

Great Falls CONNECTION

Opening The Doors To Opportunity

NEWS, PAGE 4

Langley Senior Class President Lauren Fahlberg delivers the student address, and recognizes James Chen, a classmate who died in 2017. "Seize every day knowing he's rooting for us," she urged the students.

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PHOTO BY ANNA KARL/THE CONNECTION

Pay to Play or Representation?

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WELLBEING

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RYAN McELVEEN

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Ryan

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ABOUT RYAN

- Lifelong Fairfax resident, raised in Vienna and lives in McLean with wife, Xuan, and daughter, Sierra
- At-large member, Fairfax County School Board, representing all 1.2 million county residents since 2012
- Associate Director, John L. Thornton China Center at the Brookings Institution
- M.I.A., Columbia University; B.A., University of Virginia; I.B. Diploma, George C. Marshall High School

RYAN'S RECORD

As an at-large School Board member during the past eight years, Ryan has championed:

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- Human trafficking prevention.
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- Improved college and career access.
- Student mental health and discipline reform.
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Pay to Play or Legitimate Representation?

Senator's consulting business takes center stage in primary campaign.

BY MICHAEL LEE POPE
THE CONNECTION

Is two-term Sen. Barbara Favola (D-31) a rising star, poised to become chairwoman of a Senate committee if Democrats seize control of the Senate? Or is she an opportunist capitalizing on insider influence for personal gain?

That's a question for voters this June in a primary that pits Favola against challenger Nicole Merlene, who says Favola's consulting business is the embodiment of everything that's wrong about Virginia politics. The allegation centers on two clients of the consulting business: Marymount University and the Virginia Hospital Center, both of which are in the Senate district she represents. Favola says she recently took down the website of the consulting business because she is no longer seeking clients, and she denies doing anything untoward.

"I have never represented a client or an individual before a state agency, so I don't know how you can say this is pay to play," says Favola. "What I'm doing for these two organizations is very much internal to those organizations — raising scholarship money for students at Marymount, and the Virginia Hospital Center contract is over with. I helped them plan for mental health expansion."

On the campaign trail, the tension between Favola's ability to have a job helping businesses in her district and the potential ethical questions it raises have put a renewed focus on Virginia's system of government. It's a debate that erupted in dramatic fashion during the trail of former Republican Gov. Bob McDonnell several years ago, a trial that led to conviction and ultimately an acquittal by the United States Supreme Court. Now voters in Arlington, Fairfax and Loudoun have a choice to make about whether Favola's consulting business should be a source of concern.

"What I find really fascinating about the Favola versus Merlene race is that it looks in some ways a lot like the Alexandria Ocasio-Cortez versus Joseph Crowley primary of 2018, where a pretty well established and respected incumbent found themselves on their heels by a political newcomer who wasn't raising a lot of money but was able to tap into enough progressive voter frustration to win," says Quentin Kidd, political science professor at Christopher Newport University. "The similarities are striking to me, regardless of who wins this primary."

NICOLE MERLENE, 26, is a native of Washington, D.C., although she was raised in the Tara-Leeway Heights neighborhood of Arlington. She has a bachelor of arts in public policy with a minor in economics and a master of public administration, both from the University of Delaware. She's served on



MAP COURTESY OF THE VIRGINIA PUBLIC ACCESS PROJECT

Virginia's 31st state Senate District stretches from Arlington Mill through Lyon Park and Cherrydale into Langley and Great Falls.



Barbara Favola

the executive committee of the Arlington County Civic Federation as well as the Arlington Economic Development Commission. Professionally, she spent several years as policy director for Invest in the USA, a trade association of small banks that make loans to distressed communities for economic development and job creation. On the campaign trail, she's been critical of Favola for being part of a pay-to-play culture in Richmond, where Merlene says the senator has been using her elected position to leverage her position in the legislature for personal gain.

"As much as we hoot and holler about Trump leveraging his position for the Trump



Nicole Merlene

International Hotel in D.C., apparently you're allowed to do that in Virginia," says Merlene. "We have an elected official who is breaking what in many other jurisdictions would be breach of ethics."

If elected, Merlene has a long list of agenda items she would like to accomplish. On transportation, she wants the General Assembly to facilitate a regional approach to bus transportation where neighboring jurisdictions would work together to coordinate routes and move passengers across Northern Virginia. On housing, she would like local governments to have more authority to require developers to deliver amenities that don't directly benefit the develop-

"What I find really fascinating about the Favola versus Merlene race is that it looks in some ways a lot like the Alexandria Ocasio-Cortez versus Joseph Crowley primary of 2018."

**— Quentin Kidd,
political science professor at
Christopher Newport University.**

ment. And on the environment, Merlene says she would like to see a regional recycling program for glass.

"Northern Virginia as a region can work together to do things like purchasing new technology that can do things like crush glass and turn it into pavement," says Merlene. "This epitomizes the Green New Deal because pavement is a carbon-intensive process to make."

BARBARA FAVOLA, 63, is a native of Windsor Locks, Conn. She moved in Washington, D.C., in 1980 and then moved to Arlington in 1983. She has a bachelor of science in political science and economics from the Saint Joseph College in West Hartford, Conn., and a master of public administration from New York University. Professionally, Favola held a number of different jobs in the U.S. Department of Health and Human Services as well as serving as part of the professional staff of the House Budget Committee under Chairman James Jones (D-Okla.). She was on the Arlington County Board from 1997 to 2011, when she was first elected to the Senate. During her time in the Senate, she founded a consulting firm known as Pathway to 21st Century Communities — a group that took on clients including Marymount University and the Virginia Hospital Center.

"I do not sit on any committees that have oversight or hospitals or universities," says Favola. "Nothing I have done — nothing — is by any stretch unethical."

During her time in the Senate, Favola passed legislation requiring the state to participate in a federal program providing resources to foster youth who exit the system at the age of 18. She worked on legislation expanding mental health services in Vir-

SEE MERLENE V FAVOLA, PAGE 9



Langley High School Class of 2019 gathers in DAR Constitution Hall in Washington, D.C. for the commencement ceremony.



Aimee Cho delivers the keynote speech at the 2019 commencement ceremony for Langley High School.

Cho to Langley Grads: Open Doors to Opportunity

BY ANNA KARL
THE CONNECTION

PHOTOS BY ANNA KARL/THE CONNECTION

Four hundred and sixty-nine seniors received their diplomas at Langley High School's commencement ceremony on Monday, June 3 at DAR Constitution Hall in Washington, D.C. Approximately one-quarter of these students graduated with honors.

NBC 4's Aimee Cho imparted the students with her wisdom on making the most of the time after high school, urging them to "pick yourself up, dust yourself off, and get right back to it" when inevitable obstacles present themselves.

Cho is currently a multimedia journalist for NBC 4, writing her own scripts, and shooting and editing most of the material she puts on air. In college, she wrote for the Cornell Daily Sun as well as Ithaca College's TV station.

AS A 2013 LANGLEY GRADUATE, the perspective offered by Cho was especially personal to the students sitting in front of her. A member of the debate team and journalist for the school magazine, Cho was an involved and dedicated student.

"Langley prepared us well to go after our goals and open the doors to success," she reminded the students.

"Four years of ups and downs, four years of endless hours of homework... four years



Langley High School Orchestra performs "One Summer's Day" from Spirited Away following the student address.

of cramming for tests, and doing the twenty-minute run in gym class," she reminisced, going on to tell a few personal anecdotes that had a hand in shaping her future.

Cho reminded the graduates that it's okay to feel unprepared for the "real world."

"By no means do I have life figured out ... I eat a lot of frozen dinners, I still need help doing taxes, and I have yet to parallel park my car in one try," Cho reassured the graduates.

In order to help the graduates be ready for the future, she advised them to be ready for obstacles, and to know how to use them to their advantage.

"There will always be unexpected distractions and setbacks," she said. "There will always be people who try to close the door and lock you out, but how you choose to respond to them is up to you."

Cho recounted several occasions of her own failure, and promised the class of 2019 that there will always be second chances and more opportunities.

"The first few months at NBC were rough," she admitted, "they felt like one big closed door."

Not only did Cho once make NBC 4 the last to cover a story because she forgot where she parked her car, she also faced

the defeat of missing a deadline and causing the station to scramble for something to air.

"I felt like quitting, but stayed determined to press on," she said. "Although my shift ended at five o'clock, I regularly stayed til 9 p.m. to practice shooting video and editing."

Since then, she has never missed a deadline.

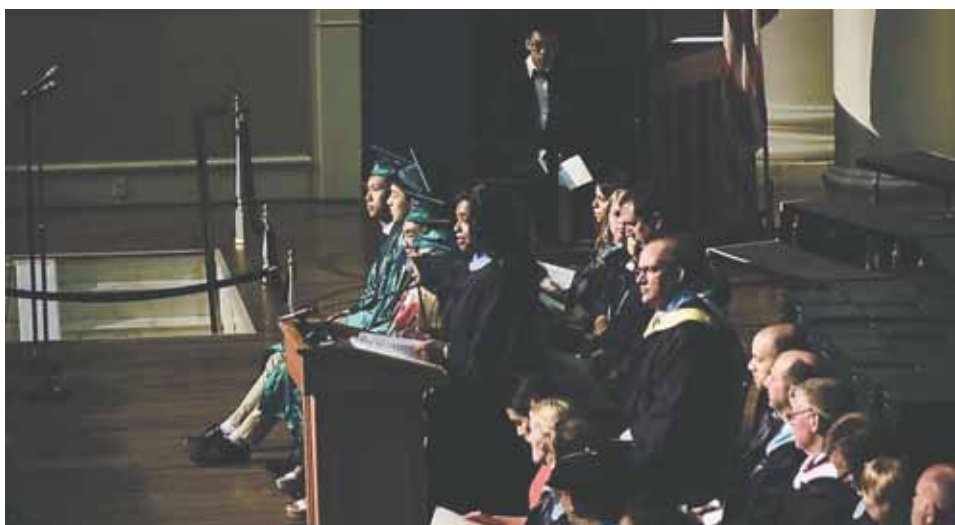
Cho wrapped up her speech with her big takeaway: "In school or at work we will all encounter obstacles, doors to opportunity that seemingly won't open. Pry those doors open. Kick them down," she urged. "All you need is a tiny crack in the door, enough for you to shove your foot in and keep that door open."

