

# Great Falls Kicks off Summer on The Green

NEWS, PAGE 3

Children at June Fest at the Great Falls Village Centre attempt to reach the summit of the climbing wall, one of many games and rides at the Sunday, June 3 event.

Wellbeing  
PAGE 14

Langley Alumni  
Gather on  
The Diamond

NEWS, PAGE 15

At Forestville,  
Odyssey  
Comes Home

NEWS, PAGE 3

OPINION, PAGE 8 ♦ ENTERTAINMENT, PAGE 10 ♦ SPORTS, PAGE 16 ♦ CLASSIFIEDS, PAGE 18

PHOTO BY ALEX McVEIGH/THE CONNECTION



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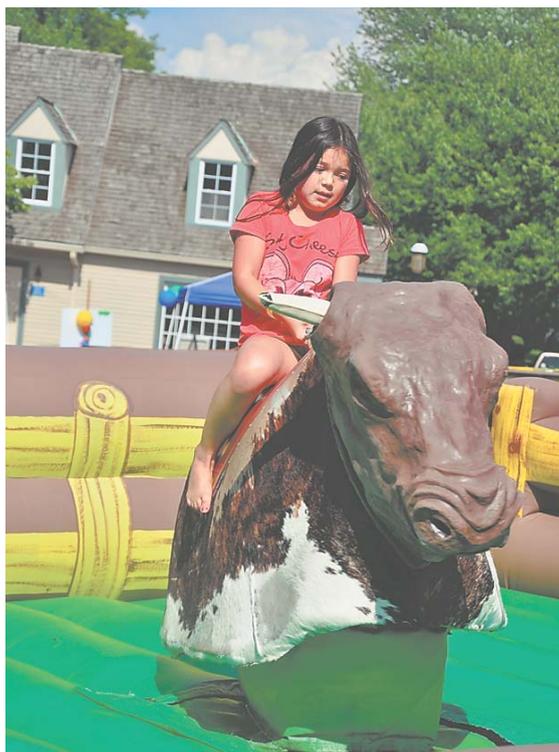
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**Carolyn Amano Dolan, 9, tries to stay on the mechanical bull during June Fest at the Great Falls Village Centre Sunday, June 3.**



PHOTOS BY ALEX McVEIGH/THE CONNECTION

**The Shields Brothers, from left, Tristan and Rory, perform during this year's first Concert on the Green Sunday, June 3 at the Great Falls Village Centre.**

## Great Falls Kicks off Summer on the Green

**June Fest leads into first edition of annual Concerts on the Green.**

BY ALEX McVEIGH  
THE CONNECTION

**C**elebrate Great Falls hosted the inaugural edition of June Fest, a spring festival at the Great Falls Village Centre that featured local businesses, organizations and carnival games and rides. Celebrate Great Falls rechristened their festival June Fest this year, to avoid confusion with the annual Easter Egg Hunt hosted by the Optimists.

The festival featured the largest variety of rides that has ever been featured in Great Falls. It included the standard moon bounces and slides, but added several new mechanical rides to the mix.

"These were the best rides I've ever been on in Great Falls, especially the mechanical bull," said Dana Armand, 7, of Great Falls. "I liked that they kept track of the time you spent on the bull, so you could compare with friends."

Though everyone who tried to ride the mechanical bull was eventually knocked off, it didn't prevent it from being one of the most popular. Others gathered in the Tilt-A-Whirl-style machine that allowed riders to control their own spin.

"We rode a few times in a row, basically trying to make someone get sick or chicken out," said Jon Reid, 14. "But we kept riding since no one wanted to be the first to get off. It was a lot of fun though."

Other guests could try their hand at the rock-climbing wall, or if they were in the mood for something more relaxed, a simple hayride around the village center.



**From left, Stephanie Dolan, 13, Jenny Margraf, 14 and Mollie Schulman, 14 spin themselves around on a ride during June Fest Sunday, June 3 at Great Falls.**

"They can have their bouncing, their jumping and their spinning, I told my son that's all well and good, but come to me when you want to do a hayride," said Paul Alphonso of Great Falls. "He never did come and find me, but I snuck on the hayride eventually."

The festival led into the first edition of this year's Concerts on the Green, which featured The Shields Brothers, most recently seen on NBC's "The Voice." Playing a combination of pop rock and classic rock hits, the two wasted no time getting the crowd involved, with drummer Rory Shields even taking some time mid-song to run around the green to solicit high-fives.

"I thought it was a great choice, especially to kick off the season," said Allison Fenton of Great Falls. "They're contemporary, which got the kids excited, to see a band in person they've seen on TV, and they really worked to get the crowd involved with the show, which was a lot of fun."

Future Concerts on the Green will take place from 6 to 8 p.m. Sundays through July 29, with Aug. 5 and 12 serving as rain dates in case of cancellation. More information, including a complete schedule, is available at [www.celebrategreatfalls.org](http://www.celebrategreatfalls.org).



**From left: Gwyn Murphy, Sarina Bell, Sydney Pham, Caroline Keys, Lawrence Kang, Daniel Silvestri, and Adit Khera, with adviser Jeff LeLoup.**

## At Forestville, Odyssey Comes Home

**Forestville Elementary team brings back Odyssey of the Mind title in spontaneity.**

BY ERIN HODGE  
THE CONNECTION

**T**he students of Forestville Elementary School lined up behind the school on Thursday, May 31, waving signs emblazoned with the word "Congrats!" written in every fancy lettering and color. Bumping and nudging one another, they weren't just excited to be out of class that morning.

Three convertibles, "floats" in this parade, carried Forestville's Odyssey of the Mind world champions around the corner to their classmates and fans. In the first car, Gwyn Murphy, Sarina Bell, and Sydney Pam; in the second, Daniel Silvestri and Caroline Keys; in the third, Lawrence Kang and Adit Khera. As each car passed, the team members cheered with their fans and classmates.

Odyssey of the Mind is a program that encourages students to learn problem-solving techniques by giving teams five competitive problems to solve in creative ways. Though teams are given weeks or months to solve these problems, they are also presented with a "spontaneous" problem at the competition. It is in this category that the team of seven Forestville students came out on top.

Before the competition, the students would practice two to three hours a week, Mondays and Saturdays. "It was fun," said Gwyn Murphy, a fifth grader on the team. "We got to hang out and laugh!" But they had to work hard, too.

"They really focused on the rules, making sure they had a full knowledge," said Jeff LeLoup, the team's adviser and

SEE FORESTVILLE, PAGE 9



**Sarina Bell, Sydney Pham, and Gwyn Murphy wave to their fans and classmates during the parade on May 31.**

## THE COUNTY LINE

# Community Services Budget Under Scrutiny

**\$8 Million budget hole threatens programs, public review underway.**

BY VICTORIA ROSS  
THE CONNECTION

**T**he Fairfax-Falls Church Community Services Board, which provides social services to thousands of the county's most vulnerable residents and has come under fire for an \$8 million budget shortfall, was given a temporary reprieve by the Fairfax County Board of Supervisors.

At its May 22 meeting, the board ultimately approved a plan that directs the Human Services Council to collect input from the public and social service advocates - a plan that temporarily takes critical services provided by the CSB off the chopping block.

But the decision was not a simple one, and came after vigorous debate and calls for more financial scrutiny of the agency, which administers social service programs to more than 22,000 county residents.

After the meeting, Supervisor Jeff McKay (D-Lee) said he would like to see an independent audit of the agency to examine the scope of the CSB's financial problems.

Supervisor Pat Herrity (R-Springfield), in a May 25 letter to the Auditor of the Board, also suggested a financial review of the agency "to ensure that the CSB is not unnecessarily wasting money, considering their looming budgetary problems."

**RELATIONS** between the CSB and the board have been strained since the agency revealed a larger-than-expected budget deficit in early May. Some supervisors suggested the information about the financially troubled agency came too late in the budget process to adequately explore the reasons behind the shortfall and develop viable solutions.

"It troubles me that we're stuck with this here, stuck with this now, and we're not in budget (discussions) where we can do anything about it," said Herrity, who suggested that the CSB look to private health insurance companies to help to offset the cost of services. "We want people who don't have private health insurance to be able to get into the program."

During fiscal year 2013 budget hearings in the spring, the social services agency raised a red flag when it announced it had, for the first time in its history, started a waiting list in March for services delivered by the Infant & Toddler Connection.

The ITC provides evaluations and early intervention services for infants and toddlers (up to age three) who have a developmental delay. Therapies include physical, speech, occupational and vision and hearing. Any delays in treatment, according to medical experts, can compound and intensify developmental delays, creating signifi-



PHOTOS BY VICTORIA ROSS/THE CONNECTION

**Fairfax County Board of Supervisors Chairman Sharon Bulova (D-at-large) and Supervisor Penny Gross (D-Mason) questioned George Braunstein, the director of the Fairfax-Falls Church Community Services Board, about current and projected budget shortfalls that threaten the agency's programs.**

### Public Meetings

At its May 22 meeting, the Fairfax County Board of Supervisors directed the Human Services Council to offer the public a chance to review, evaluate and comment on the CSB's proposed budget management plan. There will be three public meetings:

❖ Organizations and Advocacy Groups: Monday, June 4, at 7:30 p.m. in conference center rooms 9 and 10 in the Fairfax County Government Center

❖ Families and Consumers: Monday, June 11 at 7 p.m. in rooms 230 A and B, 2nd floor of the Pennino Building. In addition, individuals may participate in a phone question session at this meeting by calling 703-324-2001.

❖ Organizations and Advocacy Groups: Monday, June 18 at 7:30 p.m. in conference center rooms 9 and 10 in the Fairfax County Government Center.

