/.

MONDAY-WEDNESDAY/AUG. 8-10

JA Entrepreneurship Summit. JA Finance Park, 4099 Pickett Road, Fairfax. Students will be presented with a problem and will work in teams to develop solutions that they will ultimately pitch Shark Tank-style to a panel of Greater Washington business leaders. Grades 9-12. Information and registration at <http://www.myja.org/programs/entrepreneurshipsummit>.

WEDNESDAY/AUG. 10

Phillip Phillips and Matt Nathanson. 7 p.m. Filene Center, Wolf Trap for the Performing Arts, 1551 Trap Road, Vienna. wolftrap.org.

SATURDAY/AUG. 13

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

Family Fun Jam at Jammin Java Community fundraiser 1-2:30 p.m. Live Music by Donaldsons' Run, Dance & Sing Along, Contests and Prizes, Food Available for Purchase. Proceeds benefit Growing Hope, a local organization that supports children with cancer and their families. \$20 for adults, child admission free.

jamminjava.com/event/1260955

SUNDAY/AUG. 14

Diamond Alley. 6-8 p.m. Great Falls Village Centre Green, Great Falls. A diverse mix of contemporary and classic hits highlighting their unusual vocal talent. <http://www.celebrategreatfalls.org/concerts-on-the-green/>.

THURSDAY/AUG. 18

Grey Goose Dinner 7 p.m. - 9 p.m. at 8521 Leesburg Pike, Ruth's Chris Steak House in Tysons Corner. Ruth's Chris will host a five-course Grey Goose Vodka Dinner pairing great food with Le Grand Fizz, Pear & Cardamom Collins, Le Melon Mule, Ruth's Dirty Goose Martini and Francois' Coffee Cocktail. \$95, plus tax and gratuity. Contact: Yesim Isildak / Email: salestysonscorner@ruthschris.com 703-848-4290 <http://www.ruthschris.com/restaurant-locations/tysons-corner/>

V-J Day

FROM PAGE 6

drive through the towns along the shore of the Raritan Bay and make a lot of noise at the homes of his employees. So we started out — Lawrence Harbor, Keyport, Keansburg, Belford, Leonardo. Everywhere we went, with our pot banging and shouting, we saw other people celebrating. Everyone came out onto their lawns, greeting us with jumping and waving,

shouting and cheering. It was a day of victory, it was a day of joy. The war was over. It was almost dark when we pulled into the driveway, sweaty, hoarse, and happy. Mosquitoes stuck to our sticky arms and faces, those big ones! We were bathed and sent to bed with a great treasure — the memory of how our family celebrated the end of the war. I was seven.

THE AUTHOR LIVES IN VIENNA.

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MIDWEEK SERVICES, WED. 7:00 PM

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

AUGUST

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

8/24/2016.....Newcomers & Community Guide Pullout

8/31/2016.....Connection Families: Enrichment, Care & Back to School

SEPTEMBER

Labor Day is September 5

9/7/2016.....Wellbeing

9/14/2016.....HomeLifeStyle Pullout – Real Estate & New Homes

9/21/2016.....A+ Camps & Schools Back to School, Open Houses

9/28/2016.....Connection Families: Fall Fun, Food, Arts & Entertainment

OCTOBER

10/5/2016.....Wellbeing Senior Living Pullout

10/12/2016.....HomeLifeStyle

10/19/2016.....A+ Camps & Schools

10/26/2016.....Connection Families

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Passion to Excel in STEM Field

CORE Foundations hosts Summer Camp for area children.

BY NIKKI CHESHIRE
THE CONNECTION

At most summer camps, children are encouraged to step away from their screens and head out doors. But for the campers enrolled in a program conducted by Core Foundations, a local nonprofit that encourages children to follow their passions in STEM fields, it was all about learning how to innovate with technology.

The camp focused on teaching elementary and middle school-age students about computer animation and Java programming. The founder and CEO of Core Foundations, Pranab Krishnan, says that he hopes children leave with a passion to excel in the field of science, technology, engineering, math and beyond.

"It's not just about the skills they gain, but also the confidence, the spark, in learning computer science," Krishnan said. "This camp allows kids from around the area to become motivated to follow programming."

According to Krishnan, learning Java programming allows the students to venture into web development and the creation of mobile applications.

Krishnan, a rising senior at Thomas Jefferson High School for Science and Technology, began Core Foundations after being inspired by his world history teacher, Kurt Waters, to create a lasting impact via their Change the World project. "We learn about history throughout the entire year, but now it's our time to make history," Krishnan said.