SHE ENCOURAGED the graduates to always remember to have patience.

"If you keep at it, you'll be able to squeeze yourself through the door and prove that you belong on the other side," she assured.

As she watched the students commence their high school careers and enter the world with endless opportunity, she advised the students to seize control of their own destiny.

"One day you can even build your own building with your own doors," she said. "And when that time comes, you can be the one to open the door for someone else."



Principal Kimberly Greer delivers the Principal's Message at Langley's 2019 commencement ceremony.



Laura Moore presents the Faculty Award to Mark Bosset, a Langley student attending the University of Arizona in the fall.



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Pavilion

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June 2–August 18

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Reston Town Square Park

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FAMILY FUN ENTERTAINMENT SERIES*

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Reston Town Square Park

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OPINION

Lessons from the Greatest Generation

Reflections on the 75th Anniversary of D-Day.

BY SUPERVISOR JOHN C. COOK
BRADDOCK DISTRICT

Thousands of young American soldiers boarded ships in England destined for the beaches of Normandy, France 75 years ago. Allied leaders planned the first-of-its-kind invasion for months. They designated five main beaches for the attack and named them Utah, Omaha, Sword, Gold, and Juno. On the morning of June 6, 1944 high winds and rough waves made for a difficult journey to Northern France for the 5,000 ships and 11,000 airplanes carrying 150,000 Allied troops.

The weather was far from perfect for an operation, but General Dwight Eisenhower could not risk the Germans spotting the massive military presence on the coast of England. When Allied Forces landed, they were met with a barrage of fire. Nearly 2,500 Americans died in history's largest air, land, and sea invasion. Despite the treacherous terrain and heavy casualties, Allied forces broke through German lines and liberated the Gallic Coast. The pivotal victory allowed the Allies to secure the



At the Board of Supervisors meeting on Tuesday, June 4, 2019, the Board recognized the 75th anniversary of the D-Day Invasion on June 6, 1944. Included here is Rear Admiral Gene Sizemore holding the plaque and other veterans with the members of the Board.

Western Front and begin a liberation campaign towards Germany.

On the 75th anniversary of this momentous military victory, we are compelled to remember not just the heroism of the troops, but also

their virtues of service of sacrifice of that generation. The harrowing actions of these servicemembers deserve the greatest respect and deepest gratitude. They showed courage, tenacity, valor, and honor in the face of incredible dangers and challenges. As Tom Brokaw eloquently put it, "They answered the call to help save the world from the two most powerful and ruthless military machines ever assembled." This anniversary should also prompt all of us to emulate the Greatest Generation's immense sense of duty and willingness to serve. Nearly every American in World War II found a way to support their nation during the conflict. Thousands of men volunteered to serve in the Armed Forces. Women supported the military in many different ways. Families nationwide planted victory gardens and volunteered for local groups that supported the war effort. Women also took industrial jobs in armament factories. In Burke, Va., residents volunteered 24/7 with the Aircraft Warning Service by staying in a watch tower to look out for enemy planes.

Today our nation faces many challenges. But a nation that could win two World Wars can also successfully meet the challenges of today. The spirit of the Greatest Generation is here to guide us.

LETTERS TO THE EDITOR

Gun Violence As Public Health Crisis

To the Editor:

For almost 20 years I have been fighting for better gun laws in Virginia — laws to prevent the unspeakable horrors that we saw in Virginia Beach on May 31, 2019 when a gunman with two .45 caliber handguns with high-capacity magazines murdered 12 people and injured many others.

At times, I have felt like it was an exercise in futility — that I was simply banging my head against the wall. No matter how sensible the proposal introduced, it would be killed in committee by Republicans and a few rural Democrats and never even make it to the floor for a vote.

We might have 20 people testify in support of bills including victims of gun violence, law enforcement, and the medical community; yet the voice of one gun industry lobbyist opposed to the measures would be the only one that mattered.

After the shooting at Virginia Tech, there was a slow movement towards change — at least among Democrats. It was a movement that accelerated in the aftermath of the shooting at Sandy Hook Elementary School that left 26 little children and educators dead. Ru-

ral Democrats aligned with the majority in their party and started speaking out about the need for stronger laws to curtail the carnage. In fact, many Democratic candidates at even the highest levels of government began to run on the issue vowing to fight for sensible gun violence prevention measures if elected. Those Democrats won including most recently, Governor Northam, Lt. Governor, Fairfax and Attorney General Herring. And it should be no surprise. Polling tells us that as much as 90 percent of the public is in favor of stronger gun laws such as expanding background checks.

So, with the public and a Governor who clearly supports gun violence prevention measures, why can't we affect change? Because the GOP is in control of both chambers of the General Assembly and they continue to kowtow to the gun lobby instead of taking the decisive action that would make the Commonwealth safer for us all. Take the 2019 session for example. Democrats introduced dozens of firearms bills including ones to expand background checks, ban assault weapons, limit high-capacity magazines, cap handgun purchases to one a month, and to keep guns out of the hands of domestic violence abusers. Republicans defeated them all.

Gun violence has become a public health crisis in Virginia and

across the country. But it is an epidemic that we know how to treat. Stronger gun laws won't prevent all senseless acts of violence but they will save lives. To get the stronger laws we deserve, we must vote for candidates who are more afraid of another horrific shooting than they are of the gun lobby and at this juncture, only the Democrats can stake that claim.

The proposals already exist. We

know what needs to be done. And once Democrats are the majority party in both chambers we will finally be able to pass bills to make Virginia safer and Governor Northam will gladly sign them into law.

Martina Leinz

Burke
President, Northern Virginia
Brady Chapter, United Against
Gun Violence

Why I Celebrate Eid

To the Editor:

Eid-ul-Fitr is an Islamic holiday which marks the end of the month of fasting, Ramadan. Muslims celebrate Eid by spending time with family and friends, eating good food and exchanging gifts.

I like Eid because I get a lot of presents from my family and friends and I get to wear new clothes. The prophet Muhammad (peace be upon him) told us that on Eid we should take a bath, wear

new clothes or our best clothes, and wear perfume.

On Eid day I wear my new clothes and go to the mosque for Eid prayer. After the prayer I meet my friends and wish them "Eid Mubarak," which means blessed Eid. My favorite part of the day is when I open all my Eid presents, play games with my cousins and eat delicious food with my family.

Hibbatul Bari Iqbal, Age 9
Chantilly

Write

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

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314

By email: editors@connectionnewspapers.com

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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/JUNE 6

Caregivers Support Group. 10-11:30 a.m. at UUCF Unitarian Universalist Congregation of Fairfax - Program Building, 2709 Hunter Mill Road, Oakton. For caregivers to adult family members with dementia. First and third Thursdays of every month. Hosted by Shepherd's Center of Oakton-Vienna, scov.org. Contact facilitator Jack Tarr at 703-821-6838 or jtarr5@verizon.net.

MONDAY/JUNE 10

GFES Kindergarten Registration. 10:30-3 p.m. at Great Falls Elementary School, 701 Walker Road, Great Falls. Children who are 5 by Sept.30, 2019 are eligible to enter kindergarten for the 2019-2020 school year. Register children at the school they will attend. To confirm Great Falls Elementary School serves a particular address, visit the FCPS website, click on the boundary link, and type in the address. Registration packets are available at www.fcps.edu. Registration materials will also be available in the school's main office. Free. Call 703-757-2100.

SATURDAY/JUNE 8

Caregiver Workshop. 11 a.m.-3 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Join this Caregiver Workshop with Pete Shrock, nationally known grief and crisis responder, focusing on building resilience through caregiving challenges. This is a free event, and all caregivers and family members are invited to attend. Lunch will be provided. Visit insightmcc.org, to register or contact Lindsey Vajpeyi at 703-204-4664 or lindsey.vajpeyi@insightmcc.org.

SUNDAY/JUNE 9

Low Cost Rabies Vaccine Clinic. 9-11 a.m. at Fairfax County Animal Shelter, 4500 West Ox Road, Fairfax. Cost is \$15 per pet, cash and check only. Dogs, cats, and ferrets may be vaccinated at the clinic. Dogs must be on leashes; cats and ferrets must be in carriers. All pets will receive a 1-year rabies vaccination. To obtain a 3-year vaccine, bring pet's rabies certificate (not tag) showing the current rabies vaccination expiration date. 2019 county dog licenses will be sold for an additional \$10 per license. Visit www.fairfaxcounty.gov/animalshelter/communityassistance/rabiesclinics for more.

TUESDAY/JUNE 11

Professional Networking Breakfast. 8-10 a.m. at Sunrise of McLean, 8315 Turning Leaf Lane, McLean. Held the second Tuesday of every month to network and hear more about key health topics for seniors. RSVP at 703-734-1600 or at mcLean.DOS@sunriseseniorliving.com.

