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OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 9 ♦ CLASSIFIEDS, PAGE 10



Ann Bailey of Great Falls, now an Ambassador for USA Triathlon, shows off her enjoyment of participating in the sport. Bailey said she had to take “kiddie pool” swim lessons to become a triathlete.

Great Falls

CONNECTION

Blue Firefight

NEWS, PAGE 3

Forestville Elementary Principal Publishes a Book

NEWS, PAGE 2

Ambassadors of Sport, Health and Community

NEWS, PAGE 4

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NEWS

Forestville Elementary Principal Publishes a Book

Todd Franklin's 'The Solution-Focused Educator' aims at 'supporting today's educator for the tablet generation of learners.'

BY ADRIENNE WEST
THE CONNECTION

When you speak with Todd Franklin, the principal of Forestville Elementary School, his passion as a teacher and administrator is obvious. With decades of experience under his belt, he took on the arduous task of amassing all that knowledge into a book that could be easily applied by his peers.

With the help of national best-selling author Todd Whitaker, who wrote the foreword, Franklin's book titled "The Solution-Focused Educator" was published in March 2018. His goal is to "help teachers and administrators establish a

growth mindset more consistently and support today's educator for the tablet generation of learners now in our classrooms."

Franklin has been employed by the Fairfax County Public School (FCPS) system for over a decade. After teaching at Cooper Middle School for several years, he took on the role of principal at Forestville Elementary five years ago. Through the years, he thought about the different problems he and his colleagues faced. Many years later, amid the normal tug-of-war between work and family, he was able to finish the book.

A key part of the book is the self-assessment that asks personal and professional questions. He hopes two things come out of that: "I want [teachers and administrators] to think about themselves in a different way, and for them to



PHOTO BY BY DAVID KROEGER

Forestville Elementary Principal Todd Franklin with his book at the Great Falls Library.

think about what kind of educator they are."

This progressive way of thinking is what Franklin thinks will lead to important discussions among school staff. He wrote the book to show professional educators "how to close the personal achievement gap between job satisfaction and stress-induced situations."

Brian Mandell, a former FCPS science teacher and colleague of Franklin's, thinks the book can help novice school leaders and teachers alike who can become quickly overwhelmed by day-to-day situations. "Every single day, more and more is expected of teachers. [They not only have to] teach students the practical skills, but also how to be good citizens. They don't have the time needed and the only thing they can control is how they handle the situation. [Franklin's book gives them the tools needed] to reset their mind to tackle each new situation," Mandell said.

Franklin has been invited to speak about his book at two statewide educational conferences for elementary school principals this summer, and hopes that will garner attention – and maybe implementation – from school boards to use the book and start talks with their staff.

Follow Todd Franklin at @toddefranklin on Twitter, or go to <https://www.toddfranklin.com/> to learn more and order his book.

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NEWS

Blue Firefight

Six Democrats vying for Democratic nomination to face Barbara Comstock in November.

BY MICHAEL LEE POPE
THE CONNECTION

Democrats are so eager to take on two-term incumbent U.S. Rep. Barbara Comstock (R-10) that several of them actually moved to the district specifically to run against her. The field of six candidates vying to become the Democratic nominee on June 12, has a wide range of experience and expertise — people who have lived there for decades and people who are new to the neighborhood. Military vets and doctors. People who have experience running for office and people who were inspired to run after the 2016 presidential election.

The stakes couldn't be higher because this congressional district is the hottest ticket in Virginia, one of the hottest in the nation.

"The 10th is a district that Hillary Clinton carried but has a Republican member of Congress in Barbara Comstock, so it's a high level target for Democrats," says Geoff Skelley at the University of Virginia Center for Politics. "Comstock will, to some degree, probably be hanging on for dear life. She may be able to pull it out. But at the same time, we rate that race as a toss-up."

Most of the candidates want to keep the consumer protections created by the Dodd-Frank Act, disagreeing with a bill cosponsored by U.S. Sen. Mark Warner (D-Va.) that would reduce the number of banks that have to comply with regulations many in the industry consider burdensome. On the issue of health care, several of the candidates support a single public health system that covers all residents funded by taxpayers — an idea long supported by the liberal wing of the party that remains divisive among Democrats. Two of the candidates are ready to move forward with impeachment now while the others want to wait for the investigation to conclude.

"There'll be a ton of money in this race," says Skelley. "Comstock raised \$5 million last time, and there's a decent chance she'll best that this year."

In the order the candidates will appear on the ballot:

Lindsey Davis Stover

A native of Humble, Texas, Stover, 39, is partner in a consulting firm in Fairfax County. She has a Bachelor of Arts in communications and political science as well as a Masters in Public Policy, both from Baylor University, as well as a Masters in Public Administration from the Harvard Kennedy School. She spent time in the AmeriCorps VISTA program then worked for U.S. Rep. Chet Edwards (D-Texas) before taking a position in the Obama administration working on veterans policy. She moved to the 10th Congressional District in 2011, when she moved to McLean. She is a partner in the consulting firm Edwards, Davis Stover & Associates which provides outreach to federal agencies and congress.



Lindsey Davis Stover



Jennifer Wexton



Paul Pelletier



Alison Friedman



Dan Helmer



Julia Biggins

"I was raised by a single working mom who worked really hard to make ends meet for our family. In fact I actually got my first job when I was 14, and got a job at my local church," says Stover. "My husband and I are still paying off more than \$80,000 of student debt, and I'm running for Congress because my story is not a unique story. There are millions of Americans and many families across our district who are working two and three jobs and can still barely make ends meet."

