

# Langley Girls Lacrosse Finishes Strong

SPORTS, PAGE 16

The Langley girls' lacrosse team finished the season with a 9-6 record. Pictured from left: Aubrey Zarella, Anna Hofgard, Bethany Basco and Halle Duenkel.



## Langley High Seniors Wrap Up 4U Campaign

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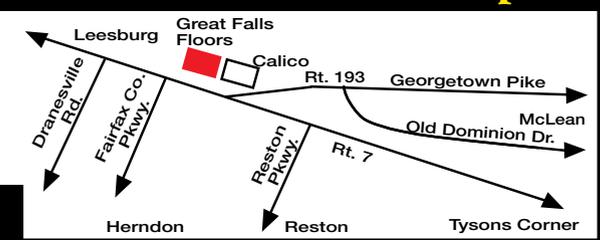
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## Langley High Seniors Wrap Up 4U Campaign

Provide support and encouragement for underclassmen through campaign.

BY JENNIFER BENITZ  
THE CONNECTION

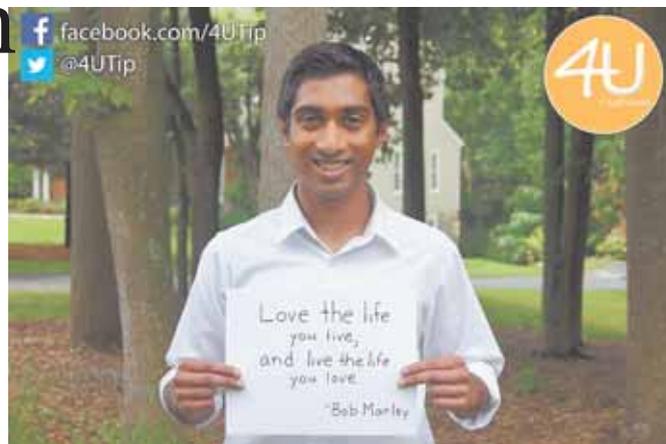


PHOTO BY SUDDY SRIRAM

On the campaign's last day, May 30, Ezzy Sriram poses for one more portrait with a final piece of advice to wrap up the 4U Campaign.

As the much-anticipated graduation season gets in full-swing for the Class of 2014, a lingering feeling of nostalgia can push some people to reflect on their school years—what they've accomplished and what they've learned. For one Langley High School senior, reflecting led him to create a campaign that transformed seniors' lessons learned throughout high school into positive advice for younger peers—an initiative called the "4U Campaign."

Spearheaded by 18-year-old Ezzy Sriram, the 4U Campaign was designed specifically with underclassmen in mind. As seniors approach graduation and reflect on their own four years, they are able to provide everything from serious advice to upbeat words of encouragement and tips through the use of photography and social media, proving to peers and the community that "unity is trust," as Sriram said.

Sriram, the co-founder and president of the Entrepreneurship Club at school, said that he was at one of their meetings this spring and thought to himself that high school shouldn't focus on stress, but rather opening oneself up to as many opportunities as possible.

"I started the campaign to put high school in perspective and I thought, 'Who better to listen to than seniors?'" said Sriram. "It's a really neat way to connect."

**WITH GRADUATION** just around the corner, the in-school and social media campaign took off quickly. After getting the campaign approved and funded by the Langley High School Administration and PTSA, Sriram and a few fellow classmates worked diligently to prepare for the launch.

With the help of Langley student Rosie Brock, an initial set of portraits were made of a core group of students as they posed with a piece of paper that had some words of encouragement on it, whether it was a quote by someone else or their own advice for underclassmen—it was advice to pass on to their peers. The portraits were then printed as posters and hung up in the school.

Throughout the two-week campaign, more portraits were taken of seniors. The initial group of models included Sriram, Brock, Logan McLendon, Emma Digiammarino, Dylan Hoang, Killeen Rivers, and Jeff Waters, and quickly expanded to include more seniors as the campaign grew.

The first round was launched on May 19. Over the next two weeks, seniors continued to volunteer for portraits and posted advice on a bulletin board at Langley and left post-it notes with their advice on the posters—all of which was changed day-to-day to allow underclassmen to see as many perspectives as possible.

**"This is the best time of the year for seniors to really look back on their high school time. [...] They do have some valuable insight for underclassmen."**

— Sonya Williams, Langley High Director of Student Services

"I was under the impression that just a handful of seniors would be the core group of models but then the overwhelming support lead to the portraits with seniors creating their own messages, as well as a bulletin dedicated to underclassmen," said the McLean resident.

Having chosen the timeframe specifically so that the campaign would launch for two consecutive weeks—the first week while seniors were still in school, and the following week when seniors were gone.

"Seniors want to give back to their community," said Sriram. "There was just no medium before to do it and this has allowed them to do so."

While it was originally designed as an in-school campaign, social media has certainly allowed the campaign to reach as many people as possible. With the public support by Fairfax County School Board At-Large Representative Ryan McElveen, the campaign grew momentum online.

**OVER THE PAST TWO WEEKS**, there have been over 10,000 impressions to its Facebook page last week and its presence on Twitter, the word of the 4U Campaign and support for it spread pretty quickly, having even pushed students from a Thomas Jefferson School of Science and Technology contact Sriram to see how they could help.

Langley High School Director of Student Services Sonya Williams has monitoring the campaign and expressed support.

"I think it's a good idea and a good time of the year," said Williams. "This is the best time of the year for seniors to really look back on their high school time. [...] They do have some valuable insight for underclassmen."

For more information on the 4U Campaign, check out its Twitter page, @4UTip, and Facebook page at [www.facebook.com/4UTip](http://www.facebook.com/4UTip).



PHOTO BY REENA SINGH/ THE CONNECTION

Robert Maclay, local glassblower, sold several of his pieces at the Art on the Green spring show this weekend.

## Art on the Green

Great Falls Studios annual spring show flourishes at new location.

BY REENA SINGH  
THE CONNECTION

Dozens of works of art, ranging from paint to glassblowing, took over the village green last weekend.

Great Falls Studios [GFS] held their Art on the Green Spring Show and Sale on Saturday and Sunday at their newest show location.

"We've outgrown all the other venues in town," said GFS founding member Laura Nichols.

Many of the visitors came because they were curious why there were white tents set up on the green, according to event organizer Linda Jones.

"The reason we chose this weekend is because we're having the first Concert on the Green tonight," she said. "This is great, because one of our aims is to nurture Great Falls as an artful community. We're very excited about this new venue."

A handful of the 27 artists were showing with GFS for the first time.

"I met a lot of really nice people and had a lot of really interesting discussions," said Bob Schroeder, photographer.

He sold several photos that weekend - the most popular being lions and a pair of elephants that he photographed in Africa during his retirement travels.

"I wanted to get a sense of what other people thought, kind of getting a meter of what other people liked," he said.

Painter Karen Rose joined the

studio a few years ago but recently wanted to start selling her work.

"I only expected to hand out business cards this weekend, so I was surprised that I sold a couple of paintings," she said.

Like Schroeder, Rose valued the feedback she got. She said many of the visitors commented that her paintings were a homage to the Impressionist era.

"This has really been motivational," she said.

Robert Maclay's very first show selling blown glass creations was in December. Since then, he has joined Great Falls Studios. The spring show was his first with the GFS.

"The customers have been very inquisitive, which is great," he said. "I can go on about glass all day."

His interest in glassblowing was sparked when he saw a demonstration during a fourth grade trip to colonial Williamsburg. About two years ago, he received a six-week glassblowing class as a present from his mother.

"This has been a very successful weekend," he said. "I lived in Great Falls my entire life, so it's good seeing faces I've seen before."

In addition to the annual studio tour, which will take place Oct. 17 through 19, GFS also has an annual holiday show. This year's show will be held at the Barns at Wolf Trap on Dec. 13 to 14 from 10 a.m. to 5 p.m.

For more information, visit [www.greatfallsstudios.com/index.php](http://www.greatfallsstudios.com/index.php).

# Poverty in the Classroom

Pockets of low-income students scattered through Northern Virginia.

BY MICHAEL LEE POPE  
THE CONNECTION

When Carla Castro-Claire was approaching the age when she would soon attend Kindergarten, her mother became increasingly concerned about Hybla Valley Elementary School. She wasn't sure it was safe for her daughter, and stories were circulating through the neighborhood about elementary school students being suspended for having drugs. Then, one day, she learned about a robbery that happened at the 7-Eleven on the corner. The robbers hid at the school to evade police.

"It was known to be a bad elementary school," said Castro-Claire. "It has the lowest test scores, and there was a lot of crime in the neighborhood."

