

Opt for Adventurous StayCation

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Amy Miller, Principal
At Kilmer, Named
Outstanding Principal
Of the Year

PAGE 4

What's Proposed
For Balls Hill Road?

PAGE 3

The drums played on May 27 for the 10th anniversary celebration of the Korean Bell Garden at Meadowlark Botanical Gardens in Vienna. Check for events all summer for your StayCation visit. <https://www.novaparks.com/parks/meadowlark-botanical-gardens>

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BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar.
Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before the event.

JULY 6-29

Host French Teens. Ten volunteer families are needed to host French students from July 6-29. Enjoy an international experience and help promote international understanding and worldwide friendships. Call Tiffany 484-347-3459. Visit the website: <https://www.smored.com/n2csd>

NODAL EXCHANGE TO EXPAND

Governor Glenn Youngkin announced that Nodal Exchange, a Fairfax County-based derivatives exchange providing price, credit, and liquidity risk management solutions to participants in the North American

commodities markets, will increase capacity at its headquarters located at 1921 Gallows Road in Tysons. The expansion will create 37 new jobs.

Founded in 2007, Nodal Exchange is a derivatives exchange and a leader in innovation, having introduced the world's largest set of electric power locational (nodal) futures contracts and the world's largest set of environmental contracts. As part of EEX Group, a group of companies serving international commodity markets, Nodal Exchange continues to thrive in Fairfax County partly due to their focus on hiring highly educated

talent from local and state universities and colleges.

FCEDA collaborated with the Virginia Economic Development Partnership (VEDP) to secure the project for Virginia. VEDP will support Nodal Exchange's job creation through the Virginia Jobs Investment Program (VJIP), which provides consultative services and funding to companies creating new jobs in order to support employee recruitment and training activities. As a business incentive supporting economic development, VJIP reduces the human resource costs of new and expanding companies. VJIP is state-funded, demonstrat-

ing Virginia's commitment to enhancing job opportunities for citizens.

SUPPORT GROUPS

Parent Support Partners, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit www.fairfaxcounty.gov/healthymindsfairfax or [\[ernvirginia.org/parent-peer-support.html\]\(http://ernvirginia.org/parent-peer-support.html\).](http://www.nami-north-</p>
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The Shepherd's Center of Northern Virginia Caregivers' Support Group takes place the first and third Tuesdays of each month, 10-11:30 a.m. via Zoom. This group is for caregivers of family members with dementia. Meetings are gently facilitated. For more information and to get the Zoom link, contact Jack Tarr at jtarr5@verizon.net or 703-821-6838.

Haven of Northern Virginia Support Group. 703-941-7000, www.havenofnova.org or havenofnova@verizon.net.

Virginia Chronic Pain Support Group Meets from 1:30-3 p.m. the 2nd Wednesday of each month at Kaplan Center for Integrative Medicine, 6829 Elm St., Suite 300, McLean. Group leader, Jodi Brayton, LCSW. 703-532-4892.

VOLUNTEERS NEEDED

Assistance League of Northern Virginia is an all-volunteer non-profit organization that feeds, clothes and provides reading assistance and books to children in need. Assistance League's programs touch the lives of hundreds of children in Fairfax and Prince William Counties and the City of Alexandria. There are many volunteer opportunities for community members to contribute to helping those in need. To learn more, email info@alnv.org, or visit www.alnv.org.

Volunteer Adult Mentors Needed. Help assist the Department of Family Services' BeFriendA-Child mentoring program. The mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk of abuse and neglect. Contact Ibrahim Khalil at Ibrahim.khalil@fairfaxcounty.gov or 703-324-4547.

Operation Paws for Homes, a Virginia based 501(c)(3) organization seeks volunteers, especially to foster dogs. See www.ophrescue.org for information and all volunteer opportunities.

RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.org.