To sign up in advance to speak at the meetings, to request ADA accommodations or to submit written comments, contact Dwight Curtis at [Dwight.Curtis@fairfaxcounty.gov](mailto:Dwight.Curtis@fairfaxcounty.gov). Or call 703-324-5630, TTY 711.

To submit comments online, visit [www.surveymonkey.com/s/fairfaxfallschurchCSBplan](http://www.surveymonkey.com/s/fairfaxfallschurchCSBplan).

The Human Services Council will consider all input and present recommendations to the Board of Supervisors at its July 16 meeting.

cant learning problems when children enter school.

During the second tense meeting with CSB director George Braunstein on May 22, board members expressed unanimous frustration and disappointment that the agency was considering scaling back services for at-risk children, people with intellectual disabilities and substance abuse problems to address the current \$8 million shortfall that is projected to increase to \$9.4 million in the fiscal year 2013.

Supervisor Penny Gross (D-Mason) said earlier proposals by the CSB to close budget gaps - such as shutting down substance abuse treatment centers and facilities for adults and children suffering from mental illness - were unacceptable.

"I don't like being in this position because I've generally tried to be very supportive of things at the CSB, but I am really uncomfortable with these recommendations and I'd like to be able to say no because it cuts services," Gross said. "But if I vote no on recommendations, where else do we go? I guess I'm just venting, because I don't have a suggestion of what we need to do. I am extremely unhappy."

"I don't want anyone to think we're approving recommendations everyone is troubled by," said Chairman Sharon Bulova (D-At-large). "We're looking for ways to mitigate the reductions that were presented."

Braunstein told the board a combination of factors led to the agency's deepening financial crisis, including reduced federal funding and a steep increase in demand for CSB services. The demand for ITC services has jumped 38 percent in the past two years, and 165 children are currently on the waiting list, Braunstein said.

"The CSB, at least during first three years, managed to absorb local budget reductions and not reduce access to services," Braunstein said. "The strategies we used the last three years just didn't work this past year."

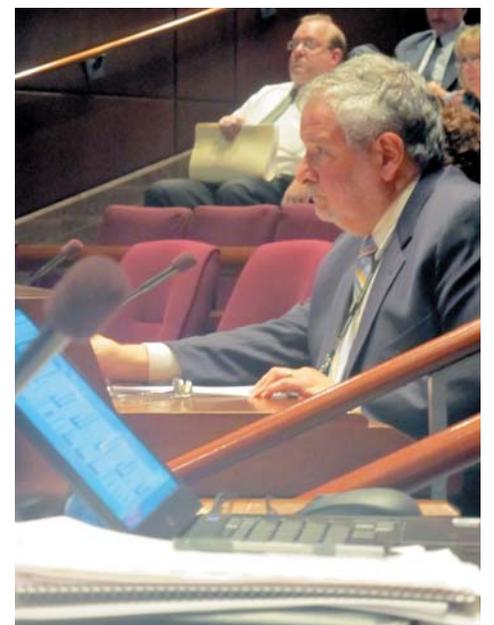
In fiscal year 2011, CSB expenditures totaled approximately \$155 million dollars. In February, the CSB notified the county of a potential \$8.3 million hole in its current budget, which prompted the board to establish a \$4.2 million cushion during the budget discussions.

Bulova noted that CSB programs in other parts of Virginia are funded with a combination of federal and state dollars.

"In Fairfax County, the reverse is true. We pay about 70 percent of CSB programs, and we do as much as we can because these are populations we care deeply about," Bulova said.

During the board's discussion, several supervisors questioned whether it was even necessary to approve any of the interim measures before them.

"The fundamental question I have is why



**George Braunstein, the director of the Fairfax-Falls Church Community Services Board, appeared before the Fairfax County Board of Supervisors for the second meeting on May 22.**

are we acting on this period? Why does this need our stamp of approval," said Supervisor Jeff McKay (D-Lee).

After some deliberation about the need for the board's approval, the board approved a "plan process" that includes public forums facilitated by the Human Services Council.

The Human Services Council will facilitate a public review process to prioritize, review, and evaluate the impact of the CSB's proposed budget management plan on individuals, families, provider network, and the human services system.

**THE BOARD** also authorized the following interim actions for the Community Services Board. The measures, Bulova said, are first steps before more comprehensive actions are taken to address the projected budget shortfall:

❖ The Infant and Toddler Connection (ITC) early intervention services waiting list will be maintained while continuing CSB-provided assessment and facilitation of potential next steps and resume early intervention referrals as State funding is available.

❖ Employment and day services will be initiated for 19 new high school graduates with intellectual disability who have urgent needs upon graduation.

❖ The allocation of contract rate adjustment funds to CSB contractors will be suspended pending final carryover decisions by the Board of Supervisors.

❖ All measures to contain costs through further efficiencies and probationary staff reductions will be immediately taken.

"The CSB serves our most vulnerable populations in Fairfax County. In partnership with the CSB, Advisory Groups and organizations, and with our County workforce we will work our way through this challenge," said Bulova.

# Farmers Market Going Strong in New Location

**Weekly market features locally grown produce, meats, beauty products.**

BY ALEX MCVEIGH  
THE CONNECTION

Every Saturday morning the Great Falls Farmers Market offers fresh produce and other unique, home-made goods, of which many come directly from Great Falls itself. Now located at the Great Falls Village Centre (in the parking lot next to Wells Fargo) every Saturday, it features a variety of vendors both returning and new.

Katie Cole and Caitlyn Shumway, recent Langley graduates, just finished their freshman years at Christopher Newport University. With dreams of one day opening a bakery, the two have used the farmers market to start small with homemade jams, jellies and caramel corn under the name CK Creations.

"It's been a great learning experience, we've learned all about the hard work a business takes," Shumway said. "But we've also learned that it's worth it, we've started



**Jennifer Downey of Night Sky Farms, one of the many vendors at the Great Falls Farmers Market. Downey specializes in dairy products, cheeses as well as body soaps, lotions and other cleaning products.**

seeing some regular customers, and it's rewarding to start to see your hard work pay off."

**GROWN LOCALLY** in Great Falls, the produce from Maple Avenue Market Farm has all been harvested less than 24 hours be-

fore each market. They have a variety of greens for sale, and owner Sarah Guerre, who runs the farm with her husband Chris, says they'll be featuring cucumbers, peppers, tomatoes, carrots, okra and more as the growing season progresses.

"We're still planting every day, and we're

getting to the end of the spring vegetables, but the summer ones haven't come in yet," Sarah Guerre said.

Backyard Eden is another company whose products come straight from Great Falls. Purveyors of honey, apiarist Jeff Rainey says they're just doing their part to keep the pollination cycle going.

"We have organic gardens and the bees can pollinate those and nearby gardens. We've had a lot of bee colony collapse recently due to use of herbicides and pesticides, so we're doing our part to give back," Rainey said. "Our honey is raw, meaning it's not heat processed, so it still has all the good enzymes in it."

Rainey's booth also featured a wide variety of beekeeping literature available to those interested in the science of bees and pollination.

Sarah Wehri, owner of Amalthea Ridge, specializes in finding a unique use for goat's milk, as the main ingredient in a variety of soaps, lotions and creams. A trained chemist, Wehri runs her goat farm in Great Falls and has been in business since December.

"The milk has a natural hydrating and exfoliating effect on skin," she said. "Being a chemist, I've got to figure out how the various ingredients will come out in the end, which makes good results for the custom

SEE FARMERS MARKET. PAGE 6

PHOTO BY ALEX MCVEIGH/THE CONNECTION



On June 2, we Celebrated Great Falls – and the 80<sup>th</sup> anniversary of Dancing at Colvin Run ... **thank you to all the wonderful volunteers and sponsors!**

Delicious hors d'oeuvres were donated by our friends at:

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*We very much appreciated the helping hands from the Langley High School*

*Community Outreach Program*

The door prizes donated by the Nail Salon and Salon Szabo were a real treat!

## Dancing Under the Stars at the Colvin Run Community Hall

**Who:** Sponsored on behalf of all Great Falls neighbors by Great Falls Business & Professional Association (GFBPA) Great Falls Citizens Association (GFCA) Colvin Run Citizens Association (CRCA)

**Where:** The historic Schoolhouse at 10201 Colvin Run Road, Great Falls VA 22066, now called the Colvin Run Community Hall. Dancers have been enjoying its 1200 sq ft, sprung oak floor for 80 years.

A portion of the proceeds were donated to the Analemma Society's Observatory Park.



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# Farmers Market Attracts Neighbors

FROM PAGE 5

ers, everything holds together well and is very consistent.”

Some of Wehri’s products include ginger-lime and cranberry-pomegranate-scented soaps and lotions, as well as shaving creams and body scrubs.

“The best part about coming to the market is to see what people like and are interested in seeing in the future,” she said. “We formulate everything based on what we want to accomplish.”

Other products don’t come directly from Great Falls, but from in-state sources. The free-range eggs at High View Farms of Berryville, Va., might look a little different from store-bought eggs.

“The yolks are a bright yellow, almost orange, and that’s because they have less saturated fat and more omega-3’s than supermarket eggs,” said Craig Hagaman of High View Farms. We also have chicken and Berkshire pork, which is a heritage breed that is mostly exported to Japan. It has more fla-

vor and it’s marbled almost like beef.”

Hagaman said his business has almost doubled this year since the farmer’s market moved.

Jennifer Downey of Night Sky farm in Brooknell, Va. is ranked grade A for dairy and features goat’s milk cheese as well as soaps, lotions and other personal products. They have 22 goats and two cows for milking.

“We want to show how diverse dairy can be, from our wide variety of cheeses to cleaning products with scents you’ll never smell in a grocery store,” Downey said.

The laundry soaps have been rated highly by the Great Falls Citizens Association’s Environmental Committee for their positive interaction with septic systems, which most of Great Falls is on.

