



Great Falls CONNECTION

Prize basket donated by the Friends of the Great Falls Library to promote the Adult Summer Reading Challenge that runs from now through Sept. 3.

CONNECTION FAMILIES

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Great Falls Library Issues Summer Reading Challenge

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PHOTO BY DEAN SOULELES

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Delays Pave Path for Approval

After months of revisions, tweaks, negotiations, proffer and planning changes, commission approves 19 houses on Brooks Farm.

BY KEN MOORE
THE CONNECTION

The Planning Commission delayed a decision on an application to rezone Brooks Farm six times in the past six months to give more time for the developer to address community concern.

Great Falls has not had a major rezoning case in a long time, Planning Commissioner John Ulfelder said Wednesday, June 15.

And the process all took in Brooks Farm rezoning application made a better proposal, he said.

"There have been a number of meetings, including walking meetings at the Brooks Farm property, with the applicant, the community, and county staff to look more closely at the issues. And, as a result, the proposed proffers and the General Development Plan have gone through a number of revisions in order to better address the various concerns," said Ulfelder.

By a unanimous 11-0 vote, The Planning Commission approved Basheer/Edgemoore-Brooks' application on June 15.

The rezoning, if approved by the Board of Supervisors later this year, permits developing the 52-acre property into 19 houses.

The Board will have its own public hearing; no public comment was given on the "decision-only" June 15 hearing.

THE PLANNING COMMISSION held a public hearing on the case on Jan. 21, 2016.

GFCFA has opposed the application throughout the process. Numerous speakers testified, many in opposition and some in favor of the application.

More than 1,500 signed a GFCFA petition opposing the project.

"At the hearing, however, a number of questions, concerns, and issues were raised, some by the Commissioners and others by neighboring property owners, Great Falls residents and the Great Falls Citizens Association," said Ulfelder. "During the deferral



Dranesville Planning Commissioner John Ulfelder said strong community input and feedback made the application to rezone Brooks Farm a much better proposal. The Planning Commission approved the plan to develop Brooks Farm into 19 houses.

period, these same community groups have raised additional issues, as well as provided more detail about their original issues."

The decision had been deferred six times as Great Falls Citizens Association, community members, planners and the applicant continued to negotiate details. As just one example, the applicant made additional changes to proffers concerning stormwater retention as recently as early June.

"Is it correct to say that all of the collective measures that are now included in this plan, based on the GDP and the proffers, for stormwater retention ... significantly exceed the requirements of the Commonwealth and Fairfax County for stormwater retention and treatment, as part of this development?" Ulfelder asked Fairfax County Department of Public Works engineer Camylyn Lewis during the decision-only hearing on June 15.

"From what we can see, they're going to exceed that," said Lewis. "There are some measures that are also proposed, which we really don't give them any credit for. And so they've really gone above."

THE ORIGINAL PROPOSAL called for 23 houses but Basheer-Edgemoore-Brooks reduced that to 19, trying to reach a compromise with the community.

"The overall density on the site is now 0.365 – in the midrange of the 0.2 to 0.5 recommended in the Comprehensive Plan and comparable to the densities of the surrounding developments," according to Ulfelder.

"Collectively, the various measures planned for this development go well beyond the minimum currently required by the Commonwealth and Fairfax County,"

said Ulfelder.

"They also have committed to a phased approach to the development to avoid any erosion and sediment problems that can occur during the development stage. And they have agreed to post-construction monitoring of the downstream channels for two years after completion of the project and to be responsible for any corrective restoration, if it is determined it is required," said

Ulfelder.

"IN THIS CASE a large number of local residents have spoken out in opposition to the application because of the potential environmental and other impacts of the proposed new development – and concerns about the impact of this and other future development on the semi-rural character of Great Falls," said Ulfelder.

Developers will continue to work with Walker Lake Subdivision residents to make certain that potential runoff from the site is not causing sedimentation or water quality problems in Walker Lake.

"They also will be installing public trails through the property, working with the Great Falls Trailblazers to make them equestrian friendly, as well as for walkers and bikers," said Ulfelder. "They have committed to various measures to reduce water consumption by the new residents, to install state-of-the-art septic systems to significantly reduce potential pollution, and to limit the amount of additional impervious area that can be added to the lots in the future.

These measures, along with many others, are aimed at protecting the local environment and to make certain that it will continue to be protected into the future," he said.

These measures, along with many others, are aimed at protecting the local environment and to make certain that it will continue to be protected into the future," he said.

WEEK IN GREAT FALLS

Brightview Great Falls to Host Educational Dementia Seminar

On July 12, at 3 p.m., Brightview Great Falls will host an Educational Dementia Seminar. Join dementia expert Christi Clark and learn how to successfully transition a loved one to a residential care community. Discover important communication tips and reassuring approaches to help ensure a stress free adjustment while getting answers to other questions and concerns you may have. Brightview Great Falls is located at 10200 Colvin Run Road, Great Falls. The event is free but space is limited. Call Carolyn to RSVP at 703-759-2513.

Forestville Students Exhibit at Great Falls Starbucks

An exhibit of Forestville Elementary School student art can be enjoyed at Great Falls Starbucks, Great Falls Center, 9863 Georgetown Pike. Renee Riddell, Forestville Elementary art specialist, has assembled a mix from across all grade levels and in various mediums including paper collage, acrylic paint, and tempera. This bright and colorful collection will enchant viewers with zoomed-in views of sneakers, youthful interpretations of ancient architecture and insightful self portraits. The show will continue in the conference room until October. Student Art at Starbucks is a collaboration between Starbucks Great Falls Studios and the art teachers and students at Forestville, Great Falls, and Colvin Run elementary schools.

More about Great Falls Studios at <http://www.greatfallsstudios.com/>.



Seventh Annual Dog Days of Summer

Sunday, July 10 from 10 A.M. to 5 P.M.

- Free Hot Dogs & Soft Drinks
- Free Frosty Paws
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- Boutique Sale
- Frontline Sale –
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PHOTOS BY NIKKI CHESHIRE/THE CONNECTION

From left, back row: Erin Lobato, director of Celebrate Great Falls Foundation; Barbara DeHart, assistant principal at Forestville; Katie Simmons Hickey; Julie Ryan, Forestville PTA president; Rachel Keuhl, Great Falls Elementary PTA; Sara Harper, principal at Great Falls Elementary; Todd Franklin, principal at Forestville; Ken Junge, principal at Colvin Run; Mike Kearney, board treasurer. Front row: Connor Ryan, Catherin Mahr, Katie Kearney, Aiden Ryan, Emma Ryan.

Celebrate Great Falls Foundation Supports Local Schools

BY NIKKI CHESHIRE
THE CONNECTION

After efforts from parents, teachers, students and community sponsors, the Celebrate Great Falls Foundation was able to present a check donation of \$28,000 to be distributed between Great Falls Elementary, Colvin Run Elementary and Forestville Elementary. The money was raised during the 10th annual golf tournament at Hidden Creek Country Club.

The golf tournament fundraiser, though finishing its 10th year, has only been paired with the elementary schools for the past six years. “It was the perfect marriage,” said Erin Lobato, director of the Celebrate Great Falls Foundation and co-chair of the fundraising effort at Forestville Elementary. When the tournament initially began benefitting schools, it focused on Great Falls Elementary but soon expanded to include Forestville and Colvin Run as time went on. “I’m just so struck by the fact that there are three different schools all working together,” Lobato said.

This year, the fundraiser included an online silent auction, which raised around \$13,000 on its own.

“Deanna Keys was the mastermind behind that,” said Lobato, in reference to the online auction. Keys is a parent at Forestville and the auction chair for the event. “She was able to solicit so many items and get them on the website within the day.” Lobato continued, adding that there were more than 130 items available during the event. “It’s really neat to see such broad support in the community.”



Todd Franklin, principal at Forestville, and Ken Junge, principal at Colvin Run, react to the amount revealed on the check presented to the schools by the Celebrate Great Falls Foundation. This year’s fundraising effort brought in \$28,000 for the schools.

And it wasn’t just the community sponsors who pitched in. “The teachers and parents were incredibly generous with their time,” said Lobato. There were events within the schools to raise money as well that the teachers, parents and students helped organize and promote. The schools’ gifts contributed about \$2,000 to the fundraiser.

“The biggest benefit of this is the chance to have money for instructional purposes and technology initiatives,” said Todd Franklin, the principal of Forestville Elementary. “This money goes into each and every kid in our building, and will reach each and every kid in every grade level.”

