

# Great Falls CONNECTION

## Remembering on Memorial Day

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MacPhearson Strassberg,  
plays "Amazing Grace"  
at the Memorial Day  
Ceremony at Great Falls  
Freedom Memorial.

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# Virginia Reports First Case of Monkeypox

**VDH: Northern Virginia resident with recent travel history to African country where the disease is known to occur.**

**T**he Virginia Department of Health has identified the first presumed monkeypox case in a Virginia resident. The initial testing was completed at the Department of General Services Division of Consol-

idated Laboratory Services. Confirmatory test results will come from the Centers for Disease Control and Prevention.

According to the report from the Virginia Department of Health:

The patient is an adult female

resident of Northern Virginia with recent travel history to an African country where the disease is known to occur. She was not infectious during travel. She did not require hospitalization and is isolating at home to monitor her health. To pro-

tect patient privacy, no further information will be provided. The health department is identifying and monitoring the patient's close contacts. No additional cases have been detected in Virginia at this time.

"Monkeypox is a very rare disease in the United States," said State Health Commissioner Colin M. Greene, MD, MPH. "The patient is currently isolating and does not pose

a risk to the public. ... Transmission requires close contact with someone with symptomatic monkeypox, and this virus has not shown the ability to spread rapidly in the general population. VDH is monitoring national and international trends and has notified medical providers in Virginia to watch for monkeypox cases and report them to their local health district as soon as possible. Based on the limited information currently available about the evolving multi-country outbreak, the risk to the public appears to be very low."

Although rare, monkeypox is a potentially serious viral illness that is transmitted when someone has close contact with an infected person or animal. Person-to-person spread occurs with prolonged close contact or with direct contact with body fluids or contact with contaminated materials such as clothing or linens. The illness typically begins with fever, headache, muscle aches, exhaustion and swelling of the lymph nodes. After a few days, a specific type of rash appears, often starting on the face and then spreading to other parts of the body. Symptoms generally appear seven to 14 days after exposure and, for most people, clear up within two to four weeks. Some people can have severe illness and die. As with many viral illnesses, treatment mainly involves supportive care and relief of symptoms. <https://www.cdc.gov/poxvirus/monkeypox/clinicians/clinical-recognition.html>

Virginia Department of Health advises that if you are sick and have symptoms consistent with monkeypox, you should seek medical care from your healthcare provider, especially if you are in one of the following groups:

Those who traveled to central or west African countries, or parts of Europe where monkeypox cases have been reported, or other areas with confirmed cases of monkeypox during the month before their symptoms began,

Those who have had contact with a person with confirmed or suspected monkeypox, or

Men who regularly have close or intimate contact with other men.

<https://www.who.int/emergencies/disease-outbreak-news/item/2022-DON385>

If you need to seek care, call your healthcare provider first, according to the Department of Health. Let them know you are concerned about possible monkeypox infection so they can take precautions to ensure that others are not exposed.

On May 20, 2022, VDH distributed a Clinician Letter to medical professionals reminding them to report any suspected cases of monkeypox to their local health department as soon as possible and implement appropriate infection prevention precautions.



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# Memorial Day Ceremony in Great Falls



MacPhearson Strassberg, plays "Amazing Grace."



Andy Wilson, president of the Great Falls Freedom Memorial



People gather for the Memorial Day Ceremony at Great Falls Freedom Memorial.

PHOTOS BY MERCIA HOBSON/THE CONNECTION



Bob Newhall gives the invocation.



BSA Troop 55 of Great Falls presents the colors.

## Honoring the service of war dead.

BY MERCIA HOBSON  
THE CONNECTION

**T**he Friends of the Great Falls Freedom Memorial hosted the Memorial Day Ceremony on Monday, May 30. The hour-long observance honored U.S. service members who gave their last full measure of devotion to their country as heroic war dead. In the invocation, Bob Newhall prayed, "There is no greater love than this, that a man would lay down his life for a friend ... This morning ... we commemorate those men and women who, over the past two and a half centuries ... paid the ultimate price to gain and secure our freedom."

Keynote speaker Lieutenant General (R) David H. Huntoon Jr., United States Army, said we pay tribute to our fallen United States military heroes on Memorial Day. They served from Conrad to Belleau Wood, Khe Sanh to Kanda-

har, and many other unnamed locations where time often forgets valor and loss. Huntoon spoke of a hallowed place of significant to him: the American Military Cemetery over the cliffs of Omaha Beach in Normandy.

"There, 9,387 Americans from our Armed Forces rest in honored glory... Another 1,557 are remembered by name on a memorial which marks the missing in action

SEE MEMORIAL DAY, PAGE 6



LTG (R) David H. Huntoon Jr., keynote speaker.



Dick Kuntz leads all in the national anthem.



Laying of the Wreath by BSA Troop 55 (from left) LTG (R) David H. Huntoon Jr.; Marlon Dubuisson, District Director for Rep. Gerry Connolly (D-11); Sen. Barbara Favola (D-31); and James ("Jim") Myles, Republican nominee for Virginia's 11th Congressional District.