Park Authority Summer Jobs. 10 a.m.-1 p.m. at the Herrity Building, 12055 Government Center Parkway, Fairfax. This year the Fairfax County Park Authority's Rec-PAC summer camp program will operate at 45 elementary school locations around Fairfax County on weekdays from July 1-Aug.8, 8:15 a.m.-3:45 p.m. Applicants are required to bring an original Social Security Card and a DMV photo ID. Only those who are 18 years of age and older will be considered. Visit www.fairfaxcounty.gov/parks/rec-pac/jobs or email Recpac@fairfaxcounty.gov.

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WWW.CONNECTIONNEWSPAPERS.COM

SENATOR FAVOLA IS A STRONG AND EFFECTIVE ADVOCATE FOR PUBLIC EDUCATION, WORKFORCE DEVELOPMENT, GUN SAFETY AND GREEN COMMUNITIES. SHE WAS AWARDED THE ENERGY FREEDOM AWARD BY THE VIRGINIA CHAPTER OF THE SIERRA CLUB IN 2018. LEADERS AND ORGANIZATIONS THAT WE KNOW AND TRUST ENDORSE HER CANDIDACY.



"Senator Barbara Favola is a dedicated public servant who is committed to fighting for our most vulnerable Virginians. From her time on the Arlington County Board through her two terms in the Virginia Senate, I've seen Barbara lead on the issues that matter most to families in the Commonwealth, like strengthening public education. I am particularly proud of the work she has done to help foster children achieve the education and training they need to succeed. Because I know she will serve with our shared values of fairness and justice in mind, I'm proud to endorse Senator Favola's candidacy for a third term in the Virginia Senate."

— U.S. SENATOR TIM KAINE OF VIRGINIA

SENATOR FAVOLA IS ENDORSED BY:

- U.S. Senator Tim Kaine
- Governor Terry McAuliffe
- Congressman Gerry Connolly
- Congresswoman Jennifer Wexton
- Congressman Jim Moran
- State Senator Janet Howell
- State Senator Adam Ebbin
- Delegate Mark Levine
- Delegate Patrick Hope
- Delegate Rip Sullivan
- Delegate John Bell
- Delegate Kathleen Murphy
- Dranesville District Supervisor John Faust
- 32BJ SEIU
- Arlington County School Board Member Barbara Kanninen
- Fairfax County School Board Member Janie Strauss
- EMILY'S List
- IBEW Local Union 26
- LIUNA
- NARAL Pro-Choice Virginia
- Northern Virginia Chapter of the Brady Campaign
- Virginia Education Association
- Virginia NOW

"I ASK FOR YOUR VOTE ON JUNE 11TH SO WE CAN CONTINUE TO MAKE PROGRESS ON THE ISSUES THAT MATTER. MY EXPERIENCE AND LEADERSHIP PROVIDE THE BEST PATHWAY FORWARD FOR THE CHANGE WE ALL WANT."

— BARBARA FAVOLA

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Barbara
FAVOLA
Virginia State Senator

ENDORSED AND ENDORSED BY FAVOLA FOR STATE SENATE

NEWS

Forestville Third Graders Learn Cybersecurity

Langley High senior brings cybersecurity skills, awareness to her former school.

Samina Mondal, a senior at Langley High School and a fellow with the Bits N'Bytes Cybersecurity, in the week of May 20-24 participated in Langley Leap at Forestville Elementary in Jeffrey LeLoup's third grade class: Mr. LeLoup is her former teacher.

"I took the time to teach the students a new cybersecurity principle each day in a week I advertised as Cyberweek. They were absolutely amazed at how they could become safer on the internet and are now able to identify scams, phishing messages, and understand how to make a secure password. These are skills for them to carry on throughout their years and at only 8 and 9 years old, they are already ahead of the game," Samina said.

The Palo Alto Research Center reports that, by 2019, the demand for cybersecurity professionals will increase to approximately 6 million globally. With the country under numerous cyber attacks every year, it is crucial that children are equipped with cyber safety skills at a young age and use them toward helping ensure security in our



The Forestville Elementary third Grade AAP Teacher Jeffrey LeLoup and former student Samina Mondal from Langley HS sporting "Security Superhero" t-shirts.

schools, community, and nation.

Bits N' Bytes Cybersecurity Education is a nonprofit dedicated to educating and equipping citizens with the cybersecurity skills needed to help prevent future cyber-



Samina Mondal and third grade students after completing Cyber Week and receiving honorary certificates for their work.

attacks in an age of real-time connectivity and con-artistry. Through interactive modules, animated videos, research-based blogs, social media advocacy, and engaging workshops delivered to community organizations, BNBCE spreads awareness about complex issues including password discipline, social engineering, privacy, digital identity, cloud security, and more; all in order to foster a generation of educated and empowered digital masters.

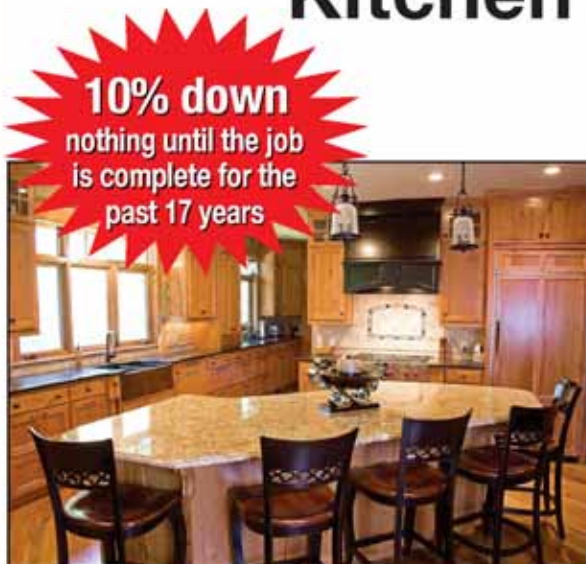
"At my time at Langley, I started my county's first Girls Who Code club, where I served as the President and Student Ambassador. I had an amazing time leading girls from grades 9-12 in the fundamentals of coding in Python and HTML/CSS. My active participation in this club has led me to win the National Center for Women in Technology's (NCWIT) Virginia Affiliate award two years in a row. This organiza-

tion has allowed me to provide funding for my club's activities, which include technology, resources, and even a schoolwide event with FCPS School Board Member Ryan McElveen. One of the best parts of my involvement in the Girls Who Code club has been my exposure to women in the field of technology. Hearing their stories and learning about their careers has been incredibly inspirational and I count many of them as role models. Education is key to opening up the opportunities I am interested in and next year I plan to take a gap year to start a long-term internship with the US Naval Research Laboratory. Afterwards, I plan to pursue a degree in IT/Cybersecurity as technology will evolve to meet the needs of our changing society, and I know I want to be part of that change, creating the solutions to problems we have yet to encounter," said Samina.

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WEEK IN GREAT FALLS

Great Falls Before and After the Civil War

Great Falls author Mike High will discuss his book about Great Falls, the Potomac River and the Chesapeake & Ohio Canal on Saturday, June 8 at 11 a.m. at historic Smith Chapel, 11321 Beach Mill Road. An avid biker, High will outline highlights from *The C&O Canal Companion*, a guide to the history of the region along the 185 mile canal, including local

experience of slavery and emancipation, impact of the railroads and industrialization, as well as his recommendations for recreational uses. The public is invited, including children; light refreshments will be served. The program is free, but pre-registration is suggested, as seating is limited. To register, go to <http://www.smithchapelumc.com>.

Merlene v Favola in 31st District Primary

FROM PAGE 3

ginia public schools, and she passed a law requiring individuals to forfeit guns if they violate protective orders.

If re-elected, Favola says, she would like to expand access to early-childhood education and expand home visits of registered nurses or social workers to low-income new mothers. Her top priority would be passing a bill that would allow for debt-free community college for people in certain fields like early-child-

hood education, teaching, nursing, cybersecurity and artificial intelligence. Favola says a pilot program limited to Northern Virginia would cost about \$25 million.

"We have 45,000 jobs that are unfilled, and many of those jobs do not require a four-year degree," says Favola. "They require a highly technical skill set, which we apparently are not really producing here in Northern Virginia."

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WELLBEING



PHOTO COURTESY OF NORTHERN VIRGINIA THERAPEUTIC RIDING PROGRAM

Equine Therapy can be used to treat those with PTSD, says Olivia Taylor of the Northern Virginia Therapeutic Riding Program.

PTSD: Recognizing and Healing

During PTSD Awareness Month, clinicians work to raise awareness, treatment options.

BY MARILYN CAMPBELL

“They took all my clothes and made me walk naked for two days so I couldn’t escape,” said one woman. “They kill people over nothing,” said another.

These are the descriptions from Latina immigrants of their experiences as they were smuggled from Mexico to the United States. These women and others like them often experience rape, assaults, and gun violence, said Carol L. Cleaveland, PhD, Associate Professor of Social Work, George Mason University.

In a recent paper, “An Exploratory Study of Latina Immigrant Trauma,” she and co-author Cara Frankenfeld, PhD, also of George Mason University, spoke with patients at Mason and Partners Clinic in Springfield, Falls Church and Manassas Park who described events that often left them with Post Traumatic Stress Disorder (PTSD). During June, which is PTSD Awareness Month, mental health professionals are working to raise public awareness of the disorder and a knowledge of the treatments available to those who suffer.

There is often a lack of understanding which makes it difficult to identify said Cleaveland. “PTSD is a shift in how people think, feel and behave in response to a traumatic event they experience. It’s something that induces profound terror,” she said.

“[Symptoms include] intrusive thoughts and memories of the traumatic event, such as thinking about the event when you don’t want to, having flashbacks or having a strong emotional reaction to a something that reminds you of the trauma,” said Joanne Bagshaw, PhD, Professor of Psychology at Montgomery College.

A person experiencing PTSD might avoid people or experiences that remind them of the trauma, said Bagshaw. “You [can experience] negative thinking about yourself and the world, such as having traumatic expectations or detaching from relationships.”

