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Great Falls
CONNECTION

Great Falls resident Elaine Tholen, candidate for School Board Member, Dranesville District, meets Sarah Cuddihy at Great Falls Farmers Market Saturday.

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Great Falls vendors open shop for the first time after a brief hiatus in beautiful Spring weather.



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PHOTOS BY JENNIFER FLANAGAN/THE CONNECTION

Great Falls Farmers Market Reopens

BY JENNIFER FLANAGAN
THE CONNECTION

Last Saturday, on a beautiful sunny day, local residents welcomed back the Great Falls Farmers Market. The intimate market has been on hiatus since the death in January of the beloved market manager, Kathleen Murphy.

The multi-vendor market will now be managed by Kathleen's daughter Marika Tsombikos, who is also a designer of purses

often sold at the market, and Elaine Shadid of Zaatar, a vendor who features Mediterranean herbal spice. The market, which was created 12 years ago, provides access to local farmers, craftsmen and artisans who are personally involved in growing the food and designing the crafts presented each Saturday.

As Tsombikos recently remarked, "It was my Mom's dream to have the market carry on and flourish for the sake of the local vendors and the residents of this community. It

was her belief that when we support our neighbors in their creative endeavors, we all benefit." On Saturday, Tsombikos preserved her mother's goal of "treasuring heritage, home and habitat" with varied vendors and more to come each week.

Great Falls resident Elaine Tholen, a candidate for School Board Member, Dranesville District, has lived in this district for 25 years, and took the opportunity to explain her education priorities to market visitors. Tholen says she comes to market

because she loves the combination of fresh produce and community engagement, as her expertise is green and sustainable schools and she hopes to contribute to increased healthy food access in local schools.

Stop by on Saturdays, 9 a.m.-1 p.m. for this community event. The market is located in the parking lot, adjacent to Wells Fargo Bank. For Great Falls Farmers Market vendor applications or to sign up for the markets weekly newsletters, drop a line at GreatFallsVAFarmersMarket@gmail.com .

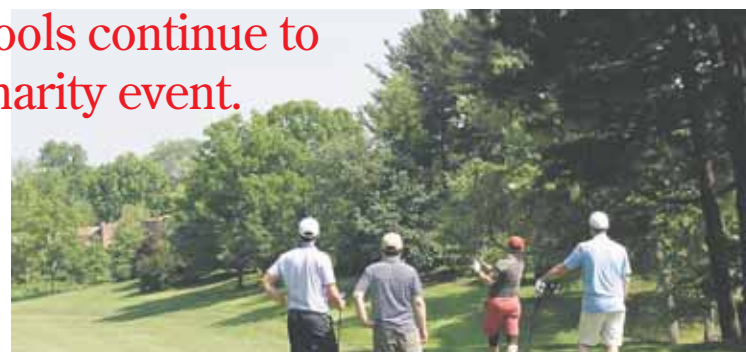
Golf Tourney to Raise School Funds

Local elementary schools continue to benefit from annual charity event.

BY ADRIENNE WEST
THE CONNECTION

The 2019 Celebrate Great Falls Foundation Charity Golf Tournament is on May 20. Since being founded in 1995, the tournament raised money for local charities before directing 100 percent of the proceeds to our local elementary schools (Great Falls, Forestville, and Colvin Run). More than \$150,000 has been split between the schools since 2012, and the golf tournament committee is hoping to exceed last year's success, which netted \$11,000 for each school.

Returning co-chair Kristin Dailey said, "This event makes a truly significant and recognizable difference in the classroom. Last year, we were able to raise \$39K that went directly to enhancing technology, music, arts, and so much



more for our students."

First time co-chair, Dennis Peery, added "as a tournament co-chair and GFES parent, I'd like to thank the Celebrate Great Falls Foundation and the tournament's sponsors, players and volunteers for their support over the years. Although its focus has evolved, I'm glad to see the event take place in our school community."

Dailey and Peery, along with their co-chair, Meredith Broome, have made some changes to draw even more interest this year. "We are incredibly excited about this year's tournament. We have an all-new lo-

The Celebrate Great Falls Foundation Charity Golf Tournament will be held on Monday, May 20.

PHOTO BY
COLLEEN SHERRY /
LANGLEY HIGH

cation, and the change in venue has already generated a tremendous amount of enthusiasm," Dailey says.

A new event has been added to include more ladies: a 9 a.m.-11 a.m. Ladies Tennis Social which includes two hours of pro-directed play, followed by a light lunch sponsored by local women's philanthropic group, Great Falls Friends and Neighbors (GFFN). In addition, the popular Kids' Putting Contest sponsored by AOG Wealth Management returns this year.

Early bird pricing ends on April 15, so register soon. Tickets are \$250 until 4/15,

and \$300 thereafter. Ticket price includes a round of golf with cart, complimentary on-course beverages, a player gift, one ticket to the awards reception with cocktails and heavy hors d'oeuvres.


There are four major sponsors right now - Green Hill Landscaping, Costa Family & Cosmetic Dentistry, Digital Global Connectors, and CBSI - but there is still time to sign up.

A concurrent silent auction ending at midnight the day of the tournament offers chances at a variety of prizes. Everything from principal for the day, VIP parking at sixth grade graduation, to personal training, summer camp registration, and a free stay at any Waldorf Astoria are up for grabs.

This year's tournament proceeds will go towards purchasing new computers and software to be used by students. Volunteers are needed the day of the tournament to keep things running smoothly. Sponsors are needed to underwrite the costs and, of course, golfers are needed to play. For more information go to <http://www.greatfallsgolf.org/>



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NEWS



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From left: Nathaniel Hauda, Nicholas Hodge, Melinda Hauda, Nathaniel Raudenbush, JP Diaz, Senior Patrol Leader for Boy Scout Troop 55.

Troop 55 Recognizes Three New Eagle Scouts

Troop 55 recently welcomed Nathaniel Hauda, Nicholas Hodge and Nathaniel Raudenbush into their Eagle Scout ranks. The three seniors were recognized at a Court of Honor at St. Francis Episcopal Church. Reverend Lucey welcomed guests and commended the newest Eagle Scouts for their perseverance and leadership in achieving Scouting's highest honor. Frank Smith, who recently retired from Boy Scouts after 70 years of service to Scouting, represented the Powhatan District to officially open the ceremony.

