

Great Falls CONNECTION

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Six Great Falls residents were remembered at the Great Falls Freedom Memorial on Sept. 11. Here, the United States Marine Corps Color Guard opens the ceremony.

Always Remembered

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PHOTO BY KEN MOORE/THE CONNECTION



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PHOTOS BY KEN MOORE/THE CONNECTION
About 100 people attended the ceremony on Friday, Sept. 11 at twilight.

The Color Guard stands at attention while the audience recites The Pledge of Allegiance.

Always Remembered, Always Remember

Great Falls holds Memorial Ceremony on Friday, Sept. 11, 2015 at twilight.

BY KEN MOORE
THE CONNECTION

Construction on the Pentagon began on Sept. 11, 1941. And at the candlelight vigil held in Great Falls precisely one year after 9/11, USMC Col. Pete Hilgartner and The Friends of the Great Falls Freedom Memorial were inspired to create the Great Falls Freedom Memorial.



The Great Falls Freedom Memorial: "The Community of Great Falls, Virginia Honors Those Who Have Given Themselves to the Cause of Liberty and Freedom." U.S. Rep. Barbara Comstock (R-10) lit six candles, one for each Great Falls resident who died in the terrorist attacks of 9/11.



The United States Marine Corps Color Guard begins the 9/11 Memorial Ceremony at the Great Falls Freedom Memorial.

"The Community of Great Falls, Virginia Honors Those Who Have Given Themselves to the Cause of Liberty and Freedom," are the words engraved on The Great Falls Freedom Memorial.

About 100 people attended the annual Great Falls Freedom Memorial 9/11 Memorial Ceremony on Friday, Sept. 11, 2015 at twilight.

"We all know where we were, what hap-



U.S. Rep. Barbara Comstock (R-10) was the keynote speaker at the memorial ceremony; she described her friendship with Barbara Olson who died in the 9/11 attacks. Here, she is pictured with Maria Glover (seated), John "Sandy" Pidgeon, vice president of Friends of GFFM, and Sara Hilgartner.

pened," said U.S. Rep Barbara Comstock (R-10). "The emotions run strong."

"The terror of 9/11 cannot prevail," she said.

Comstock evoked more than a few tears



Boy Scout Troop 55 led the audience in the Pledge of Allegiance.

as she shared memories of Great Falls resident Barbara Olson, who died on 9/11.

"We shall never forget or be unvigilant," said Andy Wilson, president of the Friends of the Great Falls Freedom Memorial.

Wilson asked everyone in attendance to define freedom as he led an emotional, thought-provoking tribute to the six Great Falls residents and nearly 3,000 Americans who died on Sept. 11, 2011. Sara Hilgartner rang the bell as Wilson read the names of six residents of Great Falls who perished on Sept. 11, 2001. Comstock lit six candles to remember each of them.

Maria Glover, law professor at Georgetown, sang The National Anthem, Amazing Grace and God Bless America.

Earlier in the ceremony when Maria Glover sang "The National Anthem," Wilson said, "Gives you goosebumps, doesn't it?"

Which is what the entire ceremony did, and has done, year after year at Great Falls Freedom Plaza.

More Open Space

BY KEN MOORE
THE CONNECTION

Survey about parks shows more households using the parks, lower satisfaction.

Fairfax County residents say preservation of open space is the most important service that the Park Authority can provide.

"Parks are more important than anytime in the history of the system. Parks are used more today than anytime in the last 15 years," said Ron Vine, a member of the consultant team who administered the survey.

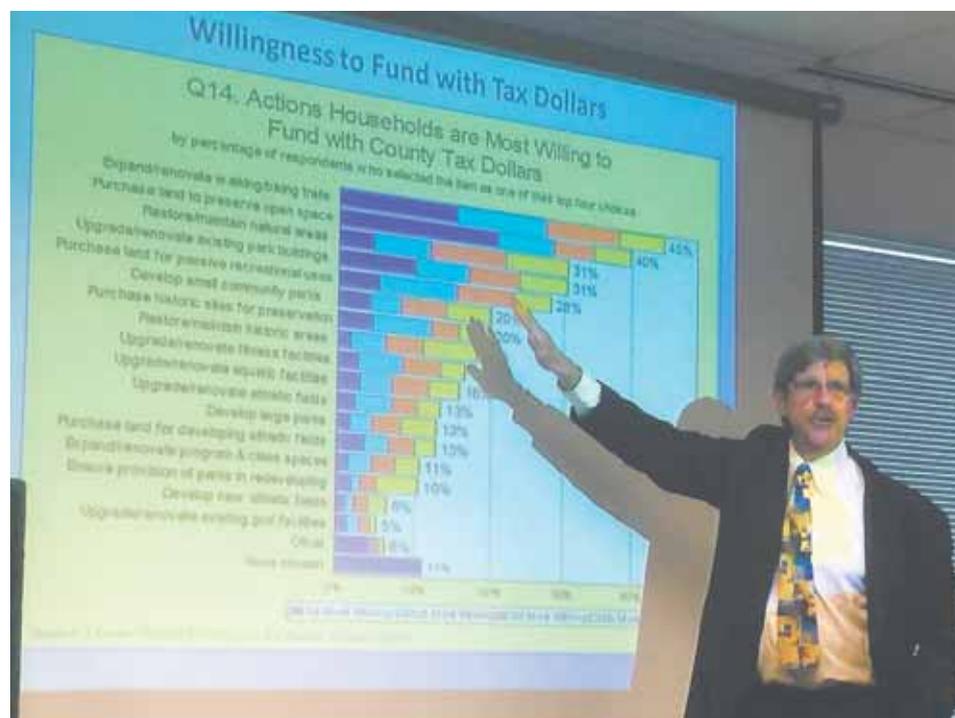
The percent of Fairfax County households that have used the parks in the past year increased to 87 percent, up from 76 percent in 2004 and 82 percent in 2000. The national benchmark is 79 percent, said Vine.

Vine, project manager with consultant Leisure Vision/ETC Institute, helped Fairfax County conduct a parks needs survey to "provide statistically valid, objective and quantitative data reflecting public input relating to park and recreation needs."

Preservation of open space and providing opportunities to improve physical health and fitness are the two most important services the Park Authority can provide, according to survey results.

This past March, 4,665 Fairfax County residents returned a survey sent to 15,000 randomly selected households. The completed surveys yield a 95 percent confidence level with a margin of error of 1.4 percent.

County residents say they are most willing to fund expansion and renovation of



Ron Vine presents results from a large survey concerning Fairfax County parks. County residents say top priorities for funding are expansion and renovation of walking and biking trails, and the purchase of land to preserve open space and restoration of natural areas.

walking and biking trails, the purchase of land to preserve open space, restoration of natural areas, and upgrading and renovation of existing park buildings.

Vine, who conducts surveys across the states, called the Fairfax County survey the

second largest in the nation.

"Larger than Los Angeles and Atlanta," he said.

Fairfax County parks are rated as excellent or good by 91 percent of households.

Overall satisfaction with county parks has

declined, the survey showed. This year's satisfaction rating was 57 percent, down from 74 percent in 2007.

"You are considered one of the top rated systems in the country," said Vine. But, "Your public is saying, 'Good is not good enough.' You want to stay on top of this."

"Your public is saying, 'Good is not good enough.' You want to stay on top of this."