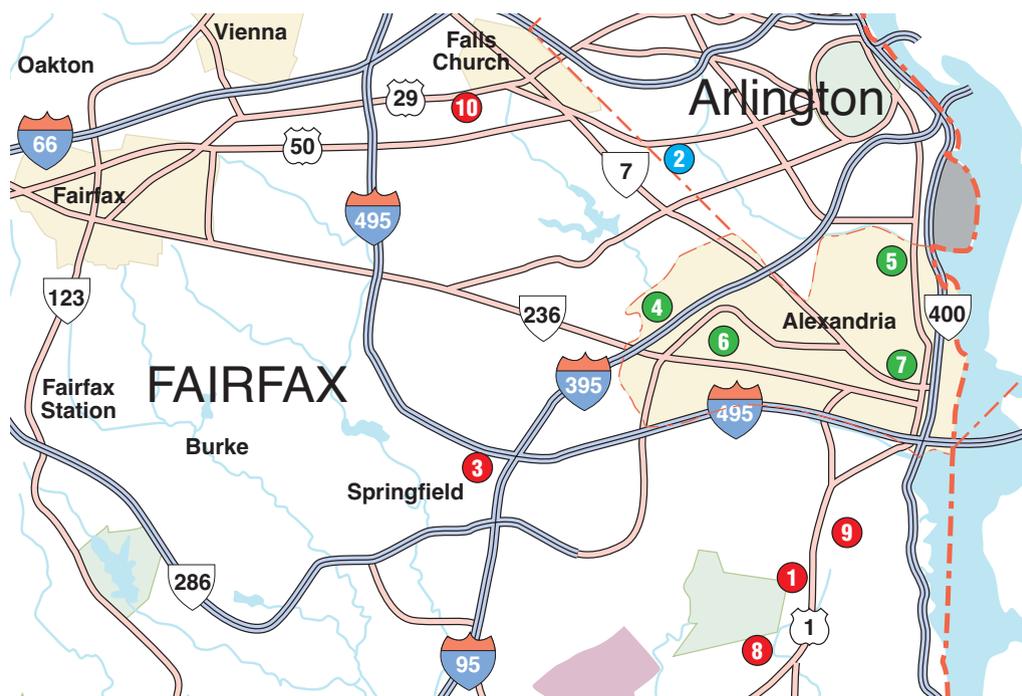
Her mother decided that Hybla Valley was not safe enough for her, choosing another school several miles away. Since that time, she said, the school has improved. It has new security measures, and the test scores have improved. Her sister now attends the school, and her mother heads the parent-teacher association. Nevertheless, the school struggles with poverty. According to a statewide database of poverty in the classroom, Hybla Valley has the highest rates of students who qualify for free or reduced price lunch in Northern Virginia.

"We have a sense of urgency at all times at this school," said Hybla Valley Principal Lauren Sheehy. "At another school, we may not need as much skills and as much energy to get the job done. But here we need 110 percent at all times, and that's what drives us every day."

**POVERTY SPREADS** across the classrooms of Northern Virginia by ZIP code, with poor neighborhoods logging the highest percentage of students who qualify for free or reduced price lunch. Among all schools in Alexandria, Arlington and Fairfax County, Hybla Valley has the highest. Almost 90 percent of students qualify, making it one of the highest poverty schools in the region. And even though Arlington County has a reputation of being a wealthy enclave, Carlin Springs Elementary comes in a close second. More than 86 percent of its students qualify for free or reduced price lunch.

"Arlington, like, most suburbs has very segregated schools although nobody wants to talk about it," said Fred Millar, whose children attended Arlington Public Schools. "When you draw school boundaries to effectively insulate the wealthy students, that's class warfare."

Although the 10 highest-poverty schools in Northern Virginia are spread out across the region, one area has a cluster of high-poverty schools. Southeast Fairfax County



Division	School Name	Principal	Free or Reduced Price Lunch	Performance English	Math	Asian	Black	Hispanic	White	Other
1	FCPS Hybla Valley ES	Lauren Sheehy	89.32%	59%	62%	5%	15%	77%	2%	1%
2	APS Carlin Springs ES	Corina Coronel	86.32%	61%	69%	9%	10%	70%	6%	6%
3	FCPS Lynbrook ES	Mary McNamee	86.05%	54%	45%	13%	3%	77%	5%	2%
4	ACPS William Ramsay ES	Rosario Casiano	85.44%	60%	50%	6%	26%	54%	11%	3%
5	ACPS Cora Kelly Magnet ES	Brandon Davis	81.91%	71%	80%	1%	34%	59%	6%	0%
6	ACPS Patrick Henry ES	Ingrid Bynum	81.86%	47%	51%	6%	49%	33%	8%	4%
7	ACPS Jefferson-Houston ES	Rosalyn Rice-Harris	81.66%	41%	50%	1%	67%	20%	10%	2%
8	FCPS Mount Vernon Woods ES	Pamela Simpkins	79.88%	52%	53%	8%	29%	59%	2%	1%
9	FCPS Bucknell ES	Timothy Slayter	79.09%	52%	42%	5%	15%	77%	2%	1%
10	FCPS Graham Road ES	Tamara Ballou	77.66%	71%	83%	11%	14%	66%	9%	1%

FCPS — FAIRFAX COUNTY PUBLIC SCHOOLS; APS — ARLINGTON PUBLIC SCHOOLS; ACPS — ALEXANDRIA CITY PUBLIC SCHOOLS

has three of the highest poverty schools hugging the Route 1 corridor. Three of the elementary schools here make the top 10 list of high poverty schools: Hybla Valley, Mount Vernon Woods Elementary school and Bucknell Elementary School. Critics say these neighborhoods fall through the cracks because they don't have the kind of money and clout enjoyed by areas with wealth and power.

"In a lot of ways, government is more responsive to those who have than to those at the bottom," said Del. Scott Surovell (D-44). "Why does every planetarium in the county work except the one at Carl Sandburg? Why do we still have a huge Head Start waiting list? Why do we still have a big childcare waiting list?"

**TEST SCORES** show that students at high-poverty schools often struggle to meet state and federal standards. One of the highest poverty schools in the region is Jefferson-Houston in the City of Alexandria, where test scores have been so low for so long that

state leaders are poised to orchestrate a takeover. When classes begin this fall, the newly created Opportunity Educational Institution is expected to seize control of the school, which serves Kindergarten through eighth grade. The institution, which was created by former Republican Gov. Bob

**"In a lot of ways, government is more responsive to those who have than to those at the bottom."**

— Del. Scott Surovell (D-44)

McDonnell, is targeting six schools in Virginia. Jefferson-Houston is the only school in Northern Virginia, although city leaders in Alexandria are hoping that a lack of organization and funding will derail the takeover, although frustrated parents say Alexandria leaders have demonstrated they are unable to transform the school.

"I think it's a good idea for new people to step in and take over," said Bea Porter, whose grandson attends the school. "The local school system has failed Jefferson-Houston for too long."

According to salary data received in a Freedom of Information request, teachers at high poverty schools often receive lower pay than their counterparts at other schools. In many cases, that's because teachers at high-poverty schools are fresh out of school and looking to enter the profession. Many transfer to wealthier neighborhoods, where teaching students can pose fewer of the challenges related to poverty. The average pay for a Kindergarten teacher in Fairfax County, for example, is \$61,000. The highest Kindergarten teacher salary is \$99,000 at Fort Belvoir, and the lowest is \$45,000 at London Towne Elementary. The average Kindergarten teacher salary is higher than the average Kindergarten teacher salary at Hybla Valley, Lynbook, Mount Vernon Woods, Buckness and Graham Road.

"We have this mythology of equality," said Jon Liss, founder of Tenants and Workers United. "But the reality is that there has been a resegregation because of the overlap of race and class."

**BEHIND HYLBA VALLEY** is a series of trailers — sometimes called portables — where students gather in temporary structures. Schools with the most number of trailers tend to be at high poverty schools, although school officials also use them at some schools with low rates of poverty such as Haycock Elementary School and Clermont Elementary School. Critics say the village of trailers behind Hybla Valley is an indication that Fairfax County Schools is not willing to invest the kind of resources here that might go to a school where parents would lobby School Board members for a new wing of classrooms.

"The value of education is not equal," said Alma Lopez, parent of four children at Hybla Valley Elementary School. "If you compare students in McLean to students in Hybla Valley, it would be obvious that the level of education is better in McLean."

The principal says that the school has always needed trailers, even after a two-story addition gave the school 17 more classrooms. Before she came to Hybla Valley, Sheehy was assistant principal at Lynbrook Elementary School, another high poverty school. Like many of the teachers and staff at Hybla Valley, Sheehy says that she feels called to work with students in need.

"It really is a calling. It's a real passion, and I feel really proud to be at the school and proud to support the students here," said Sheehy. "Our teachers embrace it, and they acknowledge that there are more challenges here than at other schools."



**High Honors for Great Falls Third Graders**

Third graders Erika Castellano and Brooke Dawn of Great Falls recently received recognition at Johns Hopkins University for achieving High Honors in the JHU Center for Talented Youth talent search. The girls, both students at the Nysmith School, received the award for performing exceptionally well on an above grade level test given to academically talented 2<sup>nd</sup>-8<sup>th</sup> grade students throughout the country.

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# Some Good News and a Lot of Uncertainty

## Realtors discuss the mortgage market at finance summit.

BY ANDREA WORKER  
THE CONNECTION

The Northern Virginia Association of Realtors (NVAR) hosted Finance Summit 2014 at their Fairfax Headquarters on Wednesday, May 21. The event brought together a panel of speakers with an impressive collection of credentials and expertise. Moderator Ken Harney's "Nation's Housing" column is nationally syndicated. Harney is also a member of the Federal Reserve Board Consumer Advisory Council, an author and commentator on real estate and mortgage issues, and the host of CNBC's "Real Estate Magazine" weekly television program.