Managing and healing even severe symptoms is possible with the right strategies. “There are several

very good treatments for trauma,” said Bagshaw.

Among these healing methods is Cognitive Behavioral Therapy (CBT), a form of psychotherapy that teaches how to cope with dysfunctional emotions, behaviors, and thoughts. Another therapy is Eye Movement Desensitization Reprocessing (EMDR) which involves a patient briefly focusing on the traumatic memory under the guidance of a trained clinician and ultimately experiencing relief.

“There is research which shows EMDR is highly effective in desensitizing the trauma,” says Cleaveland.

Therapeutic riding is an emerging therapy that has not been studied extensively for PTSD. “[It] is teaching people to ride and work with horses with the goal of improving their physical or mental well-being,” said Olivia Taylor, Program Director of Northern Virginia Therapeutic Riding Program (NVTRP). “One of the biggest benefits we see for our riders with PTSD is that riding puts them in

the moment, focused on creating a bond with their horse. They’re not thinking about past events or being hypervigilant, but feeling peaceful in the moment.”

For those who have strained interpersonal skills related to trauma, such as the ability to trust others, therapeutic riding provides a safe space for working on that proficiency, Taylor said. “Horses are empathetic, non-judgmental creatures, so therapeutic riding provides a great opportunity to work on building a trusting relationship with another living being,” she said.

As an example, Taylor points to one NVTRP rider who suffers from debilitating and life-disrupting anxiety resulting from PTSD. “Over several weeks of riding, she has developed a very strong bond with the horse she rides,” says Taylor. “They share an especially close relationship, and she credits the trust she has in him with her ability to overcome her fears of riding and progress more than she’d ever imagined. We find that this sort of trust and openness to an empathetic relationship carries over into riders’ lives beyond the farm, helping them to rebuild healthy lives.”



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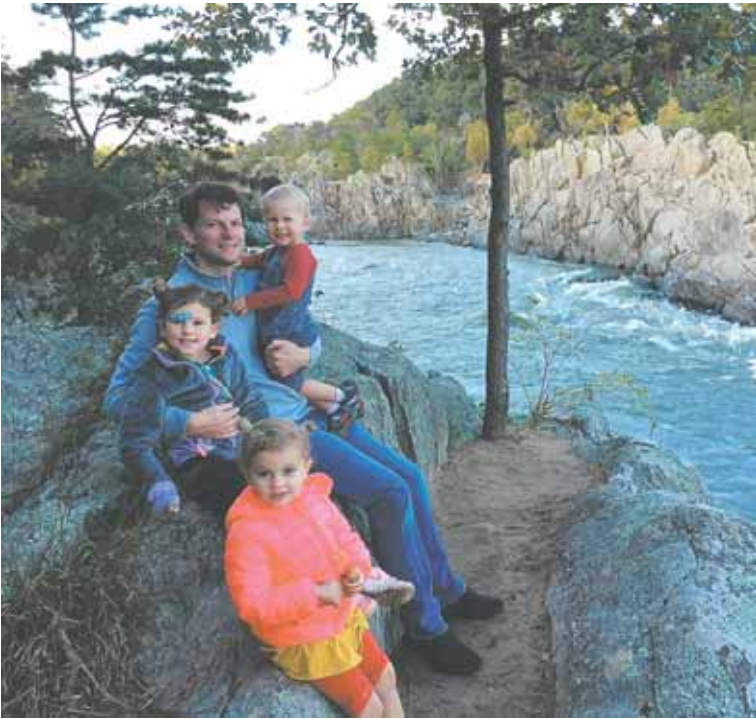
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Greg Trimble with son Thomas, 2, and daughters Hannah, 7, and Lucy, 5. Greg balances a demanding career with being an amazing and dedicated father. He grew up in Great Falls and loves to take his three little ones exploring local parks any chance he can. This picture was taken during a hike in Great Falls Park in October of 2018. (Submitted by wife Pam Trimble)



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A slideshow plays in the background of the senior orchestra, showing each member's plans for next year, as they perform for the last time on Langley's stage.



PHOTOS BY HELEN BECKNER

The Langley HS senior cellists concentrate hard on their last piece of the night. From left: Robbie Hamilton, Alex Montano, Griffith Nguyen, Jake Bickle, and George Janke.

You'll Be In My Heart An animated orchestral farewell.

BY ANANYA AMIRTHALINGAM
LANGLEY HS CLASS OF 2019

If ya could change your fate, would ya?" Zachary Sutton's question resounded in the packed Langley HS auditorium, his mimicry of a Scottish accent barely faltered. The senior bassist was presenting the Concert Orchestra's rendition of "Brave" –

the beloved Pixar animated film centered on headstrong Princess Merida.

With its dancing tune, the piece was just one of the many highlights of the Langley High School Orchestra's Music & Animation Concert. The concert marked the end of the high school orchestral career of the Class of 2019, the largest orchestra class in the history of Langley. A final trip down memory lane, the evening was filled with senior fes-

tivities and the nostalgic songs of animated favorites.

The evening began with the Philharmonic Orchestra and their rendition of the flight of Mother Pegasus from the 1940 Disney classic, "Fantasia." Featuring the first movement from Beethoven's "Pastoral Symphony," the piece was a singsong masterpiece, complete with stunning animated visuals, courtesy of Langley's amazing tech

crew. The audience sat spellbound, watching the baby Pegasi and centaurs frolic in sync with the melodies of the violins and cellos. The pastel clouds of Fantasia were soon replaced with the anime characters of Hayao Miyazaki, the renowned illustrator of "Spirited Away." While various movie clips played in the background, the Philhar-

SEE FAREWELL, PAGE 13

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NEWS

Langley's Orchestral Farewell

FROM PAGE 12

monic Orchestra filled the auditorium with Joe Hisaishi's heartstring-tugging piece, "One Summer's Day." Cao-Linh Pham, a junior cellist, was featured on the piano playing the iconic backbone of the song.

The Philharmonic Orchestra's final piece was the main theme of "How to Train Your Dragon" by John Powell, arranged by Langley Orchestra alum Craig Hunter (Class of 2011), who was on the percussion set that night. Just as the movie showcased the tight friendship between dragon and Viking, the piece was brought to life with the aid of Langley's own band students.

Following the Philharmonic Orchestra was a senior spotlight showcasing the Philharmonic's first chair violinist, Madeline Yu. Accompanied by six other students, Madeline performed Henryk Wieniawski's "Violin Concerto No. 2," awing the audience with her high-pitched notes and fast rhythms.

NEXT ONSTAGE was the Concert Orchestra led by Langley Orchestra's assistant director, Mr. Adam Willett. Their first piece of the night was "Zooster's Breakout," from DreamWorks' much-loved "Madagascar." Written by Hans Zimmer and arranged by Paul Lavender, the piece had the audience's blood pumping, and head bopping. The audience was then transported to the Scottish Highlands with the Concert Orchestra's performance of the music from "Brave," written by Patrick Doyle, and arranged by Robert Longfield.

Lastly, in honor of Disney's newest live action release, the Concert Orchestra presented their version of Alan Menken's themes from Aladdin (arranged by John Moss). Featuring tunes of "Arabian Nights," "A Whole New World," and "Friend Like Me," concertgoers had a tough time refraining from singing and dancing along.

As the Concert Orchestra exited on their magic carpet, the cello choir ascended onto the stage. The ensemble of more than 20 cellos took the audience back to the fantasy world of Hayao Miyazaki, as they performed Joe Hisaishi's "Merry Go Round of Life" from "Howl's Moving Castle."

The Junior Orchestra then embarked on the stage. Their first piece, themes from the "Black Panther" was soothing while containing undertones of the dramatic "Avengers" theme. Written by Ludwig Goransson and arranged by Larry Moore, the piece was complete with the percussion effects and stunning visuals of Wakanda. Next was the Junior Orchestra's "Salute to Henry Mancini," arranged by Kazik. Beginning with the classic "Pink Panther" detective theme, the piece included Mancini's biggest hits such as the soulful "Moon River" and the lively "Peter Gunn." These were followed by Leonard Cohen's version of "Hallelujah" arranged by Robert Longfield, a fan favorite from "Shrek." The tune had the

audience swaying with their tears in their eyes. The Junior Orchestra concluded their performance with an homage to the Marvel's recent blockbuster, "Avengers: Endgame." Their presentation of Alan Silvestri's main theme from "The Avengers" (arranged by Larry Moore), along with the various "Avengers" video clips, had audience members (Marvel fans or not) enthralled.

Following the Junior Orchestra was the last Senior Spotlight of the night. On the far left side of the stage, pianists Alex Tran and Lauren Cain brought to life the melodies from "Beauty and the Beast." A nearly three-month effort, the piece was actually arranged by Jessica Maeblus (a senior cellist in the Symphonic Orchestra) and Alex Tran.

AT LAST, the Senior Orchestra boarded the stage. They began what would be their last performance with their rendition of Matthew Wilder's "I'll Make a Man Out of You," arranged by Craig Hunter. Channeling their inner Mulan, the Senior Orchestra debuted their singing skills, as they put down their instruments for the last iteration of the chorus to sing the beloved song. Then the Senior Orchestra traveled back in time to the 1980s to present A-Ha's "Take On Me," also arranged by Craig Hunter. The popular dance tune was a hit, complete with video animations from the original music video.

As the grand finale of the night, the Senior Orchestra presented their Class Song, Phil Collins' "You'll Be in My Heart" (arranged by Larry Moore) from "Tarzan."

The audience watched as a slideshow played in the background, showcasing each senior's picture and the logo of their chosen university. Thunderous applause consumed the auditorium as the heartfelt song came to an end. The seniors rose, smiling with tears in their eyes. The orchestra director, Dr. Scott McCormick, thanked the seniors for their contributions over the past four years.