Also at the farmer’s market is a booth featuring information on different ways to use the produce purchased there. Janet Al-Hussaini, a master food volunteer who trained with the Virginia Co-



PHOTOS BY ALEX McVEIGH/THE CONNECTION

**Janet Al-Hussaini, a master food volunteer who trained with the Virginia Cooperative Extension, at the Great Falls Farmers Market with advice and recipes on how to use produce found at the market.**

**From left, Katie Cole and Caitlyn Shumway, Langley High School alumni who started their own business CK Creations, which features jams, jellies and caramel popcorn at the Great Falls Farmers Market.**

operative Extension, is on hand with recipes and other information about healthy eating.

“There are so many ways to make healthy, simple meals with what’s available at the farmers market,” she said. “But we can also

help people make better food choices with things they’ve got sitting in the fridge or in the back of the cabinet.”

At the Saturday, June 2 market, Al-Hussaini presented a cucumber yogurt salad, homemade marm-

lade and asparagus with garlic and rosemary.

**THE GREAT FALLS FARMERS MARKET** will take place every Saturday from 9 a.m. to 1 p.m. until Nov. 17.



## PHOTO GALLERY!

### “Me and My Dad”

To honor dad on Father’s Day, send us your favorite snapshots of you with your dad and The Connection will publish them in our Father’s Day issue. Be sure to include some information about what’s going on in the photo, plus your name and phone number and town of residence. To e-mail photos, send to:

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# NEWS

**Germany's Ambassador to the United States, Peter Ammon, speaks to the Great Falls Rotary Club, part of their inaugural Ambassador Dinner series.**



PHOTOS CONTRIBUTED

## Great Falls Rotary Hosts German Ambassador

**O**n June 1 the Rotary Club of Great Falls launched its Ambassador Dinner Series. The guest speaker for the inaugural event was Germany's Ambassador to the United States, Peter Ammon.

Accompanied by his wife, Marliese, and his daughter Christina, Ambassador Ammon shared his insights on the current crises in the Eurozone with a group of about 65 Rotarians and friends. With respect to Greece, Ambassador Ammon noted that Germany

and other countries want to see Greece remain in the Eurozone.

They cannot stimulate themselves out of this crisis. And leaving the Eurozone would be a disaster as their own currency would be devalued, and since Greece must import most of its critical goods, the costs of doing so would increase substantially.

The Rotary Club of Great Falls plans to hold at least two Ambassador Dinners each year. These special events are open to the public. Information is available at [www.rotarygreatfalls.org](http://www.rotarygreatfalls.org).



**Germany's Ambassador to the United States, Peter Ammon, speaks to the Great Falls Rotary Club.**

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## Summer Concert on the Green



**Mike Terpak Blues Explosion**

**Sunday, June 10**

6pm to 8pm

Great Falls Village Centre Green at the Gazebo

**Mike Terpak Blues Explosion**

Based out of Washington, DC, the band explodes with virtuoso guitar work by Bill Kotapish, hard driving rhythm by drummer Brian Alpert and vocals by Mike Terpak.



Whether you want to hear great British, American and original electric blues played to the hilt, or are just looking for that driving beat to make you move your feet, the Mike Terpak Blues Explosion always delivers!

**Summer Concerts on the Green**

Concerts are held weekly every Sunday during June and July. Come out with your picnic baskets and chairs for an entertaining evening of live, free music.

Another event brought to you by the Celebrate Great Falls Foundation.

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# OPINION

## Primary Voting

Statewide primary on  
Tuesday, June 12.

**O**n Tuesday, June 12, Virginia will hold a statewide Republican primary for U.S. Senate, plus numerous more local primaries for U.S. House of Representatives and localities.

In the City of Alexandria, there is a critical and hotly contested contest for City Council, which has been chronicled by Alexandria Gazette Packet reporter Mike Pope. You can read the coverage online here: <http://www.alexandriagazette.com/news/Election/Alexandria>

Alexandria, Arlington and parts of Fairfax County are affected by the Democratic primary for the 8th district of U.S. House of Representatives, with U.S. Rep. Jim Moran facing former Navy pilot Bruce Shuttleworth. The winner will face Republican Patrick Murray of Arlington in November.

Reston and some other parts of Fairfax County, represented by Moran for the past 10 years, will now be in District 11; incumbent Gerry Connolly will face the winner of next week's Republican primary in November. Voters in the Republican primary in district 11 will choose between Ken Vaughn and Chris Perkins.

There is no primary for either party in the 10th Congressional District. U.S. Rep. Frank Wolf (R) will face Democrat Kristin Cabral in November.

In the U.S. Senate Republican Primary, George Allen faces Bob Marshall, Jaime Radtke and E.W. Jackson. The winner will face Democrat Tim Kaine in November.

Connection coverage of the Senate and Congressional races so far is available at <http://www.connectionnewspapers.com/news/Election/National/>

### UPCOMING ELECTIONS AND VOTER INFORMATION

❖ Virginia State Board of Elections website at [www.sbe.virginia.gov/](http://www.sbe.virginia.gov/)

❖ Fairfax County Office of Elections website at [www.fairfaxcounty.gov/elections](http://www.fairfaxcounty.gov/elections) or contact the Office of Elections at 703-222-0776, TTY 711.

❖ Arlington County Office of Voter Registration, 2100 Clarendon Blvd., Suite 320, Arlington, 703.228.3456, TTY

703.228.4611. <http://www.arlingtonva.us/departments/voterregistration/voterregistrationmain.aspx>

❖ Alexandria Board of Elections, 132 North Royal Street, Alexandria; 703.746.4050. <http://alexandriava.gov/Elections>.

### EDITORIAL

### LETTERS TO THE EDITOR

## Running for U.S. Senate

To the Editor:

I am a 21-year member of Virginia's General Assembly who never voted for a tax increase. I would like to ask your readers to vote for me in the June 12 Republican U.S. Senate primary.

I wrote the 2010 law challenging Obamacare which gave Attorney General Cuccinelli legal sanding to sue the Obama Administration. I voted against adding "stimulus" money to Virginia's Budget in 2009, and against "borrowing" \$620 million from the Virginia Retirement Fund to pay general obligations, and I oppose Congress shifting Social Security funds.

This year my bill passed to prevent Virginia from participating in a 2011 federal law, which allowed "detaining" American citizens without proof, trial, legal counsel or ability to face an accuser on mere suspicion of supporting terrorism. Japanese Americans heavily supported my bill. I oppose America moving toward a police surveillance state.

In 2006 I devised the one-man, one-woman Marriage Amendment to Virginia's Constitution, approved by voters. I recently led the effort to block the appointment of a social liberal activist who wanted to be a Virginia judge.

In 1976, I devised the Hyde Amendment blocking federal taxes for abortion. I support protecting the lives of all children before birth.

In 2007, I was the only cur-

rent state legislator to sue Richmond's entire political establishment: Democrat Governor Tim Kaine, the Republican Attorney General and the Republican Speaker, for supporting a law establishing unelected taxing authorities. In 2008, the Virginia Supreme Court unanimously struck down the 14 new taxes imposed by these appointed bodies.

Without my successful suit Virginians would have likely seen more unelected taxing bodies violating the principle of "no taxation without representation."

Now I am suing UVA for Michael Mann's global warming papers being used by Barack Obama to cripple America's manufacturing and energy production with needless regulations and many hundreds of billions in taxes.

I will fight to develop America's vast Coal, Oil Shale, Oil and Natural Gas resources to stop the flight of almost \$770 billion a year to foreign regimes, many hostile to America, and promote jobs, improve our economy and prevent war.

I know how to play political hardball with the parliamentary rules from my 6 years as a congressional staffer and 21 years in the Assembly.

My website is [bobmarshall2012.com](http://bobmarshall2012.com). My cell phone, 201-259-3756. Please vote for me at your regular poll June 12 and ask your family and friends around Virginia to do likewise. Thank you.

**Del. Bob Marshall**  
(R - Manassas)

## Vacation Time

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

### COMMENTARY

**J**ane and I just returned last week from a wonderfully relaxing, ten-day vacation in Italy. It was our first visit to that country. We both love history, and Italy provides plenty of it. From exploring the ruins of the Coliseum and the Forum in Rome to the mercantile capital of its time in Venice and to the beauty of the arts in Florence we could not have had a better time. We discovered while driving along the mountain ridgeline in Tuscany why some call the vistas the most beautiful in the world.

For every big vacation we take we go on many mini-vacations, as we call them, for a day, a weekend, or for several days. All are driving trips, and many are right here in Virginia. They are good for couples, families, and grandparents. There is an endless list of places to go in Virginia.

Recently Trekaroo, an Internet-based travel blog, started listing its "top ten things for families to do" in each of the 50 states. I found its list for Virginia to be particularly interesting. Two of its top ten recommended attractions for Virginia are Colonial Williamsburg and Jamestown, both former Virginia state capitals, and the Frontier Culture Museum near Staunton. Colonial Williamsburg is peerless as a reconstructed town with re-enactors. On nearby Jamestown Island it is now possible to see the outlines of the original fort that for many years was thought to have been lost to erosion of the island. The Archaearium displays the many items the archaeological work has uncovered in the last decade. Nearby Jamestown Settlement has a beautiful museum and

outdoor re-creation of the original fort and the three ships that brought the first settlers in 1607. Check [www.historyisfun.org](http://www.historyisfun.org).

Another recommendation of Trekaroo is the Frontier Culture Museum ([www.frontiermuseum.org](http://www.frontiermuseum.org)) near Staunton. Four different historic farms were moved from their countries of origin including Wales, Germany, and Scotland and reconstructed at the museum. Most recently an Igbo village was constructed to authentically depict the lifestyle of African people who were captured, enslaved, and brought to this country. At all the sites, re-creators in appropriate costume tell the story of adaptation from the country of origin to America. I serve on the boards of the Jamestown-Yorktown Foundation and the Frontier Culture Museum and highly recommend both as impressive and enjoyable destinations for your next mini-vacation.

