

Great Falls CONNECTION

Donna Brazile, author, political correspondent and former Democratic presidential campaign manager, speaks at Del. Barbara Comstock's (R-34) Young Women's Leadership Program at the Great Falls Library Tuesday, Aug. 13.

Women Leaders Gather at Library

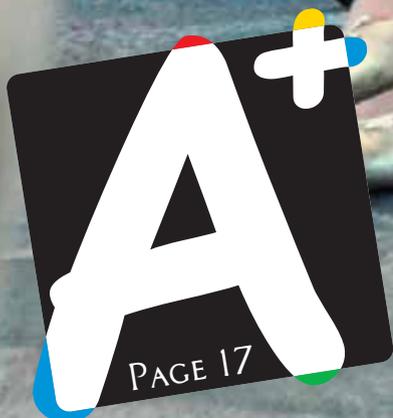
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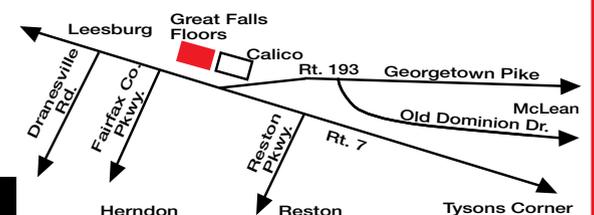
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PHOTOS BY ALEX McVEIGH/THE CONNECTION

Del. Barbara Comstock (R-34) hosts her Young Women's Leadership Program at the Great Falls Library Tuesday, Aug. 31.

Women Leaders Gather at Library

Del. Barbara Comstock (R-34) hosts Young Women's Leadership Program.

BY ALEX McVEIGH
THE CONNECTION

Del. Barbara Comstock (R-34) welcomed author and political commentator Donna Brazile to her Young Women's Leadership Program Tuesday, Aug. 13 at the Great Falls Library. Twenty-three young women, mostly middle and high schoolers, listened to Brazile tell her story and give advice on chasing their dreams.

"I first met Donna in 2000 when she was the manager of then-Vice President Gore's presidential campaign," Comstock said. "I was immediately inspired by her, because not only was she one of those rare people capable of running a presidential campaign, but she was the first African American woman to do so."

In addition to running Gore's 2000 presidential campaign, Brazile worked on the presidential campaigns of Jimmy Carter in 1976 and 1980, Jesse Jackson and Walter Mondale in 1984, Richard Gephardt and Michael Dukakis in 1988 and Bill Clinton in 1992 and 1996.

She also served as chief of staff for Washington, D.C. congressional Delegate Eleanor Holmes Norton, chair of the Democratic National Committee's Voting Rights Institute, briefly as interim chair of the DNC and is now currently its vice chair.

"I started as a little girl from Louisiana who talked way too much, according to my mother, to someone who sat next to President George W. Bush and talked to him about fixing the damage from Hurricane Katrina, and he listened," she said.

Brazile, a native of Kenner, La., described to the young ladies in attendance the exact date and time her childhood ended.

"It was a rainy Thursday, April 4, 1968, and when I came home from school, I was told to come inside and get on my knees and pray, because Dr. Martin Luther King had been murdered," she said. "All I could think about was that someone had killed that nice man who visited our neighborhood a few years before to preach peace and nonviolence."

THAT INSPIRATION eventually led her to her first



From left, Donna Brazile and Del. Barbara Comstock (R-34) speak to young women at the Great Falls Library Tuesday, Aug. 13. Brazile, who was the first African American woman to manage a presidential campaign with Al Gore in 2000, spoke to the women about pursuing their dreams.

job in Washington, D.C., working with King's widow Coretta Scott King and Stevie Wonder to help make Martin Luther King Day an official holiday. Later she worked on the campaign to celebrate the 20th anniversary of Dr. King's March on Washington.

Brazile encouraged the girls in attendance to never be afraid to try something that they are interested in, and never to let monetary concerns get in the way of their dreams.

"When I write for magazines, sometimes I'm paid 25 cents, sometimes 50 cents, sometimes two dollars a word and sometimes nothing," she said. "But I enjoy doing all of it because it allows me to do something I've done since I was a little girl, writing down my thoughts on various issues."

Brazile also said she has held jobs in 49 of the 50 states, asking the women in attendance, "if you know of a job opening in Montana, let me know."

COMSTOCK began the Young Women's Leadership Program in January of this year, and has hosted several sessions in the 34th district.

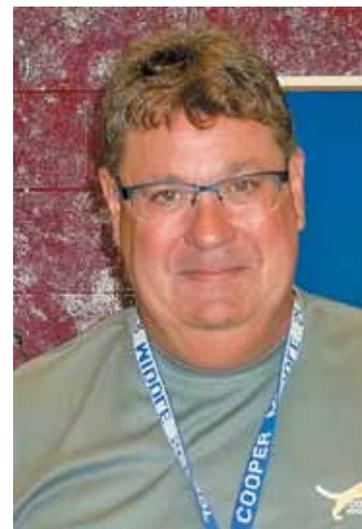
"Young women today have all kinds of opportunities available to them. This program is designed to expose them to a wide range of careers and opportunities in our area," Comstock said when it began. "It is my hope The Young Women's Leadership Program can inspire the next generation of female leaders to bring their intelligence, drive and solutions to careers in government, politics and business."

Cooper Encourages Critical Thinking

Frank Stevens, Cooper Middle School assistant principal

"This year, Fairfax County Public Schools are upping the rigor; this doesn't necessarily mean more work, but it will be more challenging. We'll be asking students to think critically, look for creative solutions, and work in collaboration with one another. We're working within the curriculum to find extensions that will bring about these skills. Of course, Cooper will also be welcoming new seventh-graders, and I advise them to come in with an open mind and take advantage of the opportunities to make new friends, because five elementary schools come together here. We will also have new Spanish, French, mathematics and band teachers. We're looking forward to a great year."

—MORGAN SASSER



Langley is Revamping Saxon Time

Jessica Statz, Langley High School assistant principal:

"I think the most exciting change that is coming to Langley is just our emphasis on teacher and student morale in the building. Although this is first and foremost a place for kids to learn, we still want kids and teachers



here to be happy and have a good time. We're trying to come up with creative ways to really establish a school culture that embraces the aspect of students still having some fun and doing that without affecting their grades entirely. In terms of new changes, we are revamping our Saxon Time, which is our intervention period that we have during the school day, and the new guidelines will be coming out in the next two weeks, so that will give kids a little bit more freedom and free time."

Highlander Kickoff on Aug. 27

Ellen Reilly, McLean High School principal:

"One of the things that we're starting this year is that we're having a Highlander Kickoff on Aug. 27. We're trying to find a way to welcome the community and the kids back, and make it a fun atmosphere for everybody. It is a



day for students to come get their schedules, pick up their parking and uniforms, meet some coaches, and for clubs to sell some stuff and start fundraising. It's a day for everyone to get back in the mood and get ready for school. We'll have food, cheerleaders, and the band. It will be the first time we'll ever be doing it."

—SANDY CHO

Fairfax County Public Libraries—Version 2.0?

Staff, volunteers urge supervisors to reconsider “disastrous” library reorganization plan that critics say cuts staff and services.

BY VICTORIA ROSS
THE CONNECTION

In a world where the Internet has replaced newsprint, e-books have supplanted paperbacks, and the latest films stream directly to your laptop, how do public libraries compete?

Like almost every other institution, public libraries are adapting. Self-check-out, online renewal and computer catalogues have replaced the fusty file drawers of index cards and leather-bound periodicals of the past.

“I think changes [need] to be made to the way libraries operate—to accommodate ways people get their information, do research and use libraries as community centers,”

“We are concerned that the drive to economize in this way will not serve the library, the county or the public in the long run,”

— Jennifer McCullough, president of the Fairfax County Public Library Employees Association

reduced staffing and cross-training staff members—have sparked outrage among library volunteers, staff and patrons who call the plan “misguided,” and a “radical reinvention” of the library system.

Criticism of the plan has been building since July, when Library Director Sam Clay unveiled a program that would test a new organization model this fall at the Burke Centre Library and the Reston Regional Library, the busiest library branch in the county. The reorganization, Clay has said, streamlines staffing while retaining a high level of service.

“It includes a one-desk model of customer service, with cross-trained staff answering account and information questions, and increased programming conducted within the branch as well as in the community,” Clay said.

