

Kathleen McGill Scalia escorts her grandfather Associate Justice of the United States Supreme Court Antonin Scalia into Constitution Hall.

PHOTO BY LOUISE KRAFFT/THE CONNECTION OPINION, PAGE 8 ♦ CALENDAR, PAGE 14 ♦ SPORTS, PAGE 21 ♦ CLASSIFIEDS, PAGE 17

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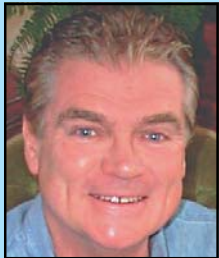
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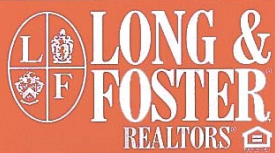
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Jeff Bui with his family, Vinh, Phung and Damel.



Alexis Doherty with her nephew William Anderson.

PHOTOS BY LOUISE KRAFT/CONNECTION

Taking Life On

Justice Scalia serves as keynote speaker at Langley High.

BY ALEX McVEIGH
THE CONNECTION

The 486 members of Langley High School's Class of 2010 gathered for the last time June 17 at DAR Constitution Hall for their graduation. In front of an audience of hundreds of family and friends, the seniors took their first steps as high school graduates.

Antonin Scalia, associate justice of the U.S. Supreme Court and grandfather of seven Langley alumni, gave the commencement address. "It is important that you not believe that you face unprecedented challenges, not only because you might get discouraged, but also because you might come to think that the lessons of the past ... aren't important," he said, to the students.

The ceremony also featured performances by the Langley High School Madrigals, Women's Chamber Choir and Wind Symphony.

Class President Shawn Ghuman told the class that they "redefined the definition of a senior class." While he spoke at length about the massive case of "senior-itis" that took over the class, he also said he knew

how lucky they were as students to get a good education.

"We are ready and we are prepared to take life on and show everyone that we have something special to offer," he said. "The diploma we receive today does not only represent the education we have earned these past four years, but rather the skills, determination and strength we have gained at Langley High School."

Just before the diplomas were handed out, a special mention was made of a student that beat the odds to get there. Babak "Bobby" Ghassemi was in a car crash in March, which rendered him comatose for a period and left him in a wheelchair. Ghassemi was able to stand up to receive a special principal's award, and when he tipped his hat to the crowd, the place exploded in raucous applause.



2010 Class Officers Jeffrey Bui, Brett Hatfield, Aman Dar, Brooke Gallagher, Conor Reiling, Shawn Ghuman and Chijioke Alily.

VIEWPOINTS

What are your plans in the fall and where do you see yourself in 10 years?

— ALEX McVEIGH



Brian Kim,
Langley High School
"Going to college in Korea. I'll be in pre-medicine. In 10 years, I hope to be a doctor, but I'm not sure what kind yet."



Alexander Davis,
Langley High School
"I'm going to George Mason to study electrical engineering. Where will I be in 10 years? I can't see that far ahead."



Bryn Evans, Langley High School, left

"I'm going to Fordham, in New York City. I hope to be living in the city working as a journalist in 10 years."

Rebecca Cramer, Langley High School, right

"I'm going to Ithaca to study human rights law. I hope I'm happy in 10 years, that's about it."



Melissa Wilson, McLean High
"I'm going to UVA. I'm undeclared right now, but I hope to study something in the college of arts and sciences. In 10 years, I'd like to have a steady job and a nice apartment. And a dog. A big dog."



Shefali Hegde, McLean High
"I'll be attending Barnard in New York City, majoring in economics. In the future I'd hopefully have some sort of government job, something in the U.N. would be nice."

David Lackner, a 15-year-old Great Falls resident, rides his unicycle through town. Lackland will be riding his unicycle from Pittsburgh, Pa. to Washington, D.C. this August. Lackland is doing it to raise money for juvenile diabetes research.



PHOTOS BY DANIEL LACKNER

Great Falls Resident Strikes a Balance

David Lackner will ride 350 miles on a unicycle to support diabetes research.

BY ALEX McVEIGH
THE CONNECTION

When then 14-year-old David Lackner was diagnosed with juvenile diabetes in June 2009, he knew his life would change. An athlete who played AAA hockey and travel lacrosse, he was afraid and confused. When he got back on his feet, he picked up unicycling as a way to keep occupied.

It will keep him occupied come August, when David, his father Dan, brother Matthew and a friend will be riding from Pittsburgh, Pa. to Washington, D.C. over six days. David will be on his 36-inch unicycle and the others will be on bikes.

They will ride 60-70 miles a day on the C&O Canal trail and the East Allegheny Passage, stopping at pre-determined bed and breakfasts each night. David's mother will be nearby in a car, trailing them from the closest road.

David came up with the idea while talking with a teacher at Landon School in Bethesda, where he attends. The teacher, a bike rider himself, suggested some sort of long ride to raise awareness.

"A few years ago, we had thought about doing a bike ride from my grandparents' house [which is near Pittsburgh]," David said. "Once we decided to do this trip, we knew we would start there, so we plotted out a route and some good points to stop."

As an athlete, one might think that his condition would affect his performance on the ice or the field, but David said the transition was fairly smooth.

"It was difficult at first, I would have to stop and come out to check my blood sugar, and sometimes I would miss drills because of that," David said. "But you eventually get into a routine."

His father said that the disease has actually helped David's performance, because now he has to pay attention to everything that goes into his body.

"He's eating better than he ever has before, because you have to be so careful," Dan Lackner said. "I think this is a thing David's doing to show you can rise above things. It's something you probably wouldn't do without the diabetes, but when you have it, it's nice to do it to prove you can."

Father and son have been training for the past two



David Lackner, 15, of Great Falls practices two of his passions, unicycling and hockey. Lackland will be unicycling from Pittsburgh, Pa. to Washington D.C. to raise money for juvenile diabetes research. He was diagnosed with the disease in June 2009.

months, attempting to take 40-60 mile rides wherever they can. A few weeks ago, they were in New Jersey and rode from Stone Harbor to Cape May, a trip of more than 30 miles.

THE TRIP will have two really difficult days, the second day, which will be mostly uphill as they travel to the Eastern Continental Divide, and the last day, when they will take all 60 miles from Harper's Ferry, W.Va. to Washington, D.C.

"I liked the idea of a unicycle, because it's all about balance, and so is diabetes," David said. "If you go to fast, or get out of control with your eating, it's going to get you in trouble."

David will be doing this to raise money for the Juvenile Diabetes Research Foundation. People can donate per mile (the trip is about 350 miles) or just a flat donation. More information about David's trip and a link to donate can be found at unicyclesjd.webs.com



The second-grade students at Forestville Elementary work on their Grace Arts project.

Arts Blossom at Forestville Elementary

GRACE Arts program promotes love of arts.

BY KRISTINE NASH

In a time when many programs are getting cut, the GRACE Arts program flourishes at Forestville. A big part of the success is the effort put forth by the parents and volunteers. It is run entirely on a volunteer basis. The result: children with real enthusiasm and an appreciation for art.

The program has been in place for 13 years at Forestville. The Art In The Schools Program (AIS) was established in 1976 by The Greater Reston Arts Center (GRACE) to supplement and support local children's art experiences. The program has a strong emphasis on art history and biography of the artists. Seventy-six art portfolios contain artwork reproductions, background information about the artist and art activities. Each month, when a school subscribes, it receives a portfolio

that focuses on a particular artist, style or theme of art. Written biographical information on the artist, subject matter or themes is provided along with laminated reproductions, three to four teaching boards, related art and writing activities as well as a highlights page regarding the most important aspects of the portfolio. Each month, the Grace Arts classroom volunteers familiarize themselves with the artist, pick an art project, get the supplies and then lead their classroom in an art project.

Jan Rossberg, who has a degree in art history and fine arts, has volunteered with this program for the past nine years. She is the lead coordinator between Forestville and The Greater Reston Arts Center. "This program was started to enhance the amount of art instruction the kids are already

SEE GRACE, PAGE 10



Forestville Elementary has one of the biggest and strongest Grace Arts programs in Fairfax County.

NEWS

Jong Hyuck 'Dennis' Won stands by his presentation at the 2010 Intel International Science and Engineering Fair in San Jose, Calif. Won, a Langley High School senior, took home first prize and best in category, which got him a trip to see the Nobel Prize ceremonies in Stockholm, Sweden in December.