Trekaroo recommends Shenandoah Caverns near Woodstock ([www.shenandoahcaverns.com](http://www.shenandoahcaverns.com)), but my first choice would be Luray Caverns ([www.luraycaverns.com](http://www.luraycaverns.com)) not because it is in my home county of Page but because it has the most color and stone formations. Certainly visit a Virginia limestone cavern whether it is one of these two or Endless, Skyline, or Natural Bridge Caverns. Speaking of Natural Bridge, Trekaroo recommends a stop there, an arching geological formation carved out of limestone ([www.naturalbridgeva.com](http://www.naturalbridgeva.com)).

Lots to see and do in Virginia. I expect to take several mini-vacations this summer. Lots of opportunity to learn and to relax. Maybe I will see you at one of these stops.

## Great Falls CONNECTION

[www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by  
Local Media Connection LLC

1606 King Street  
Alexandria, Virginia 22314

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# NEWS

## Forestville Team Honored

FROM PAGE 3

a teacher at Forestville. "The competition is graded to a hundredth of a point." But when it was the team's time to shine, it all came down to creativity—solving the "spontaneous problem."

"We're an awesome team," said Sarina Bell, a third grader on the team. "We knew we could win it all." Her confidence was reflected in her teammates, who laughed but nodded their assent. Their adviser agreed as well, if a little less brazenly.

"They weren't any more creative that day than they were any other day," said LeLoup, in regard to his team's victory. Their rehearsing and hard work paid off in their ability to be creative on the spot, earning them their world title."

Following the parade, in the time between celebrity and math class, the team was asked if they would do it all over again. They responded in unison, with a resounding "yes!"

### BULLETIN BOARD

To have community events listed in the Connection, send to [greatfalls@connectionnewspapers.com](mailto:greatfalls@connectionnewspapers.com). Deadline is Friday.

#### FRIDAY/JUNE 8

**The Near-Term Future of Tysons Corner: A Panel Discussion.** 11:30 a.m.-1:30 p.m. Capital One Bank Headquarters, Capital One Bank Headquarters, 1680 Capital One Drive, McLean. Presented by the Greater McLean Chamber of Commerce. With Sharon Bulova, Fairfax County Board Chairman; Walter Alcorn, Planning Commissioner and Chair of Tysons Committee of the Fairfax County Planning Commission; Barbara Byron, Director, Office of Community Revitalization and Reinvestment; Tim Steinhilber, 495 Express Lanes Project General Manager; and Marcia McAllister, Dulles Corridor Metro Rail Project Representative. \$25-\$40. Reserve at 703-356-5424 or [www.mcleanchamber.org](http://www.mcleanchamber.org).

**Greater McLean Chamber of Commerce Young Professionals Mixer.** 5-7 p.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. \$25. 703-356-5424 or [mtwomey@mcleanchamber.org](mailto:mtwomey@mcleanchamber.org).

#### SATURDAY/JUNE 9

**Document Shredding Event.** 9-11 a.m. Vienna Community Center, 120 Cherry St. S.E., Vienna. Hosted by the Town of Vienna and the Vienna Shopping Center. Bring old tax returns, checks, receipts and other sensitive documents to be securely shredded. Limit five boxes per vehicle; for personal use only. Free and open to the public. 703-255-6360.

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

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# ENTERTAINMENT

Send announcements to [greatfalls@connectionnewspapers.com](mailto:greatfalls@connectionnewspapers.com). Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit [www.connectionnewspapers.com](http://www.connectionnewspapers.com)

## THURSDAY/JUNE 7

**Alvin Youngblood Hart's Muscle Theory.** 8 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. [www.jamminjava.com](http://www.jamminjava.com).

**Get the Led Out.** 8 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. Rock music. [www.wolftrap.org](http://www.wolftrap.org).

**Wagon Ride.** 10 a.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. \$5. 703-759-9018.

**Langley HS Orchestra Pops Concert.** 7 p.m. Langley High School, 6520 Georgetown Pike, McLean. Conducted by Dr. Scott McCormick. Music from the Godfather, Psycho, Pirates of the Caribbean, Phantom of the Opera, How To Train Your Dragon and more. [smcquade2002@yahoo.com](mailto:smcquade2002@yahoo.com).

**Preschool Storytime.** 10:30 a.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Stories, songs, and activities. Ages 3-5 with caregiver. 703-790-8088.

## FRIDAY/JUNE 8

**30th Celebrate Fairfax! Festival.** 6 p.m.-12 a.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Live concerts on seven stages, with Legends of Hip-Hop at 8 p.m. More than 300 exhibitors, food vendors, crafters and interactive activities. ExxonMobil Children's Avenue, a petting zoo, the Fairfax County



**Dani Stoller as Flora and Joshua Dick as Harry in the 1st Stage production of "Flora the Red Menace." 1st Stage Theatre, 1524 Spring Hill Road in Tysons Corner, will present "Flora the Red Menace" Fridays, Saturdays and Sundays through June 17. Tickets are \$15-\$30. 703-854-1856 or [www.1stStageTysons.org](http://www.1stStageTysons.org).**

Karaoke Championship, carnival rides, festival foods, the Inova Train Ride to Good Health and nightly fireworks. [www.celebratefairfax.com](http://www.celebratefairfax.com).

**"Flora the Red Menace."** 8 p.m. 1st Stage, 1524 Spring Hill Road, Tyson's Corner. A musical by John Kander and Fred Ebb, set in the Great Depression. \$15-\$30. [www.1ststageTysons.org](http://www.1ststageTysons.org).

**Straun Shields CD Release Show and Colin Healy** at 6 p.m.; **SNRG** at 10 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. [www.jamminjava.com](http://www.jamminjava.com).

**Argentine Tango.** 7 p.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Every Friday. 703-759-2685 or [www.colvinrun.org](http://www.colvinrun.org). **Riverside Campfire: Fishing Fun.**

6:30 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Bring toasting stick, blanket, flashlight, fishing rods and tackle. Rods available to rent. \$5. 703-759-9018.

**Cooper Middle School Orchestra Pops Concert.** 7 p.m. Cooper Middle School, 977 Balls Hill Road, McLean. Directed by Erin Maguire and Bo-Min Son. The Clock Symphony by Haydn, Waltz from "The Sleeping Beauty" by Tchaikovsky, Tango Noir by Burns, The Incredibles by Giacchino and more. [smcquade2002@yahoo.com](mailto:smcquade2002@yahoo.com).

**Friday Afternoon Chess Group.** 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. All ages and skill levels welcome. 703-757-8560.

## SATURDAY/JUNE 9

**Used Book Sale.** 9 a.m.-4 p.m. Freeman Store, 131 Church Street, NE, Vienna. All proceeds of the sale benefit the programs of Historic Vienna, Inc. 703-938-5287 or [www.historicviennainc.org](http://www.historicviennainc.org).

**"Flora the Red Menace."** 2 p.m. and 8 p.m. 1st Stage, 1524 Spring Hill Road, Tyson's Corner. A musical by John Kander and Fred Ebb, set in the Great Depression. \$15-\$30. [www.1ststageTysons.org](http://www.1ststageTysons.org).

**Bold Natives Plants.** 10 a.m. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Learn how to use native plants as a bold accent. \$5. Reservations required at 703-255-3631.

**McLean High School and Longfellow Middle School Big Band Jam.** 1:30 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. [www.jamminjava.com](http://www.jamminjava.com).

**Alexandria Harmonizers.** 7:30 p.m. George Mason University's Center for the Performing Arts, 4400 University Drive, Fairfax. Spring barbershop concert and show of a 100+ member all-male a capella group. \$29-\$34. [cfa.gmu.edu/calendar/1134/](http://cfa.gmu.edu/calendar/1134/) or [www.harmonizers.org](http://www.harmonizers.org).

**"Annie Jr."** 7:30 p.m. George Mason University Harris Theater, 4400 University Drive, Fairfax. With almost 60 local students. \$5-\$10. [www.stagepresencenow.com](http://www.stagepresencenow.com).

**West Coast Swing Dances.** 7 p.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Second and third Saturday every month. 703-759-2685 or [www.colvinrun.org](http://www.colvinrun.org).

**Canoe Tour: Island Birds.** 7 a.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Explore islands for migrating and nesting birds. \$38. 703-759-9018.



Artist Mollie Vardell

## Mollie Vardell Exhibits at Katie's Coffee House

Local artist Mollie Vardell's new solo show, titled "Artful Places," will be held the month of June at Katie's Coffee House adjacent to the Old Brogue Pub in Great Falls. Vardell has been painting for nine years and is a current instructor at the Great Falls School of Art. Her first solo show was held at Katie's Coffee in May 2009, and she has been showing her work in galleries and participating in out-



'Boating on the Potomac,' oil on canvas by Mollie Vardell.

door shows in Virginia and Delaware ever since. Katie's Coffee House offers a comfy atmosphere to enjoy great food, great company, great morning and evening libations, and great art. Brogue and Katie's Coffee owner Mike Kearney has embraced the local arts scene by allowing the walls of Katie's Coffee to become a rotating gallery with shows changing monthly.

more, in Spanish. Free. 703-992-8722 or [www.childrecenterlanguage.com](http://www.childrecenterlanguage.com).

**Used Bicycle Collection to Benefit Bikes for the World.** 10 a.m.-1 p.m. Trinity United Methodist Church, 1205 Dolley Madison Parkway, McLean. Each donor is asked to contribute \$10 per bicycle to help defray shipping, processing, and distribution costs. Sponsored by The Potomac School of McLean. 703-873-6128 or [www.bikesfortheworld.org](http://www.bikesfortheworld.org).