SEE EAGLE SCOUT, PAGE 5



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NEWS

New Eagle Scouts Promoted

FROM PAGE 4

❖ Nathaniel Hauda is a Senior at Langley High School. He enjoys computers and is involved with the Best Buddy program. Nathaniel has been active in Scouting since he was eleven years old, and is continuing his Scouting career as an adult leader with Boy Scout Troop 55. Great Falls Park was the beneficiary for Nathaniel's Eagle Scout Project. Under the direction of National Park Ranger Andrew Turner-Au, Nathan developed a plan to replace three wooden benches in the park with recycled plastic and steel materials. Great Falls Park requested a design which would be aesthetically pleasing but also durable given the heavy use, the exposure to the elements, and the effect of wildlife. Two of the benches were replaced at the most heavily used part of the park, Overlook 2 near the falls. The third bench was replaced at the walking bridge along the river path, a place where visitors can rest when using the river path.

❖ Nicholas Hodge is a Senior at Langley High School where he serves as Secretary General for the Model United Nations Club, plays the tenor sax in the Marching Band, and is an officer for the Latin Honor Society. Hodge and Nathaniel Raudenbush began Scouting in first grade, earned their Arrow of Light, and joined Boy Scout Troop 55 in fifth grade. Nick Hodge completed his Eagle project thanks to the helpful direction of Christ the King Lutheran Church in Great Falls, and their preschool director, Heidi Toloczko. Toloczko wanted to improve the path that preschoolers and parishioners used between the church building and the parking lot and playground. Prior to Nick's project, there was a slope that was difficult to maneuver and became slippery in the rain. Nick designed a set of terraced steps and took the design to the building engineer. Once the plan was approved by the church, Boy Scouts from Troop 55 and



Troop 55 Scouts on the stairs they built at Christ the King Church,

Troop 673 worked hard over two days to implement the design. The result was a pleasant path leading from the church that is used daily by preschoolers and church members.

❖ Nathaniel Raudenbush is a Great Falls resident and a high school Senior at the Loomis Chaffee School in Windsor, Conn., where he is a goalie for the ice hockey team. For his Eagle Scout Project, Raudenbush constructed a boardwalk through a swamp trail at Great Falls National Park. The previous trail was destroyed by storms and as a result the trail was not passable. Raudenbush re-built the trails by constructing seven raised platforms and put gravel in between the platforms to stabilize the platforms and direct the flow of water. As a result of the design, which accounted for the expansion of the wood and the flow of water through the trail, the trail has already withstood several storms and has been regularly used by hikers in the park.

Collectively these Eagle Scouts have camped hundreds of nights, have served in many leadership roles within Troop 55, have completed hundreds of hours of community service and have mentored dozens of younger Scouts. Together they have earned nearly 100 merit badges. They have attended many high adventure excursions including Philmont (backpacking in New Mexico), the marksman program at the Boy Scout Summit in West Virginia, Northern Tier (canoeing through the boundary waters in Canada) and Sea Base (sailing and camping in the Florida Keys). All three Scouts credit their outstanding leadership and public speaking skills to the experiences they gained through their journey to Eagle Scout with Boy Scout Troop 55.



Frank Smith convenes the Eagle Scout ceremony.

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OPINION

Empowering Victims of Sexual Assault

Sexual assault awareness and prevention in Fairfax County.

BY SUPERVISOR JOHN C. COOK
BRADDOCK DISTRICT



April is sexual assault awareness month. This awareness month is especially relevant with the recent high-profile cases of sexual assault. These stories have taught us that anyone can be a victim of sexual assault. The crime does not discriminate against race, education, status, age or gender. This has started an important conversation among all of us about sexual assault and listening to victims. Fairfax County seeks to empower victims of sexual assault, prevent sexual assault through education, and provide comprehensive services to survivors.

Statistics vary, but many studies show as many as 1 in 4 women and 1 in 6 men will experience sexual violence in their lifetime. Sadly, only one third of these crimes are reported to law enforcement according to the Bureau of Justice Statistics. While Fairfax County is the safest jurisdiction of its size in the country, sexual violence is still an issue we face. The Fairfax County Police Department re-

ceived 289 reports of sexual assault in 2017. Aside from prevention, Fairfax County is dedicated to encouraging victims to report the crimes committed against them so justice can be served.

The Department of Family Services' Domestic and Sexual Violence Services (DSVS) 24/7 Hotline (703-360-7273) is one of the resources that provides a safe place for victims of sexual assault. The confidential hotline connects victims or concerned bystanders with trained volunteers. The callers can speak openly to the volunteers who can give them crisis support and point them to the next best step. DSVS also provides counseling services, hospital accompaniment, advocacy services, housing and financial assistance. The hotline is separate from the police department, but they may encourage the victims to contact the police department and guide them through the process of reporting the crime.

The Fairfax County Police Department is highly trained to carefully interview victims and investigate the crime as thoroughly as

possible to help them get justice. In fact, the department is co-hosting the second annual Northern Virginia Sex Crimes Investigators Conference this year to offer additional specialized training in sexual assault cases to local officers. Victims services are also provided by department staff to give "immediate and direct support and assistance to crime victims, their families and witnesses suffering emotionally, financially and physically."

There are several programs geared toward education, awareness, and sexual assault prevention. The County's Community and Engagement Services team offers several different informational courses and presentations on sexual assault awareness and prevention. One of these classes, called the HYPE (Healthy Youth Prevention Education) Project, teaches teens about intimate partner violence, sexual assault prevention, and healthy relationship skills through hands-on activities, multimedia, role-play exercises and facilitated discussions. Through programs like these we can comprehensively address the issue of sexual assault and come closer to ridding it from our society for good.

Need for Affordable Housing: 'Raging Five-alarm Fire'

BY KOFI ANNAN
PRESIDENT, FAIRFAX COUNTY NAACP



Transcript of planned testimony before the Fairfax County Board of Supervisors Tuesday, April 9, 2019 at budget hearings.

