

PEOPLE

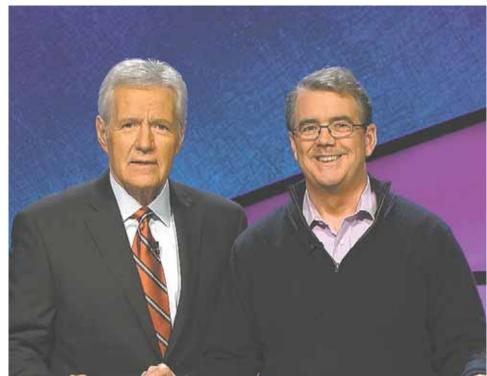


Photo Courtesy: Jeopardy Productions, Inc.

Pat McNamee, of McLean (right) with the JEOPARDY! Host Alex Trebek.

McLean Resident to Compete on Jeopardy!

Pat McNamee, a CPA from McLean, will appear on JEOPARDY! on Friday, June 23 on WJLA-TV. rated quiz show on television, and has won several awards and distinctions over the course of its 30-plus years on the air, in-

JEOPARDY!, America's Favorite Quiz Show, and its host, Alex Trebek, are in their $33^{\rm rd}$ season in syndication. With 23 million viewers each week, JEOPARDY! is the top-

rated quiz show on television, and has won several awards and distinctions over the course of its 30-plus years on the air, including setting a Guinness World Records record for the most Emmy Awards won by a TV game show (33 Emmys). Visit Jeopardy.com.





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News



Photos by Fallon Forbush/The Connection

A large American flag unravels from the ceiling above the graduates while the National Anthem is played by the McLean Band and sung by the McLean Madrigals.



McLean High School Principal Ellen Reilly bestowed the Faculty Award for Outstanding Male Student to honor graduate John Hudson. "One of his teachers, when discussing his incredible capabilities, says he has an encyclopedic knowledge," she said. "His thirst to succeed and his passion for learning have made this young man the benchmark for many of his teachers in terms for what it means to be a top student at McLean High School."

'Most Patient Man on Television' Gives Guidance

Out of the 480 graduates receiving their diplomas at the commencement, 128 graduated with honors.

By Fallon Forbush
The Connection

pproximately 480 graduates re ceived their high school diplomas during McLean High School's commencement ceremony at DAR Constitution Hall in Washington, D.C., on Thursday, June 15.

"You did it, congratulations," said Steve Scully, C-SPAN's senior executive producer, political editor and host of the network's "Washington Journal" morning program. "Savor this moment and savor this day because it is special," he added.

Scully was the guest speaker for the ceremony. As a journalist, he told the crowd that his industry has undergone many changes as technology transformed the business during his career. From his years of experience, he had guidance for the graduates.

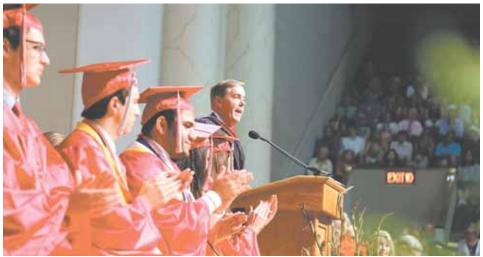
"Embrace the change because change is going to shape your life in so many unique and wonderful ways," he said.

He also warned that failure would be coming their way, but it wasn't something to cower over.

"When failure comes your way—and it will—take those disappointments with a sense of grace and with dignity," he said. "Don't be afraid to try something new. Don't be afraid to fail because you will learn even greater success from those failures."

He also cautioned the graduates to maintain their humility when celebrating their successes by sharing some advice that his father had told him: "Be nice to people on the way up because, more often than not, you'll meet them on the way down."

"There are so many people in my industry who have been knocked off their perch because of how they treated others," he added.



McLean High School Senior Class Officers applaud as Steve Scully, senior executive producer, political editor and host for C-SPAN, gave the keynote address.

He had no doubt that the graduates in the room would climb to the top of their chosen professions.

OUT OF THE 480 GRADUATES receiving their diplomas at the commencement, 128 graduated with honors.

"In your lifetime, you will have many titles," he said. "Among you I am certain, there are some bright and promising doctors or lawyers, business executives, maybe a few journalists, athletes or scientists, mili-

SEE GRADUATES, PAGE 5

McLean High School Honor Graduate and Senior Class President Olivia McAuliffe was given the Faculty Award for Outstanding Female Student by Principal Ellen Reilly during the ceremony. She realized it was her during the announcement when Reilly said the recipient "is a natural leader, whether it is planning major school events and fundraisers as class president or a member of the leadership class, encouraging her teammates as captain of her field hockey team, or coaching elementary-aged girls in the **McLean Youth Athletics Field Hockey** Program, serving as a chairman to the student advisory council, mentoring freshmen as a 'Big Mac,' or heading a class project with fellow students."





Graduate Jack Furth gave the student address during the ceremony and told his peers to take the time to relish their graduation before moving onto their next pursuits. He told the crowd he felt compelled to relay this message to his classmates after his time running on the school's track and field team. "For all the pressure I felt to win, I never actually took the moment to enjoy my successes," he said. "This was a mistake and one I strongly regret. I urge each and every one of you, however briefly, acknowledge the weight of this success. You've overcome some great challenges and you've earned the right to celebrate this success. So, from the bottom of my heart, congratulations."