— Ron Vine, parks consultant

Needs change rapidly because people recreate differently said Bill Bouie, chair of the Park Authority Board. He called the authority a \$83 million business.

The three most important activities and programs are biking, hiking, walking, exercise/fitness, and special events and concerts, according to the survey. The three most important facilities are swimming pools, exercise and fitness facilities and gyms.

"We will continue to do more analysis," said Judy Pederson, spokesperson for the Fairfax County Park Authority.

Citizens Fall Primer

GREAT FALLS CITIZENS ASSOCIATION

See www.gfca.org

"Since 1968, the Great Falls Citizens Association has worked on behalf of the citizens of Great Falls to protect, defend and improve the quality of life in our community."

CANDIDATE'S DEBATE

Tuesday, Sept. 29, 2015, 6:30-9 p.m.
Great Falls Grange

9818 Georgetown Pike, Great Falls
The Great Falls Citizens Association will host a debate for candidates running for Fairfax County Board of Supervisors and Virginia Senate and House.

Election Day is Nov. 3, with early voting beginning Sept. 18.

Dranesville Supervisor: John Foust (D) incumbent vs. Jennifer Chronis (R)

Chairman Board of Supervisors: Sharon Bulova (D) incumbent vs. Arthur Purves (R)

According to the GFCA, "potential issues for county races include: funding for Grange community center improve-

ments; additional Grange staff to support youth and senior programs; possible bus service from Great Falls to Metro stops at Reston and/or Tysons Corner; citizen petitions concerning rezoning, density, road usage, water run-off protection and other issues for proposed subdivisions (including Brooks Farm, one bordering the Grange that some want the county to purchase and convert into a park, a drive-thru at the busy Georgetown Pike-Walker Road intersection, and a new commercial entry onto Seneca Road near Georgetown Pike)."

VA Senate 31st: Barbara Favola (D) incumbent vs. George Forakis (R)

VA House 34th: Kathleen Murphy (D) incumbent vs. Craig Parisot (R)

According to the GFCA, "Potential issues for state races include: assuring that new sales or state gasoline taxes for needed infrastructure repairs, if any, are spent locally; possible new protective legislation for groundwater wells and non-sewer septic systems; pos-

Key events coming up in next month.

sible changed prison terms for nonviolent criminals; and possible legislation to increase state jobs and business opportunities."

Great Falls residents wishing to submit questions for consideration by the GFCA Debate Committee may send them to ralph.apton@gfca.org before Sept. 21.

DEBATE II: SCHOOL BOARD CANDIDATES AND MORE

Monday, Oct. 19, 2015, 6:30 to 9:30 p.m.

Great Falls Grange
9818 Georgetown Pike, Great Falls

The Great Falls Citizens Association will host a debate for candidates running for election to the FCPS School Board and various county positions.

Election Day is Nov. 3, with early voting beginning Sept. 18. Great Falls residents wishing to submit questions for consideration by the GFCA Debate Committee for this second debate may send them to ralph.apton@gfca.org before Oct. 14.

School Board Dranesville Member: Janie Strauss (incumbent), Peter Kurzenhauser

At-large School Board candidates: (vote for three) Bob Copeland, Omar Fateh, Jeanette Hough, Manar Jean-Jacques, Peter Marchetti, Ryan McElveen (incumbent), Ilryong Moon (incumbent), Burnette Scarboro, Ted Velkoff (incumbent).

County clerk candidates: Bettina Lawton (D), John Frey (R) (incumbent), Marisa Wissar (I).

County Commonwealth Attorney candidate: Raymond Morrogh (D) (incumbent), unopposed.

County Sheriff candidates: Stacey Kincaid (D) (incumbent), Bryan Wolfe (R).

At-large County Soil & Water board candidates: (vote for three) Scott Cameron, George Lamb IV, Jerry Peters, Stephen Pushor.

Great Falls residents wishing to submit questions for consideration by the GFCA Debate Committee may send them to ralph.apton@gfca.org before Oct. 14.

CORRECTION: Last week's edition of THE CONNECTION listed

the wrong date in October for this debate.

DARK SKIES PROGRAM

Tuesday, Oct. 6, 2015, 7:30 to 9:30 p.m.

Great Falls Library
9830 Georgetown Pike, Great Falls

Speakers will discuss Great Falls' policy to keep skies as dark as possible to view the stars.

Bob Parks, Smart Outdoor Lighting Alliance, will discuss shortcomings in the current Fairfax County lighting ordinance and new lighting technology.

Tammy Schwab, Fairfax County Park Authority, will demonstrate how light pollution affects observation of stars and planets.

Charles Olin, founder of the Great Falls-based Analemma Society, which raises awareness and understanding of science through astronomy for children and adults. The Observatory Park facility at the Turner Farm is being expanded to increase science education programs to students and the public.

WEEK IN GREAT FALLS

Secret Service Agent to Speak at the Great Falls Senior Center Event

The Great Falls Senior Center (GFSC) has announced Charles Taylor, a former Secret Service agent, as guest speaker for the Oct. 6 event. He was on the White House detail during the Truman, Eisenhower, Kennedy and Johnson administrations.

Taylor led the detail protecting the President in his Key West compound and they played volleyball together. During the Eisenhower administration, he traveled to Venezuela with Nixon and, because of some heroic action during an incident they encountered, was awarded one of the first Presidential Medals of Honor. During the Kennedy administration, he managed a detail protecting Jacqueline Kennedy; he was also on the Warren Commission and in charge of the analysis of the limo in which Kennedy was shot. He will welcome questions from the audience at the end of his talk.

The Oct. 6 event will be held at the United Methodist Church, 10100 Georgetown Pike, Great Falls, 11-1:30 p.m. and includes lunch. The event sponsor is Keller Williams Ritchey. Reservations are a must. To reserve email Polly Fitzgerald at pollyfitz1@verizon.net or call 703-759-4345. Following the event there will be time for fellowship and playing games.

Great Falls Senior Center is partnered with the Fairfax County Department of Neighborhood and Community Services in all ventures and events.

FAITH NOTES

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

The Great Falls United Methodist Church will hold their annual Fall Bazaar on Saturday, Sept. 26, 2015 from 8 a.m. to 3 p.m. at 10100 Georgetown Pike, Great Falls (703-759-3705). Come enjoy a pork barbeque dinner (11 a.m.-5 p.m.) with dessert and beverage for

\$10. There will be a silent auction, crafts and curios, baked items, youth toys and activities, clothes and sports equipment, jewelry and scarves, used books and previously owned hand tools/ hardware for sale, and more.

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.



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Great Falls Basketball is a non-profit educational organization

Locating the Historic Water-Powered Mills of Fairfax County

Debbie Robison's presentation to the Great Falls Historical Society.

BY KATHLEEN MURPHY
GFHS PRESIDENT

There was a time in the mid- to late-1700s to mid-1800s when mills dotted the landscape along stream valleys throughout Fairfax County. Since there was no electricity, electric motors or mechanical engines, local residents harnessed the power of water flow to mobilize their mills. Their challenge was to find a site along a stream valley with water flow powerful enough to operate a mill. The contours of the earth mattered.

