

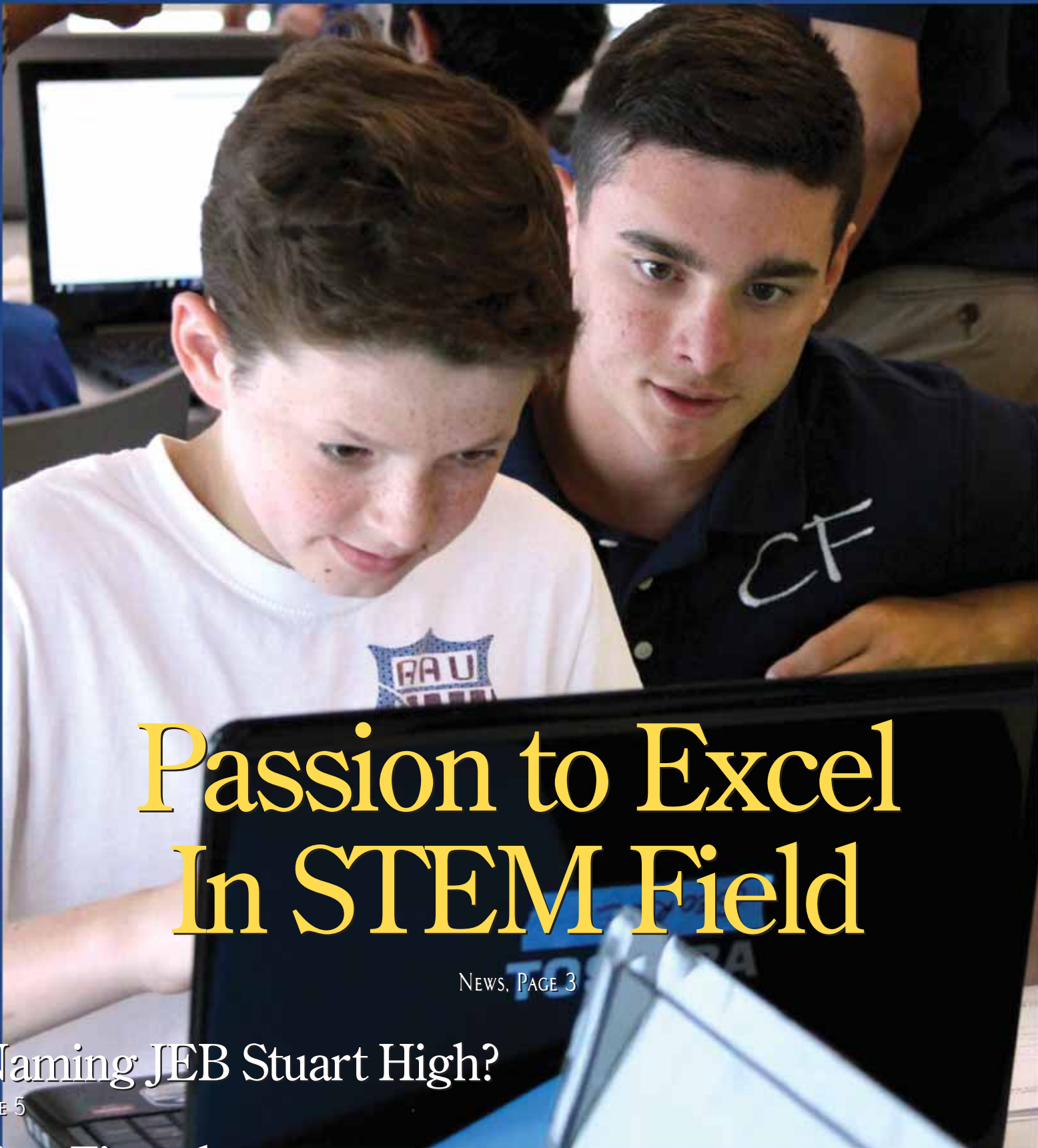


McLean CONNECTION

WELLBEING

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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.



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Passion to Excel in STEM Field

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."