# Langley High School Orchestra Presents Out of This World

BY ERIKA LI  
LANGLEY SENIOR

Under a swirling sky of stars projected on the ceiling and before a packed house of exhilarated audience members, Langley High School's orchestra closed out the school year with a space-themed concert for the ages.

The evening began with a grand opening, with the Philharmonic orchestra performing Gustav Holst's beloved "Jupiter," from the Planets suite. Aptly epigraphed as "the bringer of jollity," the piece exuded vitality and grandeur, an effect amplified with full brass, woodwinds, and percussion accompaniment. On a similarly momentous note, the orchestra then presented the world premiere of "The Artemis Generation," guest conducted by the composer himself, Doug Wallace. The piece was commissioned by the American Youth Philharmonic Orchestra and features prominent percussion sections, creating a futuristic and haunting sound that conveyed the piece's message of hope for a new generation of space explorers.

Langley's senior orchestra members then performed a slate of nostalgic space-age pieces. They first presented the main theme of the classic movie E.T. The Extra-Terrestrial, by John Williams, an airy and whimsical piece with a message on the importance of friendship and childhood. From the science fiction film Interstellar, the senior musicians performed Hans Zimmer's "No Time For Caution," an eerie and powerful piece amplified



Cello player Zach Baker dressed up as an astronaut to make the senior performance truly out of this world!.

with an organ backing track. Langley's auditorium was then transported to a galaxy far far away, with the senior musicians playing "Rey's Theme" by John Williams, a piece from Star Wars: The Force Awakens. Performers wrapped their bows in colorful LED lights, reminiscent of lightsabers and epic space battles as they played through the music.

The junior musicians of the orchestra then took the stage with iconic extraterrestrial-themed pieces from the silver screen. With Michael Giacchino's Star Trek, then James Horner's "I See You" from the blockbuster film Avatar, clips from movies played on the

screen alongside the musicians. Freshman cellist Luke Yang noted that the "movie scenes in the background was a cool idea that added a positive element to the concert." The junior orchestra members closed off their section of the performance with a universally recognizable medley of themes from Star Wars: The Last Jedi, by John Williams.

The Concert orchestra, composed of freshman and sophomore players, carried a modern and futuristic tone through their repertoire of pieces. Beginning with the theme from world-renowned British television series, Dr. Who, by Murray Gold, the orchestra told



PHOTOS BY JEN DZWONCZYK

With bows wrapped in LED lights, Langley HS Orchestra's senior musicians performed space-age music in their final concert.

the story of an eccentric alien traveling through time in a telephone box through exhilarating and mysterious musical passages. The next pieces were amped up and energizing, with the superhero-themed "Emerald Falcon" by Richard Meyer, and the theme from the video game Halo, by Marty O'Donnell, accompanied by junior Wesley Chang on electric guitar.

In a bittersweet close to the evening, senior musicians once again took the stage to perform "City of Stars" by Justin Hurwitz, from the critically acclaimed film La La Land.

Langley's orchestra has a long-standing tradition of a "senior

song," a piece selected by graduating orchestra members played over a slideshow of all their post-high school destinations. "City of Stars" was a particularly meaningful selection- the same senior song was selected by the graduating class of 2020, who never got to perform it due to the pandemic.

Reflecting on their tenure in Langley's orchestra, senior musicians are nostalgic. "Orchestra has been such a core part of my high school experience," says senior violinist Anh-Thu Pham. "I've made so many great memories and this concert was an amazing way to conclude my four years in the program."

## BULLETIN BOARD

### SATURDAY/JUNE 4

Join Cub Scouts. 11 a.m. to 1 p.m. At St. Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. Children in grades K-5 are welcome to join Great Falls Cub Scout Pack 55 for fun, adventure, life skills, camping and more. Visit the regatta regatta and learn about our pack. Visit the website: <https://www.gfvscouts.com/>

### SATURDAY/JUNE 4

Memorial Service for Robert "Bob" Alden. The family of Robert "Bob" Ames Alden will hold a memorial service for McLean's community servant and MCC

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before the event.

champion at 2 p.m. on Saturday, June 4, at Lewinsville Presbyterian Church. The church is located at 1724 Chain Bridge Rd, McLean.

Bob was a regular fixture at MCC and his namesake, The Alden Theatre, as he was among the community leaders who worked tirelessly to establish MCC, McLean Central Park and Dolley Madison Library, "the McLean Green" as he liked to call it.

Bob passed away in June, 2020, but due to the pandemic, a proper service could not be held until now.

### TUESDAY/JUNE 7

Hope for the Warriors Workshop. 12-1 p.m. Virtual. Hope For The War-

riors will be presenting a free virtual employee readiness workshop to help active-duty service members, veterans and military spouses in their search for employment.