Most recently, the Fairfax County Environmental Protection Agency has chartered the county with cleaning up stream valleys and repairing riparian buffers, posing a danger to longstanding archeological ruins of old mills. Debbie Robison and her team of historians, archeologists and geographers have taken on the mission of locating historical mill ruins so as to designate them as historic resources and to secure their long-standing future protection.

Robison reviews the literature in search of references to local mills. For example, there is reference to a "Jackson Mill" located on Leigh Mill Road. It is also referred to under other names at the same location – pointing to the series of owners' names over the last few centuries. Deeds of title may refer to land features, providing clues to the latitude and longitude coordinates that identify a precise location.

SOME THINGS TO KNOW: There are different kinds of mill wheels, some where water turns the wheel from the top of the wheel; some rotating the wheel through water contact at the bottom of the wheel.

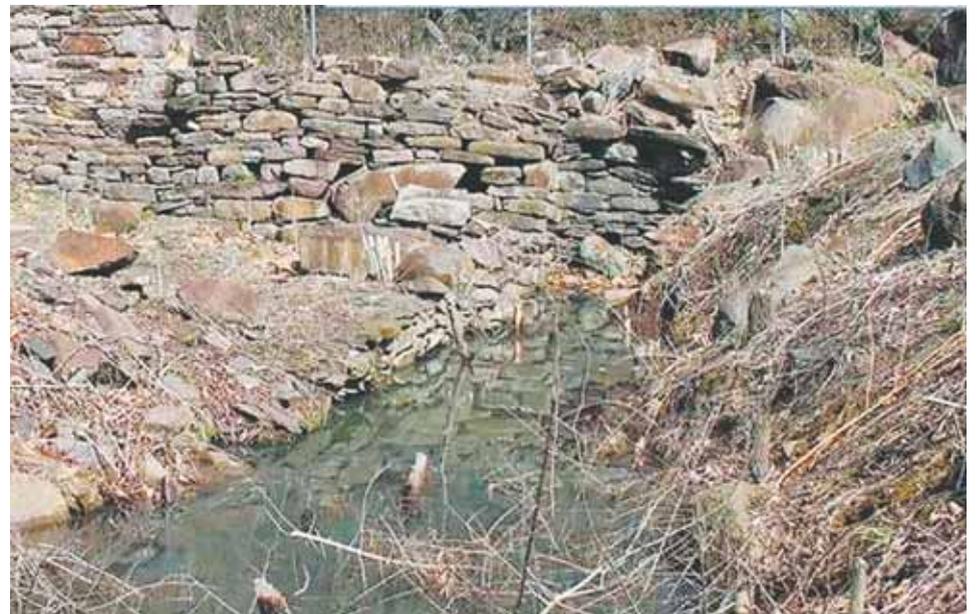


PHOTOS CONTRIBUTED

Debbie Robison presenting on her historic mill discoveries throughout Fairfax County stream valleys.

The pitch of the water can influence level of power. There is usually some overflow mechanism to deflect water from most mills, a protection in case the water begins to flood.

Some mills have dams made entirely of stone, while others are a combination of stone and wood. It is important to note that when wood is kept completely under water, it never decays – remaining intact for centuries. So remnants of old mills found underwater are in the exact condition today as they were more than two centuries ago. Thus, it is very possible that as you take a walk along a stream valley park, you may come upon the ruins of historic mills, situated in the same place they were more



What historic water-powered mill ruins may look like. Robison explained the construction features at her GFHS presentation on Sept. 9.

than 200 years ago.

It is interesting to note that milling was a major industry in the 1700-1800s. Local farmers grew grain and milled it for local consumption, or more likely, to export flour to Europe in exchange for European currency. It is easy for us to imagine the late-1800s through the 1980s when Great Falls was dotted with dairy farms, as many barns still stand today. It is more difficult to imagine finding mills peppering the land a century earlier.

Robison is a preservation consultant who manages the historic preservation and restoration program for an architectural and engineering firm located in Herndon. She serves on the Fairfax County History Commission and is a member of the Board of the Historic Centreville Society. She has written numerous articles about general aspects of Northern Virginia's past and the history of specific sites. To promote preser-

vation and facilitate local history education, Robison hosts a history website called Northern Virginia History Notes. You may explore her site at www.novahistory.org.

THE GREAT FALLS HISTORICAL SOCIETY was organized in 1977 to promote community spirit by bringing the past into the present. We do this through monthly programs on local history and people, preservation efforts, publication of historical essays, collection of artifacts and photographs, oral history interviews, genealogical research, and tours and dinners at historic sites. We hope you will join in our activities and support these efforts through your membership. You are welcome to visit our website at www.gfhs.org. Join in on celebrating the harvest at the upcoming Oktoberfest Potluck Dinner at the historic Great Falls Grange on Wednesday, Oct. 14 at 6 p.m.

Harvest Happenings at McLean Community Center

Fall Festival features music, magic and more.

McLean Community Center's annual Harvest Happening festival for children ages 3-8, is Saturday, Sept. 26. The event will be held from 11 a.m. to 2 p.m. at the center, located at 1234 Ingleside Avenue. General admission is \$5 at the door; admission is free for children, infants to 36 months old.

Featured at this year's festival is Squeals on Wheels, the Washington D.C. Metro area's award-winning miniature animal petting zoo, providing children with an exciting, hands-on educational experience. Performing on the outdoor stage are The Amazing Kevin, a popular local magician whose

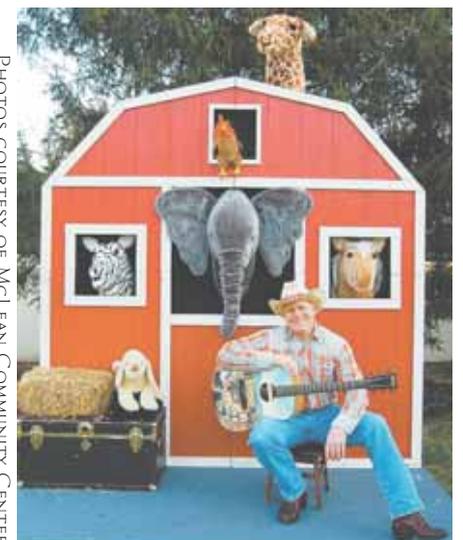
shows keep kids wondering, "How'd he do that?" and Kidsinger Jim, a children's entertainer who sings and plays guitar while his farm animal friends roam and interact with the audience. Other activities include amusement and carnival games and arts and crafts projects. Participants also can purchase and decorate small pumpkins.

Food service will be provided by Lokl Gourmet, a new local store that serves locally-sourced, organic, gluten-free and vegan foods.

For more information, call 703-790-0123, TTY: 711, or visit www.mcleancenter.org.



The Amazing Kevin



Kidsinger Jim

PHOTOS COURTESY OF MCLEAN COMMUNITY CENTER

BACK TO SCHOOL

The First Week at Cooper Middle

Seventh grade students spent time getting to know their new school building, classmates and teachers. Ice breaker games and get to know you activities were a big part of learning the first week.



Even during the first week of school, the band plays on.



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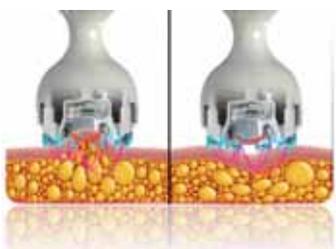


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OPINION

Treatment Denied Syndrome

Natasha McKenna's blood is on all of our hands.