CORE Foundations hosts Summer Camp for area children.



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.

OPINION

An Open Letter to Readers and More

Buy an ad in our annual Newcomers and Community Guide, please.

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 9

McLean
CONNECTION

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NEWS DEPARTMENT:
mclean@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Ken Moore
Community Reporter
240-393-2448
kmoore@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Trisha Hamilton
Display Advertising
703-624-9201
trisha@connectionnewspapers.com

Andrea Smith
Classified Advertising
703-778-9411
classified@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
jtheismann@connectionnewspapers.com
[@TheismannMedia](https://twitter.com/TheismannMedia)

CIRCULATION: 703-778-9427
circulation@connectionnewspapers.com





Members of the audience stand to show their support for not changing the name of JEB Stuart High School.



Members of the audience stand to show their support for not changing the name of JEB Stuart High School.

PHOTOS BY TIM PETERSON/THE CONNECTION

Working Group to Consider Re-Naming JEB Stuart High School

Fairfax County School Board seeks additional community engagement on divisive issue.

BY TIM PETERSON
THE CONNECTION

Coming off its recent decision to postpone the implementation of new regulations for transgender students, the Fairfax County School Board has moved action on the possible renaming of J.E.B. Stuart High School in Falls Church to a later date as well.

At its July 28 meeting, the last until school starts again, the board voted in favor of creating a working group that will “further consider community concerns” around re-naming the school.

The current namesake was a Confederate cavalry leader, which has sparked divisive controversy within the student body, alumni and community.

The issue was brought to the school board by a group of concerned students from Stuart who said it was shameful to attend a school named for a figure from the darker side of Virginia and the United States’ past.

Others say Stuart the man is not being given fair respect — that the context, the era, norms and beliefs in which he lived are not being taught at the school, much less considered in whether the name should change or remain the same.

THE SCHOOL BOARD has already done some outreach to gauge the community pulse, including a survey, for which board chair Sandy Evans said they received more than 500 responses.

Evans said they’ve looked back to School Board records from 1958, when Stuart was being named. She said not much rationale for the name was found.

“We can’t know what was in their hearts and minds,” Evans said on Thursday night at the meeting. But she said, the current board needs to be “reflective and responsive to all members of our diverse community.”

One motion and then a replacement were offered for the working group. A distinction in the alternative made clear that the working group would not ultimately decide a new name for the school, or even that one should be decided.

While it appeared the first motion presupposed that the working group result in a name change, it prompted Springfield District representative Elizabeth Schultz to comment that would be “the antithesis of what a democracy is.”

Per FCPS, the successful motion directs that, “The working group will weigh the pros and cons of a name change; continue to ensure public engagement and determine the extent of support for change; explore public-private partnerships to finance any name change; examine ways to prevent added burdens on the school’s booster clubs, PTSA, and Stuart school administration; decide the best method for transitioning from an old name to a new one; ensure proper record retention; and set the best timing for such a change, if approved by the Board.”

The ad hoc working group will comprise students, parents, Stuart community members, alumni and business leaders chosen by the Superintendent and with the Board’s blessing, FCPS said.

Findings and recommendations from the working group will be due back to the School Board by March 2017.

Some have said the issue is divisive enough, creating the working group will just drive the wedge further.

“No one will walk away comfortable with what we decide tonight,” said At-Large member Ryan McElveen.

He said a difficult task before the board and community is “How to remember the past while honoring and respecting a diverse community.”

Shirley Ginwright is president of the Fairfax County NAACP, which has partnered with the Stuart student group for changing the school’s name.

Pisciotta said the name change has already and will continue to be a “distraction from the real needs of the school.”

AFTER THE DECISION by the board, she said the two groups have conducted and presented the board with extensive research, including that Stuart served for the Union army before he went to the Confederacy. “JEB Stuart was a traitor,” Ginwright said. “Is that who we honor?”

2012 Stuart graduate Nicholas Pisciotta was among alumni and opponents to changing the name who attended the meeting.

Rather than put special effort into finding money that would be required to update school grounds, team uniforms, in the event of a name change, Pisciotta and others say that special effort could be better spent raising money for other uses around Stuart.

