

Day One at Forestville

The Warners. Lined up in order and ready for Day One at Forestville Elementary: J.D., kindergarten, Tessa, first grade, and Will, second grade.

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New Beach Mill
Road Bridge
Opens to Traffic

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Balancing Influence
And Manipulation

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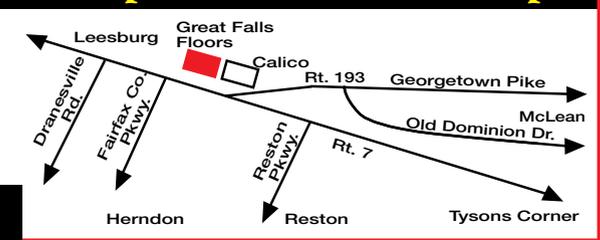
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It's not just the first day for the students. Tuesday was the first day for first grade teacher Nicole Pappas, as well. Pappas taught at Forestville last year as an instructional assistant. "I barely slept last night. I've been planning and getting ready since I found out last June that I would be teaching here," said Pappas. "I am really excited. I even had my family helping me set up and decorate the classroom last week."



PHOTOS BY
ANDREA WORKER/
THE CONNECTION



The Roberson family, from left, dad Ray, third grader Sterling, mom Maria, and Genevieve, who is starting first grade at Forestville Elementary. Genevieve must have gotten some pointers from her older brother. She seemed to already know the drill and was looking forward to meeting old friends and making new ones.

Day One at Forestville

Forestville Elementary's welcome back to school is worthy of a gold star.

BY ANDREA WORKER
THE CONNECTION

Miss Genevieve Roberson is obviously ready to start her academic career as a first grader at Forestville Elementary School in Great Falls. No tears today from this young lady on the first day of the new school year. "She actually cried when we left the open house last Thursday," said mom Maria Roberson. "She thought it was great. She wanted to stay at school then."

The majority of the incoming "newbies"—kindergarten and first graders—seemed to share Genevieve's enthusiasm. While there were a few youngsters who looked a bit unsure about this whole "school thing," most accepted their fates with good grace, some showing off new backpacks, some waving casual goodbyes to tearful moms (and a few dads!), posing for pictures and checking out the new crop of potential best friends.

Today was also the first day for Principal Todd Franklin, who joins Forestville after seven years at Cooper Middle School in McLean. "I am as excited as the kids are," said Franklin. "This is a great bunch of teachers, students and staff to be associated with." Franklin was front and center at the school's entrance, meeting and greeting everyone with a smile.

Forestville staff and volunteers all received high marks for execution of the Day One Lesson Plan. The uneducated observer might have seen chaos in the 30 minutes prior to the official PA welcome by Principal Franklin, but if you paid just a bit of attention you could see the method that controlled the madness as students were identified and name-tagged and lined up and welcomed with smiles and hugs. Every eventuality seemed to have been planned for. "I don't remember my teacher's name," one young lady worried with a quaver in her voice. "I don't know where to go." Her hand was quickly taken by a staff



From left—Asst. Principal Marietta Arbach, new Principal Todd Franklin, and Fairfax County Schools District 1 Cluster Director Anita Taylor were all out front to meet the incoming Class of 2014 at Forestville Elementary.

member, and as she was lead away you could hear the comforting "Sweetie, no problem. You're never lost here. Let's find your place." Even a mechanical issue on one of the school buses didn't do more than cause a hiccup to the proceedings as the children were safely transferred and arrived before that first bell rang. At 9:35 a.m. on the dot, everyone was properly sorted out and in their places. In the case of Miss Nicole Pappas's first grade class, they already had crayons in hand and pirate hats on heads before Principal Franklin took to the air waves and led the school in the Pledge of Allegiance—sans pirate hats, of course!

If Day One is any indication, the students at Forestville are set for an A+ school year!



Kaly Rapaport of Great Falls is all smiles on her first day as a kindergartner at Forestville Elementary School. The 5-year-old seemed quite confident—and pleased to be the owner of a colorful new backpack.

Challenged to 'Build & Fly'

Kashmir-Robotics CEO Princess Aliyah of Great Falls issues conservation challenge.

During the Association for Unmanned Vehicle Systems International (AUVSI) conference, Aug. 12-15 at the DC Convention Center, Princess Aliyah represented the Great Falls community as the CEO of Kashmir-Robotics when she announced the first ever Wildlife Conservation UAV Challenge. In response to President Obama's Executive Order on Wildlife Protection, Kashmir-Robotics is hosting a National Wildlife Conservation Challenge to foster innovation and invention in the design, fabrication and utilization of unmanned aircraft to assist with counter poaching and illicit wildlife trafficking.

It calls on students, hobbyists, academics and corporations to cooperate in a Build & Fly challenge that emphasizes the integration of sensors, embedded systems and communications in a robust and high endurance aircraft.

The challenge is based on simulated wildlife poaching and trafficking activities. Each Challenge Scenario will be composed of three phases.

Phase One—teams will propose a concept that includes aircraft, sensors, embedded systems, communications and operational concepts.^o

Phase Two—teams will fabricate their aircraft and demonstrate air worthiness and safety at their local AMA flying fields.^o

Phase Three—teams will compete in the challenge scenario. Specific details of the challenge scenario will not be released until the morning of the competition, so teams will need to be prepared to adjust flight profiles, sensor parameters and data processing as needed. Evaluations will be based on performance of the aircraft and ability of the aircraft systems to support the mission.^o Monetary and scholarship prizes will be awarded to regional winners and national champions. The winning UAV will participate in counter-poaching missions throughout South African National Parks.

^oWhy use UAVs for counter-poaching?

Poaching and trafficking of wildlife is the third largest organized crime in the world. South Africa's flagship national park, the Kruger, has lost more than 50 percent of its



Princess Aliyah, of Great Falls, will be hosting the Unprecedented Wildlife Conservation UAV Challenge.

rhinos since 2010. The national Army has been sent to help rangers stop the poachers, with daily reports of violent gun battles and mounting human casualties along with the rhinos. The introduction of UAVs has demonstrated a dramatic advantage for the rangers, enabling effective interdiction with reduced risk to the rangers.^o

^oWhy is wildlife poaching a global concern?

According to the Executive Order, "Poaching operations have expanded beyond small-scale, opportunistic actions to coor-

ordinated slaughter commissioned by organized criminal networks." Funds from poaching enables criminal networks to expand into other activities including human, drug and weapons trafficking—contributing to instability in Africa and around the world.

If you are interested in sponsoring or creating a Great Falls Team email: wildlifeuav@alkareemfoundation.org or join the Facebook page for updates <https://www.facebook.com/WildlifeConservationUAVChallenge>.

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VDOT Bridge Engineer Nick Roper, elected officials State Senator Barbara Favola and Supervisor John Foust, resident Candice Burt and others cut ribbon to open the bridge.



Neighbors, elected officials and VDOT staff stand on the new single-lane rural, rustic Beach Mill Road Bridge over Nichols Branch.

New Beach Mill Road Bridge Opens to Traffic

Bridge construction schedule, design meet neighborhood's expectations.

Virginia Department of Transportation (VDOT) staff, Great Falls residents, elected officials, Fairfax County Department of Transportation staff and others celebrated the opening of the newly completed Beach Mill Road Bridge over Nichols Branch with a ribbon-cutting ceremony on Aug. 29. The bridge's one-lane, rustic design and slip resistant wood decking and railing was a collaborative effort between VDOT, Dranesville Supervisor John Foust, the Great Falls Citizens Association, the neighboring community and others. The bridge opened to traffic on Aug. 28.



Residents Lynne Simmons and Candice Burt join Dranesville Supervisor John Foust and VDOT Bridge Engineer Nick Roper at the new bridge.

“This is a beautiful bridge. ... The process of getting here should serve as an example of how to build a bridge.”

—Supervisor John Foust (D-Dranesville)

VDOT Northern Virginia District Bridge Engineer Nick Roper oversaw the project. The VDOT project manager was Arif Rahman. They worked with VDOT Area Construction Engineer Chan Basnayake and Construction Manager Dinesh Singh. The bridge contractor was Martins Construction Corp and the bridge designer was Athavale Lystad and Associates.

CONSTRUCTION OF THE BRIDGE was anything but routine. What was to be a standard bridge replacement project was interrupted by the floods of September 2011, which destroyed the original bridge six months earlier than its planned demolition. In the interim, before construction of the new bridge began, VDOT installed a temporary structure consisting of two cement box culverts. Construction delays from the scheduled April 2012 start date threatened to extend the full bridge closure period from July 2012 until December 2012, well into the school year. To prevent the long school

bus rides and traffic disruptions that would have resulted from a six-mile detour, Supervisor Foust worked with VDOT officials to move construction to coincide with the summer months of 2013. New engineering construction efficiencies and contractor incentives ultimately shortened the bridge closure time to a few spring weekends and the three months of 2013 when school was out of session.

Candice Burt and Lynne Simmons, who live near the bridge, were effective advocates for the chosen one-lane, rustic design. They approached VDOT and the office of Supervisor Foust to request that the single-lane configuration of the original bridge be retained in order to slow down and discourage cut-through traffic along Beach Mill Road. VDOT worked extensively with Burt, Simmons, the office of

Supervisor Foust and others in the community, including holding a public meeting in June 2011 to present proposed design alternatives to the Great Falls community.

