

2016
VIRGINIA
PRESS
Association
Local History
Newspapers

Vienna and Oakton CONNECTION

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Historic Vienna, Inc. board member Leigh Kitcher brought suffragette Elizabeth Cady Stanton to life. Stanton was an early leading social activist of the 19th century. As Stanton, Kitcher said, "I fight for the rights of those weaker than me."

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PHOTO BY DONNA MANZ/THE CONNECTION

JULY 6-12, 2016

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

Vienna Crime Reports Notable incidents from June 24-30.

INCIDENTS

Domestic Dispute - Stephen Circle, SW. June 24, 10:43 a.m. A resident called to report a domestic issue between a male and female subject. Officers arrived and determined a verbal dispute had taken place. The female subject was trespassed from the property. All parties involved were provided with information about counseling

services.

Property Lost - 300 Block Glyndon Street, NE. June 24, 1:56 p.m. A citizen reported they lost a gold tennis bracelet about a week prior to reporting the item lost.

Property Found - Fresh Market. 150 Branch Road, SE. June 24, 2:36 p.m. A citizen found a checking card in the parking lot

of the listed location. The card was returned to its owner.

Fraud - 500 Block Delano Drive, SE. June 24 3:13 p.m. A resident reported they were a victim of fraud. The male subject stated he was contacted by an out-of-state bank telling him he had unpaid bills.

Arrest - Drunk In Public - 200

Block Cedar Lane, SE. June 25, 2:27 a.m. Officers responded to the listed area for a male subject attempting to break into a residence. When officers arrived they located the male subject and after speaking with him determined he was not attempting to break in to a residence. During the conversation with the male subject the officer observed signs of possible im-

pairment. The 28-year-old male subject from Cedar Lane, Vienna was arrested for drunk in public. He was transported to the Fairfax County Adult Detention Center.

Found Person - 1000 Block Westbriar Drive, NE. June 25, 11:24 a.m.

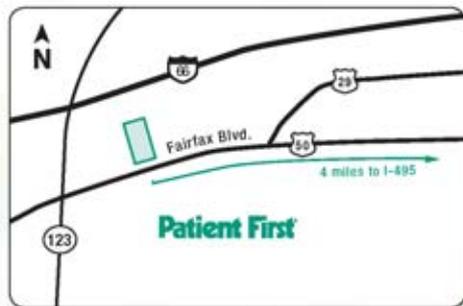
A citizen reported their adult
SEE CRIME, PAGE 5

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Twenty guests were welcomed to Historic Vienna, Inc.'s period tea on Sunday, July 3.

PHOTOS BY
DONNA MANZ
THE CONNECTION

A Tea in Vienna with a Taste of History

Historic Vienna, Inc. hosts tea with re-enactor of early women's rights movement.

BY DONNA MANZ
THE CONNECTION

Clothed in the dress of her day – mid-1800s, Ms. Elizabeth Cady Stanton greeted her guests demurely at a tea on Sunday, July 3, in the parlor of Freeman Store and Museum. An American suffragist, social activist, and leading figure of the [early] women's rights movement, Stanton welcomed a small group of guests to the parlor, speaking in character to clarify the momentous movement to give voting rights, equal rights, to America's women. HVI board member Leigh Kitcher brought Stanton to life.

Twenty guests showed up for petit sandwiches, desserts and tea, in the 19th-century setting of Freeman House, as "Stanton" spoke about her life in the equal rights movement before and after America's Civil War. Most guests were aware of HVI's mission in the community, to preserve and inform Vienna's history.



Historic Vienna, Inc. board member Leigh Kitcher brought suffragette Elizabeth Cady Stanton to life. Stanton was an early leading social activist of the 19th century. As Stanton, Kitcher said, "I fight for the rights of those weaker than me."

"I wanted to support HVI," said HVI member Kata Bartoloni-Tuazon about her participation in the tea.

"I thought this was a great idea and I like to support great ideas, especially in this year when we have a woman running for president," Bartoloni-Tuazon said.

Her tablemate Nedda R. Thomas concurred with Bartoloni-Tuazon's sentiments, and added, "I'm so happy to be here. I love HVI; it is a great group of people. If you want to be in a good group, this is it."

Organized and hosted by HVI as a live outreach extension of its women's rights exhibit housed in Freeman House, the tea and pre-

sentation offered a historical perspective of the women's rights movement in the United States.

Nancy Moats, Anne Stuntz and Leigh Kitcher of HVI hosted the tea, preparing the food service, serving and funding it themselves. The \$20 attendance fee goes into HVI's programming budget.

Born to "progressive" parents, Elizabeth Cady (Stanton) learned at a young and impressionable age – as a mid-teen – of the inequities facing females in the early 19th century. She was born in 1815 in New York state, and, died in New York City in 1902.