OPINION

Losing One of Our Own

Worst fear of any parent of a teenager, losing a child to violence.

ater this week, when area Muslims celebrate the end of Ramadan, a month of observance and daily fasting at Eid al-Fitr, the surrounding community grieves with them the loss of 17-year-old Nabra Hassanen of Reston.

Nabra was among a group of teenagers who were gathered at the All Dulles Area Muslim

EDITORIAL

Society for an all-night event overnight Saturday during Ramadan, and who were returning to the center after go-

ing to eat at a fast food restaurant.

Fairfax County Police report: "At about 3:40 a.m. on Sunday, a group of as many as 15 teenagers was walking and riding bikes on Dranesville Road. The group of teens had been attending an overnight event at a mosque, the All Dulles Area Muslim Society or ADAMS Center, and had left to go to a fast food restaurant. As they were returning to the mosque, some were on the sidewalk and others were on the road itself. Detectives believe [Darwin Martinez Torres, 22, of Sterling] came upon the teens while he was driving. The investigation reveals a teenaged boy on a bike began arguing with Torres. Torres then drove his car onto the curb as the group scattered. Witnesses say Torres

caught up with them a short time later in a nearby parking lot and got out of his car armed with a baseball bat and began chasing the group. Torres was able to catch Nabra. His anger over the encounter led to violence when he hit Nabra with a baseball bat. Torres then took Nabra with him in his car to a second location nearby in Loudoun County."

Nabra's body was found in a Loudoun pond. Torres is charged with her murder, which police describe as a road rage incident rather than a hate crime, although more charges could come later.

All parents who have successfully raised children into a teenagers know fear for their safety as they become more independent. We expect our teens to be safe participating in events based at a house of worship. We expect our teens to be safe from violence. Nabra's death means that all of us now have a diminished sense of safety; we all grieve with Nabra's parents, who lost their beautiful and beloved daughter during Ramadan, on Father's Day. We share their horror at what their daughter suf-

Coming together in support of the Muslim community in vigil, prayers and other support has meant a great deal.



Photo courtesy Khadijah Abdullah-Lardas

Nabra Hassanen, 17, of Reston was a sophomore at South Lakes High School.

"Basically, the outpouring of support from the Christian community, the Jewish community, Hindu, Sikh, Buddhist, Bahá'í; everyone is comforting to us," Rizwan Jaka of the ADAMS Center told a Connection reporter. "People care so much and it means so much to

But we will all feel the loss of Nabra Hassanen, and a loss of sense of safety here, in weeks and years to come.

> — Mary Kimm MKIMM@CONNECTIONNEWSPAPERS.COM

November General Elections

BY KENNETH R. "KEN" PLUM STATE DELEGATE (D-36)

ith the conclusion of the political party primaries last week the general election is now teed up for Nov. 7. There were some surprises coming out of the Democratic and Republican primaries. Lt. Gov. Ralph Northam easily won the

Democratic primary to be the nominee for governor even though there was discussion beforehand that polls indicated a tight race. Polling for primaries is notorious for being inaccurate

COMMENTARY

because with a typically light turnout the universe of potential voters is almost impossible to determine.

Former one-term U.S. Rep. Tom Perriello has a great deal to offer and will hopefully stay on the scene for future opportunities. Although the term "establishment" was grossly over-used in describing Ralph Northam, his service in the state senate plus his active role as lieutenant governor made him well known and greatly admired throughout the state.

Justin Fairfax gained everyone's admiration after a primary loss to Attorney General Mark Herring four years ago led to his active campaigning during the interim time making him well known for this primary. He was also well known for his work as an attorney. If you review the areas where Ralph Northam did well

and compare them with where Justin Fairfax was strongest, you create a strong statewide team that will be nearly impossible to defeat. Attorney General Mark Herring was not challenged in a primary and will be on the ballot to succeed himself in November. There is no one-term limitation with the attorney general and the lieutenant governor as there is with the

The greatest surprise of the primaries may have been on the Republican side to pick a candidate for governor. Ed Gillespie who has been mentioned for years as the next Republican governor of Virginia barely got through the primary with a shockingly strong showing by Corey Stewart who is known for his antiimmigrant work in Prince William County and for campaigning with a Confederate flag. He has the distinction of being so over the top that he was fired by the Trump campaign. Turnout was especially low in the Republican primary, and Stewart was just over a percentage point in taking out Gillespie. It will be interesting to see if the folks who voted for Stewart will vote in the general election or decide to stay home.

The Republican primary for lieutenant governor was a slug-fest between two state senators with Jill Vogel winning after a mud-slinging campaign that left neither candidate look-

All 100 seats for the House of Delegates are

up for election this fall with a record number of contested elections.

Historically it has been difficult to recruit candidates to run for the House of Delegates, but events of the past year have brought forth more candidates than ever before. There was a record number 27 seats where the candidates were determined by the primary because there was so much interest in running. Democrats will certainly pick up seats in the House of Delegates getting closer to shifting or sharing power in that legislative body.

While I am uncontested in my race for the House of Delegates you can still expect to see me campaigning. It is a good way to stay in touch with constituents and to increase turn-out for the statewide elections. Expect a busy fall of campaigning leading up to the fall elections in Virginia that will send a signal to the nation as to the public's reaction to national events.