She is in favor of moving forward with impeachment proceedings, although she says she wants to make sure the case is "air-tight" before charges are brought in Congress. She says the country should move toward a single-payer health care system, although she adds that she'd also like to look at a Medicare-for-all system as well as other proposals for a system that could not be undermined by a future administration. She supports the consumer protections in the Dodd-Frank Act, and she disagrees with Democrats who believe that the regulations are overly burdensome on banks. If elected, she says, she would work to support public education and implement gun control.

"Our children are being murdered in our school, and our country is failing them. And we have to do more," says Stover. "If you're too dangerous to board an airplane, you should be too dangerous to walk into a gun store and buy a gun. And I also believe that the guns our soldiers use on the streets of Baghdad shouldn't be used on the streets of our communities."

Jennifer Wexton

A native of Washington D.C., Wexton, 49, is a state Senator representing parts of Loudoun and Fairfax as well as Leesburg.

She has a bachelor of arts in history and economics from the University of Maryland at College Park and a juris doctorate from the College of William and Mary. She was in private practice in Alexandria before joining the office of the commonwealth's attorney in Loudoun. During her time as a prosecutor, she prosecuted everything from reckless driving to first-degree murder. One case that attracted national headlines involved a woman who persuaded her boyfriend to kill her father with a samurai sword.

Wexton moved to 10th Congressional District in 2004, when she worked in the prosecutor's office. Wexton is the only one of the six to hold elected office.

"Congress has lost the bipartisan spirit of cooperation to represent the people who sent us here," says Wexton. "For me and what I've been able to accomplish in the General Assembly, I see that there's a lot that we have in common and a lot of areas where we can find common ground. But it seems like in Congress they are more interested in shouting past each other than working together to get solutions."

She is not yet in favor of moving forward with impeachment, adding that her time as a prosecutor taught her to collect facts and evidence before applying the law.

She says the country should be "evolving" toward a single-payer health-care system, although she says she's not sure the country is ready for that yet. On banking reform, she says she would vote against Warner's bill although she adds some of the regulations in Dodd-Frank are overly burdensome and she doesn't want to choke community lending for smaller borrowers.

If elected, she says, she would work for more cooperation on health care as well as gun safety legislation.

"The views of the majority of legislators

who have stymied any sort of gun safety legislation in Congress are out of the mainstream, even on things like universal background checks and closing the gun show loophole," says Wexton. "The people are going to speak about this, and I hope that we'll see some progress."

Paul Pelletier

A native of Beverly, Mass., Pelletier, 61, is a former federal prosecutor and adjunct professor at Georgetown University Law Center. He has a Bachelor of Science in economics from Providence College in Rhode Island and a Juris Doctorate from New England Law in Boston. After law school, he had a trial court clerkship and an appellate court clerkship before taking a job in the tax division at the Department of Justice. As a federal prosecutor, he went after everything from drug smuggling to health-care fraud. His work against bank executives who helped crash the global economy is featured in the 2017 book "The Chickenshit Club." He moved to the 10th Congressional District last year specifically to run against Comstock.

"I'm doing this because I care, and I believe I can make a difference," says Pelletier. "I've spent a career attacking and solving big problems in a non-partisan and a bipartisan way. I have found ways to not only attack the immediate problem before me but also see the big picture as to what is the problem and how do we solve this bigger issue."

He supports the House moving forward with impeachment proceedings, and he says he wants Trump to be accountable for his actions. He describes the single-payer health care system as the "gold standard," but he says he would work toward pragmatic health-care solutions like driving down the cost of health care. When asked about banking reform now being considered in Congress, Pelletier says he disagrees with the effort to roll back consumer protections in the Dodd-Frank Act. If elected, he says, he would work to restore the insurance mandate under the Affordable Care Act that was overturned by Trump and amend the tax reform effort to allow deductions of state and local taxes. He says he would also work to remove guns from the hands of dangerous people.

"The most important thing that I would absolutely fight like crazy to do is to pass legislation to ban assault weapons, like we used to have in the 1990s," says Pelletier. "We need common sense legislation like expanded background checks and outlawing bump stocks."

Alison Friedman

A native of Takoma Park, Md., Friedman, 39, is a former Obama administration official. She has a Bachelor of Arts in political

SEE SIX, PAGE 10

Ambassadors of Sport, Health and Community

Local USA Triathlon Ambassadors share love of Triathlon.

BY ANDREA WORKER
THE CONNECTION

Hear the word “triathlon” and many people automatically conjure up images of Ironman tournaments, and immediately rule out any interest in pursuing that activity. But there’s a lot more to the sport, with levels and combinations of competitions that suit all ages and most abilities. You can go the ultra competitive elite route, or choose the path that focuses more on fitness and friendship.

To help spread the word on all-things-triathlon, USA Triathlon, the sport’s National Governing Body, has launched an inaugural Ambassadors program, designed to introduce potential triathletes to the sport, as well as offer practical advice and share resources for training, competing, and everything in between.

Our area can boast the residency of two chosen emissaries, among only 44 appointed around the country.

The selection process was lengthy and comprehensive, but the starting point required that the candidates had to have represented Team USA in international age-group competition. The organization was also seeking athletes with inspiring, but relatable stories to tell. USA Triathlon believes that having a grassroots connection to athletes who are your friends and neighbors makes this often-misunderstood sport more accessible.

LOCAL AMBASSADORS can offer a great introduction to a sport that promotes better physical and mental health and builds community and friendships as an added benefit.

Ann Bailey of Great Falls and Rachel McCarthy of Vienna fit the criteria and made the cut, although neither will accept any accolades for their achievement. The women say the sport has given them so much that they welcome the opportunity to give something back. Both certainly have inspiring tales to share.

Bailey began exploring triathlon during a period of personal upheaval. “I was looking for a way to get back in focus, find a balance with working and being a single parent, and make new friends.” She attended a “She Does Tri” camp in April of 2010, “just to see if this would be for me” and was immediately drawn to the “supportive nature of the triathlon community.” She decided to give it a go, getting kitted out and signing up for her first two triathlons.