Tony Porto, Regional Manager from event sponsor Access National Bank, opened the program. "There are some 11,000 members in your organization," he said, "and more than 50 choices of lenders. Service is what will differentiate one from the other." Porto had pens flying across notepaper when he explained the key features of a new lending product being offered by Access for loans up to 760K with no PMI and only 5 percent down required.

Joseph Minarik, Sr. V.P. and Director of Research – Committee for Economic Development, was the first presenter to address the gathering. With multiple degrees from Yale and Georgetown, and a background that includes a post as the Chief Economist of the Office of Management and Budget during the Clinton administration, Minarik warned that the financial "crystal ball" was cloudier than ever, particularly since "there is no real history for a downturn such as we have experience over that last seven years." Minarik spoke of the "Shadow Labor Force" – those who had virtually quit looking for work during this time – and the fact that no one could truly predict how many of them would come back into the workforce, and at what levels of productivity and income.

**A FORMER COLLEAGUE** of current Federal Reserve Chair Janet Yellen, Minarik expressed faith in the Fed and its monetary

### VIEWPOINTS

## What are your thoughts about the current mortgage environment: How is it affecting real estate market in Northern Virginia?"

— ANDREA WORKER

### Margaret Ireland, Associate Broker, Weichert

"Interest rates are actually pretty good, especially compared to where they've been in the past. But the public doesn't see that. I agree that there needs to be a bit of a let up in all of the rules and regulations and challenges to the buying process, still keeping the risks in mind to avoid a repeat of this collapse."



### Tracey Barrett, Barrett & Associates, LLC, Elite Group Realtors

"Whatever is going on, with proper coaching I can set up expectations to meet goals and deadlines. It's still a good time to buy, and a good time to sell. Rates are historically low, sellers can still get excellent prices. We all may have to work a little harder, but good business is there."



### Andy Krumholz, Keller Williams Reston

"For most buyers the mortgage marketplace has not impacted their ability to obtain financing. The loan underwriters remain conservative in their analysis and are requiring more documentation from the borrowers than ever before. This often will elongate the loan approval process a bit, but typically does not hinder the borrowers ability to obtain financing. Borrowers need to be prepared to respond quickly to lenders questions and provide comprehensive information when asked."



policies, but less in the country's fiscal policy. "We are still at risk," he said. "We are not pre-destined to have a happy ending."

Steve Farbstein, Chairman, Virginia Bankers Association Mortgage Executives Committee and Richard Owen, VP Community Bank Division & Government Relations – Atlantic Bay Mortgage Group, did a combined presentation that spoke to some of the changes brought to the lending market by the 2,319 pages of the Dodd Frank Wall Street Reform and Consumer Protection Act. Most realtors in the room acknowledged that they had not as of yet felt any

real negative effects from the legislation, even though it kicked in on Jan. 11 of this year. Farbstein credited much of the smoothness to the start up to the "Dodd Frank checklists that banks, brokers and other lenders have been working on for months." Both Farbstein and Owen reminded their audience that a strong realtor/lender partnership was still the best way for both to succeed, and to best satisfy their mutual customer – the homebuyer. The duo projected an overall positive outlook on the current mortgage market, saying that credit availability is getting better, homeownership in the region is up, while

delinquencies and foreclosures are down. "Yes, rates are rising a bit," said Owen, "but maybe we should use the times of the Savings and Loans crisis as a reminder. Compared to 17, 18, even 21 percent, 4 percent looks pretty good to me."

When it was his turn to present, Ken Harney took some time to chastise the lending policies that demand "a too high credit score, keeping many qualified people out of the buying process." Harney is also critical of the high, layered fees that he sees as "blocking growth." "There have been five increases in FHA lean fees in the last several years." Harney sees the mortgage market in something of a "vicious circle." Although he strongly agrees that no one wants to see a return to the boom/bust housing market, "too many people are afraid to let one (risky loan) through."

### THE PROGRAM'S FINAL SPEAKER

apologized in advance of his remarks. "Sorry," said Stan Collender, Exec. VP, Qorvis/MSLGroup. "I don't have a PowerPoint. And I really only have a few things to say, starting with 'get use to it.'" Collender, who has worked for the House and Senate Budget Committees as well as three U.S. representatives on the House Budget and Ways and Means Committee thinks the way things are right now is the new normal for at least the rest of the decade. Providing numerous firsthand anecdotes of what he sees as fairly entrenched partisan politics on the Hill, Collender's prediction is that this Congress "will name some new post offices, but that's about it. There will not be any new Federal dollars, nothing new in the Federal budget arena, certainly no tax reform before 2019 at the earliest. "Describing a continued "tight and difficult period," Collender thinks that this will translate into people less likely to sell, even those ready to downsize. Many realtors in the room nodded in agreement, some commenting that the lack of inventory in some of the price ranges is definitely a barrier to their business.

The 2014 Finance Summit is just one of the many forums, seminars, networking events and educational programs offered by the NVAR at both their Fairfax headquarters, at the NVAR Herndon Center and elsewhere. More information is available on their website at [www.nvar.com](http://www.nvar.com) and on their Facebook page.

### FARMERS MARKETS

#### SATURDAYS

**Reston Farmers Market.** 8 a.m.-noon. Saturdays, May 3-Nov. 9. Named the best farmers market in Northern Virginia by Virginia Living Magazine. Lake Anne Village Center, 11401 North Shore Drive, Reston. [www.restonfarmersmarket.com](http://www.restonfarmersmarket.com).  
**Oakton Farmers Market.** 10 a.m.-2 p.m. Year round. Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. [www.smartmarkets.org/](http://www.smartmarkets.org/)  
**Great Falls Farmers Market.** 9 a.m.-1 p.m. Year round. Great Falls Village Centre, 778 Walker Road, Great Falls. [www.celebrategreatfalls.org/FarmersMarket.html](http://www.celebrategreatfalls.org/FarmersMarket.html).

**Vienna Farmers Market.** 8 a.m.-12 p.m. Faith Baptist Church Parking Lot, 301 Center Street South, Vienna. [www.viennafarmersmarket.com](http://www.viennafarmersmarket.com)

#### SUNDAYS

**McLean Farmers Market.** 10 a.m.-2 p.m. Parking lot of the National Automobile Dealers Association 8400 Westpark Drive, McLean. [www.smartmarkets.org/](http://www.smartmarkets.org/)  
**Tyson's Farmers Market.** 10 a.m.-2 p.m. NADA Campus, Greensboro & Westpark Drive. [www.tysonspartnership.org](http://www.tysonspartnership.org)

#### WEDNESDAYS

**Reston Farmers Market.** 3-7 p.m. 12001

Sunrise Valley Drive, Reston. [www.smartmarkets.org](http://www.smartmarkets.org).

**Frying Pan Farmers Market.** 8 a.m.-12:30 p.m. 2709 West Ox Road, Herndon. [www.farmersmarketfryingpan.nova-antiques.com](http://www.farmersmarketfryingpan.nova-antiques.com).

#### THURSDAYS

**Herndon Farmers Market.** 8 a.m.-12:30 p.m. Thursdays, May 1-Nov. 13. Twelve Vendors sell a variety of products including kettle corn and fresh made Italian pasta. Old Town Herndon, 700 Block of Lynn St, Herndon. [www.fairfaxcounty.gov/parks/farmersmarkets/herndonmkt.htm](http://www.fairfaxcounty.gov/parks/farmersmarkets/herndonmkt.htm)

#### FRIDAYS

**McLean Farmers Market.** 8 a.m.-12 p.m. Fridays, May 2-Nov. 21. Vendors include an orchard and winery company and specialty berry farm. 1659 Chain Bridge Road, McLean. [www.fairfaxcounty.gov/parks/farmersmarkets/mcleanmkt.htm](http://www.fairfaxcounty.gov/parks/farmersmarkets/mcleanmkt.htm)  
**Kingstowne Farmers Market.** 4-7 p.m. Fridays, May 2-Oct. 31. Giant Parking Lot, 5955 Kingstowne Towne Center, Alexandria. Vendors products include fresh organic honey, pies and rolls. [www.fairfaxcounty.gov/parks/farmersmarkets/kingstownemkt.htm](http://www.fairfaxcounty.gov/parks/farmersmarkets/kingstownemkt.htm)

**As I see it, this world is replete with many known and unknown hazards.**



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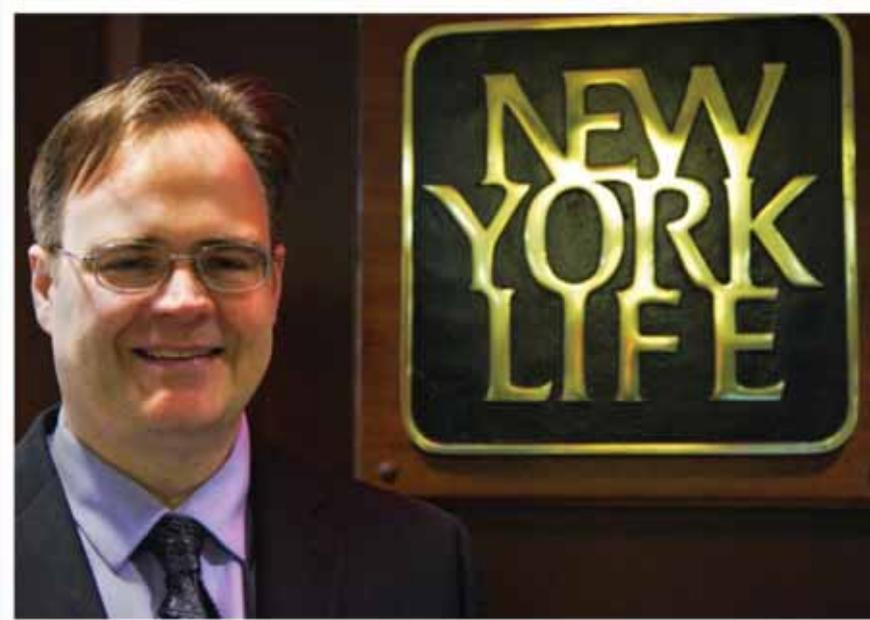
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# OPINION

## On Voting in the 8th

Vote this week at your convenience in person absentee, or be sure to vote on Tuesday.