As a part of the nonprofit's Warrior's Compass transition program, the Employee Readiness Workshop series will provide training to help prepare those in the military landscape for a job search in today's civilian climate. The workshop will offer tools and tips as well as opportunities to network with other service members, military spouses, and companies committed to hiring those with military backgrounds. The presenter for the June workshop is a representative from Stantec, an

international professional services company in the design and consulting industry with experience in the dedicate hiring initiatives within the veteran community.

To register for the free workshop, visit [hopeforthewarriors.org](http://hopeforthewarriors.org).

### SUPPORT GROUPS

Parent Support Partners, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that

can help families in distress. Visit [www.fairfaxcounty.gov/healthymindsfairfax](http://www.fairfaxcounty.gov/healthymindsfairfax) or [www.nami-northernvirginia.org/parent-peer-support.html](http://www.nami-northernvirginia.org/parent-peer-support.html).

The Shepherd's Center of Northern Virginia Caregivers' Support Group takes place the first and third Tuesdays of each month, 10-11:30 a.m. via Zoom. This group is for caregivers of family members with dementia. Meetings are gently facilitated. For more information and to get the Zoom link, contact Jack Tarr at [jtarr5@verizon.net](mailto:jtarr5@verizon.net) or 703-821-6838.

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## NEWS

### Enforcement Stepping Up at Scott's Run

Scott's Run Nature Preserve in Great Falls, Virginia is a fantastic natural resource to be enjoyed by those looking for a quiet place to enjoy a hike; to gaze at the waterfall and streams, as well as the shoreline of the Potomac River; and to take in the rich abundance of local fauna, woodland creatures and natural resources.

If you are seeking a place to drink alcohol, swim or wade in the water, or climb on rocks, this is not the place. The Fairfax County Park Authority will be working collaboratively with the Fairfax County Police Department to ensure only permitted activities take place in this natural area, that people can recreate safely, and that the rules as they apply to alcohol and use of the preserve are observed.

Law enforcement and FCPA staff will be enforcing the rules as follows:

No coolers are allowed. No alcohol or

glass bottles are permitted in Scott's Run. Bags will be checked at parking lot trailheads. Enforcement will be stepped up at the waterfall area.

No swimming, wading or boating allowed at Scott's Run. Crowds in the water threaten the many invertebrates and the remarkable and rare plant species that call the preserve home. Parking is limited to 50 cars in the designated parking areas. No parking is permitted in adjacent neighborhoods or along the roadway leading to the park. Dogs must be on a leash while in the park.

Our rules are posted on the Scott's Run Nature Preserve Park Rules webpage. [www.fairfaxcounty.gov/parks/rules/scotts-run](http://www.fairfaxcounty.gov/parks/rules/scotts-run)

Scott's Run Nature Preserve is located at 7400 Georgetown Pike, McLean, Virginia. For more information, visit Scott's Run Nature Preserve. [www.fairfaxcounty.gov/parks/scotts-run](http://www.fairfaxcounty.gov/parks/scotts-run)

#### BULLETIN BOARD

FROM PAGE 4

Haven of Northern Virginia Support Group.  
703-941-7000, [www.havenofnova.org](http://www.havenofnova.org) or  
[havenofnova@verizon.net](mailto:havenofnova@verizon.net).

Virginia Chronic Pain Support Group Meets  
from 1:30-3 p.m. the 2nd Wednesday  
of each month at Kaplan Center for  
Integrative Medicine, 6829 Elm St., Suite  
300, McLean. Group leader, Jodi Brayton,  
LCSW. 703-532-4892.

#### VOLUNTEERS NEEDED

Assistance League of Northern Virginia is  
an all-volunteer non-profit organization  
that feeds, clothes and provides reading  
assistance and books to children in need.  
Assistance League's programs touch the lives  
of hundreds of children in Fairfax and Prince  
William Counties and the City of Alexandria.  
There are many volunteer opportunities  
for community members to contribute to  
helping those in need. To learn more, email  
[info@alnv.org](mailto:info@alnv.org), or visit [www.alnv.org](http://www.alnv.org).

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# Memorial Day Ceremony in Great Falls

FROM PAGE 3

from the Normandy campaigns," Huntoon said.

To Huntoon, every headstone holds a story of sacrifice, loss, courage, and character. The headstones speak of "deep camaraderie and shared trust of military life."

"Trust underwrites many of the stories of valor and sacrifice," Huntoon said. He recalled that Section 60 of Arlington Cemetery is the gravesite of Specialist Ross McGinnis, killed in Iraq 16 years ago. Riding in the rear of a Humvee, McGinnis tried to deflect a thrown grenade, but it fell into the Humvee and lodged between the radios. No one else in the truck realized where the grenade landed.

"So instead of jumping out to save his own life, as he was trained to do, McGinnis threw his back against the radio mount, smothering the explosive with his body. He was killed instantly. All four of his fellow soldiers survived," Huntoon said.

For Huntoon, the headstones at Arlington National Cemetery and the cemetery in Normandy tell the meaning of trust and selfless service, a commitment to national values, and to each other. Huntoon thanked those assembled for honoring and remembering the courage of our heroes.