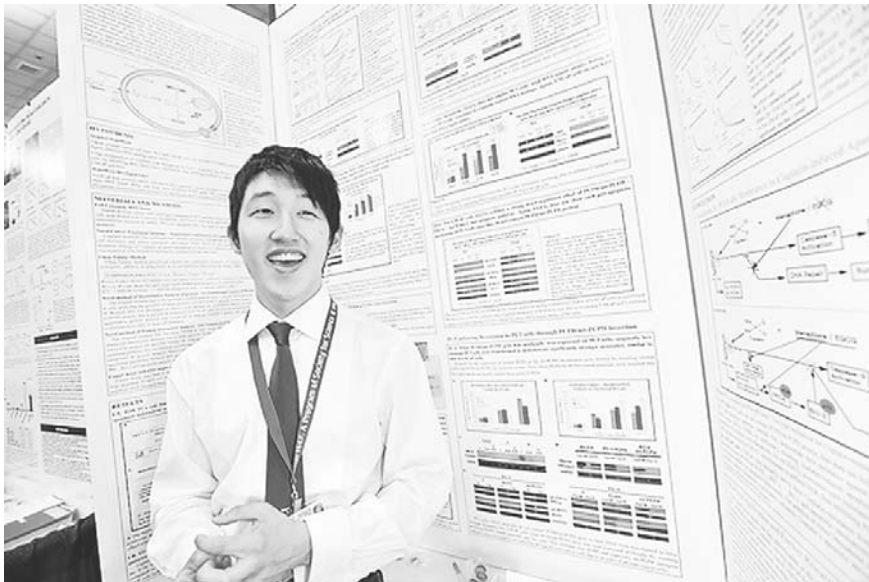


PHOTO COURTESY OF JONG HYUCK WON

Won Wins for Cancer Research

Langley High senior takes home prize at international science fair.

BY ALEX McVEIGH
THE CONNECTION

While this is the time of the year when "senioritis" takes hold of those who are getting ready to finish their high school careers, Jong Hyuck "Dennis" Won has nobler pursuits on his plate, namely curing cancer. Won recently took first place and best in category at the 2010 Intel International Science and Engineering fair in San Jose, Calif.

His presentation, "Novel Identification/Subjugation of Prostate Cancer Cells' Intrinsic Resistance Mechanism to Cisplatin Using Natural Substances" took aim at prostate cancer cells, which rank among the most resistant among cancer cells.

WON examined ways to reduce the amount of cisplatin, a platinum-based chemotherapy drug, which also causes toxicity in healthy cells, with natural substances vitamin K3 and EGCG, the anti-oxidant found on green tea.

He also discovered a novel function of a gene called PCPH, which when mutated can produce the highly-resistant cancer cells that make up many cases of prostate cancer.

"I think the judges were impressed by the creative approach I took towards meeting my goal," Won said. "I thought it was a solid idea, but it still blew my mind when I found out I won."

Won will travel to Stockholm, Sweden in December to attend the Nobel Prize ceremonies.

Since coming to the United States from South Korea just three years ago, Won has taken giant steps towards a promising career in the sciences.

"Two years ago I tried to get internships with places like NIH and NASA, but I couldn't since I wasn't a citizen," Won said. "But while participating in a math competition, I met Dr. Mira Jung, who

helped set me up with an internship at Georgetown Hospital."

Jung, a professor in the department of radiation medicine at the Lombardi Cancer Center at Georgetown Hospital, took Won under her wing and showed him how to perform basic lab procedures, with the idea that he would eventually start doing his own research.

"He had the right attitude to do the work when he started, he made some mistakes in the beginning, but I tried to give him opportunities, and he learned," Jung said.

Within nine months, Won was doing his own independent research. He has been volunteering at Georgetown Hospital for the past two years, and even used the staff there to conduct a survey as part of his initial research for his project, handing out surveys to doctors to discover what types of chemotherapy drugs they use and why.

WON WILL BE HEADING to Stanford University in the fall, studying biomedical engineering. He says engineering has always been a passion for him, because it combines math, physics, chemistry and computer science, all of which he is skilled at.

"I went into engineering because it's a more interdisciplinary approach, it doesn't just involve memorizing things, it's a lot of problem solving and logical thinking," he said. "I want to apply the knowledge and engineering skill I gain to help sick patients and improve the medical field."

He won't be relaxing during his time off though, he heads back to South Korea later this month to work at Cha Hospital, interning at their stem cell research facility.

"I'm hoping to get a sense of where stem cell research is going," Won said. "I think it's a major breakthrough method that could result in a cancer cure."

While Won certainly has his plate full, Jung thinks that he has everything needed to succeed in a field that is waiting for a new generation of discoveries.

"Work ethic is everything [in this field]," Jung said. "No one will tell you what to do, and he's learned that. He's learned to ask his own questions and find out where he wants to take his research, and I like to see an individual make that kind of effort."

"I want to apply the knowledge and engineering skill I gain to help sick patients and improve the medical field."

Jong Hyuck 'Dennis' Won



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People on the walking tour of Tysons Corner walk along International Drive June 19. International Drive is one of many roads in Tysons Corner with few crosswalks for pedestrians to use. Some stretches go almost a mile without a crosswalk.



PHOTOS BY ALEX MCVEIGH/THE CONNECTION

Stewart Schwartz, center, executive director of the Coalition for Smarter Growth, points out several changes coming to the Beltway and the Dulles Toll Road as part of the Tysons Corner construction.

Getting the Complete Tysons Picture

Locals get firsthand look at challenges facing Tysons.

BY ALEX MCVEIGH
THE CONNECTION

In order to give citizens a firsthand look at the problems that the new Tysons Corner construction is aiming to fix, the Coalition for Smarter Growth hosted a walking tour of Tysons Corner June 19. More than 45 people attended the tour, which started at the Tysons Corner Center mall.

Walkers gathered in the Fairfax County Room at the mall to learn the reasons behind the Tysons Development. Barbara Byron, director of Fairfax County revitalization, explained that the primary goal of the Tysons redevelopment is to create a “livable urban center,” where people live and work.

Developers are aiming to have housing for 100,000 residents, as opposed to the approximately 18,000 currently living there, creating less vehicle trips since people are theoretically closer to their work. A long-term goal of the project is to reduce vehicle trips by as much as 65 percent.

While only 18,000 live in Tysons Corner, almost 125,000 people work there, and the plan aims to increase that to 200,000.

Byron described a “bull’s eye” around each of the four Tysons Corner Metrorail stops, where the density will be the highest, making it easier to get to essential locations without the use of a car.

“We want to get people out of their cars and into other transit options,” said Clark Tyler, who served as chairman of the Tysons



Participants in the Coalition for Smarter Growth’s walking tour of Tysons Corner get an aerial view of the upcoming changes coming to the area from the 17th floor of an office building.

Land Use Task Force.

Tyler spoke of more options, such as bikes, Metro rail and bus, as well as pedestrian travel throughout Tysons Corner. He also said that Tysons would be planned using urban standards, which would hopefully make Tysons a destination for people other than going to work.

“If you want people to stay in Tysons Corner past 5 p.m. every day, then you have to use urban development principles,” he said.

THE TOUR covered a large portion of Eastern Tysons Corner, starting from the mall,

heading across Chain Bridge Road to Galleria Drive to International Drive, ending at the Tysons Bus Transfer Station.

Just the simple act of crossing Chain Bridge Road proved to be difficult, as the 45-person group had less than 30 seconds to cross the bustling intersection.

“This tour illustrates two of the main problems with this area, the missing sidewalk links throughout Tysons and the difficulty in crossing main streets,” said Wade Smith, who served on the Tysons Land Use Task Force. “There are too many long blocks with no crossings in the middle, it’s very

“This tour illustrates two of the main problems with this area, the missing sidewalk links throughout Tysons and the difficulty in crossing main streets.”

— Wade Smith

intimidating.”

The tour passed by one of the prime examples of the lack of crossings, when they saw the stretch of International Drive between Chain Bridge Road and Greensboro Drive — almost a mile-long stretch — that didn’t have a single pedestrian crosswalk.

THE HIGHLIGHT of the tour was a bird’s-eye view of the area. The tour headed into the offices of Hunton and Williams, located off Pinnacle Drive, where Stewart Schwartz, executive director of the Coalition for Smarter Growth, was able to point out many of the proposed changes as they would appear from hundreds of feet above Tysons Corner.

The tour offered a peek at the new direction that community planners are taking with Tysons Corner.

“It’s nice to see the farsightedness of people at the Coalition for Smarter Growth, that they’re thinking about the needs of human beings in urban environments,” said Victoria Hutter, who came from Washington, D.C. to observe the proposed changes. “It was very difficult and unpleasant to walk around here. There are some attractive spots, but it can just be so unpleasant to get around.”