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

> Letters to the Editor ***** The Connection 1606 King St., Alexandria VA 22314 Call 703-917-6444

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■ McLean

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An independent, locally owned weekly newspaper delivered to homes and businesses. Published by **Local Media Connection LLC**

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News



Photos by Fallon Forbush/The Connection

The McLean Madrigals sing an a cappella version of "My Heart's in the Highlands" during the ceremony.

Graduates Told to 'Write Their Own Story'

From Page 3

tary officers and maybe a few aspiring politicians. This is a bright and smart class."

In whatever they pursue, Scully told the graduates to keep things in perspective.

"Whatever profession you do, be the very best but remember this: What's most important is not what you do, but who you are," he said. "Because ultimately, it's not the title you have, it's not the neighborhood you live in, it's not the salary you earn."

He said what matters beyond all else is the kind of people they be-

"What's your reputation?" he asked. "How do you treat others?"

Scully's most notable attribute is his commendable exercise of patience in an atmosphere of polarizing politics.

John Oliver, the host of HBO's will shape your destiny."

"Last Week Tonight" show, named Scully the "most patient man on television" in 2016.

Oliver dubbed him as a man of persistent patience because of the morning show that Scully hosts on C-SPAN where viewers can call in and ask questions. Even when his callers make the most radical claims, Scully maintains his cool.

SCULLY joked with the crowd and attributed his incredibly patient demeanor to growing up in a family where he was the 14th born out of 16 children.

As he was witnessing the students close their high school chapters, he told them to remember that it was now up to them to write their own story, starting that day.

"Don't gossip and backstab," he said. "Don't tear people down. Build them up and live a life that you're proud of. Your character

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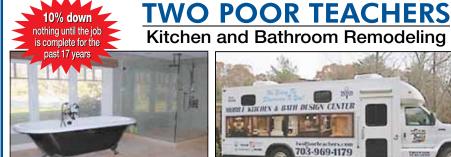
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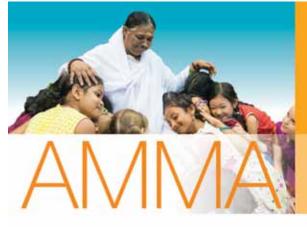
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MAY ALL BEINGS EVERYWHERE BE HAPPY



Langley High School Principal Fred Amico bestowed the Principal's Award to Camron Saba. "His ability to achieve in the face of adversity is nothing less than inspirational," Amico said. "Mostly, I admire his unfailing optimism. Being around him makes me happy to be at Langley."



Andrew Craver, Langley High School Class of 2017 Student Government Association vice president, welcomed the crowd to the ceremony and wished his peers congratulations.

Graham Gives Guidance To Langley Graduates

By Fallon Forbush THE CONNECTION

ive hundred two graduates received their high school diplomas during Langley High School's commencement ceremony at DAR Constitution Hall in Washington, D.C., on Thursday, June 15.

The ceremony raised a range of emotions and a celebrated alumna came back to town to offer words of wisdom for her alma mater's newest batch of budding adults.

Andrew Craver, the class of 2017 Student Government Association vice president, welcomed the audience and congratulated his peers to begin the ceremony. He also took a moment to mention a classmate who was missing from the celebration: Matthew Vernon

Poyner died unexpectedly on Feb. 24, 2015, in his sleep of acute viral myocarditis, which is the inflammation of the myocardium heart muscle.

"This year, we raised over \$7,000 for the Matthew Vernon Poyner Memorial Foundation," Craver said to loud applause.

The charity organization is dedicated to honoring and preserving Poyner's legacy by awarding scholarships to college-bound seniors at area high schools; supporting the Warrior Canine Connection and its mission to help combat veterans through canine therapy; and supporting the work of the Johns Hopkins Medicine myocarditis research team to develop early detection and treatment of myocarditis through a fund established in Poyner's name.

Following the Pledge of Allegiance led by SGA Class of 2017 Representative Kareem Al-Attar and the national anthem sang by and social trappings of high



Langley High School Class of 1984 alumna

school. At the time, she said that she knew she wanted to be an actor, participating in the school's musical theater program all four

This path was not a steady

As a freshman, she was cast as townsperson No. 3 in the school's

"As townspeople, we were taught by our teacher that an easy way to look like we were genuinely conversing with one another was to mouth the words, 'rutabaga, rutabaga,' while nodding and clapping and smiling when we weren't singing," Graham said. "For fun, a few of us occasionally went totally rogue with an unsanctioned, 'watermelon, wa-

Sophomore year, she landed a speaking part in the musical "Anything Goes" and was also asked to understudy for a senior who was playing the lead role of Reno

"I was thrilled and I worked hard

with a voice teacher," she said. "I listened to the Broadway cast recording and tried my best to copy every single thing that Patti LuPone did on the album."

She would only stand in during a rehearsal while the senior was away for a chorale concert, she said.

Graham's big break came when she was cast as Dolly Levi in the musical "Hello, Dolly!" her junior

"That year, of course, I copied most of my performance from the Barbra Streisand movie version,"

After standing ovations for all of her performances in the lead role, auditions eventually rolled around for the musical the school would be performing during her senior year: "Once Upon a Mattress.

"There were not one, but two great leading roles," Graham said. "Friends rolled their eyes when I expressed any anxiety. They said, 'Please, it's just which role are you going to get. It's the only question."