THE SINGLE LANE BRIDGE with rustic design was ultimately endorsed by both the Great Falls Citizens Association and the Fairfax County Board of Supervisors.

“This is a beautiful bridge,” said Supervisor Foust. “The process of getting here should serve as an example of how to build a bridge. The project presented some challenges, including preserving this beautiful rural setting and helping to tame speeding and cut-through traffic on Beach Mill Road. I especially want to thank Nick Roper, VDOT’s Northern Virginia District bridge engineer, for his excellent work and for his ability to work through adversity and fulfill the vision the community had for the bridge. I also want to thank bridge neighbors Candice Burt and Lynne Simmons, who worked tirelessly, insisting on getting a bridge that the community could support.”

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.

Wolf to Host STEM Education Career Fair

Rep. Frank Wolf (R-10), a longtime supporter of STEM (Science, Technology, Engineering and Mathematics) education, announced a STEM Career Fair for area middle and high schools students Sept. 27-28 at the Dulles Town Center in Loudoun County (21100 Dulles Town Circle, Dulles).

Wolf, chairman of the House Appropriations subcommittee that funds many of the nation's science programs, is co-hosting the fair with the National Science Foundation (NSF).

More than 50 exhibitors will be in attendance, including NOAA, National Institute of Standards and Technology (NIST), National Institute of Health (NIH), NASA, the Friends of the National Zoo (FONZ). The fair is free and open to the public.

“The fair is aimed at encouraging young people to pursue careers in science, technology, engineering and math, which are the surest career paths to an exciting, successful career and a strong, competitive economy,” Wolf said.

The Fair is open to middle school and high school students, teachers and families and will be held 10 a.m. to 7 p.m. Friday, Sept. 27, and 10 a.m. to 5 p.m. Saturday, Sept. 28.

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Later Start Times for High School

It's past time to act; let this year be the year.

Tuesday morning, Sept. 3, the first day of school in Fairfax County, Dr. Karen Garza began her official day at 6:30 a.m. at Chantilly High School. While Garza was making herself available for interviews before the first class started at 7:20 a.m., many students were already on the school bus.

That means the students, and most likely their sleep-deprived parents, were rousted out of bed before 6 a.m., a time that is essentially the middle of the night for teenagers.

The science on teenagers, sleep schedule, health, learning and more all points in a single direction.

"The scientific evidence is irrefutable: chronic sleep loss and disruption in circadian

EDITORIAL

rhythms associated with early high school start times are associated with negative consequences including poor academic performance, increased sport-related injuries, and potential long-term increases in cardiovascular and metabolic (i.e., type 2 diabetes) health risks, said Judith Owens, MD, director of Sleep Medicine at Children's National Medical Center. "We know that delaying high school start times increases total sleep time and positively impacts academic achievement and school attendance. There are also documented mental and physical health benefits for students that include reductions in rates of depression and fewer drowsy driving crashes."

Children's National Medical Center's Division of Sleep Medicine has been contracted by the Fairfax County School Board to develop a plan to delay high schools' start time to 8 a.m. or later.

A 2011 survey showed that more than a quarter of 10th and 12th grade students were get-

ting less than five hours of sleep on school nights, about half of the recommended eight-and-a-half to nine-and-a-half hours of sleep for teenagers.

Sleep deprivation can also affect teen mood and ability to cope with stress. About a third of Fairfax County students surveyed in the last county student youth survey reported feeling depressed, with more than 15 percent reporting that they had considered suicide in the past year.

Fairfax County Public Schools, with a new superintendent supportive of later start times, is poised to do the right thing. It's time to make this the last year that high school begins at 7:20 a.m.

For more information see <http://smartschoolstart.wordpress.com/> and <http://www.sleepinfairfax.org/>

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Heading to Polls Saving the Book

To the Editor:

Thanks to the Connection and reporter Victoria Ross for the "Every Year is Election Year in Virginia" information in the Aug. 28 edition. I hope that readers will clip and save the article and then go to the polls and vote on Nov. 5.

I would like to add two points that were not mentioned in the article:

❖ Virginia citizens who have a current Virginia driver's license or ID card issued by the DMV can now register or update their registration information online by going to: <https://www.vote.virginia.gov>.

❖ The Fairfax County Office of Elections will need over 2,000 election officers to work at the polls for the Nov. 5 election. Persons with fluency in several languages are especially needed. Persons able to spend election day plus several hours for training to "help make democracy work" can sign up by calling the Office of Elections at 703-324-4735 or going to the office's website at: <http://www.fairfaxcounty.gov/elections/working.htm#electionofficer>.

The League of Women Voters of the Fairfax Area (LWVFA) will be at the Reston Multi-Cultural Festival at Lake Anne Plaza on Sept. 28 to register voters and provide (nonpartisan) election information. Stop by.

Therese Martin

LWVFA first vice president

To the Editor:

I picked up a book of poetry at Reston Regional Library so I would have something to read my granddaughter at bedtime while we were at the beach last week. I found "The Children's Own Longfellow." It's illustrated with wonderful old, oil paintings. When I was reading it to my granddaughter, I came across a poem my sixth grade teacher in Salt Lake City required us to memorize. "Under a spreading chestnut-tree/ The village smithy stands;/ The smith, a mighty man is he,/ With strong and sinewy hands." It was one of three poems we were required to memorize that year.

My teacher, Mr. Boyce, was a WWII veteran and brought home a French wife. Since he had had to learn French to talk to his wife, he decided we should, too. Every morning, all year, we conjugated French verbs. He really loved poetry. "One ship sails East,/ And another West,/ By the self-same winds that blow,/ 'Tis the set of the sails/ And not the gales,/ That tells the way we go."

Why is poetry important for children? For one thing, it adds complexity of language they cannot get from contemporary spoken language. It exposes them to an expanded vocabulary. Poetry is also at the nexus of cognitive experience and the creation of thought. It is where we go when we want to think new thoughts, to describe new experiences, to explore, playfully, how language works.

Poetry is the only link we have to a pre-literate past from

before we began to transmit our culture with the written word. The Bible, Gilgamesh, Beowulf, Iliad and the Odyssey were all memorized and recited before they were finally put down on paper generations after they were first spoken. Those rhythmic poetic cadences are what we have left from our earliest experiences as human beings.

Chanting and rhyming repetition is how children learn and remember language. Who doesn't remember, "By the shores of Gitche Gumme,/ By the shining Big-Sea-Water,/ Stood the wigwam of Nokomis,/ Daughter of the Moon, Nokomis."

I found Susan Jeffers' illustrated Hiawatha at Reston Regional in with the other children's poetry. Much of that collection has been culled, sold away or burned. Now that my granddaughter knows from reading this edition of Longfellow that there are many more poems in the original Hiawatha, she wants to hear them all. Luckily, I have a copy of the entire epic poem.

But this little book, the one we read at bedtime last week, I worry about. When I take it back to the library will some wet-behind-the-ears library page pull it for disposal because it's old? Inside the book it says it was published in 1908. Library Director Sam Clay is having library pages pull old books. Under the Beta Plan, a front-line librarian will not see this book again before it goes to the dumpster. Will the kid know that this is a recent printing? Will the kid ever have heard of Henry Wadsworth Longfellow? Will there

ever be another child who reads these words from this very book, "Listen my children, and you shall hear/ Of the midnight ride of Paul Revere."

I cannot bring myself to take it back to the library. The fate of this one book is important to me. It should be important to you. We need Fairfax County to understand we will not tolerate any more destruction of our library books. Write the Fairfax County Board of Supervisors. Write the Library Board of Trustees. Tell them to cancel the Beta Plan and revisit the Library Strategic Plan which seeks to replace our print books with eBooks. Do it soon. Every day more books are culled from the shelves and sent to the dumpster at Chantilly waiting for transport to the incinerator.

Kathy Kaplan
Reston

Write

The Connection welcomes views on any public issue.

The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.

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As the season changes and students prepare to go back to school, the McLean Community Center offers local residents an opportunity to change their "trash into cash" by selling their gently used items. The center's McLean Fall Community Flea Market will be held from 9 a.m. to 1 p.m. on Saturday, Sept. 7, in the parking garage located at 1420 Beverly Road (behind the Giant Shopping Center). Admission to the sale is free.

The first, biggest and best sale of the season, the annual sale boasts more than 50 sellers. Commercial vendors and flea market dealers are also welcome to participate in the sale. Vendor spaces are available on a first-come, first-served basis for \$45. Vendors can register in person at the center or online at the www.mcleancenter.org, using Activity No. 2001.213. The deadline to apply is Thursday, Sept. 5.

To register or for more detailed information, call the center at 703-790-0123, TTY: 711, or visit www.mcleancenter.org/special-events/upcoming.

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NEWS

Geocaching Diversifies

Urbanites embracing new game.

BY MICHAEL MCMORROW
THE CONNECTION

Geocaching usually has been portrayed as someone with hiking boots and a walking staff gazing afar from a hilltop in the Blue Ridge Mountains. Not so anymore.

Substantial numbers of those joining the sport are placing and hunting for caches in urban settings, and that includes Northern Virginia.

Geocaching is the electronic age blend of a scavenger hunt and orienteering. The U.S. military was ordered to cease jamming satellite navigation signals in May 2000. An unforeseen by-product turns out to be the game of geocaching.

