

State Champions, Again

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The McLean Highlanders girls gymnastics team won its second Virginia state championship in the past three years.

A+
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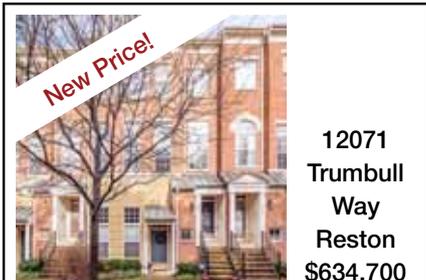
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As a member of James Madison High School Amnesty International Club, senior Sean Doyle coordinates activism with others on such issues as abolishing the death penalty, reducing gun violence and police brutality, and convincing the Vienna Town Council to make Vienna an “I Welcome Refugees” town.



PHOTOS BY TIM PETERSON/THE CONNECTION

Marshall senior Aidan Kemp (center) is the lead senior mentor for the Marshall Freshman Transition program and does community service work through St. Thomas Episcopal Church in McLean.

Committed to Peacemaking

BY TIM PETERSON
THE CONNECTION

Suraya Sadeed said hearing more than 20 stories of students promoting peace in and out of their schools made her believe “there is still hope for a brighter future.”

Sadeed is a native of Kabul, Afghanistan who made a new home in the United States in 1982, fleeing the aftermath of the Soviet invasion. She founded the non-government organization Help the Afghan Children and is author of “Forbidden Lessons in a Kabul Guesthouse.”

The former owner of a real estate company, Sadeed has risked dangerous situations to deliver humanitarian aid to women and children in war-torn Afghanistan. On Sunday, March 12, she addressed high school students from around Fairfax County being honored at the Student Peace Awards.

Sadeed spoke about the importance of promoting peace through education, as a preventative measure against bullying, hatred and violence later in life.

“The cost of providing peace education to 8 million children in Afghanistan is less,” she said, “than buying one military plane.”

The student peace awards are offered in all Fairfax County public high schools and some private schools. Schools choose their winners based on their work to promote peace as well as prevent causes of violence: poverty, discrimination and injustice.

Each of the individual or groups of students not only took action for peace, but did so with creative, entrepreneurial energy — founding clubs, organizing charity projects, leading training sessions or creating documentary films.

Fairfax County School Board chair Sandy Evans said she was deeply impressed with the work of the students being honored at the Stacy Sherwood Community Center in Fairfax, from anti-bullying to human traf-

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Marshall senior Aidan Kemp (center) is the lead senior mentor for the Marshall Freshman Transition program and does community service work through St. Thomas Episcopal Church in McLean.

ficking awareness to anti-genocide.

“Few goals are more important in the world today,” Evans said, “than promoting peace, acceptance, kindness and tolerance.”

Evans was joined in congratulating the students by fellow board members Ryan McElveen (at-large) and Dalia Palchik (Providence).

Fairfax County Board of Supervisors vice chairman and Mason District representative Penny Gross (D) read a letter of recognition from board chairman Sharon Bulova that thanked the students for their commitment to peacemaking.

All the students have come together, Gross read from Bulova’s letter, “in one goal, strengthening peace and unity.”

Del. Kenneth Plum (D-36) joined the

Student Peace Awards of Fairfax County reception honors activists and advocates.



Suraya Sadeed said hearing the stories of students promoting peace in and out of their schools, it made her believe “there is still hope for a brighter future.”

other elected officials in congratulating the award-winners.

The 2017 Student Peace Awards of Fairfax County winners are as follows, bios according to the event program:

Ethan Mirani, junior at the Cedar Lane School in Vienna

Mirani was a member of the school’s Anti-Bullying Committee for two years and worked to grow the group as well as plan activities and keep things organized.

Jasmine Howard, senior at Centreville High School

Howard organized members of the Centreville Key Club to sell 240 wristbands from Guatemala, made out of leather and pieces of coconut shell with colored string, raising \$1,700 in sales and donations that went back to the wristband artisans and

disadvantaged foreign youth.

Shaan Chudasama, senior at Chantilly High School

Chudasama co-founded and is vice president of Young at Art, a non-profit organization using art-related activities to improve the quality of life of seniors, less fortunate children and veterans. With his sister, the other co-founder, they’ve partnered with the Special Olympics and Sunrise Assisted Living.

Vanessas Mae Avendano, senior at Falls Church High School

Avendano is vice president of Falls Church’s Lesbian, Gay, Bisexual and Transgender club and also founded Falls Church High School United, a group of clubs united to spread peace and acceptance. The group has produced a series of videos dealing with anti-bullying and giving respect.

Sabah Munshi, senior at Hayfield Secondary School

Munshi helped organize a project called Walking for Water and raised both awareness of the world’s water crisis and more than \$2,000 for the Tap Project by UNICEF. She has also volunteered at Virginia Hospital Center in the renal unit.

Surabhi Khanal, senior at Herndon High School

Khanal has been a member of the Herndon Leo Club and founded MedLove, Inc, a non-profit organization with the mission of helping rescue women in the United States and abroad who are human trafficking victims. Through the Key Club, Khanal and other students also organized a benefit gala to raise awareness of local trafficking and \$3,000 for combatting HIV and AIDS in her native Nepal.

Naba Khan and Shafia Tala, juniors at King Abdullah Academy in Herndon

Khan and Talat founded the organization

SEE PEACE AWARDS, PAGE 4

MCLEAN CONNECTION ♦ MARCH 15-21, 2017 ♦ 3

Peace Awards Presented

FROM PAGE 3

Women of the World (WOW) to promote women's rights and help women struggling with homelessness, hunger, oppression or abuse. Some of their projects include opening a sewing institute in Nalgona, India and fundraisers involving the whole student body.