"Every day, we owe them our recognition of the sacred value of their selfless service, and we owe our country the same dedication they gave to its enduring principles," Huntoon said.



Bell Ringing. Andy Wilson reads the names of the "folks we remember" who gave their lives as Sara Hilgartner rings the bell.



All are welcome.



Pledge of Allegiance.



FCSB representative Elaine Tholen (Dranesville)



A salute.

## Back to School

If your child is entering 7th grade, they must have the Meningitis, HPV, and Tdap vaccines in order to enroll. Talk to your doctor and vaccinate them now!

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vdh.virginia.gov/backtoschool/

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The Sylvestery's award-winning, 36-resident community is located just across the street from Vinson Hall Retirement Community's main campus. No military or government affiliation required for residence at The Sylvestery.

[www.vinsonhall.org](http://www.vinsonhall.org) | 1728 Kirby Road, McLean, VA 22101 | 703-935-1438



# CALENDAR

## SATURDAYS UNTIL DECEMBER

The Reston Farmers Market (sponsored by the Fairfax Co. Park Authority) will take place at Lake Anne Village from 8 a.m.-noon. SNAP beneficiaries receive up to \$20 match. Visit <http://restonfarmersmarket.com/>

## NOW THRU DEC. 31

Crafts for Kids. 10 a.m. to 12 noon. At Reston Art Gallery and Studios, 11400 Washington Plaza W at Lake Anne, Reston. Free, themed art projects for children (with guardian) are offered at Reston Art Gallery and Studios every Saturday from 10 a.m. until 12 p.m. Visit the website: [www.restonartgallery.com](http://www.restonartgallery.com)

## MCLEAN FARMERS MARKET

The McLean Farmers Market opened for the 2022 season on Fridays at Lewinsville Park, 1659 Chain Bridge Road, McLean. The market will run every Friday from 8 a.m. to noon through Nov. 11. Local farmers and producers will sell fresh produce and fruits; breads and pastries; prepared foods; meats: herbs; flowers, and more. All products are grown or produced by the vendors and come from within 125 miles of Fairfax County. Visit: <https://www.fairfax-county.gov/parks/farmersmarkets/>

## HERNDON FARMERS MARKET

Thursdays through Nov. 3, 8 a.m. to 12:30 p.m. 765 Lynn St., Herndon, VA, 20170 <https://www.fairfax-county.gov/parks/farmersmarkets/herndon>

## GREAT FALLS FARMERS MARKET

The Great Falls Farmers Market Outdoor Market is open every Saturday, Spring and Summer, 9 a.m. - 1 p.m., 778 Walker Road, Great Falls. For vendors and weekly highlights see <https://www.greatfallsfarmers-market.org/>

## NOW THRU JUNE 19

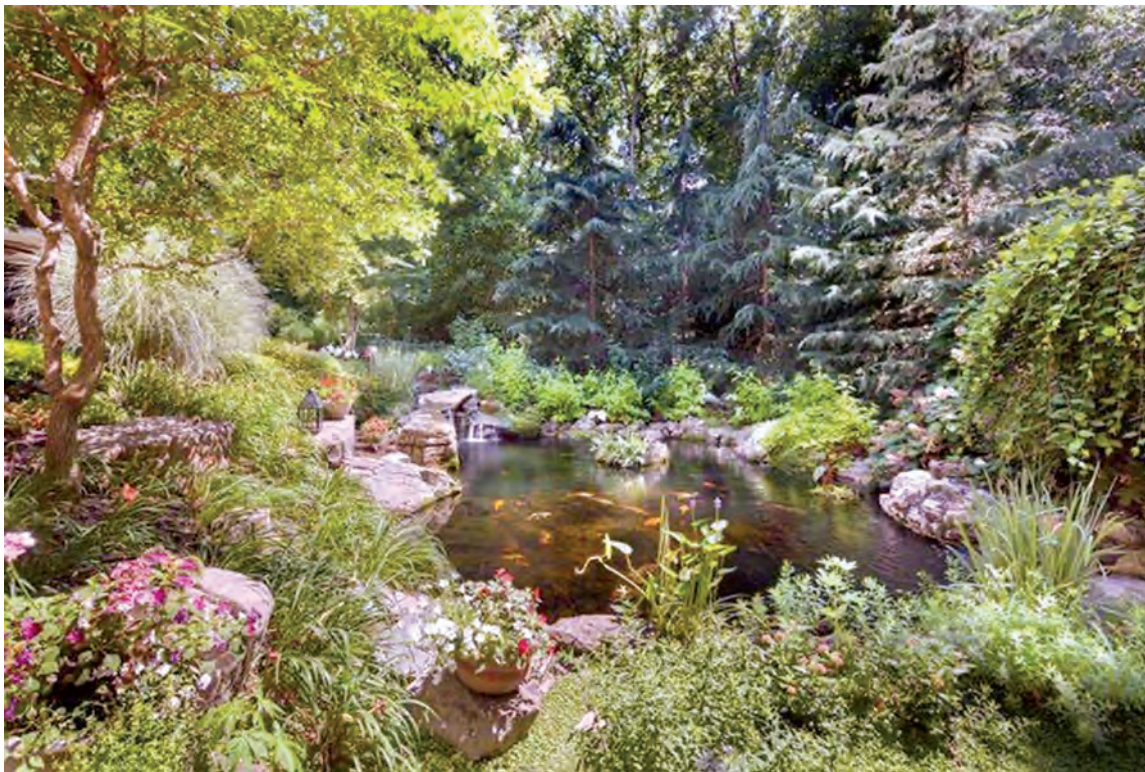
HomeAid Diaper Drive. At HomeAid Office, 3684 Centerview Drive, Suite 110B, Chantilly. HomeAid Northern Virginia is currently hosting their annual Builders for Babies diaper drive. With the drive closing on Father's Day (June 19th) they encourage everyone to get involved to reach our collection goal of 50,000 diapers and wipes. Then, on June 24th, they will be distributing to roughly 20+ of our nonprofit partners in need in Northern Virginia and Winchester. Contact Georgeanne Harter at [gharter@homeaidnova.org](mailto:gharter@homeaidnova.org) or 703-953-3529. Visit the website: <https://homeaidnova.org/>