“We have the same goals, expectations and ideals,” said Sara Harper, the principal of Great Falls Elementary. “We want to improve literacy and opportunities to best support our students.”

“We’re grateful to be able to provide our children with additional opportunities,” added Ken Junge, the principal of Colvin Run Elementary. “We are one community, and this will affect all of our community.”

Some notable people who helped make this fundraiser possible include Tim Burke, tournament chair; Barbara Morehouse and Matt Matay, Great Falls Elementary chairs; Lisa Cuomo, Colvin Run Elementary chair; Missy Perkins, Forestville Elementary co-chair.

Notable sponsors include Garai Orthodontic Specialists, Sisson Landscapes, Brightview Great Falls, Moss Building and Design, and AOG Wealth management.

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July 4th Hometown Celebration Parade, Festivities & Fireworks

Monday, July 4th



Schedule of Events

- 8am-9am** 5K Walk/Run
Great Falls Freedom Memorial
- 8am-1:30pm** INOVA Blood Drive
Great Falls Fire Station
- 9am-9:45am** Little Patriot Parade
Great Falls Village Centre Green
- 10am-10:45am** Main Parade
Great Falls Village Centre
- 10:30am-12:30pm** Festivities, Games & Fun
Great Falls Village Centre Green
- 6pm-10pm** Fireworks & Activities
Turner Farm Park



Little Patriot Parade

Great Falls Village Centre Green

Babies and children up to age 5 are welcome to parade around the Green. Awards for "Young George Washington," "Little Miss Betsy Ross," and "The Star Spangled Family."

9am Registration at the Gazebo ~ 9:15am Start

Questions? Contact Claire Abbot
ClaireAbbott1@yahoo.com

Main Parade Information

Registration

To be in the parade, all floats, cars, entertainers & others need to register online at www.CelebrateGreatFalls.org
Parade staging will take place at 9:30am on Lunenburg Rd. between Minburn and Columbine Streets.

Make a Float!

We encourage neighborhoods, local businesses, or any group to make a float for the parade!
PRIZES!!
BEST BUSINESS FLOAT
BEST NEIGHBORHOOD
BEST ORGANIZATION
BEST MINI-FLOAT (under 8')

Bring your Pet

Bring your friendly dog on a leash to walk in the parade!
Dress your dog up and meet at the corner of Lunenburg and Columbine Street at 9:40am.
Treats provided by Great Dogs of Great Falls

Young Bike Riders Welcome!

Young bike riders will join the parade once it reaches the Village Centre. A space for riders and their parents to gather and view the parade before joining it will be reserved in the large Wells Fargo parking lot.
No need to register



Celebrate Great Falls Foundation

Sign up for our email list at www.CelebrateGreatFalls.org

For weather cancellations or more information, call (571) 293-0474

5K Walk/Run with Great Falls Trail Blazers

Again this year, the Great Falls Trail Blazers are hosting The Annual 5K Walk/Run on our local trails. Join us for an 8am start at the Freedom Memorial on the Library grounds. Sign up online at:

<https://runsignup.com/Race/VA/GreatFalls/July45K>

Volunteers Needed for Hometown Celebration and Fireworks!

The Hometown Celebration is run entirely by community volunteers. We still need people for the Hometown Celebration during the day, the evening fireworks and the next morning for clean up. Please sign up online at www.CelebrateGreatFalls.org

This is a great place for middle schoolers or older to help the community!

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Bic DeCaro, Westgate Realty Group, Inc.
Koko Fit Club
Rossen Landscape

Community Heroes Behind Great Falls Fireworks

BY ADRIENNE WEST

E a m o n McCrann, a long-time resident and this year's fireworks committee chair, moved to Great Falls with his parents in 1981 when he was four years old and then moved his own family here in 2007 after living throughout the Northern Virginia region. "I knew from the start that Great Falls is where I wanted to raise my family so it was just a matter of time," says McCrann.



Eamon McCrann

His earliest memory of the fireworks is when the firehouse set them off in the Village Center field when he was four or five. "All of our neighborhood friends and families would be in the parking lot, tailgating and enjoying the festivities. One of my most vivid memories is of the parachute, and all the kids would chase after it. The rumor was there was money in it but that was neither confirmed nor denied," McCrann added.

When the fireworks didn't happen in 2014, he reached out to people and found out there were other residents who missed

the tradition of the fireworks in Great Falls. McCrann said he joined the committee, led by Mike Kearney, to bring them back because "they were a part of my childhood and a great memory for me so I wanted to make sure it was a lasting memory for my children."

He feels the community should understand the fireworks are "put on by the people, and not funded by the county. It's all about the sponsors and the volunteers." McCrann explained that he hadn't realized that at first either. "There were 7-10 people that put it on for almost 20 years. It's really a core group of volunteers and sponsors. We need to raise awareness of that in our community. It's a Great Falls event put on by Great Falls residents and funded by Great Falls residents. If no one helps, it won't happen."

M i k e Kearney's name is synonymous with Great Falls and community. Transplants from Southern Virginia, he and his wife, Mary, moved here in 1980 and have become an integral part of our



Mike Kearney

hometown.

He remembers going to the fireworks in the early 1980s at the current lacrosse field when they were put on by the volunteer fire department. After the fireworks went dark from 1985-1995, Kearney took it upon himself to bring the fireworks back in 1996, initially working with the "Save Turner Farm" team. His charitable work continued when he created the nonprofit organization, The Brogue Charities, in response to what he saw as a lull in activity, and it eventually evolved into what is now the Celebrate Great Falls Foundation. His well-known Irish restaurant and pub, The Old Brogue, is the regular hangout of many residents and where Kearney has encouraged patrons and friends alike to become involved with their community.

Kearney has always been a staunch supporter of local events and carrying on this tradition. Warmly regarded as the token "mayor of Great Falls" by all that know him, he humbly shrugged the title off. "Everything I do is about the small-town feeling of Great Falls. And whatever I can do to continue that is important to me and to the community. I am one of many with a firm commitment to the community. It takes a village to continue that community feeling we've all enjoyed. It's part of the reason people move here and stay here. It's not just about the schools. We have a small town

feeling but we're within 15 miles of the nation's capital. We still need volunteers for the fireworks, but also for all the community events. In any small town in America, caring individuals that want to make a difference put it all together. Today's life is so hectic and people's free time is so short. But if they stop volunteering and making a difference in their community, it will all go away," Kearney cautioned.

Stefan Suib, owner of Great Falls Auto Service and long-time resident, has lived in Great Falls since the early 1970s and his parents still live in the area.



Stefan Suib

His first memory of the fireworks, back when they were behind the Grange Hall, is winning prize money at one of the games when he was in fifth grade.

He and his wife, Sandy, have supported the fireworks event through the years. Suib began with the Great Falls Citizens Association executive committee in the 1990s. When the fireworks disappeared in 2014, he reached out to Mike Kearney and co-

SEE HEROES, PAGE 14



Volunteers from Long and Foster McLean who sponsor Childhelp's annual visit to Roer's Zoofari.

Childhelp Visits Roer's Zoofari

On Wednesday, June 15, the children from Childhelp's Alice C. Tyler Residential Village toured Roer's Zoofari petting zoo (formerly, The Reston Zoo), and experienced the wonder of interacting with and hand-feeding furry friends.

The late Jack Crippen founded The Reston Zoo in 1975 on the site his family farmed for more than 150 years. Crippen's passion for children and animals has been carried forward by Sandra Crippen of Great Falls, who has made the zoo visit an annual tradition for the

children of Childhelp.

Crippen is a long-time Childhelp Board and Chapter Volunteer who sold the Zoo five years ago, though still keeps a watchful eye and caring-heart-in-action with the zoo's newest owners since March 2016, Vanessa Stoffel (co-owner and CEO) and Jacob Roer (co-owner, director of maintenance).

"Jack just loved children and animals, and he and I both care so very deeply for the at-risk children of Childhelp. Connecting with animals keeps love and hope alive in the little hearts of children, which is why I continue this tradition."

Long and Foster McLean sponsored the annual outing and sent several Volunteers to help guide the children through the zoo and hayride. Volunteers from DPR Construction, Level 3 Communications and Childhelp Washington Area Chapter Members and Staff were also in attendance to provide a picnic buffet, including Caribbean-inspired strawberry lemonade.