Jamie Hunstad, senior at Lake Braddock Secondary School

Hunstad set up a Special Olympics program at Lake Braddock, starting with a basketball team and adding track and field. She coaches both teams, and also helped the Rachel's Challenge program find a presence at her school. Rachel's Challenge deals with stomping out bullying and promoting tolerance and inclusion.

Donya Momenian and Chrissie Ivanova, seniors at Langley High School

The two seniors co-founded a chapter of the Girl Up Club at Langley, growing it from two to 30 members who meet bi-monthly. The national and international club empowers young women in education, fundraising, advocacy and service, as well as runs development programs in Guatemala, India, Liberia, Malawi, Uganda and Ethiopia.

Naomi Soquar, senior at Robert E. Lee High School

Soquar helped found a chapter of the Amnesty International Club at Lee — she currently serves as its president. She led club members and volunteers in writing letters against human rights violations, which in one case contributed to two political prisoners in the Democratic Republic of Congo being released. Soquar also serves with Girls Learn International, the Capital Area Food Bank and Habitat for Humanity.

Sean Doyle, senior at James Madison High School

A member of Madison's Amnesty International Club Doyle is coordinating activism with others on such issues as abolishing the death penalty, reducing gun violence and police brutality, and convincing the Vienna Town Council to make Vienna a "I Welcome Refugees" town.

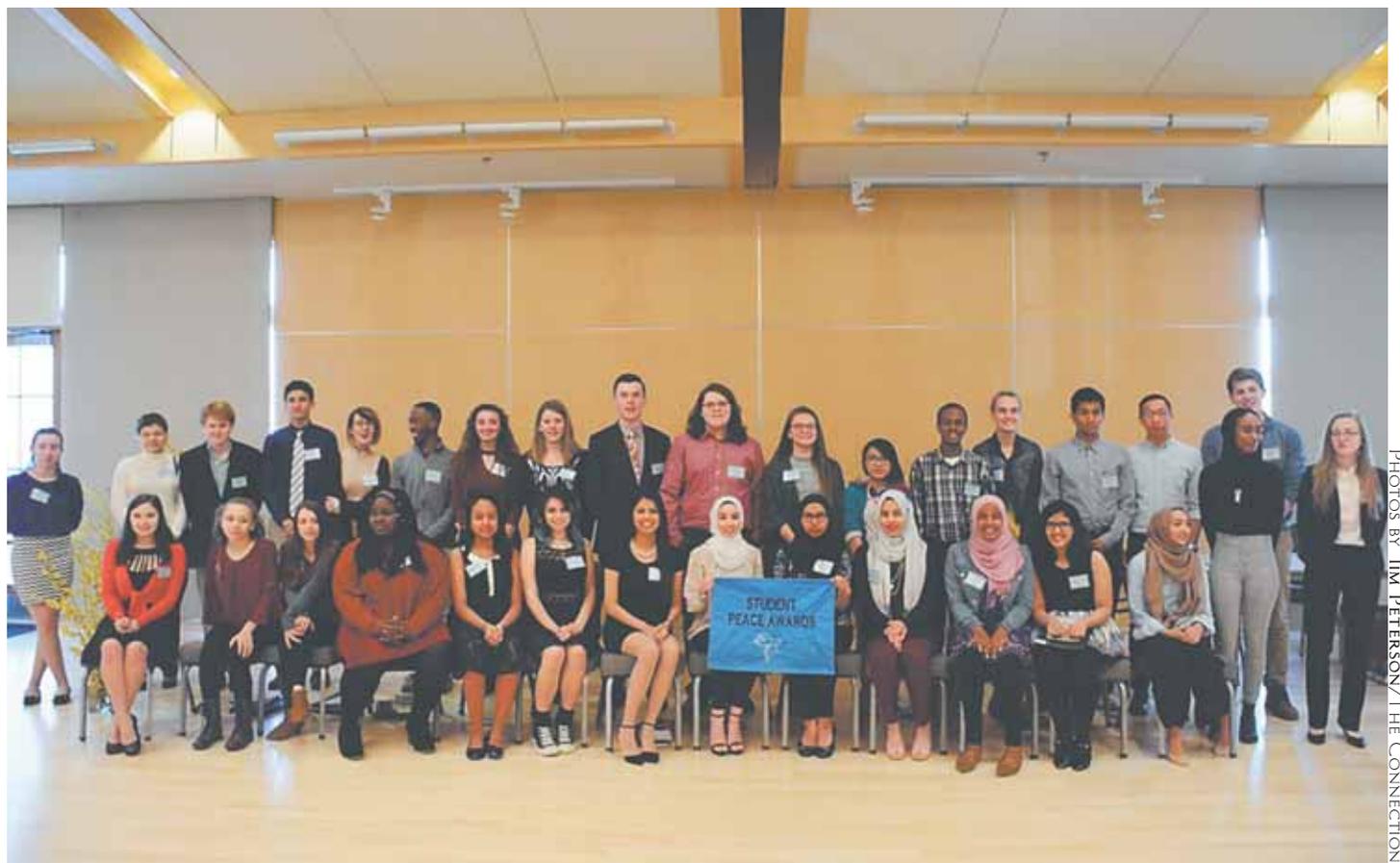
Aidan Kemp, senior at George C Marshall High School

Kemp is the lead senior mentor for the Marshall Freshman Transition program and does community service work through St. Thomas Episcopal Church in McLean.