## JUNE 2-19

"Under the Sea." At 1st Stage in Tysons, 1524 Spring Hill Road Tysons. Thursdays at 7:30 p.m., Fridays at 8 p.m., Saturdays at 2 p.m. and 8 p.m., and Sundays at 2 p.m. Tickets: \$50 general admission, \$47 seniors (65+), \$15 students, educators, and military. Purchase online at [www.1ststage.org](http://www.1ststage.org).

## JUNE 2-5

Herndon Carnival. At Northwest Federal Credit Union, 200 Spring Street, Herndon. The Carnival will feature 22 rides, games, strolling entertainers, an assortment of food vendors, a Run Into Summer



The Great Falls Garden Tour will take place on Saturday, June 4 in Great Falls.

5K Race (Sunday, June 5 at 7:30 a.m.), free shuttle bus service, and free admission. The Herndon Carnival is produced by the Town of Herndon Parks and Recreation Department with assistance from local civic organizations and businesses. Northwest Federal Credit Union is proud to serve as the title sponsor for the 2022 Herndon Carnival. Event attendees can learn about all the Carnival at [herndon-carnival.net](http://herndon-carnival.net). Register for the race at [www.herndoncarnival.net/10k-5k-races.html](http://www.herndoncarnival.net/10k-5k-races.html).

## STARTING THURSDAY, JUNE 2

RCC Take a Break Concerts. 7-8:30 p.m. At Reston Station, adjacent to Wiehle-Reston Metro Station, Reston. Reston Community Center will present their free Thursday evening summer concerts at Reston Station in summer 2022. Previously held on Lake Anne Plaza, these concerts offer a variety of musical styles with monthly "dance night" instruction on Thursday evenings from 7:00 p.m. to 8:30 p.m.

## JUNE 3-5

Tysons Library Booksale. 10 a.m. to 5 p.m. At Tysons Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Large selection of books and media for all ages and interests. Bag sale on Sunday, June 5. \$10 for a full grocery sack or half price if less. Visit the website: <https://booksalefinder.com/VA.html#X2291>

## FRIDAY/JUNE 3

Memoir Writing Workshop. 2-3 p.m. Virtual Event. Series of four workshops, 6/3, 6/10, 6/24 and 7/1. Led by Shabnam Curtis, published memoirist of My Persian Paradox. Adults. Visit the website: <https://librarycalendar.fairfaxcounty.gov/event/9166657>

## SATURDAY/JUNE 4

Reston Gardens of Note. 10 a.m. to 5 p.m. At various residential gardens in Reston. Explore residential gardens in Reston on the 2022 Gardens of Note tour, including musical performances. Presented by The Reston Chorale in partner-

ship with the Reston Garden Club and Hidden Lane Residential Landscapes. Cost: \$20 in advance, \$25 day of event. Visit the website: <https://restonchorale.networkforgood.com/events/42499-gardens-of-note-2022>

## SATURDAY/JUNE 4

Art Sale. 10 a.m. to 3 p.m. at 3124 Fox Mill Road, Oakton. Vale Club is having an Art Sale featuring original artwork by several local Artists. All mediums and sizes. All proceeds benefit the preservation of the Historic Vale School House. Don't miss this special one day event. (Cash, Check and Credit Cards Accepted)

## SATURDAY/JUNE 4

Goat Yoga. 8:15-9:45 a.m. At Roer's Zoofari, 1228 Hunter Mill Rd., Vienna. Roer's Zoofari is hosting four Saturday-morning sessions of goat yoga this summer. For \$40 (\$30 for members), guests can enjoy a playful, hour-long workout with goats. This event will be outdoors and socially distanced. Guests can participate on the grass or bring their own yoga mat or towel. After the workout, there will be 15 minutes for cuddling with the goats. Visit the website: <https://www.roerszoofari.com/goat-yoga/>