The foundation consists of volunteers who also helped to implement a robotics and scratch programming club at Dogwood Elementary School by providing mentors and the financial backing needed for the program, in addition to running summer camp programs.

Supervisor Cathy Hudgins visited the camp, held at the North County Government



From left — Mentors Stephanie Su, Michael George; Founder and CEO of Core Foundations Pranab Krishnan of Reston; Supervisor Cathy Hudgins; Hunter Mill; Mentors Akash Bansal, Abhishek Bazaz, Joe Walter. Supervisor Hudgins visited the camp to encourage the students to follow their passions into the STEM field.

Center in Reston, to offer words of encouragement. "This is the best way to get our brains to start solving problems," Hudgins said to the campers. "And it comes from learning from a very early age about inquiry."

VIEWPOINTS

What do you find most valuable about this camp?

Michael George, 17, South Lakes High School
"This camp has taught me that engaging young children in an important field such as STEM can be one of the most rewarding and powerful things that somebody our age can do. The camp introduced young children to a field that builds problem solving, teamwork and critical thinking skills that they will need later in life."

Joseph Walter, 17, Herndon High School
"The most valuable part of this camp was how through the use of exciting and thought provoking activities we were able to introduce young students to the world of programming. By encour-

"It's all about problem-solving," Krishnan added. "To make these kids critical thinkers. They are our future problem-solvers. This gives them an opportunity they might not get anywhere else to succeed."

aging their creativity we planted the seeds of curiosity that will help to foster their further interest in STEM."

Stephanie Su, 18, McLean High School
"In this camp, students were hands-on with visuals and projects as they established a foundation in basic coding. I place high value in shaping a friendly environment, like Core Foundations, where students feel safe and are encouraged to explore beyond their assigned tasks. Furthermore, I believe exposing students to STEM fields at a young age will prepare them for technical challenges ahead while still having fun."



Volunteer instructor Michael George, a senior at South Lakes High School, mentors Garrett Brennan, 12, through a programming exercise during the beginning of the camp.

Core Foundations hopes to expand their impact to other places in Virginia as well as Washington, D.C. and West Virginia for the upcoming school year.

To learn more about Core Foundations, or to help support their mission, visit their website at CoreFoundations.co.

Akash Bansal, 16, Thomas Jefferson High School for Science and Technology

"The most valuable part of this camp was trying to make the dreams of all the students come true. Many people say that you should always follow your dream. However, at Core Foundations, our dream is to make the dreams of others a possibility."

Pranab Krishnan, 17, Thomas Jefferson High School for Science and Technology

"Core Foundation's objective is to fostering creativity and instill interest in STEM subjects. This camp achieved that goal by providing students with the necessary skills of Computer Science and a passion for learning and innovating."



Zain Rahman, 11, focuses on learning Java programming during the summer camp held by Core Foundations at the North County Government Center in Reston. "It's more complex," Rahman said, referring to programming with Java. "It's like learning another language."



Students Jay Hemrajani, 11 (left), and Millen Chudasama, 10, show Pranab Krishnan and Supervisor Hudgins the code they were working on. The camp aimed to inspire creativity and innovation in science and technology.

PEOPLE & PETS



PHOTO COURTESY OF SOPHIA BEN-ACHOUR

Sasha and kitten friend Biscuit met when Sasha was 4 months old and considered Biscuit a toy to chase. Now they are cuddle buddies and playful friends.

Sasha Meets Biscuit in Great Falls

At Baron Cameron Dog Park, located in Reston, on Thursday July 14, Sasha makes her way to a group of excited children to get ear scratches and pets. Sasha is a regular at Baron Cameron even though she resides with her family in Great Falls. Owner, Sophia Ben-Achour laughs as Sasha, tired from play, eventually flops onto the ground. Belly rubs and

treats eventually coax her back up.

Sasha is currently 15 months. When Sasha was 4 months Ben-Achour adopted Biscuit, a Tor-toiseshell kitten. "At first Sasha would chase her a bit, but now they've found peace and only chase in fun." Sasha and Biscuit are friends now, playing, cuddling and "in winter, hanging out on



PHOTOS BY ALEXANDRA TECCO/THE CONNECTION

Sasha, tired from play at Baron Cameron Dog Park in Reston, decides to take a rest.



Sasha and owner, Sophia Ben-Achour of Great Falls, at Baron Cameron Dog Park in Reston.

mom's bed together."

This winter was Sasha's first and without doubt, her favorite season. "It was hilarious. She stuck her whole face in the snow and

then went running around in it even though it was up to her arm-pits," said Ben-Achour.

Although Ben-Achour has had cats before, Sasha is her first dog.