The adventurous visit concluded with each child receiving a goody bag donated by Childhelp Volunteer, Alma Benza from Vrge Strategies, and was highlighted when



From left — Nina Doherty, "Louie" the 6-year-old Macaw Parrot, Vanessa Stoffel, Alice C. Tyler, Chris Ruble and Sandra Crippen of Great Falls.

PHOTOS CONTRIBUTED



Goats enjoying hand-fed treats.

each child selected a cold ice cream as they left Zoofari, ensuring school is indeed out for summer!

Childhelp's programs and services include residential treat-

ment services, children's advocacy centers, therapeutic foster care, group homes and child abuse prevention, education and training. For more information, visit www.childhelp.org.

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Getting Home Safely on Independence Day

Independence Day is a national celebration, and for many, that celebration includes alcohol. The summer overall and July 4 in particular are times of greater risk for drinking and driving.

This is true for the young adults over 21 living with you, and unfortunately also for many teens who are under 21. More on that below.

For all revelers: Make a plan. Plan to celebrate with access to public transportation. Plan to have a designated driver. Plan to celebrate in a place safe and comfortable to spend the night.

But in case those plans go awry, here is an alternative safety net.

EDITORIAL On the night of Monday, July 4, the Washington Regional Alcohol Program will offer free taxi rides home (up to \$30), beginning at 10 p.m. for six hours until 4 a.m. the morning of Tuesday, July 5. Participants must be at least 21. Call 1-800-200-TAXI.

On July 4, 2015, more than 230 people used WRAP's SoberRide service rather than possibly driving home impaired.

In summer, 44 percent of all U.S. traffic deaths are caused by alcohol-impaired drivers, according to statistics provided by WRAP. SoberRide is a way to help keep local roads safe from impaired drivers during this traditionally high-risk holiday.

On July 4, historically, more than 40 percent

of traffic deaths in the U.S. are caused by drunk drivers; more than 20 percent of the drunk drivers involved in those deaths had blood alcohol concentrations of nearly twice the legal limit, said Kurt Erickson of WRAP.

SoberRide is only available for those over 21. For parents of young adults who may be living at home and parents of those under 21, this is time to talk. Ask about plans, ask spe-

cifically about getting home. Let your younger family members know that you would much rather pay for a cab or come get them yourself than run the risk of losing them.

This is a message important for the tail end of graduation season and good for the whole summer, which is the time of the highest risk for teen drivers.

Visit www.soberride.com for more.

Connection Families, Pet Connection

The Pet Connection, a twice-yearly special edition, will publish on July 27, and photos and stories of your pets with you and your family should be submitted by July 17.

We invite you to send us stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a pet? Is your business about

pets? Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

Email to north@connectionnewspapers.com or submit online at www.connectionnewspapers.com/pets.

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LETTER TO THE EDITOR

Gross Misreading of the Second Amendment

To the Editor:

This is in response to U.S. Rep. Gerry Connolly's opinion piece titled "Stem Gun Violence Epidemic" (The Connection, June 22-28).

It frustrates me that so many anti-gun people, including U.S. Sen. Tim Kaine and, most recently, Representative Connolly in his editorial in the Connection, simply do not understand history. Specifically, they either ignore, are ignorant of, or simply don't grasp the truth behind the Founders' intent when they wrote the Second Amendment (2A). Mr. Connolly's observation that "certainly our Founding Fathers did not envision AR-15 semi-automatic rifles when they drafted the Second Amendment" demonstrates a profound lack of understanding of the intent of the 2A. That the Founders didn't have the AR-15 in mind when they wrote the 2A may be true, but it's also totally not relevant to what they did have in mind.

What Democrats and anti-rights [advocates] want is to ban all effective weapons in American hands. Without realizing it (maybe), they pursue and promote Marxist goals of making the public subservient to the government boot. That is the exact opposite of why the 2A is in the Constitution in the first place: it is there to balance federal power.

Ever since the so-called Gun Control Act of 1968, when officials could get all the machine guns they wanted, but you and I could only get single-shot rifles like the AR-15, we have been sub-armed. The balance of power flipped decisively to government. Ours fire only one shot at a time, and are all we have left. Antis-

think they're assault weapon machine guns, but they took those from us back in 1968.

Then they yell at the NRA for blocking "reasonable common sense bills." They are nothing of the sort. Banning the AR-15 — the finest defensive rifle made in America, the choice of police who are otherwise outgunned against exactly the same criminals common civilians face — would have no effect against jihadis.

If Americans are sub-armed, limited to bolt-action wood guns, or some other total infringement that leaves America in a completely unbalanced state, the shining light of freedom will have been extinguished. The jihadis will have won. With asymmetrical warfare underway, we should be teaching Americans how to shoot, and arming them better, not passing laws to infringe their gun rights.

The founders were not thinking of muskets and blunderbusses when they crafted the 2A. They said the right to bear "arms" shall not be infringed. "Arms" is a very broad term, deliberately used because they felt the citizenry necessarily must be on equal footing with the government when the need to resist tyranny arises. ... Stated simplistically, if the government has howitzers, so, too, should the citizenry have howitzers. ...

Additionally, the founders and framers idea of "well-regulated" had nothing to do with government restrictions on gun ownership (hence the very clear declaration, "Shall Not Be Infringed," at the end of the 2A) or the government's ability to monitor gun owners, but instead had to do with a militia of civilians being well-trained and self-sufficient. (Recall

that George Mason stated, "I ask, sir, what is the militia? It is the whole people except for a few public officials.") The 2A's purpose is to protect a free State from government tyranny. The gross misreading that government is supposed to regulate the Second Amendment is like suggesting a burglar ought to have the security code to one's home alarm system. It's ridiculous. ...

Aside from the government, if a violent armed criminal threatens me, my family, and my home, it stands to reason that I should have at my disposal the same level of defensive means that he/she/they has/have at their disposal for offensive means. (Don't think of flintlock muskets!) Targets of violent criminals are entitled to be on equal arms footing if they are to survive. Now that's "common sense!"

Paul Carlock
Fairfax Station

Write

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

Send to:
Letters to the Editor ♦ The Connection
1606 King St. ♦ Alexandria VA 22314
Call 703-917-6444.
Email vienna@connectionnewspapers.com



OBITUARY

Bill Russo, of Great Falls, Dies

On Friday, June 24, 2016, William (Bill) F. Russo died suddenly at his home in Great Falls following a valiant fight with a brain tumor. Bill was the devoted dad of Bel and Bea, loving husband of Beth, son of Joe and Nancy, son-in-law of Jim and Donna, brother of Karen and Tony, and a caring member of his entire family. He was a senior attorney for the U.S. Department of Veteran's Affairs and a passionate advocate on behalf of all veterans. Bill was also a responsible member of the community, president of the homeowners association for over 20 years. Bill's many accomplishments were topped by being "BDE"—Best Dad Ever—by his daughters.

A memorial service will be held at 11 a.m., Friday, July 1, at the Loudoun Funeral Chapel, 158 Catocin Circle SE, Leesburg, Virginia.

LETTER TO THE EDITOR Great Falls 4th

To the Editor:

Great Falls residents are lucky to have lots of home-grown things to do on Independence Day. The Trailblazers kicks off the local celebration with a 5k run/walk through the heart of town. Starting at 8 a.m. at the Freedom Memorial, runners and walkers will traverse leafy walkways and roads and specially-mowed fields, not only getting some exercise but also taking in some of the beauty of our village area. A few hours later—at 10 a.m.—the Fourth of July parade will wend its way through the roads of the Village Centre, including elaborate floats by local businesses, scout troops, pets, elected officials, antique cars and local equestrians. Afterwards, there's food and games around the town gazebo. Finally, the fireworks will be launched from Turner Farm at dusk, although the park opens at 6 p.m. for tailgating, music, contests and with food trucks.

In many places, all these community-spirited events would be brought to you by the local town government. But Great Falls is not a town and so we are fortunate to have these amenities only because of a whole lot of volunteer work by groups like Trailblazers and the Celebrate Great Falls Foundation. If you love the small town feel of Great Falls next week, think about giving some of your time, talent and financial support to these organizations.