For a moment, they reminisced over the orchestra trips, the concerts that wowed audiences, and the unbreakable friendships they had made along the way.

"If I had the chance to change my fate, would I? No!" laughed Julia Bullock, a senior violinist in the Symphonic Orchestra. She continued to explain that while there were moments she wished she could "do-over" in high school, the memories that she made via Langley's Orchestra program were simply something that could not be replicated, nor something she would want altered. This was a sentiment shared by many of the teary-eyed seniors, as they departed the stage for the last time.

In a few days the seniors would be Langley High School graduates; in a few months, they would be off beginning their new adventures. Although a whole new world awaits the seniors, they can rest assured that they will forever be in Langley Orchestra's heart.

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Chairman Candidates Debate Heats Up

McLean Chamber hosts Democratic candidates' forum for Board of Supervisors Chair; vote June 11.

BY ANDREA WORKER
THE CONNECTION

Three of the four Democratic candidates seeking the top elected spot in Fairfax County met once again on May 30 at a forum hosted by the Greater McLean Chamber of Commerce at the Alden Theatre in McLean Community Center. Current Lee District Supervisor Jeff McKay, Fairfax County School Board at-large member Ryan McElveen, and Georgetown law professor Alicia Plerhoples took to the stage to express views and solutions to county-wide issues. WUSA – Channel 9's Peggy Fox served as moderator, posing questions composed by the Chamber, as well as those submitted by audience members.

The fourth Democratic challenger for Board Chair, Reston-based developer Tim Chapman, sent his regrets due to family circumstances. It was possibly Chapman's absence that kept the temperature at a simmer rather than a full-on boil such as was reached when all four met recently in a debate hosted by the Fairfax Democrats, the Democratic Business Council and the Northern Virginia Labor Federation.

At that event, Chapman and McKay traded verbal punches on issues of leadership and ethics when moderator Julie Carey, NBC4 News Northern Virginia Bureau Chief, brought up an ethics complaint against McKay, alleging that the Supervisor received a discount on a home he had purchased from a developer who had business before the Fairfax County Board of Supervisors.

McKay has vehemently denied the charge, and reiterated his denial at the earlier debate, but Chapman continued to press that hot button, insisting the allegations were "very troubling."

McKay returned fire, accusing Chapman of engaging in a smear campaign with false allegations, replying that to "try and smear me because you are not winning a campaign is a Trump maneuver."

THE ALLEGED VIOLATION wasn't raised at the McLean event that focused heavily on economic and related issues that face the county. The candidates maintained a civil demeanor toward each other, though there were still some politely heated moments.

While McElveen and McKay generally used their response times to expand on each topic (with McKay providing some historical context from his perspective as a current Board member) and offer their recommendations for improvements, Plerhoples frequently included criticisms of the Board's record on many of the issues.

"Once again, we need to play catch up [to other jurisdictions like] Arlington and D.C. on the issue of affordable housing in



PHOTO BY ANDREA WORKER/THE CONNECTION

The Greater McLean Chamber of Commerce hosted the democratic candidates for Chair of the Fairfax County Board of Supervisors in a debate at the McLean Community Center's Alden Theatre. From left: Moderator Peggy Fox from WUSA-Channel 9, candidates Ryan McElveen, currently an at-large member of the Fairfax County School Board; Lee District Supervisor Jeff McKay; Georgetown law professor Alicia Plerhoples, and McLean Chamber of Commerce president Paul Kohlenberger.

our area," Plerhoples said. Plerhoples accused the current Board of over-focusing on workforce housing as opposed to more affordable housing. "We need more, for all [sectors] and need more focus on preservation of existing affordable housing."

While not specifically backing this criticism, McElveen agreed that "some progress had been made," but more could be done. He favors upping the tax percentage of funds set aside for affordable housing to 2 cents per dollar of assessed property value to ward off a "greater crisis coming" and take the strain off all those affected, including younger and older county residents.

When the topic of funding for parks and public libraries was raised, Plerhoples hit back at McKay's response. McKay praised both parks and public library departments for their ability to run effective, much needed organizations on less than 1 percent of the county's entire budget, referencing that number as one way the county had fought those who sought to take funds from parks and libraries to cover other financial

shortfalls or fund other priorities. McKay reminded the audience of harder times of the recent past when line items for such services often came under attack.

To this rationale, Plerhoples, who said that those public places "probably got me into Harvard" and who personally experienced housing instability during her youth, replied "if these services are so important, why do they only receive 1 percent of the budget?"

Responding to an audience question of revitalization of some more neglected areas of the county like Bailey's Crossroads, Plerhoples again took exception to McKay's answer.

McKay made the case for "balanced" redevelopment bringing "economic engines to all parts of the county." Giving examples of the work done to bring Springfield Mall and surroundings back to life, and the work being done on the Route One Corridor, McKay said that "sometimes rules had to be broken."

"We don't need to break some rules," shot

back Plerhoples. "Actually we want the exact opposite in our Supervisors," she declared.

Before answering the next question concerning support of women and minority businesses as contractors to the county, McKay took the opportunity to make clear any misunderstanding of his previous reply.

Part of the "hard decision-making" of the Board's job, says McKay, is finding ways to make "squares fit in a round hole." The success of the Springfield revitalization required just that type of creativity.

"That's leadership," stated McKay.

SCHOOL BOARD MEMBER McElveen also "corrected" his opponent in a follow-up after a discussion on workforce development, taking exception when Plerhoples spoke about creating internships or other paths for area high schoolers to prepare for the jobs of the future.

McElveen pointed out that Fairfax County Public Schools already does just that, and has expanded their efforts recently by adding stipends for certain IT and related training opportunities.

"Students have a chance to learn and get paid – school-sponsored internships," he said. McElveen also mentioned other areas and partnerships that gave local students more preparation for success after high school graduation.

When Plerhoples cited that Fairfax County was on the verge of becoming a minority-majority jurisdiction and that more emphasis needed to be placed on inclusion of minorities in the governmental conversation, McElveen responded that the school system had already reached that demographic status. FCPS has a school population of more than 187,000 students; 40.7 percent of FCPS students are White, 27.4 percent are Hispanic, 20.8 percent are Asian, 10.6 percent are Black, 5.5 percent are two or more races.

The assurance of diversity and equity "and the reflection of our residents in our school staff" is already in practice, according to McElveen, and is, in fact, incorporated in the system's Strategic Plan.

McElveen also said that he is "the only candidate on this stage to have been part of developing a strategic plan tied to a budget."

There was plenty of agreement by all three on a number of issues and in declaring support for various efforts, actions and agencies, even while they differed in what to do next to protect or improve them.

The "One Fairfax" equity policy is celebrated by all the candidates. McKay called it "one of the most important, if not the most important thing I have done on the Board," referring to his role in authoring the policy. McElveen appreciates it as a "framework" from which to continue to enhance the "equity lens" by which the county's work is done. Plerhoples also ap-

SEE BOARD CHAIR, PAGE 15

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Going Solar in McLean

Open house demonstrates the advantages of solar energy.

BY NADEZHDA SHULGA
THE CONNECTION

On Sunday, June 2, a homeowner from McLean, Rick Harwood, opened the doors of his residence for a community open house to share his experience of going solar.

While Virginia solar farm projects are the focus of intense controversy, the use of solar energy for private housing is gaining interest. The topic is getting more popular every year. That's why experts from Mountain View Solar, a solar installation company, organized the open house to showcase solar power.

Harwood installed his solar system in December 2018. "I have been thinking about this for a long time," he said. "Solar is cleaner than coal. It's even cleaner than natural gas. We expect to get a reasonable economic return." The total price of the solar installation amounted to \$25,000. The federal solar tax credit allowed to deduct up to 30 percent of the price.

"The payback period is expected to be 10 years and return 7.5 percent. To be honest, my stock portfolio doesn't do better than 7 percent per year. In an

economic sense, we are doing great," Harwood said.

Even though the "fuel" for solar power is limitless and free, its intensity varies throughout the year and from season to season. Harwood shared the stats for the last few months. In the dark and gloomy winter months, the system produced 15 kilowatt-hours of energy per month which was not bad, but yet below average. In May, when summer finally arrived, the system harvested three times more. As expected, it almost zeroed Harwood's electricity bill. The sunniest days are ahead.

"The good news about solar panels is that it is a 'setup and forget' kind of system. Being fully autonomous, it transforms sunlight into pollution-free electricity at no cost, day over day, year over year," added Danny Chiotos of Mountain View Solar.

The system is basically your own mini power plant. It is able to send excess energy to the grid and reduce electricity bills. Harwood estimated that "the system should save more than a hundred dollars per month this summer."

"The system is designed to handle strong winds, heavy snow, and even hail," added Shane LaBrush, a consultant from Mountain View Solar. "Everything is covered by warranty and insurance".



A homeowner from McLean Rick Harwood demonstrates his solar equipment.

PHOTOS BY NADEZHDA SHULGA/THE CONNECTION



Representatives of Mountain View Solar, Danny Chiotos and Shane LaBrush (on the right), answer questions attendees may have.

Board Chair Debate Heats Up

FROM PAGE 3

plauded the adoption of the policy, but questioned how it could be effective with only one person, Chief Equity Officer Karla Bruce, charged with its implementation and enforcement.

"She needs a team and a direct line to the Chairman" for success, said Plerhoples, "and by-in from the community." She sees herself as "uniquely qualified" to build that buy-in as a person who has "experienced many of the hardships faced by our residents."

FINDING NEW REVENUE sources for funding the county's growing needs also produced general agreement - with divergent solutions.