## SATURDAY/JUNE 4

Bubble Fun Run. 10 a.m. to 12 noon. At McLean Community Center, 1234 Ingleside Ave., McLean. This fitness event is for children ages 3 to 9 with a bubble course and unlimited time playing in the bubbles. Cost: \$20 out of district / \$15 in district. Visit the website: <https://mcleancenter.org/events-calendar/icalrepeat.detail/2022/06/04/13064/-/bubble-fun-run>

## SATURDAY/JUNE 4

The Kinsey Sicks. 8 p.m. At Reston Community Theater's CenterStage. America's favorite Dragapella Beautyshop Quartet will serve up a feast of a cappella music and comedy. Cost: \$20 Reston/\$30 Non-Reston. Visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

## SATURDAY/JUNE 4

Clifton 5K Run. 6 p.m. to 9:30 p.m. At 7139 Main Street, Clifton. Area residents looking for a fun weekend activity won't want to miss the Clifton Caboose Twilight Run, a 5K run and a one-mile run/walk held just outside the scenic town of Clifton. A post-race party with refreshments, live music, and an awards ceremony will take place at the Red Barn near Clifton's Main Street area. Cost: 5K Run - \$25, One-Mile Fun Run/Walk - \$20. Visit the website: <https://potomac.enmotive.com/events/register/2022-clifton-caboose-run-5k>

## SATURDAY/JUNE 4

Reston Pride Festival. 12-6 p.m. At Lake Anne Plaza, Reston. The event includes a full day of musical and community performers, over 60 local businesses and organizations, and plenty of fun activities for all. Reston Pride is a local grassroots non-profit operating under the CORE Foundation, and serves to support and celebrate members of the LGBTQIA+ community in Reston and its surrounding area., Visit [www.restonpride.org](http://www.restonpride.org).

## SATURDAY/JUNE 4

Sacred Self Love. 7:30-9 p.m. At Honest Soul Yoga. 7505 Leesburg Pike, Falls Church. Join Johanna for a 90 minute exploration of self love with a Sacred Cacao Ceremony, guided breathwork, meditation and a soothing sound journey. Visit the website: <https://www.eventvesta.com/events/16962/t/tickets>

## SATURDAY/JUNE 4

Great Falls Garden Tour. 10 a.m. to 3 p.m. At 9830 Georgetown Pike, Great Falls. The Great Falls Garden Club tour will include eight gardens all located in Great Falls ranging from a large cutting garden to a five-acre property including hundreds of perennials, a small orchard; a "secret garden" backyard with a waterfall and koi pond. Cost is \$30. Contact: <https://www.eventbrite.com/e/great-falls-garden-tour-tickets-295387220127>

## SATURDAY/JUNE 4

Paws on the Plaza: A Pet Event. 11 a.m. - 3 p.m. At The Plaza at Tysons Corner Center, McLean. Paws on the Plaza invites the Tysons community out to celebrate a day devoted to their furry friends. Event activities include a dog park and doggie splash pad, beer garden (for the humans), pet vendors, free caricatures of your pet, a DJ, a photo booth, giveaways, and more. Some participating vendors: Becky's Pet Care, Artful Paws Photography, Bow Wow Designs, Operation Paws for Homes, Lucky Dog Animal Rescue, Homeward Trails, Pet-O-Bed, Citizen K-9, and more.

## SUNDAY/JUNE 5

The 16th Annual Reston Sprint Triathlon will take place on Sunday, June 5 at Lake Newport Pool, Reston, and registration is open. RST has added a team relay and virtual event for those who would like additional options this year. We welcome all to join our amazing community event and are grateful for the support of our loyal volunteers, sponsors, and athlete participants that have helped us remain vibrant through the years. Visit the website: <https://reston-sprinttri.org/>

## SUNDAY/JUNE 5

Concerts on the Green. 6-8 p.m. At the Village Centre Green, Great Falls. Featuring Anglelee with special guest Eric Sayles - Passionate singer-songwriter with a clear, strong voice. Hosted by Great Paws Mobile Veterinary Service. Come relax at the Village Centre Green and enjoy laid-back evenings of good music and good times with your neighbors.

## WEDNESDAY/JUNE 8

Mary Gauthier with Special Guest Jaimee Harris. 7:30 p.m. At Jammin Java, 227 Maple Ave. E, Vienna. Visit [www.jamminjava.com](http://www.jamminjava.com)

## WEDNESDAY/JUNE 8

Princess Diana: Accredited Access Exhibition. At Tysons Corner Center, 1961 Chain Bridge Road, McLean. This exhibition features photos and never-before-heard stories of the People's Princess from her Official Royal Photographer, Anwar Hussein, and his sons, Samir and Zak, who are now Official Royal Photographers for the next generation of Royals. Tickets are available here: [www.PrincessDianaExhibit.com/Washington](http://www.PrincessDianaExhibit.com/Washington).