It was not the only question—

"I opened my mouth and I was off," she said as she recalled her audition. "The key was wrong, my voice squeaked and I just lost it. I finished the song but I never really recovered."

She was not cast in a leading role nor a role that sang.

"It was a speaking part, but I don't even think my character had a name," she said.

She felt embarrassed and her friends felt embarrassed for her.

Her self-described "senior slump" continued the night of the first performance when she slid on ice on Georgetown Pike. She was fine but her car had to be towed and she was driven to the school in a police car.

Her teacher asked if she was OK to perform and she began to feel a sense of relief, imagining not performing or facing the embarrassment of her downgraded part. That's when she felt a tap on her shoulder from Jenny, "a pretty blonde sophomore" who didn't have a speaking role.

"She said, 'Lauren, I heard what happened. I'm so sorry. I just want you to know if you can't do the show tonight' ... and then she paused and her eyes narrowed and she got like a killer look ... she's like, 'I know all your lines."

Quickly, Graham snapped out of her funk.

"Suddenly, I was OK ... looking into Jenny's eyes, I saw ambition and fire and maybe just a little bit of greed," she said.

To Graham, her small role was a demotion, but it was an opportunity worth fighting for to Jenny.

"Maybe that's the way things always are," she told the graduates. "You don't own the heights



Lauren Graham, author, actor and producer most recognized for her role as Lorelai Gilmore on the popular TV series "Gilmore Dane Hoover, 18, celebrates as he walks Girls," delivered the keynote address during down the stage to accept his diploma from the commencement ceremony.

the Langley High School Madri-

gals, SGA Class of 2017 Represen-

tative Colin Dunne led the hall in

a moment of silence and remem-

brance for "those who could not

THE OCCASION continued with

the introduction of the keynote

speaker from the school's class of

Graham is a well-known author,

actor and producer most recog-

nized for her role as Lorelai

Gilmore on the popular TV series

"Gilmore Girls," which she re-

prised in a reunion miniseries on

a time before she was famous, be-

fore she appeared on Broadway,

before she became a New York

Times best-selling author and be-

fore she was nominated for Golden

Globe and Screen Actors Guild

She spoke of the early '80s when

she was navigating the hurdles

She talked to the students about

Netflix in 2016.

(SAG) awards.

1984: alumna Lauren Graham.

be with us today," he said.

Principal Fred Amico.

spring musical "Li'l Abner."

termelon," she added.

Sweeney.

6 ❖ McLean Connection ❖ June 21-27, 2017

News



Langley High School Class of 2017 Student Government Association President Kaitlin Bonacci presents actor and author Lauren Graham, alumna of the high school's class of 1984, with a bouquet of flowers for keynoting the commencement.

A celebrated alumna came back to town to offer words of wisdom.

any more than you do the lows. An experience that's unpleasant to you maybe someone else's dream next step. One thing is guaranteed: Neither state is personal to you; they're both just a part of life. No matter what, you're bound to experience both extremes."

Graham continued to philosophize.

OUT IN THE REAL WORLD,

like on the Saxon Stage, she has had successes and slumps as "the girl who has the lead and the girl who wishes she had a bigger part," she told the graduates. "The secret is they're not that different from one another. They don't feel that different. The difference is not in what life brings you, it's truly in how you choose to handle it."

Graham admitted she was far from focused on her future when she sat in her cap and gown in 1984, telling the crowd that the envelope she received during her commencement just had a blank piece of paper inside, her diploma held hostage until she paid her long overdue library fines.

"The most thrilling event looming was not college or my summer internship, but the fact that I had been invited to the graduation after party that night at Jacky's house," she said.

Jacky, Graham said, was a popular classmate who was always throwing parties while her parents were out of town.

"I had never been invited to Jacky's house before," she said. "I didn't even think she knew who I was."

Later that night, she told the crowd, she sat on the hood of a football player's green Ford Bronco while sipping a purple wine cooler as everyone mingled.

Though she eventually achieved the dreams she had dreamt in high school, it wasn't without its challenges. An example she gave was when she appeared on Broadway as Miss Adelaide in the revival of the musical "Guys and Dolls" in 2009.

Graham wasn't a dancer, but her character was, so she struggled with choreography and audiences were both hot and cold, she said.

"Within just one week of performances, I cycled through the same waves I'd experienced in high school," she said. "Certain nights felt dreamy and joyous and others felt like senior slump."

She avoided reading the negative critics, until she walked into a deli where she came face-to-with a photo of her and a cast member on the front of a publication staring at her from a newsstand bearing the headline, "Guys and Dulls," she said.

"It was so awful," she said. "I jumped away from the paper like it was on fire."

The entire experience wasn't anything close to her childhood dream of performing on Broadway, but she didn't pout, she said.

"All I could do was try to stay positive for myself and all of the Jennies out there who hoped to one day stand in those shoes," she said.

She told the graduates that enjoying life isn't about successes, but rather satisfaction is when people love what they do.

"Maybe it's not theater for you," she said. "Maybe it's baseball or writing or coding, but whatever path you choose; the important thing is you keep finding your joy in what you're doing, especially when the joy is not finding you."



The Langley High School Class of 2017 toss their mortar boards high into the air as soon as Principal Fred Amico read the declaration of graduation.