Shepherd's Center of McLean-Arlington-Falls Church, 1205 Dolley Madison Blvd., McLean continues to have an urgent need for new volunteers to help area senior citizens get to and from their medical and therapy appointments. To find out more about the Shepherd's Center and how you can volunteer to provide transportation and other services, call the Center at 703-506-2199 or e-mail the Center at info@scmafc.org. The Center's website is www.scmafc.org.

Master Gardener Training. The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit fairfaxgardening.org or call MG Help Desk at 703-324-8556 for more.



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SEE BULLETIN, PAGE 5

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The drums played on May 27 for the 10th anniversary celebration of the Korean Bell Garden at Meadowlark Botanical Gardens in Vienna. Check for events all summer for your StayCation visit.

Perfect Time for a StayCation

Another local stop for your StayCation: June highlights at Meadowlark Botanical Gardens in Vienna: Hosta Garden, Hydrangeas, Herb Garden, Daylilies, Wildflower Meadow, White Garden, Butterfly Garden, Native and Non-Native ferns, Alliums, Perennials. In July and August, stroll through the Potomac Valley Collection to see the diversity of native plants and experience the seclusion of a mature hardwood forest. <https://www.novaparks.com/parks/meadowlark-botanical-gardens>

MORE ON PAGES G-7

Improvements for Balls Hill/Old Dominion Intersection

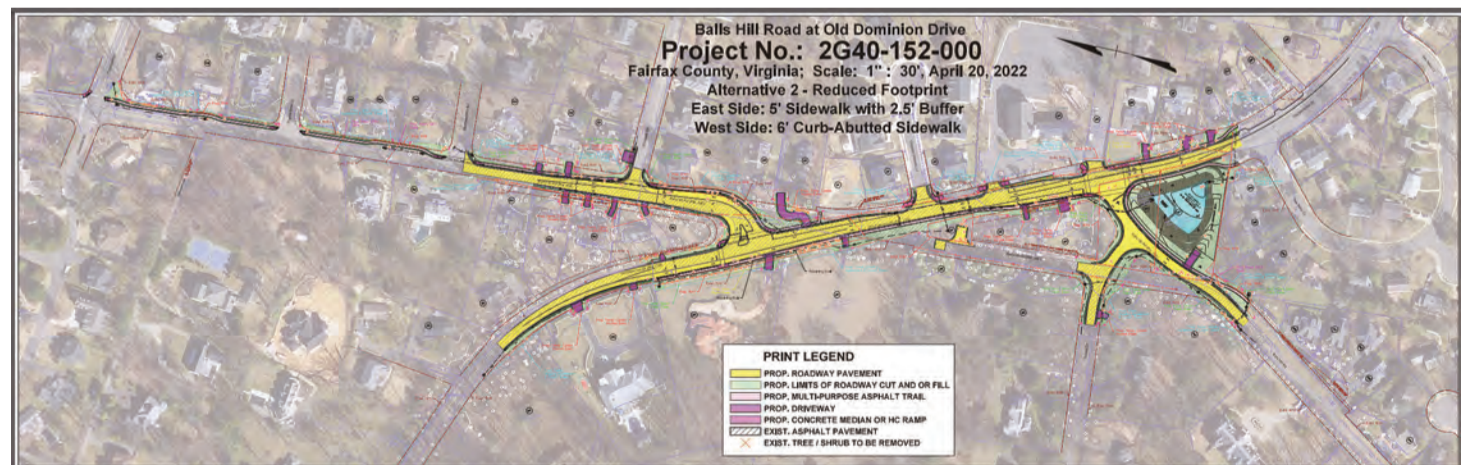
The Fairfax County Department of Transportation (FCDOT) and Dranesville Supervisor John Foust invite the public to attend one of two community meetings to discuss project improvements for the Balls Hill Road and Old Dominion Drive Intersection, and to offer feedback and comments. The project currently is at 30 percent of its preliminary design phase.

The first meeting will be held virtually on Wednesday, June 22, at 7 p.m.