## THURSDAY/JUNE 9

Get to Know. 5-7 p.m. At Brightview Great Falls, 10200 Colvin Run Road, Great Falls. Explore the community, enjoy cocktails and hors d'oeuvres and meet the team at Brightview Great Falls.

## SATURDAY, JUNE 11

Fairfax County's Communities of Trust Committee will host a Public Safety Day at London Towne Elementary School, 6100 Stone Road in Centreville. The event is slated for Saturday, June 11, from 11 a.m. to 2 p.m., and will feature food and games plus various police vehicles on display. For more information, email [fairfaxCOTC@gmail.com](mailto:fairfaxCOTC@gmail.com).

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## NEWS

# Sixth Defendant in \$3 Million COVID-19 Fraud Ring Pleads Guilty

**A** Falls Church man pleaded guilty today to conspiring to commit wire fraud, bank fraud and to make false statements on loan applications in connection with COVID-relief loans.

Foad Darakhshan, 46, of McLean; Haleh Farshi, 44, of Ashburn; Farough Darakhshan, 39, of Great Falls; Shoughi Darakhshan, 30, of McLean; and Marcus Gharib, 29, of Tysons all previously pleaded guilty for their involvement in the conspiracy.

According to court documents, Fouzi Darakhshan, 36, conspired with his brothers and their friends to submit falsified loan applications in order to obtain Paycheck Protection Program (PPP) loans through banks and Economic Injury Disaster Loans (EIDL)

through the Small Business Administration. Altogether, the defendants wrongfully obtained over \$3 million in loan proceeds. They submitted at least 63 loan applications, of which 17 were approved.

The defendants used multiple shell entities they controlled to apply for PPPs and EIDLs and falsified IRS tax forms submitted to lenders.

They engaged in a group WhatsApp chat devoted to executing the fraud scheme, openly discussing falsifying documents and inflating the numbers of employees, company revenues, and payroll figures in order to induce lenders to make the loans.

The defendants are scheduled to be sentenced beginning in July and concluding in September. They face up to 5 years in prison, full restitution, and forfeiture.

## BULLETIN BOARD

FROM PAGE 5

**Volunteer Adult Mentors Needed.** Help assist the Department of Family Services' BeFriendA-Child mentoring program. The mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk of abuse and neglect. Contact Ibrahim Khalil at [Ibrahim.khalil@fairfaxcounty.gov](mailto:Ibrahim.khalil@fairfaxcounty.gov).

gov or 703-324-4547. Operation Paws for Homes, a Virginia based 501(c)(3) organization seeks volunteers, especially to foster dogs. See [www.ophrescue.org](http://www.ophrescue.org) for information and all volunteer opportunities. RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55

and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at [chubicki@volunteerfairfax.org](mailto:chubicki@volunteerfairfax.org) or call RSVP at 703-403- 5360. To learn more about RSVP, visit [www.rsvpnova.org](http://www.rsvpnova.org).



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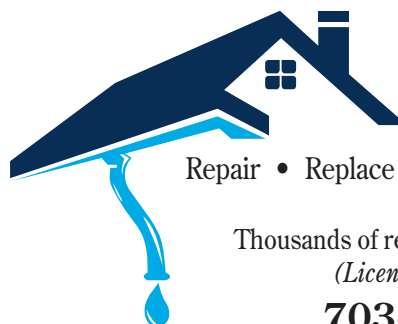
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## WELLBEING

# Helping Children Cope with Tragedies

Local therapists offer suggestions for easing fears around recent school shootings.

BY MARILYN CAMPBELL  
THE CONNECTION

Compassion, exploratory dialogue and honesty are among the suggestions that psychologist Robyn Mehlenbeck, PhD, director of the George Mason University Center for Psychological Services, offers to her patients who are struggling to ease the fears of their children after the tragic school shooting in Texas. While it occurred far from her Fairfax office, parents are still facing the complicated task of helping their children process their emotions.

"I always encourage being direct, although developmentally appropriate," said Mehlenbeck who is also a professor in the Department of Psychology at George Mason University. "For example, starting with a question is always good. 'I know you have been talking about what happened in Texas. What do you think about it? Did anyone talk about it in school today?'"

Because each child processes tragic events differently, Mehlenbeck says that there are a variety of ways in which a child can express their emotions. "Some of the signs are fear or anxiety around going to school, not wanting to sleep alone, worrying about parents going to work," she said. There can be physical complaints like stomach aches or headaches."

When beginning a discussion about a child's fears and emotions, ask open-ended questions and listen without judgment, advises therapist Caroline Fenkel, Ph.D., LCSW. "Your answers should always validate their feelings in these situations," she said. "Sometimes it might be helpful to guide your kid toward being able to name their emotions. Try your best to limit their consumption of the news. There's no net positive to continuing to take in footage of police swarming or photos of victims."

It is important, says Fenkel, "that parents check in with their own emotions before starting a dialogue with their kids. It's important to make sure that you're in a safe headspace and emotionally regulated enough to have this type of conversation. Think about what the purpose of the conversation is. Is it to explain what happened? Help them process emotions? Be clear and prepared."