Bill Canis
Great Falls

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

JULY

7/13/2016.....HomeLifeStyle

7/20/2016.....A+ Camps & Schools

7/27/2016.....Connection Families: Our Pets

AUGUST

8/3/2016.....Wellbeing

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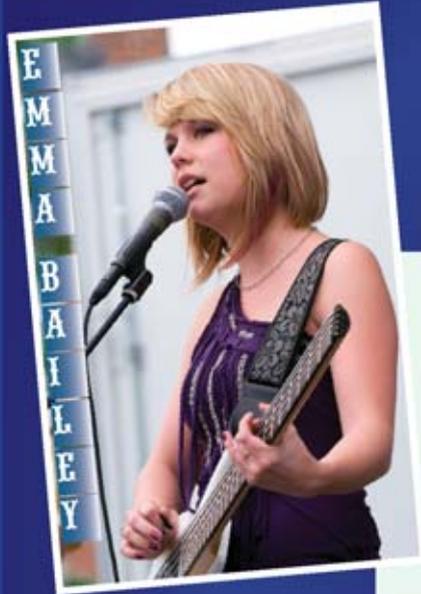


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CONNECTION FAMILIES

Planning Memorable and Meaningful Family Vacations

Tips for turning summer trips into a lifetime of memories.

BY MARILYN CAMPBELL
THE CONNECTION

As summer gets underway, vacation-bound families are packing their bags and heading out of town. Vacations often fly by — months of planning and anticipating can be over in the blink of an eye. With a little advance planning and forethought, however, even a quick weekend trip or a visit to relatives can become meaningful and memorable.

To begin with, give all family members an opportunity to be part of the travel planning. “Let kids have some input into what the plan is,” said Linda Gulyn, professor of psychology at Marymount University in Arlington. “For instance, if you want to take them to the beach, let them choose something that they want to do at the beach, something that’s important to them. That creates a balance between each kid’s interests and the family’s interest.”

Allowing children to have a say in the plan sets the stage for a memorable vacation. “You can show them pictures in a guide book of age-appropriate activities that you would be willing to do as well,” said Karen Prince, LCSW, a Bethesda, Maryland-based psychotherapist. “It’s important to give kids a voice because it’s their vacation, too.”

Indulging in some screen time on a family vacation is fine, said Gulyn, as long as there is a balance between screen time and family time, and screen limits are set before the vacation begins.

“Try to be positive about it instead of punitive,” she said.

“Negotiate screen time and make it reasonable. Always get the kids’ input to reduce family stress. You don’t want the family vacation to be dominated by these issues if you can negotiate them ahead of time.”

Don’t rule out allowing a child’s friends to join the family vacation. “I think what happens as kids get into adolescence they want to form an identity outside the immediate family,” said Gulyn. “Including a friend is a nice balance because the family unit gets respected and the family gets to know and spend time with the friend.”

From family group shots to picturesque scenery of

mountain tops and oceans, documenting a trip with photographs will help preserve your favorite memories. This is made easier with the ubiquity of smart phones and tablets, and the entire family can participate.

“Encourage kids to take pictures of the event on their phone as opposed to just messing around with it,” said Gulyn. “Social media is very picture oriented. If kids have the job of taking the family pictures, that’s cool.”

“You can give [children] an inexpensive camera that you get for \$10 at CVS,” said Prince. “That way they can capture memories as they go.”

Discuss expectations and hopes for the vacation so each family member can clarify his or her own interests and hear other family members’ ideas, and

the family can set realistic plans that keep everyone’s needs in mind. “I’d recommend a wish list and perhaps agree everyone gets to have at least one wish fulfilled,” said Amy L. Best, Ph.D., professor and chair of the Department of Sociology and Anthropology at

George Mason University.

Make a plan for mediating conflicts that are likely to arise in even the most easygoing families. “It’s easy to get bogged down in small conflicts that can cast a dark shadow,” said Best. “Doing some anticipatory work is a good idea.”

At the end of each day, take stock of how the vacation is going and make adjustments along the way as necessary, said Prince. “That way you don’t have the whole vacation go by and find out that the kids didn’t enjoy it,” she said. “There is often the expectation that a vacation is going to be nirvana the entire time and it doesn’t happen that way. Things come up unexpectedly and you adjust.”

“Family vacations are an opportunity to teach kids how to be part of a team and how to cooperate,” said Prince.

“Be prepared for activities that you enjoy but they don’t,” said child psychologist Stacie Isenberg, Psy.D., “If you love viewing art but your kids don’t, bring drawing pads and books to keep them occupied while you admire the artwork for just a little longer. Create challenges and games for them during less exciting outings, such as ‘I Spy’ or scavenger hunts.”

It’s a good idea to create some family vacation rituals, advises Best. “If it’s a place you return to frequently, try some new things, but do the round of traditions,” she said. “This will strengthen kids’ attachments to the place and create lasting positive memories.”

Remember to schedule time for rest and food breaks. “Even the best travelers need some time to replenish themselves,” said Isenberg.

“It’s important to give kids a voice because it’s their vacation too.”

— Karen Prince, psychotherapist



Allowing children to choose age-appropriate activities from a travel guidebook is one way to include them in the vacation planning process.



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CONNECTION FAMILIES



Online and professional education courses, such as this landscape design class offered at The George Washington University's Arlington campus are growing in popularity.

PHOTO BY
WILLIAM ATKINS
COURTESY OF GWU

Continuing Education

Online classes offer flexible options for earning credentials outside the classroom

BY MARILYN CAMPBELL
THE CONNECTION

Interested in learning to landscape your yard using sustainable practices? Want to practice Spanish before traveling to South America? Didn't take philosophy seriously in college, and want to take a refresher course? Looking to get an advanced degree or certification to secure a job promotion?

Opportunities for continuing and professional education abound for the intellectually curious.

One trend in continuing education that local educators say is on the rise is online learning. A study by the Babson Survey Research Group shows the number of students enrolled in distance learning courses increased each year for the past 13 years.

Driven by advancements in technology, the explosion of online learning is making education — once available only to those with extra time and funds — accessible to anyone with a tablet or laptop computer.

"Our online courses have increased at about 20 percent a year for about three years," said Stephen Nodine, Ph.D., associate vice president for E-Learning and director of Distance Education at George Mason University.

One of the reasons for the rapid growth of online courses is the flexibility that they offer working adults. "Students are able to schedule a course that they couldn't work into their daily schedule," said Nodine. "People who are looking to advance in their career or change careers can earn a graduate certificate and have a new credential without having to come to campus."

The demand for courses that enhance professional marketability is another factor behind the popularity of online continuing education. "One example of how this works is in the [information technology] field," said Jennifer Lerner, associate vice president

for e-Learning at Northern Virginia Community College. "One program that is in demand is cyber security if someone needs an additional certificate to prepare them for the new kinds of IT roles, like Cyber Security."

The flexibility that online courses offer does not mean that they are less challenging than courses taught at a university, said Lerner. In fact, the standards of academic rigor are comparable to those offered in a traditional campus setting.

"Students need to be really organized and really self-motivated," said Lerner. "Online courses aren't for those who take an out-of-sight-out-of-mind approach to learning. Students need to just be committed with online courses as they would for an on campus class. "They shouldn't be the last thing on your priority list that you expect to fit it in without a time commitment."

Jennifer Webb, senior associate director of Graduate Enrollment for New Student Graduate Admissions at Marymount University, said that while traditional online programs are best suited for students who have strong time management skills and adequate technology literacy, "many programs now have support and format opportunities which offer additional structure and engagement, and are, therefore, well suited for all types of learners."

The reasons that some students choose online courses vary, said Nodine. "There are some students who might be in Iowa and want to take a class that we offer and they can't get to a university near them," he said. "There are also students who live in Bethesda, for example, and work full-time and get to classes in Virginia."

Universities tailor their offerings to meet the needs of online and continuing education students by staying current with market research, said Nodine. "One thing we look at is employment trends in new professions, information that we get from the Bureau of Labor and Statistics," he said.

"We constantly review our programs to ensure the curriculum is current and prepares students to assume appropriate positions in the job market," said Cathy Anderson, Ph.D., interim associate dean for Aca

SEE CONTINUING, PAGE 12

Fireworks!

Celebrate with us at the Great Falls July 4th Fireworks at Turner Farm Park

This wonderful patriotic event would not have been made possible without all the local support, local "volunteers" who stepped up to put on the event and all of the funds donated by hundreds of citizens and businesses.

The Celebrate Great Falls Foundation & the Great Falls community say "Thank You"



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Monday, July 4th Fireworks Schedule

6:00 pm - The gates open at Turner Farm Park.

Free activities include a rock climbing wall, moon bounce and inflatable rides. Food will be available from the following vendors.