Fairfax County is one of the most attractive places to live and work, not only in Northern Virginia, but throughout the region, and a big reason for that is our rich diversity. However, that diversity is being increasingly threatened by rising home prices and the lack of affordable housing in the region. The situation will be exacerbated by the arrival of Amazon, which is projected to bring an additional 25,000 employees — most of whom will make six-figure salaries. Demand is already increasing dramatically, which is pushing the almost 70,000 poor and working class people out of Fairfax County. According to the Northern Virginia Association of Realtors, the number of homes under contract rose by 70 percent over the last year. This means that fewer and fewer of our teachers, county staff, hospitality industry workers, nurses, and public safety officials will be able to live in the communities they serve. This means that the fewer and fewer of our young people will be able to leave the nest once they graduate high school or college. That means that fewer and fewer of our elderly population will be able to age in place without having to make unconscionable choices of paying to keep a roof over their heads or paying to put food on the table or purchasing medication. Up to 20,000 senior households and 10,000 disabled households are making these choices everyday as we speak. And this means that many people of color will also be forced

to abandon their homes as our communities experience gentrification. Fifty percent of the county's African American community are currently categorized as housing insecure; and 50% of the County's homeless population are African American.

While the NAACP voted in favor of the Housing Commission's recommendation to add a minimum of 5,000 units over the next fifteen years, this problem cannot wait fifteen years, and 5,000 units would not come close to addressing the actual current need which is 30,000 units, much less the projected need fifteen years from now. The problem of affordable housing is becoming similar to a raging five-alarm fire, but unfortunately the county's approach has been to tackle it with a garden hose instead of giving it the priority attention it truly deserves.

Therefore, we strongly urges the Board of Supervisors to increase funding for the Housing Trust Fund in the 2020 Budget by exploring inefficiencies in other programs and/or include an additional half-penny real estate tax in this year's budget. These funds should be used to stimulate new investment in new market affordable units, and preserve existing ones. Also, beginning in FY2021, approve an annual appropriation of \$50 million for the County's Housing Trust Fund. The argument that there is already unused money in the Trust Fund is also unacceptable, and the county should address this immediately to encourage more private investment.

In a related matter, we applaud the county for funding efforts to investigate real estate steering and discrimination. The 2017 Office of Human Rights and Equity Programs report

found that because of past discriminatory practices in housing, Fairfax County does not have the racial distribution in housing that would be present in a free housing market. These studies should begin to address this issue.

Next we would like to revisit the issue of early childhood education. There are more than 17,000 children from low-income families eligible for county-subsidized pre-K education who are not receiving it with over 4,000 currently wait-listed. Last year the county only provided funding for an additional 36 children; but in response to our requests to do more, the county claimed it would conduct a study to learn the full scope of the problem and cost to implement universal pre-K. Unfortunately, as of today the county has neither followed-through with the promised study nor funded a meaningful increase for the known children. This year the county is funding the exact same increase as it did last year - 36. Therefore we are reiterating our call for the county to commit necessary resources to enroll at least 300 low-income children in pre-K in 2020 and to devise a long-term plan to provide for at least 2,000 children over the next five years.

We applaud and support the plan to fund the purchase and implementation of police body worn cameras using the funds that were set aside to implement the recommendations of the Ad-Hoc Police Practices and Review Commission. This would be a significant step towards bringing the Fairfax County Police Department on par with other local and regional departments. As one of the largest in the country, it's important that our department remains a leader in innovation, transparency, and public accountability.

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News

New Eagle Scouts Promoted in Great Falls

Boy Scout Troop 673, sponsored by the Great Falls United Methodist Church's Men's Club, celebrated the promotion of two new Eagle Scouts, Neal Kelly and Kevin Wang, on March 30.

❖ Neal Kelly, son of Mary and Richard Kelly, joined Troop 673 in 2012 after earning the Arrow of Light as a Cub Scout. Since joining the troop, Neal has served in the leadership positions of Patrol Leader, Instructor, Historian, and Den Chief. He earned 24 merit badges and the National Outdoor Award (for camping). Neal participated in two of Scouting's High Adventures: Sea Base (sailing in the Florida Keys) and Northern Tier (canoeing in the Canadian wilderness).

For his Eagle Project, Neal planned, built, and installed two Little Free Libraries in the village of Great Falls. Part of an international network, Little Free Libraries are small, individually designed "boxes of books" which allow patrons to take a book or leave a book whenever they like. Neal worked closely with the Friends of Great Falls Library and Celebrate Great Falls to find appropriate locations, and then put together a team of Scouts to help design



Kevin Wang and Neal Kelly

PHOTO CONTRIBUTED

and build them. Together they installed one library on the Village Green near the Creamery, and the other in Leigh Corners near the

SEE EAGLE SCOUT, PAGE 9

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Stylish Outdoor Living Wins 'Contractor of the Year'

Dreaming of making the most of outdoor living? Look at this.

BY JOHN BYRD

An outdoor living addition to Chateau-style residence in Oakton has won a "Contractor of the Year" grand award for Sun Design Remodeling Specialists.

The comprehensive design — which combines a screened porch, an outdoor kitchen and dining area, a hot tub and a stone fireplace in a cleverly integrated, multi-level layout— completes the rear elevation of the 9,500 square foot custom home the owners had built in 2001. The remodel to the home of Larry and Lisa Rice was named best "Residential Design/Outdoor Living Solution for \$60,000 and over" by the National Association of the Remodeling Industry (NARI) metro DC chapter.

"We wanted an indoor/outdoor gathering place that would bring the whole family together," says Lisa, 56, a retired mother of teenage twins. "The rear of the house was originally conceived as a walk-out, but I realized later that I didn't want high decks. Once I saw the design problem more clearly, I was simply looking for a better set of options — albeit, ones I couldn't fully envision." Rice credits Craig Duroske, chairman and founder of Sun Design, with re-awakening her enthusiasm for the project by identifying and prioritizing its primary components.

"Craig got our vision" Lisa says. "It was his attention to our goals that revived my interest in moving forward."

In the end, the plan appreciably responds to the Rice family's passion for indoor-outdoor living.