Scavenging games have been around for ages because everyone likes to hunt for treasure. Players receive a list of items and a deadline. The one returning within an allotted time with the greatest number of listed items wins. Orienteering involves use of a map and compass. A series of compass directions, very precisely followed, leads from point-to-point-to-point to the final target site. Running the course in the shortest time determines the winner.

Now add GPS, the Global Positioning System. Some portions of the military's navigational system had been available for civilian use since the 1980s. On May 1, 2000, the president issued a directive which meant "that civilian users of GPS will be able to pinpoint locations up to 10 times more accurately than they do now."

Portable GPS units could lock in on a location within 15 to 30 feet.

IT TOOK ONE WEEK for an engineer in Oregon to connect the concepts of GPS and treasure hunt. He placed a bucket in a wooded area near his home. It contained a logbook and some trinkets for exchange with finders. Posting geographic coordinates via the Internet, he announced a single rule: "Get some stuff, leave some stuff." It was called The Great American GPS Stash Hunt.

In short order, the game went international. There are over 2 million hidden "caches" and more than 5 million "cachiers" world-wide. Those figures for the Commonwealth of Virginia are "about 15,000" and "several thousand," respectively. Northern Virginia is peppered with caches; for example, it is estimated that several hundred are hidden within 5 miles of the intersection of Glebe Road and Columbia Pike in Arlington. Locations range from mountains to the seashore and from public parks to lampposts in urban settings. Each listed cache on the central register appears with a "difficulty level" and a "terrain level," allowing players to select the right searches



PHOTO BY MICHAEL MCMORROW/THE CONNECTION

Family searches for a cache.



Helen Wirka and Susan Hellman of Carlyle House smile because they know where to find the cache.



A variety of cache containers.

Curious?

Read "The Geocaching Handbook" (2d ed. 2011) by Layne Cameron (Falcon Guides, Guilford, Conn.). Several public libraries hold a copy, as well as other books on the topic.

Consult the web page of Northern Virginia Geocaching Organization (NOVAGO) at www.novago.org.

Follow the link in NOVAGO's webpage to the authoritative clearinghouse of information at www.geocaching.com. Free registration makes you a cachier.

Attend one of NOVAGO's free classes titled "Geocaching 101." They are offered throughout the year and ordinarily meet in a public location, such as a library. The entire game is explained, and operation of a GPS unit is taught.

for their individual interests and physical conditions. Many "smart phones" have a GPS application, so buying a separate, portable GPS unit is no longer necessary.

Dave Prebeck, a leader of NOVAGO, cannot hide his pleasure at how the sport has grown over the last few years. He adds "there always is room for more cachiers. That is why we hold so many of the

SEE URBANITES, PAGE 11

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Dave Prebeck, NOVAGO leader.

GPS unit with Chris Gaida.

Urbanites Embrace New Game

FROM PAGE 10

free ‘Geocaching 101’ classes across the area.” His employment involves quite a bit of travel abroad, and Prebeck says that finding or hiding a cache is becoming easier every day as people in more than a hundred countries discover the game.

Youth participation is very encouraging. Young people have no fear of electronic devices (unlike some of their seniors), Prebeck observes. Recognition in the form of a Boy Scout or Girl Scout badge leads many to the sport.

There are a number of benefits to geocaching. A search can be combined with a hike or long walk into beautiful natural areas, Prebeck said. “Virginia has many wonderful natural locations.” Urban and neighborhood hunts also involve exercise, but are more convenient and less time-consuming. Regardless of location, some participants simply like the mental challenges of solving complicated “puzzle searches,” he said. Of great importance, Prebeck added, “Geocaching brings families together because it is a fun activity for all ages.” Grouping people into pairs and trios can teach teamwork, so the sport has found its way into company and agency employee training programs.

Chris Gaida of Alexandria admits he is not much a disciple of the game; he has not worked in classes offered by NOVAGO. He has, however, participated in “trash out” forays where cachers remove rubbish from parks and other locations. To Gaida, a major benefit is learning the history of wherever a search leads, which in his case includes the City of Alexandria. Caching also holds opportunities to display a sly sense of humor. He tells of a cache placed in the Del Ray neighborhood: A “puzzle hunt” keyed to the famed musician Jim Morrison who attended school nearby.

Herndon’s Ron Staley also cites learning more of historical events as a positive factor. His example centers on the grave of Laura Ratcliffe, a female Confederate spy buried not far from his home. As to the technical and recordkeeping aspects of

Local Jurisdictions and Geocaching

City of Alexandria has no rules or regulations. Arlington County admits NOVAGO as a partner in FitArlington whose purpose is to promote physical activity, a culture of fitness and a lifestyle of active living. As to local rules, inquirers are invited to telephone for information.

Fairfax County Parks posts detailed rules on its webpage.

geocaching, Staley finds little difference when comparing it with birding (birdwatching).

APART FROM FINDING AND HIDING things, cachers socialize. According to Prebeck, cachers love to tell stories of successful searches. They also enjoy relating how and why they camouflaged the target containers, the clever places in which caches were hidden and the reasons behind selection of the trinkets left for trade. Get-togethers are informal and include potluck dinners, cookouts and competitive meets.

The Northern Virginia Regional Park Authority has been involved with geocaching for about five years according to Ken Moss, a founder of NOVAGO. Carlyle House, a unit of that Authority next to Alexandria City Hall, holds a long-term cache that he hid.

Moss notes that original emphasis was on caches in natural settings, usually coupled with hiking. Presently, he endorses a balance in locations through growth of “urban-style hides.” Moss is quick to add that gaming in established neighborhoods requires a greater sense of responsibility on the part of cachers; trespassing is to be avoided and permission of property owners is encouraged.

Manager Susan Hellman and curator Helen Wirka at Carlyle House say that cachers do hunt there, but the numbers are not large. This is surprising in light of a Federal program begun three years ago. The National Park Service created the “Star Spangled Banner Geotrail” as part of the bicentennial commemoration of the War of 1812. Carlyle House was selected as one of the trail locations.

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Automatic Debate

Candidates for governor agree on amendment for voting rights; disagree on executive order.

By MICHAEL LEE POPE
THE CONNECTION

Should nonviolent felons have their right to vote automatically restored? What exactly is a nonviolent felony? What kind of process can be considered automatic?

These are some of the questions at the heart of an ongoing debate in Virginia about restoration of rights for those who have paid their debt to society. It's also a point of distinction between the candidates for governor because the winner of the election will have the power to determine who gets to have civil liberties restored as well as the process to make it happen.

Republican Attorney General Ken Cuccinelli voted against restoring voting rights when he was in the state Senate, although his views on the issue have been evolving. He now supports an amendment to restore voting rights, although he maintains that the governor does not have the constitutional authority to issue an executive order automatically restoring them. Former Democratic Committee Chairman Terry McAuliffe, on the other hand, says he will issue an executive order the first day of his administration ditching the application process in favor of a new system in which the governor's office would review all nonviolent felons.

Both Cuccinelli and McAuliffe support a constitutional amendment, although that's a nonstarter in the Republican-controlled House of Delegates.

"The stereotypical position on restoration of voting rights for felons is that Democrats would generally be more supportive than Republicans," said Kyle Kondik, analyst with the University of Virginia Center for Politics. "We're not necessarily seeing that in this particular instance because the governor has been for it."

Since he took office in 2010, Republican Gov. Bob McDonnell has defied conventional wisdom on the issue of restoration of voting rights for nonviolent felon. Despite the long history of Republican opposition to the issue, McDonnell has restored voting rights to more felons than any other governor in the history of Virginia — more than 4,000, so far. Last week, he launched a new online application so nonviolent felons could use the Internet to facilitate the process of restoring civil rights. He even raised the issue during his State of the Commonwealth Address earlier this year.

"As a nation that believes in redemption and second chances, we must provide a clear path for willing individuals to be productive members of society once they have served their sentences and paid their fines and restitution," said McDonnell in the January address to members of the General Assembly. "It is time for Virginia to join most of the other states and make the restoration of civil rights an automatic process for nonviolent offenders."

WITHIN MINUTES of the governor's speech, civil-rights groups spoke out in support of the governor's new position. The American Civil Liberties Union of

Virginia praised the effort as a way to shed "this vestige of the Jim Crow era." Virginia Organizing and Virginia New Majority also issued written statements supporting the effort, which now had bipartisan appeal. State Sen. Don McEachin (D-9) called on the governor to name the legislation in honor of the late state Sen. Yvonne Miller (D-5), who was a longtime advocate for restoring civil rights to nonviolent felons.

Then House Republicans pulled the rug out.

A few days after the State of the Commonwealth address, the House Subcommittee on Constitutional Amendments met to consider a constitutional amendment introduced by Del. Charniele Herring (D-46). The amendment would have kept the governor's power to restore civil rights, although it would have added a new power to the General Assembly to "provide for the restoration of civil rights to persons who have been convicted of nonviolent felonies and who have completed service of their sentences, subject to the conditions, requirements, and definitions set forth in that law." But House Republicans broke with the Republican governor, the Republican lieutenant governor and the Republican attorney general.

"A number of Republicans stood up on the floor of the House and essentially attacked the governor for supporting this," said Del. Rob Krupicka (D-45). "It's clear they don't intend to follow his wishes."

"The stereotypical position on restoration of voting rights for felons is that Democrats would generally be more supportive than Republicans. We're not necessarily seeing that in this particular instance because the governor has been for it."