In response to questions and criti-

sm of the reorganization, Clay and his staff prepared a list of Frequently Asked Questions (FAQ). In the document, Clay said there are multiple factors driving these changes.

“The way customers use the library has been changing over time; technology is having a major impact on library customers and staff with 76 percent of customers now checking out their own materials. The county is still undergoing a budget crunch, and the library is required to reduce its annual budget,” according to the FAQ document.

“Libraries in general are at a pivotal crossroads as we are called upon to meet the changing needs of our customers, brought on by technology and the Internet while providing resources with shrinking tax dollars. Libraries all across the country are trying new ways of operating,” Clay stated in the document.

Braddock Supervisor John Cook, who met with library supporters, said Fairfax County Public Libraries are facing the reality of budget restrictions and “are adjusting to the fact that with the Internet and electronic books, libraries are changing ...”

But critics of the plan maintain that the “sweeping changes” proposed by the library board will have “disastrous effects on the quality of library service that Fairfax county residents expect and deserve.”

On Aug. 3, a group called “Friends of the Library” launched an online petition urging the Library Board of Trustees to halt the reorganization plans and reevaluate the changes. The petition states:

“For the good of the community, this plan must be re-evaluated with thorough input from those who will be affected by the changes. This petition serves as a chance for library patrons, staff and friends to make their voices heard.” By Monday morning, Aug. 19, nearly 900 people had signed the petition.

“The lack of input, transparency and respect is the greatest fatal flaw in the whole plan. ... This entire plan is hugely unpopular with staff, volunteers and patrons,” said



Daniela Dixon, branch manager, Great Falls Library.



Andrew Pendergrass, branch manager of the Reston Regional Library, which was scheduled to be one of two libraries tested with a reorganization plan on Sept. 1.

Charles Keener of Oakton, an information assistant at Tysons-Pimmit Regional Library who has worked in the library system for nearly 40 years.

One widely criticized proposal in the reorganization: lowering the educational standards for librarians. Instead of requiring a master’s degree of library science for librarians, the job description will say that the advanced degree is “preferred,” but not “required.” Clay has said the change will allow more flexibility in hiring.

Keener counters it will “downgrade” the library and take the “librarian out of the library.”

Scott Railton of Great Falls, a long-time library patron who contacted the Connection on Monday, agrees.

“Who would believe you can replace professionals with untrained clerks and retain quality? Current advancements in technology simply will not suffice to replace libraries and professional librarians,” Railton said.

“We are concerned that the drive to economize in this way will not serve the library, the county or the public in the long run,” said Jennifer McCullough, president of the Fairfax County Public Library Employees Association, who addressed the Library Board at its June 2 meeting. “Will a library system that does not require any librarians on staff flourish, or will librarians prefer employment in localities that still find an MLS degree necessary?”

At the same June 2 meeting, Daniela Dixon, branch manager of the Great Falls Library, acknowledged the county has an obligation to spend tax dollars efficiently, but was concerned that “we might be ‘throwing the baby out with the bath water.’”

“Yes, we need to use our staff resources more efficiently, but we have an obligation to society to not destroy the cultural institution that is the library while doing that,” Dixon said. “The patron does value time as a resource, and they do want to be able to access books in a speedy way, but my experience tells me that they also highly value

Fairfax County Public Libraries—By the Numbers

USAGE STATISTICS—2012

(source: fairfaxcounty.gov/library/aboutthelibrary/factsht.htm)

- ❖ 495,831 registered customers.
- ❖ 5,246,854 visits to library branches.
- ❖ 13,034,816 items loaned.
- ❖ 4,162,599 visits to the library’s Internet website.
- ❖ 172,630 people attended 8,934 events.

PHYSICAL LIBRARY VISITS

Overall decreasing trend since 2008 with bump in 2009. (<http://www.fairfaxcounty.gov/dmb/fy2012/advertised/volume1/00152.pdf>)

- ❖ 2008: 5,794,036
- ❖ 2009: 6,128,289
- ❖ 2010: 5,685,827
- ❖ 2011: “over 5.4 million visits”

VISITS TO INTERNET WEBSITE

Overall increasing trend since 2008. (<http://www.fairfaxcounty.gov/dmb/fy2012/advertised/volume1/00152.pdf>)

- ❖ 2008: 16,732,257
- ❖ 2009: 17,483,534
- ❖ 2010: 22,025,596

BRANCH HOURS PER YEAR

Decreasing with budget. (<http://www.fairfaxcounty.gov/dmb/fy2012/advertised/volume1/00152.pdf>)

- ❖ 2008: 65,174
- ❖ 2009: 67,473
- ❖ 2010: 58,119

the expertise and knowledge of the librarian to aid them in their exploration of the library and all it has to offer. ... We are a unique agency in the county, because we are a cultural institution, an educational institution, and [an] institution that changes lives every day.”

Library staff and volunteers have been meeting with Fairfax County supervisors—who appoint the 12 volunteer members of the Library Board of Trustees—urging them to hold off on tests and hold public hearings on the proposed changes.

“We are moving heaven and earth to delay this,” Keener said. “I have never seen lower morale or greater anxiety, fear, discouragement and anger from our staff. ... We want people to contact the library board and to contact their supervisor. Tell everybody breathing what’s happening at the library.”

The Board of Supervisors has heard the message loud and clear, according to several Fairfax County officials

It’s likely the board will consider a motion at its Sept. 10 meeting, the day before the library board’s monthly meeting on Sept. 11, requesting further community outreach through public hearings or other forums.

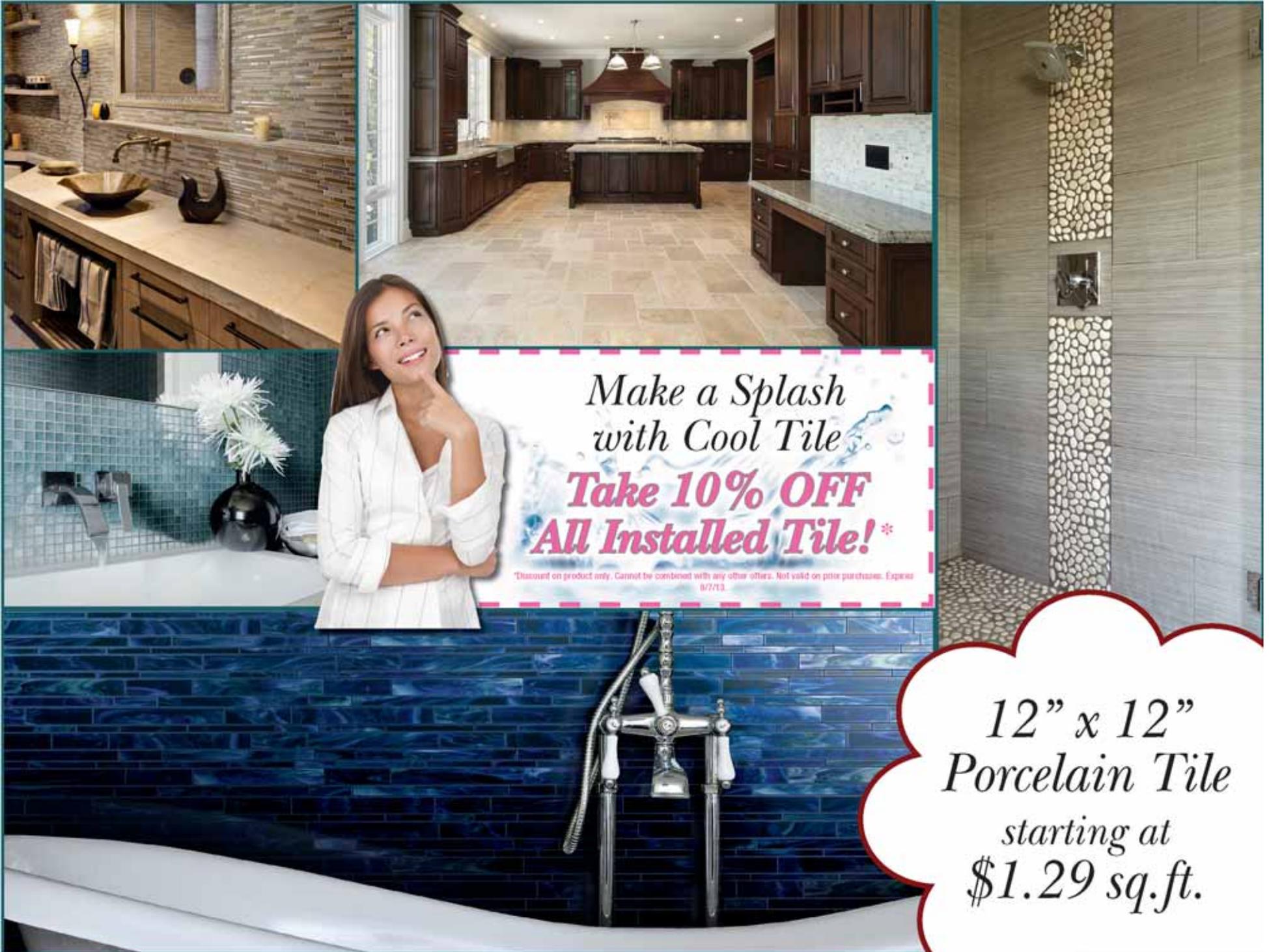
❖For more information on the petition, go to www.ipetitions.com/petition/stop-and-re-evaluate-proposed-changes-to-fairfax/.