Josh Leong and Sam Gollob, juniors at McLean High School

The two juniors created a 10-minute film documenting the struggles of Herman Wainggai, a human rights advocate from West Papua who escape political imprisonment by taking a boat to Australia. "Herman Wainggai: A Hidden Genocide" premiered at the Garifuna Indigenous Film Festival in Los Angeles in April, 2016.

Yosaph Boku, senior at Mount



The Student Peace Awards are offered in all Fairfax County public high schools and some private schools. Schools choose their winners based on their work to promote peace as well as prevent causes of violence: poverty, discrimination and injustice. This year's awards were given out March 12 at the Stacy Sherwood Community Center in Fairfax.

PHOTOS BY TIM PETERSON/THE CONNECTION



South Lakes senior Emily Lockwood mentors freshmen transitioning to high school and coaches track for children with special needs.

Vernon High School

Boku helped create a program that teaches disadvantaged youth and adults in his community computer skills. The senior also gives groups of counselors feedback, suggestions for encouraging more minority students to take advantage of advanced courses.

Roza Al Barznji, senior at Mountain View Alternative High School

Al Barznji came to the United States three years ago as a refugee from Northern Iraq, and works to help her classmates understand her Kurdish heritage using photography. She's also published seven stories about her own journey becoming a Kurdish American, the people of Syria and refugees in American communities, as well as made a documentary about American Thanksgiving traditions.

Members of Blossoming Beauties at Quander Road School

Young women in the Blossoming Beauties program work on both becoming more well-rounded and confident, as well as car-

rying out school and community projects together. In 2016, the group raised money for Bethany House shelter for female victims of domestic abuse; they've also produced fleece blankets for New Hope Housing and their mission to end homelessness. In 2017, Blossoming Beauties is collaborating with A Space of Her Own to target and support fifth grade girls avoiding delinquency.

Narjes Bencheikh, senior at South County High School

The South County senior helped co-found a Muslim Student Association and International Club at her school. The 50-person Muslim Student Association carries out role-playing exercises and discusses issues encountered in the community.

Emily Lockwood, senior at South Lakes High School

Lockwood mentors freshmen transitioning to high school and coaches track for children with special needs. For a school assignment, she worked with the Institute of Peace in Washington, D.C., to

find primary and secondary sources looking at improving state and societal relations in Myanmar (Burma).

Maiss Mohamed and Deema Alharthi, juniors at JEB Stuart High School

The Stuart juniors revitalized their school's Model United Nations Club and have become active with Students in Training for Advocacy and Responsibility. They also participate in Key Club, Girls Up and Interact, and volunteer with groups including the Virginia Coalition of Latino Organization.

Members of TJ Minds Matter, Thomas Jefferson High School for Science and Technology

The student-led group offers support for handling stress and disappointment, and provides resources for learning how to engage with someone in a crisis and non-crisis situation. TJ Minds Matter hosted a Mental Wellness Week in January this year, including days dedicated to random acts of kindness and stomping out stigma (surrounding mental illness).

Students with Combatting Intolerance at West Potomac High School

The Fairfax County class Combatting Intolerance was created in 2015 — West Potomac teacher Robert Kerr molds the curriculum around social justice topics, racism, sexism, welcoming immigrant and refugee students, and advocating for the rights of lesbian, gay, transgender and asexual students, staff and other people in the community. The 22-member class raises money to support small local non-profits and sponsored a school-wide Diversity Week.

Rodney Wrice, senior, and Audrey Wever, junior, West Springfield High School

Friends Wrice and Wever started a kindness campaign using candy bars and sticky notes to encourage positive messaging around the time of the 2016 Presidential election.

Fifteen-year-old Timothy Gulyn plays Christmas music with fellow clarinetists. His teacher brings together all her clarinet students to perform with each other several times a year.



PHOTO COURTESY OF LINDA GULYN

Practice Makes Perfect

Local educators share strategies for getting children to practice music.

BY MARILYN CAMPBELL
THE CONNECTION

When Linda Gulyn's son reached high school age and asked to quit his clarinet lessons, the Arlington mother of four declined his request.

"My son Timmy is an excellent clarinet player. The philosophy I've established in my house is that music is part of your overall education like science or math, so you can't just quit," said Gulyn, saxophonist, former music teacher and professor of psychology at Marymount University.

During the month of March, which is designated at Music in our Schools Month, educators highlight the benefits of quality music education programs. Part of a music education is practice, encouraging that in children can be daunting for some parents.

For children who play a musical instrument, regular practice is not only a path toward proficiency, it helps establish discipline that is useful in other areas of one life's. This habit, however, must be established purposefully says John Kilkenny, assistant professor of music at George Mason

University. "Treat practice time like a part of child's daily routine," he said. "They have to have a consistent time for practice. For example, they come home from school each day, have a snack and practice for 30 minutes."

One key to keeping children motivated to practice is setting goals, be they long-term or for the current practice session. "Goal-oriented practice for younger kids, like a recital to work toward, for example is a good motivator," said Kilkenny. "The biggest thing is consistency, practicing at or near the same time every day just like everything else they do so that it becomes part of their routine."

For practice sessions to be effective, they must be organized and purposeful. This is another area where goal setting can be useful says, Ann McCoy, who teaches piano and violin in her Bethesda, Md. home. "Maybe a goal for a child who is working on a particularly difficult piece of music could be to spend their practice time perfecting three or four measures," she said. "Rather than focusing on practicing for a set amount of

SEE PRACTICE, PAGE 7

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Susan Perry is the Vice President of Client Services at Care Options, a Lifematters Company. She is a Licensed Clinical Social Worker in Virginia with 25 years of experience in acute care, long-term care, rehabilitation, home care and hospice care settings. Susan has served as a member of the Geriatric Consultation Team at Inova Fairfax Hospital. She has a Bachelor of Social Work from the University of Pittsburgh and a Master of Social Work from Virginia Commonwealth University.