❖ A 437-square-foot screened porch linked to the kitchen via a folding glass window provides a cozy, insect-free gathering spot. An eight-foot counter abut-



Best Outdoor Living Solution. A multi-component, multi-level rear elevation addition to a home in Oakton recently garnered a "Contractor of the Year" Grand Award for Sun Design Remodeling.

ting the "pass-thru" inside the porch facilitates service and dining. With a gas fireplace clad in stone and a flat screen TV, the porch can be fully used as an entertainment mecca nine months of the year;

❖ A formal dining area situated under a cedar pergola incorporates retractable awnings for shade;

❖ The 21-by-21-foot outdoor kitchen includes a built-in Wolf gas grill, a beverage center with refrigerator, an ice maker, a sink, and a stainless oval grill;

❖ Three steps down, the open air deck (22-by-28 feet) features a wood-burning hearth and a hot tub set-off by planters and gas torches — an inviting spot to deeply relax, even in cooler weather.

❖ A ground-level patio (16-by-19-feet) just outside the fully-appointed lower level family room offers a fire pit, and a quiet perch for stargazing.

"I always thought of the lower patio as a place where the kids could get away from the adults if they wanted," Lisa says. "On the other hand, Larry and I like it too."

Sun Design Remodeling is headquartered in Burke, Va. and also maintains an office in McLean. For More Information Visit: www.SunDesign.com or call 703-425-5588

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NEWS

New Eagle Scouts Promoted in Great Falls

FROM PAGE 7

Brightview Senior Center.

Neal is a senior at a boarding school in Montana. He has been active in athletics since his freshman year, playing soccer, lacrosse, wrestling, and basketball. Following his graduation, Neal plans to major in exercise science/athletic training in college and would like to pursue a career as a personal trainer.

❖ Kevin Wang, son of Weiping Chen and Xiaolin Wang, joined Troop 673 in 2012 at the end of fifth grade. Since joining the troop, Kevin has served in leadership positions of Instructor and Historian. He earned 22 merit badges and the National Outdoor Award (for camping), and he attended Boy Scout summer camp six times.

For his Eagle Project, Kevin improved a section of a trail in Scott's Run Nature Preserve in McLean to reduce and stop erosion. To accomplish this, Kevin needed to carry out three tasks: 1) at the lower third of the trail, rocks had to be moved and shifted into the center of the trail; 2) the position of the water bars along the upper two-thirds of the trail had to be shifted; and 3) small trees needed to be planted in the upper half of the trail to act as filters to slow down running water. Kevin supervised a team of fellow Scouts and other volunteers to carry out his project.

Kevin is a senior at Langley High School where he is active in the marching and Wind Symphony bands. Kevin enjoys volunteering and helping others, and he teaches special needs students how to play instruments in the United Sound program at Langley, and teaches Sunday school lessons at McLean Bible Church. In his junior year, Kevin started doing track and field and took a liking to pole vault. That same year, he discovered a passion for history and received the Excellence Award for AP U.S. History.

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Public Meetings

Funding the Right Transportation Projects

You are invited to share comments on transportation projects that have been recommended for funding in the FY2020-2025 Six-Year Improvement Program (SYIP). Additionally, pursuant to §33.2-202, comments will be accepted for new projects valued in excess of \$25 million. Hearings held in Northern Virginia and Fredericksburg will also provide opportunity for input on the I-95 Corridor Improvement Plan. The Commonwealth Transportation Board (CTB) will consider your comments as it develops the FY2020-2025 Six-Year Improvement Program. The program allocates public funds to highway, road, bridge, rail, bicycle, pedestrian, and public transportation projects. All federally eligible projects in the SYIP will be included in the Statewide Transportation Improvement Program to document how Virginia will obligate its federal funds. Meeting materials will be available at <http://www.ctb.virginia.gov/planning/springmeetings/default.asp> beginning April 11, 2019.

Public hearings begin at 4 p.m. in each of the locations except as noted below:
A formal comment period will be held at these meetings.

Thursday, April 11, 2019 Lynchburg District Holiday Inn Lynchburg 601 Main St. Lynchburg, VA 24504	Monday, April 15, 2019 Hampton Roads District Hampton Roads District Office Auditorium 7511 Burbage Drive Suffolk, VA 23435	Monday, April 22, 2019 Staunton District Blue Ridge Community College Plecker Center for Continuing Education One College Lane Weyers Cave, VA 24486
Tuesday, April 23, 2019 Bristol District Southwest Virginia Higher Education Center One Partnership Circle Abingdon, VA 24210	Thursday, April 25, 2019 Richmond District Richmond Marriott - Short Pump 4240 Dominion Boulevard Glen Allen, VA 23060	Monday, May 6, 2019 Culpeper District Culpeper District Auditorium 1601 Orange Road Culpeper, VA 22701
Tuesday, May 7, 2019 Salem District Holiday Inn Tanglewood 4468 Starkey Road Roanoke, VA 24018	Thursday, May 9, 2019 Fredericksburg District James Monroe High School 2300 Washington Avenue Fredericksburg, VA 22401 **meeting begins at 6 p.m.	Monday, May 13, 2019 NOVA District Northern Virginia District Office Potomac Conference Room 4975 Alliance Drive Fairfax, VA 22030 **meeting begins at 6 p.m.

*The Northern Virginia District meeting will serve as the required joint public meeting with the Northern Virginia Transportation Authority, the Northern Virginia Transportation Commission, the Virginia Railway Express, and the CTB per § 33.2-214.3 of the Code of Virginia.

Beginning at 3 p.m. (except in Northern Virginia and Fredericksburg, which will begin at 5 p.m.), there will also be an open house with information and opportunities for public feedback on the statewide, multimodal transportation plan, known as VTrans. This open house will be the first of four for the new plan update and will cover the vision and goals for the plan as well as information on the required statewide multimodal Needs Assessment. More information can be found at www.VTrans.org or via email at comment@vtrans.org. There is no formal hearing for the VTrans open house.

You can also submit your comments via email or mail by May 27, 2019, to:

For roads and highways: Six-YearProgram@VDOT.Virginia.gov, or Infrastructure Investment Director, Virginia Department of Transportation, 1401 East Broad Street, Richmond, VA 23219.

For rail and public transportation: DRPTPR@drpt.virginia.gov, Public Information Office, Virginia Department of Rail and Public Transportation, 600 East Main Street, Suite 2102, Richmond, VA 23219.

The Commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of, its services on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation's Title VI Compliance Officer at 804-786-4440 (TTY users call 711).

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McLean Community Center

Still in the Game

BY KAREN NAPPI

Have you ever dreamt of finding a magic potion to slow down the aging process? Well, there are more than 80 seniors who are 80+ years old in Fairfax County that seem to have done just that. But for them, the potion doesn't come in a bottle. Instead, it comes from a diamond — a softball diamond.