The board didn’t specify the size of the working group, nor when it will be created.

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WELLBEING

Staying Fit and Healthy on Vacation

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

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 vacation 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 Katie Brocker, 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.”



PHOTO COURTESY OF CHRISTIAN ELLIOT

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.

“Whatever you do, keep it simple and fun. If we make it too complicated it might not work.”

— Katie Brocker, Marymount University

GETTING ACTIVE with family and friends is one way that Brocker 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. Brocker 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, jump-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 Brocker.

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 Brocker. “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 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 Brocker. “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.”

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.

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



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.

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 protection 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.

“With the brain, like other parts of the body, you use it or lose it.”

— Dean Hartley, Ph.D., Alzheimer’s Association

“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.”

VOLUNTEER EVENTS AND OPPORTUNITIES

Fairfax County’s free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, August 9, 7-8 p.m.** We will discuss “When Your Loved One is Hospitalized”. Register beforehand at www.fairfaxcounty.gov/olderadultservices and click on Telephone Caregiver Support Group. Call 703-324-5484, TTY 711.

NEW FAIRFAX COUNTY PODCASTS:

50+ Podcast: Northern VA Senior Olympics. Jim MacKenzie, chairman of the Northern Virginia Senior Olympics, discusses the Sept. 10-21, 2016 games.

50+ Podcast: Meet the Insight Memory Care Center. Robin McGlothlin, assistant director for the In-

sight Memory Care Center in Fairfax, discusses how this program provides services to people with dementia and their families.

OPPORTUNITIES

Meals on Wheels urgently needs a route assistance volunteer in the **Franconia** area. The volunteer is needed to print, deliver and update route pages to the Manchester Lakes Retirement Community building in **Kingstowne**. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Sully Senior Center** in **Centreville** needs a **Card-Making Crafter** to lead a group using various mediums. For these and other volunteer

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

The **Hollin Hall Senior Center** in **Alexandria** needs a **Garden Helper** to help maintain the vegetable/perennial garden and instructors for the following classes: **Basic Woodworking**, **Italian** and **Ballroom Dance**. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Meals on Wheels needs **drivers, coordinators, and co-coordinators** for routes throughout the county. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Lewinsville Senior Center** in

McLean needs a **Certified Arthritis Exercise Instructor**. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Vietnamese Meals on Wheels needs drivers in **Anandale**. Speaking Vietnamese is not required. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Korean Meals on Wheels needs drivers to deliver meals in **Falls Church** and **Anandale**. (Speaking Korean not required.) For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Mott Community Center** Se-

nior Program in **Fairfax** is looking for a volunteer **Tai Chi** instructor. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Wakefield Senior Center** in **Anandale** needs **Front Desk Volunteers** and **Fitness Instructors**. Volunteer instructor positions could lead to part-time employment. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

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

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Dr. Kathryn J. Sowerwine is a board certified Allergist and Immunologist with a special interest in dermatological diseases linked to allergy. She completed a residency in Internal Medicine at Georgetown University Hospital and her clinical and research fellowship in allergy and immunology at the National Institutes of Health in Bethesda, MD.

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McLean resident Alan Ford was honored by the Fairfax County Board of Supervisors on Tuesday, July 26 for his efforts to save native plants, remove invasive species and to enlightening residents and inspiring them to get involved in environmental stewardship and watershed management.



Dranesville Supervisor John W. Foust honored Alan Ford for thousands of hours he has spent in county and federal parks in Northern Virginia.

Double Honor: County and Steward

Learn how to identify invasives, to eradicate invasives, and to get involved. See vnps.org.

BY KEN MOORE
THE CONNECTION

Dranesville Supervisor John W. Foust has watched many of the thousands of hours McLean's Alan Ford has worked in Dranesville and federal parks.

"I don't know where you find the time," said Foust, "but we are glad that you do."

Ford was honored by the Fairfax County Board of Supervisors and Cox Communications at the Board's meeting on July 26, 2016.