“Of course, I had to really learn how to swim first,” she laughs, describing her “kiddie pool” lessons with her coach as something she will never forget.



Ann Bailey of Great Falls, now an Ambassador for USA Triathlon, shows off her enjoyment the sport. The running and biking elements of triathlon were already part of her repertoire, but she needed “kiddie pool” swim lessons to become a triathlete.

But three months after making that decision, Bailey was diagnosed with a brain aneurysm that would require surgery. As she awaited the procedure, with her doctor’s supervision (who by some kind twist of fate happened to also be a triathlete), Bailey cancelled her scheduled maiden races, but continued to “lightly” train, biking or running regularly, up until the day before the surgery.

Thankfully, Bailey’s surgery was a success, but it took time to recover; a timeframe she feels was shortened and efforts that were eased by continuing to pursue her fitness goals. Both before and after her hospitalization, Bailey says that the training was “essential. It kept me balanced, focused, and strong. I really believe it helped save my life.”

Twelve days after her surgery, Bailey went for her first run. Thirteen weeks after the aneurysm repair, Bailey ran a 10k, finishing in just under an hour.

Since then, Bailey has competed in dozens of events, and as a member of Team USA after qualifying in 2016 and competing in Canada in 2017. Bailey is pleased to report that she has already qualified for the 2019 ITU World Multisport Competition in Pontevedra, Spain.

Rachel McCarthy, the Vienna-based USA triathlon Ambassador, and mother of six, has had the running component of the sport down pat since she was a kid. From ages 9 – 20, McCarthy was a runner, rising to the Division I cross country and track teams while attending the College of William and Mary in the 90s, where she also discovered

triathlon.

Like Bailey, she credits triathlon training for her fitness today, and much of her personal wellbeing, especially after a career-ending injury that precluded pursuing career aspirations as a pure runner.

“When I was running,” says McCarthy, “the emphasis was not on overall health.” She calls to mind the pictures of “almost emaciated-looking marathoners,” and says that “in her day” there was little cross-training offered, or even considered important. Over the years, McCarthy suffered several bone breaks, which she attributes to “over training in one area” and now focuses on a “total healthy body.”

“Triathlon is different,” she explains. Between the three components of biking, swimming, and running, “you are getting a more complete exercise experience.” She probably has more than a clue about which she speaks. McCarthy is now a Certified Triathlon Coach, bringing her expertise and personal experiences to clients from youth to elite with Machine M3, part of Machine Aquatics at the Machine Performance Center in Vienna.

McCarthy also believes that facilities like Machine M3 and the community that they build truly promote “a balanced approach to fitness and wellbeing” for everyone from the professional athlete to the beginner, and those who just want to have a little fun while enjoying some exercise or learning a new athletic activity.

ON SUNDAY, JUNE 3, the two triathlete



Rachel McCarthy of Vienna has her own personal cheering section with her six children when she competes. McCarthy was selected as an Ambassador for the sport of triathlon by USA Triathlon, the sport’s governing body.

Ambassadors are joining forces to present an “Introduction to Triathlon” session at the Machine Performance Center, located at 204-D Mill St. in Vienna. From 12 noon – 1:30 p.m., Bailey and McCarthy will be “taking away your fears of triathloning,” discussing the ins-and-outs of the sport, from getting started to getting your best results.

“There really is something for almost everyone in triathlon,” says Bailey, since there are sponsored events for age groups from youth through “advanced years,” as she describes the category. No wonder that one of the other Ambassadors is still active in the sport at age 87.

If being the next iron man or woman isn’t your thing, Bailey and McCarthy encourage interested persons to try “duathlons” that only require two of the components, or have some fun on a “no-drop” run.

“There are even relay-style events,” explains Bailey. “If you are good at one component, but not so much at another, the relay way can still get you out there.”

Whichever way you choose to participate in the sport – and the Ambassadors hope you do! – “you won’t regret the feelings of wellbeing, accomplishment and camaraderie that you will gain,” promises McCarthy.

For more information, or to let the Ambassadors know you might attend the Intro Event on June 3 (space is limited), contact either Bailey at USATAnnBailey@gmail.com, or McCarthy at RachelUSATriathlon@gmail.com. The triathletes also recommend checking out the USA Triathlon website at www.teamusa.org/USA-Triathlon.

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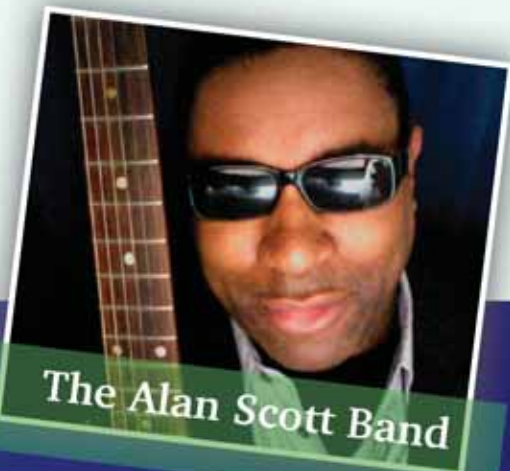
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Keep Teens Safe for Summer

BY JOHN C. COOK
BRADDOCK DISTRICT SUPERVISOR



COMMENTARY

Prom and graduation seasons are upon us, and these are the biggest landmarks in our teens' lives so far. While it is certainly a time for celebration, it is also a time for parents to ensure the safety of these young adults. I want to ask all parents to keep our community safe by not hosting parties teen parties with alcohol and speaking to your children about the dangers of drunk driving.