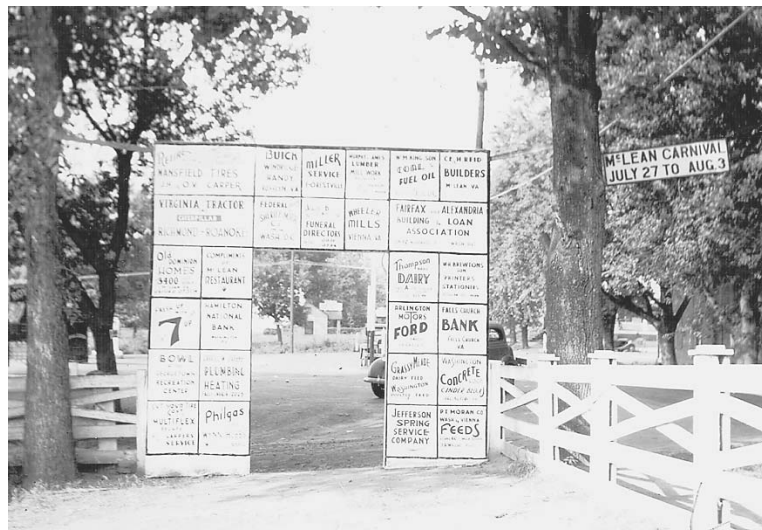
NEWS

McLean Turns 100

Centennial celebration highlights community's roots, character.

By VICTORIA ROSS
THE CONNECTION

In the summer of 1934, many of McLean's 3,000 or so residents passed through a 12-foot tall square archway to attend the event of the season — the annual "McLean Day" carnival. This Saturday, June 26, McLean's 40,000-plus residents can pass through a replica of the 1934 archway and take a step back into history, as McLean marks its 100th anniversary with an all-day celebration. The free event will be from 11 a.m. to 5 p.m. at the McLean Community Center, 1234 Ingleside Ave.



'McLean Day' carnival in 1934.

"The 100th anniversary celebration features speakers, displays and activities that evoke the spirit of McLean's early days," said Carole Herrick, community historian, author and co-chair of McLean's Centennial Celebration. She has lived in McLean since 1967.

"We want people to get a feeling of what it was like in McLean 100 years ago, to respect and know the past, and appreciate the special community feeling of McLean today. It's a vibrant, diverse community, a place where people know one another and look out for one another," Herrick said. Page Shelp, co-chair of the cen-

tennial event, has been gathering photos, artifacts and memorabilia for the celebration. She came to McLean in 1975 to open the community center and served as its executive director for 25 years.

"We have something for everyone. Visitors can view a 1929 Model A Ford Depot Delivery Truck, a 1931 Model A Ford Tudor Delux Sedan, early McLean fire department equipment, a fantastic display of early McLean photographs and a 40-foot map of the Great Falls & Old Dominion Railroad," Shelp said.

CHILDREN can play games circa 1910 and hear a Calliope, a 16-

McLean Centennial Celebration

On Saturday, June 22, 1:30 p.m., a series of 5-minute presentations on life in McLean will be given at the McLean Community Center's Community Hall.

1. Former delegate Vince Callahan
2. Chuck Rieger – "Tuggy & Me"
3. Harold "Rabbit" Daily – "Growing Up in McLean"
4. Inez Dyer Foley – "Childhood Memories of McLean"
5. Ruby Robertson – "My First House"
6. Jim Weaver – "The Rest of the Story"
7. Ann Arnold Hennings – "McLeanite Twice by Marriage"
8. Sonja Hurlbutt – "The Many Changes to McLean & Tysons Corner"
9. Don Burns – "Development of McLean's First Shopping Center"
10. Jerry Hennings – "Always a Small-Town Boy"
11. Peggy Byers – "Chesterbrook as I Remember It"
12. Melvin Gamble – "McLean: The Maturation of a Small Town"
13. Biff Jones – "Growing Up in West McLean"
14. Sylvia Knauss Sterling – "McLean: The Best of all Worlds"
15. Bob Alden – "William Maffitt and Thomas Catesby Jones: Founding Fathers of McLean"
16. Pete Nordlie – "Life in McLean in 1935"
17. Joe Berry – "An Interesting Day in McLean"
18. Dariel Knauss Van Wagoner – "From the 'Sticks' to the Megapolis"
19. Harold Carter – "A Few Memories of My Life in McLean"
20. John Watson – "East Tysons? West McLean?"
21. Janet Beall – "Growing Up in Chesterbrook"
22. Virginia Rita – "Millard Family Memories"
23. Elaine Cherry – "Chesterbrook School Days"
24. Phil Graves – "Growing Up in Walter Heights"
25. Kip Laughlin – "Remembrances of a Young Man of McLean"
26. Ralph Darne – "McLean as I Knew It: 1940s-1960"
27. Archie Borgus Jr. – "Alliance to an Original Family of McLean"
28. Jan Elvin – "Reflections on My Father's Newspaper"
29. Verna Lopatkiewitz – "Citizens Unite to Defeat Effort to Incorporate Lewinsville 1962 – 1963"
30. N. Lou Wisler – "Beginning Dental Practice in McLean"

foot steam organ popular in circus parades and other events in the early 1900s. Costumed actors will stroll the grounds, and The Virginia Gentlemen, a well-known barbershop quartet, will perform

throughout the day. The opening ceremony includes speeches by former governor and U.S. Sen. Charles Robb and former delegate

SEE MCLEAN, PAGE 16

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In Support of Chesapeake Bay Clean Water Act

Senators Webb and Warner should step up to support water quality.

BY STELLA KOCH
AUDUBON NATURALIST SOCIETY

The Chesapeake Clean Water Act, which will guide the protection and restoration of not just the Chesapeake Bay but the Potomac River and local streams in Northern Virginia, is expected to receive committee vote in the U.S. Senate in late June.

Our streams and the Potomac are the source of our drinking water. We canoe, fish, and swim in these waters and hike along side them. They also provide sustenance and a home for a myriad number of other creatures. They are the source of the waters of the Chesapeake.

By setting fair and equitable requirements throughout the Chesapeake Bay region for clean water in all streams, this bill will require both farmers and those living in towns and cities to do their fair share for clean water.

For decades, we have witnessed the degra-

ation of our local streams by polluted runoff. When rain from storms falls onto concrete roads, parking lots, and suburban yards, it picks up pollution. This runoff carries fertilizer, pesticides and other nasty pollutants after each and every storm into our local water.

GUEST
EDITORIAL

While stormwater management has controlled some of the runoff in recent years, it has not kept pace with the growing impacts of development.

Our communities have spent money and time to improve their streams. The counties of Arlington and Fairfax, along with the City of Alexandria have conducted careful studies of their streams and spent significant money and effort to implement stream restoration and protection programs.

But it has not been enough to stem the tide of degradation.

We need to increase our efforts. Innovative, more effective stormwater management must be used. New pollution controls will need to be installed in sites that previously had none.

Aging stormwater pipes and structures will need to be replaced. The public demands that wastewater from toilets, tubs and sinks in homes and businesses be treated to a high degree of cleanliness. Equal resources have to be committed to treating stormwater runoff if we are to have clean water in our streams, the Potomac and the Chesapeake Bay.

This proposed legislation takes the first step for this new collective effort. It sets attainable goals and requires that both new development and redevelopment control stormwater runoff.

The federal government through this legislation will provide \$1.5 billion to invest in our local communities for stormwater control and other clean water needs.

We need our U.S. Senators, Jim Webb and Mark Warner, to support the Chesapeake Clean Water Act, by doing so they will be choosing clean water for the Chesapeake Bay region.

Stella Koch is Virginia Conservation Associate, Audubon Naturalist Society.

LETTERS TO THE EDITOR

Double Standards On 'Don't Ask...'

To the Editor:

Writer Donna Manz did an outstanding job in her report about the passing of, and tribute to Francois Haeringer ["Family, Friends Say Adieu to Restaurant Icon," Great Falls Connection, June 16-22, 2010], but she should have known that Bob Ryan, who attended the funeral, has not been with NBC4 since last February. He's with ABC7, or WJLA.

Reader Sarah O'Neil does not agree with Frank Wolf's vote regarding the repeal of "Don't Ask Don't Tell" in the military ["Human Rights Begin at Home," Great Falls Connection, June 16-22, 2010]. She would like to know "his reasons for opposing the repeal." I would like to know if Ms. O'Neil supports the repeal of the policy of "Don't Ask Don't Tell" in relation to selecting Supreme Court Justices. As everyone knows, President Obama nominated Elena Kagan to the Supreme Court. I had to laugh out loud when, on national political talk shows, representatives of the media trip over their own tongues trying to convey the point that she is not gay, while, at the same time stating that her sexuality is nobody's business and not a subject for discussion or questioning. Then, in the next weekly broadcast, these same talking heads insist that "Don't Ask

Don't Tell" should not apply to the military. So, it's OK to ask members of the military if they are gay, it's not OK to ask Supreme Court nominees if they are gay. And liberals think conservatives are hypocrites when they discover a gay Republican.