Attend the Meeting: Meeting Link
Dial In: 571-429-5982; Conference ID: 930 454 601#

The second meeting will be held at Churchill Elementary School, 7100 Churchill Road, McLean, on Thursday, June 30, at 6:30 p.m. After an open house, the meeting presentation will begin at 7 p.m., with a question and answer period to follow.

The proposed improvements will realign the Balls Hill Road and Old Dominion Drive www.CONNECTIONNEWSPAPERS.COM



FAIRFAX COUNTY DEPARTMENT OF TRANSPORTATION

Balls Hill Road & Old Dominion Drive Improvements Aerial Photo

intersection and provide improved traffic signal operations. The project includes roadway reconstruction, drainage improvements,

and the addition of bike and pedestrian facilities to provide connectivity through the project site.

For more information, visit the project webpage <https://www.fairfaxcounty.gov/transportation/projects/balls-hill-road>.

FCPS Honors 2022 Recognizing the achievements in education in a challenging year.

BY MERCIA HOBSON
THE CONNECTION

At its Honors Reception and Recognition Ceremony on Wednesday, June 8, Fairfax County Public Schools paid tribute to its employees who excelled in teaching students, leading schools, and providing support throughout the 2021–2022 school year. One of the twelve outstanding award recipients is an FCPS employee at Kilmer Middle School in Vienna. Amy Miller received the Outstanding Principal Award.

The program may be considered the school division's Oscars celebration, recognizing exceptional individuals serving in both instructional and operational roles.

Sponsored by Educate Fairfax, over 730 employees, including 71 finalists and 12 winners in 12 different award categories, were recognized at FCPS Honors, held at George Mason Center for the Arts. Fairfax County Public Schools has nearly 25,000 employees.

"You navigated the unexpected with grace and inspired those around you to do the same," Dr. Scott S. Brabrand, superintendent of Fairfax County Public Schools, said during his opening remarks at the event. "Life is unpredictable, and adaptability is a great asset to have. Instead of focusing on the difficulties, you viewed them as opportunities."

Colleagues, parents, students, and community members could nominate FCPS employees who had to meet certain position-specific requirements. Award liaisons from participating schools and departments collaborated with the



Amy Miller, Principal at Kilmer Middle School in Vienna, received the Outstanding Principal Award.

employee awards team throughout the selection process.

The following comments are sourced from releases by FCPS and the Awards Program.

When Amy Miller took over as Principal of Kilmer Middle School in 2020, it was evident that developing connections and cultivating a community of belonging was at the heart of who she is as a school leader. "She immediately connected with each person in the building.

Her open-door policy provides a warm and nurturing spirit. She ignites and inspires a new sense of passion and professionalism. Amy enables teachers to teach at their best and students to learn at their utmost."

The Twelve Outstanding Countywide Awardees

- ❖ Outstanding Principal Award- Amy Miller, Principal at Kilmer Middle School in Vienna

- ❖ Outstanding New Principal Award- Ellen Mukai, principal of Brookfield Elementary School in



PHOTOS BY FCPS



Scott Brabrand.

Professional Employee: Blair Smith, Assistant Director of Student Activities at Centreville High School in Centreville

- ❖ Outstanding Nonschool-Based Professional Employee: Rebecca Jo Pollard, Project Support Coach Willow Oaks Administrative Center in Fairfax

- ❖ Outstanding School-Based Operational Employee: Frank Sarfo Custodian I Little Run Elementary School in Fairfax

- ❖ Outstanding Nonschool-Based Operational Employee: Cassandra Ann Allen, Transportation Instructor Forte Center in Springfield

- ❖ Outstanding School-Based Leader: Bianca Aiello Director of Student Services, Poe Middle School in Annandale

- ❖ Outstanding Nonschool-Based Leader: Melissa Russell Director II, Payroll Management Gatehouse Administrative Center in Falls Church

For a complete list of all Outstanding Awardees, Finalists, and School Recipients, visit the 2022 FCPS Honors Program at <https://www.fcps.edu/sites/default/files/media/pdf/2022-fcps-honors-program.pdf>.