**Saturday Storytime.** 11 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Stories, songs and activities. Age 2-3 with adult. 703-757-8560.

**Nostalgic Movie Day.** 1 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. A blockbuster hit from the 80's. Call for title. Adults. 703-790-8088.

**30th Celebrate Fairfax! Festival.** 10 a.m.-12 a.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Live concerts on seven stages, with Pat Benatar & Neil Giraldo at 8 p.m. More than 300 exhibitors, food vendors, crafters and interactive activities. ExxonMobil Children's Avenue, a petting zoo, the Fairfax County Karaoke Championship, carnival rides, festival foods, the Inova Train Ride to Good Health and nightly fireworks. [www.celebratefairfax.com](http://www.celebratefairfax.com).

**"The Frog Bride."** 8 p.m. Alden Theater, McLean Community Center, 1234 Ingleside Ave., McLean. Storyteller David Gonzalez presents an updated version of a classic Russian tale with poetry, artistry and a jazz score. 703-790-0123.

**"Annie Jr."** 3 p.m. George Mason University Harris Theater, 4400 University Drive, Fairfax. With almost 60 local students. \$5-\$10. [www.stagepresencenow.com](http://www.stagepresencenow.com).

**Mill Run Dulcimer Band: Final Concert.** 2 p.m. Colvin Run Mill, 10017 Colvin Run Road, McLean. Conclusion of more than 35 years of performances at Colvin Run. Free. 703-759-2771.

**Moonshine and Mayhem.** 9 a.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Kayak past 1920-era bootlegging sights. \$55. This is not a whitewater tour. 703-759-9018.

**30th Celebrate Fairfax! Festival.** 11 a.m.-7 p.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Live concerts on seven stages, with The Legwarmers at 4:30 p.m. More than 300 exhibitors, food vendors, crafters and interactive activities. ExxonMobil Children's Avenue, a petting zoo, the Fairfax County Karaoke Championship, carnival rides, festival foods, the Inova Train Ride to Good Health and nightly fireworks. [www.celebratefairfax.com](http://www.celebratefairfax.com).

**SUNDAY/JUNE 10**  
**Handel's Oratorio "Judas Maccabeus."** 4 p.m. Vienna Presbyterian Church, 124 Park St. N.E., Vienna. The combined choirs of Northern Va. Hebrew Congregation and Vienna Presbyterian Church with full orchestra. Pre-concert lecture 3:30 p.m. Free, donations accepted. 703-938-9050 or [www.viennapres.org/news\\_and\\_events/](http://www.viennapres.org/news_and_events/).

**Used Book Sale.** Freeman Store, 131 Church St. N.E., Vienna. Sponsored by Historic Vienna, Inc. 703-938-5187 or [www.historicviennainc.org](http://www.historicviennainc.org).

**"Flora the Red Menace."** 2 p.m. and 7 p.m. 1st Stage, 1524 Spring Hill Road, Tyson's Corner. A musical by

John Kander and Fred Ebb, set in the Great Depression. \$15-\$30. [www.1ststageTysons.org](http://www.1ststageTysons.org).

**Washington Gardener Magazine Photo Exhibit Opening Reception.** 4-6 p.m. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Winning photographs from the Washington Gardener Magazine photo contest, on display at Meadowlark through August. Light refreshments. Free. 703-255-3631.

**Rachel Platten and Madi Diaz.** 8 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. [www.jamminjava.com](http://www.jamminjava.com).

**"Annie Jr."** 3 p.m. George Mason University Harris Theater, 4400 University Drive, Fairfax. With almost 60 local students. \$5-\$10. [www.stagepresencenow.com](http://www.stagepresencenow.com).

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**MONDAY/JUNE 11**  
**Gary Jules CD Release and Mike Bram.** 8 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. [www.jamminjava.com](http://www.jamminjava.com).

**Woof, and Paws: Read to a Dog.** 4 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Sign up to read with a reading therapy dog. Age 6-12. 703-938-0405.

**TUESDAY/JUNE 12**  
**Historic Vienna, Inc. Lecture.** 7:30 p.m. Vienna Town Hall, 127 Center St. South, Vienna. With World War II veteran, NASA program manager Lt.

Col. (Ret.) Bernard T. Nolan, author of "Isaiah's Eagles Rising." Free. Refreshments served. 703-938-5187 or [www.historicviennainc.org](http://www.historicviennainc.org).

**Book Discussion Group.** 7 p.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. "Call it Sleep" by Henry Roth. Adults. 703-356-0770.

**Personalized Internet Training.** 2:30 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. A 45-minute one-on-one Internet training session with a technology volunteer. Call for appointment. Adults. 703-790-8088.

**Practice Your English.** 6:30 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Conversation group for adults learning English. 703-790-8088.

## WEDNESDAY/JUNE 13

**Sonia (from Disapparear) and Rachael Sage.** 8 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. [www.jamminjava.com](http://www.jamminjava.com).

## THURSDAY/JUNE 14

**An Evening with Willie Nile Trio.** 8 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. [www.jamminjava.com](http://www.jamminjava.com).

**One-on-One Computer Tutoring.** 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel. Call for appointment. Adults. 703-242-4020.

## FRIDAY/JUNE 15

**A Night for Americans: The Pietasters and Sunny Ledford.** 8:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [www.jamminjava.com](http://www.jamminjava.com).

**"Flora the Red Menace."** 8 p.m. 1st Stage, 1524 Spring Hill Road, Tyson's Corner. A musical by John Kander and Fred Ebb, set in the Great Depression. \$15-\$30. [www.1ststageTysons.org](http://www.1ststageTysons.org).

**Riverdance.** 8 p.m. Wolf Trap National Park for the Performing Arts, 1551 Trap Road, Vienna. Final performances. [www.riverdance.com](http://www.riverdance.com) or [www.wolftrap.org](http://www.wolftrap.org).

**Friday Afternoon Chess Group.** 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. All ages and skill levels welcome. 703-757-8560.

**English Conversation Group.** 10 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. English conversation group. Adults. 703-938-0405.

**Pokemon League.** 3 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Learn and play. Age 5-18. 703-938-0405.

**Friday Flicks.** 10:30 a.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Call for film title. All Ages. 703-790-8088.

## SATURDAY/JUNE 16

**"Flora the Red Menace."** 2 p.m. and 8 p.m. 1st Stage, 1524 Spring Hill Road, Tyson's Corner. A musical by John Kander and Fred Ebb, set in the Great Depression. \$15-\$30. [www.1ststageTysons.org](http://www.1ststageTysons.org).

**For Mercy Reunion: Benefit Concert for One Voice** at 7 p.m.; **Defacto, Actual Proof and DJ Mercury** at 10 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. [www.jamminjava.com](http://www.jamminjava.com).

**SHARE Concert.** 4 p.m. Charles Wesley United Methodist Church, 6817 Dean Drive, McLean. Family-friendly vocal and instrumental groups from local organizations and Charles Wesley will perform. Donations of food, hygiene and household supplies, grocery cards and funds accepted. [www.shareofmclean.org](http://www.shareofmclean.org).

## Free Remodeling & Design Seminars!



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PHOTOS BY ALEX McVEIGH/THE CONNECTION



Frying Pan Farm Park Manager Tawny Hammond feeds Henry, one of the animals that suffered cuts on the head in a slashing attack last weekend.



Goats at Kidwell Barn at Frying Pan Farm Park, where an assault of two goats, a calf and a chicken occurred sometime between the night of May 26 and the morning of May 27.

# Reward Offered In Frying Pan Attacks

**\$7,500 offered for information leading to arrest and conviction.**

BY ALEX McVEIGH  
THE CONNECTION

**T**he Fairfax County Park Authority announced a \$7,500 reward for information leading to the arrest and conviction of the person or persons suspected of attacking animals at Frying Pan Farm Park sometime the night of May 26 or the morning of May 27. The slashing attacks left a chicken, a calf and two goats wounded.

The reward money was donated by a group of anonymous citizens who were concerned about the attack, as well as the Friends of Frying Pan Farm Park.

"The community has always supported Frying Pan Farm Park, even through this instance, and we've had an outpouring of anonymous donors for a reward," said Jack Pitzer, president of the Friends of Frying Pan Farm Park. "We're so excited by the support for this park during this time, by their support of the park and the raising funds for this reward."

**OFFICER BEVERLY SELLERS** of the Fairfax County Police Department Reston District said she met with park staff last week to make sure people are aware of the surroundings.

"There is a very, very well equipped staff here at the farm, and the police department cares about these animals and wants to see this case solved," she said.

Park Manager Tawny Hammond brought out the calf, Henry, who still has stitches in his head.

"The stitches should be coming out next week, he's been doing very well,"



Fairfax County Board of Supervisors Chair Sharon Bulova and Frying Pan Farm Park Manager Tawny Hammond feed Henry, one of the animals attacked last weekend at Kidwell Barn. The Fairfax County Park Authority announced a \$7,500 reward for information leading to the arrest and conviction of the person or persons responsible for attacks.

she said. "He's healing nicely and should hopefully be ready for the 4-H Fair we host at the beginning of August, and the other goat, calf and chicken are healing nicely."

Hammond said the animals are generally used to interacting with humans and wouldn't have reason for fear prior to the attacks.

"Of course initially they were traumatized, because what happened was horrible, but they're on the mend," she said. "It did change their behavior a little, but they're rebounding."

The barn at the park can be left unlocked and open due to fire and heat concerns, depending on the weather. The staff have implemented security measures at the park

"We don't want to divulge specific actions that will be taken, but we have met with staff and we have put in security to protect staff and volunteers. All of our staff work as buddy pairs and we have radios on site," said Judy Pedersen, spokesperson for the park authority. "Security has been beefed up, and we believe that visitors to the park, as well as our animals, will be safe."