Diane Vance is the Program Manager for the Alzheimer's Association National Capital Area Chapter. She has been immersed in dementia care professionally and as a caregiver for many years. Diane served as the Director of Dementia Care Services in Assisted Living and Director of an Adult Medical Day Program for elderly individuals with cognitive impairments. As a passionate advocate for those with dementia and their families, she has provided invaluable support to many.

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OPINION

Stop Bullying Federal Workers

BY U.S. REP. DON BEYER (D-8) AND
U.S. REP. GERRY CONNOLLY (D-11)

Republicans hold control of all three branches of government, and therefore have a responsibility to lead the civil service that employs millions of Americans, and every American relies upon for myriad services. The overwhelming majority of federal workers are hardworking people who devote themselves to public service. They secure borders, keep food safe, advance scientific and medical research, deliver our mail, and provide care to many of us, including our veterans.

Republican leaders have repaid this service with repeated attacks.

In 2013, they shut down the government as a political stunt, and came hours away from doing it again in 2015 at the Department of Homeland Security. They enacted the Budget Control Act, which ultimately led to Sequestration, cutting the budget of every federal agency with the surgical precision of a meat-ax.

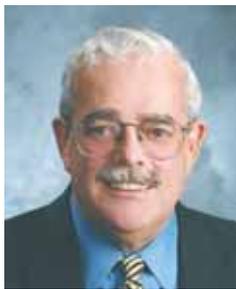
But since Republicans acquired total control over government, their treatment of federal workers has been beyond the pale.

On the first day of the new Congress, House Republicans passed a rules package over our loud objections containing a reinstatement of the Holman Rule, which would potentially allow Congress to engage in political retribution against federal workers by reducing any given employee's salary to \$1. Only three Republicans opposed the measure on the floor, none from Virginia or Maryland.

The Holman Rule was especially troubling in light of the new administration's so-called "enemies list" of employees who had worked



Beyer



Connolly

on specific policy areas for the Obama Administration, such as climate policy.

As one of his first actions, President Trump announced a hiring freeze for federal workers. This is terrible policy and a mindless approach to management that dodges hard decisions.

The Government Accountability Office studied past hiring freezes and found them "not effective." The government is more likely to rely on overtime and contract work, which often costs taxpayers more. Meanwhile, tens of thousands of Americans have total uncertainty in their professional lives. Agencies are unable to make efficient, long term plans, driving up costs and hurting morale. Over time, Americans trying to manage social security benefits, travel in airports, or secure healthcare will see the impact of this freeze when benefits are not mailed or airport security lines move much more slowly.

Two other classes of citizen are hit particularly hard: people with disabilities and veterans.

In 2015, due to Obama Administration initiatives, 19 percent of the federal government's new hires were people with disabilities. The federal government has hired

109,000 people with disabilities in the past five years.

Veterans stand to be among those hardest hit by the hiring freeze. The Veterans Administration is one of the largest federal employers, but is also significantly understaffed. Delivering the care promised to those who served in the armed forces depends on having effective staff to deliver that care.

Over 30 percent of the civilian federal workforce is made up of veterans, a number which has grown consistently as agencies prioritized hiring vets. Many of the positions held vacant by the hiring freeze would have gone to vets, and the progress we have made on veteran unemployment will be halted.

Contrary to this administration's claims, the federal workforce is dwindling as a share of the population. And 85 percent of federal workers are located outside the beltway. It is also aging, and over a third of the current feds will be eligible for retirement by September. Federal workers have been treated as a piggy bank by Congress for years now, their pay raises delayed or denied, they've been furloughed and had their benefits cut. Now their morale is hit by politicians who make them a political punching bag. A bill just proposed in Congress would make all federal workers "at-will" employees, exposing them to political retribution and punishment by a hostile administration without recourse.

The federal workforce is not, as Mr. Trump has said, a "swamp." It is a group of committed Americans who serve us, and they deserve better from Congress. The Republican Party has total control over the levers of government. Will any of its leaders have the decency or the courage to fight for the civil service which serves us all?

LETTERS TO THE EDITOR

Who Pays Taxes?

To the Editor:

It is tax time again and one's thoughts turn to the question of just who in America is paying the taxes that keep our country running. Who pays the expenses for the White House and the President as well as the security protection for him and his family here and on their worldwide trips? Who pays the salaries and benefits of our elected officials and their staffs? Who pays for our schools and libraries and for our roads and infrastructure? Who pays for police and fire protection? Who pays for government agencies and for our military and our veterans? Who pays for wars and walls and prisons? Who pays for public transportation? Who pays to help states when a natural disaster occurs? Who pays profitable businesses to move to our city, county or

state or to stop them from leaving? The list goes on and on and on.

Big business tries to pay as little tax as possible with the help of loopholes or a move to another

country or both. Rich people, with the help of tax laws, hire accountants and lawyers to help them pay as little tax as possible in this life and even when they're dead. Heck, even our President pays no taxes

and is very proud of that fact.

So, who is left to pay? The people who can least afford it!

Rebecca Horahan
McLean

Free St. Patrick's Day Lyft Rides Offered in Area

Preparing to combat that time of year when, according to the National Highway Traffic Safety Administration (NHTSA), nearly one-third of all U.S. traffic deaths are caused by drunk drivers, free Lyft rides will be offered to would-be drunk drivers throughout the Washington-metropolitan area next Friday, March 17, 2017 (St. Patrick's Day).