BY PETE EARLEY

Natasha McKenna did not die from excited delirium. She died from Treatment Denied Syndrome.* Commonwealth Attorney Raymond F. Morrogh's 51-page investigative report about the death of the 37-year-old woman contains a horrifying litany of attempts by McKenna to seek help for her mental illness only to be met with ineptness and indifference.

Rather than being welcomed when she appeared in area emergency rooms, she either was shown the door without receiving help or was discharged before being stabilized. In one instance, she was stuffed into a cab less than four days after being so violent that she needed to be restrained to prevent her from harming herself or others. In another, a police officer and magistrate overruled a doctor who twice tried to get McKenna hospitalized. In a third, she was discharged from one INOVA hospital at 12:30 p.m., only to reappear at another INOVA emergency room at 10 p.m. on the same day. The medical personnel's solution was not to help her but to call the police and have her arrested. Taken to jail, she was stripped naked, held in solitary and stuck in bureaucratic limbo for several days. When it came time to move her, she was stunned with a taser four times and died.

If the lack of treatment McKenna received while she was alive was not enough, she was

further abused in death. Relying on "junk science," Medical Examiner Dr. Jocelyn Posthumus declared the cause of McKenna's death to be excited delirium — a make-believe syndrome not recognized as real by the American Psychiatric Association, American Medical Association or the International Classification of Diseases (ICD-9) of the World Health Organization.

No matter, that diagnosis allowed Fairfax Prosecutor Morrogh to drive in the final nail. Declaring at a press conference that McKenna possessed super-human strength and quoting a deputy who described McKenna as being demonically possessed, the Commonwealth Attorney stripped away what little dignity was left for this woman whose only real crime was that she got sick.

The release of a sheriff's video of McKenna being removed from her cell — naked and afraid — visually disputed Morrogh's characterizations. McKenna walked from her cell in handcuffs and was knocked to the floor by a squad of men who never showed any signs of losing control of her or of having their lives threatened.

This week, two important meetings could help set the agenda for change. On Monday Sept. 14, the Ad Hoc Police Practices Commission was scheduled to discuss the use of force by law enforcement in Fairfax. On Tuesday night, Sept. 15, community leaders planned to meet to discuss how to create a jail diversion system to keep individuals such as

McKenna from being incarcerated. Nearly 50 community leaders attended the inaugural Diversion First meeting last month. (Morrogh did not.)

The ideas being suggested by Diversion First are not new. They were first brought to the attention of Fairfax officials more than a decade ago but were never implemented because of a lack of funding, a lack of interest and a lack of leadership.

Natasha McKenna paid with her life because of that. Who's to blame?

Like the biblical Pontius Pilate washing his hands of Christ's blood, nearly everyone who crossed paths with McKenna during the last month of her life can claim blamelessness. Thanks to Dr. Posthumus and Prosecutor Morrogh, McKenna is not only the victim but perpetrator of her own death.

The unanswered question is whether Fairfax County — its leaders and its citizens — have learned anything from this tragedy or if they will continue washing their hands and reassuring themselves that there was nothing any of them could do — after all, Natasha McKenna was mentally ill.

* Treatment Denied Syndrome is a term first used by a long time National Alliance on Mental Illness advocate to describe our nation's lack of mental health services and callous disregard for persons with mental disorders.

Pete Earley is author of 13 books including the New York Times bestseller "The Hot House" and the 2007 Pulitzer Prize finalist "Crazy: A Father's Search Through America's Mental Health Madness;" former Washington Post reporter, a resident of Fairfax, and a member of the Fairfax County Ad Hoc Police Practices Review Commission.

COMMENTARY

LETTERS TO THE EDITOR

Early Detection As a Key

To the Editor:

I have always loved my big sister. Like most little sisters, I took her presence, and the often-unsolicited advice that can only come from a big sister, for granted. Now that ovarian cancer is threatening to take her from me, I realize that being Denise's little sister provides me with comfort and strength.

Because early detection is so critical to survival when fighting ovarian cancer, we want to warn everyone. We were blissfully unaware of the danger and unaware

that, because there is no screening test for ovarian cancer, our annual physicals were not enough. We were unaware that the number one cause of gynecologic deaths is ovarian cancer or that 1 in every 75 women will develop ovarian cancer.

Denise is one of the 85 percent of women who are diagnosed after the cancer has metastasized because the symptoms are so vague. By the time she was diagnosed, the cancer had spread beyond her abdomen. When ovarian cancer is detected before it has spread, nine out of 10 women will survive for more than five years. Only 15 percent of ovarian cancer

cases are diagnosed early. As I support Denise in her fight, she is still providing me with comfort and demonstrating how to be strong.

We are sharing our story during September, which is Ovarian Cancer Awareness Month, because we want to spare other families from this terrible fight. We hope that, throughout the year, the color teal will remind you of the danger and your need to be vigilant.

If you have any of these symptoms: bloating that is persistent; eating less and feeling fuller; abdominal pain; urinary symptoms; please be proactive, see your gynecologist, ask for a transvaginal ultrasound; a pelvic/rectal exam;

and a CA-125 blood test. Do it for yourself and for the people who love you.

Laura Forte
Great Falls

Supporting Parisot

To the Editor:

Craig Parisot does not run from tough problems, he solves them. Craig knows the challenges our region faces from growing demands on our schools and roads. He understands the need to keep up with Northern Virginia's population boom. He also appreciates that our schools need to produce an educated workforce that meets the needs of area employers. Craig is focused and talks about these issues every day. This is the kind of leadership we need for Northern Virginia. This is the kind of leader that voters in Virginia's 34th House District should send to Richmond on Nov. 3.

Mark Behrens
McLean

BULLETIN BOARD

WEDNESDAY/SEPT. 16

McLean Newcomers and Neighbors' Monthly Luncheon. 11:30 a.m. Maggiano's, Tysons Galleria. Enjoy a nice lunch, meet some of the members and hear about the activities. For further information and to reserve a spot (deadline Sept. 10) contact: Susie Osser, soss@verizon.net.

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

THURSDAY/SEPT. 17

The Next Level. 11:30 a.m. - 2 p.m. Clyde's of Tyson's, 8332 Leesburg Pike, Vienna. Take yourself and your business up, up, up. Four experts share their valuable techniques. Come get the how to from experts. \$45-\$55. <http://bit.ly/1JaYRiD>
Adventures in Learning Open House. 10 a.m. - 12 p.m. Unitarian

Universalist Congregation of Fairfax (UUCF), 2709 Hunter Mill Road, Oakton. Sign up for as many or as few classes as you would like to attend. Learning and \$40 fee covers classes in Tai Chi, a health series, and foreign and current affairs. Classes begin on September 24. Specific class information including speakers will be on our website www.scov.org.

Great Falls CONNECTION

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Ending Bullying

Back to School: Local educators offer advice for parents on how to deal with bullying as school resumes.

BY MARILYN CAMPBELL
THE CONNECTION

When Carol Baker cried, no one heard her. She and a classmate were alone in the girls locker room, and as Baker, then an eighth grade student, tried to leave, her classmate grabbed her gym shirt and pushed her into a locker. They weren't fighting over anything in particular and Baker didn't sustain any physical injuries.

"I was awkward and easily intimidated," said Baker. "I was an easy target for someone who got pleasure out of scaring other people."