Educated along with her siblings and learning Latin, French and Greek, she was denied admission to college because she was not a male. As a youngster, long before the Civil War, she wanted to free the slaves in the South. Before she married, young Stanton resolved that she would be keeper of her body and her soul, that no man would control her. Motherhood, she believed, should be as much the woman's decision as her husband's. When she married, she struck the term "obey" from her marriage vows. Cady Stanton lived her life as both a suffragette and abolitionist.

In 1848, at the Seneca Falls convention which she inspired, Stanton co-wrote the Declaration of Rights and Sentiments, an early push for equal rights for women. Considered a leading equal rights advocate herself in her time, Stanton allied with suffragettes Susan B. Anthony and Lucy Mott.

"We have to fight hard for our rights," said Kitcher as Stanton. "Women should have control over our own bodies and lives."

To learn more about Historic Vienna, Inc. go to www.historicviennainc.org. The community is invited to join HVI and participate in its programs and events.



Nancy Moats of Historic Vienna, Inc. co-hosted the tea featuring 19th-century social activist Elizabeth Cady Stanton. Guests Nedda R. Thomas [left, seated] and Kata Bartoloni-Tuazon support HVI's programs.



PHOTOS CONTRIBUTED

Joyce Tian will represent the U.S. in the International Chemistry Olympiad in Tbilisi, Georgia.

Joyce Tian of Vienna Qualifies for 2016 US Chemistry Olympiad Team

National chemistry whiz Joyce Tian of Vienna, a rising senior at Thomas Jefferson High School for Science and Technology, has been named to the team that will represent the U.S. at the 48th International Chemistry Olympiad (IChO). The members of the Alpha Iota Team will travel to Tbilisi, Georgia, where they will compete with their peers from more than 70 nations for gold, silver and bronze medals, July 23 – Aug. 1.



Joyce Tian, of Vienna, a senior at Thomas Jefferson High School for Science and Technology will head to Tbilisi, Georgia for the Chemistry Olympiad July 23-Aug. 1.

The competition for the U.S. team was fierce, beginning with a multiple-choice exam taken by nearly 16,000 high school students across the country. The top 1,000 then advanced to take the National Chemistry Olympiad test. From there the top 20 went on to a study camp at the University of Mary

Washington in Fredericksburg, Virginia, where four were selected for the team along with two alternates.

The American Chemical Society has sponsored the American team annually since the U.S. joined the Olympiad in 1984.



ALEX AND ANI Comes to Tysons

ALEX AND ANI celebrated The Grand Opening of their Tysons Corner Center Store on Thursday, June 23, donating 15 percent of event sales to Doorways for Women and Families. The McLean Chamber of Commerce participated in ribbon cutting ceremony followed by live entertainment and refreshments.

OPINION

Hungry in Summer

There are hungry children in Northern Virginia, more so in summertime.

Summer for most children in Northern Virginia is a time of fun and activities, camp and vacation, trips to the pool and possibly to the library. Specialized camps and activities tuneup sports skills and academic skills. Parents try to ensure snacks are at least somewhat healthy.

In this environment, most of us don't come into much contact with families that might be having trouble feeding their children. We can't imagine that there are children who are hungry in summer.

But many children in our region don't know what their next meal will be in summer. During the school year, many have depended on school to provide breakfast and lunch during the school year. Volunteers have stepped in to provide backpacks to go home with hungry students on the weekend.

In the City of Alexandria, 60 percent of students in public schools qualify for subsidized meals at school.

In Fairfax County, that overall number is

lower at 27.5 percent, but in many areas, more than 50 percent of students qualify for subsidized meals at school.

In Arlington, more than 30 percent of students qualify for subsidized meals at school.

But most of the students who counted on school meals during the school year are not in school for the summer.

Submit Photos to 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.

Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature,

Locations for Summer Meals

http://www.fairfaxcounty.gov/ncs/pdfs/summer_meals-2016_open_sites.pdf
http://www.fairfaxcounty.gov/ncs/pdfs/summer_meals-2016_closed_sites.pdf

Fairfax County operates more than 20 open sites in areas where more than 50 percent of students qualify for free or reduced meals where students can go in summer for breakfast and/or lunch. These locations are along the Route 1 corridor, in Herndon, Reston, Fairfax, Chantilly, Lorton, Falls Church and more. See links above for locations.

It also falls to many nonprofits and food pantries to fill the gaps, and those organizations need help keeping food available.

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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LETTERS TO THE EDITOR

What Was Founding Fathers' Intent?