Offered by the nonprofit Washington Regional Alcohol Program (WRAP), the 2017 St. Patty's Day SoberRide program will be in operation beginning at 4 p.m. on Friday, March 17 (St. Patrick's Day) and continue until 4 a.m. on Saturday, March 18 as a way to keep local roads safe from impaired

drivers during this traditionally high-risk holiday.

During this 12-hour period, area residents celebrating with alcohol may download Lyft to their phones, then enter the code SOBERRIDE in the app's 'Promo' section to receive their no cost (up to \$20) safe transportation home. The SoberRide code is valid for new and existing Lyft users.

Last year, 250 persons in the Washington-metropolitan area used WRAP's St. Patrick's Day SoberRide program rather than possibly driving home impaired. The charity also offers its SoberRide program on Cinco de Mayo, Independence Day, Halloween and the winter holidays this

year starting on Dec. 15, 2017 and operating through and including New Year's Eve.

Lyft will provide SoberRide trips throughout the Washington-metropolitan area to local residents age 21 and older who otherwise may have attempted to drive home after drinking.

SoberRide is offered throughout Lyft's Washington, D.C. coverage area which includes all or parts of: the District of Columbia; the Maryland counties of Montgomery and Prince George's; and the Northern Virginia counties of Arlington, Fairfax, Loudoun and Prince William.

More information about WRAP's SoberRide initiative can be found at www.soberride.com.

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Published by
Local Media Connection LLC

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Alexandria, Virginia 22314

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Practice Makes Perfect

FROM PAGE 5

time, they could practice until the can play the three measures perfectly and then they're finished for the day. That is more effective than saying sitting for 30 minutes without accomplishing something specific."

Adding a light-hearted element to practice, which can be seen by some children as laborious, also encourages students to practice. "There should be some sense that playing the instrument is supposed to be fun and students should ... have some flexibility beyond a rigid experiences," said Kilkenny. "It shouldn't feel like it's a negative experience."

For parents who have trouble getting a child to start a practice session, McCoy recommends trying different times of the day. "For example, I had one mother who had screaming matches with her children to get them to practice after they'd finished their homework in the evening," she said. "She changed their practice time to the mornings after breakfast, but before they left for school. That made a huge difference in

their willingness to practice because they were rested and in a better mood."

Parents should be realistic about their child's temperament and musical talent said Guly. "A child is only going to enjoy playing an instrument if they're good at it and parents have to be realistic about that," said Guly. "Music isn't easy for everyone."

Choosing a teacher who is a good fit for one's child can have an effect on their desire to practice. "Ask around for recommendations, but find a teacher who inspires their students," said Guly.

"It's important to make sure the teacher is somebody who is credentialed and has degrees in music and also that they're continuing to be engaged professionally as teachers and performers," added Kilkenny.

"Find a teacher who inspires their students."

—Linda Guly, parent

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 FY 2019 Programs**



Wednesday, March 22, 2017 at 7:30 p.m.

The Governing Board and Staff of the McLean Community Center are **seeking input from residents** of Dranesville Small District 1A at a Public Hearing on Programs for FY 2019, which runs July 1, 2018 through June 30, 2019. MCC programs are scheduled to return to the newly renovated Ingleside facility in the Fall of 2018.

The Board and Staff are interested in hearing residents' suggestions for class offerings, community events, theater programs, exhibits, tours, youth events and teen activities when they return home to the Center.

If you would like to speak at the hearing, call the Center to have your name placed on the speakers' list. You also may submit comments in writing to: george.sachs@fairfaxcounty.gov.

The hearing will be followed by the regular monthly meeting of the Governing Board.

The McLean Community Center
 1234 Ingleside Avenue, McLean VA 22101
 703-790-0123/TTY: 711
www.mcleancenter.org

CALENDAR

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

ONGOING

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.

FRIDAY/MARCH 17

Children's St. Paddy's Party. 7-9 p.m. at the Old Firehouse, 1440 Chain Bridge Road, McLean. Music, dancing, games, free catered food, videos and various attractions, 5th and 6th graders only. \$35/\$25 McLean District residents. Visit www.mcleancenter.org or call 703-448-8336 for more.

MARCH 18-19

Sponsors Work Day. 9 a.m.-noon at The Claude Moore Colonial Farm, 6310 Georgetown Pike, McLean. McLean Trees Foundation needs volunteers to help edge, mulch, and prune 30 trees along Chain Bridge Road at Lewinsville Park, lunch provided. Email jengle@1771.org or visit www.1771.org for more.

McLean Youth Production. 3 p.m. at the Old Firehouse, 1440 Chain Bridge Road, McLean. "The Stinky Cheese Man and Other Fairly Stupid Tales" adaptations. \$15/\$10 McLean district residents. Visit www.mcleancenter.org or call 703-448-8336 for more.

SUNDAY/MARCH 19

The National Brass Quintet. 3 p.m. at St. John's Episcopal Church, 6715 Georgetown Pike McLean. Works by Handel, Bach, Bozza, McKee, Bernstein, Barnes and a special multimedia tribute to veterans. Visit www.stjohnsmclean.org/ for more.

Opening Reception. 3-5 p.m. at ArtSpace Herndon, the Art Gallery and Performance Space, 750 Center Street, Herndon. There's No Place Like Home exhibit by members of the Great Falls Studios, on display March 14-April 8. Visit ArtSpaceHerndon.com for more.

Uppity Women. 3 p.m. at Chapel Auditorium, Madeira School, 8328 Georgetown Pike, McLean. Traveling Players Ensemble celebrates strong and difficult women with its "Uppity Women Festival," a double bill of "The Wizard of Oz," and "The Taming of the Shrew." Visit www.travelingplayers.org or call 703-987-1712 for more.