— Kyle Kondik, analyst with the University of Virginia Center for Politics

Since the session, momentum has been building to find a way to achieve some kind of action without the need for a constitutional amendment — an initiative that has failed year after year for more than three decades. In March, Attorney General Cuccinelli put tougher an advisory committee to figure out a way to move forward on the issue after decades of deadlock. In May, the advisory group released a report that discussed several alternative approaches, but didn't endorse any one in particular. One approach would designate an existing agency within the executive branch to spearhead a more proactive rights restoration process on behalf of the governor.

"Guided by policies articulated by the Governor, this agency would do what is not practical now: lead a statewide, proactive outreach and educational effort to encourage individuals to apply for a restoration of their civil rights," members of the advisory panel wrote in the May report. "After processing applications received, this agency could formulate recommendations for the Governor who would make the decision on whether to remove political disabilities for each individual applicant."



Candidates for governor disagree about whether or not the governor has the authority to issue an executive order to automatically restore voting rights.

CUCCINELLI was one of the strongest opponents to extending voting rights to nonviolent felons during his years in the General Assembly. Year after year, the issue was raised by Northern Virginia Democrats. And year after year, the conservative Republican who represented the 37th Senate District — an area that stretched from Burke to Centreville — would vote against it.

"Being in the middle of it for a number of years changed my opinion on this particular point," said Cuccinelli in a May interview with Connection Newspapers. "I think I'm consistent with some of the other things I've done in the criminal justice arena."

When he arrived in Richmond, Cuccinelli said, he thought denial of voting rights should be part of the punishment given to felons. Over the years though, he saw a pattern of behavior in which legislators would increase penalties for all manner of offenses — a phenomenon he calls "felony creep." By the time he became attorney general in 2010, Cuccinelli began to have second thoughts about his longstanding opposition to restoration of voting rights for nonviolent felons. This year, he appeared before a panel of legislators to testify in favor of an amendment that he voted against as a legislator.

"When I arrived as attorney general, I evolved to a different position," said Cuccinelli. "I think that we need to be more open as a society to reintegrating people who go into our prisons and our jails when they come out."

MCAULIFFE takes a traditional Democratic position on extending voting rights, although he says streamlining the process would be one of the first actions he would take as governor. McAuliffe says he would issue an executive order on his first day in office that would do away with the application process altogether in favor of a new system in which the governor's office would review each and every case individually.

"Provided that they have served their time without

significant incident and have made all required restitution and paid all fees and fines, their civil rights will be automatically restored to them and they can fully rejoin civil society," McAuliffe said in a written statement on the issue.

McAuliffe also says he would support a constitutional amendment that would automatically restore voting rights for nonviolent felons. This is an approach cheered by civil-rights advocates who fear that future governors might not take the same position as McAuliffe or even Cuccinelli and McDonnell. Considering the Republicans' historical opposition to extending voting rights, even the best executive order would only be as good as the governor in the Executive Mansion. Ultimately, they say, an amendment is the best way to solve the problem in the long term.

"Until such legislation is passed, under the Virginia Constitution, it's up to the governor to use his or her constitutional authority to restore civil rights to nonviolent felons," McAuliffe wrote. "This is basic fairness. Once someone has paid their debt, they should be free and clear."

SOME OF THE ISSUES remain unresolved. For example, what is "automatic" restoration? The ACLU uses that term to mean no application process is needed and no review of an individual's background is conducted. McDonnell, on the other hand, uses the term to mean that all applicants who qualify are approved. Another issue that is up for interpretation is who qualifies as a "nonviolent" felon. Civil rights advocates are concerned that that the definition leaves too much room for interpretation.

"The Virginia constitution gives the governor complete discretion," said Hope Amezquita, legislative counsel and staff attorney at the American Civil Liberties Union of Virginia. "If you are a person who has committed a crime that isn't considered nonviolent by the code of Virginia but you are on the governor's violent list, you don't qualify and you have to go through the more rigorous process."

PHOTO BY MICHAEL LEE POPE/CENTRE VIEW

Defense of Marriage?

Candidates for attorney general take different approaches to constitutional ban on gay marriage.

By MICHAEL LEE POPE
THE CONNECTION

Virginia's next attorney general will have to stand in a courtroom and make a decision about whether or not the commonwealth's constitutional ban on marriage should be defended. Republican candidate Sen. Mark Obenshain (R-26) has been clear about his support for the amendment and his intention to provide a vigorous defense of marriage. Democratic candidate Sen. Mark Herring (D-33), on the other hand, has yet to take a position on whether or not he will defend the amendment if elected.

"He's taking a look at the case," said Kevin O'Holleran, campaign manager for the Herring campaign. "He's going to work with his attorney general staff and make sure that they do what they feel is appropriate in this circumstance."

Last week, the American Civil Liberties Union of Virginia and the Lambda Legal filed a federal lawsuit in the Western District of Virginia at Harrisonburg challenging the amendment. Ken Cuccinelli, the Republican incumbent currently running for governor, has vowed to defend the amendment in court. But he will no longer be the attorney general by the time the suit is before a judge. Meanwhile, the Obenshain campaign jumped on Herring's lack of position as a political weakness that demonstrates inconsistency.

"Senator Obenshain and Senator Herring both voted for Virginia's marriage amendment,



Sen. Mark Herring (D-33)



Sen. Mark Obenshain (R-26)

"When people elect an attorney general, they want to hear the candidate say that he will defend the law. But there may be political advantages to saying that this is a law that, if elected, he would not support."

— Kevin O'Holleran, campaign manager for state Sen. Mark Herring

both clearly at the time believing that it was constitutional," said Paul Logan, communications director for the Obenshain campaign. "Senator Obenshain has said consistently that as attorney general, he will defend Virginia's laws — including this one — against any challenges, whether he agrees with the policy behind the laws or not."

THE FEDERAL LAWSUIT was filed last week on behalf of a Staunton couple and a Winchester couple who have been denied marriage licenses. The ACLU and Lambda Legal are hoping to certify the case as a class-action suit to represent all same-sex couples in Virginia who wish to marry here or who have married in other jurisdictions. The complaint says constitutional prohibition against gay marriage, which was approved by Virginia voters in 2006, sends a message lesbians, gay men and their children are second-class citizens.

"I know of too many couples who have left the state due to a lack of the protections now offered to our neighbors in the District of Columbia and Maryland," said Sen. Adam Ebbin (D-30). "With a total of 13 states and D.C. offering equality to couples, Virginia is at a competitive and economic disadvantage."

The Staunton plaintiffs are Joanne Harris, 37, and Jessica Duff, 33, who have been together since 2006. They have a four-year-old son, Jabari. The Winchester plaintiffs are Christy Berghoff, 34, and Victoria Kidd, also 34, who have been together almost a decade. They have an eight-month-old daughter, Lydia. Advocates for gay marriage view the case as an ideal test of the constitutionality of prohibiting gays and lesbians from participating in the institution of marriage.

"More than half of the people of Virginia believe all Virginians should have the freedom to marry the person they love," said Claire

Guthrie Gastañaga, executive director of the ACLU of Virginia. "Every day that same-sex couples in Virginia are denied the freedom to marry, the government sends a message that they are second class citizens and their families are not worthy of equal dignity and respect."

HERRING FINDS himself in a precarious political position. On one hand, the amendment is very unpopular with the Democratic base he needs to win a statewide election. So announcing that he intends to defend the prohibition in court would be a losing proposition. On the other hand, announcing that he will selectively defend Virginia's laws might be a difficult sell on the campaign trail.

"For Senator Herring, it's really a lose-lose situation," said Stephen Farnsworth, political science professor with the University of Mary Washington. "When people elect an attorney general, they want to hear the candidate say that he will defend the law. But there may be political advantages to saying that this is a law that, if elected, he would not support."

Republicans, on the other hand, find themselves on solid ground. Polls show that most Republican voters in Virginia support the prohibition against gay marriage. And social conservatives such as Cuccinelli are able to frame their support of the amendment in the context of adhering to the will of Virginia voters.

"Virginia has followed the traditional definition of marriage as being between one man and one woman for more than 400 years, and Virginians voted overwhelmingly to add this traditional definition to their constitution," said Brian Gottstein, spokesman for the attorney general. "Consistent with the duties of the attorney general, this office will continue to defend challenges to the constitution and the laws of Virginia."

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Balancing Influence and Manipulation

Local author Rob Jolles releases fifth book.

BY ALEX McVEIGH
THE CONNECTION

Rob Jolles has spent 30 years writing and speaking about topics that can be difficult for others to pick up. Sales, public speaking, personal and business development are all subjects he tackles in his best-selling books. With his fifth book, "How to Change Minds: The Art of Influence without Manipulation," the 24-year Great Falls resident has focused on the personal level.

"My publisher had approached me about writing a sales book, but I had sort of resisted, and then I had an epiphany," he said. "I've told a lot of people how to make decisions over the years, but I've never told them why decisions are made."

In the book Jolles operates under the principle that influence is a good thing and manipulation is a bad thing, since the former benefits both parties, while the latter only benefits the person trying to change the other's mind.

"The idea when it comes to changing someone's mind is for someone to take my idea, and I put it in your head and make you think it's yours," he said.

Jolles says he is greatly concerned about the ethics in trying to make other, so much so that he spends the first quarter of the book discussing the various ethical questions that come with influencing the decision making process.