❖To read the strategic plan on the library website, go to <http://www.fairfaxcounty.gov/library/news/strategicplan.pdf>.

❖To read a copy of the FAQ document, or to provide comments or suggestions regarding the Fairfax County Public Library, email libcustomerservices@fairfaxcounty.gov.



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Guarding Against Identity Theft and Fraud

Police advise residents on how to protect themselves.

BY BONNIE HOBBS
THE CONNECTION

With identity theft and fraud being such a major concern these days, police investigator Tom Polhemus and Det. Mike Deane recently presented some ways local residents can protect themselves from becoming victims.

They're both with the Sully District Station's Financial Crimes section and spoke during a meeting of the station's Citizens Advisory Committee. Basically, said Polhemus, "If you know how people are being ripped off, you'll know how to protect yourself."

He told residents to watch their bank accounts online and carefully examine their statements each month. If something's amiss, he said, "After 60 days, you own it."

The mail also holds hidden dangers, said Polhemus. "When you get a pre-approved credit application in the mail, thieves will take it from your mailbox, get the credit card and run up the bill in your name," he



Police investigator Tom Polhemus discusses the perils of identity fraud.



Police Det. Mike Deane advises residents, "Monitor your bank statements."

warned.

But, he said, "There's an opt-out number on the application, and you can call it from your home phone. Just follow the prompts and that'll tell the three credit bureaus—Esperian, Trans Union and Equifax—that you don't want this mail anymore."

Polhemus said consumers should go to www.annualcreditreport.com, or call this entity, to check on their credit report for any possible discrepancies or charges that shouldn't be there. "Do it once a year; it's free," he said.

"If you find there's a delinquent account with something you didn't sign up for, contact the creditor and fill out a police report and an affidavit of fraud," said Polhemus.

"Have it removed from your credit report and stay on top of it. We see a lot of credit card fraud and stolen credit cards. They're taken especially from women in crowded restaurants or at fitness centers and health clubs."

He said thieves also know that many people leave their wallets and purses in their cars, instead of in lockers, at their gym. So he told residents to keep their valuables with them, instead.

"Some thieves will even steal a person's keys from their gym locker and then use them to open their car and steal their credit cards," added Deane.

SENIOR CITIZENS are also preyed upon, said Polhemus. "People will take a credit card from their purses while they're distracted," he said. But those wanting to commit credit card fraud and identity theft target people of all ages.

For example, said Polhemus, "A temp at your dentist's office has access to your credit card information and address. She can order a \$4,000 computer online, have it sent to your address and track its shipping online. Then she'll call UPS and tell them to hold it for pickup, instead. Or she'll change the shipping address to another state."

He said police also handle a great deal of

cases involving counterfeit credit cards. "The most important thing to a criminal is the magnetic stripe on the back of your card," explained Polhemus. "He can swipe it through a device to record it—and now he has your credit card. And there's no skill involved; it's really easy to do. At different times, various point-of-service computer terminals in stores and restaurants are compromised, as well."

Noting that crimes such as these are "now driven by organized crime, such as the Russian mob and the Romanians," he said they'll "put a device on top of a particular ATM. So when you put in your credit card, it'll skim your magnetic stripe and have a camera photograph your pin number as you punch it into the pin pad."

Furthermore, said Deane, "Now they can harvest your credit card information remotely. If they want it, they'll get it, so monitor your bank statements."

"And if you do and you contact your bank and notify them about any charges that aren't yours, you will get your money back," added Polhemus.

He also advised the audience about check fraud, saying that there's no difference between the way a real and a counterfeit check look. What's important, he said, are the routing and account numbers on the bot

SEE PROTECTION TIPS. PAGE 7

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Protection Tips

FROM PAGE 6

tom of the check.
 “When you pay your mortgage and put the envelope in the mailbox with the ‘steal-me’ flag up, a thief will take your check and counterfeit 10 checks,” said Polhemus. “He’ll then deposit these checks and get the cash back from your bank at several different locations. So don’t mail your checks from home; do it from work or at the post office.”

Even seemingly innocuous situations may pose a threat, he said. “For instance, if you pay for Girl Scout cookies with a check and the child’s brother gets a hold of it and gets the numbers, he can use them to make automatic, monthly purchases for porn, or whatever he wants,” said Polhemus.

However, he added, “If your identity’s been stolen, you can get an identity theft passport from the attorney general’s office to show the police, if necessary.”

Polhemus also warned residents to never wire money to strangers online. “Your nephew isn’t in trouble overseas,” he said. “And the power company isn’t going to call and threaten to turn off your power in an hour if you don’t wire money immediately—100 percent, it’s a fraud.”

REGARDING FRAUD AGAINST THE ELDERLY, he said people age 70 and over need to obtain a credit freeze. “They’d pay \$10 to each of the three credit bureaus to prevent anyone else from having access to their credit accounts. That way, no new credit would be issued.”

It’s necessary, said Polhemus, because some unscrupulous

Review Credit Reports and Avoid Ripoffs

Fairfax County police offer the following tips regarding identity theft and fraud:

- ❖ Review credit reports annually
 Experian: Fraud/credit history, 888-397-3742;
 Trans Union: Fraud, 800-680-7289; Credit history, 800-888-4213;
 Equifax: Fraud, 800-525-6285; Credit report, 800-685-1111.
- Go to www.annualcreditreport.com.
- ❖ Opt out of receiving pre-approved credit card applications by calling 888-567-8688.
- ❖ Monitor credit cards and bank accounts online for early fraud detection.
- ❖ Don’t mail bills from home; use electronic banking, if possible.
- ❖ Victims of identity theft should get a police report and secure a seven-year fraud alert or a credit freeze.
- ❖ People 70 and older should contact the credit bureaus and obtain a credit freeze, even if they’re not currently identity theft victims.
- ❖ Never wire money to strangers online; these requests are scams.

pulous home health care providers will, otherwise, come into elderly people’s homes, take their credit cards and run them up. “It’s sad; we see senior citizens get ripped off all the time,” he said. “But family members can monitor their accounts online for them.”

At the end of his presentation, a resident asked how police decide which financial crimes to investigate. “Our loose criteria for investigating a case are: Is a Fairfax County resident out of money, and do we have a likelihood of prosecution?” answered Polhemus. “It also helps if there’s a good video or surveillance photo of the thief.”

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OPINION

Excerpts From King's 'I Have a Dream'

Martin Luther King Jr. spoke to the March on Washington 50 years ago next week, Aug. 28, 1963.

Listen to audio of the entire speech at www.smithsonianmag.com/multi-media/audio/128077288.html. To read the full speech, see: www.archives.gov/press/exhibits/dream-speech.pdf.

"Five score years ago, a great American, in whose symbolic shadow we stand signed the Emancipation Proclamation. This momentous decree came as a great beacon light of hope to millions of Negro slaves who had been seared in the flames of withering injustice. It came as a joyous daybreak to end the long night of captivity.

"But one hundred years later, we must face the tragic fact that the Negro is still not free. One hundred years later, the life of the Negro is still sadly crippled by the manacles of segregation and the chains of discrimination. One hundred years later, the Negro lives on a lonely island of poverty in the midst of a vast ocean of material prosperity. One hundred years later, the Negro is still languishing in the corners of American society and finds himself an exile in his own land. So we have come here today to

dramatize an appalling condition. ...