Kathleen Jacoby Band Director Herndon HS, Outstanding Secondary Teacher.

Chantilly

- ❖ Outstanding Elementary Teacher-Essel Linton Music Teacher

- Annandale Terrace Elementary School in Annandale

- ❖ Outstanding Elementary New Teacher- Shelby Megan Press Second Grade Teacher Riverside Ele-

mentary School in Alexandria

- ❖ Outstanding Secondary Teacher - Kathleen Jacoby Herndon High School Band Director in Herndon

- ❖ Outstanding New Secondary Teacher- Matthew Fredericks at Hughes Middle School in Reston

- ❖ Outstanding School-Based

BULLETIN BOARD

FROM PAGE 2

Volunteers Needed. PRS is looking for empathetic and caring volunteers to make phone calls to older adults who may be feeling socially isolated. The commitment is one 3-hour shift per week for one year. Located in Arlington. Ages 21 & up. Intensive training provided. Learn more and apply: prsync.org/caring-volunteering/. Questions? Email lpadgett@prsync.org.

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 Callahan@fairfaxcounty.gov. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/

Itcombudsman/. 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 a Certified Arthritis Exercise Instructor. For these and other volunteer opportunities,

call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Volunteers for Change. A program for adults which offers more than 50 weekend and evening volunteer opportunities per month. www.volunteerfairfax.org.

Great Falls Hike or Bike Volunteers. Bike or Hike Patrol volunteers assist park rangers by riding on accessible trails in Great Falls Park. To assist park staff in providing info and services to park visitors, maintain good public relations as a representative of the National Park Service, and monitor park resources, visitor usage, and emergency needs. Skills and Experience Desired: Excellent communication skills. Ability to work with culturally, socially, and economically diversified people. Knowledge of the park and local resources, or the

desire to learn. Knowledge of basic bike maintenance or willingness to learn. Willingness to provide basic first aid. Ability to demonstrate skill in basic operation of a bicycle. Call Volunteer Coordinator 703-285-2965 ext. 225

Potomac Paddlers Volunteer Corps. The Potomac Paddlers Corps is a volunteer group with the National Park Service under shared management between Great Falls Park and the C&O Canal National Historical Park. The primary mission of the Corps is to have trained, uniformed park volunteers on the Potomac River to assist the park in identifying and reporting incidents, watch out for risky park visitor behavior, and to deliver safety messages to the public about the dangers of the Potomac River in the Potomac Gorge. Contact: Volunteer Coordinator 703-285-2965 ext. 225 or visit www.nps.gov

ONGOING

1 Million Cups. Wednesdays, 8:30 a.m. networking; 9-10 a.m. program at Make Offices at Tysons, 1751 Pinnacle Drive, Suite 600, McLean. Each week a different business owner gives a brief six-minute presentation about where they are in their business. They then offer up a challenge question about a new idea, product, expansion or something they are facing in their business. The group then masterminds solutions. Free and open to the public. Visit www.1millioncups.com/.

Great Falls Friends and Neighbors (GFFN) invites women living in the Langley High School District or The Estates of Lowes Island to learn more about the group. The purpose of GFFN is to estab-

SEE BULLETIN, PAGE 5



PHOTO COURTESY OF THE POTOMAC SCHOOL

Potomac School in McLean celebrated 108 graduates who accepted their diplomas on June 10.

The Potomac School's Class of 2022

June 10 was a perfect day for an outdoor Commencement celebrating The Potomac School's Class of 2022. Hundreds of family members and friends were on hand to cheer for the 108 graduates as they crossed the stage to accept their diplomas from Head of School John Kowalik and shake hands with Board of Trustees Chair Sameer Bhargava.

Owen Diesenhaus '22 spoke on behalf of the graduating class, combining thoughtful insights with humor. He offered his classmates and all in the audience four valuable pieces of advice, playfully dubbing them "Dieselations": Rather than being regretful about the past or anxious about the future, live fully in the present. Recognize that you are always changing and growing, and embrace that process. Listen to your inner voice and "go with your gut." Deepen your existing relationships and actively build new ones.