To the Editor:

On this Independence Day (July 4, 2016) I am reading Paul Carlock's letter ("Gross Misreading of the Second Amendment," The Connection, June 29-July 5, 2016) setting forth his views on the meaning of the Second Amendment. In his letter he is suggesting that our Senator, Tim Kaine, and our Congressman, Gerry Connolly, "simply do not understand history." Well, I don't know how well either of these gentlemen understand history, but I sure hope they have a better grasp of it than does he. His insistence on his understanding of what he refers to as "the truth behind the Founder's intent when they wrote the Second Amendment," gives one pause. Let's review! Our nation was founded on July 4, 1776. Our Founding Fathers were those who, on that day, pledged their lives, their fortunes, and their sacred honor. During the course of the war that followed their proclamation of the creation of our nation, 13 of the 56 Founding fathers were killed or died from wounds and hardships caused by the war. But the infant Republic they had founded prevailed. Some years later, a determined group of

men led by Alexander Hamilton decided they didn't much care for the way the country was governed and constructed a new form of government with less Democracy and a much more powerful central government. But Alexander Hamilton, despite all the musical hoopla on Broadway, was not a "Founding Father." (He is more correctly referred to as a "Framer.") In fact, of the 56, Founding Fathers only a handful played any role in writing the Constitution or any of its amendments, and only six Founders signed the final document. Consequently, it's a bit of a stretch to claim to be able to discern what the Founding Fathers intended. They were, for the most part, hardly involved.

Peter M. Storm
Vienna

Focus on Wind and Solar Power

To the Editor:

Virginia's transition to clean energy is now underway. On Tuesday, June 28, Governor Terry McAuliffe issued an executive order to create a workgroup that will spend the next year determining how to reduce Virginia's carbon emissions. This important first step will go forward in spite of opposition delaying President Obama's Clean Power Plan, making Virginia

a key leader in combating climate change.

Having lived in northern Virginia all my life, I am proud to see our state standing up for the environment. Those living in Norfolk and Tangier Island are already struggling with rising sea levels, and Richmond has been named an Asthma Capital by the Asthma and Allergy Foundation of America. Across the state, myself and other asthma patients, today's children, and the elderly have and will continue to be particularly hurt by the effects of climate change. The action Governor McAuliffe took yesterday benefits us all.

But the path toward cleaner energy we've started on could still veer off in the wrong direction. It is vital that we encourage Governor McAuliffe to ensure that the Virginia power plan truly helps create a healthier environment for our families. Carbon emissions should be reduced by improving energy efficiency and transitioning to clean, renewable energy sources. Contrary to what fossil fuel lobbyists insist, natural gas is not the solution we need due to its emissions.

I hope to see our state focus on wind and solar power as we go forward, not only for our own benefit, but for the sake of the example we will set for the rest of the country. As a recent high school graduate, I will be working with Environment Virginia this

summer to focus on this cause.

Contact daniel@environmentvirginia.org for volunteer opportunities to join me.

Marley Finley
Falls Church

Deafening Silence

To the Editor:

All of us recall that during her last campaign Rep. Barbara Comstock made a major issue of being demeaned as a woman. During the current election cycle the top of her ticket is a man who constantly and

consistently degrades women. What do we hear from Comstock about this? I'm listening hard and am deafened by her silence. In fact what she does say is that she has "moved past" the coming election. Really? It matters so little to her who becomes the President of the United States?

I want a representative who cares about who runs this country and the impact on all of us. I don't want someone whose interest is solely about herself and her own election. I don't want Barbara Comstock.

Joyce Schuman
McLean

Vienna & Oakton CONNECTION

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CRIME

FROM PAGE 2

daughter was missing. The father and mother told officers they had scheduled a date with their daughter and it was unlike her to miss that date. Officers were able to locate the daughter and determined a series of events took place causing her to miss the date with her parents.

Fraud - Northwest Federal Credit Union, 231 Maple Ave. East. June 25, 1:02 p.m. A bank employee called stating there was a male subject inside the bank attempting to pass a fraudulent check. Prior to the officers' arrival the male subject fled the bank. The officer spoke with the bank employee and determine the male subject altered a check in an attempt to cash it.

Property Lost - Cunningham Park Elementary, 1001 Park St., SE. June 25, 4:29 p.m. A resident reported their daughter lost their musical instrument, flute, at the listed school sometime between June 1, 2016 and June 8, 2016.

Service - 100 Block Battle Street, SW. June 25, 5:28 p.m. A resident turned in a firearm for de-

struction.

Petit Larceny - McDonald's, 544 Maple Ave. West. June 27, 10:05 p.m. The store manager called to report subjects stealing soda from the soda machine. When officers arrived they were informed a male juvenile subject was given a water cup and used that cup to get soda. The store manager said he told the juvenile the water cups were not to be used for soda, but the juvenile continued to get soda anyways. Officers were able to identify the juvenile and he was trespassed from the business.

Domestic Dispute - Park Terrace Court, SE. June 28, 2:22 a.m. A resident called to report they had been in a domestic dispute earlier in the day. The dispute was between a male subject and his male cousin. No physical altercation took place and the male subject was provided with information about counseling services.

Suspicious Event - 100 Block Park Street, SE. June 28, 12:39 p.m. A resident reported their e-mail account was being fraudulently used.