"We have also come to this hallowed spot to remind America of the fierce urgency of now. This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism. Now is the time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice. Now is the time to open the doors of opportunity to all of God's

EDITORIAL

children. Now is the time to lift our nation from the quicksands of racial injustice to the solid rock of brotherhood. ...

"We can never be satisfied as long as a Negro in Mississippi cannot vote and a Negro in New York believes he has nothing for which to vote. No, no, we are not satisfied, and we will not be satisfied until justice rolls down like waters and righteousness like a mighty stream. ...

"I say to you today, my friends, that in spite of the difficulties and frustrations of the moment, I still have a dream. It is a dream deeply rooted in the American dream.

"I have a dream that one day this nation will

rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident: that all men are created equal.'

"I have a dream today. ...

"This is our hope. This is the faith with which I return to the South. With this faith we will be able to hew out of the mountain of despair a stone of hope. With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood. ...

"This will be the day when all of God's children will be able to sing with a new meaning, 'My country, 'tis of thee, sweet land of liberty, of thee I sing. Land where my fathers died, land of the pilgrim's pride, from every mountainside, let freedom ring.'

"And if America is to be a great nation this must become true. So let freedom ring ...

"And when this happens, when we allow freedom to ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, 'Free at last! Free at last! Thank God Almighty, we are free at last!'"

COMMENTARY

Investing in 21st Century Industries and Jobs

BY BARBARA COMSTOCK
STATE DELEGATE (R-34)

The Northern Virginia region clearly faces economic threats and challenges as a result of sequestration and government downsizing. The national economy continues to stagnate. If you are looking for a bright sign on our local horizon—the data center industry, which is expected to still grow by hundreds of millions over the near future, is a sector to double down on.

That is why, once again, this year, I worked with the Northern Virginia Technology Council, local business leaders and a bipartisan coalition in the General Assembly to pass another bill to promote this important industry that is thriving in Northern Virginia and throughout the commonwealth. Our aim is to be one of the most "Data Center Friendly" places in the country.

Each day, over 70 percent of the world's Internet traffic passes through Northern Virginia. Virginia has the highest concentration of technology workers per capita in the nation. In 2012, data center companies such as Equinix, Raging Wire, Latisys and duPont Fabros have expanded in Virginia along with industry leaders: Facebook, Microsoft and Amazon. As The Washington Post reported



last year, the county now has about 40 centers comprising roughly 4 million square feet of space, which is equivalent to 22 Walmart Supercenters.

Buddy Rizer, Loudoun's assistant director for Economic Development has made clear our local commitment to the industry: "Loudoun County remains one of the strongest data center markets in the country, and we expect this to continue for some time to come." And the county still has lots of property for new centers. Data Center Knowledge recently reported, "This industry has helped drive one of America's great economic development success stories. The tax benefits to Loudoun

County have been incredible. We are very focused now on continuing to grow the data center cluster," said Rizer.

We in the General Assembly are also committed to growing the data center cluster. With broad bipartisan support, we passed my bill HB 1699, which creates a separate tax classification, for purposes of permitting localities to set a lower personal property tax rate on computer equipment and peripherals used in a datacenter. We worked closely with Loudoun officials and other Northern Virginia technology leaders to make sure this would be helpful in their economic development efforts in attracting more business in this sector. I partnered with a rural senator, Ryan McDougle, on the bill because this industry is ideal for rural communities with space availability for the large centers and the need for anchors to attract business. This kind of partnership also gets all regions of the commonwealth committed to and invested in this growing industry.

This year's legislation will build on my successful legislation last year, HB216 that provided state tax incentives to keep this important industry here in the commonwealth and to counter growing competition in other states. We have already had companies relo-

cate or expand here in Virginia as a result of our legislation last year.

Both of these measures will help Virginia continue to be a leader in this 21st century marketplace. Data center expansion and investment are a critical element in diversifying Virginia's technology economy and attracting private sector jobs and local revenue as federal spending and procurement decreases. Data center projects bring substantial investment but don't make a lot of demands on our schools or social services so it is one of those unique win-win propositions.

Local industry and business leaders now are looking at Loudoun County and Northern Virginia as "the Silicon Valley of the data center industry." The growing Data Center industry can in turn serve to attract a broad array of technology companies and make us a center of innovation where all kinds of dynamic 21st entrepreneurs, industries and jobs can flourish and grow.

With the commonwealth and Northern Virginia uniquely situated to benefit from this industry growth, we will continue to work with our tech community and industry leaders to make sure we at the state level promote and protect this vital industry that will enhance and enrich our community for years to come.

Great Falls CONNECTION

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Local officials and Walmart employees cut the ribbon on the new urban style Walmart at Tysons Corner Wednesday, Aug. 14.



Employees of the new Walmart in Tysons Corner celebrate their grand opening Wednesday, Aug. 14. The location is the first urban style Walmart.

Walmart Comes to Tysons

New store at Tysons West is first urban style location.

BY ALEX McVEIGH
THE CONNECTION

Walmart opened their first urban-style location in the country in Tysons Corner Wednesday, Aug. 14. The store, which is one of their "supercenters" will be open 24 hours a day, seven days a week and serves as the anchor of the JBG Rosenfeld Retail-owned Tysons West.

"This is the first urban style Walmart in the region, and it's going to pave the road for a lot of different things we want to do," said Marty Reighard, store manager. "When Walmart opens a new store, we have a blueprint that we go by, but for this project it was a lot different. The ability to have a stacked retail is something we haven't done before in this area, it was new to us. We went into this with a lot of questions, but what we have now is a result of getting together with a developer and the local community to give them what they want and what they need."

PARTS OF THE BUILDING where Tysons West and the new Walmart is located was formerly a Moore Hummer dealership. The 16-acre lot, which also includes the Sheraton Hotel, was purchased by JBG in 2006. The development features about 200 parking spots outside of the building along Leesburg Pike, and a parking garage that serves Tysons West has approximately 500 spaces.

"This store has been in the works for about four years," said Alex Barron, regional general manager. "We would drive around Tysons Corner in one of our Walmart vans to search real estate sites, and then we came to this one, an abandoned car dealership and a parking garage. The vision that many folks on our team had to bring this store to reality is amazing to me."

Jackie Ngo, pharmacy manager at the new store, says she is excited about the location's ability to give access to affordable medication. "We have more than 300 generic drugs that are available for \$4 for a month's supply, \$10 for a three month's supply, which will reduce health care costs for the insured and uninsured," she said.

Walmart presented grants to Jill's House, Westbriar Elementary School, Graham Road El-



Alex Barron, regional general manager of Walmart, presents employees of the new location in Tysons Corner with a drawing of the outside of the store during its ribbon cutting Wednesday, Aug. 14.

ementary School, the Westgate Elementary School PTA, Kids R First, the Capital Area Food Bank and the Leukemia and Lymphoma society the day before the opening.

AFTER THE RIBBON WAS CUT, customers streamed in and toured the store, wandering from the grocery section, to clothing, electronics and more.

"It's interesting to be one of the first customers because I've never seen shelves that are completely full of every single item," said Al Pechi of Vienna, who stopped by on his way to work. "I know Walmarts aren't exactly a popular thing to welcome into a neighborhood these days, but I think it's something that will serve more people than a car dealer ever could have." JoAnne Hardy of McLean said she thinks the store is a step in the right direction when it comes to Tysons Corner development.

"I like that it's open 24-7, and right next to one of the Metro stops, I think that's going to be a very good thing for residents and regular Metro travelers," she said. Reighard said he looks forward to Tysons West becoming one of Tysons Corner's new signature locations.

"There's going to be a lot of residential, some high rises, a very exciting place to dine, shop, play, relax, things like that," he said. "That's going to be the theme of this area, and within the next five to 10 years, this location is going to be a central hub of what Tysons is."

ENTERTAINMENT

Send announcements to greatfalls@connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com

THURSDAY/AUG. 22

Cheryl Wheeler. 7:30-8:30 p.m., at Nottoway Park, 9537 Courthouse Road, Vienna. You may not be familiar with Cheryl, but you have probably heard her music. She is a respected songwriter by her peers, and many record her songs. www.cherylwheeler.com.

The Albert Lee Band. 8 p.m. Jammin' Java, 227 Maple Avenue E, Vienna. The two-time Grammy Award-winning guitarist performs as part of his national tour. Forward Motion will open the show. \$25. jamminjava.com

THURSDAY-SUNDAY/AUG. 22-25

Cancelled: Jennifer Holliday in "Dreamgirls" Performances. Visit <http://www.wolftrap.org> for more information.