Upper School science teacher Laura Petro called this year's graduates "an outstanding class – rich in depth, character, and selflessness." She stated that she had observed their courage throughout their high school careers, as they boldly took risks in order to learn and grow – whether that meant trying out for a varsity team, auditioning for a play, signing up for a challenging elective, or speaking about their personal ex-

periences at an assembly. She urged the graduates to hold onto that courage and eagerness to grow, advising that they never be afraid to pursue their passions. Petro also encouraged the graduates to "put time and effort into forming bonds ... so that you have a person or group to celebrate your successes, help carry your burdens, and share your dreams."

Head of School John Kowalik spoke of the many challenges facing the world today, from the pandemic to economic uncertainty, political divisiveness, and violence. "There are no simple answers. But when I look at the faces of Potomac's Class of 2022, I see the antidote to all the misery I just cited. I see your generosity of spirit. I see your ability and your commitment to help make the world a better place," Kowalik said. "I also see some of the things you've learned during the pandemic – that patience and resilience matter, that being part of a community can give us strength."

Kowalik urged the graduates to recognize that they are not powerless, even in the face of seemingly insurmountable challenges. He told them, "You cannot fix everything. ... But you can make a difference. In your own sphere of influence – your family, your community, your career, even with people you meet at random – you have the power to make a positive difference."

BULLETIN BOARD

FROM PAGE 4

lish and foster an atmosphere in which new and current residents can develop new friendships and community contacts through social, educational and cultural activities. In addition, the club provides service, support and donations to philanthropic and civic organizations in and around the Great Falls community. Email info@gffnva.org or visit www.gffnva.org.

Vienna Toastmasters. 2nd and 4th Wednesdays from 7:30-9 p.m., at the Vienna Community Center on the 2nd floor room opposite the elevator, 120 Cherry St., S.E., Vienna. A friendly place to get comfortable with public speaking and impromptu speaking for new and experienced speakers. Open to the public.

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. Virginia Sheriffs' Institute Scholarship Program. Those enrolled in a Virginia college or university who are pursuing a degree in the field of criminal justice are eligible for the Virginia Sheriffs Institute Scholarship Program; recommendation letter needed. 703-246-3251, shf-pio@fairfax-county.gov or vasheriffsinstitute.org/scholarship/.

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SUMMER



Ocean Dunes Water Park at Upton Regional Park in Arlington, which also offers climbing adventures and mini-golf.



She's living life adventurously at the "Go Ape," park in Fairfax Station.



Camping out at Pohick Bay could be in a camper or one of the cabins that are for rent.

Summer's Here and Possibly Time to Stay Put

Fairfax County has plenty of options for a "stay-cation" this summer.

BY MIKE SALMON
THE CONNECTION

With the price of gas nearing \$6 a gallon, the summer vacation at the beach may not happen this year, but no worries. Take a stay-cation here in Northern Virginia and just pretend it's the beach – there are plenty of options around here that keep that beachy vibe humming throughout the summer.

Fairfax County has 420 parks on nearly 25,000 acres of parkland so there's something for everyone, said Judy Pedersen of the Fairfax County Park Authority. "With gas prices as high as they are, and the impacts of inflation hitting families hard, staying local and enjoying our wonderful park system makes lots of sense," Pedersen said.

First stop, a go-kart track in the Dulles Airport area called the Autobahn Indoor Speedway. It offers racers an opportunity for speed at their indoor facility with some karts reaching 50 miles per hour. It's a little more high-tech than the tracks at the beach so be prepared. There are "Junior Karts," with a minimum age of 8 and height re-

quirement of at least 48 inches tall.

For the Pro Karts, the minimum age is 13 and drivers must be at least 56 inches tall. Summer go-kart camps are available for ages 8-15.