Masala Bhangra Dance class. 3-4 p.m. At SourceCore Fitness Studio, 144 Church St. NW #102, Vienna.



PHOTO CONTRIBUTED

On Thursday, April 13, the Shephard's Center is having an open house to highlight the Adventures in Learning series, 10 a.m.-noon at Oakton-Vienna. 541 Marshall Road SW, Vienna. Using laughter and entertainment in learning. Visit www.scov.org or contact the office at 703-281-0538, office@scov.org.

Masala Bhangra is an Indian-dance based class. It introduces high energy Bhangra and Bollywood dance movements in an easy-to-follow format. Donations of suggested \$20 and up accepted for to Childline India Foundation. Email info@sourcecorestudio.com for more.

Andy Suzuki & The Method. 8 p.m. at Jammin' Java, 227 Maple Ave E., Vienna. Andy Suzuki teams up with Kozza Olatunji-Babumba for their third full-length album, The Glass Hour. Visit www.jamminjava.com/ or call 703-255-1566.

TUESDAY/MARCH 21

Meet the Author. 11 a.m.-1:30 p.m. at Great Falls United Methodist Church, 10100 Georgetown Pike. Laura M. Elliott, local author, is the guest speaker. Call 703-759-3705 for more.

Italian Renaissance Art. 5 p.m. at Dante's Ristorante, 1148 Walker Road, Great Falls. Dr. Gianni Cicali will speak on the topic will be "The Influence of the Legend of the Cross on Deeda Calderazzo at 703-759-4605 by March 16.

WEDNESDAY/MARCH 22

Groundbreaking Ceremony. 10 a.m. at the McLean Community Center, 1234 Ingleside Ave., McLean. celebrate the start of the \$8 million renovation of its Ingleside Avenue facility. A reception will follow the ceremony in the Center's Community Hall. Contact Sabrina Anwah at sabrina.anwah@fairfaxcounty.gov or 703-744-9363 for more.

FRIDAY/MARCH 24

Atomic Trampoline & Movie. 8 a.m.-6 p.m. at the Old Firehouse, 1440 Chain Bridge Road, McLean. Bounce on 40 interconnecting trampolines and foam pits and then see a PG or PG-13 movie. Visit www.mcleancenter.org or call 703-448-8336 for more.

McLean Art Society. 10 a.m.-noon at Dolly Madison Library, 1244 Oak Ridge Ave. Joyce McCarten, a painter of abstract oils, will be the featured presenter. Call 703-356-9770 for more.

SpiritMind and Drum Circle. 7-9 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Join this mind-body-heart-spirit experience and gathering where participants are guided in co-creating a sacred space through chanting, singing, meditating, and drumming. \$20. Visit Unityoffairfax.org or call 703-281-1767 for more.

SATURDAY/MARCH 25

Hosting a Bee Hive. 10-11 a.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. Learn about these local pollinators and the role they play. Ages 6 and up. \$8. Call 703-759-9018 or visit www.fairfaxcounty.gov/parks/riverbend-park/.

Amadeus Benefit Concert and Auction. 4 p.m. at St. Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. Visit www.stfrancisgreatfalls.org/ for more.

Saint Ann Catholic Church

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 Saturday Vigil: 5:30 PM
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SPORTS

“McNastics” Celebrate Second State Title



PHOTO CONTRIBUTED

McLean High Girls Sweep State, Regional and District Titles

The McLean Highlanders girls gymnastics team won its second Virginia state championship in the past three years, edging runner-up Colonial Forge to claim the Virginia 6A team championship on Feb. 17 at Patriot High School in Nokesville. This year's victory was preceded by earlier first place finishes in the 6A North Region and Conference 6/Liberty District competitions, completing a 2017 “trifecta” for the gymnasts. The team was recently honored by the introduction of a Resolution in the State Legislature with an “expression of the House of Delegates’ admiration.”

The Highlanders are led by their coach, Courtney Lesson, who guided the team to its first state title in 2015. At States, the Highlanders finished with 146.575 points besting the scores of any team competing in the 6A or 5A State Championship. Colonial Forge claimed the title of runner-up 6A State Champion with 145.6

total points. The Highlanders were led by Junior Samantha Simon, who posted the top 6A scores on uneven bars (9.525), balance beam (9.85) and floor exercise (9.7) and added a 9.35 on vault. Junior Carolyn Brown-Kaiser, the only Highlander to have also competed in the 2015 State Championships, posted the team high score of 9.55 on vault and strong marks in each of the other events (9.425 on beam and floor and 8.625 on bars). The other meet competitors who helped the Highlanders claim the title included Junior Anna Brower, Senior Hanna Farson, Freshmen Frances Osugi and Tara Stewart, and Sophomore Sara Vavonese.

The Girls Gymnastics Team is the first sports team in McLean High School's 62-year history to have repeated as state champions. Several of the gymnasts said they will be back to work next season and hoping to add to the supply of hardware in the team's trophy case.



PHOTO CONTRIBUTED

The team was recently honored by the introduction of a Resolution in the State Legislature with an “expression of the House of Delegates’ admiration.”

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McLean Community Center
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Here's What's Happening at MCC

The Old Firehouse 5th & 6th Grader Party
St. Paddy's Party
Friday, March 17, 7-9 p.m.
\$35/\$25 MCC district residents
Pre-registration recommended.

An Alden Production
“The Stinky Cheese Man and Other Fairly Stupid Tales”
Saturday & Sunday, March 18-19, 3 p.m.
\$15/\$10 MCC district residents

MCC Governing Board
Public Hearing on FY 2019 Programs
Wednesday, March 22, 7:30 p.m.
All board meetings are open to the public.