Parents can explore a child's emotions while engaging in pleasurable activities or hobbies, says Bethesda therapist Keisha Ranson, LPC. "Children and teens often communicate best through play. Watch them as they



Robyn Mehlenbeck, PhD, GMU Center for Psychological Services.

play," she said. "If they seem to be playing out scenes of people getting hurt, it is perfectly fine to ask them how they are feeling in that moment. If they continue to play out scenes of violence, a trained professional may be needed to help them feel safe again."

A parent's response to devastating events will have a significant impact on a child's response, said Ranson. "If a parent is calm, that will communicate safety more than the words that are being spoken," she said. "Parents should get themselves grounded first and then find fun, safe activities. Nature can be a big help. Go for a walk. Play games that are easy and rhythmic such as catch."

Teens are able to understand the role they play in their own safety, says Ranson. "Remind them of where they can get support," she said. "Review safety procedures like what they should do in the case of an emergency."

"Children feel a sense of safety when parents remind them that no matter what is going on in the world, they are safe," said Ranson. "Maintain normal routines such as riding the bus to school, doing their homework and going to sports practices," suggested Ranson.

"Whatever the state of the world, your family is safe right now and that needs to be communicated," continued Ranson. "Nurture healthy coping skills, by encouraging your child to do things that they enjoy doing. This distracts them from the crisis and allows them to focus their attention on activities that bring them joy. Acknowledge the sadness but then move on and distract with life-affirming activities."

PHOTO COURTESY OF ROBYN MEHLENBECK

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## Time is What I'll Make of It



By KENNETH B. LOURIE

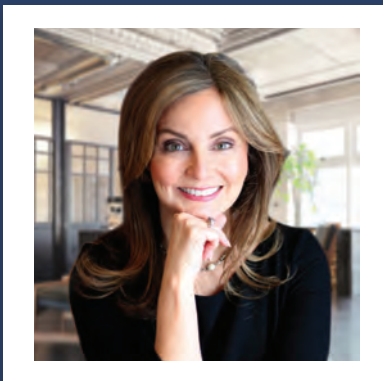
As I sit here and wonder about tomorrow/the future, I try not to wonder about it too much. Since I have cancer, and at present a type of papillary cancer which, due to some unusual circumstances/dare I say, missteps, is characterized as "terminal." 'Terminal' in that currently there is no medicine, other than my present daily pill, that can sustain me beyond three years, give or take, from date of this most recent diagnosis. (Although, I'd like to believe that end date is not prescribed in stone.) I had been treated for non-small cell lung cancer, stage IV for the preceding 10 years or so until a biopsy revealed the tumors were thyroid cancer which had moved to the lung. A subsequent surgical removal of my thyroid glands didn't exactly solve the problem due to some persistent cancer that remained embedded under my collarbone. And soon thereafter, I officially became a thyroid cancer patient, for which I take a 10mg pill daily called levothyroxine. The side effects are modest, but unfortunately, the cancer is considered incurable.

In summary, I'm sort of taking a long walk off a short pier. And given that there are no guarantees/alternatives to my present protocol, and furthermore, given that the cancer is beyond anybody's control - aside from taking all my supplements and drinking alkaline water, I don't worry about what I can't control. As an example: I can't worry about the Red Sox bullpen. As much as it matters to me, as a life-long member of Red Sox Nation, that Boston's relievers are ordinary at best and disastrous at worst (see game one of the most recent Orioles/Red Sox series when the bullpen gave up two six-run leads), I have zero influence or input and/or control over any of it. And unlike the cancer, it's not exactly my problem, if you know what I mean? Now if the Red Sox wanted to pay me for my opinion, then perhaps it might be my problem. However, given the unlikely occurrence of yours truly getting paid for his baseball opinions, I'll have to narrow my focus and worry about my own problems. Cancer is enough of a problem that I don't need to look elsewhere for additional problems/challenges (and the Red Sox bullpen is most certainly a 'problem'/challenge).

Obviously, I can't ignore any symptoms or neglect my health. And even though my life expectancy has been shortened, I don't have a death wish. On the contrary, I have a life wish. And that 'life wish' consists of this cancer patient navigating through the ongoing demands without letting any of take me down emotionally. My intention/philosophy is, now in my 14th year post cancer diagnosis, to somehow rise above the inevitable downward pressure and try not to get dragged down by the sheer weight of the diagnosis. As my close friend and fellow cancer patient, Lynne said to me at the beginning of my diagnosis: "this is going to be the toughest thing you'll ever have to do." And of course, she was right. Consequently, I don't need to make matters worse. They're already bad enough on their own. If pretending, disconnecting, and laughing in the face of all this adversity gets me to the promised land (a normal life expectancy), then I promise to keep laughing and stay positive about the negative. "Rome wasn't built in a day, and neither was Milwaukee." I'm in this fight for the long haul. Besides, I'd like to live long enough to see how it all ends.

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





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