FRIDAY/AUG. 23

Barboursville Vineyards Wine Dinner. 6:30 p.m. Wildfire, Tysons Galleria, 2001 International Drive, McLean. Chef Eddie Ishaq creates a custom menu for a four course dinner paired with wine from Barboursville Vineyards. Jason Tesaro of Barboursville Vineyards will speak about the wines. \$75 per person, plus tax and gratuity. For more information or reservations, please call Amanda or Erika at 703-442-9110.

SATURDAY/AUG. 24

Global Camps Africa's Shop for a Cause. 10 a.m.-9:30 p.m., at Tyson's Corner Macy's, 8000 Tyson's Corner Center, McLean. Macy's customers with a Global Camps Africa shopping pass receive special shopping discounts and benefit Global Camps Africa of Reston with pass proceeds.

OTFC Block Party. 4-10 p.m., at the Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. The McLean Community Center annual party features live music from Motown band Another Level, the McLean Teens Got Talent competition, a living history exhibit and free activities such as airbrushed tattoos, spin art t-shirts and a climbing wall. 703-448-8336 or www.mcleancenter.org/teens/events.

SUNDAY/AUG. 25

Providence House of Bounce. 2-4 p.m., at Providence Baptist Church, 8980 Brook Road, McLean. A day of giant inflatables, Wii games and snacks to make children jump for joy

BULLETIN BOARD

To have community events listed in the Connection, send to greatfalls@connectionnewspapers.com. The deadline for submissions is the Friday prior to publication.

MONDAY/AUG. 26

MCC Non-Resident Open Fall Registration at The McLean Community Center, 1234 Ingleside Ave., McLean. Infants through senior adults who are non-residents of Small District 1A-Dranesville may register for continuing, affordable education classes (more than 80 options) aligning with various interests. Full listing of courses and 24-hour registration is online. 703-790-0123, TTY: 711 or www.mcleancenter.org/classes-trips.



Soulful folk-rock band The Post co-headlines with indie gospel singer/songwriter Jason Brown Wednesday, Aug. 28 at Jammin Java. Also playing are Mariah Maxwell and Vienna Idol winner Ethan Schaefer, opening for special guest Amy Andrews. <https://jamminjava.com/events/august28>.

inside the church gym.

\$10. <https://jamminjava.com/events/august28>.

THURSDAY/SEPT. 26

Great Falls Writing Group. 1-2:30 p.m., at the Great Falls Public Library in the large conference room, 9830 Georgetown Pike, Great Falls. The GFWG joins with matters surrounding the daily practice of writing on the agenda; local writers and authors within the community are invited to take part in the twice-a-month meetings. 703-757-8560.

TUESDAY/AUG. 27

Reflections on Koi. 10 a.m.-4 p.m. Tuesdays through Saturdays, at The Vienna Arts Society's Gallery in the Village Green, 513 Maple Ave. W, Vienna. Up through Oct. 5 in the gallery are Ruth Ensley's new series showing the light patterns that are created on the surface of water as colorful fish move fluidly beneath. More than a dozen other members of the Vienna Art Society also have original paintings in the exhibition. 703-319-3220 or www.ViennaArtsSociety.org.

WEDNESDAY/AUG. 28

The Post + Jason Brown With Guest Amy Andrews. 6:30 p.m., at Jammin Java, 227 Maple Ave. E., Vienna. New artists on the Washington, D.C. Metropolitan music scene, soulful folk-rock band The Post headlines with indie gospel singer/songwriter Jason Brown and his band; Ethan Schaefer and Mariah Maxwell open for special guest Amy Andrews.

WEDNESDAY/AUG. 28

Alzheimer's Family Day Center's Music and Memory Program Fundraiser. 5-10 p.m. Merrifield Silver Diner, 8150 Porter Road, Falls Church. The Silver Diner will donate a portion of the night's proceeds to the center's effective program uses music to help those with Alzheimer's. www.alzheimersfdc.org.

THURSDAY/AUG. 29

American Red Cross Blood Drive. 10 a.m.-4 p.m. Cordial Partners, 8229 Boone Blvd., Vienna. The organization's Greater Chesapeake and Potomac Blood Services Region is taking blood donations. Schedule a donation appointment at 1-800-733-2767 or redcrossblood.org.

TUESDAY/SEPT. 3

Life Line Screening. By appointment, at Sharon Masonic Lodge, Suite 327, 999 Balls Hill Road, McLean. Minimally Invasive Vascular Centers sponsors a screening for McLean area residents to reduce their risk of having a stroke or bone fracture. The screenings identify potential cardiovascular conditions including blocked arteries, irregular heart rhythm, bone density screenings, abdominal aortic aneurysms and hardening of the arteries in the legs, a strong predictor of heart disease; screenings take 60-90 minutes and are noninvasive and painless. \$159. 1-877-237-1287 or www.lifelinescreening.com.

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WEEK IN GREAT FALLS

Sept. 11 Ceremony at Freedom Memorial

On Wednesday, Sept. 11, at 7 p.m., the Great Falls Freedom Memorial Committee will hold its annual 9/11 Ceremony at the site of the Freedom Memorial (behind the Great Falls Library at 9830 Georgetown Pike). This ceremony especially remembers the six citizens of the Great Falls community who died when Flight 77 crashed into the Pentagon on Sept. 11, 2001. The speaker will be Robert J. Zoldos, a member of the Fairfax County Fire and Rescue Department for 20 years and currently

operations deputy chief of A-Shift. On Sept. 11, 2001, he served as a Rescue Squad officer with Virginia Task Force One, responding to the attack at the Pentagon. Chief Zoldos will share his experiences and the work of his team. Members of the St. Thomas a Becket Family Choir will join us at the ceremony.

This ceremony is open to all and ample parking is available in the library parking lot. In case of rain, the ceremony will move into the library's meeting room.

Great Falls Studios Online Gallery Presents 'Simply Summer'

The Great Falls Studios (GFS) artists have put to paper, molded in clay and caught on camera warm sunny days, summer vacations, beaches and boats, butterflies, flowers and abundant greenery. "Simply Summer" at the GFS Virtual Gallery is just a mouse click away: <http://www.greatfallsstudios.com/virtualgallery-new.php>.

Established in 2003, Great Falls Studios is a consortium of more than 100 artists living or working in Great Falls.

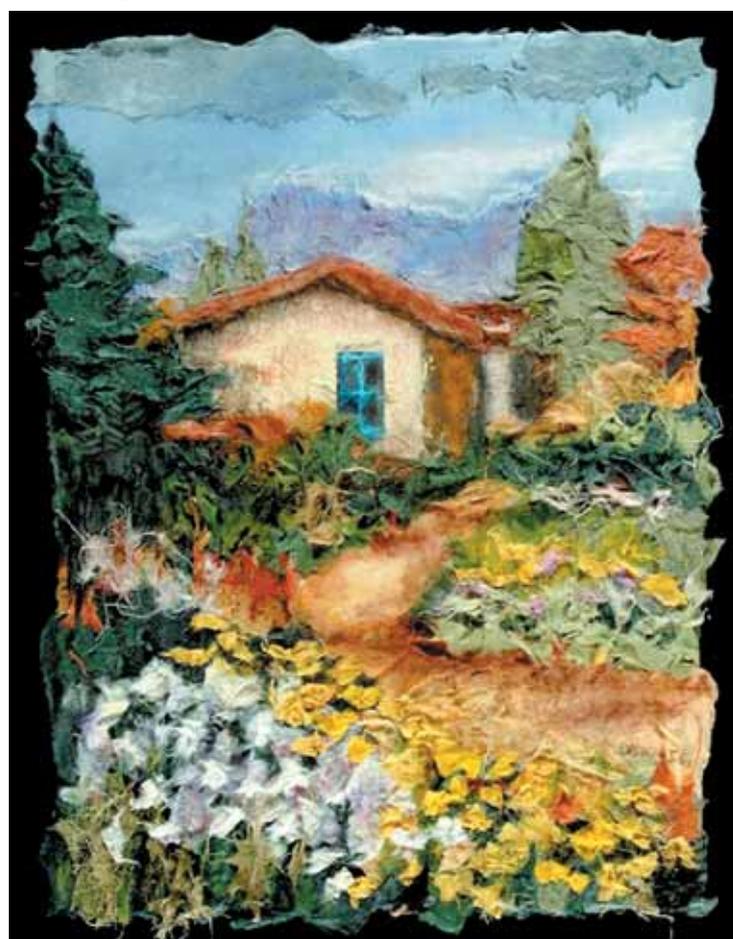
Some of the upcoming events include:

- ❖ Oct. 5—Great Falls Studios celebrates a decade of art at Great Falls Library, 9830 Georgetown Pike, Great Falls;

- ❖ On Oct. 19 & 20—Tenth Annual Great Falls Studios Tour;

- ❖ Dec. 14 & 15—Great Falls Studios Holiday Show and Sale, Wolf Trap/Center for Education, 1645 Trap Road, Vienna.