The way parents raise their own kids in the privacy of their homes is their business. However, when other children are involved and given alcohol, it becomes a community concern and threat to public safety. Through a motion I presented, the Board of Supervisors unanimously directed our Police Department

to arrest parents who host parties for minors where alcohol is served. If you are caught hosting one of these parties then you will be arrested and sent to jail.

There is no responsible way to host a teen party with alcohol. Not only are teens underage, but teen brains are more negatively impacted by alcohol than an adult's. The developing mind already has a tendency to take risks and not perceive consequences for their actions. When one introduces alcohol to this situation, the risky behavior goes into overdrive and puts our young people in a dangerous position. Teens are also more likely to binge drink, which creates an even greater risk to their health in the short and long term. At its worst, teen drinking can result in drunk driv-

ing, assault, drug use, teen pregnancy, injury, or even death. When parents provide youth with alcohol, they are jeopardizing these children's lives.

Every year we hear stories about devastating accidents caused by teens driving under the influence after prom or graduation. It is not something that just happens in other neighborhoods. These accidents happen in our own backyards. Nationally, 10,497 people died in 2016 from drunk driving accidents. Fifteen percent of those accidents were caused by drivers under 21. A single accident like this is one too many.

That is why it is up to us as parents to set good examples to our children. We have to set clear rules and expectations for them to follow in this season of celebrations. Talk to your teens about the dangers of drinking. Make it clear that if they drink and drive or go to these underage drinking parties they are risking their future.

The More Things Change, the More They Stay the Same

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



COMMENTARY

As the General Assembly heads back into Special Session on May 23 to continue work on the biennium budget impasse, I looked back at how long we've been fighting to expand Medicaid — the major sticking point in our current budget standoff. Here's what I wrote in September 2014 — nearly four years ago!

"Recently the New York Times editorial board wrote about the 'health care showdown in Virginia.' Their comments were not favorable. 'In Virginia, there are 400,000 low-income people who can't afford health care coverage but don't qualify for federal subsidies,' they wrote. 'If they lived across the state line in Maryland, West Virginia or Kentucky, which have expanded their Medicaid programs, they could get the coverage they need.' The reason they cannot; 'a group of recalcitrant Republicans in the House of Delegates' have blocked Medicaid expansion at every opportunity."

Highly regarded retired editorial writer for the Virginian Pilot, Margaret Edds, wrote about the current impasse in Virginia two weeks ago. Drawing on her extensive command of Virginia's history, Edds points out that Virginia was the last state to join Social Security in the 1930s. She argues that there is a moral imperative that "we cannot afford to take this risk" of not expanding Medicaid. She writes that "designing a health care system that embraces everyone is the right thing to do." Reston resident, Elliot Wicks, in a recent letter to the editor makes the same argument that closing the coverage gap morally is the right thing to do.

In an unprecedented move, the Virginia Chapter of the American Association of Retired People (AARP) called a press conference to announce that letters sent by the Speaker of the House and other Republican lawmakers to their constituents over age 60 contained "inaccurate information about changes in Medicare."

These letters from Speaker Howell and other lawmakers implied that expanding Medicaid in Virginia would hurt Medicare beneficiaries. "Expanding Medicaid to uninsured Virginians won't harm the Medicare program or its beneficiaries," the AARP spokesperson said.

Revenues for the Commonwealth are expected to fall short of projection for this year by as much as \$300 million. Ironically, Virginia is losing \$5 million a day amounting now to three-fourths of a billion dollars paid by Virginians that could be returned to the state through Medicaid expansion. The money could

not be used to balance the budget in the current year, but in future years more than \$200 million that Virginia pays for indigent care from its general tax revenue could be paid by Medicaid.

State and local chambers of commerce, medical and health care associations, and editorial boards of the major newspapers in the state have endorsed Medicaid expansion. A major compromise in the form of Marketplace Virginia, proposed by three Republican senators and endorsed by all Democratic legislators, has been introduced. The compromise proposed in Marketplace Virginia addresses the Republicans' stated concerns by including a provision to discontinue the program if the federal government reneges on its commitments. It is time for Republicans in the House of Delegates to agree to the compromise. Their insistence on separating Medicaid from the state budget is a costly stalling tactic that is hurting a large number of Virginians and threatens to hurt even more if the budget stalemate continues.

While the players have changed—it's now Senate Republicans resisting Medicaid expansion—the song remains the same.

Send Father's Day Photos

Father's Day is Sunday, June 17, and once again this newspaper will publish a gallery of Father's Day photos.

Every year at this time, we put out the call for photographs of fathers and their children, grandfathers and their children and grandchildren.

Send in photos with the following information: the town where you live, the names of everyone in the picture, the approximate date the picture was taken, the ages of the children and a sentence or two about what is happening and where the photograph was taken. Be sure to tell us your town name and neighborhood. Photos are due by June 12.

You can submit your photos online at www.connectionnewspapers.com/fathersday. You can also email photos to editors@connectionnewspapers.com.

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Published by
Local Media Connection LLC

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Alexandria, Virginia 22314**

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- 3 x 6 banner at the event
- Logo placement in (2) Great Falls Connection full-page advertisements
- Mention on the Celebrate Great Falls Foundation™ website & social media

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\$1,000 (\$900 Tax Deductible)

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- Logo placement in (2) Great Falls Connection full-page advertisements
- Mention on the Celebrate Great Falls Foundation™ website & social media

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- Mention on the Celebrate Great Falls Foundation™ website & social media

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CALENDAR

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

"Trees, Trees, and Beyond."

Through May 31 at Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Vienna Arts Society Exhibition. Free. Open 10-7 p.m. in April; 10-7:30 p.m. in May. Visit www.ViennaArtsSociety.org or call 703-319-3971.

Oakton Farmers Market. 9 a.m.-1 p.m. at Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. Year-round weekly farmers market in Oakton. Local produce, meats/eggs, dairy, baked goods, and more. Admission is free. Visit community-foodworks.org.