Mookie's BBQ, (Great Falls' very own BBQ)

Chef on Wheels Taco's, Great Falls Creamery ice cream and much more!!

Music by John Paul of Megawatt, Inc.

9:20 pm - Fireworks display by Dominion Fireworks

www.CelebrateGreatFalls.org

CONNECTION FAMILIES

Continuing Education

FROM PAGE 11

ademic Programs and Services, School of Continuing and Professional Studies at the University of Virginia. “We recently updated our Leadership and Project Management curriculum based on research, market and competitive analysis.

Universities strive to make their online classes accessible and relevant. For example, The University of Virginia’s School of Continuing and Professional Studies has academic centers in Falls Church. The George Washington University offers courses on campuses in Arlington, Alexandria and Ashburn, as well as more than 100 degree and certificate programs online.

“Online education remains an extremely high priority for both faculty and administration at GW,” said Geneva Henry, George Washington University’s dean of libraries and academic innovation who oversees the university’s online learning programs. “Because of the success of our current online offerings, we will continue to grow our online courses as the demand from faculty and students is currently very high.”

Anderson said the university reviews the mode of delivery for its classes and programs to assess whether students’ needs are being met. “For example, we recently converted our accounting program to the online ... to allow us to reach a larger audience and provide more flexibility to current students,” she said.

Advances in technology and a desire to meet student requests have altered the way online classes are offered. “In the past, a lot of online courses were



PHOTO COURTESY OF UNIVERSITY OF VIRGINIA

Students can take continuing and professional education classes at the University of Virginia Academic Center in Falls Church.

set up where there wasn’t a lot interaction between students and teachers. We would put the content up and let students access it,” said Bodine. “We’ve moved away from that to let students engage with each other.”

Anderson said UVA’s School of Continuing and Professional Studies is launching a new graduate certificate in Health Sciences Management launches this fall. “We are also in the process of developing additional offerings in cyber security and data analytics,” she said. “We are also exploring the option of adding Master’s degree options in the area of some of our graduate certificate programs.”

VOLUNTEER OPPORTUNITIES

SCOV Caregivers Support Group

meets twice a month, on the first and third Thursdays, as coming up from 10 a.m. to noon. All caregivers are welcome to join anytime. Location: Unitarian Universalist Congregation of Fairfax (UUCF), 2709 Hunter Mill Road, Program Building, Oakton. The group includes those presently and previously caring for a loved one of any age or circumstance. For more info, please contact the facilitator, Jack Tarr at 703-821-6838.

Fairfax County needs volunteers to **drive older adults to medical appointments and wellness programs.** For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Respite Care volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor’s appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

The **Lewinsville Senior Center** in McLean needs instructors for the following classes: Line Dance, Zumba Gold, Certified Arthritis Exercise, Square Dance, Basic Guitar, Art and Basic Spanish. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit

www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Shepherd’s Center of Oakton-Vienna** has an urgent need for volunteer drivers to take area seniors to medical appointments and other activities. Opportunities to volunteer for other services are also available. No long-term commitment and hours are flexible to fit your schedule. Visit www.scov.org or contact the Volunteer Coordinator at 703-281-5086 or email volunteer@scov.org.

Run With the Doctor. Every other Saturday at 7 a.m. 8230 Boone Blvd., Tysons Corner. The Center for Orthopedics and Sports Medicine offers its services in a convenient format to runners at this running event. Free. facebook.com/runwiththedoctor.

The **Advisory Board of the Northwest Center for Mental Health Services.** 7-9 p.m. Looking for volunteers who are dedicated to improving mental health services. 703-435-0868.

Multiple Sclerosis Support Group. 7 p.m. Vienna Presbyterian Church, 124 Park St., N.E., Vienna. A group for anyone with multiple sclerosis, their family and friends. 703-768-4841.

Virginia Chronic Pain Support Group Meeting. 1:30 p.m. at Kaplan Center for Integrative Medicine, 6829 Elm St., Suite 300, McLean. Group leader, Jodi Brayton, LCSW; meetings are the second Wednesday of each month. 703-532-4892.



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Members listen to an introduction by Larry McKinley, Fairfax Resolves SAR Chapter Member and annual event coordinator.



V.S.C.A.R. State President Alexandra Slaughter presents a new flag to Daniela Dixon, manager of the Great Falls Library.

Retiring Flags, Respectfully

Members of the Children of the American Revolution led the annual Flag Retirement Ceremony at the Great Falls Freedom Memorial on Flag Day (June 14). According to the United States Flag Code, a U.S. Flag may not be thrown away but must be destroyed. The C.A.R. members learned the proper way to retire flags that are sun-bleached, soiled beyond cleaning, or wind-torn from outdoor display.

Members of the Fairfax Resolves Chapter Sons of the American Revolution, as well as Thomas Nelson, Fairfax County, and Anna Maria Fitzhugh Chapters of the Daughters of the American Revolution continued their support of the youth and community showing patriotism and proper disposal of the American Flag.

A new flag was presented to Daniela Dixon, manager of the Great Falls Library, by the Virginia Soci-

ety C.A.R. State President Alexandra Slaughter, to replace a worn flag at the Library. Slaughter was joined in the ceremony with members of the Col. William Grayson, Light Horse Harry Lee and Providence C.A.R. Societies. N.S.C.A.R. Senior National Librarian Holly Lynne McKinley Schmidt and N.S.C.A.R. Senior National Vice President for the Mid-Southern Region Rebecca Slaughter assisted with the ceremony and helping the youth prepare the flags for disposal.

The Fairfax County Fire and Rescue Station of Great Falls provided their service for safety during the flag disposal. Worn and unusable American Flags are collected at the Great Falls Library year-round for disposal at this annual ceremony. For more information on the Children of the American Revolution, see www.nscar.org.



C.A.R. members read parts of the Flag Retirement Ceremony at the Great Falls Freedom Memorial.

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Heroes Behind Fireworks

FROM PAGE 6

chaired the committee last year. He plans to stay active by working with the vendors and helping where necessary. He reiterated others' sentiments that it's a "coordinated effort and we need more volunteers."

Suib believes that the keeping the tradition of the fireworks alive gives Great Falls a strong sense of community. "There's something about staying local and picnicking with your friends and maybe meeting some new ones," he added.

A search for a better commute for her husband brought **Erin Lobato** to Great Falls from Potomac, Maryland, in October 2012.

Even though she has become an integral part of the

community as director of The Celebrate Great Falls Foundation, Lobato has yet to attend the fireworks herself. "I've never seen them because I'm always out of town with my extended family. This year I convinced them all to come here instead of the beach, and I'm bringing the whole family to see the fireworks," she said excitedly.

She helped the fireworks committee behind the scenes but 2015 was the first year she was directly involved when the Celebrate Great Falls Foundation took it over. Lobato worked with the board to find people to lead the effort to bring the fireworks back.

Lobato shared her reason for getting involved: "I feel really strongly that what makes Great Falls special is that we have those special events. It's one of the things that struck me when we moved here. These are great community building events and it helps make it a unique place. I think people feel connected to Great Falls in a way that others don't."

She has two reasons why Great Falls residents should come to this event instead of going to bigger ones like in Alexandria or D.C. "Convenience and ease is obviously one reason; it's a big production and you only have a short drive home." Lobato added, "A more important reason is that this is what America is all about: small, tight knit communities that watch out for each other. It is 100 percent volunteer-run; we only outsource the fireworks themselves. We raise the money within our community and we put in the hands to make it all happen. We have a real fabric of community. It's special. You're not one of a million people watching them in D.C."

John Burke may not be from Great Falls like many on the Friends of the Fireworks committee but he is just as passionate. A Baltimore County transplant, he was invited by a local friend to bring his family to the fireworks celebration in 2000 and fell in love. He and his family moved to Great Falls

the very next year and he has been an advocate for our community ever since.

After that initial exposure to the fireworks event, he built a go-cart that his daughter repeatedly drove in the morning parade. He was saddened when the lights of the celebration went out in 2012 and reached out to Mike Kearney to find out how to help. "It was a great celebration and I wanted to do what I could to make it happen again," Burke says. "I think it's a great community event, with a 'small town, Norman Rockwell' feel, and the fireworks contribute to that. It's a great community-building event and it's why we moved here."

Even though there are larger events in Alexandria and D.C., Burke adamantly discounts them. "I don't care if they're bigger. I've never been to those. This is our event and we need to maintain ownership of that," he states.