Great Falls Studios also manages several exhibit venues in the community. The public is invited to enjoy often changing shows at Katie's @ the Old Brogue Irish Pub/760 Walker Road, Great Falls, Seneca Hill Animal Hospital, Resort & Spa/11415



"Summer Garden," a study by Ronni Jolles in layered paper and pastel. This garden blooms in France.

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By **KENNETH B. LOURIE**

Surgical Intensive Care Unit. And why, pray tell, am I titling a second consecutive column with a hospital-related acronym? Because, for the second consecutive time when I feel like writing, I am still in the hospital, the Intensive Care Unit, to be specific. Three days after being admitted, (since I was having trouble breathing, talking and catching my breath), a thoracic surgeon and a pulmonologist performed emergency-type surgery on my left lung and withdrew 4.5 liters of fluid from it. Followed by, so I was told, a left lung which did not re-inflate (as we needed it to) further compromising my recovery. And though typically we can live with one good lung, for a stage IV, non-small cell lung cancer survivor however, such challenges are a bit beyond the pale. And that's how I looked pre-surgery: pale. In fact, the color was draining right out of my face. I describe that lack of color as ashen gray and death warmed over. It was not a good look.

But I have lived to fight another day/days. Three days now, post surgery, and after yet another CT Scan, my thoracic surgeon visited me and seemed pleased and somewhat surprised to report that, as evidenced by this most recent scan, my left lung seemed to look better than he had expected (given the surgical timeline), and had even inflated a bit. As such, tomorrow, the plan is to remove the 28-centimeter long chest tube which had been inserted into my left lung (from under my left arm) the purpose of which was-to/isto assist in draining any remaining fluid/"infiltrate" (doctor's word for schmutz) to hopefully enable the lung to heal and possibly expand. As the fluid continues to diminish and become clear, I, too, continue to improve. So I remain hopeful. However, what this clarity actually means in the short-term (or even the middle- or long-term), I certainly don't know. Nevertheless, I have decided to not look askance at any good news I receive. If my doctors are happy, I'm happy.

When the chest tube comes out, it will be replaced by a narrower catheter, a more durable everyday-type tube. Apparently, I will henceforth be in the on-and-off business; letting any accumulating fluid in my lung drain and then sealing the catheter with a turn; somewhere between a spigot and a faucet, I imagine. I suppose I can live with that. What alternatives do I have, really? Living forward however, I don't anticipate I'll be running any marathons. Heck, I'll likely not even be able to watch any on television or in person either; and for a Bostonian, that would be disappointing.

Today, in the addition the miscellaneous — and ongoing, medical assessments I regularly receive, my family and I will be meeting with the palliative care team. Presumably, given the recent changes to my health, it's a discussion which seemed prudent to have and thus a recommendation was made — to us. From what little I understand, palliative is not exactly hospice, nor is it giving up. It's not necessarily about dying either, but living in a more manageable and organized way in order to maximize options (non-curative though they may be) and minimize distractions/discomfort while seeking to improve one's overall quality of life. Moreover, if its suggestions lower stress, I'd be all the more grateful because what we got here, to quote Judge Roy Bean is, "a serious situation," and probably getting more serious by the day.

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

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Fairfax County Police Officers Win Gold in Darts At World Games

Fairfax County Police officers Mike Tucker and Mark Kidd won gold medals in the darts competition at the 2013 World Police & Fire Games in Belfast. The pair defeated dart throwers from numerous other countries in "501" doubles. "I thought coming to Northern Ireland we'd have much greater competition because in Ireland and the UK, dart is more their pastime," Kidd said. "And we did."

The World Police & Fire Games are one of the largest multi-sport, multi-venue athletic events in the world, drawing more than 12,000 competitors from police, fire and public safety agencies from more than 70 countries. The games will be hosted by Fairfax County in the National Capital Region in 2015.

The atmosphere was one of camaraderie and good times among old friends, and the people of Belfast were very friendly and helpful, Tucker said. "One of the best things here, competition put aside, is just meeting all the different people from all the jurisdictions," he said.

Tucker and Kidd are among a group of about 60 men and women from the National Capital Region who are part of a large contingent of American competitors at the 2013 Games in Belfast.

As liaisons to Fairfax 2015, Kidd and Tucker hope to bring the lessons they've learned competing against the world's best fire and police dart throwers when the games come to the National Capital Region in two years. The two police officers won bronze when they competed in the 2011 World Fire & Police Games held in New York. "Darts is really a worldwide competition especially when it comes to the UK, Australia and South Africa. When we come to Fairfax, we are going to make sure it's done, and done right and make sure we please everyone across the globe," Kidd said. The 2013 darts competition was held at the Newforge Country Club in south Belfast, home to the Police Athletic Association of Northern Ireland.

FAIRFAX 2015 is a nonprofit organization established by Fairfax County to organize, manage and operate all activities related to hosting the 2015 World Police & Fire Games. The 2015 games will take place in more than 40 venues throughout the National Capital Region (VA, DC and MD) from June 26 to July 5, 2015. Beneficiaries of the 2015 WPFG will include the U.S. National Law Enforcement Memorial, the U.S. National Fallen Firefighters Memorial and the local Valor Awards Scholarship Fund. The games are projected to attract more than 30,000 visitors to the Washington, D.C. area and generate an estimated \$80 million for the regional economy.

For more information, go to: www.Fairfax2015.com or www.wpfg2013.com.

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NEWS

Great Falls Senior Center to Host Capitol Squares

The Great Falls Senior Center (GFSC) hosts its first-ever dance program in September when the square dance exhibition team Capitol Squares of Washington, D.C. display the footwork and choreography that have made them famous throughout the country.

In 2002, the Capitol Squares were formed to promote square dancing by appearing in parades and exhibitions. Dancers, some veterans of more than 30 years, are from Maryland and Virginia. The team's signatures are intricate patterns and movements such as octagons, hexagons and pentagons as well as traditional four couple squares. Its motto is: "Sharing friendship and fun through dance."

After a demonstration, guests will be invited to take a turn on the dance floor. Comfortable shoes are a must.

Capitol Squares have performed at major square dance events in Washington, D.C., Virginia, Mas-



PHOTO CONTRIBUTED

Capitol Squares will perform at the Great Falls Senior Center event on Sept. 10 at the Colvin Run School House.

sachusetts, Connecticut, North Carolina, Kentucky and Michigan.

Butch Adams is scheduled to call for the Capitol Squares at the event. He also is the group's creative choreographer. Since 1960, he has called throughout the United States, Canada, Europe and the Western Pacific.

The Sept. 10 event will be at the Colvin Run School House, 10201 Colvin Run Road, Great Falls. The program runs 11 a.m.-1:30 p.m. Lunch will be served; a modest

contribution is appreciated.

The event and food sponsor for September is Brightview Great Falls, an assisted living community scheduled to open early summer 2014 at 10200 Colvin Run Road.

Reservations are a must. To reserve, e-mail Joyce Trickett at joygoodshepherd@verizon.net or call 703-887-5772. Guests who require transportation to attend, call Gene or Maddie McCabe at 703-438-0810.

FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to greatfalls@connectionnewspapers.com. Deadline is Friday.

The Antioch Christian Church, 1860 Beulah Road in Vienna, holds summer combined worship services Sundays at 10 a.m. 703-938-6753 or visit compassionsunday.com.

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, offers musical, educational, outreach and fellowship ministries in addition to worship services, including a 7:45 a.m. worship service without music; 9 a.m. worship service, children's chapel and children's choirs; 10 a.m. Sunday school and adult forum; and 11 a.m. worship service with adult choir. 703-759-2082.

Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean, Sunday worship services are at 8:30 and 10:30 a.m. Sunday School for adults is at 9:30 a.m. and for children during the 10:30 a.m. worship service. Youth Group for grades 7-12 meets Sundays at 6 p.m. A 20-minute service of Holy Communion is held each Wednesday at noon. 703-356-3312 or umtrinity.org.