VIEWPOINTS

Langley Graduates Discuss Where They see Themselves in 5 Years

Photos and interviews by Maggie Giordano

Sayeh Hamrah

"I am going to Virginia Tech next year. In five years I hope to be in grad school. College is for deciding what to do and I hope to be in a medical program or something like that."



Luke Young

"I will be going to Cornell. In five years, hopefully, I will be working for the Federal Government at the EPA or the Environmental Agency. I want to make the planet better and protect the environment."

Sarina Prasad

"I am going to take a gap year next year and then I am going to Williams College the year after that in Massachusetts. In five years I will be graduating from Williams because I will be the class of '22. I will be majoring in either psychology or international relations."



Sonia Prasad

"I am also taking a gap year, we will be traveling and doing service working with animals and children in conservation. I am really excited. I am also going to Williams College in Williamstown, Mass. I will most likely major in psychology or international relations, but I do not know what career I want yet."

Daniel Hulett

"I am going to Christopher Newport University and playing soccer there. I will be studying either finance or accounting. In the future I will probably be working in an office, probably an accounting firm."



ENTERTAINMENT

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

ONGOING

"On the Bay" Photographs. Normal business hours through July 1 at Katie's Coffee House, Village Center, 760 Walker Road, Great Falls. Silvia Gonzalez Roman will exhibit her pictures taken around the Chesapeake Bay. Visit oldbrogue.com/katies-coffee-house/ or call 703-759-2759 for more.

"Slice of Life: Great Falls." Normal business hours through July 1 at in the TD Bank, 9901 Georgetown Pike. Jill Banks exhibits her oil paintings during bank opening hours seven days a week including "First Friday Art Walk" on June 2 until 7 p.m. Visit www.greatfallsstudios.com/ for

The Light of Day Paintings. Through July 15, various times Broadway Gallery, 1025-J Seneca Road, Great Falls. Featuring landscape paintings by Michael Godfrey, Christine Lashley, Tricia Ratliff, and Rajendra KC. Call 703-450-8005 for more.

Julie Cochran Photography. Various times through July 29 at the Vienna Arts Gallery, 513 Maple Ave. W. Exhibit called "Lotus-Palooza." Call 703-319-3971 or visit www.ViennaArtsSociety.org for more.

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

Bingo Night. Sundays. 4 p.m. Flame Room, Vienna Volunteer Fire Department, 400 Center St. S,

Vienna, \$10, www.vvfd.org/ bingo.html.

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

Fishing Rod Rentals 8700 Potomac Hills St., Great Falls. Rentals available during visitor center hours. Fishing tackle and live bait are available for purchase. Reservations required for group rentals. \$6/rental (2 hour max). Valid driver's license required. Rod/reel combinations are perfect for beginners and children. A Virginia or Maryland freshwater fishing license is required for those 16 years or older. The park does not sell fishing licenses. www.fairfaxcounty.gov/parks/ riverbend-park/

Colvin Run Mill open 11 - 4 p.m. daily, closed Tuesday. 10017 Colvin Run Road, Great Falls. Fairfax County's operational 19th century water powered gristmill, offers recreational and educational activities for all ages through daily tours, school programs and special events. Fees: \$7/adult, \$6 students 16+ with ID, \$5 children & seniors. Admission to park is free except for some special events.

Fundamentals of Watercolors. Mondays 10 a.m.-1 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Artist Lorrie Herman will help students get comfortable

working with watercolors and understanding this medium. Visit www.greatfallsart.org for more.

Still Life Painting. Tuesdays 10:30 a.m.-1 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Still life provides a great tool to hone skills. Recommended for students of all levels. Visit www.greatfallsart.org for more.

Evening Painting. Tuesdays 6:30 - 9:30 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Jill Banks focuses on oil painting fundamentals with two sessions each of still life, landscapes, and portrait/ clothed figure from a live model. Visit www.greatfallsart.org for more.

Intro to Jewelry Design. Tuesdays 9 a.m.-noon at The Arts of Great Falls. 756 Walker Road, Great Falls. JJ Singh teaches a class for anyone interested in exploring the world of metal clay and its design possibilities. Visit www.greatfallsart.org for more.

THURSDAY/JUNE 22

James Arthur Concert. 6:30-8 p.m. at the The Tysons Corner Metro Station Plaza, 1961 Chain Bridge Road. Part of the Tyson's Concert Series. Visit www.tvsonscornercenter.com or call 703-893-9401 for more.

FRIDAY/JUNE 23

White Elephant and Bingo Ice Cream Social. noon-3 p.m. at American Legion, 330 N. Center St., Vienna. Call 703-281-0538 for more.

Summer on the Green Concert. 6:30 p.m. at 144 Maple Ave. F... Vienna. Featuring Hickory Grove.

SEE ENTERTAINMENT, PAGE 11



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Education Learning Fun



The Women in Search of **Excellence** (WISE) Mentoring Program run by Northern Virginia Community College is designed to address challenges faced by voung women in higher education.

hoto courtesy of orthern Virginia COMMUNITY College

Finding the Right Mentor

A mentor can brighten a young person's future.

BY MARILYN CAMPBELL

amyka Mason says that she was struggling with academics, finances and time management. She knew that she needed to make a change, but didn't have a source for guidance. Mason discovered the Women in Search of Excellence (WISE) Mentoring Program run by Northern Virginia Community College and her life began to change.