**THE MAY 26 ATTACKS** came one month after a possibly related slashing attack on three horses on an adjacent farm on April 26. Police spokesperson Lucy Caldwell

"Since we've had two separate incidents, it does elevate in the minds of detectives investigating this case," she said. "Detectives and animal control officers are investigating both cases, and we have many of the same detectives on both cases. At this point, other than the proximity and location, we don't have a lot of physical evidence that we can talk about that would link them. But logically, it makes sense that we'll be working them together."

**"I don't know how anyone can even comprehend hurting an animal like this."**

— Sharon Bulova, Chairman, Fairfax County Board of Supervisors

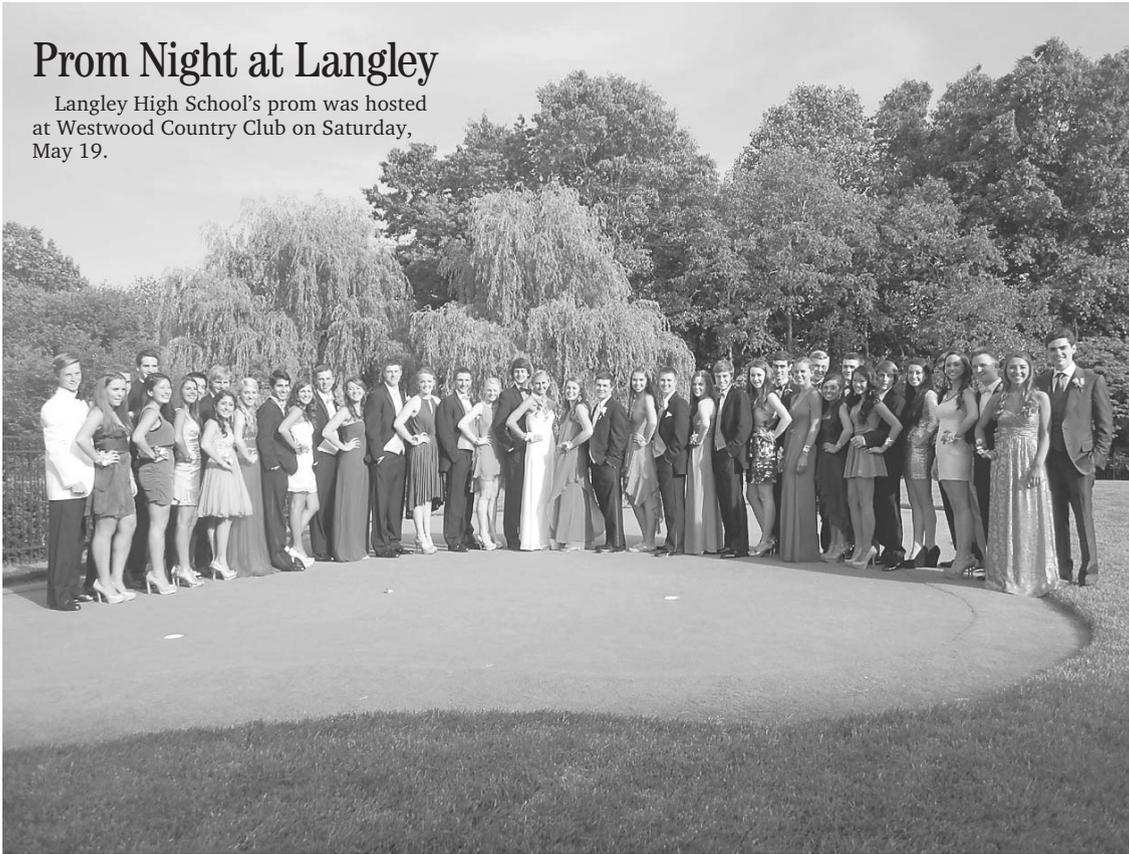
Fairfax County Board of Supervisors Chair Sharon Bulova was on hand at the Monday press conference, and even helped feed Henry and show him to farm guests.

"I don't know how anyone can even comprehend hurting an animal like this," she said.

Information about the incidents can be reported to the Fairfax County Police Department Crime Solvers by phone at 866-411-8477, online at [www.fairfaxcrimesolvers.org](http://www.fairfaxcrimesolvers.org), or by texting TIP187 plus a message to 274637 or by calling 703-691-2131.

## Prom Night at Langley

Langley High School's prom was hosted at Westwood Country Club on Saturday, May 19.



**Juniors getting ready for prom. From left to right: Ryan Anger, Meghan Stowell, Drew Armstrong, Allison Chou, Alex Ehat, Torri Trippi, Rodman Mahmoudi, Tara Hosseini, Kristen Wolaver, Ryan Erath, Shy Daraekia, Marli Peress, John DeFriest, Amelia Welch, Bryan Even, Erin Long, Cal Jadacki, Caitlin Duffy, Zac Roueche, Kelly Dore, Maddy Weingast, Thomas Dungan, Rosie Mahoney, Scott Murray, Maddy White, Josh Hulett, Eliza Campbell, Zack Dailey, Olivia Sisson, Kyle Dear, Marly Messina, Will Chapman, Caclinh Le, Lopez Claude, Justine White, Alex Don, Val Caliguire, Derick Paxton, Riley Cosgrove and Max Chernoff.**

## Langley Student Recognized for Math Tutoring

Students from Langley High School have been volunteering with non profit organization, National Science & Technology Education Partnership (NSTEP), as math tutors to underserved students from around the country. Vishal Erabelli, from Langley High School, was named as the Tutor of the Week this passed school year for NSTEP's Study Buddy program. Vishal was selected for this distinction due to exemplary tutoring sessions with struggling, underserved math students.



NSTEP is a national non-profit whose mission is to help underserved

**Vishal Erabelli**

students improve their understanding of math through free, unlimited, on-line access to free tutoring from gifted high school math students nationwide. As a member of Langley

High School's math honor society, Vishal volunteers online to provide a service to his community.

— SHARON WITW

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# WELLBEING

Reiki Masters Christine Mosley, of Springfield; Naning Sugeng, of Potomac, and Marion Werner, of Chevy Chase, perform Reiki self-treatments.



PHOTOS BY MARILYN CAMPBELL/ THE CONNECTION



Reiki Master Naning Sugeng of Potomac, performs a Reiki self-treatments.

## The Power of Touch

Reiki masters credit the practice with promoting healing.

BY MARILYN CAMPBELL  
THE CONNECTION

“May I touch you?” asks Marion Werner, a willowy woman with shoulder-length blonde hair. Her hands descend lightly on her patient’s chest.

This is Reiki, a decades-old, Japanese mind-body technique used for relaxation and stress relief that is gaining acceptance in the United States. During a session, a client lies on a massage table, fully clothed. Practitioners rest their hands on or just above the client’s body, palms down. They use a set of eight to 12 hand positions, each held for about two to five minutes.

While some healthcare professionals dismiss the practice as quackery, major medical centers including those at the National Institutes of Health (NIH) and George Washington Hospital’s Center for Integrative Medicine now offer it to patients, and medical schools have integrated mind-body courses into their curriculum.

Reiki is credited with promoting healing and addressing a host of ailments from post-traumatic stress disorder (PTSD), depression and anxiety to infertility, heart disease and the side effects of cancer treatment.

“A relaxed body and mind gives us a foundation for healing,” said Springfield, resident Christine Mosley, a Reiki master who also practices in Fairfax Station.

However, practitioners don’t claim to be healers. “It’s like when you get a cut, the body responds and heals the cut. You might get stitches to help the healing, but your body is actually doing the healing,” said Werner, a Reiki master in Chevy Chase. “It

is a capacity that we’re all born with but, stress can make it difficult for the natural healing process to work. Reiki treatment encourages relaxation and balance in the system.”

**SOME PRACTITIONERS** believe that Reiki is a mechanism for tapping into a universal energy that supports the body’s natural ability to heal itself, but this notion is not commonly accepted among physicians in the United States.

“In China and Japan they know it works and they don’t care how it works,” said Dr. David Rosenthal, medical director of the Leonard P. Zakim Center for Integrative Therapies at Dana-Farber Cancer Institute in Boston and a professor of medicine at Harvard Medical School. “In this country we have to show not only that it works, but how it works. ... I think the evidence is getting there, but I don’t think it is totally there yet.”

Reiki can be given to those who are dying and to their families. “It can help impart a sense of peace and acceptance,” said Naning Sugeng, a practitioner in Potomac, who, along with Werner and Mosley, offers free services to cancer patients and wounded veterans.

Comfort for America’s Uniformed Services (CAUSE), a non-profit organization that offers respite to wounded members of the military, provides free Reiki treatments to battle-weary soldiers and their family members and caretakers. “It is so gentle that it can be used on shrapnel wounds and recent amputations to improve wound healing and relieve phantom pain,” said Mosley who is also the coordinator for CAUSE’s

Reiki program at Fort Belvoir in Virginia.

**PRIVATE SESSIONS** with a Reiki master can cost between \$75 and \$100 an hour. The profession is not regulated, but traditional Reiki training and certification has three levels of expertise. While classes for the first two levels can be completed in two-day classes, preparation for the third, or master, level can take years.

Locally, Reiki treatments are offered at the Pain and Palliative Care Service at the NIH Clinical Center in Bethesda, Inova Loudoun Hospital’s Life with Cancer program and the Center for Integrative Medicine at George Washington University Hospital in Washington, D.C.

“A relaxed body and mind gives us a foundation for healing.”

— Christine Mosley

Still, doctors say more large-scale studies are needed before Reiki becomes a mainstream practice. “Not only is there not enough research, but a lot of the Reiki research has been criticized for not being rigorous enough compared to the standards that are in place to study other medical interventions,” said Dr. John Pan, founder of the Center for Integrative Medicine at the George Washington University Medical Center in Washington and a faculty member at the George Washington University School of Medicine and Health Sciences.