Onstage @ The Alden
James C. Macdonald Scholarship Final Competition
Wednesday, March 29, 8 p.m.
Free admission

Old Firehouse Family Event
“Family Fun”
B I N G O
Friday, March 31, 7-9 p.m.
\$10/\$5 MCC district residents
The Old Firehouse, 1440 Chain Bridge Rd.

Onstage @ The Alden
Aquila Theatre
“The Trojan War: Our Warrior Chorus”
Saturday, April 1, 8 p.m.
\$35/\$25 veterans and current military
\$20 MCC tax district residents

The McLean Community Center
www.mcleancenter.org
Home of the Alden Theatre
www.aldentheatre.org
1234 Ingleside Avenue
McLean, VA 22101
703-790-0123, TTY: 711

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ZONE 6 AD DEADLINE:
MONDAY NOON

To have community events listed in the Connection, visit connectionnews.papers.com/Calendar/. The deadline for submissions is noon on Friday.

21 Announcements

21 Announcements

21 Announcements

Obituary



Novella Chism Bender, 97, was called Home by her Savior on March 2, 2017. A memorial service will be held on Saturday, March 25, 2017 at 11:00AM at Mabel White Baptist Church, 1415 Bass Road, Macon, GA 31210. In lieu of flowers, donations may be made to Mabel White (for Nigerian mission work). Novella was predeceased by her husband, William Bender. She served for thirty-one years as missionary to Nigeria after ministering with her husband in the pastorate of Bon Air Baptist Church of Arlington. Her life of service was marked by her gifts of teaching, hospitality, and generosity. Novella is survived by her daughters, Marci Hutchinson (Stan) of Macon, GA, and Angie Smith (Jim) of Seattle, WA; son, Phil Bender (Mary) of Lexington; eleven grandchildren, twenty-one great grandchildren; and three siblings. Sign guest book on-line at www.hartsmort.com. Hart's Mortuary at the Cupola (Macon, GA) has charge of arrangements.

ABC LICENSE
Sugar Factory PFC, LLC trading as Sugar Factory (and Sugar Factory American Brasserie), 1100 South Hayes Street, #H37, Arlington, VA 22202. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On; Mixed Beverage (seating capacity 151 seats or more) license to sell or manufacture alcoholic beverages.
John L. Sullivan, Manager
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
TSKAAB, LLC trading as The Black Squirrel, 2670 I Avenir Place, Vienna, VA 22180. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer & Wine, On & Off Premises & Mixed Beverages license to sell or manufacture alcoholic beverages.
Thomas S. Knott, managing member
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

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PUBLIC NOTICE

AT&T proposes to modify an existing facility (new tip heights 91') on building at 2425 Wilson Blvd, Arlington, VA (20170103). Interested parties may contact Scott Horn (856-809-1202) (1012 Industrial Dr., West Berlin, NJ 08091) with comments regarding potential effects on historic properties.

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THURSDAY/MARCH 16

Caregivers' Support Group. 10-11:30 a.m. at Unitarian Universalist Congregation of Fairfax (UUCF) - Program Building, 2709 Hunter Mill Road, Oakton. Contact Jack Tarr at 703-821-6838 or jtarr5@verizon.net.

Fairfax County 2018 Budgets. 7:30 p.m. at the McLean Community Center Community Hall, 1234 Ingleside Drive, McLean. A conversation on Fairfax County and Fairfax County Public Schools 2018 Budgets, with speakers including John Foust, Dranesville District Supervisor and Joe Mondoro, CFO, Fairfax County. Visit mcleancitizens.org/ for more.

SATURDAY/MARCH 18

Job Fair for Teens. 1-3 p.m. at Oakton High School, 2900 Sutton Road, Vienna. Local businesses and agencies will be on hand to offer a range of opportunities including part-time jobs, internships, and volunteer work. Register at www.fairfaxcounty.gov/springfield/teenjobfair.htm.

TUESDAY/MARCH 21

Tax Relief Workshops. 10 a.m.-2 p.m. at McLean Governmental Center, Community Room, 1437 Balls Hills Road, McLean. Each year, the Fairfax County Board of Supervisors hosts a series of tax relief workshops. Real estate tax relief is available for older adults and people with disabilities who meet certain qualifications; individuals may be eligible for car tax relief and tax relief for renters. Visit www.fairfaxcounty.gov/dta or call 703-222-8234 (TTY 703-222-7594).

WEDNESDAY/MARCH 22

Meal with a Message. 11:30 a.m. at the Juke Box Diner, 46900 Community Plaza, Sterling. Dranesville Church of the Brethren sponsors Meal with a Message is held the fourth Wednesday of the month at a local restaurant. RSVP to Joy Trickett, joygoodshepherd@verizon.net or Maryvonne Beavers, mbeav915@gmail.com or Dranesville Church of the Brethren, 703-430-7872.

You Can Afford College Workshop. 5:30-7:30 p.m. at Patrick Henry Library, 101 Maple Ave. E., Vienna. Virginia Society of CPAs offers a college affordability workshop that covers topics such as savings plans, financial aid, grants, scholarships and loans. One-on-one counseling and additional resources will be available. Free. Contact David Bass at dbass@vscpa.com or 804-612-9440 or visit www.vscpa.com/college.