"Basically, influencing someone is merciful, it could be influencing a driver who is too drunk to drive to hand over their keys, or speaking to an elderly parent who can barely walk about getting care, that's done for their benefit and for yours," he said. "When you're manipulating someone, that's only for your benefit."

Jolles's research has shown that almost 80 percent of people say they have a problem with something in their lives, such as being overweight or funny car noises, but only 7 to 8 percent have a problem that requires them to fix it, such as diabetes or a flat tire.

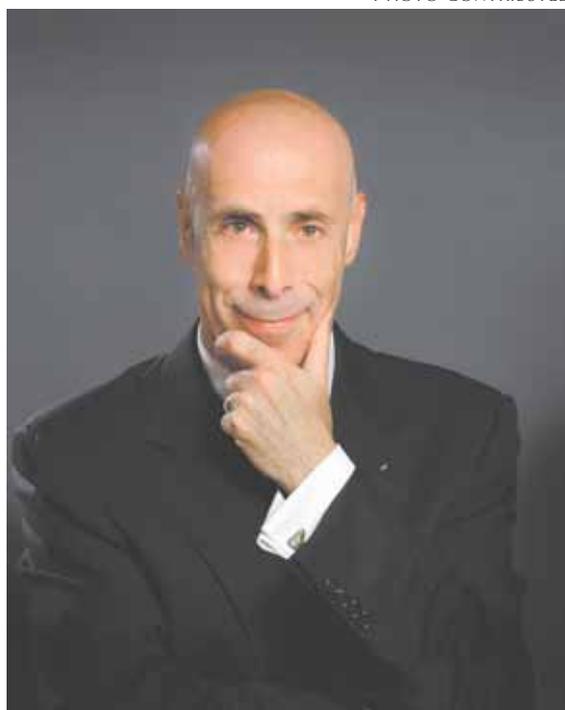
HIS GOAL IN THE BOOK is to teach people how to reach that 80 percent and convince them to become more pro-active in making a decision before there is an issue.

"People make decisions through a process, and I'm interested in how to approach those decision points, and where to dip in and introduce an idea, how to create a trust," he said. "But the most important part is creating a sense of urgency. Not threatening, or anything like that, but people tend to stay in a situation until it becomes unbearable, and that wastes time, so the idea is to make a decision before it comes to that."

The book contains more than 20 "litmus tests," as Jolles calls them, to help people make the distinction between influence and manipulation.

For someone who has written five books, Jolles estimates he has written "less than 10 hours" at his house. Instead, he likes to write on planes while traveling, he estimates he's traveled around 2.5 million miles in the air throughout his career.

"An airplane is like a white noise machine, it's the perfect place for me to write. From the time they start preparing to take off until I hear the beep and the announcement that I can turn on my laptop, I'm



Rob Jolles, Great Falls resident and author, has released his fifth book, "How to Change Minds: The Art of Influence without Manipulation."

"This book takes you on a wonderful journey to greater understanding of how to persuade."
—BRIAN TRACY, author of *Eat That Frog*

HOW to CHANGE MINDS



The Art of Influence without Manipulation
ROB JOLLES

The latest book by Great Falls resident Rob Jolles.

like a racehorse in the stall waiting for the horn, I'm ready to go," he said. "The airplane and hotel are the times I can be anti-social and sit down and write, but when I'm home, that's time for my family."

"**HOW TO CHANGE MINDS**" is available online at Amazon.com in paperback, enhanced e-book with videos, and as an audio book.

More information on Jolles, including his other works and his newsletter, can be found at www.jolles.com.

PHOTO CONTRIBUTED



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

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., Vir-

ginia, Massachusetts, 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.

Hillwood Estate to Host Great Falls Senior Center's October Event

Great Falls Senior Center is embarking on its second bus trip—this time to the Hillwood Estate, Museum and Gardens in Washington, D.C. Hillwood is the legendary home of Marjorie Merriweather Post, heiress to the Post cereal fortune.

On Oct. 1, guests will take decent-led tours of the mansion and gardens. The garden tour begins at 10:30 a.m., the mansion tour at 11:30 a.m. Each is an hour long.

A fully equipped coach from Haymarket Transportation will arrive at St. Catherine of Siena Catholic Church, 1020 Springvale Road in Great Falls, at 9:15 a.m. for immediate departure. The coach will leave Hillwood Estate at 12:30 p.m.

for the return trip. A box lunch will be served on the bus ride back to Great Falls.

Cost for the trip is \$30 per person, all-inclusive. Hillwood's Group Tours Office has a limited number of wheelchairs, if required, available on a first-come, first-served basis.

The trip is limited to the first 50 individuals who sign up. Individuals should reply by Sept. 16. To reserve, e-mail Joyce Trickett at joygoodshepherd@verizon.net or call 703-887-5772. Special needs should be noted. Send cash or check, payable to GFSC, at P.O. Box 425, Great Falls, VA 22066. Guests who require transportation to attend should call Gene or Maddie McCabe at 703-438-0810.

NEWS

Chesterbrook Charity Swim-a-thon participants get ready to swim.



PHOTOS BY ELIZABETH ENDE



Event organizers, Jake Huber and Meagan McArthur, rising seniors at McLean High School.

Chesterbrook Swimclub Raises More Than \$3,000 in First Charity Swim-a-Thon

Chesterbrook Swim and Tennis in McLean hosted a Charity Swim-a-Thon on Saturday, Aug. 31, to benefit two charities with close ties to the membership. The first charity, Nadar por Vida, works to break the cycle of drowning and minority obesity in traditionally non-swimming populations. For several years, Chesterbrook teens have volunteered coaching for NPV. The second charity, Environment Virginia—Research and Policy Center, is an educational organization dedicated to protecting air, water and open spaces. Environment Virginia was chosen to memorialize Chesterbrook's beloved former vice president, Ken Meade, who died tragically earlier this summer.

The event was organized by Jake Huber and Meagan McArthur, rising seniors at McLean High School and longtime Chesterbrook swim team members and coaches. More than two dozen swimmers participated in this fun event with the youngest member, five-year-old Alex Valencic swimming twelve laps. Event organizers, Jake and Meagan, reported that more than \$3,000 was raised at the event. They described it as "a fantastic event which really brought the community together at the end of the summer in support of these two great causes." They are planning to make it an annual occurrence.



PHOTO BY CHRIS MCARTHUR

Youngest swimmer, Alex Valencic, 5.

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WELLBEING

How to Set Realistic Goals

Local experts say the key to success is setting achievable goals.

BY MARILYN CAMPBELL
THE CONNECTION

Laura Wheeler Poms, of Fairfax, set out to earn a doctorate degree and make a career change. As a wife, mother and working professional, the goal, she said, often felt lofty.

“Writing my dissertation at times felt overwhelming, especially if I looked at it as one huge project,” said Poms, who now holds a Ph.D. in industrial/organizational psychology and is an assistant professor of global and community health at George Mason University in Fairfax. “I set goals like writing one page or doing one analysis each day and I was able to get it done. I also gave myself little rewards along the way.”

While Poms set and achieved an ambitious goal, she and other psychologists say many people do not. Whether one desires to make a career change, set boundaries in an unhealthy relationship or lose weight, setting and achieving goals is difficult for some.

“The biggest reason people fall off the bandwagon is that they pick goals that are outside their behavioral repertoire, that are environmentally impossible or that they don’t have the skills to accomplish,” said Linda Berg-Cross, Ph.D., a therapist in private practice and a professor of psychology at Howard University in Washington, as well as a Potomac, Md., resident. “If you say, ‘I’m going to exercise an hour a day,’ but you have a full-time job and children, you really don’t have time to exercise for an hour.”

Poms says that a person’s reasons for waiting to make a change could affect his or her success or failure. “If your goal is motivated by guilt, fear



When working to make behavioral or physical changes, experts recommend dividing one’s goals into small, gradual steps.



Laura Wheeler Poms



Amy Van Arsdale

“The biggest reason people fall off the bandwagon is that they pick goals that are outside their behavioral repertoire, that are environmentally impossible or that they don’t have the skills to accomplish.”

— Linda Berg-Cross, Ph.D.

or regret, you’re less likely to achieve that goal,” she said. “If someone tells you that you need to lose weight, unless that realization has come home

to you, it is not very useful. ... If you don’t see the need, you’re not going to be motivated to accomplish it.”

To make lasting changes, experts say, one must be prepared for the work involved in making the shift. “Sometimes when people want to make a change, they are not quite ready,” said Amy Van Arsdale, Ph.D., assistant professor of psychology at Marymount University in Arlington and a therapist in private practice who lives in Fairfax. “And sometimes people want to make a change, but they aren’t sure how.”

“Another reason that sometimes makes it really hard for people to make changes like setting boundaries with someone they love, is because that person might feel hurt, so the person who is trying to change backs down,” Van Arsdale continued.

Whether your goal is getting out of a toxic

relationship, making a career change or maintaining an exercise plan, there are strategies that you can implement to maintain your perseverance.

“If someone starts to give up,” said Van Arsdale, “I recommend that they do a check-in and ask ‘What is going on that makes me want to quit?’”

Assessing how much control one has over the situation is another key tactic. “A person should look at what they can change and what cannot change,” said Van Arsdale. “When setting a boundary with another person, for example, a person could say, ‘Maybe I can change how often I call my mother, but I can’t control how often she calls me so I need to change how I respond, because I can only control myself.’”