"When I joined WISE, [I] was assigned [a] mentor and learned how to speak about the challenges I was facing and the goals I had," said Mason. "[My mentor] helped me dramatically ... plan for future events."

The upcoming summer months offer teens an opportunity to connect with adults other than parents who can offer guidance through mentorship programs. Finding the right mentoring match can be a life-altering experience, say experts.

"Through supportive relationships with adult mentors, teens can learn how to develop practical goals, identify resources to accomplish goals ... regulate emotions, communicate effectively with others and cope better with stress," said Jerome Short, Ph.D., associate professor of psychology at George Mason

The Virginia Mentoring Partnership (VMP) is a source for those who are looking for a mentor or those who want to mentor others. The organization's program managers train mentoring program coordinators and mentors. Their goal is to increase the number and quality of mentoring programs in Virginia. VMP maintains a database where prospective mentors or mentees can plug in a ZIP code and find the closest mentoring program.

"We provide support across the State of Virginia to help align program practices that research shows make high quality mentorship programs," said Betsy Bilharz, Virginia Mentoring Partnership. "We recruit, ask thoughtful questions, and they are open and rescreen and match mentors with young people using sponsive to guidance," said Best. "It is equally imthat set of standards."

Recognizing that mentoring relationship is not usually a relationship of equals is an important aspect

Details

For more on Virginia Mentoring Partnership, visit vamentoring.org or connect.mentoring.org.

of mentorships, says Amy L. Best, Ph.D., professor and chair, Department of Sociology and Anthropology at George Mason University. "There are really two types of mentors: those who provide guidance and willingly share knowledge they have accrued from their experience in the field," she said. "The second type are those who facilitate opportunity, vouching for someone or helping the person with points of contact in their area of interest. Both are important."

THE MENTORING RELATIONSHIP develops best when mentors listen to a young person's concerns and expectations [and] empathize and tailor support and skill building around the teen's needs and with their input, says Short. "The relationship should benefit both the mentor and the teen through expressions of gratitude, a sense of accomplishment, and expectations for future support and success."

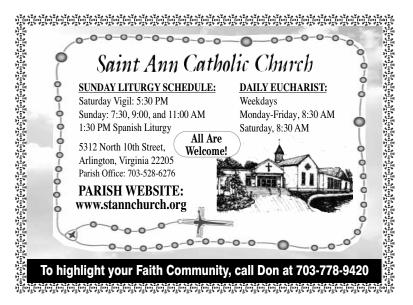
Effective mentors are as interested as they are interesting and are forthcoming with accounts of their own struggles and the strategies they used to overcome them, says Best. "The best mentors listen first and then lead. It's not a one size fits all relationship," she said. "The best mentors are concrete in their guidance and work with attainable and flexible goals. [They] don't play favorites, but work to create an ethos of fairness and mutual respect."

Tykesha R. Myrick works as a financial aid manager at Northern Virginia Community College (NOVA) and is the founder of the WISE program on campus. The program, which targets minority women, pairs students with adult professionals who offer guidance to the students, many of whom are the first in their families to attend college. "The relationships go beyond academic accomplishments and are life changing and life lasting," said Myrick. "The goal is to provide a holistic environment for these young women."

Mentorship programs such as WISE work best when those being mentored are receptive. "The [best] mentees [respect] the mentor's gift of time [and] recognize the importance of learning by listening and

> portant to invest not simply in the best and brightest, but those with the smallest glimmer of promise. Good mentors move mountains."







Connection readers love their pets. This keepsake edition will feature photos, anecdotes, advice and more about beloved family pets. Reach pet owners where they live in a section sure to attract and hold their attention.

The Pet Connection will publish on July 26, 2017, and photos and stories of your pets with you and your family should be submitted by July 19. We welcome short stories about how you got your pet, a noteworthy talent or anecdote about your pet, tales of the bonds between your family and your pet, plus drawings, paintings or other artwork of your pet by children or adults.

Find more information about submissions online at www.connectionnewspapers.com/pets.

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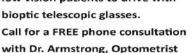
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resume to Dottie: dseesley@mcleansc.com

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Bulletin Board

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

VOLUNTEERS NEEDED

Contact Volunteer Solutions at 703-324-

VolunteerSolutions@fairfaxcounty.gov or www.fairfaxcounty.gov/dfs/ olderadultservices/volunteersolutions.htm.

* The Lewinsville Senior Center in McLean needs instructors for the following classes: Art, Self-Defense, Chair Exercise, Indoor Gardening, Basic Spanish, Basic French, Ballroom Dance and Basic Guitar.

THROUGH SUMMER

Vienna Street-sweeping Program.

The Town of Vienna began its annual street-sweeping program beginning March 20. The Town is divided into eight sections for purposes of the sweeping program. During the first pass through Town, the Public Works Department asks that residents not park on the street. Find the 'sweeping" sections at viennava.gov/ sweeping. Additionally, signs will be placed on streets marking a window of 7-10 days during which the truck will come through. Contact public works at 703-255-6380.

THURSDAY/JUNE 22

Hispanic Connect Networking

Event. 8:30-9:30 a.m. at Main Conference Room, 4th Floor, 8300 Boone Blvd., Suite 450, Vienna. Free member event, guests receive first complimentary visit. Visit www.vahcc.com/events.html.