Chances are that if you are a registered voter in the 8th Congressional District, your mailbox has been letting you know that many candidates are running in next week's Democratic primary.

The 8th Congressional District is currently represented by retiring U.S. Rep. Jim Moran, and seven candidates are running for the right to replace him. There is no runoff, so even if the top candidate gets considerably less than 50 percent of the vote, he or she will move on as the Democratic nominee in November, facing Republican Micah Edmond. Given the voting history in the 8th district, the Democratic nominee will most likely move on to serve in Congress.

(Our region is losing its two longest serving members of Congress to retirement, Moran and U.S. Rep. Frank Wolf (R-10). Voters in the 10th Congressional District will choose between Republican Barbara Comstock and Democrat John Foust in November.)

The 8th Congressional District includes all of Arlington, Alexandria and Mount Vernon, plus parts of Tysons, McLean and Vienna to the north, Springfield, Lorton and Mason Neck to the South.

Candidates include Don Beyer, Lavern Chatman, Mark Levine, Patrick Hope, Adam Ebbin, Bill Euille and Derek Hyra. Three other names will appear on the ballot even though

the candidates have withdrawn from the race because they withdrew after the ballot was printed/set.

Election Day is Tuesday, June 10, and regular polling places will be open 6 a.m. - 7 p.m.

Voters who qualify to vote absentee can vote in person early until June 7. But be sure to vote by primary Election Day, June 10.

Anyone who might working and commuting for 11 of the 13 hours polls will be open on Election Day, 6 a.m.-7 p.m., qualifies to vote absentee. You can vote absentee if you are: a student or spouse at an academic institution, absent on business, absent for personal business or vacation, unable to get to the polls due to a physical disability or illness, a caretaker of a confined family member, a precinct election officer, have a religious obligation or conflict, active duty uniformed service or merchant marine or a dependent, regularly employed outside the U.S. or a dependent, and several other special circumstances.

In Arlington, vote absentee-in-person at Courthouse Plaza, 2100 Clarendon Blvd., Suite 320, through Saturday, June 7; weekdays 8 a.m. - 5 p.m., Saturday 8:30 a.m. - 5 p.m.

In Alexandria, vote absentee-in-person at the Office of Voter Registration & Elections, 132 North Royal Street #100 through Saturday, June 7, 8 a.m. - 5 p.m. <http://www.alexandriava.gov/Elections>

EDITORIAL

## Have You Had a Taste of Asia?

BY WONHEE KANG

Two years ago, the Taste of Asia event was created through a partnership with the Boys & Girls Clubs of Greater Washington and the Asian American Chamber of Commerce to celebrate Asian and Pacific Islander Heritage Month. This year's event, Saturday, May 10, enjoyed a new location thanks to a new partnership with Everest College, Tysons Corner.

A wet weather forecast for the day had some committee members anxious about how the event would operate in both the indoor and outdoor locations needed for the event. Throughout a morning full of setting up; including transforming the normal every-day college classrooms into Asian celebratory places full of dragon decorations, colors, and shapes from a far eastern part of the world and collecting food from eight different restaurants located in Fairfax County, which truly brought the taste of Asia to the

college location, the committee asked mother nature to keep the rain drops away.

We celebrated the event with an impromptu 'Day Light Dance' initiated by Robert Lee, the event's Master of Ceremony, which was joined by everyone from the youngest dancers to the oldest, praying for the rain to stay in the sky. After the greetings, Sanjana Srikanth presented an Indian dance followed by an impressive presentation from a group from Taekwondo. The audience was mesmerized by these works of art from people of Asia.

The original Taste of Asia event was created to share the culture of the Asian countries and this year's event shared the Asian food, performances, cultural arts and friendships with 200 people



PHOTO CONTRIBUTED

**The Taste of Asia at Everest College in Tysons on May 10 included many demonstrations, as well as food and other cultural interactions.**

of varying backgrounds including many young people.

Along with the "taste" of Asia, which included food from eight restaurants and Coca-Cola's Spon-

sorship, attendees had access to hands-on activities. With leadership from Ms. Lindsay Holt, arts and crafts tables were set up for origami (Japan), Cultural Masks (China), Weaving (Philippines), and Mandala (India/Tibet/South Asia). There was a table set up for Name Calligraphy where attendees' names could be written in Korean, Japanese, Chinese, Hindi, Thai and Tagalog. While these activities were happening, I could hear a lot of dialogue about the meaning of names and background, helping the attendees make meaningful connections to each other.

All participants had a passport to get their stamps to be sure they were not missing out any valuable

SEE TASTE, PAGE 9



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# Taste of Asia

FROM PAGE 8

experiences from the event. I trust all participants from this event tasted Asia in many ways and I am grateful for that. I thank 30-plus volunteers that we had for the event and special thanks to our event committee members who helped build many positive bridges among people in this diverse county.

When I witnessed some kids from Ghana, trying on Korean, Chinese and Thai dresses and having a photo-op, I saw a glimpse of 'Promised Land,' that once Martin Luther King noted. When I witnessed Chinese women helping Hispanic young people wearing their Chinese costumes, there was heartfelt welcoming and receiving of friendship built. It was pleasure of seeing acceptance of each other and they are moving forward to learn about each other and they are reaching out and sharing their stories. Their hearts were wide opened to embrace each other for those moments. There was joy and happiness all around.

I saw what Dr. Martin Luther

King dreamed: "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!"

I am committed to seed the dream that Dr. King once talked about by offering a column that would continue to offer a place for a "Taste of Asia" and I am very excited about this calling.

As E.M. Forster noted, that this column will bring humanism to our living. "The four characteristics of humanism are curiosity, a free mind, belief in good taste, and belief in the human race."

*Wonhee Kang will write an occasional column for the Connection.*

*Chairperson of Taste of Asia*

*Chairperson of Next-generation Entrepreneurship and Leadership Development Committee (NELDC)*

*Sr. Director of Boys & Girls Clubs of Greater Washington, Fairfax County Region*

*Director of Worship-arts, Culmore United Methodist Church*

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# Great Falls Scouts Honor Heroes

Troop 55 Boy Scouts celebrate Memorial Day weekend with Baden-Powell Hike.

On May 25, 16 Boy Scouts and Adult Scouters from the Great Falls Troop 55, chartered by St. Francis Episcopal Church, honored our nation's heroes by participating in the 7.2 mile Baden-Powell Hike in Washington, D.C. Sir Robert Baden-Powell was the famous English General and founder of Scouting in England in 1907. The National Capital Area Council (NCAC) of the Boy Scouts of America introduced this inaugural Baden-Powell Hike to celebrate Memorial Day and help scouts understand the history of Scouting in Washington D.C.



**Troop 55 Scouts salute the Lincoln Memorial during the Inaugural Baden-Powell Hike in Washington, D.C. From Left to Right: Valin Singh, Christian McCann, Brandon Boose, Lucas Andersen, Misha Somogyi, Alex Holman, James Ye, Jason Jin.**

Starting the hike from the FDR Memorial the Scouts hiked around the National Mall, which included the major Memorials and Monuments, Boy Scout Monuments, Capitol Hill, and the Peace Monument. Along the route, Troop 55 Scouts paid tribute to the fallen, saluted our nation's great leaders, studied scouting history by answering 21 questions, and did their civil "Good Turn" by removing trash

from the streets. The Boy Scouts also cheered the riders of the annual Rolling Thunder Motorcycle Rally honoring POWs and MIAs. Completing the 7 1/2 hour educational hike, the Scouts earned the

limited (only 3000 available nationally) Inaugural Baden-Powell Hike Medal. The Medal was a reproduction of the original Gold Medal awarded to Boy Scouts for their heroic action during the time of Presi-

dent Wilson's inauguration in 1913. Boy Scouts and Scouters of Troop 55 found the greatest reward was the opportunity to pay tribute to the men and women who serve our country.

# Great Tastes at Tysons Town Square

Inaugural event - the ribbon-cutting for the Lerner Town Square — attracts food and wine lovers.

BY REENA SINGH  
THE CONNECTION

Great Tastes of Tysons kicked off what will be a streak of inaugural festivals in the urban center.

The two-day food and wine fest created by Tysons Partnership brought out local and national restaurants, wineries and breweries for visitors to sample as they mingled through the gauntlet of vendors.

Fairfax County Board of Supervisors Chairman Sharon Bulova came to the event for another inaugural event as well - the ribbon-cutting for the Lerner Town Square.