TWICE A WEEK from April to November, many of these “super seniors” head out to softball fields across the county for a dose of the best anti-aging remedy around. The 81 men and women are members of the Northern Virginia Senior Softball (NVSS) league, a 500-member, all-volunteer organization that has been around since 1980 and whose goal is to promote good health, sportsmanship, fellowship and fun. NVSS players range in age from 40 (women) or 50 (men) to 94, but it's the super seniors who seem to really benefit.

Tony Giannini, 82, lives in Ashburn and started playing NVSS softball 23 years ago. Today, he's still going strong. He and Springfield resident Larry Scarlata, who's 80, play in the league's toughest division, alongside several teammates who are young enough to be their kids. Both Tony, an outfielder-turned-pitcher, and Larry, a third baseman, credit softball for keeping them healthy and strong. Larry says softball plus a stretching program have helped him avoid surgery for a back problem that began nearly 40 years ago. Keeping active is the key, they both say, and the research backs them up. According to the Centers for Disease Control, regular physical activity can reduce a host of risks: falling and fractures, coronary heart disease, colon cancer, diabetes, anxiety and depression, and joint swelling and pain associated with arthritis. Studies also suggest a lower risk of dementia in physically active individuals.

Because softball involves throwing, catching, bending and running, it's really a whole-body workout, covering the four key types of exercise recommended by health professionals: balance, flexibility, strength and endurance.

Since not every senior is in the same shape, NVSS divides players into three leagues based on an initial assessment. That way, players are grouped with others of similar ability, regardless of age. “We all have issues — none of us can run as fast or throw as hard as we used to,” says Jesse Christian, an 85-year-old outfielder from Arlington. “But we love being active — that's the main thing.”

That sentiment is echoed by George and Beth Hersey, 81 and 83 respectively. The couple, who live in Great Falls, rarely miss a game. “Playing softball keeps you young,” says George.

Beth Hersey, who has managed an NVSS team for the last 20 years, said, “I don't think we have had anything more serious than a strain or sprain in all the years we've been playing. We know that every Tuesday and

‘Super seniors’ head out to softball fields across the county for a dose of the best anti-aging remedy around.



Jesse Christian, 85, smacks a deep fly ball during an NVSS game.



Harvey Wenick, 82, waits in the dugout for his turn at bat.

PHOTOS CONTRIBUTED

Thursday morning, Spring 'til Fall, we'll be outside with friends, playing and having a great time.” The Herseys don't stop playing when the season ends; they conduct indoor softball training sessions for other NVSS members at the Dulles SportsPlex from De-

cember through March.

NVSS also offers several indoor training sessions at the Fairfax SportsPlex in Springfield during the off-season. One of those weekly sessions is run by 86-year-old Dave Scheele, a long-time shortstop who joined

the league at age 53. “I started playing softball as a way to relieve stress,” he says. “My wife was battling breast cancer at the time and softball gave me something else to focus on for a few hours a week.” Scheele, who lives in Springfield, has made many, many friends through the sport and says NVSS has been “a wonderful part of my retirement. I can't imagine how I would've handled it without softball.”

“We know that every Tuesday and Thursday morning, Spring 'til Fall, we'll be outside with friends, playing and having a great time.”

—Beth Hersey, 83, of Great Falls

Scheele and the others know firsthand that participation in a team sport like softball can combat the feelings of isolation and low self-worth that may crop up as we age. According to the Jan/Feb AARP Bulletin, an analysis of data collected from 1.2 million adults found that team sports offered the most mental health benefits from exercise. Sports increase self-esteem; seeing positive results from playing as part of a team can improve morale and foster a greater sense of purpose.

THAT'S A BIG PART of why Alexandria resident Harvey Wenick, 82, still plays. He calls the camaraderie the best part. “Meeting other seniors and having teammates is just great,” says the lefty third-baseman. “I played golf and tennis as an adult, but I didn't enjoy them all that much. A friend suggested I try NVSS and I was hooked immediately. It's so much fun — playing softball makes me feel like a kid again.”

For Harvey, and for the other 80 NVSS members who are over 80, that feeling is as close to a magic potion as they're likely to ever find.

For more information, go to nvss.org

BULLETIN BOARD

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

THURSDAY/APRIL 11

“Learning to Argue.” 6 p.m. at BASIS Independent McLean, 8000 Jones Branch Drive, McLean. Join for a conversation about civil discourse in the 21st century, especially for Generation Z. Hear opening remarks by Pano Kanelos, President of St. John's College in Annapolis, followed by discussion among thought leaders from institutions that are leading the way on this conversation. Free. www.eventbrite.com and search “Learning to Argue” to register.

THURSDAY-FRIDAY/APRIL 11-12

Fairfax County Job Fair. 4-7 p.m. at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Come attend the 2019 Fairfax County Job Fair. Learn about a variety of careers with various county agencies. Representatives of SkillsSource and DARS will also be on site. Free. Email Debra.Prica@fairfaxcounty.gov or visit www.fairfaxcounty.gov/hr/sites/hr/files/assets/documents/jobfair2019flyer.pdf for more.

SUNDAY/APRIL 14

Passion/Palm Sunday Services. 10-11:15 a.m. at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Celebrate Passion/Palm Sunday with Lewinsville Presbyterian Church with one service of worship at with a dramatic reading of the Passion Narrative from the Gospel of Luke. Children are welcome. Visit www.lewinsville.org/event-items/palm-sunday/ or call 703-356-7200.

SEE BULLETIN, PAGE 15

The GFFN Scholarship Fund Board hosts

Spring Tea

(children welcome)

Sunday * Apr 28 * 1-3 pm
River Bend Golf & Country Club

Tickets: \$40 for Women & children ages 12+
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Go to www.gffnsf.org for event & raffle tickets.

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CALENDAR

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

APRIL 11-JUNE 1

Art Exhibit: “Taking Territory.” Gallery hours at MPA@ChainBridge, 1446 Chain Bridge Road, McLean. Taking Territory: New Works by Susan Goldman, Barbara Kerne, Eve Stockton and Patricia Underwood, features pieces that mine many of the techniques employed by artists working in printmaking today. An opening reception is set for April 11, 7-9 p.m. Visit mpaart.org for more.