TUESDAY/JUNE 27

Public Meeting. 7 p.m. at the Great Falls Grange, 9818 Georgetown Pike, Great Falls. The Fairfax County Park

FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to vienna@connectionnewspapers.com. Deadline is Friday at noon.

The S.P.O.T for Youth, Wednesday's at 7 p.m. A place where youth can come together and pray, ask questions about the faith and receive mentorship. The spot is a ministry of First Baptist Church of Vienna, 450 Orchard Street, NW Vienna.

First Baptist Church of Vienna located at 450 Orchard St., NW, Vienna. Sunday services are held at 7:45 and 10 a.m. weekly. Wednesday Night with the Family service is held at 6 p.m. followed by corporate singing at 7 p.m. Bible studies take place Tuesday's at noon.

Wesley United Methodist Church located at 711 Spring St., SE, Vienna, Virginia 22180, at the corner of Spring Street and Moore Avenue. 10:30 a.m. fellowship time in the fellowship hall; 11 a.m. traditional family worship in sanctuary. If you are seeking a church home which encourages: caring and supportive fellowship, an active and devoted prayer life and study of scripture, support for local and world missions, an open, responsive awareness to the presence and power of God's Holy Spirit.

St. Thomas' Episcopal Church, at the intersection of Lewinsville and Brook roads in McLean, invites you for a casual Saturday Service at 5 p.m., followed by conversation and fellowship or for Sunday Services at 8 a.m. or 10 a.m. Sunday School for Youth and Children takes place during the 10 a.m. Service. Check www.stthomasmcleanva.org for special events and services through the

Authority has started an update of the Turner Farm Park master plan and would like to gather input on the plan from community residents. Information session and discussion is open to the public. Visit www.fairfaxcounty.gov/parks/ plandev/turnerfarm.htm, call 703-324-8662 or email Parkmail@fairfaxcounty.gov.

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

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 MG Help Desk at 703-324-8556 for more.

The Golden Girls of Northern

Virginia, a senior women's softball league, is looking for players. Any woman over the age of 40 is encouraged to join. All skill levels are welcome. The games are on Wednesday evenings and Saturday mornings in Vienna. For more information, visit www.goldengirls.org.

vear, St. Thomas' Episcopal Church, 8991 Brook Road, McLean, 703-442-

Youth Activities at Wesley United Methodist Church. Activities are open to all 6th-12th graders. Youth Sunday School meets every Sunday at 10 a.m. in the upper room. Youth Bible Study will meet every Sunday at 4:30 p.m. off-site. Following bible study, ride together to the church for youth group. Email the Youth Ministry Staff for the address. The Anchor meets every Sunday from 6-8 p.m. in the fellowship hall. Join us for dinner, games, worship, and diving deeper into the Word. During the summer, Youth Sunday School meets most Sundays at 9 a.m. in the upper room.

To receive the newsletter or for more information youth@wesleyvienna.org.

Church of the Holy Comforter, 543 Beulah Road, NE, Vienna, offers a

monthly Healing Eucharist with the Laying on of Hands and Anointing for Healing (first Sunday of the month, 5 p.m. at St. Mary's Chapel). The Healing Ministry is led by the Rev. Valerie Hayes and Alexandra MacCracken and includes a team of lay healers who have gone through intentional training and formation. Contact the Rev. Valerie Hayes at vhayes@holycomforter.com.

Yoga Class with a Christian Fo**cus** is held Saturdays, 3-4 p.m., McGill Hall or the Library at the Church of the Holy Comforter, 543 Beulah Road, NE, Vienna. This group is suitable for those with beginner and/or intermediate yoga experience. Dress comfortably and bring a mat. Feel free to bring a towel, block(s) or strap. Contact the Church Office at 703-938-6521.

ENTERTAINMENT

From Page 8

Free. Visit www.viennava.gov or call 703-255-

SATURDAY/JUNE 24

Freedom 5K. 8 a.m. at Tyson's Corner Center Plaza, 1961 Chain Bridge Road. To support the National Human Trafficking Hotline. Call 202-316-3298 or email at ashley@nardimedia.com.

Used Book Collection. 9 a.m.-1:30 p.m. SunTrust Bank, 515 Maple Ave. E., Vienna Collecting CDs, DVDs, software, children's books, records, and recent textbooks, in good condition. The proceeds provide scholarships for women. Email aauwbookfair@gmail.com or call 703-527-4206 for more.

Historic Marker Dedication. 10 a.m. at Observatory Park at The Turner Farm, 925 Springvale Road, Great Falls. The marker honors the work of the U.S. Army Map Service and its contribution to the Global Positioning System, better known as GPS, that is now used worldwide for navigation. Call 703-324-8662 or visit Parkmail@fairfaxcounty.gov.

Football Players Autograph Session. 11 a.m.-2 p.m. at Navy Federal Credit Union, 820 Follin Lane SE, Vienna. Navy Federal will host a meet-and-greet with Ryan Kerrigan from the Washington Redskins and Keenan Reynolds from the Baltimore Ravens. Debit card users and service members will enjoy autographs from players, discussion from the Navy Federal Debit Team and light refreshments. Visit www.navyfederal.org for more.

SUNDAY/JUNE 25

Musical Instrument Drive. 10 a.m.-2 p.m. at Great Falls Library, 9830 Georgetown Pike. Donate used musical instruments to Hungry for Music, a D.C. nonprofit dedicated to expanding opportunities in music for children globally by collecting and redistributing more than 500 instruments annually. Visit www.hungryformusic.org for more.