"This is a real demonstration of the promise of Tysons and Tysons being a place of community, life and vitality," she said. "This festival and everything else we see around us is a result of a highly successful partnership between the corporate community, the civic community and the residential

community."

Bob Tanenbaum, a principal at Lerner Enterprises, represented the corporate community that is taking on a role to increase community participation in the urban center. Lerner Enterprises is hosting most of the summer's events on its 10-acre lot across the street from Tysons Galleria.

"Lerner is proud to help develop a community spirit and improve the quality of life in Tysons," Tanenbaum said in a statement. "We are a founding member of Tysons Partnership, and we are committed to the continued transformation of this exciting region."

Melissa Alexander, of Williamsburg, with Vacation Village Resorts took advantage of the slower hours when the festival just opened to sample gourmet steak and mashed potatoes from the O'Malley Pub booth next to hers.

"Actually, after trying that, we're



PHOTO BY REENA SINGH/ THE CONNECTION

going to eat there tonight," said Alexander.

She said she signed up to be a vendor for the event because she has had a good relationship with businesses in Tysons Corners.

"It's all about shop local, resort local," she said. "You couldn't have asked for better weather. It can only get better from here."

In addition to the booths, food trucks - and a Cupcake Winery truck - could be found parked throughout the festival grounds. Early visitors got to visit any vendor of their choosing without having to wait in line.

Christine and Charles Mathers came to the event all the way from

Bear, Del., after Charles read about it online while he was still stationed in Afghanistan.

"So far, everything has been very good," said Christine, holding a wine glass sampler. "We've gone to about five different booths so far. I like wine, and he likes beer."

Lauren London, with Psychic Readings by Lauren, is a Rockville-based vendor who has done other events in Tysons. When her family received a call from Tysons Partnership, they jumped at the chance to be a part of the inaugural event.

"We were born gifted," said London. "My mom has been a spiritual advisor for 30 years and I've been doing this since I was 7."

Ribbon-cutting for the Lerner Town Square and the Great Tastes of Tysons this weekend.



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# 'Better Together'

Oakcrest School students donate over \$1,000 to the Sylvestery.

BY EMMA HARRIS  
THE CONNECTION

Donating the fruits of their yearlong labor, the senior council of the Oakcrest School, an all-female preparatory school in McLean, presented Kathleen Martin, CEO of Vinson Hall Retirement Community, a check for just over \$1,300 on Tuesday, May 27.

The money, which was raised completely through student-organized fundraisers, will go to the Sylvestery, an assisted living facility for those with Alzheimer's, dementia and memory loss that is part of the Vinson Hall Retirement Community and supported by the Navy Marine Coast Guard Residence Foundation.

"Every year the senior council selects a theme," said Gianna Ridout, president of the senior council. This year, the council decided on "Better Together." With the theme in mind, the students of Oakcrest School raised money all year, then donated it to a charity of their choosing.

"We wanted to do something within the community to give back to the area we've been in for so long, especially since our community is within a period of transition from McLean to Vienna," said Cathryn

Grace Sreco, treasurer of the senior council. Oakcrest School plans to move from McLean to Vienna in 2015, said Marty Lerner, director of marketing and communications.

So the senior council chose the Sylvestery, said Alex Aguilar, secretary of the senior council. They knew of the organization because girls from Oakcrest School have sung to residents as service projects in the past, she said.

"We were looking for an organization within the community — one that could really benefit," Sreco said. "One thousand dollars is no little sum, but when you're dealing with a really large organization, it doesn't make as much of an impact," she said.

**AS FOR THE FUNDRAISING**, "it was a huge initiative within the student body," Sreco said. Throughout the year, every class works on different fundraising projects, and each class has a different month in which to hold their fundraisers, she said.

The only exception to this is the middle school, Aguilar said, and grades six through eight work together as a team. "This year they held a sweatshirt fundraiser, where students paid 25 or 50 cents to be able to wear a sweatshirt with their uniforms," said Aguilar. They raised the most money, even though their month was filled with snow days, she said.

**"IT IS INCREDIBLE** that a group of young women had the fortitude to look at what they could do to make their community better," said Kathleen Martin, CEO of Vinson Hall. "They wanted to have an impact on our residents, and they definitely will."



Oakcrest senior council members Cathryn Grace Sreco, Gianna Ridout and Alex Aguilar (from left) tell Vinson Hall CEO Kathleen Martin about their yearlong fundraising efforts.

PHOTOS BY EMMA HARRIS/THE CONNECTION



Oakcrest senior council presents the Sylvestery with a \$1,300 check. From left: Kathleen Martin, CEO of Vinson Hall, Cathryn Grace Sreco, Gianna Ridout and Alex Aguilar and Robin Walker, clinical manager of the Sylvestery.

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## Public Hearing Notice Fairfax County Secondary Six Year Plan

The Virginia Department of Transportation (VDOT) and The Board of Supervisors of Fairfax County, in accordance with § 33.1-70.01 of the Code of Virginia, will conduct a joint public hearing in the Board Auditorium, Fairfax County Government Center, 12000 Government Center Parkway, Fairfax, VA 22035 at 4:00 PM on June 17, 2014.

The purpose of this public hearing is to receive public comment on the Secondary Six Year Improvement Plan for Fiscal Years 2015 through 2020. Copies of the proposed plan may be reviewed at the VDOT's Northern Virginia District Office at 4975 Alliance Drive, Fairfax, VA 22030.

Persons requiring special assistance to attend and participate in this hearing should contact the Virginia Department of Transportation at 800-367-7623. Persons wishing to speak at this public hearing should contact the Office of the Clerk to the County Board of Supervisors at 703-324-3151.

### LETTER TO THE EDITOR

## What About Virginia Taxpayer?

It is interesting to read the Democrats calling the expansion of Medicaid a "A Moral Imperative!" Yet when Governor Terry McAuliffe and the Democrats talk about the additional funding that would come from the federal government paying for the expansion of Medicaid not a word is heard about how this addition federal funding could be used to cut the tax burden on all Virginia taxpayers. Instead, the only thing that comes

out of the Governor in Richmond is how he (and the democrats) will spend this new federal revenue source to expand teacher salaries, police funding, parks and other vote buying programs. Maybe, just maybe the democrats and the Governor would get more (some) bipartisan support for expansion by talking about at a minimum putting this money aside for a few years to at least see if the federal government will actually be able

to keep affording this new spending. Keep in mind, once expanded with the federal purse string attached, there is no going back regardless of the future cost to the Virginia taxpayer. The Democrats need to get real and come up with a moral way to protect the Virginia taxpayer over the long run for a change. A little slower on the tax and spend might be an interesting concept to achieve that goal.

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## PHOTO GALLERY!

### "Me and My Dad"

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

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# CALENDAR

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## THURSDAY/JUNE 5-SUNDAY JUNE 8

**Celebrate Fairfax!** Celebrate Fairfax!, Northern Virginia's largest community-wide celebration, arrives June 6-8 to the Fairfax County Government Center. Twenty-five acres of vendors, exhibitors, rides, and nightly fireworks. 703-324-FAIR (3247) for all details.

## FRIDAY/JUNE 6-SUNDAY/JUNE 22

**"Bat Boy: The Musical."** Check website for times. 1st Stage Theatre in Tysons, 1524 Spring Hill Road, McLean. A musical comedy/horror spoof and satire on American prejudice featuring a half-boy, half-bat creature as the main character. Admission: \$15-\$32. <http://www.1stStageTysons.org/>. 703-854-1856.

## FRIDAY/JUNE 6-SUNDAY/JUNE 15

**Salvador Dali: The Sculpture Collection.** Wentworth Gallery, 1807 U. International Drive, McLean. 703-833-0111.

## FRIDAY/JUNE 6-SUNDAY JUNE 8

**Disney's Beauty and the Beast.** 2 and 8 pm. Wolf Trap- The Filene Center, 1551 Trap Rd, Vienna. "Be Our Guest!" Belle and her enchanted entourage prove love conquers all in this family-favorite musical with Oscar-winning score featuring "Something There" and "If I Can't Love Her." \$22-\$80. 703-255-1900.

**Postage Stamp Show.** 10 a.m.- 6 p.m.; 10 a.m.-4 p.m. on Sunday. Hilton McLean Tysons Corner, 7920 Jones Branch Dr, McLean. Seventy-nine dealers selling, buying, and appraising stamps and envelopes along with 11 postal administrations, exhibits, and a youth table. Free. Napex.org.

## FRIDAY/JUNE 6

**Vienna Idol.** 6:30 p.m. Vienna Town Green, 144 Maple Avenue E, Vienna. The Summer on the Green is a free concert series in Vienna. Bring chairs or blankets for seating.

## SATURDAY/JUNE 7

**Applause Unlimited presents "The Magic of Hans Christian Andersen"**. 2 p.m. The Alden, 1234 Ingleside Ave, McLean. In this award-winning show two puppeteers combine their talents to present three Hans Christian Andersen's best loved stories with puppetry, masks and



PHOTO COURTESY OF CELEBRATE FAIRFAX

## Giant Ferris wheel at the Celebrate Fairfax! Festival. This year the festival will be held Thursday-Sunday, June 5-8.

storytelling. Ages 4+ . \$15. 703-790-0123.