McKay opposes increasing Business, Professional and Occupational (BPOL) taxes. "We've seen that backfire elsewhere" and doesn't think that further "taxing of our small businesses" is the answer. He vowed to keep fighting and working with his General Assembly allies to gain for Fairfax County the same taxing flexibility that Fairfax City and our region's towns have. The Supervisor cannot see the reasoning behind a city of some 25,000 inhabitants hav-



PHOTO BY ANDREA WORKER/THE CONNECTION

Ryan McElveen, Jeff McKay and Alicia Plerhoples prepare to answer questions from hosts, the Greater McLean Chamber of Commerce and the audience, at the May 30 debate. Candidate Tim Chapman was unable to attend.

ing greater authority over its taxing methods than the county of more than 1.1 million. "It's ridiculous."

Plerhoples looks at expanding the commercial tax base with more businesses, while McElveen simply stated that if more reasonable means to gain more autonomy from the State's rule did not meet with success, "I will sue the State."

Speaking on a topic of particular interest to the audience - overcrowding at area schools - all agreed that the School Board needed to step up and address the boundary issues that have McLean High School overburdened by its

student population, while Langley High School has untapped capacity.

Even School Board member McElveen agreed with this, pointing out that only he and Jane Strauss, the Dranesville District representative on the School Board had championed the issue within the School Board's members.

Plerhoples led the candidates' closing statement segment, saying again that other municipalities are passing Fairfax County by and that residents are often "asked to settle for less" from their elected officials. She offered statistics that indicate 30,000 more Fairfax

County residents have fallen into poverty since 2004 and that "50 percent of students [graduating] in the Lee and Mount Vernon school areas are not college-ready" yet "no one on this Board, including Jeff, have called for expanded Pre-K. This is not the type of results we should be rewarding with a promotion."

"That's just not true," responded McKay in his closing. "I have seen hundreds of slots and millions of dollars added to Pre-K, particularly thorough the One Fairfax initiative."

McKay said his record includes adding affordable housing units in Lee District, One Fairfax, support of Diversion First, land use adjustments to bring better infrastructure to underserved areas, and more.

"It's easy to sit up here and complain. I'm here to tell you I am very proud of this county. We are nationwide leaders in a number of statistical areas. We are still a place where people want to come to live the American Dream ... that doesn't happen by accident. It happens because you elect the right people."

McKay said he is the one who has served the county "full time, everyday, for the last 11 years."

Acknowledging there are challenges, he says he believes in the potential of the county and feels his experience and the relationships he has built are core components of his ability to "take us to the next level."

McElveen is "the only one who has been a countywide elected official," and he feels that helps him best understand the needs of all of the county's populace.

He also elicited some laughter from the audience when he acknowledged that he was *not* endorsed by the Washington Post (which has endorsed McKay in the Chairman's race).

"It was a full half sentence that said Ryan McElveen is a school board member who antagonizes supervisors. I would be happy to have that etched on my tombstone," although he says he would make one correction.

"I haven't antagonized people, I have stood up to them, and that's what we need in our leaders. Someone who stands up for the needs of the people in our community." Asking for the public's vote, McElveen promised that all in the community would have the opportunity to access the American Dream.

The primary is June 11.

CALENDAR

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

ONGOING

The Member of the Wedding. Extended through June 16 at 1st Stage Theater, 1524 Spring Hill Road, Tysons. Adapted from the beloved novel of the same name, this evocative, poetic coming of age drama explores the pains of youth and the meaning of family. The Member of the Wedding will run Thursdays, 7:30 p.m.; Fridays, 8 p.m.; Saturdays at 2 and 8 p.m.; and Sundays at 2 p.m. The run time is approximately 2 hours with one 15-minute intermission. Captions and audio description will be offered for select performances. \$15-\$39. Visit www.1ststage.org or call 703-854-1856

Oak Marr Farmers' Market. 8 a.m.-noon at Oak Marr RECcenter, 3200 Jermantown Road, Oakton. Every Wednesday through Nov. 13, rain or shine. Vendors include produce, meats, eggs, cheeses, pies, cured and smoked meats, popsicles, sorbet, bread, croissants, falafel sandwiches, humus, and pesto. Call 703-281-6501 or visit www.fairfaxcounty.gov/parks/farmersmarkets/oak-marr for more.

McLean Farmers Market. Fridays, through Nov. 15, 8 a.m.-noon at Lewinsville Park, 1659 Chain Bridge Road, McLean. Sixteen local farmers and producers will sell fresh produce and fruits; meats; breads and pastries; jams; dairy products and eggs; herbs; flowers, coffee, and more. Visit www.fairfaxcounty.gov/parks/farmersmarkets/mclean.

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.

Oakton Farmers Market. Saturdays, 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.

FRIDAY/JUNE 7

Summer on the Green: Vienna Idol. 6:30 p.m. on Vienna's Town Green. The Summer on the Green concert series returns to Vienna's Town Green Friday nights through Aug. 23. Bring chairs and/or blankets. No alcoholic beverages are permitted. Consider leaving pets at home. In the event of rain, check the weather line at 703-255-7842. Learn more at www.viennava.gov/DocumentCenter/View/3997.

FRIDAY-SUNDAY/JUNE 7-9

Celebrate Fairfax! Festival. Northern Virginia's largest community-wide event, the 38 th annual Celebrate Fairfax! Festival, is set to take place on the grounds of the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Celebrate Fairfax! Festival features 25 acres of concerts, family programs, exhibits, carnival rides and nightly fireworks. Among the festival's highlights are more than 120 performances on seven stages, including Better Than Ezra and Smash Mouth. Call 703-324-3247 or visit www.celebratefairfax.com.

SATURDAY/JUNE 8

Tinner Hill Music Festival. 11 a.m.-9 p.m. in Cherry Hill Park in the City of Falls Church. The 26th Annual Tinner Hill Music Festival will have Northern Virginia rocking with music and fun festivities. Festival-goers will be treated to an array of "villages" throughout the park, including the Artist Village showcasing painters, photographers and jewelers selling their works. Family fun is assured in the Kids' Village, with water play, an musical petting zoo, face painting, puppy petting party, and more. Find tickets and information at www.tinnerhill.org.

SUNDAY/JUNE 9

Sustainable Garden Tour. 1-5 p.m. in the Vienna-Oakton area. The 2019 Sustainable Garden Tour will feature rain gardens, native plant landscaping, rain barrels, backyard wildlife habitat, edible gardens, composting and more. This year's tour will feature gardens from homes, schools, libraries, and churches in the

Vienna-Oakton area. Visitors will enjoy as many or few gardens as they choose, at their own pace. No RSVP is required. Free and open to all. Visit www.fairfaxcounty.gov/soil-water-conservation/sustainable-garden-tour for more.

Concerts on the Green: Scott Kurt and Memphis 59. 6-8 p.m. on the Great Falls Village Centre Green. Bring picnic baskets, chairs and blankets for an evening of live music. Free. www.celebrategreatfalls.org.

Live Music: Matt Andersen. 7 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. Canadian Soul Bluesman Matt Andersen has released a new album called Halfway Home by Morning and has embarked on a solo acoustic international tour. He will also appear as an opening act for the Steve Miller Band/Marty Stuart tour this Summer. Erin Costello will open at Jammin' Java. \$15. Call 703-255-1566 or visit www.jamminjava.com.

TUESDAY/JUNE 11

McLean Historical Society. 7:30-9 p.m. at McLean Community Center, 1234 Ingleside Ave., McLean. The McLean Historical Society program will feature noted historian Mary Lipsey who will discuss "Honoring Those Who Died While Serving During the Civil War." Everyone is welcome. Contact Carole Herrick at 703-356-8223.

WEDNESDAY/JUNE 12

Movie Series: New Disney Classics. 12:30 p.m. at The Alden Community Hall, McLean Community Center, 1234 Ingleside Ave., McLean. The Alden is kicking off a new film series with "new Disney Classics" – those that were loved during the 1990s. Free admission. Visit mcleancenter.org/performing-arts for more.

Family Movie Night: Mary Poppins Returns! (PG). 6:30-8:30 a.m. in the Fellowship Hall at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Lewinsville Presbyterian Church will offer light dinner before they "roll the film." and offer other movie-watching treats. Bring a lawn chair and bring a friend. You do not need to be a member of the church. Free. Call 703-356-7200 or visit www.lewinsville.org/events/family-movie-night-1.

Summer on the Green: Rocknocerous. 6:30 p.m. on Vienna's Town Green. Friday nights through Aug. 23. Bring chairs and/or blankets. No alcoholic beverages are permitted. Consider leaving pets at home. In the event of rain, check the weather line at 703-255-7842. Learn more at www.viennava.gov/DocumentCenter/View/3997.

FRIDAY/JUNE 14

Dining with Dorothy. 12:30 p.m. at Olive Garden, 8133 Leesburg Pike, Vienna. – A program of the Shepherd's Center of Oakton-Vienna. Join with friends or make new ones. Newcomers are always welcome. To reserve a space contact event chair, Dorothy Flood at dflood1706@gmail.com.

ESL Playdate Cafe. 1-2 p.m. at Oakton Library, 10304 Lynnhaven Place, Oakton. Meet other caregivers of young children. Adults practice English while children enjoy play time in the same room. Birth-5 years with adult. Free. Visit librarycalendar.fairfaxcounty.gov/event/5260042 or call 703-242-4020

Summer on the Green: Nowhere Man (acoustic Beatles tribute band). 6:30 p.m. on Vienna's Town Green. The Summer on the Green concert series returns to Vienna's Town Green Friday nights through Aug. 23. Please see the text below or the attached release for details. Bring chairs and/or blankets. No alcoholic beverages are permitted. Consider leaving pets at home. Weather line 703-255-7842. Learn more at www.viennava.gov/DocumentCenter/View/3997.