Gene Phillip
Great Falls

National Security Above Politics

To the Editor:

I am writing in response to the letter entitled "Human Rights Begin at Home" [McLean Connection, June 16, 2010]. The writer indicates that the Pentagon is already preparing for this change and that it is supported by many of our highest ranking military officers. I beg to differ. The plan to study the repeal of Don't Ask/Don't Tell was put into place just this January. The Defense Department set aside a full year to study the impact that repealing this policy would have on troop readiness. However, for some unspoken reason, repealing the ban has suddenly been put before the Congress a full six months ahead of schedule. Prior to the vote to repeal this policy, the Joint Chiefs of Staff engaged in a letter writing campaign urging Congress to wait until the Defense Department had the opportunity to study the repeal, and more importantly, to put a plan in place to implement it.

Perhaps U.S. Rep. Wolf voted against the repeal because he was following the advice of our Joint Chiefs of Staff. I'd also like to note that Sen. Jim Webb (D-Va.), former Secretary of the Navy and Vietnam veteran, voted against the repeal as well. These lawmakers stated that they wanted to afford the Defense Department the time to not only finish the study but to put an implementation plan into place. However, once again, the Democrat-controlled Congress is putting the cart before the horse. Just like when Nancy Pelosi said, during the shameful Obamacare debacle, that we have to pass the law to see what's in it, again this out of control Congress wants to repeal the ban and then figure out how it will work. Instead of developing thoughtful public policy through open debate, this Congress behaves like we are a banana republic. I served five years as an active duty naval officer and my husband has served 21 years as a naval officer. Unlike most Americans, military service members very often do not work a 9-5 day and return to the privacy of their homes at night. We sleep six-eight in a stateroom or more often in open barracks. We have open showers and space is a luxury not afforded on most warships, and less affordable on submarines. Currently, quarters for men and women are separate. We would not think to put men and women in the same shower. I am sure we would not put openly gay men or women in open showers or bar-

racks with other openly gay men or women. If Don't Ask/Don't Tell is repealed, what then would be the configuration of barracks and ships? How long would it take to make those changes? How much would it cost? Do we have enough carrier groups to remain on station while re-configurations are made? What risks do we assume by pulling carrier groups off station to make such changes? In this dangerous world and in these hard economic times, these are only a few of the questions that should have solid answers before we move forward with any repeal. Regardless of what anyone thinks about gay rights, the central point should be what the practical effects of changing Don't Ask/Don't Tell will have on our ability to protect ourselves and our national interests. We are fighting two wars, tensions are high in Gaza, North Korea just sunk a South Korean warship, terrorists attacks on American soil have sharply increased in the past year, and Turkey, a NATO ally privy to sensitive national security information, is becoming alarmingly closer with Iran than with us. This is not the time to be making it up as we go. Our elected leaders should be carefully considering any changes that could affect troop readiness, heeding the recommendations of our top military leaders, and most importantly, putting our national security above politics.

Gina Ryan
Great Falls

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NEWS

Lap-A-Thon for Haiti at Forestville Elementary

Forestville Elementary School conducted a Lap-A-Thon on May 14. This was a school-wide fund raiser orchestrated by Mitch Carl for the Haiti Relief Fund through the American Red Cross. Each first through sixth grader had one hour to run/walk as many laps as they could around the soccer field. The more laps the students ran, the more money they raised. The students had just completed their Healthy Hearts and Healthy Bodies unit in P.E. They were taught the muscular and cardiovascular benefits of being active. The goal was to allow the students to help raise money for those in need in Haiti, while having a fun event promoting a healthy cardiovascular activity and boosting interest and excitement in staying physically active. They successfully raised more than \$15,700 with 100 percent going to the Haiti Relief Fund.



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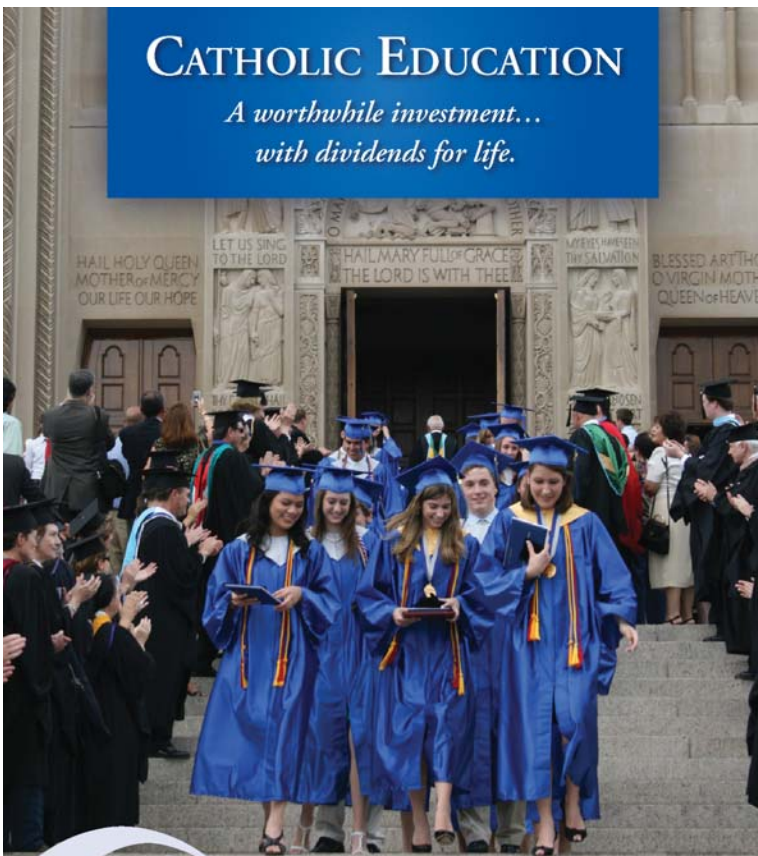
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NEWS



Fifty-three children participate in this production directed by Carol Wolf.

PHOTO BY
KRISTINE NASH

Forestville Presents Spring Musical

Director praises school
community support.

Forestville Elementary School's fifth and sixth graders took to the stage with their spring musical, "On The Other Side Of The Fence" with performances on June 11-12. Fifty-three children participated in this production directed by Carol Wolf. Jan Rossberg and her crew created the set by collage, to ensure that two identical farms could be created. Libby McConnell was the musical director, and Heide Zufall was the choreographer. A quartet performed including music teacher, Christian King. The story is about two farms separated by a big strong fence. The fence is there because of a long-standing feud between two farmers. The farmers have forbidden their animals to have anything to do with the animals on the other side of the fence. This is a play that helps children forget about their differences and appreciate each other. Toward the end, the farmers begin to see each other

in a new way — acceptance, friendship and understanding are the result.

"This is the third consecutive year we have produced a fifth/sixth grade musical, and I have been very fortunate to have had such a talented volunteer team working together to give the students this wonderful experience," said Wolf.

"Libby McConnell and I have worked together for the past three years and Heide Zufall has been a part of the team for two, even volunteering after her children have graduated from Forestville," said Wolf. "Much credit also must go to the talents of many other parents who helped with set design, costume design, program design, and on the backstage crew. We are all so proud of this cast and crew. They have worked very hard for months and we have enjoyed watching their talent and confidence grow throughout the process. In the end, the performances were fantastic and everyone had a great time. We hope the students treasure fond memories of this production that will last a lifetime."

— KRISTINE NASH

GRACE Promotes Love of Arts

FROM PAGE 4

getting," said Rossberg. "This program has an emphasis on art history and the biography of an artist. It is a supplement to the strong art program run by the school."

"Forestville Elementary has one of the biggest and strongest Grace Arts programs in Fairfax County. They have one of the largest subscriptions of portfolios, largest number of volunteers and most children being exposed to art each month," said Jeanne Loveland, the Art In The Schools manager at The Greater Reston Arts Center. "Jan Rossberg has been involved for a long time. The program is so vibrant because Jan is so passionate. This program at Forestville is so interactive and the kids really

respond to that."

Forestville is also the only school in the county sharing the program. It shares the program with its Title I sister school, Hutchison Elementary. Christine Cintron picks up the portfolio from Forestville and presents the materials to more than 330 children at Hutchison every month. "It is a great cooperative program," said Cintron. "To have this resource available is wonderful for both schools."

"We are encouraging this model to other schools, but at this time, Forestville is the only school actually doing it," said Loveland.

"Forestville is fortunate to have several key ingredients that make GRACE so successful — talented coordinators like Mrs. Jan Rossberg, Mrs. Jordanna Taffel,

Mrs. Sharon Carmanico, and Mrs. Sara Koenig who share the job, a large contingent of involved parents who present the art portfolios and children who make the art come alive," said Heidi Zufall, a parent alumnus and art enthusiast.

"We have so many talented children at Forestville," said Matt Harris, principal of Forestville Elementary School. "Their work adorns the school's hallways. When I first arrived at Forestville over six years ago, it was my good fortune to work with then parent coordinator, Mr. Ben Cheshire, who was instrumental in making our GRACE program the largest in FCPS at the time. Our program received rave reviews in Elan magazine a few years ago."