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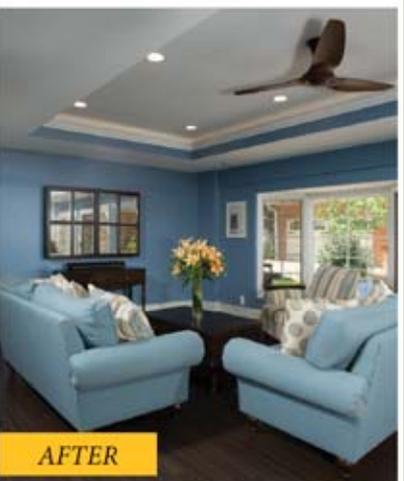
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CALENDAR

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



PHOTO CONTRIBUTED

Vienna will hold Stories and Sprinklers on Wednesdays through Aug. 3 at the Town Green.

parktakes/ George Holmes: Landscapes and Illustrations Reception. Noon-3 p.m. The Frame Factory, 212 Dominion Road NE, Vienna. Free. theframefactory@gmail.com. 703-281-2350.

SUNDAY/JULY 10

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. <http://www.fairfaxcounty.gov/parks/parktakes/>.

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.

THURSDAY/JULY 14

Delta Spur. 6 p.m. Tysons Corner Center, 1961 Chain Bridge Road, Tysons Corner. Part of Summerfest Concert Series on the Plaza. tysonscornercenter.com.
Ms. Virginia Senior Pageant. 1 p.m. James Lee Center Theater, 2855 Annandale Road, Falls Church. Entertainment-filled afternoon to honor this year's contestants and Virginia's seniors. RSVP to 703-549-7012 or msvirginiasenioramerica.com.
Pakistan Night. 6:45-8:45 p.m. Church of the Apostles, 10922 Vale Road, Meeting Place, 10922 Vale Road, Oakton. A fun, informative, and interactive event to learn about the culture of the people of Pakistan and the work of the Stock family there. Children will find the interactive activities engaging. All welcome. Free. Dinner included, with special Pakistani dishes. www.ChurchoftheApostles.org/special-events. 703-591-1974.

ONGOING

George Holmes: Landscapes and Illustrations. July 1-31. The Frame Factory, 212 Dominion Road NE, Vienna. theframefactory@gmail.com. 703-281-2350

Evenings on the Ellipse. 5:30-7 p.m. Thursdays through Aug. 25. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Fun music and good company. Paradise Springs and The Winery at Bull Run will be offering complimentary tastings of their premium reds and whites. If it rains, concerts will be moved inside to the Government Center Forum. <http://www.fairfaxcounty.gov/parks/performances/>

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

Bingo Night. Sundays. 4 p.m. Flame Room, Vienna Volunteer Fire Department, 400 Center St. S, Vienna. \$10. www.vvfd.org/bingo.html.

Stories and Sprinklers. 1 p.m. Wednesdays through Aug. 3. Vienna Town Green. Join Historic Vienna, Inc. for a good story and some water play each Wednesday afternoon. Free. 703-255-6360.

"The Way I See It" Exhibit. Aug. 2-Oct. 1. Vienna Arts Society Gallery, 513 Maple Ave. W, Vienna. Reston resident Bob Kaminski will showcase his work in abstract and representational styles. ViennaArtsSociety.org. 703-319-3971.

"On the Street" Photography Show. 10 a.m.-4 p.m. Aug. 2-Sept. 3. Vienna Arts Society, 115 Pleasant St. NW, Vienna. Annual photography show with judge Denise Silva. Meet the Artists Reception and Awards on Saturday, Aug. 6 from 4-6 p.m. 703-319-3971. artcenter@viennaartsociety.org.

"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.

Gentle Yoga. Thursdays, 6:30 p.m. Emmaus United Church of Christ, 900 E Maple Ave. E, Vienna. Saturdays, 9:30 a.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Gentle Kundalini Yoga, one free introductory session, senior discounts. Increase your flexibility, improve your breathing and health, reduce your stress. Ravi Kaur has 15 years experience teaching yoga. \$15 per session. www.edimprovement.org. 571-213-3192.

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.

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/>

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SPECIAL CONNECTIONS CALENDAR

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

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

AUGUST

8/3/2016.....Wellbeing

8/10/2016.....HomeLifeStyle

8/17/2016...A+ Camps & Schools – Back to School – Private Schools

8/24/2016...Newcomers & Community Guide Pullout

8/31/2016.....Connection Families: Enrichment, Care & Back to School

SEPTEMBER

Labor Day is September 5

9/7/2016.....Wellbeing

9/14/2016.....HomeLifeStyle Pullout – Real Estate & New Homes

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- Centre View
- McLean Connection
- Springfield Connection
- Chantilly Connection
- Mount Vernon Gazette
- Vienna/Oakton Connection



Installation at Tysons West by artist, Julia Vogl.