Burke points out that the fireworks committee can always use more help. He cautions, "It doesn't get done without people stepping up and doing it, so don't assume it's just going to happen."

Meg Casey joined the Great Falls community all the way from Connecticut on July 4, 2014 because her children had been accepted to local schools. However, her family was met with dark skies that holiday, as it was the first year the fireworks were not put on here.

Casey explained how she came to be involved with the committee: "The year I moved here was the first year with no fireworks and my family went to D.C. A couple days later I was at the Old Brogue and met Mike Kearney, and we started to talk about why there were no fireworks. He explained that there was money but no manpower, so he asked if I would help – and she ended up being the key member of the 2015 team."

The tradition of the fireworks must continue because it is "so important to have these community events," Casey stated. "People need to step up and get involved. We need more people because the same people keep doing it and they get burnt out. And it's more fun and it lightens the load when there are more people. It's so important." She stresses that key people like Kearney are what keep things going with their dedication to the community.

Ryan Foley of Foley Construction is a native of Great Falls, his family living here since the early 1970s. He has fond memo-



John Burke



Erin Lobato



Meg Casey



Ryan Foley



Wayne Gamotis

To Get Involved

For more information on how to donate or help as a volunteer visit www.celebrategreatfalls.org. You can also send your donations to Celebrate Great Falls Foundation, PO Box 295, Great Falls, VA 22066.

Celebrate July Fourth in Great Falls

Great Falls begins its Fourth of July celebrations with a 5K Walk/Run at 8 a.m. at Great Falls Freedom Memorial. From 8:30 a.m. to 1:30 p.m., there will be a blood drive at the Great Falls Volunteer Fire Department.

At 9 a.m. babies and toddlers will have a chance to promenade at the Little Patriot Parade at the Village Centre Green. Awards for "Young George Washington," "Little Miss Betsy Ross," and "The Star Spangled Family." The little patriots will be followed by the Main Parade at 10 a.m. See the floats, horses, antique cars and pets making a loop in the Main Parade. Be sure to spot the winning floats for Best Neighborhood, Best Business and Best Organization.

After the parade, enjoy burgers, dogs and snow-cones along with music, field games and festivities on the Village Centre Green with your Great Falls neigh-



CONNECTION FILE PHOTO

The Celebrate Great Falls float makes its way down Columbine Street during the a previous Great Falls Fourth of July parade.

bors. Festivities, food and fun will be from 10:30 a.m. to 12:30 p.m. Then, pack up the family and come tailgate with your neighbors at Turner Farm Park, 925 Springvale Road, Great Falls. Gates open at 6 p.m. Live music, games, contests and food trucks will entertain until the Big Show gets underway just after dusk. For more information, go to <http://www.celebrategreatfalls.org>.

ries of attending Village Green Daycare and seeing the fireworks when they were at that location.

One of his first jobs was as bus-boy at The Old Brogue and owner Mike Kearney always encouraged the staff to get involved in the community. Foley's father also instilled those values in him and his two brothers by working with the GF Citizens Association and staying active over the years. "It's important to us. The community has been good to our family, and it's important to give back. It's something that's been ingrained in me since I was very young" says Foley. He started helping at the event as a teen and has done what he can over the years to help.

When asked why he feels it is important to carry on this tradition, Foley touches on the reason often echoed by "small-town USA" residents. "Great Falls is such a unique community, a very tight knit community ... It's one of the few times a year where the entire community has the ability to gather as one and come together. There are a lot of veterans and service members in Great Falls and it's important for me that those people see we appreciate their sacrifice." Foley adds, "It's a very family oriented community, so seeing those families come together out there, it's something you don't see other local communities able to do in the same capacity that Great Falls can."

He thinks it's important that everyone understands the fireworks event is run solely by volunteers who put in "countless man hours" for fundraising and organizing, set-up and clean up, security, parking, and

more. He finds the other committee members and their dedication to making this event "inspiring" and wants to spread the word. "If I can contribute anything, it's trying to bring more people to the table because it's the people that we need."

Wayne Gamotis of Mookie's BBQ, a self-professed regular of the Old Brogue, was born and raised in McLean and moved to Great Falls 30 years ago. He liked the area and had friends from childhood here, who he joined at the fireworks every year when it was held at what is now the lacrosse field behind the Creamery.

He first got involved with the fireworks event when it was moved to Turner Farm, volunteering for the "Save the Farm" fundraisers and helping wherever he was needed. As a Brogue patron, he was asked by Mike Kearney to help out and he has every year since. Gamotis added, "I've been doing security, setting up and taking down the lights, road cones, banners, and whatever is necessary."

Gamotis pointed out that many people in the community expect the fireworks. "For a lot of people that have moved to Great Falls, Fourth of July is one of their major holidays. I've heard people say they'd leave if there were no fireworks, but they prefer to stay local. I start out the day doing the parade and then go help out with the fireworks. I grew up with them." He stressed that the committee is always looking for volunteers, and after doing it for so many years, he'd like to train his replacement.

SPORTS

Langley Wildthings Victorious in Division 3 Debut

The Langley Wildthings were victorious in their NVSL Division 3 debut, with a 227 to 193 win over the Vienna Aquatic Club Gators.

This week's Double Blue Ribbon Wildthings are: Luca Sanchez, Boys 8 and under, 25 backstroke and 25 butterfly and Megan Craven, Girls 11-12, 50 freestyle and 50 breaststroke.

Single Blue Ribbons were earned by: Ryan Dix, Boys 11-12, 50 freestyle, Matthew Coughlin, Boys 13-14, 50 freestyle, Duncan Proxmire, Boys 15-18, 50 freestyle, Muriel Wallach, Girls 9-10, 50 freestyle, Brady Quinn, Boys 9-10, 50 backstroke, Danny Quinn, Boys 11-12, 50 backstroke, Tessa Jones, Girls 9-10, 50 backstroke, Kate Walter, Girls 11-12, 50 backstroke, Adair Sand, Girls 15-18, 50 backstroke (swimming up), Ethan Ramchand, Boys 8 and Under, 25 breaststroke, Benjamin Scott, Boys 13-14, 50 breaststroke, Nate Johnson, Boys 15-18, 50 breaststroke, Kira Thornton, Girls 9-10, 50 breaststroke, Anya McKee, Girls 15-18, 50 breaststroke, Luke Watson, Boys 11-12, 50 butterfly, Marina Watson, Girls 9-10, 25 butterfly and Liliana Schone, Girls 11-12, 50 butterfly.

The Wildthings' six winning relays were: Boys 8 and Under 100 freestyle: Luca Sanchez, Ethan Ramchand, Dylan Walsh, Nathan Golesorkhi; Girls 9-10 100 medley: Katie Alms, Kira Thornton, Tessa Jones, Muriel Wallach; Boys 11-12 100 medley: Daniel Coughlin, Danny Quinn, Luke Watson, Ryan Dix; Girls 11-12 100 medley: Kate Walter, Megan Craven, Liliana Schone, Helena Swaak; Boys 15-18 200 medley: Nate Johnson, Jake Smith, Duncan Proxmire, Nick Woltman; Girls 15-18 200 medley: Adair Sand (swimming up), Anya McKee, Izzy Schone (swimming up), Audrey Wallach (swimming up).

SCHOOL NOTES

Send school notes to north@connectionnewspapers.com by noon on Friday.

Graham Liggan, of Great Falls, has been named to the spring 2016 dean's list at Auburn University.

Enas A. Musa, of Great Falls, received a master of liberal studies from Fort Hays State University spring 2016.



Be Part of The Pet Connection in July

Send Your Photos & Stories Now to editors@connectionnewspapers.com or complete our online form at connectionnewspapers.com/pets

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The Kensington is a new assisted living and memory care community currently under construction in the city of Falls Church. It will be a tastefully elegant residence designed with deep understanding of seniors who need help throughout the day or who are coping with memory loss. A full spectrum of clinical support, delivered by best-in-class professionals

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ENTERTAINMENT

Send announcements to connection newspapers.com/Calendar/. Deadline is Friday at noon for the following week's paper. Photos/artwork encouraged.

Ph.D., director of the Teacher Enrichment Program at nschuh@cee.org.

ONGOING

Paint the Town. Sept. 6-Oct. 1. 115 Pleasant St. NW, Vienna. Vienna Arts Society members exhibition. ViennaArtsSociety.org.