Live Music: Lily Neill & Clive Carroll

Harpist Lily Neill and guitarist Clive Carroll make their debut concert as a duo at Jammin Java. Between them, harpist Lily Neill and guitarist Clive Carroll have performed around the world, from North America to the Far East and everywhere in between. Primarily known as soloists, their musical union extends from their love of a vast array of musical styles—from eat-your-heart-out blues, to fiery dances from Eastern Europe, beguiling Irish airs, jaunty Ragtime numbers, and Elizabethan lute classics. To their duo they bring all the intensity of their solo performances and more, conjuring a genre-bending orchestra from two modest plucked-string instruments. Wednesday, June 19, 7:30 p.m. at Jammin Java, 227 Maple Ave. E., Vienna. \$20-\$25. Visit www.jamminjava.com.

SATURDAY/JUNE 15

Spring Fair. 10 am.-2 p.m. at Pleasant Grove, 8641 Lewinsville Road, McLean. Pleasant Grove is holding its community fair, featuring "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." For information, visit www.HistoricPleasantGrove.org.

Classic Truck and Car Show. 11 a.m.-3 p.m. at First Baptist Church of Vienna, 450 Orchard St., NW, Vienna. The First Baptist Church of Vienna, Va., will celebrate Juneteenth with Classic Truck and Car Show. There will be vendors, food concessions, educational presentations, musical entertainment, African dancers, African drummers, video game truck and fun games for the kids. A Juneteenth Revival takes place on Wednesday, June 19. Visit fbcv.org or call 703-938-8525.

SATURDAY-SUNDAY/JUNE 15-16

Father's Day Park Programs. This Father's Day weekend spend time with fathers and grandfathers in a program just for them at a county park.

❖ **Golf Tournament.** Saturday, 8 a.m.-noon at Burke Lake Golf Course. Kick off the weekend with the "Father's Day Golf Tournament." Two-player teams compete in an 18-hole scramble format in three divisions: Father/Jr. 7-12; Father/Jr. 13-17; Father/Adult partner with closest-to-the-pin contests and prizes for the top three places in all three divisions. \$75 per team includes lunch. Call 703-323-1641 or visit www.fairfaxcounty.gov/parks/golf/burke-lake.

❖ **Wood Carving.** Sunday, noon-4 p.m. at Colvin Run Mill. Celebrate by treating Dad to a free wood carving lesson with the Northern Virginia Carvers. There is a nominal charge for wood blanks. While visiting the mill, take a tour. Dads and granddads tour for free on Father's Day when accompanied by a paying child. Call 703-759-

2771 or visit www.fairfaxcounty.gov/parks/colvin-run-mill.

❖ **"Animal Dads."** Sunday, 1-1:45 at Hidden Oaks Nature Center, Annandale. Children age 2-6 can pretend to be a penguin, wolf and beaver dad as they learn about these doting fathers. Participants will meet live animals and make a craft for their favorite father/grandfather. The program at Hidden Oaks Nature Center runs from 1 to 1:45 p.m. \$8 per child. Children must be accompanied by an adult. Call 703-941-1065 or visit www.fairfaxcounty.gov/parks/hidden-oaks.

❖ **Family Fishing.** Sunday, 2-3:30 p.m. and 4:30-6 p.m. at Riverbend Park, Great Falls. If Dad likes to fish, register for the "Father's Day Family Fishing" program at Riverbend Park. Supplies and equipment will be provided, or bring a rod and reel. Pick up some fishing tips. All fish caught will be released. Designed for participants age 4-adult. \$12 per person. Call 703-759-9018 or visit www.fairfaxcounty.gov/parks/riverbend.

❖ **Father's Day Campfire.** Sunday, 6-7 p.m. at Ellanor C. Lawrence Park, Chantilly. Wrap up the day with the "Father's Day Campfire." Learn about some of nature's best fathers, take a hike near a stream and eat s'mores. Of course, moms are invited, too. \$8 per person. Children must be accompanied by a registered adult. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

SUNDAY/JUNE 16

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.

Summer Concerts: Alphabet Rockers. 5 p.m. in the gazebo of McLean Central Park, 1468 Dolley Madison Blvd., McLean. The Alden at the McLean Community Center is again sponsoring free summer concerts in the gazebo of McLean Central Park featuring a mix of musical genres. Get moving to music that moves you. Call 703-790-0123 or visit www.aldentheatre.org.

Concerts on the Green: Wes Tucker & The Skillets. 6-8 p.m. on the Great Falls Village Centre Green. Bring picnic baskets, chairs and blankets for an evening of live music. Free. Visit www.celebrategreatfalls.org.

WEDNESDAY/JUNE 19

Live Music: Lily Neill & Clive Carroll. 7:30 p.m. at Jammin Java, 227 Maple Ave. E., Vienna. Harpist Lily Neill and guitarist Clive Carroll make their debut concert as a duo at Jammin Java. \$20-\$25. Visit www.jamminjava.com.

THURSDAY/JUNE 20

Nottoway Nights: Moonshine Society. 7:30 p.m. at Nottoway Park, 9537 Courthouse Road, Vienna. Thursday evenings, June 20-Aug. 22 (except July 4). Bring a picnic and a blanket or chair. For last minute weather cancellations call 703-324-7469 one hour prior to the program start time.

Live Music: Maggie Rose. 7:30 p.m. at Wolf Trap, Vienna. Opening for Trampled By Turtles and Deer Tick. \$30. Visit www.maggirosemusic.com or www.wolftrap.org.

FRIDAY/JUNE 21

White Elephant Bingo & Ice Cream Social. 1:30-3:30 p.m. at Vienna Community Center, 129 Cherry St SE, Vienna. Adults 50+ meet up for an afternoon of White Elephant Bingo and an Ice Cream Social. Enjoy a traditional bingo game in a friendly atmosphere and win white elephant prizes. Bingo cards are \$2 for 2. Pay

CALENDAR

at door. Please bring a white elephant item in good condition to donate to the prize table. Call the Shepherd's Center at 703-281-0538 to register or with questions.

Summer on the Green: Chillin' on Church: The Deja Gruv Band (R&B, funk, and soul). 6:30 p.m. on Vienna's Town Green. The Summer on the Green concert series returns to Vienna's Town Green Friday nights through Aug. 23. Please see the text below or the attached release for details. Bring chairs and/or blankets. No alcoholic beverages are permitted. Consider leaving pets at home. In the event of rain, check the weather line at 703-255-7842. Learn more at www.viennava.gov/DocumentCenter/View/3997.

SUNDAY/JUNE 23

Summer Concerts: Jazzy Ash and the Leaping Lizards. 5 p.m. in the gazebo of McLean Central Park, 1468 Dolley Madison Blvd., McLean. The Alden at the McLean Community Center is again sponsoring free summer concerts in the gazebo of McLean Central Park featuring a mix of musical genres Get moving to music that moves you. Call 703-790-0123 or visit www.aldentheatre.org.

Concerts on the Green: Mars Rodeo. 6-8 p.m. on the Great Falls Village Centre Green. Bring picnic baskets, chairs and blankets for an evening of live music. Free. Visit www.celebrategreatfalls.org.

THURSDAY/JUNE 27

Nottoway Nights: City of Fairfax Band 'Alte Kameraden' (Music of Germany). 7:30 p.m. at Nottoway Park, 9537 Courthouse Road, Vienna. Thursday evenings, June 20-Aug. 22 (except July 4). Bring a picnic and a blanket or chair. For last minute weather cancellations call 703-324-7469 one hour prior to start time.

FRIDAY/JUNE 28

Ants Ants Ants. 10:30 a.m. at Wolf Trap Children's Theatre-in-the-Woods, 1551 Trap Road, Vienna. With their optimistic lyrics and innovative instrumentation, Ants Ants Ants offers an invitation into that golden childhood we always dreamed of having and creating for the ones we love. Ages 2 and older. \$10. Visit www.wolftrap.org.

Summer on the Green: Sarah Bennet Swanner. 6:30 p.m. on Vienna's Town Green. The Summer on the Green concert series returns to Vienna's Town Green Friday nights through Aug. 23. Please see the text below or the attached release for details. Bring chairs and/or blankets. No alcoholic beverages are permitted. Consider leaving pets at home. Weather line 703-255-7842. Learn more at www.viennava.gov/DocumentCenter/View/3997.

SATURDAY/JUNE 29

July 4th in June. All day at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. The park opens at dawn and the fun continues until the last fireworks disappear from the sky after dark. The water park is open 10 a.m.-8 p.m. Live music with Modern Vintage and the U.S. Navy Band Commodores from 3:30-9 p.m. Food vendors will be on hand throughout the day. Fireworks begin at 9:15 p.m.. The park generally closes to new arrivals around 8:45 p.m. Walk or bike to the park and admission is free. There is a parking fee of \$10 per vehicle. The rain date Sunday, June 30. Call 703-471-5414 or visit www.fairfaxcounty.gov/parks/lake-fairfax.



PHOTOS CONTRIBUTED

Photographer Robin Kent discusses his work in the Upper Gallery at St. John's Episcopal Church in McLean.

St. John's Church Hosts Art Show, Open House

On May 19, St. John's Episcopal Church invited the public to an exhibit of landscape photography and to view recently completed interior and exterior renovations. The Art Show and Open House, organized by St. John's Education and Community Life Committees, brought together parishioners, neighbors, local artists and long-time church members who returned for the event.

Renowned local photographer Robin Kent shared more than 25 images, including views at National Parks, the Great Falls and the Chesapeake Bay. "Blue Ridge Parkway, North Carolina" features the Milky Way; "Star Trails, Sonora Pass" is a combination of 30 images, each shot

for more than 4 minutes.