FRIDAY/APRIL 12

Mystical Movie Night: Heaven Is...Real. 7:30-9:30 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Join Unity of Fairfax on the second Friday of the month for mindful movies. “Heaven Is For Real” tells the story of a young boy’s near-death experience. Free. Visit www.unityoffairfax.org/events.

FRIDAY-SATURDAY/APRIL 12-13

Used Book Sale. Friday, 9 a.m.-9 p.m.; Saturday, 9 a.m.-4 p.m. at the Falls Church Community Center, 223 Little Falls St., Falls Church. For book bargains and selection, plan to shop the AAUW used book sale. Thousands of books for browsing and buying. Huge selection. Most books priced at \$3 or less. Proceeds benefit scholarships and grants for women and girls. Visit fallschurcharea-va.aauw.net/booksale/ for more.

SATURDAY/APRIL 13

Take a Seat Vienna. 10 a.m. on the porch of the Freeman Store. Artists painted benches will be on display. Vienna Arts Society will celebrate with an “Opening Day” on Saturday morning. Visit www.ViennaArtsSociety.org or call 703-319-3971.

Tree Giveaway. 10 a.m.-noon in the back, right-hand corner of Great Falls Library Parking Lot, 9830 Georgetown Pike, Great Falls. The Great Falls Citizens Association (GFCA) will give away native tree saplings to residents of Great Falls. Six saplings per family will be given away on a first come, first serve basis until they are gone. The available saplings will include a variety of large and small native trees and shrubs with varying sunlight requirements and varying soil moisture requirements. Email karenkeegan77@gmail.com for more.

Old-Fashioned Egg Roll. 10:30-11:30 a.m. on the lawn of the historic Freeman Store and Museum, 131 Church St. NE. A hunt and roll, egg-cellent for the kiddos. Children ages 12 and under are invited to participate in an Old-Fashioned Egg Roll, sponsored by the Town of Vienna and Historic Vienna, Inc. Children can get their photo snapped with the Easter Bunny and enjoy tales from a storyteller. Call 703-255-5187.

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.

Gala: Rio Carnival. Silent auction and reception, 6 p.m.; dinner and dancing, 7 p.m. at Fogo de Chao in Tysons Corner. Support the Tysons-McLean Orchestra at the 48th Annual Patron’s Gala, Rio Carnival. The Annual Patron’s Gala is the annual fundraiser for the Tysons McLean Orchestra. Visit tysonsmcleanorchestra.org.

SUNDAY/APRIL 14

Palm Sunday Concert. 6:30 p.m. at Vienna Presbyterian Church, 124 Park St., NE, Vienna. The program will include Gabriel Faure’s Requiem and his Cantique de Jean Racine, along with Mozart’s Coronation Mass. The VPC Sanctuary Choir will be accompanied by pianist Kristina Schenck and harpist Kate Hazzard Rogers. Featured soloists will be sopranos Julianne Kim & Leah Inger, alto Ali Coburn, tenor Patrick Sobolik, baritone Spencer Adamson, and bass Joshua Hong. All will be under the baton of Director Lance Vining. Free will offering will be taken to commission a choral anthem to honor Linda Hannah.



FILE PHOTO

Children aged 8-10 are unleashed for the annual egg hunt in Great Falls. Kids were organized into age groups throughout the village green and simultaneously released to search for 8,000 eggs.

30th Annual Easter Egg Hunt

Adeler Jewelers, in conjunction with the Great Falls Optimist Club, hosts the 30th annual Children’s Spring Festival and Egg Hunt, attracting up to 1,000 children plus their parents. The spring festival is a fun family afternoon of games, rides, food, and of course the Easter egg hunt – unique because within the 7,000 Easter eggs filled with candy, real gems have been hidden courtesy of Adeler

Jewelers. The festival will be held at the Great Falls Village Centre, Sunday, April 13, 1:30-4:30 p.m., with the egg hunt from 4-4:30. Admission is \$10 per child, ages 1-10. All proceeds will benefit the Great Falls Optimist Club. No rain date. Call 703-759-4076 or visit www.adelerjewelers.com/press/30th-annual-adeler-jewelers-spring-festival-easter-egg-hunt/ for more.

Childcare by reservation only: 703-938-9050, ext 160.

MONDAY/APRIL 15

Film Screening: Straws. 6:30-9 p.m. at Oakton Library, 10304 Lynnhaven Place, Oakton. Straws is a powerful documentary about plastic straws and other forms of plastic pollution that inundate our waterways and oceans. Sponsored by Sierra Club Great Falls Group. Free. RSVP at act.sierraclub.org/events/details?formcampaignid=7010Z0000027XRIQA2. Email ccarver37@gmail.com or call 703-655-5069.

TUESDAY/APRIL 16

Neil Young Tribute. 7:30-9 p.m. at Jammin Java, 227 Maple Ave. E, Vienna. Sugar Mountain brings together an ensemble of veteran musicians from the New Jersey music scene who faithfully replicate the songs of one of the most prolific and beloved singer/songwriters, Neil Young. \$20. Visit www.jamminjava.com or www.sugarmountaintribute.com for more.

WEDNESDAY/APRIL 17

McLean Newcomers and Neighbors Luncheon. 11:30 a.m. at Eddie V’s, 7900 Tysons One Place, McLean. The speaker is Joan Nathan, cookbook author. \$50 per person. To attend, pay at squareup.com/market/mclean-newcomers-club. Prospective members are invited. No reservations will be accepted after Friday, April 12. Visit www.McLeanNewcomers.org.

FRIDAY-SATURDAY/APRIL 19-20

“Ripcord.” Friday-Saturday, 8 p.m. at the Vienna Community Center, 120 Cherry St., SE, Vienna. The Vienna Theatre Company’s production of Ripcord centers on retirement home roommates, Abby and Marilyn, who mix together about as well as oil and water, getting into Odd Couple-esque situations. Tickets are \$14 at viennava.gov/webtrac or in person at the Vienna Community Center.