SCHOOLS

Send School Notes to greatfalls@connectionnewspapers.com. Deadline is Friday.

The Starshine Theater of Great Falls is currently enrolling students ages 7 through 19 for Summer Drama Camp. Students will rehearse and perform the original full-production stage play, "The Illustrious Life of Leonardo da Vinci." The play rehearses July 12 to 23 at the School of Theatrical Dance in Great Falls and performs at The Great Falls Grange Theater on Saturday, July 24. Also currently enrolling "Starshine Little Theater" summer camps in Great Falls for ages 3 and up. For more information, contact Director Patricia Budwig, at 703-790-9050 or StarshineTheater@aol.com

Great Falls residents **Sierra Avil** (bachelor of arts), **Andrea Loulakis** (bachelor of science in business administration) and **Anika Sellier** (bachelor of arts) have graduated from Villanova University of Villanova, Penn.

Sturgis Sobin, II of Great Falls earned a bachelor of arts from Connecticut College of New London, Ct. Sobin majored in economics and environmental studies.

John D. Skolnik of Great Falls has received a bachelor of science with special attainments in commerce from Washington and Lee University of Lexington, Va. Skolnik majored in business administration and East Asian languages and literature.

Julia Korzeniewski of Great Falls has been named to the spring 2010 dean's list at Muhlenberg College of Allentown, Pa. The senior is a theatre major and a graduate of Flint Hill School. She is the daughter of Mr. & Mrs. Robert J. Korzeniewski.

Matthew Jones of Great Falls has graduated with a bachelor of arts degree in History from Elizabethtown College of Pa.

Griffin A. Grasso of Great Falls received a bachelor of science in recreation management within the Rubenstein Environment and Natural Resources from the University of Vermont at Burlington, Vt.

Jessica Montana of Great Falls was named to the spring 2010 dean's list at George Mason University. She is the daughter of

Joseph and Laurie Montana.

Great Falls residents **Meghan McDonough** (bachelor of arts in fashion design and production) and **Eric Wang** (bachelor of science in information technology) have graduated from Lasell College of Newton, Mass.

Tory Cheshire of Great Falls has been named to the spring 2010 dean's list at Virginia Tech. Cheshire is a 2007 graduate of Langley High School.

Andrew Paulson of Great Falls was named to the spring 2010 dean's list at Westminster Choir College of Rider University of Princeton, N.J. Paulson is a voice performance major.

Hillary Benjamin of Great Falls has completed the Partnership for Jewish Life and Learning's Jewish Youth Philanthropy Program. Benjamin is a student at Langley High School and attends Congregation Beth Emeth.

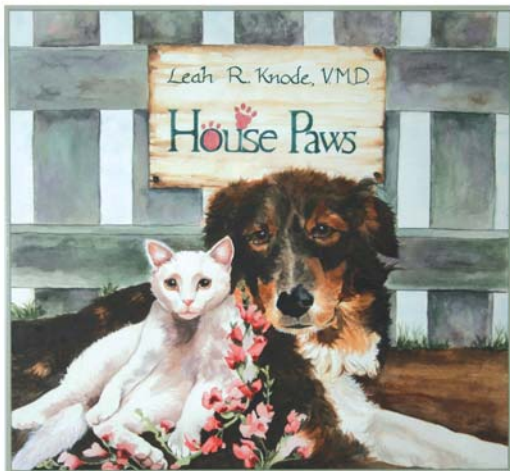
Great Falls residents **Geoffrey Emmer** and **Justin Nguyen** have been named to the spring 2010 dean's list at the Georgia Institute of Technology.

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Great Falls 4th of July Hometown Celebration

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Great Falls 4th of July Hometown Celebration: Truly a Community Event

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The Great Falls Ecumenical Council starts the day with their annual 5K Walk/Run, getting dozens of individuals and families out of bed to enjoy the sun rising and feel the morning dew on Independence Day.

Once everyone's blood is pumping, it reminds us of the Blood Drive that goes on all day at the Great Falls Professional Center. G.F. Volunteer Fire Department coordinates this event every year.

Next, the Newcomers of Great Falls continue an old-fashioned tradition—the Baby Parade. Smiles are abound on the faces of kids and their proud patriotic parents as they circle the Village Green.

Great Falls Friends takes the baton as staging for the annual Parade begins. In times past, there were more people in the parade than watching. People still show up in hoards to walk, bike, and ride in the parade, and like everything in Great Falls, the viewing crowds have grown. The fun doesn't stop when the last antique car crosses the finish line; the festivities move to the Village Green, where the snow cones, cotton candy, food, games, and music are just getting started.

After a lazy afternoon of eating, drinking and being merry, the Great Falls crowd heads up to Turner Farm for the Friends of the Fireworks' games & activities and the grand finale of the day...Fireworks!

The G.F. Hometown Celebration is truly a community event, bonding the people with their HOME TOWN.



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Remembering our long-time
"friend": Steve Beebe

Schedule for July 4, 2010

- 7:45 A.M. **Opening Ceremony & 5K Walk/Run**
(Freedom Memorial)
- 8 A.M.—2 P.M. **Blood Drive** (GF Professional Center
@ Walker Road)
- 10 A.M.—12:30 P.M. **Parade & Festivities** (GF Village Green
@ the Gazebo)
- 6 P.M.—Dusk **Evening Fun & Fireworks**
(The Turner Farm Park)

Details at www.GreatFallsFriends.org



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at the GF Professional Center
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8:30 AM - BABY PARADE REGISTRATION

at the Village Green Gazebo

9 AM - BABY PARADE

on the Village Green
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10 AM - MAIN PARADE

Starts at the Village Green; ends at Safeway
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10:30 AM - 12:30PM - FESTIVITIES, FOOD & FUN

on the Village Green
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6 PM - EVENING GAMES & ACTIVITIES

6 - 7:30 PM - BENNIE POTTER & WESTERN ELECTRIC PLAYS
7:30 - 9 PM - MEGAWATT PLAYS

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CALENDAR

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WEDNESDAY/JUNE 23

Yes with Peter Frampton. 7 p.m. at Wolf Trap Foundation for the Performing Arts, 1645 Trap Road, Vienna. \$30-\$45. 703-938-2404 or www.wolftrap.org.

Jer Coons, Andrew Hoover and Taylor Carson. 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$10. jamminjava.com.

Preschool Storytime. 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Join us for stories, fingerplays and activities. Ages 2-5 with adult. 703-757-8560.

Interesting and Amazing Animals. 4 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Learn about different animals and how they live. Ages 8-14. 703-757-8560.

THURSDAY/JUNE 24

Natalie Cole. 8 p.m. at Wolf Trap Foundation for the Performing Arts, 1645 Trap Road, Vienna. \$64-\$471. 703-938-2404 or www.wolftrap.org.

Meg Hutchinson and Devon Sproule. 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$10 advance, \$13 day of show. jamminjava.com.

Seldom Scene. 7:30 p.m. Nottoway Park, 9537 Courthouse Road, Vienna. Progressive bluegrass and acoustic music. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performances.

Future and Poor Man's Lobster. 10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$10. jamminjava.com.

FRIDAY/JUNE 25

Chayanne. 9 p.m. at The George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. The Puerto Rican singer, actor and dancer returns to the stage after a two year hiatus. Tickets are \$61.50-\$101.50, available at www.ticketmaster.com or 703-573-SEAT. www.patriotcenter.com.

Summer on the Green: Fat Chance. 6:30 p.m. at the Vienna Town Green, 144 Maple Ave. E., Vienna. Bring chairs or blankets for seating. No alcoholic beverages allowed. It is recommended that pets be left at home. 703-255-6360 or www.viennava.gov.

Rain: The Beatles Experience. 8 p.m. at Wolf Trap Foundation for the Performing Arts, 1645 Trap Road, Vienna. \$25-\$40. 703-938-2404 or www.wolftrap.org.

Beatlegras. 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$20. jamminjava.com.

The Blackjacks Homecoming Show and Fight the Lion CD Release. 10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$10. jamminjava.com.

The Blackjacks and Fight the Lion CD Release. 10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$10. jamminjava.com.

"Suburban Motel." 8 p.m. 1st Stage, 1524 Spring Hill Road in Tysons Corner. A funny cycle of plays with a pack of bizarre characters determined to survive. \$25 adults, \$15 students. www.1stStageTysons.org/motel.

SATURDAY/JUNE 26

McLean Centennial Celebration. 11 a.m.-5 p.m. at the McLean Community Center, 1234 Ingleside Ave., McLean. An extensive exhibit of photographs and memorabilia, games, food and entertainment. Former Governor and Senator



PHOTO COURTESY 1ST STAGE

Nevie Brooks (left) as Denise, Brian Razzino as Michael, and Leigh Jameson as Carol in 'Suburban Motel' at 1st Stage in Tysons Corner. The show runs through July 3. Tickets are available at www.1ststagetyson.org/motel.