As she describes her pubescent encounter, Baker is still visibly shaken, even though the encounter happened more than 30 years ago. It could just as easily happen to her two children — a daughter in fifth grade and son in eighth grade — today. Bullying remains a real issue in schools, and from

smart phone apps to in-school programs, there are a plethora of initiatives to address and prevent it.

"Most researchers agree that bullying is an intent to cause harm," said Michele Garofalo, Ed.D., chair of the Department of Counseling and school counseling program director at Marymount University in Arlington. She is an expert in bullying, adolescent stress and character education.

Educators describe bullying as unwanted, aggressive behavior that is repeated and occurs where there is an imbalance of power, either real or perceived.

However, it's important to know the difference between teasing, exchanges between two people who simply don't like each other, and outright bullying. "Teasing can be hurtful, but the intention may not be to cause harm and an imbalance of power might not be there," said Garofalo, who also has a private therapy practice.

When offering in-the-moment strategies



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

A new phone app called Know Bullying offers prompts for starting conversations about bullying, as well as warning signs and tips on dealing with the issue.

"If parents suspect a child has fallen victim to bullying, it helps if they already have open lines of communication and their kids feel comfortable talking to them."

— Amy Best, chair, Department of Sociology and Anthropology, George Mason University

for addressing bullies, Garofalo says children's well-being comes first. "Most importantly, students should consider their safety," she said. "If they feel they are in danger, they should quickly leave the area and go to a safe place and tell an adult — school counselor, teacher, administrator, parent. Students should not stay and fight back."

Bullying is most likely to peak in sixth through ninth grades. "The early teen years is when it emerges, when there is a lot of identity development," said Amy Best, Ph.D., chair of the Department of Sociology and Anthropology at George Mason University in Fairfax. Her research focuses on the study of youth identity formation, youth well-being and social inequalities. "Peer groups assume much greater impor-

tance for kids and kids are more self aware than they had been previously. There's not a lot of cross-gender or cross-race bullying."

If parents suspect a child has fallen victim to bullying, it helps if they already have open lines of communication and their kids feel comfortable talking to them. An effective dialogue is crucial when it comes to addressing the problem.

"The hard part is when kids don't want to talk about it, but parents should have on-going conversations with their kids," said Best. "It's useful to be able to create spaces where kids feel comfortable sharing."

SEE ENDING BULLYING, PAGE 12



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Ending Bullying

FROM PAGE 10

ONE ROADBLOCK to assessing a potential bullying situation is when a child is reluctant to share or talk. Unfortunately, this is particularly common among the same age group most susceptible to bullying. “Yes and no questions won’t glean the best information,” said Lauren Keller, Lower and Middle School counselor at Bullis School in Potomac, Md. “Instead, parents should ask questions about relationships and times of day, such as: ‘Who did you sit with at lunch? What did you do during recess and who were you with? Is there anyone you would like to make plans with for this weekend?’”

A new phone app comes to the aid of parents who might find initiating a conversation with their children daunting. It’s called Know Bullying, and it offers conversation prompts, tips for preventing bullying and warning signs that a child might be a victim or a bully.

Local school districts and private schools have anti-bullying policies and plans in place. St. Stephen’s & St. Agnes School in Alexandria hosts groups such as Lunch Bunch and Courageous Conversations, which are forums where “students can talk candidly ... about their daily hopes and challenges,” said Linda Stratton, director of communications at the school. “These groups also take leadership in fostering a

community of respect.”

Experts also urge parents to contact school counselors, administrators and classroom teachers to report bullying and to obtain more information. “If parents believe their child is a victim, they should consult the school counselor or mental health professional who can work with the child to examine feelings and come up with strategies to help the child cope,” said Garofalo, who also advises parents to be vigilant for signs of depression, anxiety and suicidal ideation. If any of those danger signs appear, they should immediately contact a mental health professional for assessment and counseling.

If parents find it necessary to contact their child’s school, the approach is important, and experts suggest sticking with specifics. “Labels are often unhealthy in some cases. Parents and other adults would do well to address the behavior in front of them,” said Peter Braverman, founder of the education group ARC Professional Development in Bethesda, Md. “As a teacher or administrator, if you say, ‘Josh is a bully,’ I can’t do anything about it, but if you say, ‘Every time my son walks into Spanish class, Josh dumps his notebook on the floor,’” then I can address it.”

AVOIDING LABELS also helps when confronting the child who is suspected of bullying. “One of the first things we hear from

Bullying Resources

Know Bullying phone app:

<http://store.samhsa.gov/apps/knowbullying/index.html>

<http://www.stopbullying.gov/>

<http://www.stopcyberbullying.org/>

<http://www.tolerance.org/>

<http://character.org/key-topics/bullying-prevention/>

Fairfax County Public Schools:

<http://www.fcps.edu/dss/ips/ssaw/violenceprevention/bullyinginfo/definition.shtml>

Virginia Department of Education:

<http://www.doe.virginia.gov/support/prevention/bullying/>

students is that they shut off when they hear the word ‘bully,’” said Erin O’Malley, dean of student services at Bishop O’Connell High School in Arlington. “And we want the students to listen to us.”

“Most kids don’t want to be bullies,” added Braverman. “Addressing specific actions and behaviors allows the kid to think, ‘I’m a good person and I can modify these behaviors.’ As an administrator, I have no problem calling your parents at work and telling them to come and pick you up. I’ll help you change your behavior in any way I can, but if you do it again, you’re going home.”

Additionally, it is good for adults to focus on all parties involved in bullying. “There are three actors: the bully, the victim and the bystanders,” Braverman continued. “The great irony is the bystanders are the

ones who hold all the power.”

Braverman knows this from experience. “The best class I ever graduated in 8th grade was the worst class I had in 6th grade. There were two boys in the class and for years one bullied the other, and one day one it stopped when [the victim] stood up to [the bully]. He got other kids to stand with him while he did it. If a powerful bystander stands next to the victim, the problem would stop immediately.”

Garofalo is about to embark on a research project to study the role of bystanders in bullying situations.

Parents can also turn bullying situations into teaching opportunities, says Best. “Learning to deal with conflict and confronting problems are important life skills. Listen to kids first and then map out a plan of action.”

Troop 673 Promotes Two New Eagle Scouts

Boy Scout Troop 673, sponsored by the Great Falls United Methodist Men, recently promoted two new Eagle Scouts, Cayhan Movaghari and Harrison Trinca, on May 31.

Cayhan Movaghari, son of Ali Movaghari and Taraneh Djahanbani, joined Troop 673 in 2008 after earning the Arrow of Light as a Cub Scout. Since joining the troop, Cayhan has served as a Patrol Leader, Instructor, Senior Patrol Leader, and Troop Guide. While serving in these positions, he was accepted into the Order of the Arrow, Scouting’s National Honor Society, earned 32 merit badges, and participated in all three of Scouting’s High Adventures (Sea Base, Northern Tier, and Philmont).

For his Eagle Project, Cayhan planned and developed a trail running along Georgetown Pike in Great Falls from Miller Avenue to Goldman Lane, in conjunction with Great Falls Trailblazers. The trail also covered two small creek crossings that are now accessible by foot.