SATURDAY/APRIL 20

Nottoway Park Egg Hunt. 9:30 a.m.-12:30 p.m. at 9537 Courthouse Rd, Vienna. BYOB (bring your own basket) for the annual family Egg Hunt. Children ages 1-9 will hunt for candy and

eggs filled with treats, win door prizes and greet the Easter bunny. Separate hunts and door prizes by age group. Egg Hunt Schedule: ages 1-2, 10:30 a.m.; ages 3-4, 11 a.m.; ages 5-6, 11:30 a.m.; ages 7-9, 12 p.m. \$10 per child (cash only). Registration from 9:30-11:45 a.m. in the Hunter House parking lot. Call 703-324-8569 or visit www.fairfaxcounty.gov/parks/nottoway-park/egg-hunt/042019.

Spring Fest. 10 a.m.-noon at McLean Community Center, 1234 Ingleside Ave., McLean. For ages 3-8. Celebrate the changing of seasons with self-guided arts and crafts, entertainment, and the opportunity for children to get a photo with Bunny (bring a camera or smartphone for photos). Bring an Easter basket for the Parent/Child Easter Egg Hunt (10 eggs per child). Activity No. 4501.319. \$5 per person; children under 36 months are free. Registration in advance is required for all participants. Visit www.mcleancenter.org.

SUNDAY/APRIL 21

Breakfast Buffet. 8 a.m.-noon at Vienna American Legion Post 180, 330 Center St., N, Vienna. Get omelets, scrambled eggs, blueberry pancakes, bacon, sausage, biscuits and gravy and more. Adults \$10, children 12 and under \$4. Call 703-938-6580.

MONDAY/APRIL 22

Ayr Hill Garden Club. 12:45- 3 p.m. at Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna. The Ayr Hill Garden Club welcomes all to its monthly gathering, featuring botany professor and past National Science Foundation Director Carl Taylor, Ph.D, presenting Ferns In The Landscape. Free and open to the public. Email emilielarson@rcn.com.

TUESDAY-WEDNESDAY/APRIL 23-24

Omara Portuondo’s “Last Kiss” Tour. 8 p.m. at The Barns at Wolf Trap, 1635 Trap Road, Vienna. Omara Portuondo, legendary Cuban diva and original member of the famed Buena Vista Social Club, comes to North America as part of her worldwide “Last Kiss” farewell tour. \$50-\$65. Visit www.wolftrap.org for tickets.

WEDNESDAY/APRIL 24

“Dining with Dorothy.” 12:30 p.m. at Culinaria Cooking School, 110 Pleasant St NW, Vienna. Join with friends or make new ones. Newcomers are always welcome. Limited space available.

\$30 per person in advance. Reserve space with event chair, Dorothy Flood at dflood1706@gmail.com.

Holy Happy Hour Recital Series. 6:15 p.m. at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Featuring Michael Lodico, Director of Music at St. John’s Lafayette Square Episcopal Church in Washington, D.C., the 30-minute musical offering will be followed by wine, hor d’oeuvres and fellowship. Free and open to the public; a good will offering to support the music department will be taken. Visit www.Lewinsville.org or call 703-356-7200.

THURSDAY/APRIL 25

20 Years in the Secret Service. 7:30-9 p.m. at Patrick Henry Library, 101 Maple Ave. E., Vienna. Meet Rebecca Vaughn, former Vienna resident and the daughter of the author, Rufus Youngblood, as she talks about his story, a personalized journey through history from the unique perspective of a Secret Service agent who protected five US presidents. Books available for sale and signing. Free. Call 703-938-0405 or visit ibrarycalendar.fairfaxcounty.gov/event/4808596.

FRIDAY-SUNDAY/APRIL 26-28

“Ripcord.” Friday-Saturday, 8 p.m.; Sunday, 2 p.m. at the Vienna Community Center, 120 Cherry St., SE, Vienna. The Vienna Theatre Company’s production of Ripcord centers on retirement home roommates, Abby and Marilyn, who mix together about as well as oil and water, getting into Odd Couple-esque situations. Tickets are \$14 at viennava.gov/webtrac or in person at the Vienna Community Center.

SATURDAY/APRIL 27

Plant Sale. 8 a.m.-noon on the lawn of Freeman House, Vienna. Hosted by Five Hills Garden Club, there will be a variety of plants for sale and each will be labeled as to its requirements for care. The labels will include whether they are deer or other critters resistant. There will also be gardening items for sale.

Outdoor Classroom Ribbon Cutting. 10 a.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. A new outdoor education shelter is coming to Riverbend Park. This new facility was designed to support environmental educational programs and provide much needed space for community gatherings and celebrations. The outdoor classroom/picnic shelter measures 22 x 44 feet and can be reserved by the public. Visit www.fairfaxcounty.gov/parks/riverbend.

Live Music: Justin Roberts & the Not Ready For Naptime Players. 10:30 a.m. and 12:30 p.m. at Jammin’ Java, 227 Maple Ave. E., Vienna. Three-time GRAMMY Nominated Justin Roberts has been crafting songs for kids and parents that navigate the joys and sorrows of growing up. All ages. \$12-\$15. Call 703-255-1566 or visit www.jamminjava.com for more.

8th Annual Taste of Vienna. 11 a.m.-8 p.m. at the Vienna Fire House, 400 Center St. S., Vienna. Presented by the Vienna Volunteer Fire Department. Admission is free; buy food directly from individual vendors. Beer and wine tickets are available online. Proceeds from Taste of Vienna directly benefit the Vienna Volunteer Fire Department. Visit www.TasteOfVienna.com.

Gala to Support Local Youth. 6-11 p.m. at Hilton McLean, 7920 Jones Branch Drive, Tysons Corner. Chefs Tobias Dorzon, Nicholas Pine, and Kaimana Chee and Food Stylist Lisa Cherkasky are ready to demonstrate their cooking skills with students during PHILLIPS Programs for Children and Families’ annual Spring Forward Savoring Success Gala. The gala includes live and silent auctions, raffles, dinner, dancing and a program to advocate on behalf of these youth with behavioral health needs. Cooking demos from 6-7:45 p.m. Tickets start at \$200 (and \$175 for young professionals). Visit www.phillipsprograms.org/events.

“Enchanted Forest” Joy Prom. 6:30-8:30 p.m. at Centreville Baptist Church, 15100 Lee Hwy, Centreville. Free event for all who register and intended to be a night of fun for the special needs community as well as a time of respite for families and caregivers. Local youth are volunteering to be coupled with participants as “buddies” throughout the night’s activities. Registration to participate is open to all ages 13 and up, but not limited to high school students. Visit www.cbca.org/joyprom.