Charles Robb will be Honorary Chairman, and former State Delegate Vince Callahan Master of Ceremonies. 703-356-8223.

Open Mic Saturdays. 6:30 p.m. at the Vienna Town Green, 144 Maple Ave. E., Vienna. Bring chairs or blankets for seating. No alcoholic beverages allowed. It is recommended that pets be left at home. 703-255-6360 or www.viennava.gov.

Rain: The Beatles Experience. 8 p.m. at Wolf Trap Foundation for the Performing Arts, 1645 Trap Road, Vienna. \$25-\$40. 703-938-2404 or www.wolftrap.org.

The Bigger Lights, Hotspur and Storm The Beaches. 5:30 p.m. and 8:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$10 advance, \$13 at the door. \$12. jamminjava.com.

"Suburban Motel." 2 p.m. and 8 p.m. 1st Stage, 1524 Spring Hill Road in Tysons Corner. A funny cycle of plays with a pack of bizarre characters determined to survive. \$25 adults, \$15 students. www.1stStageTysons.org/motel.

Fairfax County Master Gardeners Association, Inc. 10 a.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Horticultural tips, techniques and advice. 703-293-6227.

Yoga and Pilates Fitness Practice. 8 a.m. at the Palladium Civic Place Green, 1445 Laughlin Ave., McLean. Bring yoga mat and water. Free. 703-288-9505.

Billy's T Time Machine. 5 p.m. at the Palladium Civic Place Green, 1445 Laughlin Ave., McLean. Free. 703-288-9505

Successful Resume Essentials. 9:30 a.m. The Women's Center, 127 Park St. N.E., Vienna. zpashaei@thewomenscenter.org.

Belly Dance Showcase to Benefit the Leukemia Society. 5:30 p.m. at Waddell Theater on the Sterling Campus of the Northern Virginia Community College, 1000 Harry Byrd Highway, Sterling. Classical and folkloric performances in Egyptian, Persian, Afghani, and Indian belly dance styles. Silent auction, live Middle Eastern music, vendors of Middle Eastern costumes, accessories and music and free refreshments. The Cultural Dance Benefit is appropriate for all ages. \$15, \$8 under age 12, \$20 at the door. Tickets are available at www.mosaiquecenter.org, with all proceeds going to Leukemia & Lymphoma Society. www.tirazdancenetwork.com

Author Ellen Hopkins. 4 p.m. at Borders Books and Music - Tyson's Corner, 8027 Leesburg Pike, Vienna. Reading and signing 'Tricks'. 703-556-7766

SUNDAY/JUNE 27

Summer on the Green: Richard

Walton. 6:30 p.m. at the Vienna Town Green, 144 Maple Ave. E., Vienna. Bring chairs or blankets for seating. No alcoholic beverages allowed. It is recommended that pets be left at home. 703-255-6360 or www.viennava.gov.

Gordon Lightfoot. 8 p.m. at Wolf Trap Foundation for the Performing Arts, 1645 Trap Road, Vienna. \$22-\$40. 703-938-2404 or www.wolftrap.org.

Rosy Likes Red, Find Vienna and Corrin Campbell. 1:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$10 in advance, \$13 at the door. jamminjava.com.

An Acoustic Storyteller Evening with Lloyd Dobler Effect. 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$12. jamminjava.com.

"Suburban Motel." 2 p.m. and 7 p.m. 1st Stage, 1524 Spring Hill Road in Tysons Corner. A funny cycle of plays with a pack of bizarre characters determined to survive. \$25 adults, \$15 students. www.1stStageTysons.org/motel.

Choir of the World A Cappella Concert. 2 p.m. at George Mason University Performing Arts Center, 4400 University Drive, Fairfax. Quartets performing will include the Alexandria Harmonizers, the Westminster Chorus, the Musical Island Boys, Sweden's Ringmasters, OC Times, Maxx Factor, Masterpiece, the Crush, the Edge, Old School and more. www.alexandriaharmonizerspresent.com.

The Shields Brothers. 6 p.m. Great Falls Village Green, at the corner of Georgetown Pike and Walker Road in Great Falls. Pop/rock. www.gfcitizens.org.

Last Train Home. 5 p.m. McLean Central Park, 1468 Dolley Madison Blvd., McLean. Roots rock. www.aldentheatre.org.

Great Falls Summer Concerts 2010, The Shield Brothers, 6-8 p.m. at the Great Falls Village Green.

MONDAY/JUNE 28

Mikey Wax, Nick Howard and Rachel Platten. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$10. jamminjava.com.

TUESDAY/JUNE 29

Wolftrap Childrens Theatre in the Woods. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. 10 a.m. Dinorock: The Great Dinosaur Mystery, 11:15 a.m. Hayes Greenfield's Jazz-a-Ma-Tazz. Free workshops follow the 10 a.m. performance; reservations required at 703-255-1824. \$8-\$10. www.wolftrap.org.

Jonathan Mudd, Jimmy Landry and Chris Rosser. 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$12. jamminjava.com.

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COMMUNITY

The Nationals, coached by head coach Butch Sevila and assistant coach Al Shapiro, won their division championship on Sunday June 13 against the Tigers. Team members include, front, from left, Michael Sevila, Will Sevila, Joe Karaki and Paul Youssef; second row, Jack Bonham, Jack Mahowald, Andrew Shapiro, Alex Gerhardt and Eric Toor; and, back row, Coach Butch Sevila, Keyaun Heydarian, Owen Shenk, Assistant Coach Al Shapiro and Nick Thomas.



Baseball Season Ends with Cheers

BY BARBARA KELLEY

Baseball in Great Falls closes as dramatically as it opens. It was a season of hard-fought games and boys playing with lots of heart. Add to that supportive coaches and parents bleeding with every strike out and cheering with every run.

Another season ended on Sunday, June 13, where fans in 90-plus-degree weather witnessed action from AA, AAA and Majors tournament play. Teams fought their way through double elimination to have the chance to be the Great Falls Little League Champions. Both first and second place winners in each division received trophies. The day ended with picnics and celebrations for all.

CHAMPIONSHIP RESULTS

AA Minors: Mets, Manager Don Maruca, (11) and Indians, Manager Steve Baskin (5)

AAA Minors: Dodgers, Manager Bill Kelley, (11) and Reds, Manager Todd Norris, (10)

Majors: Nationals, Manager Butch Sevila (6) and Tigers, Manager Bruce Carton (4)

POST-SEASON ACTIVITIES

The AAA Reds, who ended regular season play in first place, compete in the local Starliper Tournament beginning on June 19. For more information on schedules, Google "Starliper Tournament."

Several opportunities are available for players to have lots of fun and improve their skills in summer baseball camp. For information about the Langley Baseball Summer Camp and the MVP Baseball camp, go to www.gflittleleague.org, in the section about camps.

ABOUT GREAT FALLS LITTLE LEAGUE (GFL)

GFL offers a quality baseball and softball program for youth ages 5-16, including the levels of "Blast Ball," T-Ball, Coach Pitch, AA, AAA, Majors, and Seniors. Their primary fields are located in the Nike 6 complex, on Utterback Store Road in Great Falls, adjacent to Forestville Elementary School. They also play on additional fields in and around the Great Falls community, such as those at Great Falls Elementary School, the Great Falls Grange, and others.

Barbara Kelley is a parent supporter and volunteer with Great Falls Little League.

Great Falls Little League closes season.



AAA Dodger Nicholas Gasparis makes the outfield catch to end the game.



AAA Dodgers take the First Place Trophy for Great Falls Little League.



Maguire Dilenge of AAA Dodgers slides into home.

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McLean to Celebrate Centennial

FROM PAGE 7

Vince Callahan.
 “We are also excited to be unveiling the logo for McLean. It will be a terrific addition to McLean’s identity,” Herrick said.

Most communities can trace their roots back to a specific event, such as a legal incorporation. But the beginning of McLean “just happened,” said Herrick.

In 1902, John Roll McLean, former owner of The Washington Post, and Stephen Elkins, a U.S. senator from West Virginia and wealthy industrialist, built the 14-mile electrified Great Falls & Old Dominion Railroad. Later called the Washington and Old Dominion Railroad, it crossed the old Chain Bridge Road and connected Georgetown to Great Falls Park, where McLean and Elkins had bought land and constructed an amusement park. The park was a popular family destination, and featured a wooden carousel, dance pavilion, picnic spots and a nighttime illumination of the falls.

On July 4, 1906, the first passengers bought 5-cent tickets and took the trolley through Fairfax County’s countryside of dairy farms and fruit orchards to the park.

SIGNIFICANT for McLean’s future, the railway bypassed the existing villages of Lewinsville and Langley. Instead, the train stopped at Chain Bridge Road. That stop, originally called Ingleside, was renamed in 1910 to McLean to honor the co-founder of the railroad. That same year, Henry Storm opened a general store and post office next to the railroad tracks.