Great Falls Farmers Market.

Saturdays, 9 a.m.-1 p.m., 778 Walker Road, Great Falls. Music, vendors, fresh produce, fresh prepared food, delightful bakery, spices from around the world, wild-caught fish, grass-fed, free-range meats, organic-fed poultry and eggs. Email kathleen@greatfallsfarmersmarket.org 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. Games are on Wednesday evenings and Saturday mornings in Vienna, April-October. Other activities during the year. Visit www.goldengirls.org.

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



FILE PHOTO BY DONNA MANZ/THE CONNECTION

Fat Chance played to a hardy group seated on a wet lawn at Viva! Vienna! 2017.

ViVa! Vienna!

Vienna celebrates its annual three-day festival Saturday, May 26-Monday, May 28 in the heart of historic Vienna along Church Street. The festival, hosted for 33 years by the Rotary Club of Vienna, features carnival rides, food, live entertainment across three stages, and more than 300 arts and craft and other vendors. Free admission. Rides require a specific number of tickets, which varies from ride to ride; tickets are \$1 each or \$20 for a sheet of 24, or \$35 for an all-day wristband. Parking in the historic area is very limited. Visit vivavienna.org.

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.

Fishing Rod Rentals. Riverbend Park, 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/.

THURSDAY/MAY 24

Fundraising Benefit. 6-9 p.m. at the Tower Club, 8000 Towers Crescent Drive, Suite 1700, Vienna. The Women 2 Women Committee of the Tower Club is hosting a fundraiser to benefit the Turning Point Suffragist Memorial Association. The evening will feature a presentation by journalists/authors Cokie Roberts and her daughter, Rebecca Boggs Roberts. All tickets (\$95, +fees) entitle participants to a reception featuring heavy hors d'oeuvres and two drink tickets. Visit www.suffragistmemorial.org.

SATURDAY/MAY 26

Vegetable Plant Clinics. 10 a.m.-noon. At Nottoway Park, 9601 Courthouse Road, Vienna. Learn about growing nightshade plants (tomatoes, etc.). Fairfax County Master Gardeners will add a focus on vegetable gardening to their Plant Clinic program. Sponsored by Virginia Cooperative Extension. Contact the

VCE Fairfax County Master Gardener Help Desk at 703-324-8556.

Model Railroaders Open House. 1-5 p.m. at the Vienna Depot, 231 Dominion Road NE. Northern Virginia Model Railroaders hold an open house at the Vienna Depot each month and on Vienna celebration days, including Viva! Vienna and the Vienna Holiday Stroll. Free admission. Call 703-938-5157 or visit www.nvmr.org.

SATURDAY-MONDAY/MAY 26-28

ViVa! Vienna! Vienna celebrates its annual three-day festival in the heart of historic Vienna along Church Street. The festival, hosted for 33 years by the Rotary Club of Vienna, features carnival rides, food, live entertainment across three stages, and more than 300 arts and craft and other vendors. Free admission. Rides require a specific number of tickets, which varies from ride to ride; tickets are \$1 each or \$20 for a sheet of 24, or \$35 for an all-day wristband. Parking in the historic area is very limited. Visit vivavienna.org.

SUNDAY/MAY 27

Model Railroaders Open House. 1-5 p.m. at the Vienna Depot, 231 Dominion Road NE. Northern Virginia Model Railroaders hold an open house at the Vienna Depot each month and on Vienna celebration days, including Viva! Vienna and the Vienna Holiday Stroll. Free admission. Call 703-938-5157 or visit www.nvmr.org.

MONDAY/MAY 28

Memorial Day Brunch and Cookie Class for Children. 10 a.m.-noon

SEE CALENDAR, PAGE 9

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www.quiltersunlimited.org/quilt-show

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Let us know about an upcoming event

www.connectionnewspapers.com/Calendar

CALENDAR

FROM PAGE 8

at Wildfire, Tysons Galleria, 3rd floor, McLean. A special Memorial Day brunch where guests will enjoy a breakfast buffet, cookie decorating class and face painting. \$20.00 per adult/child plus tax (gratuity not included). To make a reservation, call 703-442-9110.

Memorial Day Ceremony. 11 a.m. at Great Falls Freedom Memorial, behind the Great Falls Library, 9830 Georgetown Pike, Great Falls. The annual Memorial Day ceremony will honor those who gave "the last full measure of devotion" in service of freedom. Longtime Vienna resident and World War II "civilian veteran" Rita C. Stead will give the keynote address on the meaning of Memorial Day. The ceremony is open to all. Limited seating and shelter provided; attendees may bring portable chairs. Visit www.gffreedom.org for more.

FRIDAY/JUNE 1

Summer on the Green: U.S. Navy Band – Country Current. 6:30 p.m. area residents can catch a new and diverse musical act at the Town Green or at Chillin' on Church. Bring blankets and chairs, but please leave Fido and any other pets at home. The concerts are free and open to the public. Visit www.viennava.gov for more.

Tyson's Concert Series: Mat Kearney. 6:30-8 p.m. on the Plaza at Tysons Corner Center. Tyson's Corner Center's 5th annual free Summer Concert Series offers a variety of musical guests and has proven to be a popular event for families, couples and teenagers. The Plaza is located off of The Tysons Corner Metro Station of the Silver Line. Guests are encouraged to arrive early. Visit www.tysonscornercenter.com/events/SummerConcertSeries2018 for more.

FRIDAY-SUNDAY/JUNE 1-3

Tyson's-Pimmit Book Sale. Friday, 11 a.m.-5 p.m.; Saturday, 10 a.m.-4 p.m.; Sunday 1-4 p.m. Large selection of books and media for all ages and interests. Half price/\$10 per bag sale on Sunday. Call 703-790-4031 or visit www.fairfaxcounty.gov/library/branches/friends-of-tysons-pimmit-regional for more.