**"The Magic of Hans Christian Andersen."** 2 p.m. Alden Theater, 1234 Ingleside Ave, McLean. Two puppeteers combine their talents to present three of Hans Christian Andersen's beloved stories. \$10-15. [www.aldentheater.org](http://www.aldentheater.org). 703-790-0123

**Bands for Bikes.** 6-8 p.m. Old Fire House Center, 1440 Chain Bridge Road, McLean. Two local middle school boys are organizing a kids concert called Bands for Bikes to benefit Wheels to Africa, a youth-led all volunteer 501c(3) that collects used bikes for needy children in Africa.

**Maria Spearman (Tai-Chi and Balance).** 8-9 a.m. The Palladium Civic Place Green, 1445 Laughlin Avenue, McLean. 703-288-9505

**Barbara Martin Trio (Blues/Jazz).** 5-7 p.m. The Palladium Civic Place Green, 1445 Laughlin Avenue, McLean. 703-288-9505

## SUNDAY/JUNE 8

**A Rhapsodic Duo.** 4 p.m. St. Luke

Catholic Church, 7001 Georgetown Pike, McLean. Pianist Thomas Pandolfi, known for his intensity and technical brilliance, along with cellist Doug Wolters, cellist of the Gettysburg Chamber Orchestra, present a variety of works for cello and piano. \$25. [www.musicinmclean.org/2013-2014-season.html](http://www.musicinmclean.org/2013-2014-season.html). 703-356-0670.

## Sunday Soiree Series: Our Great Fathers.

3-5 p.m. McLean Community Center, 1234 Ingleside Ave, McLean. As inexpensive and enjoyable dates go, they don't get better than this! Come hear the music of the Wayne Tympanick Trio as you try out your favorite dance moves and enjoy appetizers and refreshments. \$5.

**Kingsley Winter Band-Rock.** 6:30 p.m. Vienna Town Green, 144 Maple Avenue E, Vienna. The Summer on the Green is a free concert series in Vienna. Bring chairs or blankets for seating.

**Parisian Musicale.** 4 p.m. Carderock Falls Manor, 1323 Calder Road, McLean. Step back in a 1900s Parisian one-woman theater show.

## MONDAY/JUNE 9

**Gabriel Kahane.** 7:30 p.m. Jammin' Java, 227 Maple Ave East, Vienna. Gabriel Kahane is a songwriter, singer, pianist, composer, devoted amateur cook, guitarist, and occasional banjo player, who made his recital debut at Carnegie's Zankel Hall. \$12-\$15. 703-355-1566.

## WEDNESDAY/JUNE 11

**Trey McIntyre Project.** 8:30 p.m. Wolf Trap Filene Center, 1551 Trap Rd, Vienna. In their final DC performance, this inventive and bold contemporary ballet company performs to Queen's glam-rock stylings. \$10-\$44. 703-255-1990.

## THURSDAY/JUNE 12

**Matt Wertz.** 7:30 p.m. Jammin' Java, 227 Maple Ave East, Vienna. More than ever, the reflective songwriter has his heart on his sleeve, and *Weights & Wings* is the very incarnation of that lifeline. \$20. 703-255-1566.

**Ringo Starr & His All-Starr Band.** 8 p.m. Wolf Trap Filene Center, 1551 Trap Rd, Vienna. Celebrate an era with a band of rock n' roll virtuosos from the Beatles, Santana, Journey, Toto and more! \$35-\$65. 703-255-1900.

**Touching Heart Lunch.** 11:30 a.m.- 1 p.m. Marriott Tysons Corner, Shuttlers Restaurant, 8028 Lessburg Pike, Vienna. An elegant lunch and networking event by Touching Heart, a foundation to inspire kids to service. \$25. [www.touchingheart.com](http://www.touchingheart.com)

## FRIDAY/JUNE 13

**Il Volo.** 8 p.m. Wolf Trap Filene Center, 1551 Trap Rd, Vienna. Pop-opera trio of Italian teen heartthrobs combines soaring voices with playful charm in a multilingual "mixture of Andrea Bocelli and the Jonas Brothers." (The NYTimes) \$30-\$65. 703-255-1900.

**Annapolis Bluegrass.** 6:30 p.m. Vienna Town Green, 144 Maple Avenue E, Vienna. The Summer on the Green is a free concert series in Vienna. Bring chairs or blankets for seating.

## SATURDAY/JUNE 14

**Memorial Race and Fun Run.** 8:30 a.m. at Franklin Middle School, 3300 Lees Corner Road, Chantilly. First "Born to Run" 5k Memorial Race and Fun Run in honor of the late teacher Jannine Parisi. \$30+ for 5K, \$15+ for 1K goes towards an education fund for Jannine's two daughters. To participate, register at [www.prraces.com](http://www.prraces.com). Volunteers needed, contact Assistant Principal Bryan Holland at [bholland@fcps.edu](mailto:bholland@fcps.edu).

**Wolf Trap's 25th Annual Louisiana Swamp Romp™.** 2 p.m. Wolf Trap Filene Center, 1551 Trap Rd, Vienna. The Big Easy party is back! Dance to Louisiana's hottest bands and jump in the second line parade. \$30. 703-255-1900.

## SCHOOL NOTES

Send school notes to [greatfalls@connectionnewspapers.com](mailto:greatfalls@connectionnewspapers.com) by Friday.

**Eight Fairfax County Public Schools (FCPS) students** have been named winners of Merit Scholarship awards by the National Merit Scholarship Corporation (NMSC).

The students are part of a group of more than 2,500 National Merit® finalists chosen to receive scholarships financed by higher education institutions.

Winners of the scholarships, with their probable career fields in parentheses, are:

- Benjamin Espey of Langley High School (computer engineering), National Merit Rensselaer Polytechnic Institute Scholarship.

- Timothy Sheridan of Madison High School (economics), National Merit University of Oklahoma Scholarship.

- Samuel Clayton of McLean High School (mechanical engineering), National Merit Brigham Young University Scholarship.

- Ashwin Basana of Thomas Jefferson High School for Science and Technology (TJHSST) (engineering), National Merit Northwestern University Scholarship.

- Eric Levonian of TJHSST (computer programming), National Merit University of Southern California Scholarship.

- Christine Nguyen of TJHSST (medicine), National Merit University of Central Florida Scholarship.

- Andrew Pan of TJHSST (engineering), National Merit University of Alabama Scholarship.

- Tyler Shepherd of TJHSST (computer science), National Merit Rensselaer Polytechnic Institute Scholarship.

Each award provides between \$500 and \$2,000 annually for up to four years of undergraduate study at the institution financing the recipient's scholarship.

**Ten Fairfax County Public Schools (FCPS) students** earned top 10 finishes at the DECA International Career Development Conference held recently in Atlanta.

The following FCPS students earned a top 10 finish at the national level:

- Paige Ahmed, Sophie Eaton, and Lauren Fisher of Robinson Secondary School, Learn and Earn Project.



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## WELLBEING

# Healthy Cooking with Children

Local foodies say cooking with children can establish a lifetime of healthy habits.

BY MARILYN CAMPBELL  
THE CONNECTION

From creating dough for freshly baked bread to squeezing lemons for a neighborhood lemonade stand, Michael Roll enjoys spending time in the kitchen with his children transforming ordinary food into nutritious culinary creations, particularly during the summer. He says that when parents cook healthy meals with their children they model behavior that can last a lifetime.

"The more 'from scratch' and processing raw food at home a child can see through their parents, the better understanding the child can develop in terms of what makes food healthy and unhealthy and where our food comes from," said Roll, director, Department of Culinary Arts and Food and Beverage Management at The Art Institute of Washington in Arlington. "These are fundamental things that can easily be lost in our very time-crunched worlds and long grocery store aisles of prepared and over-processed foods."

Farmers markets can offer a goldmine of inspiration for creating nutritious summer meals. "[They] bring us seasonal, fresh produce, grown close to home," said Christine Wisniewski, an instructor at Culinaria Cooking School in Vienna. "In contrast to the mad dash into the supermarket the rest of the year, the more relaxed summer schedule also gives us the chance to really look around and broaden our food horizons."

Offering children a wide selection of fresh food and a chance to make their own selections broadens their culinary horizons. "In my experience, kids are more willing to try something new if they are given the opportunity to choose that new item themselves," said Wisniewski. "Challenge them to choose one new thing a week. "One week have them look for the most beautiful fruit or vegetable they can find at the market, next week have them find the ugliest. You might all be surprised with how that experiment plays out. The kids will gain exposure and you will gain experience. You were always curious about kohlrabi anyway, right?"

Roll encourages parents to approach cooking with an attitude of enthusiasm. "Baking chocolate chip cookies, even with my 6 year olds was fun because measuring flour, sugar, learning how to crack an egg were all exciting things for them," he said. "Licking raw batter and tasting warm cookies didn't hurt, but at 11, my son could probably make passable cookies without any help. My family's passion for cookies is why."

**COOKING TECHNIQUES** and the tasks children undertake in the kitchen should be age appropriate, said Roll. "For the really young, nothing beats funny shapes, layering yogurt and fruit and granola in a clear glass is magical to a child," he said. "For the older, make baking a chemistry lesson on baking soda [or] why flour in bread makes such a different product than flour in pancakes."