“The stop was built in the middle of the nowhere. They really



PHOTO BY VICTORIA ROSS/THE CONNECTION

Carole Herrick and Mary Anne Hampton of the McLean Centennial Celebration review photos for the display on Saturday.

“We want people to get a feeling of what it was like in McLean 100 years ago, to respect and know the past, and appreciate the special community feeling of McLean today.”

— Carole Herrick

weren’t trying to build a town. It was a business venture to take people in the city to Great Falls Park,” Herrick said.

McLean developed quickly. In 1914, St. John’s Episcopal Church, built in 1877 near Langley Fork, was mounted on casters and hauled across fields to a site on

Chain Bridge Road near the McLean stop. In 1915, the Franklin Sherman School opened with 29 students. By 1923, Fairfax County had its first volunteer fire department in McLean.

“The character of McLean did not happen by accident,” said Mary Anne Hampton, a member of the centennial committee board and resident since 1958. “McLean residents worked hard to preserve a rural environment, working with the citizen’s association and on zoning committees to prevent high-density development,” Hampton said.

“My soapbox is that McLean and Great Falls have gotten lost in the annals of history, but we do have our own history and a richness of heritage that is equal to any in the commonwealth. There can be no present without the past,” Herrick said.

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Pail in Comparison



By KENNETH B. LOURIE

Recently I wrote a column entitled, "Keeping Up Appearances, Sort Of," about, among other things, my disinterest in "bucketing a list" to be completed over the next interval of time (the specific time yet to be determined), given my rather precarious prognosis. My reasoning was/is, that I want/need to stay true to myself, and that if I were to begin acting abnormally/uncharacteristically – for me, I'd associate that behavior with the underlying cause for its action – the cancer, and thus get stressed and depressed over the whole pursuit. The net effect then being negative, not positive; not helpful. And if I'm positive about anything, it's that I don't need (and certainly don't want) anything negative in my life.

However, a friend, and co-worker – who cares, politely chided me about this particular column's content, encouraging me to keep more of an open mind; not so much about actually making a bucket list, but rather doing more of the things in life that make me happy and focusing in turn on the more positive aspects of them; starting small, she suggested. I listened, smiled and then joked back a reply: "I know. I could make a pail list." She laughed and said, "Sure!" So that's what I'm going to do.

If I've learned anything about myself during this cancer business it is that if I try to take on too much at one time, whether it's reading, writing or arithmetic (life expectancy-type calculations); gathering information online or through books, magazines, etc., attempting to control/predict, understand/arrange my life (what there is left of it), I get overwhelmed and shut down. As a result, I then do less of the responsible, cancer-fighting things (diet, exercise; in general, health and fitness-type behaviors) that I know I should.

It's very difficult, however, to disconnect or lower your expectations or suspend your belief/hope about your future, but if you don't find a way to compartmentalize the good from the bad; somehow segregate fact from fiction, actual feelings from imaginary ones; the consequences, emotionally could be severe. It's an emotional version of being stuck in quicksand (if I remember my formative years watching Johnny Weissmuller's Tarzan movies on Saturday mornings): thrashing around hastens your demise while remaining still and yelling for help simply slows down the inevitable. The reality is/was, you're likely damned/doomed if you do and damned/doomed if you don't. You need a miracle or some kind of intervention. (Or you need to know the script. However, for cancer patients, there is no script.)

And I don't expect a miracle (I'll hope for one, though). But I am certainly open to, and appreciative of, an intervention. Which I believe is exactly what I received the other day from my co-worker/friend. Sometimes, from the mouths of babes (in this instance, an attractive female), and outsiders looking in, often come innocent-sounding and selfless observations and suggestions that those of us consumed on the inside cannot quite formulate. It's a little bit like not being able to see the forest for the trees: you're too close, maybe even too stubborn (in my case) to see what's right (and correct) in front of you.

Hopefully, writing this column is the first step. Now, if I can only find a pail small enough to suit me.

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

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Debbie.Witchey@safecommunitycoalition.net
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Website at: www.safecommunitycoalition.net

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Monday, June 9, 2010 (EST)

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PRINT EDITIONS

LETTERS

Trails Increase Security, Property Values

To the Editor:

I would like to respond to a letter in the June 2-8 edition asking, "Who Would Dare to Use Sidewalks?" The people who would use sidewalks along Georgetown Pike, not to mention every other major roadway in Great Falls, are our neighbors. Literally hundreds of households have voiced their desire to be able to safely walk or ride bikes or horses to the Village Center, local parks, schools or simply a neighbor's house. Everyone in Great Falls lives within walking distance to a park, yet, most residents must get in their car and drive to a park to find a safe place to walk.

There is a common misconception that trails along major roadways are dangerous for both trail users and drivers. However, a Federal Highway Administration study (2002 Report No. FHWA-RD-01-101) found that "the presence of a sidewalk or pathway on both sides of the street corresponds to approximately an 88 percent reduction in "walking along road" pedestrian crashes. The study also found that an unpaved shoulder of 4 feet or more "makes a location 89 percent less likely to be a crash site." What is very dangerous is the numerous joggers, recreational cyclists and children walking and riding in the roadway for lack of an alternative place to travel.

Incidentally, studies also show that trails do not increase crime in a neighborhood, but they do raise property values. For more information take a look at www.railstotrails.org.

Great Falls Trail Blazers has raised \$2 million, so far, to complete trails beside two major roads, Georgetown Pike and Walker Road, using County funds, donations and Federal grants. Although some of those funds are just now being spent, much more needs to be done. We are working diligently to get the county to allow us to use our funds to complete several miles of trail

where we already have public easements. These walkways will not come at the expense of the natural and historic aesthetics of our community. Great Falls Trail Blazers has worked for years to try to ensure that any roadside trails, outside of subdivisions and commercial areas/schools, be constructed of stone-dust or left natural surface. We are also dedicated to preserving trees and native plants.

We ask if anyone has questions or concerns about trails in Great Falls or would like to join in our efforts to please contact us at GreatFallsTrailBlazers@yahoo.com and visit www.GreatFallsTrailBlazers.org.

Mary Cassidy-Anger, President
Great Falls Trail Blazers

Offshore Drilling Is Not Response

To the Editor:

Virginia cannot afford the negative economic and environmental consequences of a potential oil spill off of our coast, which may be a result of offshore drilling. We need our U.S. Sens. Warner (D) and Webb (D) to support legislation that promotes safe, renewable, clean energy sources such as wind, solar, and geothermal.

There has recently been talk of offshore drilling to occur along the coast of Virginia, but we cannot allow this to happen. The crisis in the Gulf Coast should be a wakeup call to all those that support such drilling. We cannot continue to depend on non-renewable resources which may have such dire consequences.

The longer we wait, the more damage may be caused. Clean energy is the way to go, and it can help to turn our economy around by providing thousands of jobs and increased security for our country. The time to act is now and we need leadership that drives comprehensive clean energy and climate legislation for our future.

Kellen Lauer
Herndon

SCHOOL NOTES

Send School Notes to greatfalls@connectionnewspapers.com. Deadline is Friday.

Margaret Smith of Great Falls was named to the spring 2010 dean's list at Ohio Wesleyan University. Smith is a graduate of Langley High School.

Alexandra Mahinka of Great Falls has graduated magna cum laude from Gettysburg College of Gettysburg, Pa.

Rachael Beekman of Great Falls has been named to the spring 2010 dean's list at Tufts University of Medford, Mass.

Great Falls residents **Laura Falcon**, a senior, and **Natalie Might**, a sophomore, have been named to the spring 2010 dean's list at The University of Mary Washington.

Lan Anh Galloway was accepted into the Virginia Department of Education's Governor's Foreign Language Academies, a summer residential program for talented foreign language students. The Madeira School junior is the daughter of George and Lien Galloway.

John Turner of McLean has graduated with a bachelor of arts in psychology and religious studies from Rice University of Houston, Tx.

Brigid Donovan of McLean has been named to the trimester 2 honors list at Saint James School of St. James, Md. The 12th grade student is the daughter of Mr. and Mrs. David Donovan.

Patricia S. Cooper of McLean has graduated from the University of Virginia Law School. Cooper is a 2001 graduate of Langley High School and a 2005 graduate of the University of Virginia, where she was an Echols Scholar and member of Phi Beta Kappa. Cooper is the daughter of Dr. and Mrs. Wayne Cooper.

Gregory R. Epreman of McLean has been named to the spring 2010 dean's list at Bucknell University of Lewisburg, Pa. He is the son of Jeffrey and Annette Epreman, and a 2008 graduate of Thomas Jefferson High School.