SATURDAY/JUNE 2

Used Book Collection. 9 a.m.-1:30 p.m. at SunTrust Bank, 515 Maple Ave., E, Vienna. Used books, CDs, DVDs, software, children's books, records, and recent books will be accepted. No encyclopedias, VHS or audiotapes. The Book Sale will be held on Aug. 31-Sept. 2 at the Spring Hill Recreation Center. The sale proceeds benefit scholarships for women. Questions: aauwbookfair@gmail.com or 703-527-4206.



Bluebird by Cindy Dibbs.

'Nature's Palette'

Cindy Dibbs takes every opportunity to enjoy and photograph nature whether hiking in Great Falls National Park, Glacier National Park or strolling along the beach. Her photos reflect the beauty of nature and she hopes the images will inspire others to protect and treasure the valuable gift of nature. June 1-30 at Katie's Coffee House, 760 Walker Road, Great Falls. Visit www.cindydibbs.com.

Spring Fair. 10 a.m.-2 p.m. at Pleasant Grove historic site and museum, at 8641 Lewinsville Road, McLean. Free community fair will feature "attic treasures" quality yard sale and antiques, a homemade bake sale, lunch, an artisan-made quilt raffle, and a Tom Sawyer clean-up day. All proceeds are donated to Pleasant Grove. Stop by Friday to drop off donated "attic treasures." Visit www.HistoricPleasantGrove.org.

SUNDAY/JUNE 3

Alden Summer Concerts: Tim Kubart and the Space Cadets. 5 p.m. in McLean Central Park, 1468 Dolley Madison Blvd. Free parking at Dolley Madison Library, 1244 Oak Ridge Ave. The Alden's 2018 Summer Sunday Concerts in the Park expand this year to include a "welcome, summer" concert on Sunday, June 3, and then seven concerts from July 1 through Aug. 12. Visit www.aldentheatre.org for more.

TUESDAY/JUNE 5

The C&O Canal. 12:30-2 p.m. at 1234 Ingleside Ave., McLean. Learn about the C&O Canal, its history, its beauty and its uses. Presented by Carole Herrick. One lesson for 1 hour, 30 minutes. Cost is \$7/\$5 MCC district residents.

THURSDAY/JUNE 7

Benefit of Chocolate. 6-8:30 p.m. at Westwood Country Club, 800 Maple Ave., Vienna. The Stroke Comeback Center is hosting the Benefit of Chocolate cocktail reception to support its programs for survivors of stroke and brain trauma. \$100. Visit strokecomebackcenter.org for more.
Author Event: Joseph Esposito. 7:30-9 p.m. at Patrick Henry Library,

101 Maple Ave. E., Vienna. Meet Joseph A. Esposito, the author of "Dinner in Camelot." Books available for sale and signing. Free admission. Call 703-938-0405 or visit librarycalendar.fairfaxcounty.gov/event/3931227 for more.

FRIDAY/JUNE 8

Summer on the Green: Vienna Idol Finale. 6:30 p.m. area residents can catch a new and diverse musical act at the Town Green or at Chillin' on Church. Bring blankets and chairs, leave pets at home. The concerts are free and open to the public. Rain date is June 9. Visit www.viennava.gov for more.
Tyson's Concert Series: The Legwarmers. 6:30-8 p.m. on the Plaza at Tysons Corner Center. Tyson's Corner Center's 5th annual free Summer Concert Series offers a variety of musical guests, popular for families, couples and teens. Tyson's Corner Metro Station of the Silver Line. www.tysonscornercenter.com/events/SummerConcertSeries2018 for more.

FRIDAY-SATURDAY/JUNE 8-9

Used Book Sale. 10 a.m.-5 p.m. at Great Falls Library, 9830 Georgetown Pike, Great Falls. Pre-sale open to members of the Friends of the Library Thursday, June 7, 6-8 p.m. Membership purchased at the door for the pre-sale-night-only, \$15. Thousands of lightly-used donated books, CDs, DVDs in every category. Many like new. Great for care packages, beach house, building home library, literacy programs, traveling companions. Free admission. Email friendsofthegreatfallslibrary@gmail.com or call 703-757-8560.



Here's What's Happening at MCC

All are welcome!

MCC Governing Board Meeting

Wednesday, May 23, 7:30 p.m.
MCC Administrative Offices



The Old Firehouse Friday Night Trips

Dinner and a Movie
Friday, May 25, 3:30-10 p.m.
\$40/\$30 MCC district residents



Closing Notice

Monday, May 28
MCC and the Old Firehouse Teen Center will be closed in observance of Memorial Day.

The Old Firehouse

After 7 Dance Party

Friday, June 1, 7-10 p.m.
1440 Chain Bridge Rd.
\$5 admission



Open to All

MCC Governing Board Meeting

Wednesday, June 6, 7:30 p.m.
MCC Administrative Offices



Presented by The Alden

Audience Choice Quote-Along Movie

Sunday, June 10, 2 p.m.
The Old Firehouse, 1440 Chain Bridge Rd.
\$3 per person/\$5 per couple. Popcorn is free. Prop bags are \$5 each.



Get in the Game!

MCC Summer Camp Programs

Camp McLean
The Old Firehouse
Summer Camp Trips
Dance, Fitness
Outdoor Adventure and Science Fun Weeks



The McLean Community Center

www.mcleancenter.org

Home of the Alden Theatre

www.aldentheatre.org

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NEWS

Six Vying for Nomination

FROM PAGE 3

science from Stanford University and an executive master of business administration from Oxford University. She served as national director of students for Gore during the 2000 presidential campaign before becoming a legislative and program coordinator for People for the American Way. She worked for U.S. Rep. Jane Harman (D-Calif.) before founding the nonprofit organization known as Alliance to Stop Slavery and End Trafficking. During the Obama administration, she served as deputy director for the Office to Monitor and Combat Trafficking in Persons and later helped establish a public-private partnership known as the Global Fund to End Slavery. She moved to the 10th Congressional District last year for a number of reasons, one of which was running against Comstock.