Berg-Cross recommends small, gradual changes. “Make the teeniest changes you can think of that are part of your normal

routine,” she said. “It is not making behavioral changes, it is fading from one behavior to another on a long continuum, little by little.”

Van Arsdale said that sometimes she asks clients to think in reverse. For example, “If I didn’t lose weight and I didn’t get in shape, what is the worse part?” she asks. “I am having problems with my mother and want to set better boundaries. [If] I don’t change set boundaries, I will feel powerless, and I want to feel more powerful.”

Re-evaluate specific goals and tweak them if needed. “Sometimes people set goals that are too high,” said Van Arsdale. “If you set you goals to go to the gym five days a week and that it isn’t happening, instead go three times a week. Hanging in there and tweaking goals so that they work for you is better than giving up.”

Poms recommends a SMART (specific, measureable, achievable, realistic, time-based) model when setting and working to reach goals. “Set small, achievable goals and get excited when you meet your goals,” she said. “Accentuate the small things that you’ve done.”

Van Arsdale said, “Think how your life will change if you make the change, but be realistic. Saying I want to lose 10 pounds is vague. Saying ‘I really want to be able to walk a 5K race with my friend’ is more doable.”

This strategy also works in interpersonal relationships. “You have to figure out what it is about the other person that makes you feel the need to set the boundary,” said Poms. “You have to figure out deep down what is the source of the irritation and then set a boundary, but you want to try to talk to that person first.”

Get support from friends and family for any challenging goal. Also, “Don’t set too many goals at once be-

PHOTO BY MARILYN CAMPBELL/THE CONNECTION

PHOTO COURTESY OF GEORGE MASON UNIVERSITY

PHOTO COURTESY OF MARYMOUNT UNIVERSITY

“Make the teeniest changes you can think of that are part of your normal routine,” she said. “It is not making behavioral changes, it is fading from one behavior to another on a long continuum, little by little.”

— Linda Berg-Cross, Ph.D.

cause it gets overwhelming,” said Poms. “You need practical solutions for dealing with things.”

COMMUNITY

From left: Mildred "Millie" Thompson, Woman's Club president; Supervisor John Foust (D-Dranesville), Honorary Tour Host Admiral Kathleen L. Martin, Mrs. Albert Rosecan and Dr. Karen Kierce, owners of homes on the 2013 Holiday Homes Tour; Woman's Club Homes Tour Co-Chairmen Rosemarie Lazo and Jane Studabaker.



PHOTOS BY
LAURA SHERIDAN/
WOMAN'S CLUB

McLean Woman's Club Holds Annual Kickoff Tea

Planning for Holiday Homes Tour underway.

The Woman's Club of McLean held its annual "Christmas in August" Kickoff Tea on Thursday, Aug. 22, to preview its 47th annual Holiday Homes Tour in early December. This year's tour will have the theme of "four centuries in McLean," with each of the four tour homes representing a different century.

At the tea, club members welcomed Dranesville District Supervisor John W. Foust. Mr. Foust and his wife, Dr. Marilyn Jerome, are longtime supporters of the Woman's Club and offered their house for the Holiday Homes Tour in 2009. Other guests at the tea were Del. Barbara J. Comstock (R-34), honorary Homes Tour host Rear Admiral Kathleen L. Martin (Ret.), executive director of the Navy Marine Cost Guard Residence Foundation, including the Wounded Warrior Transitional Housing project at Vinson Hall; and the owners of two of the four homes on this year's tour. The tea was held at the McLean house of Susan Cooper Jordano, membership co-chairman of the Woman's Club, and her husband Tony Jordano.

December's tour will feature four houses, each of which represents a different century in McLean: a stone house reputedly built in 1754, a former public meeting house built in 1842, a colonial built in 1952 and later expanded and a uniquely modern home built in 2010. Each house will be decorated for the holidays and will highlight family life in McLean. In addition, Trinity United Methodist Church, at 1205 Dolley Madison Blvd., will host a MarketPlace, offering gifts and holiday items, a lunch and snack concession, and an auction that will sell chances on a variety of merchandise and services.

Woman's Club members have been working on preparations since February, when they began soliciting advertisements for the tour brochure. Additional efforts over the summer included selection of the homes, brochure preparation, publicity arrangements and plans for decoration.



From left: Woman's Club Homes Tour Co-Chairman Rosemarie Lazo, Woman's Club Membership Co-Chairman Susan Cooper Jordano and Virginia State Delegate Barbara J. Comstock (R).

All proceeds will be donated to local charities and nonprofit organizations, such as Share, Inc., Alternative House, the McLean Project for the Arts (The Children's Outreach), Claude Moore Colonial Farm, the McLean Volunteer Fire Department, Fisher House and the McLean Symphony, as well as used for scholarships and education.

The tour will take place on Thursday, Dec. 5, from 10 a.m. to 3 p.m. Tickets will be available in early October at local businesses, including Mesmeralda's Gifts of McLean, Karin's Florist of Vienna and Great Dogs of Great Falls or may be obtained at one of the homes on the tour.

—LAURA SHERIDAN

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FAITH

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

Antioch Christian Church celebrates Grandparents day at the 9:30 and 11 a.m. worship services on Sunday, Sept. 8. antiochdoc.org.

The Antioch Christian Church Chancel choir will meet to rehearse Thursdays at 7 p.m., 1860 Beulah Road, Vienna, and sings classical, spiritual and gospel music each week on Sundays at 11 a.m. Those who love to sing are invited; contact John Holley, choir director, 703-255-2761.

St. Timothy Episcopal Church, 432 Van Buren St., Herndon, hosts a Welcome Home Sunday service on Sept. 8; join at 8, 9:30 or 11 a.m. for the service (Sunday school classes are 9:30 a.m. and 11 a.m.). A BBQ picnic follows at 12:15 p.m. featuring a moon bounce. 703-437-3790.

St. John's Episcopal Church, 6715 Georgetown Pike, McLean, invites all to a Homecoming Celebration Sunday, Sept. 8, with the annual Homecoming picnic following a 10 a.m. service. Register for church school, browse the ministries fair on the front lawn and catch up with community members. 703-356-4902 or www.stjohnsmclean.org.

Passages at Vienna Presbyterian Church, on the corner of Maple Avenue and Park Street, offers a 15-week Divorce Care series Tuesdays, 7-9 p.m., beginning Sept. 24 for those going through the pain of separation or divorce. \$20 (covers materials, scholarships available). 703-938-9050, Passages@ViennaPres.org or www.viennapres.org.

The Jewish Social Services Agency (JSSA) offers a wide variety of support groups for those with emotional, social, and physical challenges. www.jssa.org/growth-learning.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. 703-941-7000 or www.havenofnova.org.

McLean Bible Church Fitness Class at Body & Soul Fitness. Gain balance, energy and strength at 9:45 a.m. Mondays and Fridays. Free childcare for registered students. bodyandsoul@mcleanbible.org.

St. Dunstan's Episcopal Church, 1830 Kirby Road in McLean, holds a third Sunday service every month at 10:15 a.m. which allows children to play active roles in the music and as greeters and ushers. Traditional services are every Sunday at 8:15 and 10:15 a.m.

Vienna Christian Healing Rooms are open, every Saturday, 1-5 p.m., at 8200 Bell Lane. A team of Christians is available to anyone requesting prayer. Free and open to the public. 703-698-9779 or www.viennachristianhealingrooms.com.

Chesterbrook United Methodist Church is at 1711 Kirby Road, McLean. Worship service is at 11 a.m. Sunday school is at 9:30 a.m. for adults and children. 703-356-7100 or www.ChesterbrookUMC.org.

Centering Prayer Group meets Fridays, 9:30 a.m. at Andrew Chapel United Methodist Church, 1301 Trap Road, Vienna. The hour includes a brief reading related to Centering Prayer, followed by a 20-minute prayer period. E-mail Martha Thomas at mmthomas211@hotmail.com or call the church at 703-759-3509.

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First Baptist Church ... 703-938-8525
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Vienna Baptist Church ... 703-281-4400
New Union Baptist Church ... 703-281-2556
Church of the Brethren
Oakton Church of the Brethren ... 703-281-4411
Catholic
Our Lady of Good Counsel ... 703-938-2828
St. Athanasius Catholic Church ... 703-759-4555
St. Mark's Catholic Church ... 703-281-9100
Charismatic
New Song Church ... 703-698-9777
Church of Christ
Berea Church of Christ ... 703-893-7040

Disciples of Christ
Antioch Christian Church ... 703-938-6753
Episcopal
Church of the Holy Comforter ... 703-938-6521
Church of the Holy Cross ... 703-698-6991
St. Francis Episcopal ... 703-759-2082
Jehovah's Witness
Jehovah's Witnesses ... 703-759-1579
Lutheran
Emmanuel Lutheran Church ... 703-938-2119
Christ The King Lutheran Church ... 703-759-6068
St. Athanasius Lutheran Church ... 703-455-4003
Methodist
Andrew Chapel United Methodist ... 703-759-3509
Church of the Good Shepherd ... 703-281-3987
The Vine Methodist Church ... 703-573-5336
Ephiphany United Methodist ... 703-938-3494
Great Falls United Methodist ... 703-759-3705
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Congregation of Fairfax ... 703-281-4230
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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

WEDNESDAY-FRIDAY/ SEPT. 4-OCT. 4

Artists Atelier Exhibit: Carol Howard and Lisa Turesson. Reception Saturday, Sept. 28, noon-4 p.m., at The Artists Atelier, 1144 Walker road, Suite G, Great Falls. Meet the artists at the reception and view Turesson and Howard's work highlighting contrast as seen in both artists' style.