PHOTO BY VITA IMAGES

Arts Council Recognized for Innovative Public Art

The Arts Council of Fairfax County was recognized by Americans for the Arts' Public Art Network (PAN) Year in Review program for its Imagine Art Here: Tysons Tiles temporary public art and engagement project with artist Julia Vogl. "We are delighted to have Imagine Art Here: Tysons Tiles selected for the 2015 public art Year in Review," said Linda S. Sullivan, president and CEO of the Arts Council of Fairfax County. "We've had won-

derful public participation in this project and great community support.

We look forward to continuing Imagine Art Here as a public art and community engagement series throughout the county." The Arts Council is currently in the process of planning two new Imagine Art Here projects — at Seven Corners and Springfield — to be carried out in 2017-18. Working with Fairfax County government, National Endowment for the Arts,

corporate sponsors, and community partners the Arts Council will continue to engage, inspire, and provide a vision for future public art in Fairfax County. Imagine Art Here: Tysons Tiles can be viewed at <http://www.americansforthearts.org/by-program/networks-and-councils/public-art-network/pan-year-in-review-database>.

To find out more about the artist Julia Vogl, visit <http://www.juliavogl.com>.

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WELLBEING

Strategies for Preventing Concussions This Summer

Local physician is pioneering traumatic brain injury treatment.

BY MARILYN CAMPBELL
THE CONNECTION



Dr. Michael Lewis recently opened a medical practice in Potomac, Maryland, that focuses on concussions and brain health.

Summer has been dubbed "trauma season" by health care professionals. Warm temperatures make swimming, biking, hiking, waterskiing and other outdoor activities irresistible during the summer, but this also means a rise in concussions and other injuries. In fact, every 19 seconds someone in the United States sustains a traumatic brain injury.

The National Institutes of Health define a concussion as a mild traumatic brain injury caused by an external force, such as a blow to the head. Symptoms can include a headache or neck pain, nausea, ringing in the ears, dizziness, or fatigue, while serious symptoms include seizures, trouble walking or sleeping, weakness, numbness, or decreased coordination, repeated vomiting or nausea, confusion, and slurred speech.

Michael Lewis, M.D. is the president of the Brain Health Education and Research Foundation in Potomac, Maryland. Lewis, who retired from the U.S. Army after more than 30 years of service, is dedicated to improving public health. He spent the last five years of his military career working on nutritional interventions to help prevent and treat brain injuries from physical and psychological trauma.

His interest in brain injury treatment was sparked by the 2006 explosion at the Sago coal mine in Sago, West Virginia. The blast and collapse trapped 13 miners for nearly two days.

"Only one guy survived," said Lewis. "They used high dose omega-3 fish oil to help his brain recover from carbon monoxide poison. I wondered if it would help soldiers recover from traumatic brain injury. I put together a program to do that kind of research for the military. How can we improve from the inside out for any soldier or athlete who is at risk for head injury?"

Lewis' focus is on the clinical use of omega-3 fatty acids for the prevention, acute treatment, and rehabilitation of brain injuries from traumatic brain injury and concussions, stroke, PTSD and other conditions.

On a more personal level, Lewis' 16-year-old son Isaac attends Winston Churchill High School and plays two sports often associated with concussions: football and lacrosse. Lewis says his son has never sustained a concussion, but he is working with the school's athletic staff on strategies to prevent concussions among athletes. He also makes sure his son takes fish oil every day.

"The value you get from sports far outweighs the risks, but we should mitigate the risks as much as possible," Lewis said. He also advises his patients to "take a fish oil supplement every day or eat good sourced salmon."

Symptoms of a concussion might not be immedi-

More

For more information on concussion prevention see www.cdc.gov/headsup/

"The value you get from sports far outweighs the risks, but we should mitigate the risks as much as possible."

—Michael Lewis, MD, president, Brain Health Education and Research Foundation

ately apparent. "The more subtle symptoms are those that appear days or weeks after an injury," said Lewis. "The personality might change, a person might become more irritable, have brain fog or have trouble thinking, or their head feels like it's stuffed with cotton."

Among the signs that one might have sustained a concussion are a "loss of consciousness, followed by marked confusion," said Robert Wade, Ph.D., dean of nursing, Northern Virginia Community College's Medical Education Campus, "Most likely a headache, too."

No two injuries are the same. "Each concussion is different, which means the same child could have different symptoms during different concussions," said Ryan Wildenhain, head of sports medicine at Marymount University.

When students are back in school, parents should watch for another common indicator of concussions in student athletes. "One of my warning signs are grades that are falling off," said Lewis. "A straight 'A' student whose grades drop is a warning sign. A good kid who all of a sudden becomes irritable should prompt questioning. Kids are not always good at telling, they tend to want to play through it — it's part of our culture."