"I've spent my career standing up to abuses of power," says Friedman. "And now we have an epitome of one in the White House, who is being enabled by my representative. And I can't do nothing."

She says she's not yet ready to move forward with impeaching President Trump, although she adds "nobody wants this president out of office more than I do." On health care, says she wants to improve the Affordable Care Act rather than pursue a single-payer health-care system. When asked about banking reform now being advocated in Congress, she says she would keep the consumer protections created by the Dodd-Frank Act. If elected, she says, she would work to improve affordability and accessibility of health care as well as tax reform and infrastructure needs.

"You can't knock on a door or go to an event in Northern Virginia or the Shenandoah Valley without hearing horror stories about commutes," says Friedman. "And that's one place where my record of taking on big issues that are mired in bureaucracy and actually driving to solutions that make people's lives better on the ground will be really valuable."

Dan Helmer

A native of New Brunswick, N.J., Helmer, 36, is an Army veteran and management consultant. He has a Bachelor of Science in history and Arabic from West Point. After graduating, he served a tour in Iraq and then became a Rhodes Scholar at University of Oxford, where he earned a master's degree in philosophy and international relations. He served 11 years of active duty in the military, including tours in Iraq, Afghanistan and Korea. In the private sector, he worked with the Boston Consulting Group, where he helped U.S. manufacturers, and he remains in the Army Reserves. He was recruited to run for Congress by a Boston-based group known as New Politics. He moved to the 10th Congressional District in 2013, when the Army stationed him in Northern Virginia.

"This is a country that welcomed my family when they were immigrants and refugees — my dad is an immigrant, and my grandparents are Holocaust survivors," says Helmer. "I've always felt a deep desire to defend the country that gave my family a shot at the American dream, and the dysfunction and hatred in Washington is the greatest danger to other Americans continuing to have a shot at that American dream."

He supports impeaching President Trump. On the issue of health care he says he supports a "Medicare for all" option that would allow Americans to opt into Medicare if they choose. On banking reform now

**"The 10th is a district that
Hillary Clinton carried but
has a Republican member
of Congress in Barbara
Comstock, so it's a high
level target for Democrats."**

—Geoff Skelley,

University of Virginia Center for Politics

being considered in Congress, he says he would have to spend more time studying it before committing one way or another. If elected, he says, he would work to enact gun safety legislation.

"I've carried assault rifles in Iraq and Afghanistan, and I've seen the consequences of Washington cowardice in terms of a war of choice in which I've lost friends," says Helmer. "Now I think we're seeing the consequences of cowardice here at home, where both in Richmond and in Washington we've seen time and again Republicans and Democrats fail to pass meaningful gun safety legislation. I look forward to working diligently in Congress to fight back against the NRA and the gun lobby and pass meaningful gun legislation reforms."

Julia Biggins

A native of Joliet, Ill., Biggins, 41, is the a medical researcher. She has a bachelor of science in microbiology from the University of Illinois at Champagne and a doctorate in molecular virology from Baylor College of Medicine. After graduate school, she took a job as a contractor at the United States Army Medical Institute for Infectious Disease at Fort Detrick, where she worked on a team that developed vaccines and therapies for the Ebola virus. She moved to the 10th Congressional District last summer. She is currently the assistant director for in vivo research against viral and bacterial pathogens at Integrated Biotherapeutics in Rockville, Md.

"This is not something I thought I would ever be doing prior to the election in 2016, and then I started really paying attention and being concerned," says Biggins. "In the scientific community, I don't think we ever thought we'd have to stand up and defend science. So I felt like this was something I needed to set my research aside and stand up to protect science and help make change in the country."

She does not support impeaching President Trump at this time, adding that she wants the investigation to run its course. She is in favor of a single-payer health-care system, adding that she would like to see an overhaul of the system rather than patching up the Affordable Care Act. When asked about banking reform now being considered in Congress, she says she would keep the consumer protections created by the Dodd-Frank Act. If elected, she says, she would use her expertise to reform the healthcare system and overturn the ban on federal funding for gun violence research. She also wants to focus on education.

"The way that we fund education needs to be improved since it's based on our property taxes, and that leads to inequality," says Biggins. "I would like to see more money coming from the federal government to education so that we can ensure all kids, regardless of where they live, have that foot in the door."

BULLETIN

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

VOLUNTEERS NEEDED

Assistance League of Northern Virginia, a volunteer nonprofit, invites community members to join the organization to participate in its Reading Express program. Volunteers provide one-on-one tutoring to first grade students during the school year. To learn more contact VP Membership Mary Gronlund at gronbiz@aol.com or Program Coordinator Lynn Barron at lynnieb517@verizon.net.

KINDERGARTEN REGISTRATION

Child turning 5 years old by Sept. 30? If so, contact your child's school to make arrangements for kindergarten enrollment. Most schools begin getting information together now for parents of incoming kindergartners, and many host an orientation or open house. All kindergarten programs are full-day and located in FCPS elementary schools. Check your school's webpage or contact the school directly for specific enrollment information and dates of orientation or visit www.fcps.edu/registration/kindergarten-registration.

THURSDAY/MAY 31

Meet with Virginia WMATA

Representatives. 7-8:30 p.m. at the Providence Community Center, 3001 Vaden Drive, Fairfax. Virginia's representatives to the board of directors of the Washington Metropolitan Area Transit Authority will meet the public in a forum sponsored by the Northern Virginia Transportation Commission. The event will include a presentation focused on funding, governance and safety, followed by a question-and-answer session. The facility is within walking distance of the Vienna Metro station. Visit www.novatransit.org.