Researchers at George Mason University conducted a study of patients in Inova’s Life with Cancer program to determine whether yoga, Reiki, or meditation would help alle-

viate symptoms of chemotherapy-induced peripheral neuropathy (CIPN).

“At the conclusion of the study, each group, with the exception of the control group, showed [improvement], but the results were not statistically significant,” said Paul G. Clark, PhD, LCSW, assistant professor of social work. “What we did learn was that these therapies are worth studying on a larger scale.”

In 2011, Rosenthal co-authored a study of 18 men with prostate cancer and found that Reiki helped ease their anxiety. “It does relax people, it does decrease stress acutely,” he said, adding that Reiki can be an alternative for patients who have an aversion to relaxation techniques such as massage or acupuncture. “There are some people who do not like their bodies being rubbed and do not like needles being put into their skin.”

Reiki is also credited with calming jittery preoperative patients. Kate Snipes, a 41-year-old wife and mother of two, received Reiki treatments before and after a prophylactic double mastectomy. She recalls feeling tranquil post-treatment, void of the anxiety that had gripped her before the procedure.

“I felt more at peace with [the surgery],” said Snipes. “I felt pain relief, and I felt more comfortable and relaxed in the parts of my body that were kind of tense.”

**REIKI IS GENERALLY SAFE** and NIH’s National Center for Complementary and Alternative Medicine says that that no serious side effects have been reported.

“It won’t cause harm, but some people may not respond to it,” said Pan. “It is an individualized process. What works for one patient may not work for another.”



The Langley High School varsity baseball team pitches to a team of Langley alumni Saturday, June 2 at Nike Field.

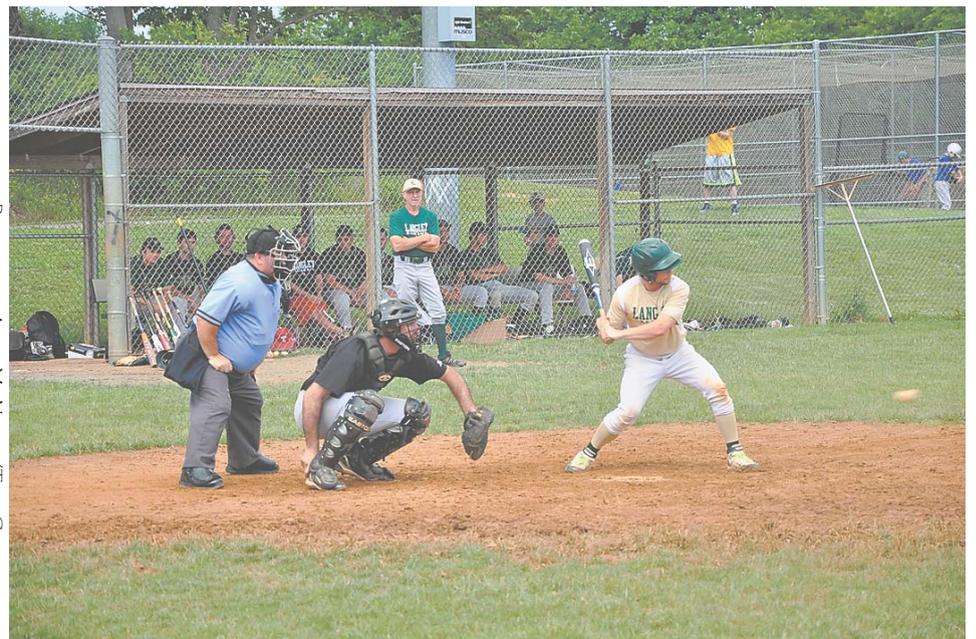


PHOTO BY ALEX McVEIGH/THE CONNECTION

Langley High School senior Anthony Baskin bats in the Langley varsity versus alumni game at Nike Field Saturday, June 2.

# Langley Alumni Gather on the Diamond

Alumni defeat varsity 10-9 in first ever match.

BY ALEX McVEIGH  
THE CONNECTION

Members of Celebrate Great Falls and other residents spent the weekend taking part in traditions old and new, bringing together old and young as part of the first Great Falls Days events.

Nike Field hosted a baseball game Saturday afternoon that featured the Langley



From left, a team of Langley High School baseball alumni and the current varsity team before their game at Nike Field Saturday, June 2.

High School Varsity Team (fresh off their trip to the regional semi-finals) square off against a team made up of Langley baseball alumni. While most of the Langley alumni (the “green” team) featured graduates from the last year, they were coached by Vic Price, a member of Langley’s class of 1969 who was drafted by the Kansas City Royals and spent five years in the majors.

Price threw out the ceremonial first pitch, and later batted, getting a single in the eighth inning.

The Great Falls Historical Society brought old gloves, bats and uniforms from the community’s many baseball teams that were around during the 20th century, showing just how deep baseball’s roots in Great Falls are.

“It’s hard to imagine how they played with gloves that seem so small and skimpy,” said Gregory Reisen, 8, who stopped by to watch

part of the game before his own little league game. “I guess you had to be really good to make a catch and get a hit with those.”

In addition to old equipment, the GFHS brought photos of Great Falls teams of the past, including the team from the Forestville School across several years.

“Great Falls used to be made up of a lot of dairy farms on large properties, and even though it was sparsely populated, people managed to get together often to play baseball,” said Doris Carpenter of the GFHS.

The Langley Alumni edged the 2012 Varsity Team 10-9, in a nine-inning game. After the game, one of the organizers, Jim Mraz, invited the senior members of the varsity team to “cross over” to their new team, the alumni.

“The seniors are now part of the green

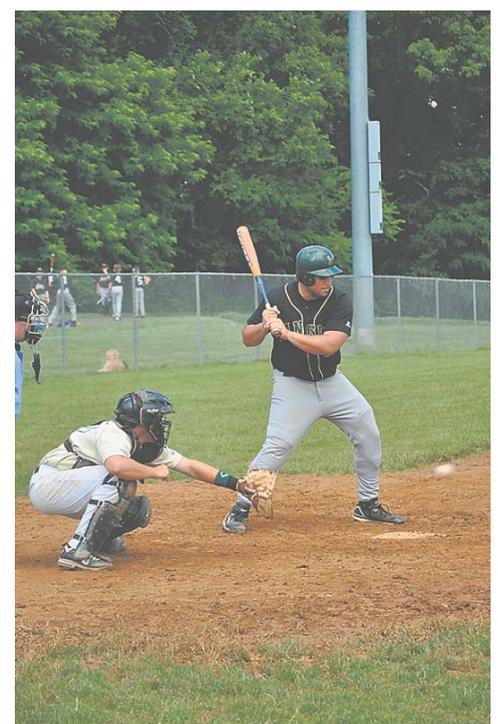
team family, and hopefully they’ll be back next year to play another one,” Mraz said. “We want to make this an annual tradition.”

Sandra Even of Celebrate Great Falls, who helped organize the game and other events throughout the weekend, said this was a simultaneous return to the community’s roots and a direction for its future.

“The earliest Spring Festival in Great Falls was a baseball game, and it makes sense that we try and connect players from different years at Langley,” she said. “Langley baseball is a family, and by keeping them together, hopefully in the years to come it will be a bonding experience for anyone whose ever played at Langley.”



Vic Price, Langley class of 1969 and former major league player, throws out the first pitch at the Langley Varsity baseball team versus alumni game Saturday, June 2.



Langley High School alumni Eddie Gonzalez takes a pitch during the first Langley varsity versus alumni game Saturday, June 2 at Nike Field.



The Langley High girls' tennis team following its state finals win over Mills Godwin.



Langley High girls' tennis players Sydney Goodson and Kathryn Emery teamed up to win this spring's Northern Region doubles tournament championship. Here, the winning teammates display their championship medals.

PHOTOS COURTESY OF  
LANGLEY GIRLS TENNIS

## Langley Girls Tennis Wins State Championship

### Saxons defeat Mills Godwin in finals.

The Langley High girls tennis team completed an unbeaten season this past Saturday, June 2 by besting previously undefeated Mills Godwin (Richmond), 5-3, in the Virginia State AAA finals at Huntington Park in Newport News.

The Saxon's state championship is their

first since 1992. Going into the finals match with Mills Godwin, Langley had not, in 19 previous team matches this spring, played a match closer than 7-2. Langley, with the state title under its belt, finishes with a perfect 20-0 record.

The Saxons, in the state finals, split their six singles matches, 3-3. Langley got a 6-0

win from No. 1 singles player Sydney Goodson; a 7-5, 6-2 victory at No. 2 from Kathryn Emery; and a three set win at No. 3 from Melissa Parks.

Langley, in order to clinch the state crown, had to win at least two of its three doubles matches. Goodson and Emery won their No. 1 doubles match, 6-2, 6-0. Both the No. 2 (Kitty Branche and Melissa Parks) and No. 3 (Jenny Liu and McKenzie Malpede)

doubles matches went to three sets. Liu and Malpede went on to win their No. 3 match, securing the fifth win and Langley's state championship.

With the championship win, Langley, led by Coach Sarah Vincent, ends an incredible unbeaten season in which the Saxons captured three postseason tournament titles (Liberty District, Northern Region, and Virginia State).

## Successful Season Concludes for Langley Baseball

### Saxons reach region finals before losing to Spartans.

BY RICH SANDERS  
THE CONNECTION

A remarkable Langley High baseball season which saw the Saxons go from a team struggling to play .500 baseball at the midseason mark to one of the Northern Region's elite teams came to an end last Wednesday night, May 30. Langley, in a region tournament semifinals playoff game versus perennial power West Springfield, fell behind early and was never able to get back into striking distance in a 7-1 season-ending defeat. The postseason affair took place at James Madison High School in Vienna.