Georgetown Pike Trail Community Meeting. 7-9 p.m. at Great Falls Library, Large Meeting Room, 9830 Georgetown Pike, Great Falls. The Fairfax County Department of Transportation (FCDOT) is holding a community meeting concerning the Georgetown Pike Trail Phase III and Phase IV projects. There will be a presentation by County Staff at 7:30 p.m., followed by a brief question and answer session. Public comments will be accepted through April 14, 2017. Visit www.fairfaxcounty.gov/fcdot/pedestrian/georgetownpiketrail.htm.

TUESDAY/MARCH 28

Tax Relief Workshops. 10 a.m.-2 p.m. at McLean Governmental Center, Community Room, 1437 Balls Hills Road, McLean. Each year, the Fairfax County Board of Supervisors hosts a series of tax relief workshops. Real estate tax relief is available for older adults and people with disabilities who meet certain qualifications; individuals may be eligible for car tax relief and tax relief for renters. Visit www.fairfaxcounty.gov/dta or call 703-222-8234 (TTY 703-222-7594).

WEDNESDAY/MARCH 29

Public Safety Preparedness Program. 7 p.m. at American Legion McLean Post 270, 1355 Balls Hill Road, McLean. Public Safety Preparedness Program, co-sponsored by the Greater McLean Chamber, the McLean Citizens Association, the Great Falls Citizens Association and the Fairfax County Federation of Citizens Associations. Visit www.mcleanpost270.org for more.

VOLUNTEERS NEEDED

Shepherd's Center of McLean-Arlington-Falls Church, 1205 Dolley Madison Blvd., McLean continues to have an urgent need for new volunteers to help area senior citizens get to and from their medical and therapy appointments. To find out more about the Shepherd's Center and how you can volunteer to provide transportation and other services, call the Center at 703-506-2199 or e-mail the Center at info@scmafc.org. The Center's website is www.scmafc.org

THROUGHOUT MARCH 2017

Free Public Service Seminars. March 1, 8, 15, 21, 29, at 7 p.m. on Selling Your Home, Aging in Place, Downsizing, Retirement Communities Seminars. Free public service seminars on Selling Your Home (March 1, McLean High School, 1633 Davidson Rd., McLean), Working With Builders (March 8, Falls Church HS, 7521 Jaguar Trail, Falls Church), Financing Your Retirement (March 15, Marshall HS, 7731 Leesburg Pike, Falls Church), Tax & Estate Planning (March 21, Madison HS, 2500 James Madison Dr., Vienna), and Decluttering & Organizing (March 29, Oakton HS, 2900 Sutton Rd., Vienna). For more information and seminar registration go to RetireeRealEstate.org, or call 703-772-3033.

ONGOING

Master Gardener Training. The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit fairfaxgardening.org or call Dora Lockwood at 401-864-4778.

Passages DivorceCare If you are experiencing the pain of separation or divorce, the caring community at Vienna Presbyterian Church invites you to attend Passages DivorceCare. This program offers a path toward healing. The next 15-week DivorceCare series will be held Tuesdays from 6:45 to 9 p.m. beginning on Feb. 21. Vienna Presbyterian Church is located on the corner of Maple Avenue (Rt. 123) and Park Street in Vienna. Cost to cover materials is \$20, scholarships available. For more information or to register call 703-938-9050, go to www.viennapres.org, or send an email to Passages@ViennaPres.org.

Are You A Caregiver? Shepherd's Center of Oakton Vienna Caregivers' Support Group takes place first & third Thursday of each month. February 2nd and 16th, 2017 from 10:00 a.m. to 11:30 a.m. Join us at the Unitarian Universalist Congregation of Fairfax (UUCF) - Program Building, 2709 Hunter Mill Rd, Oakton, VA. Contact facilitator, Jack Tarr, 703-821-6838 jtarr5@verizon.net.

Volunteers Needed. PRS is looking for empathetic and caring volunteers to make phone calls to older adults who may be feeling socially isolated. The commitment is one 3-hour shift per week for one year. Located in Arlington. Ages 21 & up. Intensive training provided. Learn more and apply: <https://prsinc.org/caring-volunteering/>. Questions? Email lpadgett@prsinc.org.

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/.

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.

Respite Care volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

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.



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2-4pm

1415 Lady Bird Drive, McLean \$1,589,000
PARADISE has been found in this nature oasis! Gorgeous 5BR/3.5BA contemporary home with gourmet kit, granite counters, SS appliances, breakfast bar seating & breakfast area. Open concept floorplan flows into formal dining & living room with fplace and are surrounded w/ windows for a true indoor/outdoor feel; Master suite with vaulted ceilings & luxury BA; LL with family room, recreation room and enclosed patio!



OPEN
Sun. 3/19
2-4pm

706 Highland Ave Falls Church City \$1,059,000
LUXURIOUS craftsman home featuring 4BR/4.5BA in private FCC neighborhood! Chef's kitchen w/ granite counters, SS appliances, separate breakfast area & formal dining room w/ chair railing & chandelier; Open living room with frpl and 2 glass door walkouts to entertainer's deck & level backyard; UL w/ 2 master ensuites; LL with rec room and gas frpl, storage room and 4th BR with private access to hall bath!

BEST WASHINGTONIAN 2016



**8007 Greenwich Woods Dr.
 McLean 22102
 \$2,249,000**



**1423 Highwood Drive
 McLean 22101
 \$1,279,000**



**704 Live Oak Drive
 McLean 22101
 \$1,449,000**



**6704 Pine Creek Court
 McLean 22101
 \$1,200,000**



**1620 Forest Lane
 McLean 22101
 \$1,499,000**



**Woodacre Drive
 McLean 22101
 Coming Soon!**



**1605 Maddux Lane
 McLean 22101
 \$1,499,900**

Call Me Today for a Free Analysis of Your Home's Value!