A recent graduate of Langley High School, Cayhan served as SGA President, captain of the Varsity Wrestling



PHOTO BY BY BILL BLOOD

From left — Cayhan Movaghari and Harrison Trinca.

team, and the Attorney General to the American Legion Virginia Boys State. He was also named Sports Journalist of the Year for the State of Virginia as a junior. Cayhan has just started his freshman year

at James Madison University and plans to major in business.

Harrison Trinca, son of Ann Trinca and Wilfred Blood of McLean, joined Troop 673 in 2011. Since joining the troop,

Harrison has served as Quartermaster, Assistant Senior Patrol Leader, Troop Instructor, and Senior Patrol Leader. Harrison earned 39 merit badges and the 50 Miler Award (twice), and was elected to the Order of the Arrow. He also participated in all three High Adventures (Sea Base, Northern Tier, and Philmont).

For his Eagle Project, Harrison planned and constructed a large 66-inch fire pit and four surrounding six-foot benches at the Capital Church in Vienna. This required researching local fire ordinances, coordinating with church leaders, and preparing a level site to accommodate the stacked stones and surrounding gravel. The fire pit and benches serve as an inviting place where youth and other church groups can meet and socialize.

Harrison is a recent graduate of Langley High School, where he served as SGA Vice President (senior year), Class Vice President (freshman year), and was a volunteer at Jill’s House, a respite care facility for children with special needs. Harrison is now attending Brigham Young University, in Provo, Utah.

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Wicket Club Coach Midhun Lal, owner Shaista Chaudhry and Dev Santosh.



Nate Garland lifts off as he bowls.

PHOTOS BY MEREDITH BILLMAN MANI

Wicket Club Aims to Make Cricket the New Baseball

Popularity of cricket soaring in Northern Virginia.

BY MEREDITH BILLMAN-MANI

Wicket Club in Sterling is a magnet for young cricket players from Northern Virginia. It's one of the few indoor cricket facilities on the east coast and immediately found an audience with the Southeast Asian cricket community when it opened in 2012. Initially only for adult players, but the need for a space for children to also learn and play cricket soon became apparent.

There are outdoor leagues playing all over Fairfax and Loudoun Counties on the weekends. Lake Fairfax Park in Reston even has an outdoor pitch for the summer games hosted there for the Washington Cricket League.

Like many first generation Indian Americans, Wicket Club owner Shaista Chaudhry, grew up in Mumbai, India playing cricket. "I loved cricket when I was a kid in India. I was even suspended as a kid once for instigating running away from school to play cricket," laughs Chaudhry who now lives in Reston with her husband.

In 2013 Chaudhry, the mother of two grown sons, realized there was a lack of qualified cricket coaches for children. She wanted children to be able to learn the fundamentals of the game, understand the rules and develop their skills in bowling, fielding and batting. Wicket Club soon began running popular seasonal camps and weekend leagues as well as offering one on one coaching.



Arjun Alagappa at bat

There are now two cricket coaches at Wicket Club, Madhun Lal and Dev Santosh. Lal recently graduated and has signed on to coach with the club for a year. "He is the only ICC Level II coach in the area. We are very, very lucky to have him here," said Chaudhry. The International Cricket Council (ICC) is the governing body for the sport and oversees 105 participating countries.

"We get kids that it's their first time playing or they want to come in and smash the ball. We take these kids and teach them how to play. This sport helps them focus. Helps with patience. It helps build the daily skills that any job will require," explains Lal.

CHILDREN AND ADULTS

both seem to thrive under Lals tutelage. He has a passion for the game that comes out even after he has been playing for hours. "Anyone who comes here, they are going to build on what they came here with. I promise that. Playing indoors and outdoors is different. This is easier for kids. It is easier to teach them without them being distracted," explains Lal. Indoor cricket conditions are temperature controlled, consistent light, no bugs and none of the irritants that children can be bothered by and lose focus from. "All international players practice indoors and outdoors. As a player I can say when I play outdoors it changes the whole mentality," said Lal. Wicket Club also has an outdoor pitch where they can take students to show them how the ball reacts differently on grass.

Many South Asian immigrant parents are uber focused on education and their children are not participating in the sports teams that some of their peers do, like baseball and football because those games weren't played in their home countries. Chaudhry says most of her students come from Great Falls, McLean, Reston, Vienna and Loudoun but their parents came from generally either India or Pakistan, with a few other cricket playing nations represented. "Parents are becoming aware that just being a geek is not enough. There is that awareness now. Where they wanted kids to do karate a while ago, they are doing this now," says Chaudhry. Most Ivy League colleges have a cricket team and because the sport is growing in America some wonder if more colleges won't look at cricket players

for scholarships in the near future.

In the nearer term, some parents are finding cricket as a way to connect with their children. Parents can come with their child to bat and bowl. Carl Garland grew up in Great Britain and played cricket on the street and in school. He came to the U.S. and married an American and settled in Northern Virginia. They tried baseball for their 9-year-old son Nate but it wasn't a good fit for him. Garland found Wicket Club and both he and his son have found a game they enjoy playing.

"Socially this just worked better for Nate. In baseball all the lads come from the same school and Nate didn't know any of them. Here no one comes from the same place so all the lads get on well together. There are good coaches and a good group of lads to play with. It's amazing the progress he's made," said Garland.

Raji Ganguli's 10-year-old son plays cricket at the club. "Cricket is not confined to India. It is picking up in the U.S. as well and hopefully we will get a bit of diversity with more kids playing," said Ganguli. Lal said they have recently had an uptick in Hispanic kids enrolling to learn the game. These kids saw boys playing cricket in their neighborhood, started playing with them, and wanted to learn more so they came to Wicket Club.

EIGHT YEAR OLD Arjun Alagappa plays cricket on Saturday afternoons at the club. "They teach me so much and I'm working so hard," said Alagappa. One of the reasons he said he wants to learn is so he can take the game back into his neighborhood. "They really want to play cricket with me. When I'm playing cricket with them, they are learning. I'd say cricket is way more popular than baseball." Not quite yet, but you never know.

For more information, visit www.wicketclub.com

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PHOTOS BY MARISSA BEALE/THE CONNECTION

(From left) Casey Filippone and Jason Stavish are the co-owners of Elite Fitness Concepts. Filippone grew up in a very healthy household, which created the foundation for a healthy and active lifestyle. Stavish started going to the gym with his father when he was younger, and found his way into the industry later. They shared how all trainers at the gym have worked in fitness coaching for at least 10 years.



Casey Filippone coaches two-year member Kate Hoffinger in a weight training exercise. One thing Hoffinger appreciates about the gym is the personal fitness programs that give clients more control.

Elite Fitness Concepts Knows Each Member by Name

BY MARISSA BEALE
THE CONNECTION

Situated at Colvin Run and Walker Road, Elite Fitness Concepts has applied personalized training approaches to its members since the doors first opened in 1998. The gym prides itself on knowing each member by name and coaching entire families in living healthy lifestyles.

"It's not common to have a client for more than 10 years," said Casey Filippone, co-owner of the gym. "We'll have a family where the dad will show his son how to exercise and then the older sibling is teaching the younger sibling."

Currently, statistics show that the senior citizens are the largest population starting a fitness program, and at Elite Fitness Concepts, the gym's size often means less competition for equipment from a younger population. But even with a reputation such as theirs at Elite Fitness, they have to pay attention to what is occurring across the industry.