The summer worship service schedule July 14-Sept. 1 at **Redeemer Lutheran Church**, 1545 Chain Bridge Road, McLean is a 9 a.m. contemporary service and a 10:30 a.m. traditional worship service.

Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton, offers the Religious Exploration (RE) program for pre-K toddlers through high school seniors. The RE program offers classes on Saturday afternoons and Sunday mornings. 703-281-4230.

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Fairfax Republicans Nominate Bryan 'BA' Wolfe for Sheriff

Wolfe faces Democratic nominee Stacey Kincaid in Nov. 5 special election.

BY VICTORIA ROSS
THE CONNECTION

When retired Fairfax police officer Bryan "BA" Wolfe was selected as the Republican nominee for Fairfax County Sheriff last week, he vowed to "restore the public trust" by making the 500-member department more "accountable and transparent."

He also pledged to donate his salary to charity if he wins against Democratic challenger Stacey Kincaid in the Nov. 5 special election.

Wolfe's campaign promise echoes a similar pledge made by former Sheriff Stan Barry during his 2011 run.

Barry's salary pledge and his participation in the county's Deferred Retirement Option Program (DROP) ignited the "DROP Stan Barry" bomb. County Republicans hammered Barry for his participation in DROP, claiming Barry could collect nearly \$1 million in pension benefits in a program never intended for elected public officials. Barry, whose salary was set at \$160,000 a year by the Fairfax County Board of Supervisors, challenged the claims.

FIRST ELECTED SHERIFF IN 1999, Barry announced last May that he would retire in July, launching the special election between Wolfe and Kincaid. The winner will serve the remaining two years of the sheriff's four-year term.

"[Wolfe's] pledge to donate his salary to charity shows clearly how passionate he is that leadership changes are needed at the department," said Jay McConville, chairman of the Fairfax County Republican Committee (FCRC), in an Aug. 15 news release.

"I am running for sheriff to restore the public trust and confidence in our law enforcement community," Wolfe, 51, said. The U.S. Air Force veteran said he will hold the Sheriff's Department "to a higher standard of accountability than previously held and I will



PHOTO CONTRIBUTED

Bryan Wolfe, a former Fairfax police officer and U.S. Air Force veteran, was chosen by the Fairfax County Republican Committee last week as its nominee in the Nov. 5 special election to succeed retired Sheriff Stan Barry.

work to create greater transparency that is so necessary."

McConville said Wolfe's record of service, both in the military and as a police officer, "demonstrates the kind of commitment to community and selfless service so needed at the top of the Sheriff's Department."

"I strongly believe in a leadership style encouraging participation which calls for greater involvement from all levels of the Sheriff's Department and I have the necessary skills, knowledge and drive to effectively serve as the next sheriff," Wolfe said.

A 1979 graduate of Robinson Secondary School, Wolfe joined the U.S. Air Force in 1981. He is an 18-year member of American Legion Post 177 in Fairfax and a member of the National Rifle Association. Wolfe has earned several awards for his service to his community, including being named Policeman of the Year twice, as voted by his peers in the department. He and his wife Kelly live in Clifton and have three daughters and two sons.

Kincaid, a graduate of Frostburg State College, began her career with the Fairfax County Sheriff's Office in 1987. She said a summer internship at the Sheriff's Office "sparked my interest in a career as a deputy sheriff." In 2008, she received the agency's highest honor, the Distinguished Service Award.

A Vienna resident, Kincaid won the Democratic nod against acting



PHOTO BY VICTORIA ROSS

Stacey Kincaid, a 26-year veteran with the Fairfax County Sheriff's Department, won the Democratic nomination for sheriff during a caucus held July 17.

Sheriff Mark Sites in a caucus last month.

Kincaid said that while she is focused on the three main functions of the sheriff's office—running the county's jail, performing security at the courthouse and serving civil process—she also wanted to "bring the agency forward."

"As the largest sheriff's office in Virginia, we should be the role model for the commonwealth," she said after her win over Sites last month. She added that she wanted to focus on diversity inside the department as well as in community outreach efforts.

"When I say diversity, I am talking about diversity of thought, values and beliefs, not just skin color," Kincaid said. "We need the office to respect and reflect the diversity in our community. ... Listening and learning is an important part of forging a relationship with the community."

THE FAIRFAX COUNTY SHERIFF'S OFFICE is responsible for managing the Adult Detention Center, providing security in the courthouse and serving civil law process. The sheriff and the sheriff's deputies have civil and criminal jurisdiction in Fairfax County, the City of Fairfax and the towns of Vienna and Herndon.

"Our sheriffs serve our community well, and they deserve someone who has a passion for service and not a continuation of the establishment bureaucracy that has failed for years to provide the type of leadership needed," McConville said.



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

The McLean and Langley football teams, seen last season, will open their respective 2013 seasons on Sept. 6. McLean will host Washington-Lee and Langley will host Yorktown.

Langley Fall Sports Openers

The fall sports season is right around the corner for Langley teams.

The field hockey team will open its season at home against Lake Braddock at 7:30 p.m. on Monday, Aug. 26. The Saxons will host Herndon on Aug. 28 before competing in the Herndon Invitational Aug. 30-31.

The volleyball team will participate in a showcase tournament Aug. 30-31 at Richmond Volleyball Club. The Saxons will host Potomac Falls at 7 p.m. on Sept. 3.

The cross country team opened with the PR Kickoff Meet on Aug. 15, and will compete in the Monroe Parker Invitational on Sept. 7 at Burke Lake Park.

The football team will open at home against Yorktown at 7:30 p.m. on Friday, Sept. 6. The Saxons will follow with a home game against Stone Bridge on Thursday, Sept. 12 and a road game against T.C. Williams at 1 p.m. on Saturday, Sept. 21.

McLean Fall Sports Openers

The McLean field hockey team will open its season next week. The Highlanders will travel to face Yorktown at 7:30 p.m. Wednesday, Aug. 28. Their home opener is Sept. 10 against Fairfax, which won the last four Liberty District championships.

The volleyball team will travel to face Westfield at 7:15 p.m. on Tuesday, Sept. 3. The Highlanders' home opener is Sept. 16 against Stone Bridge.

The cross country team will compete in the Monroe Parker Invitational on Saturday, Sept. 7 at Burke Lake Park.

The football team will open at home against Washington-Lee at 7:30 p.m. on Friday, Sept. 6. The Highlanders will host Marshall on Thursday, Sept. 12 and travel to face Falls Church on Friday, Sept. 20.

McLean Finishes Runner-Up at Little League Softball World Series

The McLean All-Stars reached the championship game of the Little League Softball World Series, but fell short against Sunnyside from Arizona, 9-0, on Aug. 14 in Portland, Ore.

McLean won its first five games of the World Series, beating teams from Oregon, Puerto Rico, Ohio, Italy and New Jersey.

McLean team members were: Caitlin Jorae; Madison Wolfe; Gracen Govan; Kathryn Sandercock; Elizabeth Hoeymans; Rachel Remer; Julia Jones; Jamie Wang; Kate Haas; Cate Willing; Riley Simon; and Sarah Stahlman.

USA Hockey Team Camp to Include Public Day on Aug. 27

USA Hockey's 2013 U.S. Men's National Team Camp, which will be staged at the Kettler Capitals Iceplex in Arlington, will include a public day on Tuesday, Aug. 27.

Tickets for the event are limited and are on sale at ticketmaster.com.

Easing Into Back to School

End-of-summer tips to make the first day of school less stressful.

BY MARILYN CAMPBELL
THE CONNECTION

For some children, the transition from laid-back summer days to intensely structured school hours can be jarring. Moving from an environment where one's greatest challenge is deciding whether to choose chocolate or vanilla ice cream, to a routine that calls for getting dressed before dawn, heading to school and paying attention in classes all day can be jolting.

One of the most challenging aspects of returning to school, say experts, is children's loss of some control over their schedules. "In the summer, children have more control over their lives," said Alice Young, Ph.D., a professor of education at Marymount University in Arlington. "They have greater ability to make decisions about what time they're going to wake up and what they will do next. When they get ready to back to go to school, they control nothing. Parents and teachers tell them what they have to do."