Langley, under head coach Kevin Healy, finished the spring season with a 15-11 overall record. The Saxons, who were 4-6 at one point of the season following spring break week, went 11-5 over the second half of the season, including four wins over six games during the postseason which saw Langley reach the Liberty District tournament finals before losing a 6-5 championship affair to Stone



It was a tough outing for Saxon southpaw Jonathan O'Connor, who gave the Saxons his best in four innings of work.

Bridge and then going on to win a pair of games at the 16-team regional playoffs to make it to the semifinals.

Langley reached the region final four with playoff wins over Robinson, 3-0, on May 25 in the first round, and defending region champion South County, 4-1, in a quarterfinals round game on May 28.

But against West Springfield (Patriot District), which went on to defeat its local rival, Lake Braddock, in Saturday's region

title game, the Saxons gave up three runs in both the bottom of the first and second innings and never recovered. In the game, Langley had five base hits (all singles) and coaxed three walks, along with two hits batsmen. But the Saxons only crossed the plate once - that coming in the top of the fourth inning when Michael Byrne, Langley's second baseman and No. 5 hitter in the lineup, earned a leadoff walk and eventually scored on an RBI single into left field off the bat of No. 9 hitter Dan

Richardson, the team's left-handed hitting left fielder.

The fourth had the potential to be a big inning for Langley. West Springfield starting pitcher Frank Sturek, who earned the complete game win despite allowing 10 base runners and being, it seemed, in constant trouble, walked Byrne to start the inning. One out later, Langley's Gray Decker, the Saxons' left-handed hitting DH, roped an opposite field single into right field, advancing Byrne to second base. So, although trailing 6-0, Langley had a little rally brewing with runners on first and second with one out. Sturek got the second out on a fielder's choice before Richardson's single ended his shutout bid and got Langley within 6-1. Sturek, however, got the final out on a groundout.

West Springfield came back with a run in its half of the fourth to offset the Langley run and make the score 7-1. There would be no more runs over the game's final two-and-a-half innings and 7-1 was the final.

**LANGLEY LEFT** eight base runners stranded in the game, including three in the third when the

Saxons could not take advantage of Sturke's two walks and a hit bats man.

Decker, a senior, had two of Langley's five singles, those coming in the fourth and sixth innings. The Saxons' other singles came from Cal Jadacki (first inning), pinch hitter Jack Frix (sixth), and Richardson's RBI in the sixth.

Getting on base via walk for Langley were Brandon Bast, Jadacki, and Byrne. And reaching base as a result of being hit by a pitch were Matt Moser, who led off the game by taking one for the team, and David Paul, who was plunked to start the third inning.

Langley starting pitcher Jonathan O'Connor, a left-hander, struggled but hung tough through four innings of work. Only three of the seven runs he allowed were earned. Jack McSteen pitched well in two innings of shutout relief for the Saxons, striking out four in a row at one point.

The evening's defensive gem for Langley came in the fourth inning when left fielder Richardson made a terrific sliding catch in left center field for the third out on a ball hit by West Springfield's Nick Stevens.

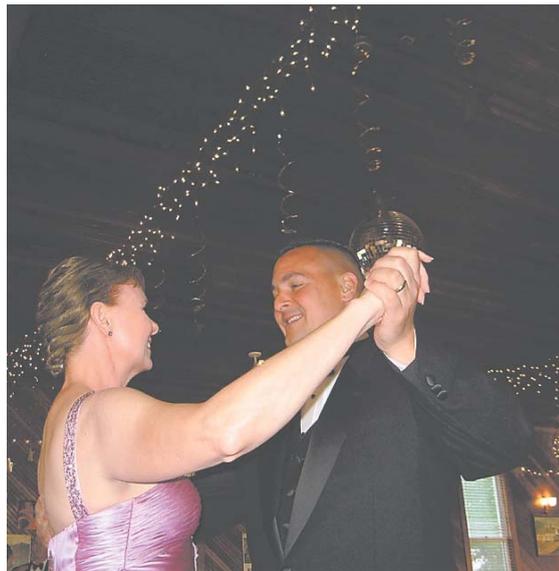
## COMMUNITY



Happy dancers crowded the floor - decorations were designed by Brenda Hunt and hung by Langley High School students



The Colvin Run Citizens Association held the "Dancing Under the Stars" 80th anniversary event on June 2. Event organizer Kathleen Milks and Great Falls resident Ralph Dashner prepare for the big night.



Micheal Vandergrift from the Great Falls Business and Professional Association gets a dance lesson



Generous platters were donated by Great Falls restaurants - the Old Brogue, the Tavern, Mediterrenea, Serbian Crown, and Dante's Ristorante

## OPEN HOUSES SATURDAY/SUNDAY, JUNE 9 & 10

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10454 Courtney Dr.....\$599,900.....Sun 1-4.....Ed Urbaniak.....Weichert..703-217-9063

### Falls Church

6343 Crosswinds Dr.....\$945,000.....Sun 1-4.....Dallison Veach.....RE/MAX..703-477-7920

### Leesburg

19115 Moselle Way.....\$725,000.....Sat 1-4..Cathy/John McCambridge..Samson Props..703-906-7067

### Oakton

10862 Meadow Pond Ln..\$899,000.....Sun 1-4.....Casey Samson..Samson Props..703-508-2535

11404 Vale Rd.....\$675,000.....Sun 2-4.....J. D. Callander.....Weichert..703-821-1025

2964 Palmer St.....\$1,099,000.....Sun 1-4.....Beth Anspach...Long & Foster..703-606-9908

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46848 Graham Cove Sq...\$410,000.....Sun 1-4..Cathy/John McCambridge..Samson Props..703-906-7067

### Sterling

20924 Sandian Terr.....\$434,900.....Sun 1-3.....Talley Hess.....RE/MAX..703-318-0067

21149 Millwood Sq.....\$369,000.....Sun 1-4..Cathy/John McCambridge..Samson Props..703-906-7067

47350 Westwood Pl.....\$610,000..Sat/Sun 1-4.....George Azzouz..Samson Props..703-728-0843

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1108 Hillcrest Dr.....\$1,075,000.....Sun 1-4.....Casey Samson..Samson Props..703-508-2535

314 Center St N.....\$925,000.....Sun 1-4.....Casey Samson..Samson Props..703-508-2535

2006 Roundhouse Rd.....\$994,900.....Sun 2-4.....Greg Ford..Keller Williams..240-383-1350

2794 Marywoods Oaks Ln..\$719,000..Sun 1-4.....Marisa Zaneis.....Weichert..703-760-8880

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From left:  
Julianna Grimson,  
Nicole Haley,  
Jacqueline Grimson,  
Isabelle Saba,  
Ale van Scoyoc,  
and Eliza Pastore.



PHOTO CONTRIBUTED

## Great Falls Troop 1991 Bronze Recipients

Great Falls Junior Girl Scout Troop 1991 members Isabelle Saba, Nicole Haley, Eliza Pastore, Ale Van Scoyoc, Julianna Grimson and Jacqueline Grimson received the Bronze Award at a ceremony on May 24 at Christ the King Church in Great Falls. The Bronze Award is the highest award in Junior Girl Scouts. The girls completed two years of com-

munity service and badge requirements that included planning, funding, and planting a garden for Christ the King. The troop worked closely with the American Plant Center in Great Falls to select appropriate plantings for the garden. Christ the King has served as the Troop's meeting location since 2006.

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## Haven't I Learned Anything?



By KENNETH B. LOURIE

I'm not going to beat myself up too badly; after all, I do have terminal cancer. However, I am disappointed in my behavior of late, especially as it relates to my status as a still-active (thank God!) cancer patient/survivor undergoing treatment. Here I thought I was "Mr. Experience," a three-years-plus cancer survivor having endured all the ups and downs associated with the diagnosis, prognosis, chemotherapy, diagnostic scans, appointments with my oncologist, lab work, etc., so that blips in any or all of the aforementioned categories wouldn't faze me, understanding that there's no future in overreacting to any of it; taking it all in stride and maintaining an even keel as the key to surviving the unrelenting pressure.

And yet, I've overreacted; anticipated a negative outcome and worried about a result that has not been confirmed; heck, it hasn't even been tested for. It's not even time for it to be tested. Moreover, there are not even indications that when tested, the problem will arise. Still, I'm planning for a negative result and trying to circumvent its treatment and financial impact. In summary, I'm trying to control the uncontrollable (cancer) and in so doing I am making myself miserable. Rather than deal with the consequences as they present themselves, I am attempting to solve them in advance – before they are actual consequences. Part of me feels this is prudent, given my underlying diagnosis, and part of me (I am a Libra) feels that I am putting the cart before the horse, as they say, and creating a problem where as yet one doesn't exist.

If a problem with my lab work does present itself, it will be bad/complicated enough then. It doesn't need to be bad/complicated before it actually happens, does it? I'm supposed to be able to deal with the punches. I've been punched – so to speak – for over three years now; this is nothing new. Sure, the drug is new, and its potential complication is new, but it's really just more of the same stuff: cancer, only different. So why am I struggling emotionally? I have been there and I have been doing it. What's changed?

I would have thought that year one, especially the first few weeks and months of treatment, entering the unknown world of heavy-duty chemotherapy, would have generated more anxiety and deeper emotional troughs than year four: less heavy-duty chemotherapy, more experience being a cancer patient. But that has not been the case. Perhaps the unexpected change in treatment – for better or worse (to be determined) is causing this reaction. Though I'm not in any pain as a result, I do sense a change in momentum, sort of. I imagine I'll get over it, but I shouldn't have to "get over it." I should never have gotten under it. I should have recognized the signs/circumstances and not allowed myself to fall victim to its emotional tentacles. Having been diagnosed with terminal cancer at age 54 is bad enough on its own. I don't need to make it any worse.

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



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