"Five years ago we were the only ones here," said

Jason Stavish, co-owner of the gym who has worked there for 12 years. "You have to constantly make sure you're relevant and know the changes in the fitness world."

The gym adheres to fitness fundamentals in order to stay relevant, including teaching and encouraging members how to eat healthy and exercise properly. The gym popularity has grown through word-of-mouth publicity.

"I've been here for over two years," said Elizabeth Ramage Hoffinger. "I first started coming because of my daughter." Ramage Hoffinger's daughter, Kate, was looking for a gym when she returned home from college.

"I like it a lot," said her daughter. "I've never been to another gym."

In the words of another member, Dr. Jeanette Coutin-Gentry, "It's good to have someone who tells you the right things to do ..."

Elite Fitness Concepts is open Monday through Thursday, 6 a.m. to 8:30 p.m., Friday, 6 a.m. to 7:30 p.m. and Saturday and Sunday, 8 a.m. to 4 p.m.



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CALENDAR

Send announcements to north@connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encouraged.

WEDNESDAY/SEPT. 16

- Jammin' Juniors Concert. Two of a Kind.** 12:30 p.m. McLean Central Park, 1468 Dolley Madison Blvd. Free admission.
- Toddler Tales.** 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Stories and activities for you and your toddler. Age 2-3 with adult.
- Pokemon League.** 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play Pokemon with your friends.

THURSDAY/SEPT. 17

- Oakton Book Discussion Group.** 7 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Come and join Oakton's book discussion group. The September selection is Orphan Train by Christina Baker Kline. Adults.
- "Not Just for Teens" Adult Book Club.** 7 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Are you an adult who loves YA lit? If so, join us for discussion, fun and dessert. September's title will be "Marcelo In The Real World" by Francisco X. Stork. Adults.
- Reading Buddies.** 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Grab a buddy! Teen Volunteers available to read to or with beginning readers. Ages 3-9.

FRIDAY/SEPT. 18

- Playdate Cafe.** 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Toys and play space for children. Coffee and conversation for grownups. Ages birth-5.

SATURDAY/SEPT. 19

- NAMI Walks Northern Virginia.** 9-11 a.m. Tysons Corner Center, Fashion Boulevard. The walk will help raise awareness and support programs that offer help and hope to people living with mental health conditions and family members.
- Beer, Bourbon & BBQ Festival.** 12-6 p.m. Lerner Town Square at Tysons II, 8025 Galleria Drive. A great day of beer sippin', bourbon tastin', music listenin', cigar smokin', and barbecue eatin'.
- Ice Cream Social Fundraiser.** 4-7 p.m. Nottoway Park, shelter 1, 9610 Courthouse Road, Vienna. An ice cream social fundraiser to raise money for Girl Up, a United Nations Foundation campaign that works to empower adolescent girls in developing countries.
- Great Falls Farmers Market.** 9 a.m.-1 p.m. Year round. Great Falls Village Centre, 778 Walker Road, Great Falls. <http://greatfallsfarmersmarket.org/>

SUNDAY/SEPT. 20

- Artist Reception.** 5-7 p.m. 1st Stage in Tysons, 1524 Spring Hill Road, Tysons Corner. Artist reception with featured 1st Stage gallery artist and curator, Deborah Conn. Performance tickets are: \$30 general admission, \$26 seniors (65+), \$15 students and military. Purchase online at www.1ststagetysons.org or 703-854-1856.
- Food for Others Tysons 5K.** 9:30 a.m. 7925 Jones Branch Drive, McLean. The second annual Tysons 5K organized by Food for Others volunteers to benefit the food bank. Last year they had approximately 200 participants and raised over \$9,000. This event allows people who live and/or work in Tysons to support less fortunate neighbors while



"Spanish Dancer" by Jill Banks was inspired by a painting and art historical trip this past spring to Madrid. This piece is one of 20+ paintings Banks is exhibiting at the Great Falls Library, 9830 Georgetown Pike, in her "Along the Way" solo show through Sept. 30.

Ongoing

- "Gold Rush."** Tuesday-Saturday, 10 a.m. - 4 p.m. through Sept. 26. at Vienna Art Center, 115 Pleasant St., NW, Vienna. Artwork with "gold" as the theme. This can be interpreted in many ways, gold colors, gold coins, golden hair, gold leaf and more. The show is open to the public, and visitors can also view small items of original art, scarves, jewelry, notecards etc. All hand made by VAS artists - great for gifts.
- Vienna's Summer on the Green Concert Series.** Fridays-Sundays, through Sept. 27. 6:30 p.m. at Vienna Town Green, 144 Maple Avenue E, Vienna. Come out on the weekend and listen to some good music. Visit <http://www.viennava.gov/DocumentCenter/View/2640>
- "Along the Way."** Through Sept. 30 at Great Falls Library, 9830 Georgetown Pike, Great Falls. "Along the Way," Jill Banks solo exhibit of original oil painting.
- "Figuratively Speaking."** Friday-Sunday through Oct. 11 at 1st Stage in Tysons, 1524 Spring Hill Road, Tysons Corner. Portraits and figures in watercolor and mixed media by Deborah Conn. Tickets: \$15-\$30. www.1ststagetysons.org.

- enjoying a great run or walk.
- Country Western Dance.** 4-9 p.m. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. Dancing to "The Bastards of Twang Band." Versatile, popular band of seasoned pros will keep you moving to a wide range of new and classic country tunes. \$20.

MONDAY/SEPT. 21

- Tiny Tots.** 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Join us for an exciting storytime featuring stories, rhymes and songs. Ages 13 - 23 months with adult.
- Legos in the Library.** 3 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Get creative with Legos. Legos provided. Ages 5-12.

TUESDAY/SEPT. 22

- Snakes in the Library.** 4 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Great Falls National Park presents a program on snakes. Age 6-12.

WEDNESDAY/SEPT. 23

- Pokemon League.** 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play Pokemon with your friends.

THURSDAY/SEPT. 24

- Reading Buddies.** 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Grab a buddy! Teen Volunteers available to read to or with beginning readers. Ages 3-9.

FRIDAY/SEPT. 25

- Playdate Cafe.** 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Toys and play space for children. Coffee and conversation for grownups. Ages birth-5.

FRIDAY-SUNDAY/SEPT. 25-27

- Successful Painting with Armand Cabrera.** The Arts of GF School, 756-C Walker Road, Great Falls. Armand will teach the Fundamentals of Painting in both oil and acrylic. Students learn all aspects of painting and drawing—perspective, composition, color mixing and theory. Advanced students are helped with problem solving and overcoming challenges in their painting.

SATURDAY/SEPT. 26

- Fall Bazaar.** 8 a.m. - 3 p.m. Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls. A silent auction, crafts and curios, baked items, youth toys and activities, clothes and sports equipment, jewelry and scarves, used books and previously owned hand tools/ hardware for sale and more.

MONDAY/SEPT. 28

- Healthy Eating.** 2 p.m. Brightview Great Falls, 10200 Colvin Run Road, Great Falls. The community is partnering with Salud, a local organic market in Great Falls to present an interactive, wellness presentation on Healthy Eating.