"Humans are innately routine driven beings," said Len Annetta, Ph.D. professor in the College of Education and Human Development at George Mason University. "Whether or not it is hard wired or a learned behavior is often debated. Regardless, our bodies and minds often function better once in a routine. Parents would be wise to...start their children with a breakfast that is...consistent with what they will have during the school year [and] limit screen time to just educational activities or activities that get the brain thinking analytically."

There are schedule modifications that parents can implement now to make the first day of school less jolting, however, and local education experts offer tips that range from gradually modifying a sleep schedule to planning after school activities.

"Start getting back into a school-year sleep schedule," said Ashley C. Lowry, the upper school academic coordinator and Advanced Placement U.S. history teacher at Connelly School of the Holy Child in Potomac, Md. "It's important that students hit the ground running. Continuing to stay awake until midnight or later will not provide students with the brainpower needed to start the year off right."

A sleep schedule adjustment is particularly important for middle and high school students. "Get them up earlier for those needed doctor and dentist appointments before school starts," said Lisa Turissini, Ed.D., chair of the Department of Education at Marymount University. "This age group loves to sleep in and some adjustment to an earlier schedule is really a good idea. You can also have them go to bed earlier to assist getting up earlier each morning."

Ann Richardson Miller, director of admission at The Madeira School in McLean, said "Sufficient sleep is critical to academic success. While harder to enforce at home, we believe strongly that this one simple thing can ensure success for transition into high school."

DESIGNATE AN AREA for completing homework assignments. "Do they have a work area set to go at home to complete homework each evening?" asked Turissini. "Is there a set time each evening for

this to happen? Will there be certain evenings when everyone is present for family dinner together?"

Setting goals, both academic and personal, is important when beginning a new school year. "All school divisions, private or public, have some sort of grade-level objectives," said Shannon Melideo, Ph.D., associate dean, School of Education and Human Services at Marymount University. "Find the appropriate grade-level goals and spend a few minutes with your child reading over what they will learn and set some goals."

Such goals are helpful in creating a smooth back-to-school transition. "For example, ride a bike, read a chapter book, hit a double, [learn to] tie shoes, [make the] honors list," said Melideo. "Write those goals down and put them in a place that the student can see often."

Young, says that parents should help children choose attainable goals. "Success breeds success. Early in the school year, set goals that are achievable," she said. "A bad goal is 'I'm going to make straight As this semester' if the child made Ds and Cs last semes-



COURTESY PHOTO

One hurdle that parents and students, like these Height School chemistry students, led by teacher Peter Bancroft, face when making the transition from a relaxed summer schedule to a demanding academic year is the mental preparation for the pace and discipline that school requires.

ter. A better goal, for example, would be, 'I am going to turn in all my homework and not having any missing assignments during the first session.'"

One hurdle children and parents face when making the transition from the more relaxed summer schedule to the demands of the academic year is the mental preparation for the pace and discipline that school requires, said Michael S. Moynihan, head of the Upper School at The Heights School in Potomac.

"As study requires focusing one's attention and energy on texts or material to be mastered, it is necessary to start to build up the mental habits of focus and contemplation before one jumps into the classroom," he said. "The best practical way for parents to help

their children do this is to build set reading times into the daily schedule in the days leading up to the start of the school year. Wise parents will help their children choose reading materials that are a bit challenging.."

To help jumpstart brainpower, Lowry suggests "spending two to three hours a day on school-related work. This can be working on required summer work, or exploring academic areas of interest. This helps dust off the cobwebs."

Melideo recommends taking trips to the public library to find books or resources about topics a child will cover during the school year. Melideo said, "For example, third graders in Virginia often learn about ancient civilizations. Get some books on ancient Egypt."



"Green Earth, Beautiful US"

Children's Environmental Color Bottle Exhibition

Free Classes: August 21st - September 11th, 2013

Exhibition Dates: September 14th - September 21st, 2013

Location: YMM Art Space
8216 Old Courthouse Road, Suite C, Vienna, VA 22182

How it Works:

1. Exhibition Theme: "Green Earth, Beautiful US"
2. Eligible Participants: Children and young adults (5 -18 years old)
3. Paint Your Bottle Classes: August 21st - September 11th
Bring your own bottle (plastic or glass)
4. Class Times:
5-11 years old 9am-10:30am; After 9/5 5pm-6:30pm (Wed-Fri)
9am-12:30pm (Sat-Sun)
12-18 years old 11am-12:30pm; After 9/5 3:30pm-5pm (Wed-Fri)
1-2:30pm (Sat-Sun)
5. We welcome any submission of artwork with our theme before September 11th

Awards Ceremony: September 21st, 2013 (11:00am to 12:00pm)
Winners will receive exciting prizes from YMM Art Space.

To RSVP Call: (703) 942-8677 or E-mail: usa@ymmart.com; www.ymmart.com





Great Falls Elementary and Cooper Middle School students with Japanese First Lady Akie Abe at a reception held for them at the prime minister's private residence.



PHOTOS CONTRIBUTED

From left, Great Falls Elementary sixth-graders Gianna Mitchell, Sophie Fouladi and Laura Warrington climb Mount Fuji during a trip to Japan this summer.

Students Summer in Japan

Great Falls Elementary, Cooper Middle students visit Japan.

Nineteen students from Great Falls Elementary School and Cooper Middle School spent their summer in a unique way. The students spent two weeks in Japan as a culmination of their Japanese Immersion study.

Students visited standard tourist destinations Tokyo, Kyoto, Hiroshima and Miyajima, but their visit contained some uncommon experiences as well, such as an invitation to Prime Minister Shinzo Abe's private residence.

Abe personally greeted the students and also used the opportunity to thank the United States for assisting Japan following the 2011 earthquake and tsunami.

First Lady of Japan Akie Abe held a luncheon reception

for the group and spent two hours with the children. The event included wangan, a Japanese version of ring toss.

One team included Akie Abe, who enthusiastically participated with the group.

"One of my favorite moments was seeing First Lady Abe celebrate after she got the ring on the post, but then she realized it was a minus five score for her team," said sixth-grader Nick Hodge.

The food was a central part of the group's experience.

"I liked the food the most. It was very unique and had very fresh tasting fish," said sixth-grader Ayn Kurzenhauser. "I learned a lot more Japanese and I learned how to put on a full yukata [summer kimono]."

Eighth-grader Christina Hara said she also liked the food.

"I enjoyed the food and culture of Japan, and I learned a lot of new Japanese and culture," she said.

As part of the exchange, students spent three nights with Japanese students. The

Japanese students had previously visited Great Falls in March 2012.

The home stay and visit to Eisugakkan Elementary school in Fukuyama was a highlight of the trip for many.

"I learned from my home stay how different Japanese houses are, and I slept on the floor with just a small mat," said sixth-grader Gianna Mitchell.

At the school, students competed in a soccer game, learned martial arts from a Kendo master and practiced origami and calligraphy.

Eight students and their parents challenged themselves to climb Mount Fuji, which, at 12,389 feet, is the highest mountain in Japan. The altitude, cold temperatures and unpredictable weather conditions made the climb rigorous.

Eighth-grader John Serger said he was determined to get to the summit. Serger climbed when he traveled to Japan with his older brother in 2008, but they were unable to reach the summit because of poor weather.

On this trip, a 2 a.m. wake-up call to continue the climb didn't deter them, as Serger and his classmates were greeted by a beautiful sunrise at the top of Mount Fuji.

"It was hard to remember my climb in 2008 because I was only 9, but I will remember this climb forever," Serger said.

One of the younger members, Francesca Mitchell, a third grade Japanese Immersion student who accompanied her older brother and sister, summed up the trip.

"I liked everything about Japan. It was so fun and interesting," she said. "I learned we have a lot of different customs, but everyone was so nice. I love Japan."

Lisa Hodge provided most of the information for this story.

—ALEX McVEIGH

"I liked everything about Japan. It was so fun and interesting ... I learned we have a lot of different customs, but everyone was so nice. I love Japan."

— Francesca Mitchell, a third grade Japanese Immersion student



Great Falls Elementary sixth-grader Laura Warrington celebrates at the summit of Mount Fuji during a trip to Japan this summer.



From left, Great Falls students Laura Warrington, Nick Hodge and Nat Raudenbush sign a friendship banner at Eisugakkan Elementary School in Fukuyama, Japan.



From front, Sophie Fouladi, Christina Amano-Dolan, Ila Sharma, Ayn Kurzenhauser, Asher Berwick and Tatiana Ahmad practice Kendo with students from Eisugakkan Elementary School in Fukuyama Japan.

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