Recent improvements to the St. John's interior include a two-story entrance foyer overlooked by a second-floor balcony. The regraded exterior drive has a water-permeable surface, and new walkways give better access from the parking lot to the front entrance. The outdoor Woodland Chapel, partially encircled by the new Columbarium, provides an alternative worship space with permanent seating.

Originally a rural Sunday School located near what is now the CIA, St. John's has been a fixture of the McLean community since 1866. The "Church on the Hill" has been at its current site since 1956.



SUNDAY/JUNE 30

Summer Concerts: Sonia de Los Santos. 5 p.m. in the gazebo of McLean Central Park, 1468 Dolley Madison Blvd., McLean. The Alden at the McLean Community Center is

again sponsoring free summer concerts in the gazebo of McLean Central Park featuring a mix of musical genres Get moving to music that moves you. Call 703-790-0123 or visit www.aldentheatre.org.



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WEST VIRGINIA

NEWS



PHOTO CONTRIBUTED

The summer session kicks off in June at the Capitol Building in Washington, D.C., with an overview of women in elected office.

**'Young Women Leadership Program'
Now Accepting Applications**

The Summer 2019 session of the "Young Women's Leadership Program," founded and led by former Virginia Congresswoman Barbara Comstock, is accepting applications from middle and high school girls. There is no charge to participate.

Nearly 2,000 young women from across the country have participated in the six-year-old, non-partisan program that introduces them to women in leadership positions in government, technology, philanthropy, business, and other fields.^{oo}

The application deadline is June 18, 2019. Applications may be made at <https://comstockleadership.gmu.edu/apply-now/>

This is the first year the "Young Women Leadership Program" has been hosted at the Schar School of Policy and Government at George Mason University. Comstock, who represented Virginia's 10th District for two terms, created the program when she was a member of the Virginia House of Delegates as a way to give young women opportunities to meet women in established leadership positions. "If you can see it, you can be it," Comstock said of the idea behind the program.

"The Schar School is proud to now host this suc-

cessful program that inspires young women to become future leaders in the Commonwealth and the nation," said Schar School Dean Mark J. Rozell.

"This non-partisan, career-oriented program is designed to teach young women about leadership and the wide range of careers they may pursue in government or the private sector," said Comstock.^{oo} "I am thrilled that we can continue this program that we started six years ago and continue to inspire the next generation of female leaders to bring their intelligence, drive, and solutions to their chosen professions."

Comstock said the summer session kicks off in June at the Capitol Building in Washington, D.C., with an overview of women in elected office. Throughout the summer, the participants will have opportunities to participate in six to eight seminars that will introduce them to women leaders in a variety of careers in the public and private sectors.

For more information about the program, see the website at comstockleadership.gmu.edu.^{ooo}

For those interested in donating to this non-profit program, see the website at: comstockleadership.gmu.edu/donate.^o

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BULLETIN

FROM PAGE 7

FRIDAY/JUNE 14

Application Deadline: Fire Academy. The Fairfax County Fire and Rescue Department is now accepting applications for its Girls Fire and Rescue Academy summer camp, which will take place July 11-13, 2019. The Academy is open to female students who will be in grades 7-12 in the upcoming 2019-2020 school year. Participants must be a Fairfax County resident. Free. Visit www.fairfaxcounty.gov/fire-ems.

WEDNESDAY/JUNE 19

Vienna Woman's Club Meeting. 7-9 p.m. at Vienna Community Center, 120 Cherry St. SE, Vienna. Vienna Woman's Club invites prospective members to its open membership meeting with a guest speaker on a common interest subject. Visit www.ViennaWomensClub.org for more.

THURSDAY/JUNE 20

Caregivers Support Group. 10-11:30 a.m. at UUCF Unitarian Universalist Congregation of Fairfax - Program Building, 2709 Hunter Mill Road, Oakton. For caregivers to adult family members with dementia. First and third Thursdays of every month. Hosted by Shepherd's Center of Oakton-Vienna, scov.org. Contact facilitator Jack Tarr at 703-821-6838 or jtarr5@verizon.net.

Memory Cafe. 2-4 p.m. at Andrew Chapel United Methodist Church, 1301 Trap Road, Vienna. Connect with others living with loved ones with dementia. Helping those with dementia and their caregivers find fun, resources and "family." Email Carol Blackwell at lovriver@aol.com or call at 571-236-6933.

MONDAY-FRIDAY/JUNE 24-28

Hogwarts Vacation Bible School. Monday-Friday, June 24-28 at Holy Comforter. All children 5-11 years old are invited to participate in a summer camp experience which explores the Christian themes and lessons in the Harry Potter stories. Holy Comforter is magically converted into Hogwarts School where children attend "classes" taught by favorite professors including Prof. McGonagall, Snape, Hooch, and Binns. Teenage prefects lead age level groups to their activities and all students share a closing snack in the Great Hall. Morning Session: 9 a.m.-noon; afternoon session: 1:30-4:30 p.m. Download registration forms at www.holycomforter.com.

FRIDAY-SUNDAY/JUNE 28-30

Women's Summit. Tysons McLean Hilton, 7920 Jones Branch Drive, McLean. Speakers and workshops cover women in politics, education, equality, diversity, environment, healthcare, racial and social justice, reproductive freedom, public safety, rural economy, voting rights, and family friendly economy. \$139. Visit networknova.org for more.

THURSDAY/AUG. 1

Nomination Deadline. The nomination process for the 2019 annual Fairfax County Champions of Character Awards are underway. The Fairfax County Champions of Character Awards program honors youth, coaches and parents for extraordinary service in pursuing victory with honor in various athletics programs throughout Fairfax County. Anyone can nominate a player, coach or parent for consideration of a Champions of Character Award. Visit www.fairfaxcounty.gov/neighborhood-community-services/athletics/champions-of-character for more.

SUNDAY/NOV. 3

Low Cost Rabies Vaccine Clinic. 9-11 a.m. at Fairfax County Animal Shelter, 4500 West Ox Road, Fairfax. Cost is \$15 per pet, cash and check only. Dogs, cats, and ferrets may be vaccinated at the clinic. Dogs must be on leashes; cats and ferrets must be in carriers. All pets will receive a 1-year rabies vaccination. To obtain a 3-year vaccine, bring pet's rabies certificate (not tag) showing the current rabies vaccination expiration date. 2019 county dog licenses will be sold for an additional \$10 per license. Visit www.fairfaxcounty.gov/animalshelter/communityassistance/rabiesclinics for more.

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From Weak To Week



By KENNETH B. LOURIE

For the next six weeks or so until mid-July when my bi-monthly CT scan reminder arrives in my inbox, I am on easy street/living the life of Riley. The email will confirm time and place when scans – and face-to-face appointments with my oncologist, are scheduled. Reminders which I really don't need.

I mean, my life is at stake here. What kind of moron ("Why? Are there more than one kind?" to quote Curly Howard of The Three Stooges.) forgets/neglects medical appointments related to one's life when death is looming?

And death for me has been looming since late February 2009. That's when an (now my) oncologist dropped the figurative hammer on Team Lourie after a nearly two-month pursuit to determine the truth for just us: "Non-small cell lung cancer, stage IV," with a "13-month-to-two-year" prognosis.

Talk about devastating news. To say we were all stunned does a disservice to the word "stunned."

To invoke Yoda from "Star Wars," speechless we were.

That was a long time ago, however, and much has occurred. The details of which are somewhere between being lost in the ether and lodged in my brain, generally retrievable should the need arise. A need which I often have when writing this column but one which doesn't manifest itself too much in my daily activities.

Yes, I have cancer, but I try not to make a big or central thing about it. To say, "It is what it is" isn't meant to trivialize the overwhelming nature of a "terminal diagnosis," it's more an attempt to compartmentalize it somehow. (I just hope the compartment has an infinite amount of space. Otherwise, I fear I'll be in trouble fairly soon.)

But not for the next six weeks. For the next six weeks, I am on cruise control. I will be going about my regular business without too much emotional interference.

I wouldn't exactly say I'm on cruise-control/"passenger" in a self-driving car, but I am able to function without consulting the manual.

This "honeymoon" is as good as it gets for a patient whose life is lived from one diagnostic scan to the next, not knowing, generally, if the you-know-what has hit the fan. It's the sword of Damocles on steroids.

But what else is new?

For a cancer patient? Not much.

This is the life, a life which for us fortunate few, we have to live, despite the initial words to the contrary spoken by our respective oncologists – who were consulting the manual: If patient "X" presents with such and such then his/her prognosis is so-so.

Just last week, my oncologist told me the average life expectancy "for lung cancer patients is one year." And even though I've lived an unexpected life – and met many others who likewise have lived beyond expectations, his assessment of my fellow lung cancer "diagnoses" was still horrifying. (Why not me? I think there's been a misspelling somewhere.)

Misspelling or not, I'll go on pretending life in the cancer lane, as bumpy and in as need of repair as any you can imagine – or have read about in this space, goes on without further adieu, so to speak.

My philosophy has been: "Until they tell me otherwise, and even if they do ... " I have tried, and hope I will continue to try, especially if the future news is not so good, to not become a victim of my own circumstances. And though I have occasionally received some discouraging news, I have tried not to give in to it.

"It's nothing until it's something and even if it's something, it's still could be nothing." That's how I roll.

For the past 10 years plus, I've rolled along managing the "slings and arrows" of my outrageous misfortune: a life-long non-smoker with no immediate family history of cancer diagnosed with an incurable form of lung cancer.

Lucky me. You bet I am.

Alive and reasonably well a decade after the hammer came down.

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

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