Wearing proper protective equipment is recommended as a way to prevent concussions. "Minimizing the risk of a child sustaining a concussion is extremely difficult and dependent on the type of activities the child does," said Wildenhain. "Every child should be properly educated on how concussions occur, the signs and/or symptoms of a concussion, and how to avoid dangerous situations for the specific activity they intend to do."

Lewis warns that even protective equipment isn't foolproof.

"Even if you're wearing a football, hockey or motorcycle helmet, when you hit something, another helmet or another head, it causes injury," he said. "If coaches see anything that is any way questionable they should get them off the field and out of harm's way. I think it's a parent's duty to stop the game and pull the kid out of a game if they see something that a coach doesn't see or doesn't respond to."

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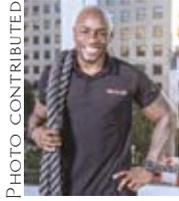
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WELLBEING

Pushups For Charity Challenge Benefits Veterans

Local veteran opens gym, Rebel Fit USA.



Air Force Veteran Beny Blaq, owner and founder of Rebel Fit USA, will host a Pushups For Charity challenge to support veterans and active duty military.

A local Air Force veteran is challenging the community to push its physical limits for a good cause. Beny Blaq, founder of Rebel Fit USA, is hosting a Pushups For Charity challenge to support veterans and active duty military. The challenge coincides with the grand opening of Blaq's new fitness facility located at 2088 Daniel Stuart Square, Woodbridge.

"As an Air Force veteran, the Pushups For Charity challenge is very important to me, especially knowing firsthand the sacrifices our military, veterans and their families make every day," said Blaq.

Rebel Fit USA is a team-oriented health and fitness community spe-

cializing in expert coaching through a personalized, hands-on approach. The Pushups For Charity challenge starts at 9 a.m. after Rebel Fit's first morning class. Prizes will be awarded to the top fundraiser as well as the male and female who complete the most pushups within the 90 second timeframe. Rebel Fit USA has set a goal of raising \$10,000 and completing more than 5,000 pushups.

Registration for the Rebel Fit Pushups For Charity team is available online at: <https://www.crowdrise.com/benyblaq-pushupsforcharity2016/fundraiser/benyblaq>.

— MARILYN CAMPBELL

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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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Stop The Presses!



By KENNETH B. LOURIE

And cancel the third shift. My constant (lifelong) craving for sugar seems to have subsided since my last chemotherapy infusion. Typically, for a week to 10 days after my Friday infusion, food doesn't appeal to me. Even chocolate (in particular) and sweets in general do not affect the eating challenges I experience during this near fortnight. Usually, the pattern, going on 18 months or so now, is after 10 days, give or take, my interest in food returns and it's Katie-bar-the-door as I ravage the house looking for food that I had neglected the previous 10 days. To say I'm hungry after a week of not eating is to disrespect the obvious. There's not a word that accurately characterizes how I'm feeling when the urge to splurge finally returns. Suffice it to say, it's not safe for food to be around me. And the food which is most often around me are from Kenny's four major food groups: cake, cookies, candy and ice cream.

But not this time. Actually, let me be honest: not nearly as much as usual and way below what anyone who knows me would consider normal for me. As of Saturday, two-plus weeks out from my last infusion, in the house I have zero cookies, zero candy, zero cake and some ice cream – from approximately three weeks ago, which remains frozen and untouched in my freezer, which in and of itself is a miracle. In fact, ice cream has probably never been in my freezer longer than a week – cumulatively, in my entire life. Yet, when I open the freezer door now, to check inventory, there sits two Ben & Jerry's pints, one Breyer's quart and a half and two boxes of Dove Bars (six bars total), missing only two bars since its purchase. This kind of availability is foreign to me and speaks to the depth of my distaste and disinterest in all things sweet/chocolate. No doubt, if you believe many of the professional opinions, cancer patients need to reduce their sugar intake. Could it be that after seven-plus years of treatment, my brain has finally gotten the message and taken over – or been affected/instructed somehow, and told my receptors to stop being receptive to sugar?

If so, alert the authorities because there's going to be a bump in the unemployment rate next month. M&M Mars, Nabisco, Entenmann's, Hostess Brands, Tastykake, Little Debbie and NECCO (New England Confectionary Company) among a few other miscellaneous selections will be cutting staff. And if my lack of sugar craving continues, the drop will be precipitous. As Muhammad Ali said back in the day (about his boxing prowess): "It ain't bragging if it's true." Well, I ain't bragging, either.