SATURDAY/SEPT. 7

AAUW Open House. 10:30 a.m.-noon, Oakton Public Library, 10304 Lynnhaven Place, Oakton. The Vienna branch of the American Association of University Women (AAUW) will host an open house for prospective members; light refreshments provided. 703-321-7499.

Ballroom Dance. 8-9 p.m. waltz lesson, 9-11:30 p.m. dance, at Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. Hall-N-Notes provides live music, featuring dance tunes from the 1930s to today, and Bill and TJ lead an optional lesson preceding a night of dancing (attire is ballroom casual). 703-759-2685 or www.colvinrun.org.

TUESDAY/SEPT. 10

Great Falls Writer's Group. 1:15-2:30 p.m., at the Great Falls Public Library in the large conference room, 9830 Georgetown Pike, Great Falls. The first meeting of the Great Falls Writer's Group (GFWG) joins for discussion on the details of how to get published. Local writers and authors within the community are invited to take part in the twice-a-month meetings. 703-757-8560.

Mark Anthony. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Grammy-winning Latin superstar Mark Anthony appears at Wolf Trap for the first time. \$45-\$125. http://www.wolftrap.org/Filene_Center.aspx.

WEDNESDAY/SEPT. 11

ZZ Top. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. The Texas band brings its unique blues-rock sound and rock anthems such as "La Grange" and "Gimme All Your Lovin'" to Wolf Trap. \$30-\$45. 1-877-965-3872 or <http://www.wolftrap.org>.

THURSDAY/SEPT. 12

Heather Maloney. 8 p.m., at Jammin' Java, 227 Maple Ave. E., Vienna. The sincere singer-songwriter plays with Naked Blue and Dean Fields. \$12. jamminjava.com.

SATURDAY/SEPT. 14

Vienna Train Show. 9 a.m.-2 p.m. Vienna Firehouse, 400 Center St. S, Vienna. Children and adults are invited to view and purchase a variety of train-related merchandise and service. \$5; free for children under 12, scouts in uniform, and military with proper identification.

SUNDAY/SEPT. 15

Breakfast Buffet. 8 a.m. to noon, at American Legion Post 180, 330 Center St., N., Vienna. Enjoy a full breakfast while you meet your neighbors; on the menu are: omelets, scrambled eggs, blueberry pancakes, bacon and all the fixings. Adults \$8, children \$3. 703-938-1379.

FRIDAY/SEPT. 20

Encaustic Art Talk. 7-9 p.m., at the Emerson Gallery at McLean Project for the Arts, McLean Community Center, 1234 Ingleside Ave., McLean. Susanne K. Arnold gives an art talk on her three dimensional encaustic

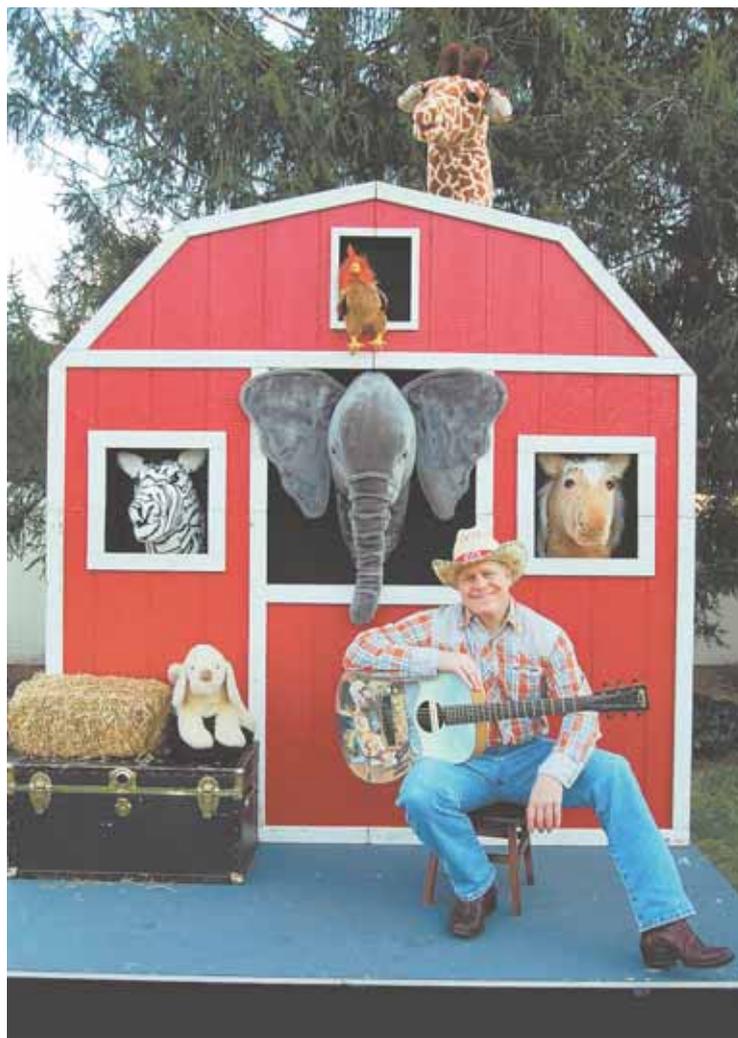


PHOTO CONTRIBUTED

Kidsinger Jim performs at the McLean Community Center's Harvest Happenings festival Saturday, Sept. 28, where amusement and carnival games, arts and crafts, pumpkins galore and food are the features.

techniques. <http://www.mpaart.org/exhibitionsfutur.php>.

SATURDAY/SEPT. 21

Encaustic Art Workshop. 10 a.m.-4 p.m., in the Susan B. DuVal studio at MPA, McLean Community Center, 1234 Ingleside Ave., McLean. Artist Susanne K. Arnold works with artists interested in the medium of encaustic, or hot wax and pigment, also using charcoal, tools and brushes to create works on panels; bring additional paper, tools, pastels, collage material, if desired, and a smock. \$60 per person (max of 10). info@mpaart.org.

Painting Demonstration: Robert Thoren. 1-4 p.m., at Color Wheel Gallery 65, 1374 Chain Bridge Road, McLean. Robert Thoren presents a painting demonstration and talk about painting and the "En Plein Air" artistic process. He will be demonstrating the painting process from initial drawing, to blocking in, to refinement and completion. 703-356-6345, X165

SATURDAY-SUNDAY/SEPT. 21-29

Around Town: A Plein Air Event. Various times, around Vienna; enter at Vienna Art Center, 115 Pleasant St. N.W., Vienna. The Vienna Arts Society calls artists to enter a plein air painting competition to win up to \$700 in awards. For entry details, artists may either drop by the Vienna Art Center, call 703-319-3971 or check the website www.ViennaArtsSociety.org. The paintings inspired by Vienna will be judged, with awards presented at a reception at the art center on Oct. 5, 3-5 p.m.

SUNDAY/SEPT. 22

America's Adopt a Soldier 5K/10K Fun Walk/Run. 10 a.m., at Lake Fairfax Park, 400 Lake Fairfax Drive, Reston. Wear red, white or blue and run or walk varied terrain in support of America's Adopt A Soldier projects and programs; donate coats for homeless veterans or other items (see at <http://run-walk.eventbrite.com/>) for care package assembly during and after the event. Preregistration only. \$40. <http://run-walk.eventbrite.com/>.

THURSDAY/SEPT. 26

Great Falls Writer's Group. 11:15 a.m.-1 p.m. at the Great Falls Public Library in the large conference room, 9830 Georgetown Pike, Great Falls. The Great Falls Writer's Group (GFWG) joins for discussion on the details of how to get published. Local writers and authors within the community are invited to take part in the twice-a-month meetings. 703-757-8560.

SUNDAY/SEPT. 28

Flea Market. 8 a.m.-2 p.m., at American Legion Post 180, 330 Center St., N., Vienna. Proceeds benefit Project Enduring Pride and children's charities; to rent a table contact Richard Cunningham. drjazz777@mac.com.

SUNDAY/SEPT. 29

Ralph Covert's "Ralph's World." 11 a.m. and 2 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. The Grammy nominee performs songs from his eight Disney albums in two family-friendly performances. \$15. 703-255-1566 or jamminjava.com.

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PUBLIC NOTICE

**McLean Community Center
Governing Board**

Public Hearing on FY 2015 Budget

(July 1, 2014-June 30, 2015)

**Follows the Finance Committee
Meeting of the Whole**

Monday, Sept. 16, 2013 at 7:30 p.m. at the Center

Residents who wish to speak at the Public Hearing are asked to call 703-790-0123, TTY: 711, to be placed on the speakers' list. Copies of the draft budget proposal will be available during the committee meeting and public hearing.

Written comments may be delivered to the Center's address (shown below,) marked "Attention: Executive Director," or sent by email to feedback@mcleancenter.org. Written comments must be received prior to the Governing Board's regular September meeting, on Wednesday, September 25 at 7:30 p.m.



The McLean Community Center
1234 Ingleside Ave., McLean VA 22101
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SPORTS

McLean's Geisler Ties School Goal-scoring Record

Senior scores five goals in win over Yorktown.

BY JON ROETMAN
THE CONNECTION

Erika Eckrod showed the McLean field hockey team can score quickly.