Great Falls Summer Market. Saturdays, 9 a.m.-1 p.m., 778 Walker Road Great Falls. <http://greatfallsfarmersmarket.org/>

Great Falls artist Betty Ganley. Month of July. Katie's Coffee House, 760 Walker Road, Great Falls. Nautical and floral subjects in watercolor. 703-759-4673.

"Footloose." Fridays and Saturday, 8 p.m. Sunday 2 p.m. July 8-24. Alden Theatre, McLean Community Center, 1234 Ingleside Ave., McLean. Based on the movie of the same name. McLeanPlayers.org. 866-811-4111.

June Floral Show. June 1-30. Broadway Gallery Fine Art and Framing, 1025-J Seneca Road, Great Falls. Reston Chamber Member features Floral Show at Great Falls Gallery with works of art by Vladimir & Alena Piven, Olaf Schneider, Anastasia Carson, David Sloane, Matthew Moore, and Linda Griffin. broadwaygallery.net. 703-450-8005.

McLean Farmers Market. 8 a.m.-noon. Fridays from May 6-Nov. 18. Lewinsville Park, 1659 Chain Bridge Road, McLean. The market provides area residents an opportunity to purchase locally grown or produced products. www.fairfaxcounty.gov/parks/farmersmarkets.

Krop's Crops Flea Market. 9 a.m.-3 p.m. Second and fourth Saturdays from May to August. 11110 Georgetown Pike, Great Falls. Shop for vintage, antique and used items. Or sell your treasures. kropsfleamarket@gmail.com.

Weekly Storytime. Wednesday and Saturday. 11 a.m. Barnes & Noble, 7851 L Tysons Corner Center, McLean. Themes and Titles vary. Free admission.

Tai Chi Beginners' Practice. Saturdays, 8-9 a.m. St. Luke's Catholic School Gymnasium, 7005 Georgetown Pike, McLean. Weekly Tai Chi practice. Group has met for over 20 years. Free. FreeTaiChi.org. 703-759-9141.

MONDAY-FRIDAY/JUNE 27-JULY 1

Fishing Adventures. 9 a.m.-3 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Fish from shore and boats using spinning tackle. Enjoy a chartered fishing trip on the Chesapeake Bay and an introduction to fly-fishing. 12-15 years old. \$449-\$464. To register: fairfaxcounty.gov/parks and search for Riverbend Park.

WEDNESDAY/JUNE 29

123 Andres. 10:30 a.m. Children's Theatre-in-the-Woods, 1551 Trap Road, Vienna. Bailar, or dance along with 123 Andrés as he takes you on a melodic journey to the Latin music world. Ages 2-7. \$8. wolftrap.org/woods.

THURSDAY/JUNE 30

Furia Flamenca Dance Company. 10:30 a.m. Children's Theatre-in-the-Woods, 1551 Trap Road, Vienna. Experience the thrill and elegance of flamenco! Combining fiery percussive footwork and passionate music. \$8. Ages 5 and up. wolftrap.org/woods.

Exploring the "T" in STEM. 8:30 a.m.-12:30 p.m. Courtyard Tysons Corner, 1960 Chain Bridge Road, McLean. Professional enrichment workshop for middle and high school teachers. Free. For more information contact Natasha Schuh-Nuhfer,

SUNDAY/JULY 3

Tom Principato. 6-8 p.m. Great Falls Village Centre Green, Great Falls. One of the most unique guitarists around, combining his rich blues background with high-energy rock, and a highly charged, emotionally expressive delivery. <http://www.celebrategreatfalls.org/concerts-on-the-green/>.

Desert Highway. 5 p.m. McLean Central Park, 1468 Dolley Madison Blvd. Eagles tribute band. Part of the Alden's Sunday Summer Concerts. Free. aldentheatre.org. 703-790-0123.

MONDAY/JULY 4

Great Falls 4th of July Celebration and Parade. 8 a.m.-6 p.m. 5K Walk Run, Blood Drive, Little Patriot Parade, and floats, horses, antique cars and pets making a loop in the Main Parade. Fireworks start after dusk. <http://www.celebrategreatfalls.org/4th-of-july-celebration-parade/>

Vienna 4th of July Festival and Fireworks Show. 4-9:30 p.m. Live musical entertainment, arts and crafts for kids, antique and classic car show and fireworks. Visit www.viennava.gov for more.

McLean Fourth of July. 6:30 p.m. Churchill Road Elementary, 7100 Churchill Road, McLean. Free shuttle buses. Disc jockey, snack vendors. mcleancenter.org.

SATURDAY/JULY 9

All Stars and Healing Wall Reception. 5:30-7:30 p.m. Vienna Art Center, 115 Pleasant St., NW, Vienna. Vienna Arts Society will be working with the troops on the mend at Fort Belvoir Hospital. ViennaArtsSociety.org. 703-319-3971.

Step and Swing for Elaine. 9:30 a.m.-6:45 p.m. Colvin Run Dancy Hall, 10201 Colvin Run Road, Great Falls. Longest Day fundraising campaign to honor Elaine Krawitz. Dance workshops, dancing and silent auction and raffle. Donation \$50 all day or \$15 per workshop. stepandswingforelaine@gmail.com.

Stand Up Paddleboarding. Noon. Riverbend Park, 8700 Potomac Hills St., Great Falls. Paddle a beautiful section of the Potomac River from a kneeling or standing position. This beginner class has a low student/instructor ratio to allow for plenty of personal instruction. PFDs and helmets provided. Maximum participant weight is 225 pounds. \$40/\$42. <http://www.fairfaxcounty.gov/parks/parktakes/>

Kayak Tour-Sunrise. 7 a.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Enjoy breathtaking views as the sun rises over the Potomac River. Paddle with a naturalist and learn about the historical and natural beauty of this island-dotted section of the river. Download waiver and bring completed to tour: <http://1.usa.gov/1aubG3L>. 13 years and up. \$39/\$41. <http://www.fairfaxcounty.gov/parks/parktakes/>.

SUNDAY/JULY 10

Emma Bailey. 6-8 p.m. Great Falls Village Centre Green, Great Falls. Soothing Emma Bailey country with the Standing Room Only Rock Band. <http://www.celebrategreatfalls.org/concerts-on-the-green/>.

The English Channel. 5 p.m. McLean Central Park, 1468 Dolley Madison Blvd. British Invasion tribute band.

Cooling Off at Great Falls Creamery

Family-owned and family-run shop features 22 different ice cream flavors.

BY ALEXANDRA GREELEY
THE CONNECTION

When temperatures hit the 90s, folks find the best and fastest ways to cool off. Somewhere on the list must be ice cream, though its fix is shortlived. But how sweet it is to cool down with a cone, cup or shake.

For residents in or near Great Falls, the ideal answer for that cool-off is a quick trip to Great Falls Creamery, smack dab in the center of town—Great Falls, that is. Set back from the main roads in a small business complex called The Village Center, this family-owned and family-run shop features 22 different flavors churned out from an ice cream manufacturer, called ironically, Great Falls Ice Cream.

But as it turns out, the company earned its name. Some 20 years ago it started out as a small shop known as Great Falls Ice Cream in the center of Great Falls, where the owners hand-cranked each flavor. Not surprisingly, its ice cream quality caught on as more and more restaurants, ice cream stores, and hotels began offering the ice creams to their clients. As the business grew, the owners moved their company to Maryland, but state boldly on their website that they still hand-make their product.

And that leads to the opening two years ago of the icy destination, Great Falls Creamery. "We opened on June 27, 2014, almost 2 years now," said owner Gary McKeown, who with his wife, Patty, oversee the creamery. "It was something that our youngest son wanted to do. It was his idea. He was looking for an investor and someone to help run it because he has a landscaping business." But his son got too busy to manage both businesses, so the McKeowns decided to take it on.

The result? Tremendous support and business from the Great Falls community. "I can't think of an adjective to describe what we have gotten from the community," he said, "and that has spread out to local nearby towns." The draw, of course, is the quality product, from breads and eggs to ice cream.



Patty and Gary McKeown

PHOTO CONTRIBUTED

And in summertime, who can turn down an ice cream treat? Among the 22 flavors—not all of which are available every day—are French or Tahitian vanilla bean, chocolate Oreo, salted caramel, espresso chip and caramel Twix, plus sorbets, such as mango and coconut. McKeown said that there is no typical or regular favorite, but he added, "We can't keep just plain chocolate in the shop," he said. "We now get several different varieties: chocolate-chocolate, chocolate-peanut butter, rocky road, and bittersweet chocolate, which is vanilla with shavings of chocolate."