Roll added, "I think that starting simple helps, too. Chicken broth, chicken, carrots, celery and pasta,



PHOTO COURTESY OF TINY CHEFS

**Students at Tiny Chefs Culinary Academy learn to prepare healthy meals.**

**"The more 'from scratch' and processing raw food at home a child can see through their parents, the better understanding the child can develop in terms of what makes food healthy and unhealthy."**

— Michael Roll

with some seasoning still makes the best cold remedy there is. A child can peel a carrot. A child can test the doneness of pasta, a child can learn that a little salt is great, no salt is bland, and too much salt is a disaster."

With a little planning, parents can create delicious and healthy fare with their children that is hands-on, but safe. "Letting kids help cut fresh fruit for fruit salads is a great summer dish, said Beth Szymanski of Tiny Chefs, a culinary academy with locations in Fairfax, Arlington, Alexandria, Sterling, Ashburn, Reston, Herndon, Centerville, Va., and Potomac, Md. "Kids love to help cut food and having them use lettuce knives lets them really help out in the kitchen while keeping them safe."

Szymanski adds that there are simple short cuts to create substantial, low-maintenance meals. "Use an already cooked rotisserie chicken to create a chicken salad or pasta salad in the summer time to keep the kitchen cool without having to turn on the oven, plus the kids love to help shred and cut up the chicken," she said.

## Great Falls Travel Soccer Tryouts

Great Falls Soccer Club, is looking to strengthen their Boys rising U14 ODSL Travel Team for the 2014/15 campaign. We are focused on maximizing player development with an emphasis on core technical skills and enhancing decision making abilities.

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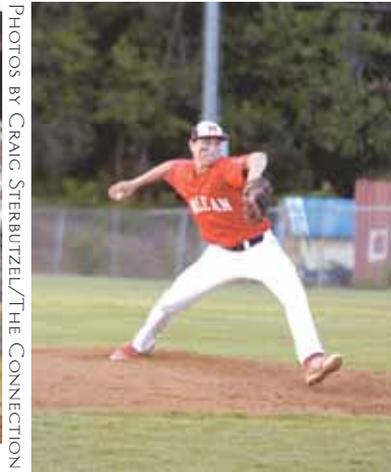
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# SPORTS



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

**McLean sophomore shortstop Conor Grammes drove in the winning run during the Highlanders' 1-0 victory over Oakton in the opening round of the 6A North region tournament on May 30.**

**McLean pitcher Joey Sullivan threw a one-hit shutout against Oakton.**

## McLean's Sullivan Makes Statement with 1-Hit Shutout

Virginia Tech signee calls Friday's performance 'best' of high school career.

BY JON ROETMAN  
THE CONNECTION

**M**cLean pitcher Joey Sullivan's senior season has had its bright spots, including a perfect game against rival Langley, and a three-hit shutout against South Lakes in the Conference 6 tournament quarterfinals.

As the Highlanders entered the region tournament, however, Sullivan felt he had something to prove. His overall body of work wasn't to his liking and No. 5 wanted to affirm his status as one of the top pitchers in the region.

The stage was set Friday night for Sullivan to show what he had, and the Virginia Tech signee didn't disappoint.

Facing Conference 5 champion Oakton, Sullivan delivered what he called the "best" performance of his high school career, throwing a one-hit shutout as the Highlanders defeated the Cougars 1-0 in the opening round of the 6A North region tournament at Oakton High School.

"For me, this isn't the senior season that I've imagined," Sullivan said on May 30. "... I've been pretty disappointed with my play and the [team's performance]. ... For me, today, I wanted to show people that I deserve to go to Virginia Tech, and I deserve to be [considered] an elite pitcher in the region and go out there every day and have teams fear me. I don't think I've had my best stuff this season and I don't think I've proved the type of player that I really am.

"... This was a statement game for me. I wanted to prove myself, again, to the region that I think I'm as good as it gets out there and that I give my team a good chance to win."

Sullivan threw 106 pitches, including 70 for strikes. He walked two, hit one batter and struck out eight. A two-out, fourth-inning single by Oakton first baseman Dale Good was the only hit Sullivan surrendered.

**THE MCLEAN RIGHT-HANDER** did not allow an Oakton runner to reach third base.

"Joey pitched his tail off," McLean head coach John Dowling said. "It's the same story we've had all season: We know we're going to pitch, we know we're

going to play defense, and if we can scrape a couple across, I like our chances every night out."

The Highlanders managed just one run Friday night, but it was plenty for Sullivan. With two outs in the top of the fifth inning, sophomore shortstop Conor Grammes delivered an RBI single, scoring left fielder Matthew Bielamowicz, who doubled with one out.

"I hit the first pitch that came to me, and I was definitely looking fastball middle-in because that's what I had gotten a hit on [during] my [previous] at-bat," Grammes said. "It was right there and I just turned on it and hit it through the third-base gap.

"I was very confident [at that point]. I knew that if we could get one, then I thought we'd be in good shape. I knew ... that Joey's an incredible pitcher and that if we could score one, that would definitely be enough."

Grammes, hitting second in the McLean batting order, finished 2-for-3.

"Conor has hit at the top of our order the entire season; he's been one or two," Dowling said. "... As a sophomore, he's maturing into a really, really talented ball player. Guys look at him, he's not the biggest guy, he's not the quickest guy, but at the plate, he does not get fooled. He barrels up everything he sees."

Oakton starting pitcher R.J. Gaines kept the Cougars in the game, but ended up suffering the tough-luck loss. The senior right-hander allowed six hits and one earned run in six innings. He walked two and struck out one. Gaines stranded two runners in scoring position in the second inning and left the bases loaded in the sixth, but the two-out RBI single he surrendered to Grammes proved to be the difference.

"We had one inning that just got away from us," Gaines said. "I left one over the middle and they found a hole and they found a way and that's all it took."

**MCLEAN ADVANCED** to the quarterfinals, where the Highlanders defeated Battlefield 7-5 on Monday. McLean (14-10) will travel to face Madison (21-2) in the region semifinals at 7 p.m. on Wednesday, June 4.

Oakton ended its season with a 14-8 record, including a second consecutive Conference 5/Concorde District championship.

"I couldn't be more proud of these guys," Oakton head coach Justin Janis said. "... One of the coaches brought it up: We started the season 5-6 and we ended up 14-8, so I think that says a lot about the character of our players."



PHOTO CONTRIBUTED

**Sophomore midfielder Halle Duenkel (10), seen earlier this season, and the Langley girls' lacrosse team ended their season in the 6A North region quarterfinals.**

## Langley Girls Lacrosse Finishes Strong

**T**he Langley girls lacrosse team won their first Regional playoff match against the higher-seeded Lake Braddock Bruins 19-12, led by sophomore Halle Duenkel's 8 goals and 2 assists. Fellow sophomore Morgan Kuligowski (4 goals) and senior Katherine Gallo (3 goals) added to the scoring tally. Freshman Megan O'Hara was stellar in goal, stopping the powerful Lake Braddock offense after a close 11-10 halftime score. Sophomore defender Mackenzie Regen was bolstered by seniors Ava Shomaker and Caroline Mannon ensuring another Saxon win.

Langley then finished a strong year in a close loss to Oakton 14-8 in the Regional quarterfinals. Seniors Gallo and Lauren Clubb kept it a tight match with impressive goals. Freshman attacker Ana Hofgard, junior co-captain Aubrey Zarella, and juniors Nicole Lee and Bethany Basco took on a tough Oakton defense

making it a very close game until the end of the second half.

"I loved the senior leadership on this team, and I am proud of how much we were able to accomplish. I'm especially proud of senior captain Jordan Simonides for being such a leader after a major knee injury and surgery this season. She taught the girls how to overcome adversity with a positive attitude. Jordan will be playing next year at Marquette and we will all be cheering her on. This season has been about a lot more than just lacrosse."

Graduating Langley seniors are Jordan Simonides, Lauren Clubb, Katherine Gallo, Ava Shomaker, Caroline Mannon, and Monica Cho. All Liberty Conference First Team honors went to Halle Duenkel and Aubrey Zarella, with Morgan Kuligowski, Lauren Clubb, and Caroline Mannon garnering Second Team Honors. Megan O'Hara, Katherine Gallo, Nicole Lee, and Bethany Basco were Honorable Mention.

## NEWS

From left, Rachel Zmuda, Caitlin Dalrymple, and Maddie Navin all of Troop 1057, of Great Falls, are honored on May 27, for completing their Girl Scout Gold Awards. Pictured here, they are reciting the Girl Scout Promise and Law during a candle lighting ceremony.



PHOTO CONTRIBUTED

## Great Falls Girl Scouts Receive Gold Award

Caitlin Dalrymple, Maddie Navin and Rachel Zmuda, all of Girl Scout Troop 1057 in Great Falls recently celebrated the completion of their Gold Awards, the Girl Scouts' highest honor. Bonded through Daisies, Brownies and Senior Girl Scouts, these girls all developed their Girl Scout values under the leadership of Deb Smith, Leader of Troop 1057. As Ambassador Girl Scouts, they built upon the foundation assembled through years of girl scouting, and under the leadership of Sharon Cantrall, Girl Scout Advisor, pursued and completed their individual Gold Awards, which spanned approximately 10- 12 months.