"I love cats, but it's nice to come home to someone so happy to see you," Ben-Achour said.

—ALEXANDRA TECCO



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By KENNETH B. LOURIE

"Oh, Boston you're my home." At least it was again for four days this past week: Sunday a.m. through Wednesday p.m. First I saw my best friend, Cary, and his family for two and a half days; then, for a day and another half, with a Washington, D.C. friend, Jim, I attended two Boston Red Sox games at Fenway Park ("Baseball's most beloved ballpark"): Tuesday evening and Wednesday afternoon.

I not only grew up in Boston (Newton Centre, actually) I was raised there as well. I had loving and supportive parents who, to this day, even in their absence (both having succumbed to old age a few years back) impact my life. I quote them often, refer to their parental advisories, tell their stories and even, grudgingly, repeat my father's jokes (I'll spare you any examples). When my father retired at age 70, my parents moved to Florida so I had fewer reasons to return home; though periodically I did so (high school reunions, Bar Mitzvahs, etc.). Previous to this visit however, I had not been back in nearly six years; in late October 2010 when Cary and I went to see the Boston Celtics play the Miami Heat in LeBron James' first regular season game after "The Decision."

Being back home now (yes, home to me is where I was born, bred and buttered; my life through high school) was extremely emotional. When I first met Cary and his wife, Mindy, at the airport, I started crying. I don't know if it was the lung cancer/my heightened sense of mortality or just my age, but the tears flowed.

As you might imagine, we drove by all the familiar places: schools, temple, the house where I lived, the old neighborhood, downtown Boston, the Charles River (to which this title refers) and the suburbs. For food, we ate Chinese and Italian for dinner, meatball and cheese subs and pizza for lunch (all perfect for me) and fresh muffins and bagels for breakfast. We reminisced and laughed, appearing not to miss a beat from any previous visits and/or any of the hundreds of phone calls we've shared over the years. Overall, I was nurtured and loved and made to feel significant and appreciated. Wonderful doesn't begin to describe the way I felt and the manner in which I was treated. To quote a former checker at my local Safeway: it was "superfantastic."

Tuesday afternoon/evening it was on to Fenway Park, home of the Boston Red Sox since 1912, for the first of our two games. We had box seats up the right field line, within 20 rows or so of the right field foul pole, better known as the "Pesky Pole," named after the legendary Red Sox shortstop. Johnny Pesky, he of the alleged "held-ball" in the 1946 World Series, among other memories. (A few years back, the left field foul pole was officially named the "Fisk Pole" after former Boston Red Sox catcher, and now Hall of Famer, Carlton Fisk: most remembered by Red Sox Nation for his 12th inning, arm-waving, foul-pole hitting, game-winning home run in game six of the 1975 World Series against the Cincinnati Reds, aka "The Big Red Machine.")

I attended many games at Fenway Park (not that one unfortunately, but I know exactly where I was when "Pudge" hit his series-tying shot), mostly with my father so the memories came gushing back as I walked along Yawkey Way: the vendor/location where my father always stopped for a sausage and onion sandwich, the old ticket booths at Gate A, the "Fenway franks" he'd smother with condiments, the peanut/popcorn/ice cream concessions he'd buy for me, the ticket window he'd go to inside the stadium to try and upgrade our seats, the adjacent bathroom with the old-fashioned amenities, his preference to sit on the first-base side in order to see the action in the left-field corner at the base of the "Green Monster," and too many more to recount. I would guess you get the gist of it by now.

It was four days I'll never forget and a lifetime I'll always remember – and cherish. Thanks to my wife, Dina for encouraging me to take the trip and to Cary and Mindy for hosting me. If I had it to do over again, I wouldn't change a thing. Well, one thing, actually. The Red Sox lost both games, so I never got to hear "Love That Dirty Water," the traditional song/anthem played at the stadium to celebrate a win.

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

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21 Announcements

21 Announcements

ABC LICENSE
Roca 1, LLC trading as Ambar, 2901 Wilson Blvd, Arlington, VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) FOR a Wine and Beer On Premises, Mixed Beverage Restaurant (seating capacity 151 seats or more) license to sell or manufacture alcoholic beverages, Ivan Iricanin, 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 or 800-552-3200.

ABC LICENSE
Continental Investors Limited Partnership trading as Continental Beer Garden, 1901 N. Fort Myer Dr., Arlington, VA 22209. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) FOR a Wine and Beer On Premises, Mixed Beverage Restaurant (seating capacity 151 seats or more) license to sell or manufacture alcoholic beverages, Curtis E. Large, President, Continental Corporation, General Partner of Continental Investors Limited Partnership
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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