Besides ice cream, the couple sell high-end baked goods from Heidelberg Bakery and dairy products from Trickle Springs dairy farm in Pennsylvania, a range of goods that includes heavy cream, whole milk, half-and-half, and 2 percent milk.

Fortunately for locals, the couple really enjoys what they are offering the community, but besides the delicious foods, they also make generous donations of proceeds and product to numerous local groups, from schools to baseball teams to veterans.

Great Falls Creamery, 766 Walker Road, Great Falls. 703-272-7609. Hours: Open daily year round except for Thanksgiving and Christmas.

Part of the Alden's Sunday Summer Concerts. Free. aldentheatre.org. 703-790-0123.

Life in the Leaf Litter. 4 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Join a naturalist for a hike and explore the forest floor. Uncover the diversity of soil organisms and the crucial role that invertebrates play in helping forests to stay healthy. 7 and up. \$7/\$9. <http://www.fairfaxcounty.gov/parks/parktakes/>.

Build Your Own Bee House. 10 a.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Have fun learning about local pollinators and using some invasive plants to build homes for native pollinators. The bees this house will attract are mason bees, pollinators and solitary bees who rarely sting. \$10/\$10. www.fairfaxcounty.gov/parks/parktakes/.

MONDAY-FRIDAY/JULY 11-15

Olympic Camp. 9 a.m.-5 p.m. Providence Baptist Church, 8980 Brook Road, McLean. For rising first- to sixth-graders. Cooking for fun,

acting, experiments and explosions, magic, dance and sports. ProvidenceToday.org. 703-893-5330.

WEDNESDAY/JULY 13

Never Shout Never Concert. 7 p.m. Jammin Java, 227 East Maple Ave., Vienna. The alt-pop band Never Shout Never is headlining at Jammin Java. General Admission \$20. 703-255-1566. jamminjava.com.

Stories and Sprinklers. 1 p.m. Vienna Town Green. Join Historic Vienna, Inc. for a good story and some water play each Wednesday afternoon. Free. 703-255-6360.

SUNDAY/JULY 17

Jr. Cline and the Recliners. 6-8 p.m. Great Falls Village Centre Green, Great Falls. Unique arrangements of both classic and modern rhythm & blues and soul with rockin' edge and full brass sound. <http://www.celebrategreatfalls.org/concerts-on-the-green/>.

The Reflex. 5 p.m. McLean Central Park, 1468 Dolley Madison Blvd.

1980s tribute band. Part of the Alden's Sunday Summer Concerts. Free. aldentheatre.org. 703-790-0123.

WEDNESDAY/JULY 20

Faith@Work Evenings. 5:30-7:30 p.m. Maggiano's Little Italy, Tysons II, 2001 International Drive, McLean. \$25/\$35. Food, networking, inspirational speaker and discussion. Speaker Shira Harrington. <http://www.bridgepointconnections.org/faith-at-work/>.

Stories and Sprinklers. 1 p.m. Vienna Town Green. Join Historic Vienna, Inc. for a good story and some water play each Wednesday afternoon. Free. 703-255-6360.

SUNDAY/JULY 24

South Bay. 6-8 p.m. Great Falls Village Centre Green, Great Falls. High energy Pop, Rock and Alternative covers with their own unique spin. <http://www.celebrategreatfalls.org/concerts-on-the-green/>.

Great Falls Library Launches Adult Summer Reading Program

“Why let kids have all the fun?” said James Cullen, assistant branch manager of Great Falls Library. Every summer children all over the county participate in summer reading programs. This year, the Great Falls Library is letting adults get in on the act. The program, called “The Adult Summer Reading Challenge,” hopes to engage older readers to visit the library more during the summer. Enticements to that end will include coupons for free books at the library’s ongoing book sale.

“Parents are always telling us how much fun their kids have in participating in our reading program,” said Cullen. “So, we created a program for adults that has many of the same elements, coupons, reading logs, even a grand prize at the end.” The Friends of the Library have donated a basket of goodies that will be awarded to one reader at the end of summer. The program runs from June 23 through Sept. 3.

Great Falls Community library, located at 9830 Georgetown Pike in Great Falls, is open Monday through Saturday.



PHOTO BY DEAN SOULELES

Prize basket donated by the Friends of the Great Falls Library to promote the Adult Summer Reading Challenge that runs from now through Sept. 3.

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JULY 17 The Reflex
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JULY 24 Satisfaction
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JULY 31 Still Surfin'
 Beach Boys Tribute

Presented in cooperation with the Fairfax County Park Authority and Dranesville District Supervisor John Foust.

Presented by the Alden Theatre at the McLean Community Center in McLean Central Park, located at the corner of Old Dominion Dr. and Dolley Madison Blvd. (Route 123). Schedule subject to change.
www.aldentheatre.org

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www.McLeanPlayers.org

See the Accessibility page at www.McLeanPlayers.org for dates of audio-described and sign language- interpreted performances.

The McLean Community Players, Inc. is funded in part by the Arts Council of Fairfax County. Footloose is presented through special arrangement with R & H Theatricals: www.rnh.com

CONNECT WITH MCP: [FACEBOOK.COM/MCLEANPLAYERS](https://www.facebook.com/McLeanPlayers)

**June 27,
2016**



By **KENNETH B. LOURIE**

Not that this date, in and of itself, is particularly remarkable, but it is yet another monthly anniversary/reminder of the original February 27, 2009 date when I initially met with my oncologist who delivered the devastating news with which all of you regular readers are well-acquainted: stage IV, non-small cell lung cancer (NSCLC); inoperable, incurable, with a "13-month to two-year" prognosis. Yet here I sit and write still another "cancer column," as I call them, seven years and four months later. And who's to say – or know for that matter, if I am getting closer to the end or further from the beginning. As often as I take note of these anniversaries, as much as possible anyway, I try not to focus/obsess on my underlying reality, because living with cancer is bad enough; believing all the bad news associated with that reality is even worse.

My strategy, to the extent one would characterize what I do as a strategy, is to compartmentalize, not stress over things I can't control, live as "normal" – for me, anyway – a life as possible (no bucket list for me), embrace humor and positivity whenever/whenever, follow doctor's orders/be a "compliant" patient (do what I'm told, take the prescribed medications, show up for regular lab work, infusions, diagnostic scans and especially for all face-to-face appointments with my oncologist) and simultaneously remain open to non-Western anti-cancer alternatives – of which there are many; all the while attempting to jump-start/strengthen my body's own natural fighters: my immune system. (This is what Immunotherapy is all about.)

I can still remember my brother Richard's sentiment concerning my diagnosis/prognosis/treatment: try to stay alive until the next new protocol comes along/gets approved. And so I have. Science and medicine is hardly arithmetic. It's not static. It's dynamic. There are changes, revelations, discoveries, all the time. A prognosis which was certainly relevant at the time it was given can't possibly allow for/anticipate the inevitable progress to be gained from research, clinical trials, miscellaneous studies and patient success stories that filter through the medical pipeline. What's true and reasonable today is not necessarily as meaningful tomorrow. I have lived looking forward, never backward, embracing that hoped-for reality. It doesn't matter – to me, what's already happened. What matters to me is the future and the changes/new ideas (genetic testing and DNA profiling as an example) ever present. As Steve Miller wrote and sang in the title track from his 1969 "Brave New World" release: "We're driving fast from a dream of the past to the brave new world where nothing will last that comes from the past." I've loved this song for over 45 years. Now I know why.

So I look forward to tomorrow. I don't look back to yesterday. Nor do I believe science and medicine is looking backward, either. It's all about what happens next. And as I acknowledge June 27, 2016, I likewise prepare to acknowledge July 27, 2016 and beyond. Life is short enough on its own. It doesn't need any help from us. And I'm certainly not about to make any of these matters worse. Just because it started off bad doesn't mean it has to end up bad.

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

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Appraisals, Property Info & Photos at:



21 Announcements

ABC NOTICE
Merritt Hospitality, LLC trading as Le Meridien Arlington, 1121 19th St. N, Arlington, VA 22209. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On & Off Premises and Mixed Beverage Restaurant (Seating Capacity over 150 seats) license to sell or manufacture alcoholic beverages. Anthony Rutledge, Vice 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 newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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-Archimedes

21 Announcements

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