The Gold Award allows each girl to use her own values and skills to identify a community issue she is passionate about and then determine a topic and audience for her project. Before proceeding, each girl submits a project proposal to the Gold Award Panel. All of the projects completed this year must have by design a lasting and positive impact on our region and community.

Caitlin set up an educational program to help students at Forestville Elementary School learn geography. It included inter-

active games and creation of a large map of the United States on Forestville Elementary school playground's blacktop. Her project extended beyond the direct benefits, beautifying the playground, to include facilitating the ongoing connections between students and learning which will hopefully last a lifetime. Caitlin is a senior at Langley High school and plans to study Chemistry at the University of Virginia this fall.

Maddie researched, identified and painted flower portraits to bring comfort and serenity to patients during their treatment sessions in the Outpatient Infusion Center at Reston Hospital. As part of her plan to help alleviate depression and lift the spirits of cancer patients, part of this visual therapy included adding the meanings of the flowers to help the cognitive healing process for patients. Her project inspired her team and increased awareness in the community of those trying to defeat cancer. Maddie is a senior at Oakcrest School and plans to study Nursing at the University of Delaware this fall.

Rachel built a flower and vegetable garden for the teachers at King's Kids Preschool to use to teach about nature, food sources,

and healthy eating. Over the course of each school year the children will determine what to grow and have the responsibility for planting and caring for flowers and vegetables. As the year progresses they will see the different stages of the plants and vegetable life and the importance of growing their own food and the importance of natural food and its nutritional value. Rachel is a senior at Langley High school and plans to study Early Childhood Education at Denison University this fall.

This award is earned by a select group of Girl Scouts who have demonstrated a higher commitment to improving their communities, and advocating for lasting change. This past year, from March 16, 2013 to March 15, 2014, 194 Girl Scouts from 25 counties in Maryland, Virginia, West Virginia and the District of Columbia earned the Gold Award, all apart of the Girl Scout Council of the Nation's Capital. Nationally, approximately 3,000 Girl Scouts complete the Gold Award each year. Approximately 5 percent of all young women who join Scouts earn a Gold Award.

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. 703-759-3509.

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Faith Notes are for announcements and events in the faith community. Send to [vienna@connectionnewspapers.com](mailto:vienna@connectionnewspapers.com). Deadline is Friday.

**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](http://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](http://www.havenofnova.org).

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## 21 Announcements

**ABC LICENSE**  
JBG/Potomac Yards Hotel I, LLC trading as Renaissance Arlington Capital View Hotel, 2800, S. Potomac Ave. Arlington, VA 22202-3595. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on & off premises, Mixed Beverages license to sell or manufacture alcoholic beverages. Brian Coulter, Managing Member  
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered to www.abc.virginia.gov or 800-552-3200

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## Summer Camp Counselor

at our Culmore and Murraygate Club sites Provides support and direction for activities provided within a specifically focused program area, such as Education, Special Education, Social Recreation, Arts & Crafts, and Physical Education. KEY ROLES Prepare Youth for Success, Create an environment that facilitates the achievement of Youth Development Outcomes; promote and stimulate program participation; register new members and participate in their club orientation process; Provide guidance and role modeling to members. Program Development and Implementation: Effectively implement and administer programs, services and activities for drop-in members and visitors; Monitor and evaluate programs, services and activities to ensure safety of members, quality in programs and appearance of the branch at all times. Prepare periodic activity reports. Supervision: Ensure a productive work environment by participating in weekly branch staff meetings. May be required to drive Club van. Letter of interest and resume to Wonhee Kang at wkang@bgcgw.org



## Program Director

Boys & Girls Clubs of Greater Washington/Fairfax Region Plans, implements, supervises and evaluates all programs and activities provided in program areas, such as Education, Special Education, Social Recreation, Arts & Crafts, and Physical Education. Prepare Youth for Success: Identify needs of the children and youth in the demographic area in line with the Club's strategy and the outcome targets that have been established; Ensure program quality by monitoring and evaluating program achievement against target goals, recommending modifications that respond to member needs and interests; Planning, organizing and implementing a range of program services and activities for drop-in members and visitors; Recommend the development of service area programs; and promote and stimulate program participation. Administration and Management: Manage administrative systems by registering new members and participating in their club orientation process; Recruit, train and manage assigned volunteers and staff; provide ongoing feedback; and identify and support development opportunities; Manage facilities and ensure a productive work environment, maintaining an inventory of all program equipment and supplies in good order. Recommend requisitions, as necessary; controlling expenditures against monthly supply budget. Letter of interest and resume to Wonhee Kang at wkang@bgcgw.org



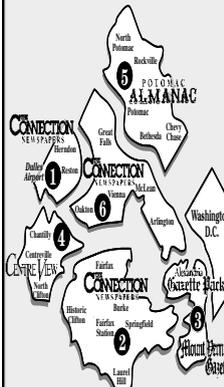
## Teen Director

Responsible for managing the teen programs of the region. Will also plan, schedule, implement, supervise and evaluate the daily administration, outreach activities in the community, programming services to neighborhood youth, generating positive public relations with the public and in the community. JOB RESPONSIBILITIES: Plans and oversees the administration of designated Clubhouse teen programs, budgets, schedules, recordkeeping, implementation and evaluation of activities that support Youth Development Outcomes. Establishes Clubhouse program objectives consistent with organizational goals and mission. Establishes and maintains Clubhouse program goals and settings that insure the health and safety of teen members; Assist with orientation, evaluation and in-service training of program staff and volunteers as well as recruiting new volunteers for programs. Provide day to day supervision of program related staff. Increase visibility of Club teen programs via posting of daily schedule, announcements of upcoming events and the dissemination of timely information for the development of advertising and promotion through mailings, fliers and media releases. Letter of interest and resume to Wonhee Kang at wkang@bgcgw.org

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## Team On Going



By KENNETH B. LOURIE

In anticipation of my next face-to-face appointment with my oncologist, the first in three months (as per usual) and considering a breathing issue I've been experiencing the last month or so, my wife, Dina (original Team Lourie member) asked if I wanted my brother, Richard (the other original Team Lourie member), to attend. Not that he wouldn't attend if asked (he's local); it's more that I'm wondering if he really needs to attend, as in whether there will be life-changing, cancer-related decisions where all hands need be on deck. Of course, a week before the appointment I have no legitimate clue – nor have I received any suggestions from my oncologist – that anything of substance/recent changes that have occurred (I have also recently completed my quarterly diagnostic scans and am awaiting those results as well) will be discussed; and that's the point of this column: how frequently, how/when does the patient/survivor know when team members should be present at these appointments?

Initially, at the very first meeting with your oncologist (see last week's column: "Team Up"), team members' presence, inclusion, participation, etc., is mandatory. It's the subsequent appointments, however, when their presence may not be necessary; that is, the discussions with the oncologist are more mundane, (at least they have been for me anyway, mostly) and matter-of-fact and not as serious as they were at the beginning, when I was advised to take that trip I had always dreamed of because my prognosis was not that good: "13 months to two years." Now, I feel that if I bring along the entire team, I'm tempting fate somehow; thinking negatively when thinking positively is the anecdotal solution to what ails me. Trouble has already found me. I don't need to look for it.

And by trouble, I mean: the current treatment is no longer maintaining the tumor's status quo and there's been some spread and/or growth or some additional kidney/liver damage, manifestation of which would likely stop treatment. Given that I'm presently taking the last drug my oncologist feels comfortable recommending I take (given the previous organ damage I've already experienced and knowing that most chemotherapy drugs are filtered through one or two of these organs), my next choices are: other chemotherapy drugs with a 10 percent chance of positively affecting the tumors (vs. doing nothing), a clinical trial at either N.I.H. or Johns Hopkins, or doing nothing and living my life – what there is of it, and trying in turn not to not focus or anticipate when the other shoe will drop off – figuratively speaking, and/or maybe even literally, too. And therein lies my dilemma: if this is in fact where I am, the need for a calm and reasoned perspective to help consider these alternatives would be most welcome and appreciated. Still, I can't help being reminded of the old joke about the not-too-bright person questioning how the Thermos knows to keep the cold water cold and the hot water hot. How do I know my future fate? I don't. I'd like to believe in karma, but sometimes, maybe most of the time, the die is cast.

If the substance of the conversation with my oncologist is to be serious, I want the team there. If it's not, I don't want them there as a presumptive buffer to bad news that I might not even receive. I don't want to waste their support for an appointment that doesn't really warrant it, if you know what I mean? But the problem is, I'll never know until it's too late, and too early is subject to reinterpretation, as I wrote about previously in a column titled: "Whew!" So now I'll be waiting even longer for information/an assessment and knowing even less in the interim (because we've sort of learned our lesson) – and therefore we likely won't know anything until the actual appointment.

Perhaps I'm writing around in circles here, but having cancer isn't exactly a by-the-numbers kind of existence, and there's certainly no handbook or racing-type form to direct you on the various facts/feelings to consider in your everyday living-with-cancer life. (I wish there were; gosh, that would make it so much easier.) Moreover, what seems like simple choices for those of you outside these battle lines become somewhat muddled to those of us on the inside. I'll manage, though. I'm still alive five years and three months after receiving my diagnosis/prognosis in late February, 2009, a heck of a lot longer than I was originally given; and as I'm extremely fond of saying: "I'd be crazy to complain," and I'm not complaining, I'm just trying to sort out yet another cancer conundrum.

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

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