Now don't get me wrong, when in the supermarket, I'm still making my usual rounds through all my familiar aisles and taking note as I walk. But for some inexplicable reason, this particular post post-chemo week, I don't have – to quote a singing Tom Cruise and Val Kilmer from their 1986 movie "Top Gun," "that loving feeling." It seems/feels as if I've actually lost it. And though not consuming mass quantities of sugar would certainly be bad for the cancer cells – who do crave it (and good for my overall health), it definitely doesn't help the snack food/dessert industry. But I suppose I can't really worry about that. I have bigger problems: stage IV, non-small cell lung cancer. I don't anticipate that my current aversion to sugar will last, but in an odd way I'm enjoying my new-found freedom. Every minute of my life is now not spent thinking about eating and/or avoiding chocolate. To invoke a Moe Howard (of The Three Stooges) line from a classic two-reeler: "What an experience!" (Although, he was talking about changing his socks.) So too has this been an experience. One I hope which doesn't continue for much longer.

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

BULLETIN BOARD

To have community events listed in the Connection, send to connectionnewspapers.com/Calendar/. The deadline for submissions is noon on Friday.

THURSDAY/JULY 7

MCC FY 2017 Planning Meeting. 6 p.m. Old Firehouse, 1440 Chain Bridge Road, McLean. Tax district residents (Small District One A-Dranesville) who wish to speak during the "Citizen Comment" portion of the meetings are asked to call the Center at 703-790-0123. <http://bit.ly/1UhKIUC>.

FRIDAY/JULY 8

VBA Breakfast Meeting. 8-9:30 a.m. Vienna American Legion Post 180, 330 North Center St., Vienna. Vinay Kumar "Creating Breakthrough Results." \$8/\$10/\$20. RSVP by Wednesday. Registration information at info@ViennaBusiness.org or 571-550-2483.

MONDAY/JULY 11

Vienna Town Council Meeting. 8-10:30 p.m. Town Hall Council Chambers, 127 Center St. South, Vienna. Agenda available by noon Friday at viennava.gov. 703-255-6300.

TUESDAY/JULY 12

Educational Dementia Seminar. 3 p.m. Brightview Great Falls, 10200 Colvin Run Road, Great Falls. 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. Free. RSVP at 703-759-2513.

TUESDAY/JULY 19

Public Art Commission. 7 p.m. Town Hall, 127 Center St. South, Vienna. Advise and assist Town Council on matters relating to the advancement of public art in the Town, including the development and funding of a public art program. 703-255-7801.

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/>.

Vienna Board of Zoning and Appeals Meeting. 8-10 p.m. Town Hall Council Chambers, 127 Center St. South, Vienna. 703-255-6341.

THURSDAY/JULY 21

Real Estate Education Series. 11 a.m.-1 p.m. McEneaney Associates, 1320 Old Chain Bridge Road, McLean. Sponsored by Kathy Neal, SunTrust Mortgage on "Fair Housing - What is it? How did we get here and where are we going? Includes lunch provided by Seasons 52 Fresh Grill and Wine Bar. Free. 703-790-9090. mcleanchamber.org.

TUESDAY/JULY 26

Vienna Transportation Safety Commission. 8 p.m. Town Hall, 127 Center St. South, Vienna. Studies intersections, traffic signs, speed limits, and other matters relating to street safety and makes recommendations to Town Council. 703-255-6382.

ONGOING

SCOV Caregivers Support Group meets twice a month, on the first and third Thursdays, as coming up from 10 am 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.

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/.

PEOPLE

Vienna Contestant Wins Statewide Music Contest

The Vienna (Host) Lions Club has announced that its contestant, Zoe Woodaman, has won the 2016 Virginia Bland Contest in the vocalist category. Lions Clubs across Virginia hosted local, regional and district competitions, culminating in the statewide competition on May 20 in Roanoke. Zoe's winning performance was the soprano part of, "Ebben? Ne Andro Lontana" by Alfredo Catalani.

"It's so exciting to travel with our contestant to the State Convention, and see her win the top prize!" said Susan Stiles, Chair of the Vienna club's Bland Contest.

Zoe, 17, a senior and 2016 graduate of Mountain View High School in Stafford, Virginia, will attend the Peabody Institute of The Johns Hopkins University in Baltimore, Maryland beginning this fall.