Sixth Graders Participate on Ethics Day

The Safe Community Coalition recently welcomed more than 700 sixth graders from seven area schools at its annual Sixth-Grade Ethics Days. The symposium covered challenging situations faced by many pre-teens – scenarios involving issues like cheating, bullying, and stealing – and taught students how to resolve these moral dilemmas ethically using a *Could, Should, Would* model. This year the SCC is partnered with the Anti-Defamation League to present a special section on being an ally in a bullying situation.

“The goal of the program is to help young people understand the meaning of ethics and ethical decision making,” said SCC President Elect Elizabeth Hale. “We are proud to partner with our local elementary schools, local sponsors, and with the Anti-Defamation League to plant the seeds of making good choices and being kind to all.”

The program was held at Holy Trinity Church and took place on half-days each Friday in March. Sixth graders from every elementary school that feeds into McLean and Langley High Schools, along with sixth graders from private schools in the same service area, are invited to participate in Ethics Day.



PHOTOS BY MARION MEAKEM PHOTOGRAPHY

Dr. Melissa Sporn guides sixth graders from Churchill Road and Timber Lane elementary schools in making ethical decisions.

Local financial sponsors of Ethics Day include the McLean Rotary Club, the McLean Community Foundation, and the Zavela Foundation.

The mission of the Safe Community Coalition (SCC) is to provide programs and resources to reduce stress, foster mental wellness, and empower youth to thrive and make responsible choices about their health and safety. Visit the SCC’s website at mcleanscc.org.

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Spring Garage Sale & Kids' Corner
Saturday, April 13, 9 a.m.-1 p.m.
Parking Garage at 1420 Beverly Rd.
Free admission

The Old Firehouse SPRING BREAK TRIPS



Maryland Zoo
Monday, April 15, 8 a.m.-6 p.m.
\$55/\$45 MCC district residents



Hershey's Chocolate World
Tuesday, April 16, 8 a.m.-7 p.m.
\$65/\$55 MCC district residents



Dave & Buster's
Wednesday, April 17, 8 a.m.-6 p.m.
\$70/\$60 MCC district residents



Indoor Go-Karting
Thursday, April 18, 8 a.m.-6 p.m.
\$80/\$70 MCC district residents



Skyline Paintball & Laser Tag
Friday, April 19, 8 a.m.-6 p.m.
\$75/\$65 MCC district residents

Welcome the Change of Season



Spring Fest
Saturday, April 20, 10 a.m.-noon
\$5 per person; Free for children up to 36 months old.
Advance registration is required.



McLean Traveler Day Trip



2019 Historic Garden Week: Lynchburg
Tuesday, April 30, 7 a.m.-7:30 p.m.
\$157/\$152 MCC district residents



The McLean Community Center
www.mcleancenter.org
Home of the Alden Theatre
www.aldentheatre.org
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Announcements

NEWS

Allstate Volunteers, Assistance League Join Forces to Provide Food for Kids

PHOTO CONTRIBUTED

Allstate Insurance Company recently held its first Capital Regional Advisory Board meeting of 2019. Assistance League of Northern Virginia was pleased that its Weekend Food for Kids program was once again featured as Allstate's volunteer service activity.

Lynn Barron and Karen Amster, board members from the Assistance League, an all-volunteer nonprofit, were invited to speak about Assistance League's program that decreases childhood hunger and other philanthropic programs that benefit low-income children in Northern Virginia. Sharee Merenov, Allstate Capital Region division manager, corporate relations, coordinated the resources and purchased the nonperishable food items to support The Allstate Foundation Helping Hands in the Community group activity.

A team of 40 Allstate volunteers and seven Assistance League volunteers packed nearly 500 bags of food for children who might otherwise go hungry on weekends.

Partnering with Allstate allowed Assistance League to satisfy an immediate need for food assistance at two Title I elementary schools not currently supported by the food program.

Thanks go to Shaundra Turner Jones, Allstate Capital Region senior corporate relations manager, Robert Becker, Allstate Capital Region field senior vice



A team of 40 Allstate volunteers and seven Assistance League volunteers packed nearly 500 bags of food for children.

president and Christine Angles, Manassas Allstate exclusive agent, for supporting the Assistance League mission to transform the lives of children and strengthen community.

See www.alnv.org for further information on Assistance League programs.

Fairfax Parks Announce Poetry Contest Winners

Young poets will get their Game On with readings of their award-winning poetry during Springfest at Sully Historic Site on Saturday, April 27, 2019.

To honor National Poetry Month in April, the Park Authority asked young people in grades K-8 to submit poems inspired by the fun, joy and excitement found in Fairfax parks.

In response to an increase in submissions of outstanding poetry, the Fairfax County Park Authority and the Fairfax County Park Foundation awarded three winners in each category instead of two. The winners in each grade category of the poetry contest are:

- Grades K-2
- ❖ Emma Davis of Alexandria, a

kindergarten student at Mount Eagle Elementary School

- ❖ Lauren Miller of Chantilly, a first-grader at Lees Corner Elementary School

- ❖ Zoya Quraishi of Ashburn, a kindergarten homeschool student

Grades 3-5

- ❖ Elias Rhee of Fairfax, a fifth-grader at Mantua Elementary School

- ❖ Naomi Rucker of Springfield, a fifth-grader at West Springfield Elementary School

- ❖ Bianca Volociuc of Fairfax, a fourth-grader at Fairhill Elementary School

Grades 6-8

- ❖ Ashley Chon of Vienna, a sixth-grader at Colvin Run Elementary School

- ❖ Aabaq Gaffar of Vienna, a sixth-

grader at Mosby Woods Elementary School

- ❖ Betty Schlageter-Prettyman of Vienna, a sixth-grader at Fairhill Elementary School

Stop by to hear these poets share their works at the Springfest Poetry Showcase at 10:30 a.m. April 27. The award winners will receive a \$50 Park Authority gift card to allow them to continue exploring Fairfax parks all year long. This contest is sponsored by the Fairfax County Park Authority and the Fairfax County Park Foundation. Sully Historic Site is located at 3650 Historic Sully Way, Chantilly. For more information, email parkmail@fairfaxcounty.gov or call the Public Information Office at 703-324-8662.

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