"He has volunteered more than 12 years in Fairfax County and Northern Virginia to saving native plants, removing invasive spe-

cies and enlightening residents about the importance of environmental stewardship and watershed management," said Board of Supervisor Chair Sharon Bulova.

The Potowmack Chapter of the Virginia Native Plant Society, Ford's nonprofit beneficiary, will receive \$10,000. See <http://vnps.org/>.

"He is a committed volunteer, hard working, and has spent more than 12 years improving Fairfax County," said Kathryn Falk, of Cox Communications.

Cox and The Trust for Public Land named Ford as Virginia's 2016 Cox Conserves Hero earlier this year.

"I'm deeply honored. I have been glad to participate with so many wonderful volun-

teers in many opportunities throughout the county for many years," said Ford, of McLean. "It is an opportunity to educate, to work with people and help encourage them to pay attention to our natural heritage."

The computer science professor at American University has devoted thousands of hours in service to outdoor parks in Northern Virginia and the District of Columbia and uses technology to support environmental stewardship.

The importance of clearing non-natives is obvious but endless.

"If we didn't do this kind of work," he said, "there would be more damage and more loss to the habitat in our parks and wild places."

"Your own property probably has invasive plants on it. It takes a few minutes finding out about invasive plants or getting somebody to show you," said Ford. "You can start

making a difference."

The Virginia Native Plant Society educates and inspires and was founded in 1982 as The Virginia Wildflower Preservation Society.

"The Society's programs emphasize public education, protection of endangered species, habitat preservation, and encouragement of appropriate landscape use of native plants," according to its website. "The Potowmack chapter is the largest VNPS chapter, representing over 400 members in the counties of Arlington and Fairfax; cities of Alexandria, Fairfax, and Falls Church."

Ford got to hear words Nancy Vehrs wrote in support of his being honored.

"His tremendous knowledge and passion for the environment, and calm manner and gracious people skills make him an ambassador for environmental resources and a model for others," said Vehrs.

Back to School Waits for Back to School

Decision regarding expansion of Falls Church City school postponed until the Fall; McLean Citizens Association continues to oppose the application.

BY KEN MOORE
THE CONNECTION

Falls Church City Public Schools wants to expand Mount Daniel Elementary School to educate the school system's first and second graders.

But to get to Mount Daniel requires trips on McLean streets, including North Oak, a Fairfax county street that neighborhood residents say is not easily navigated by school busses.

The McLean Citizens Association Board of Directors adopted a resolution in 2015 and this year opposing the potential expansion because it was "excessive and incompatible with the neighborhood."

"It is a lot of intensity for this small site," testified Mark Zetts, chair of MCA's planning and zoning committee.

About 17 speakers testified Thursday, July 22 before the Planning Commission, both for and against.

Falls Church City Public Schools has operated Mount Daniel Elementary School on a 7.31-acre property located in a residential neighborhood at 2328 North Oak Street since 1952.

The Falls Church school system seeks an expansion that would increase the square footage of the building from 44,118 square feet to 79,491 square feet; the expansion would allow the school to enroll up to 660 students. About 436 students are enrolled now and the school is above capacity.



PHOTO BY KEN MOORE/THE CONNECTION
Mount Daniel is a Falls Church City Public School but operates at 2328 North Oak Street, a Fairfax County street.

Mayor David Tarter crossed county and McLean borders to advocate for the expansion of Mount Daniel Elementary School, a school he called "a cornerstone of our small community."

"We take pride in our school system," said Tarter. "This is of critical importance to our city."

"We work hard to be good neighbors,"

said Justin Castillo, chair of the Falls Church City School Board.

Castillo expressed ways Mount Daniel hopes to alleviate concerns of the neighborhood, including having shuttles during nighttime events, keeping the number of nighttime events to 10 during the school year, helping plow the streets during snow storms, ensuring that all Mount Daniel parents know the impact the school has on the neighborhood, and more. The school system reduced its original plans to expand the school so it could enroll up to 792 students.

"I am here to say we are serious about making sure we abide by our promises," Castillo said.

"We know we must comply with our conditions and we will continue to work with our neighbors," said Mayor Tarter.