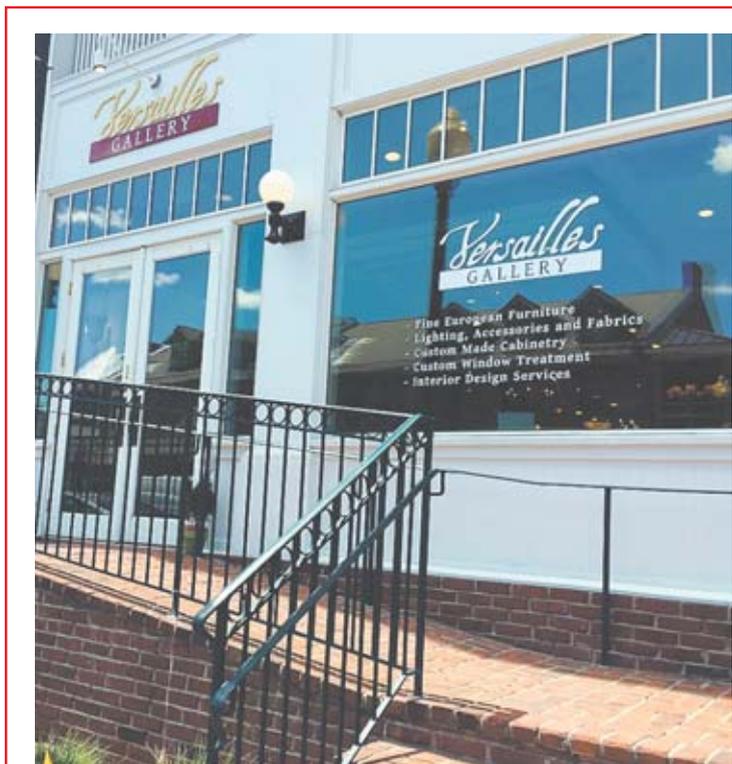
"My experience with Bland has been so wonderful, and the scholarship money will be so helpful with college coming up soon!" said Zoe.

The Bland Contest is named for African American minstrel musician James A. Bland (1845 – 1911), who wrote, "Carry Me Back to Old Virginny," the Virginia State Song from 1940 to 1997.



From left: Zoe Woodaman, District 24A Governor Karen Parker, and Melissa Wu.

PHOTO CONTRIBUTED



Versailles Gallery Showroom Opens in Vienna

Versailles Gallery is back in Vienna with a new showroom on Church Street. For the last 35 years Versailles Gallery has represented the most famous European manufacturers for home furnishings (classic, traditional and contemporary) lighting, and accessories.

In addition, Versailles represents five Italian textile factories allowing its customers to purchase even small yardage, as well as tassels and trims for window treatment.

Versailles Gallery will design, manufacture and install custom book cases, libraries, and entertainment centers in a variety of wood finishes. For more information, call 703-255-5215, or visit www.frenchfurniture.com. Visit the showroom at 111 Church St. NW, Vienna.

PHOTO CONTRIBUTED



Vienna Chili Dogs Win Tournament

The 12U Vienna Chili Dogs started their summer travel baseball season by going 5 and 0 to win the Greater Washington 4th of July Intramural Tournament in Rockville, Maryland. Pictured are: Alex Triaca, Edrees Noory, Scott Coker, Braden Coward, Luke Vandemark, David Neidecker, Olivia Laurine, Stevie Milman, Dean Vance, Henry Smith, and James Mills. Not pictured are coaches Adam Vance, Bob Neidecker and Doug Milman.

FAITH NOTES

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

Oakton Church of the Brethren will have its Vacation Bible School, August 1-5, 9:20 a.m.-12:30 p.m. \$20 per child; 40 family maximum. Online registration is open at www.oaktonbrethren.org. 703-281-4411.

The church is located at 10025 Courthouse Road, Vienna.

Epiphany United Methodist Church is holding a Vacation Bible School, July 18-22 from 9 a.m. to noon. Free. Register at <http://epiphanyumc.weebly.com/vbs-registration-form.html>. The church is

located at 1014 Country Club Lane NE, Vienna. 703-938-3494.

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

The Antioch Christian Church offers a time of Prayer and Healing on Wednesday evenings at 6:30 p.m. for anyone wanting encouragement and healing through prayers. People are available to pray with you or for you. Antioch Christian Church is located at 1860 Beulah Road in Vienna.

www.antiochdoc.org

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

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

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

WEEK IN VIENNA

'Cycle Chi' Opens on Mill Street in Vienna

CYCLE CHI (pronounced chee), a boutique cycle studio with a unique approach to fitness, opens up in the heart of Vienna (www.cyclechi.com). Cycle enthusiasts in the Northern Virginia area have been anxiously awaiting the opening of this one-of-a-kind cycle studio from veteran cyclist Krista Chichester. "Before Krista launched the new studio, we were going through withdrawal. Krista's Sunday cycle class became part of my husband and my weekend routine and we couldn't be more thrilled she has opened Cycle Chi right around the corner," said of Karen Levine of McLean. "Krista's class not only gives us an amazing workout, but her high energy and positive enthusiasm puts us in the right frame of mind to start our day."

Chichester is a native Washingtonian who grew up in McLean and Great Falls and currently lives in Vienna. She has been teaching indoor cycle for the last fourteen years at various clubs in the area, most notably The White House Athletic Center. "CHI means 'energy force,'" said Chichester. "Cycle Chi was born of the mindset that positivity breeds positivity. All of the cycle classes at Cycle Chi combine my love for cycling with my desire to bring positive energy to my clients. My goal is for every cyclist to leave my studio feeling positive energy to share with the world." Cycle Chi focuses on all class levels — from the beginner to the most advanced. More information can be found at www.cyclechi.com.