THURSDAYS/MAY 31-JUNE 14

Adventures in Learning. Times vary, at Unitarian Universalist Congregation of Fairfax Program Building, 2709 Hunter Mill Road, Oakton. Sample of classes include: 'ai chi, intermediate/advanced bridge, "Over the Air Television," world affairs, and Socrates cafe. Visit www.scov.org/files/ail/ail_schedule_2018_spring_040918.pdf details.

FRIDAY/JUNE 1

Help Children Navigate Adolescence in the Digital Age. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. What else can parents do to keep their teenager safe on the internet? Join Richard Stegman, FCPS Educational Specialist, to learn the top internet dangers for teens and seven steps for good digital parenting. Free. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center.

WEDNESDAY/JUNE 6

Grow Your Business. 6-8 p.m. at American Prime, 1420 Spring Hill Road, McLean. Join Tysons McLean Orchestra to network with the tech, telecom, real estate and financial services execs and the professional business community at American Prime. Live music, raffles, discounted drinks tickets and a buffet. \$30 online; \$40 at the door. Visit www.eventbrite.com and search "Instrumental to Business" for tickets.

MONDAY/JUNE 11

Lunch N' Life: Estate Planning. Noon at Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna. Join the Shepherd's Center of Oakton-Vienna's (SCOV) Lunch N' Life event with guest speaker Collins Law Firm's Phillip J. Kenny, JD, CFP, an experienced estate planner. Prepayment of \$15 per person required by Wednesday June 6. No refunds. To register, call 703-281-0538. www.scov.org/announcements.

WEDNESDAY/JUNE 13

Public Safety Program. 7:30 p.m. at McLean Governmental Center Community Rooms, 1437 Balls Hill Road, McLean. The June McLean Citizens Association Public Safety Program will focus on the Fairfax County Independent Police Auditor. The Auditor, Richard G. Schott, will provide a presentation to explain his responsibilities and to answer questions. Visit mcleancitizens.org.

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Find us on Facebook and become a fan! www.Facebook.com/connectionnewspapers THE CONNECTION Newspapers & Online The Connection to Your Community www.connectionnewspapers.com		An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. -Werner Heisenberg		

Oh Happy Daze



By KENNETH B. LOURIE

As I sat on the couch Saturday morning with my wife, Dina, and pretended not to watch or listen – too attentively, anyway, to the “fairy tale” wedding of the former Meghan Markle and the current Prince Harry, in Windsor Castle on May 19, I was reminded of my own wedding, proposal, courtship and introduction to Dina, dating back to November 1976 when we first met. (I’ll try not to self-indulge too much; it’s boring I know.)

After graduating undergraduate school in May 1976, I moved back home to Boston, and began looking for work. Upon receiving an offer from the now-defunct Prince Georges Post to write a weekly column, I returned back to Maryland in late summer and moved in with my brother, Richard. Unfortunately, after meeting with the Editor-in-Chief, I was informed that due to a revenue shortfall, the tabloid was shrinking its page count to 32 from 40, and with it my column and budget for it was shrunk as well. At that moment, my Art Buchwald-type dream was over.

Though living with Richard in his one bedroom apartment and sleeping on his living room couch was not costing me much money, it was hardly the ideal transition to post-college life I had anticipated. I needed to find a job and my own place to live. Soon after speaking with my college buddy, “Mot,” my housing and job status would change. I moved in with him into a group house in Potomac, where one of his roommates, Rick, was a lunch manager at the Sir Walter Raleigh Inn Restaurant in upper Georgetown.

Always looking for daytime staff, I was immediately hired and within days began my new job. On my first day, I drove in with Rick. After parking behind the restaurant, we walked in the back door, through the kitchen and into the dining room. Rick looked around at the various employees doing their pre-lunch set-up, saw Dina to his right and said: “Dina, train the new man.” After spending the morning together, she thought I was weird; I thought she was stuck-up. Amazing how little has changed. Six months later we were dating.

I remember the exact circumstance when I told Dina that I loved her. We were driving north on Connecticut Avenue past the Avalon Theatre heading into Chevy Chase Circle. While rounding the Circle, it just hit me so I said it: “Dina, I think I love you.” I don’t recall how Dina responded but my ill-timed delivery didn’t seem to be a problem.

A few months after that, another awkward progression toward our getting married. We were sitting in a sub/pizza place called C.J.’s located in the Cabin John Shopping Center having a casual lunch. While we were talking and eating, it struck me that I wanted to ask Dina to be my wife. Without too much thought or preparation – and with no ring – I grabbed my paper placemat and wrote a proposal on it – in the margins, if I recall, and then slid it around toward Dina for her to read. Again, I don’t remember too much about her reaction other than her answer was “Yes.”

A year or so later, we were married – twice. Due to our differences in religion, we agreed to be married by a judge, for whom Dina’s maternal grandmother had once worked. Five weeks after the invitations had been mailed and five days before the wedding, we went to visit the judge to discuss the service. After we made our in-person introductions and exchanged pleasantries, the judge says to us with as serious a look as he could muster: “I can’t marry you on Sunday.”

A moment of silence/horror passed between us. “What!?” we murmured politely. Then he smiles reassuringly and says: “I’m a Pennsylvania judge. I can’t legally marry you in Delaware on Sunday. (Another collective gasp as we’re trying to process what we’re hearing.) He goes on: “Just come by my chambers on Friday and we’ll do it legally. Then on Sunday, I’ll do it for show.” The result: two wedding-anniversaries, Oct. 20 and 22, one year though: 1978.

Harry and Meghan may have their “fairy tale,” but we have our funny tale; still being told almost 40 years later.

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

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