TUESDAY/JUNE 27

McLean Racquet and Health Club Nats **Game**. 7:05 p.m. at the Nationals Ballpark 1500 South Capitol St. S.E., Washington, D.C. Seats are located in the lower level outfield reserved section, transportation not provided. Call the club at 703-356-3300 for tickets.

EVERY WEDNESDAY JUNE 28-AUG. 2

Stories and Sprinklers. 1:30 p.m. at 144 Maple Ave. E., Vienna (behind the Freeman Store). Hear a story. Visit www.viennava.gov or call 703-255-6360.

FRIDAY/JUNE 30

Summer on the Green Concert. 6:30 p.m. at 144 Maple Ave. E., Vienna. Featuring Shenandoah Run. Free. Visit www.viennava.gov or call 703-255-6360.

For King and Country Concert. 6:30-8 p.m. at the The Tysons Corner Metro Station Plaza 1961 Chain Bridge Road. Part of the Tyson's Concert Series. Visit www.tysonscornercenter.com or call 703-893-9401 for more.

SUNDAY/JULY 2

Oceans Quartet Concert. 5 p.m. at McLean Central Park, 1468 Dolley Madison Blvd. Varied musical styles include bagpipes and Beatles music. Part of The Alden at the McLean Community Center's 2017 Summer Sunday Concerts in the Park. Call the Center at 703-790-0123 or visit www.aldentheatre.org.

TUESDAY/JULY 4

July 4 Festival and Fireworks. 6:30 p.m. at 1319 Ross Drive SW, Vienna. Visit www.viennava.gov or call 703-255-6360.

McLean Independence Day. 6:30 p.m. at Churchill Road Elementary School, 7100 Churchill Road, McLean, Musical entertainment by a local disc jockey, as well as food trucks selling a variety of entrees and snacks. Off-site parking and shuttles available. Admission is free. In case of inclement weather, the fireworks show will be presented at 8 p.m. on the rain date. Wednesday, July 5, Call 703-790-0123, or visit www.mcleancenter.org/specialevents for

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Relatively Speaking



By KENNETH B. LOURIE

If you live long enough, it's quite likely that many of the family members/generations born before you will have predeceased you. Moreover, the family members born before them, two generations-plus behind, are most surely to be geshtorbin (Yiddish for dead) as well. The effect: memory loss. Specifically, the memories lost of a generation of great grandparents - and beyond, you probably never knew or for whom you have extremely limited knowledge; after all, you were an infant when your maternal grandmother died. And when your widowed mother died nearly nine years ago, you lost what may very well have been that final anecdotal connection to your family's history, especially if your Jewish and your grandparents immigrated from Russia, Romania, The Baltic States, etc. before World War II where recorded history of Jews was evidence not documentation.

It just so happens that in my family, in fact, our closest surviving cousins, Ronnie and Gil, who themselves are in their 80s, are alive and extremely well and living with their daughter, Jayne, in Massachusetts. This past weekend, Ronnie and Gil drove eight hours to visit my brother Richard and me. And though we are regularly in touch over the phone, it has been years since we were all together in Washington, D.C. And being in their company, naturally we reminisced - ALL WEEKEND. What spawned this column was a comment Ronnie (a singer/pianist in Boston for 25 years) made in response to a question we asked about whether there was any other musical talent in the family. She said quite matter of factly that my maternal great-grandfather - who I had never met or even heard of before, "was a cantor in Russia - with a beautiful voice" (who never left Russia). "What! I never knew that." I don't recall knowing anything about my great grandparents, maternal or paternal.

You see, Ronnie was there almost at the beginning. She was the first born to my mother's oldest sibling and only sister, my Auntie Lee. My mother was the baby of the family – after two brothers were born. As such, the age difference between my mother and Ronnie was about 14 years, atypical for a niece and an aunt. As a result, Ronnie was witness to lots of family history that I thought might have been lost forever when my mother died in 2008. As a few examples, Ronnie knows who was present at my mother's "Auntie's" house for Passover Cedar in the early 1960s. She knew that "Auntie" was my mother's mother's brother's widow, not my mother's mother's sister. I certainly didn't. She knew that three families/our cousins lived together in this three-story home and all worked together in the family market: Levine's. Still more that I didn't I

Another family connection Ronnie and Gil reminded us of was a family line we have in South America. Again, before World War II, one of my maternal grandfather's (Hyman) brother's Simon (Shimon) immigrated to Argentina where to this day exists first (Eduardo) and second cousins (names I'm afraid don't know) I've never met, though Ronnie and Gil have met numerous times in Miami and in Argentina (Ronnie and Gil used to live in South Florida). The more we talked, the more we travelled back in time. But I won't selfindulge myself and bore you any longer. I will try to wrap it up in the next paragraph.

My mother, Celia died in December 2008, my father died in December 2006. With their passing, my brother and I lost – among a million other things, their first-hand, on-site accounts of our Lourie/Blacker history dating back 150 years or so to Russia/Eastern Europe, before any of my relatives immigrated to America. Ronnie, my mother's cherished niece, knows as much about our family history as there is still to know and her husband of nearly 63 years, Gil, knows almost as much. Their visit wasn't just a weekend. It was a lifetime. A weekend of a lifetime for which Richard and Lare extraordinarily grateful.

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



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