More than four dozen advocates of the expansion stayed past midnight to listen to the Commission hearing.

The Planning Commission was scheduled to make its recommendation to the Board of Supervisors with its vote on Thursday, July 29, but deferred its decision only hearing to September.

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



PHOTO BY MARTIN GIRARD/SHOOTSTUDIO.CA COSTUMES: PHILIPPE GUILLLOT 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.

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/.

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.org.

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/>

SATURDAY/AUG. 20.

Vienna's County Fair. Noon-4 p.m. Freeman Store, 131 Church St. NE, Vienna. farm animals, crafts, a home grown garden fruits and vegetables competition, a bike decorating contest for kids, living history re-enactors, and old-fashioned music and games. 703-938-5187.

SUNDAY/AUG. 21

The 19th Street Band. 6-8 p.m. Great Falls Village Centre Green, Great Falls. The 19th Street Band has followed the traditions of The Carter Family and The Kingston Trio while also integrating modern elements of Americana, Country, and Rock 'n Roll. <http://www.celebrategreatfalls.org/concerts-on-the-green/>. Ellis Paul with Dave Navarro. 4 p.m. Jammin Java, 227 Maple Ave. E, Vienna. jamminjava.com.

SUNDAY/AUG. 28

The Beat Hotel. 6-8 p.m. Great Falls Village Centre Green, Great Falls. New Orleans Mardi Gras Swamp Funk. <http://www.celebrategreatfalls.org/concerts-on-the-green/>.

SATURDAY/SEPT. 1

Paint the Town Reception. 4-6 p.m. 115 Pleasant St. NW. Vienna. Vienna Arts Society members exhibition. ViennaArtsSociety.org.

V-J Day

FROM PAGE 4

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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"Love That Dirty Water"



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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**JD SOLD MORE HOMES last year
in 22101 than any other agent!** (Per MRIS)

OPEN
Sun. 8/7
2-4pm



609 S. Oak St, Falls Church City \$1,250,000
GORGEOUS 5BR/3.5 bath arts & crafts home built in 2004! Grand 2-story foyer; gorgeous wall of windows, 25' ceiling & stone fireplace in great room; immense screened-in porch; state of the art gourmet kitchen; beautiful owner's suite with cathedral ceiling; and luxury bath including steam shower, whirlpool tub & marble floor; separate media room; lovely .31/acre lot; sought-after Falls Church City location! **Falls Church City Schools!**



6231 Cottonwood Street, McLean \$1,229,900
BEAUTIFUL 5BR/3.5 BA home located on wonderful 1/2 acre lot; gorgeous island kitchen with granite, breakfast bar seating plus eat-in space and lots of light/windows; owner's suite with sitting area plus luxury bath with dual vanities, separate tub & glass-enclosed shower; finished full daylight LL with rec room and wet bar + BR, full BA & walkout to patio. Huge level backyard! **Chesterbrook, Longfellow and McLean schools!**



1605 Maddux Lane, McLean \$1,645,000
STATELY and STUNNING 5BR/4.5 BA custom home in private cul-de-sac location! This spectacular home features gourmet chef's island kitchen with high-end stainless steel appliances, granite, & breakfast room; owner's suite with tray ceiling and fireplace plus luxury bath; 4 full baths updated in 2016! Upper level den & cupola w/ treetop views; LL w/ huge rec rm & media rm; wonderful location backing to nature preserve; 1 stoplight to DC!

BEST WASHINGTONIAN 2016



**6212 Loch Raven Drive
McLean 22101
\$825,000**

**FOR
RENT!**



**1435 Highwood Drive
McLean 22101
\$3,995/month**



**1512 Laburnum Street
McLean 22101
\$1,070,000**



**5851 Upton Street
McLean 22101
NOW...\$1,150,000**



**1620 Forest Lane
McLean 22101
\$1,548,000**



**LOT 50/Portion-Hunting Ave
McLean 22102
NOW...\$550,000**



**6420 Divine Street
McLean 22101
NOW...\$1,499,000**

Over 50 homes sold so far this year!