Christin Geisler showed the Highlanders can score often.

Together, the senior forwards helped set the tone for what head coach Summer Vanni hopes could be a state-tournament-caliber squad.

Eckrod scored 20 seconds into McLean's season opener against Yorktown and Geisler tied a school record with five goals as the Highlanders secured a 7-1 mercy-rule victory over the Patriots on Aug. 28 in Arlington.

Geisler scored three goals in the first half as McLean built a 5-1 halftime lead. She converted a stroke early in the second half and ended the game via mercy rule with her fifth goal at the 5:03 mark. The game ends if a team is ahead by six goals at the midway point of the second half.

Geisler's five goals tied a school record set last season by Sofia Andreoli.

"The ball was in the offensive half the whole game," Geisler said, "and that just opened up tons of opportunities for me to score [and] for Erika to score."

Eckrod came out aggressive, swiping the ball from Yorktown and scoring the game's first goal just 20 seconds into the contest. She added a second goal in the first half.

"Our last [scrimmage], I was having trouble recovering and my first goal was to be better at attacking the ball," Eckrod said. "I just saw the opening to the ball and took it right away."



McLean senior Christin Geisler tied a school record with five goals against Yorktown on Aug. 28.

McLean led 3-0 when Yorktown's Melissa Land scored with 19:28 remaining in the first half, cutting the Highlanders' lead to two. Geisler answered with her third goal with 12:18 left in the half, and Eckrod scored nearly six minutes later.

"As two forwards, their expectations are obviously to score, but they're also captains, as well, so their leadership skills are really important," Vanni said. "Both girls offer

speed, as well as strength and athleticism to [make] plays that not a lot of my athletes can do naturally. They're impressive. They've worked hard over the last couple seasons and now it's their time in the spotlight."

McLean traveled to face Centreville on Tuesday, after The Connection's deadline. The Highlanders will play three games in Virginia Beach this weekend before hosting



PHOTOS BY SYLVIA DAKESSIAN

McLean senior Erika Eckrod scored two goals against Yorktown, including the game's first goal just 20 seconds into the contest.

Fairfax at 7:30 p.m. on Tuesday, Sept. 10.

"We've got a serious group, which I don't always have," Vanni said. "They can be goofy, but they've got a really good mentality to win a lot this year, so that's the plan."

"... I'm not going to jinx us, but the sky is the limit with this team. We're going down to Virginia Beach [this] weekend to play three games, and I hope to be down there in November for the state tournament."

What a Difference a Year Makes

Langley field hockey wins Herndon Invitational.

When the Langley field hockey team started practices at the beginning of August, coach Jennifer Robb, returning for her 13th season, felt good about what she was seeing on the practice field. Langley has nine returning varsity players, including seven seniors, and a number of strong new offensive talents that played for the junior varsity team last year.

Little did she realize that Langley would start the season so strong, winning their first league game and then taking the Herndon Invitational Field Hockey Tournament champion-

ship trophy this past Labor Day weekend. And Langley did it in impressive fashion, outscoring their first four regular season opponents by a margin of 15-0, and then beating powerhouse Madison in a tight 3-1 contest to win the tournament. This was the first time that Langley has won the Herndon Invitational since it began in 1996; its best showing was a runner-up finish in 1999.

"I am so proud of the way the girls played throughout the entire tournament," Robb said. "They played as a team with great passing and a level of aggressiveness that allowed them to control the field of play. Not only did they play

great defense but they finished strong and scored a lot of goals. What a great way to begin the season!"

In addition to winning the tournament, seniors Erin Klein and Lizzie Rollman and sophomore Halle Duenkel were named to the all-tournament team for their outstanding play.

Langley is anchored by an experienced defensive corps, led by senior captains Amanda Lund and Julia Pierce, as well as senior Klein. Their goalie, Brittony Trumbull, had a great tournament, stopping all but one shot. Their starting offense includes all returning players in addition to Duenkel,



COURTESY PHOTO

The Langley field hockey team celebrates with the trophy after winning the Herndon Invitational.

Morgan Kuligowski and Kaylea von Seggern, all sophomores who made an immediate contribution in the tournament by scoring 11 of the 15 goals, led by Duenkel's seven. The other four goals in the tournament were scored by Rollman (3 goals, 4 assists) and

Maggie Farnsworth. The other returning offensive starters include juniors Delaney Burkart and Nichole Hottle, and senior Rollman.

Langley's next game is against Oakton on Monday, Sept. 9.

Indeterminate Sentence



By KENNETH B. LOURIE

And no, that's not another made-up phrase by yours truly describing my occasionally cluttered/run-on prose with which many of you extremely patient regular readers are all too familiar. No, it has to do with how I perceive my future now that I'm post-hospital and sleeping in my own bed. Instead of nurses, respiratory therapists, X-ray technicians, doctors and miscellaneous other hospital staff too numerous to list, I have one wife and five cats to do my bidding. And though they're not nearly as attentive as the hospital staff, I know that they all have my best interests at heart.

Not that I thought I was going to die during this most recently-written-about hospital stay; still, the experience was unsettling and reminded me of how fragile and maybe even precarious my situation might be. As much as I try to ignore certain stage IV, terminal-type facts/prognosis, a four-day stay in S.I.C.U. sort of brings the reality into sharper focus, despite my best – and continuing – efforts to delude myself otherwise.

As I sit here at home, comfortably and relatively normally (I know, "normally" is a relative term), I am betwixt and between emotionally. I can't decide if this hospital stay has given me direction or misdirection. Do I now have a truer, more honest sense of my own insecurity (mortality) or have I just created a false sense of security in its place – having survived the ordeal so unexpectedly well?

I realize I'm not bullet-proof; but if there ever were a hollow point-type metaphorical bullet, stage IV non-small cell lung cancer would likely be it; it's a killer, usually. However, I can't help but feel empowered somehow, more confident even, in my body's ability to withstand the rigors an incurable disease can impose. I'm sure there's a toll to be paid, but so far, I'm living proof that statistics are not exactly about everybody, if you know what I mean. I know that wishing and hoping don't necessarily make it so, but after yet another experience where I far exceeded my doctor's rather modest expectations, I can't help but feel more positive about my prospects (there's my delusional naïveté rearing its illogical head).

In February, 2009, I was "prognosed" to live "13 months to two years" according to my oncologist. Yet, here I still am, four-and-a-half years later, released from the hospital, better than when I went in. Anything is possible: I think I've proven that. And I don't intend to stop now.

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

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32 Lost	32 Lost
An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. -Werner Heisenberg	LOST CAT Beautiful white Platinum Mink Tonkinese cat missing in the Oakton area around the Vale Rd., Valewood Dr., Lyrac, and Waples Mill areas. "Tami" went missing on August 13 in the evening. She is an indoor/outdoor cat who is shy but very friendly. She has a pink collar and tag and is micro-chipped with Home Again. Please call the Dales at 703 620-6497 if you should see her. She is greatly loved and we would appreciate any help in getting her home again.

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NEWS

Great Falls to Celebrate Arts In October

Great Falls Studios (GFS) will celebrate a decade of art on Saturday, Oct. 5 at the Great Falls Community Library, 9830 Georgetown Pike, Great Falls. This is an opportunity to meet GFS artists, view some of their original work, enjoy hands-on activities and learn the stories of their studios. A 10th Anniversary book is scheduled to be released that day—a community occasion to celebrate creativity.

On Saturday, Oct. 19 and Sunday, Oct. 20 join GFS on a self-guided driving adventure to art studios tucked along the scenic roads of Great Falls, at the 10th Annual Great Falls Studios Art Tour: 60 member artists—painters, potters, sculptors, jewelry makers, photographers, digital artists, a weaver, a printmaker, a wood carver, two quilters, a layered-paper artist, and other talented folk—will be opening the doors to their individual studios, the three group ateliers in town, and several shared venues created just for the event.

Artists will be demonstrating their crafts and techniques, engaging in inspiring conversation and some will offer visitors a chance to touch, dabble or scribble. All artists will be selling art “Made in Great Falls.”

Sun Design Remodeling Specialists, Inc. is a sponsor of the event. See the craftsmanship of this award-winning home remodeler, at the house tour running concurrent with the art tour.

Throughout the weekend, the Great Falls Community Library will serve as “Studio Tour Headquarters.” Tour information will be available and a photography exhibit in the large conference room will feature the portraits of 16 GFS members and their studios featured in the 10th Anniversary book created to commemorate a decade of art in the village. Dean Souleles, co-editor/photographer of the book, will be on hand to answer questions.

Additional information, member artist bios and images of their work can be found at www.GreatFallsStudios.com.

Great Falls Studios manages several exhibit venues in the community. The public is invited to Katie’s at The Old Brogue Irish Pub/760 Walker Road, Great Falls; Seneca Hill Animal Hospital, Resort & Spa/11415 Georgetown Pike, Great Falls; and a new space featuring the work of local elementary school students at Starbucks at Great Falls Center/9862 Georgetown Pike, Great Falls.

SCHOOL NOTES

Send School Notes to greatfalls@connectionnewspapers.com. The deadline for submissions is Friday.

Megan Kent of Great Falls has graduated from Georgetown University with a master’s in public relations and corporate communications and a 3.96 GPA. She currently works as the director of marketing, communications, and public relations at Marshall Moya Design and in Nuevo in Washington, D.C.

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