Kelsey P. Linebaugh of McLean has been named to the spring 2010 dean's list at Bucknell University of Lewisburg, Pa. She is the daughter of Craig Linebaugh and Cheryl Person, and a 2008 graduate of Madeira School.

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ABC LICENSE
Hi Cue, Inc trading as Hi Cue Billiard, 940 A South George Mason Drive, Arlington, VA 22204. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Beer on premises license to sell or manufacture alcoholic beverages. Hyun Sook Kim, President

ABC LICENSE
Walgreen Co. trading as Walgreens #13941- 3130 Lee Highway, Arlington, VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Wine and Beer Off Premises license to sell or manufacture alcoholic beverages. Margarita Kellen, Walgreen Co. Assistant Corporate Secretary

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SPORTS

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The Dominion Country Club League kicked off its summer swim season this past weekend with the RiverBend StingRays (Great Falls) upsetting league stronghold, Westwood Country Club (Vienna), by a score of 282.5 to 233.5 on June 19.

The StingRay girls' 8-Under 100-meters free relay team of Charlotte Bell, Anna Takis, Olivia Franke and Caroline Bean broke a RiverBend team record with a time of 1:18.35. Leading the blue ribbon charge, Jessica Hawken and Micaela Grassi each won four events (50-free, 50-back, 50-fly and 100-IM). Kelsey Campbell, Ryan Windus and Colin O'Conner each won three blue ribbons while Charlotte Bell and Carter Bennett scored two first place finishes. Other first place winners included: Christopher Blankingship, Sabrina Slavin, Sam Maruca, Anna Takis, Annie Youngkin and Will Ferrer. Next week, the StingRays travel to Fairfax to take on the Country Club of Fairfax.

For Westwood, Laura Kellan and Matt Callahan each won four events. Palmer Lloyd and Alec Dolton each won three events and Zach Roeder won two. Single event winners for Westwood were Krissy O'Malley, Erin Callahan, Tom Fenninger and Natalie Brendsel.

The Great Falls Extremes girls' soccer team captured the championship of the under-16 Silver Division at the Virginia Tournament. The locals went undefeated throughout the tournament, beating the South Semco Canadian team, 5-3. The Extremes played the finals game with only 10 players against a stellar New Jersey team. They won that finals game in penalty kicks with goalie Erika Brent blocking the opponents' final kick attempt. All of the girls played up to their potential in helping the Extremes finish in first. Team members are Erika Brent, Natalie Cook, Leah Cohen, Hannah Donegan, Britany Gallagher, Sarah Gordon, Emma Price, Sarah Rachal, Claire Robinson, Rachel Sanson and Mira Tanenbaum. The team is coached by Alberto Starace. Also participating were Jessica DeMayo, Shohini Ghosh and guest player Jennifer Cantrick. Teammate Katherine Ballington was out with an injury.

Union College (Schenectady, N.Y.) men's lacrosse sophomore goaltender Sean Aaron (Great Falls) was named to the All-Liberty League First Team. Union finished



PHOTO/RITA ROY

The RiverBend Stingrays' 9-10 girls prepare to face off against Westwood Country Club in the 50-breaststroke event. From left are Chloe Bennett, Annie Youngkin, Bella Valcourt, Erin Fredrick, Eliza Pastore, Emma Grassi and Kelsey Campbell. They are all from Great Falls and McLean. Annie won a blue ribbon in breaststroke and Kelsey won three blue ribbons in backstroke, butterfly and 100-IM. In individual events, the 9-10 Girls brought home nine ribbons in all, four first place, two second place and three third place finishes.



COURTESY PHOTO

The RiverBend Stingrays gather for a pre-meet pep rally before their win over Westwood Country Club last Saturday.



COURTESY PHOTO

The Great Falls Extreme girls' soccer team went unbeaten in capturing the U-16 Silver Division of the Virginia Tournament.

with an 11-3 overall regular season record this spring and finished second in the Liberty League standings with a 4-2 mark.

Aaron, the only three-time Liberty League Defensive Performer of the Week, led the league in goals-against average and save percentage. He also was the national leader in both categories. An All-America candidate, Aaron finished the regular season with a 5.34 goals-against average and a .717 save percentage. He has registered 11 wins this season, tying a school record. Aaron has made 12 or more saves in nine games, including a career-high 23 in an 8-4 win at Oneonta State.

Great Falls area siblings Courtney Cross and Ashley Cross, both members of the Bishop O'Connell girls' lacrosse team this past spring, were recently selected to the 2010 Washington Catholic Athletic Conference (WCAC) Second Team. Courtney, a sophomore, was also selected to play for the Girls National High School Team at the Women's Division National Tournament this past Memorial Day weekend. Courtney and Ashley (freshman) have both played in the Great Falls lacrosse league since second grade and currently play for the O'Connell Knights as well as Capital Lacrosse Teams.

Great Falls resident Spencer Clark and Falls Church resident Edwin Zwang, both members of this past spring season's Thomas Jefferson High boys' tennis team, paired up to win the recent Northern Region doubles title. The winning twosome defeated a duo from Robinson High in the finals. Clark will be attending Cornell this fall and Zwang will go to MIT. The Jefferson tennis team also captured the region team title this season.

Academy International will host week long lacrosse and field hockey academies for girls. The lacrosse academies will take place at Cooper Middle School in McLean. Camp dates and times are: Aug. 9-13, from 9 a.m.-12 noon; and Aug. 16-20, from 4.30-7:30 p.m. The field hockey camp will take place at Washington-Lee High School in Arlington July 19-23. Renowned coaches from Canada and Britain will group players by age and skill levels to customize training for beginners to advanced players. To register, visit www.academyinternational.net, or call 703-816-0244 for further details.

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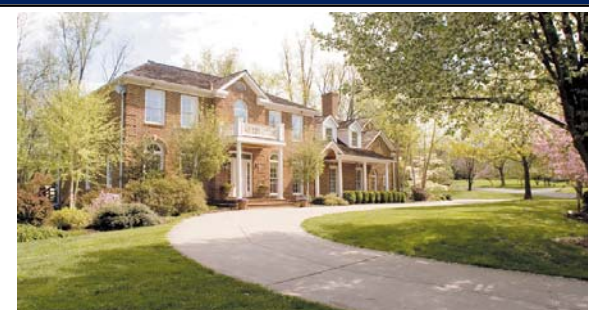
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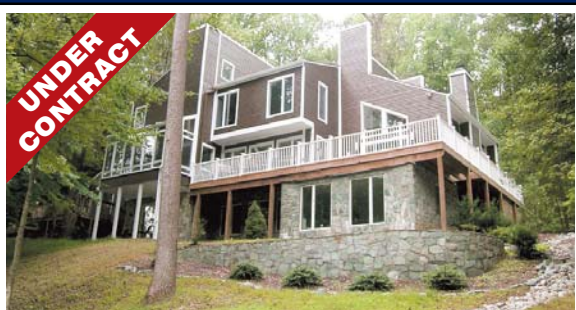
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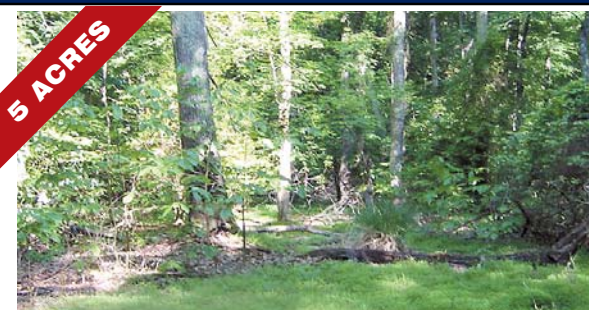
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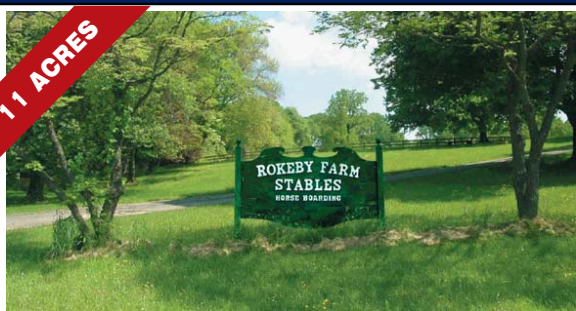
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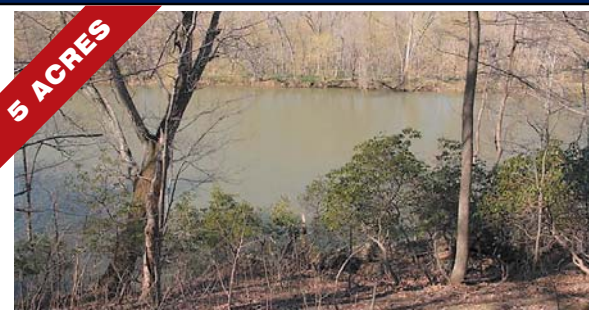
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