Rock Stars! on Exhibit in Reston

Rock Stars!, a juried exhibition of Great Falls Studios (GFS) members art is open - through Sept. 29 - at the U.S. Geological Survey National Center, 12201 Sunrise Valley Drive, Reston: 67 pieces of art from 29 members were chosen by two jurors, painter Tricia Ratliff and photographer Carla Steckley. They are also charged with bestowing cash awards totaling \$1,000. The announcements will be made at a reception, hosted by GFS at the USGS National Center on Thursday, Sept. 17, 4 - 6 p.m. This event is free and open to the public. Light refreshments will be served.

The show continues through Sept. 29 and is open to the public during regular weekday business hours. Visit USGS National Center website for visitor entry information. <http://www.usgs.gov/visitors/>
Learn more about Great Falls Studios at www.GreatFallsStudios.com.



Some of the art in the exhibit (from left): **Bar Harbor**, mixed media by Jennifer Duncan; **Rocket at Twilight**, acrylic by Alicia Loudis Sommers; **Solid as a Rock, With Stars in Their Eyes**, pastel by Pat Menster Neuman.



McLean Community Center
The Center of It All



Here's What's Happening at MCC

Old Firehouse Teen Center Back-to-School Party

Friday, Sept. 18, 7-10 p.m.
\$35/\$25 OFTC members

Alden Theatre Volunteer Usher Event

Monday, Sept. 21, 5:30-6:30 p.m.

Old Firehouse Teen Center Friday Field Trip Double Feature at AMC Tysons

Friday, Sept. 25, 3:30-10 p.m.
\$33/\$23 members



Harvest Happenings

Saturday, Sept. 26, 11 a.m.-2 p.m.
\$5 per person/Free, 36 months and younger



Onstage @ The Alden Theatre IV: "Sleeping Beauty"

Saturday, Oct. 3, 2 p.m.
\$15/\$10 MCC district residents

Old Firehouse Teen Center Teacher Workday Trip Kings Dominion

Friday, Oct. 9, 9:30 a.m.-7:30 p.m.
\$80/\$70 MCC district residents

The McLean Community Center
www.mcleancenter.org
Home of the Alden Theatre
www.aldentheatre.org



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McLEAN COMMUNITY PLAYERS

JANUARY							FEBRUARY							MARCH						
Mo	3	10	17	24	31		Mo	8	15	22	29		Mo	7	14	21	28			
Tu	4	11	18	25			Tu	9	16	23			Tu	8	15	22	29			
We	5	12	19	26			We	6	13	20	27	30	We	9	16	23	30			
Th	6	13	20	27			Th	7	14	21	28		Th	10	17	24	31			
Fr	7	14	21	28			Fr	8	15	22	29		Fr	11	18	25				
Sa	8	15	22	29			Sa	9	16	23	30		Sa	12	19	26				
Su	9	16	23	30			Su	10	17	24	31		Su	13	20	27				

APRIL							MAY						
Mo	4	11	18	25			Mo	30	2	9	16	23	
Tu	5	12	19	26			Tu	31	3	10	17	24	
We	6	13	20	27			We	4	11	18	25		
Th	7	14	21	28			Th	5	12	19	26		
Fr	8	15	22	29			Fr	6	13	20	27		
Sa	9	16	23	30			Sa	7	14	21	28		
Su	10	17	24	31			Su	8	15	22	29		

AUGUST							SEPTEMBER						
Mo	3	10	17	24	31		Mo	1	8	15	22	29	
Tu	4	11	18	25			Tu	2	9	16	23	30	
We	5	12	19	26			We	3	10	17	24		
Th	6	13	20	27			Th	4	11	18	25		
Fr	7	14	21	28			Fr	5	12	19	26		
Sa	8	15	22	29			Sa	6	13	20	27		
Su	9	16	23	30			Su	7	14	21	28		

Calendar Girls

by Tim Firth
Based on the Miramax motion picture by Juliette Towhidi and Tim Firth



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Week to Week to Week



By KENNETH B. LOURIE

As much as I'd like to write a new and different, non-cancer column this week, I'm afraid I can't. The reason being, other than the obvious (I am who I am), is that this happens to be my cyclical post-chemo week when the side-effect eating challenges that knock me off my creative balance have indeed done so again. Consequently, I am consumed – emotionally, by my own struggles and find it difficult to get out of my own way and introspect backward or forward. Unfortunately, this is the week, every third week in fact, the week immediately following my chemotherapy, when I am less in control of my actions/some of my behaviors than usual and stuck more in the present imperfect. It's not pretty nor is it resolvable, apparently.

What happens is that a few days after my Friday infusion, the thought of food, the consumption of food, the taste/after-taste of food, anything and everything to do with food, becomes increasingly less appetizing (figuratively and literally). Nothing interests me. Nothing satiates me. Nothing pleases me. Nothing does anything for me except make me miserable, discouraged and disappointed. Moreover, since I'm not eating/eating very little, there's minimal fuel in the tank (so to speak) so my energy level, initiative, follow up/follow through suffers accordingly. This lack of drive/lack of overall satisfaction leads to a malaise/type of depression that is now familiar but unfortunately not any more manageable. Because of these circumstances I am often fatigued during the day and thus feel compelled to take a nap. Since I nap during the day, I then find it difficult to fall asleep at night. When I finally do fall asleep, it is late at night/early in the morning so when my 6:30 a.m. alarm goes off the next day (life goes on), I am tired, yet I have to get up. Then the symptoms I've previously described are complicated by this new pre-existing condition. Then I start my day already stuck in neutral. Other than going with this non-flow, and trying to not beat myself up over a condition/effect I didn't cause and one I can't control, I don't know whether to write off the week (no pun intended) or work through it in some way or another and try not to be miserable.

Granted, the context is not lost on me; I am alive and reasonably well, for the moment; two-plus years since I began this particular protocol and two years as well since I was hospitalized in surgical intensive care for one week, but this is the price I must pay. Two weeks out of every three I – as well as my eating habits, are relatively normal (no comments from the peanut gallery, please?), but not the third week. If this is how I must live my life, so be it. It doesn't make me happy, but neither does it seem to be killing me; only making me hungry, tired, unhappy and unproductive. It's not ideal but it is a living. And "living" sure beats the alternative. No worries, though. I'll manage to make the best of it, somehow; even during the worst of it.

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

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EMPLOYMENT

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21 Announcements

ABC LICENSE
BBGG Concepts, LLC trading as Big Buns, 4401 Wilson Blvd #104, Arlington, VA 22203. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Mixed Beverages on Premises license to sell or manufacture alcoholic beverages. Craig Carey, CEO & Founder
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 at www.abc.virginia.gov or 800-552-3200.

21 Announcements

ABC LICENSE
MMSJ, Inc. trading as Basillini Italian Restaurant, 235 Maple Ave. E, Vienna, VA 22180. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer and Wine on and off Premises license to sell or manufacture alcoholic beverages. Caroline Kamel, secretary
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

4 RE for Sale

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Rain Date 9/20
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21 Announcements

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Intrepid Wines, LLC trading as Intrepid Wines, 1621 23rd St, South, Arlington, VA 22202. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL(ABC) for a Wine Shipping (Wholesale) license to sell or manufacture alcoholic beverages. Charles W. Fowler III, President
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 legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

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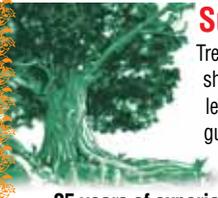
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Great Falls \$2,375,000



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