Vacations and staycations are all about putt-putt golf too. Got to have the flaming volcanoes and waterfalls, and that's just the ticket at Upton Regional Park or the Treasure Island Mini Golf course at Pohick Bay. Other mini golf courses can be found at the Monster Mini Golf in Chantilly or the Cameron Run Mini Golf in Alexandria. Burke Lake has mini golf, and a frisbee golf course and a par-3 course too.

If that's not enough for the thrill seeker, there are several spots in the area that have obstacle courses and rope climbing. At Upton Park in Arlington, "Climb Upton" has a 90-element vertical adventure located next to the Ocean Dunes Waterpark.

In the South Run Rec Center, there's another climbing course called "Go Ape," with five activities depending on the skill level. There are 70 obstacles at South Run and a 320-foot zip line.



Racers at the Autobahn Indoor Speedway near Dulles rev their engines.

"STAYCATIONS definitely are worth taking this year," said Ali Morris, destination marketing manager at Visit Fairfax. She pointed out a few events scheduled this summer that cater to those staying put this year:

◆ Cirque du Soleil's "KURIOS: A Cabinet of Curiosities" under the Big Top at Tysons from July 29 – September 25.

◆ A beer and wine extravaganza at Westfields Marriott Washington Dulles Hotel through the end of September: Two nights at the hotel, wine tasting at a local vineyard, beer flights at 3 different Chantilly breweries, transportation and food credits, plus a welcome bottle of wine and other gifts at check-in.

◆ Capital One Center in Tysons has a new performing arts center, and the Capital One Hall featuring an elevated outdoor Starr Hill Biergarten + amphitheater and an 18-hole miniature golf course that is 11 stories in the air.

Still longing for the beach, surfing and getting gnarly? The Fairfax Surf Shop has boards, skate stuff and trunks as a preparation for the Reston Surf Course. Surf Reston Stand Up Paddleboarding is right on Lake Audubon in Reston. For those who want to ride a board but not on the water, there are skate parks at Wakefield Park, Lake Fairfax, Van Dyck Park, Herndon Skate Park and Powhatan Springs Skate Park inside the beltway.

What If It's Raining?

That's where all eyes turn to the Workhouse Arts Center in Lorton. This art workshop and gallery is mostly indoors, has plenty of parking and is not far from I-95. The Workhouse Arts Center opened to the public in September 2008, with buildings that were part of the old Lorton prison, and now houses artist studios, dance studios, music rooms, event spaces, movement/exercise studios, theater, gift shop, welcome center, administrative offices and the Lucy Burns Museum, honoring suffragists.

Summer Eating

After all that activity, time to grab a bite to eat, and it's all about



You never know what is on display at the Workhouse Arts Center in Lorton.

beach munchies at Clare and Don's Beach Shack in Falls Church, or Boardwalk burgers and fries in Kingstowne. At Clare and Don's, dishes range from the Lake Alice Gator Tail (\$9), a bowl of Seafood Chowda (\$8) to the Inner Harbor Crab Cakes (\$28.75)

When evening falls, kick back at the campfire, making s'mores and talking about all the beach fun, and there are several campgrounds in the area for that part of summer fun. At Pohick Bay, there are cabins, tent and camper sites and a spot for wilderness camping as well. Burke Lake also has a campground as does Lake Fairfax where there are cabins too.

AUTOBAHN INDOOR SPEEDWAY
45448 East Severn Way, Suite #150
Sterling, VA 20166
(571) 353-1220

POHICK BAY REGIONAL PARK
6501 Pohick Bay Dr, Lorton, VA 22079
(703) 339-6104

UPTON HILL REGIONAL PARK
6060 Wilson Boulevard
Arlington VA 22205
<https://www.novaparks.com/parks/upton-hill-regional-park>

CLARE AND DON'S BEACH SHACK
130 N Washington St, Falls Church, VA 22046
703-532-9283

FAIRFAX SURF SHOP
10304 Willard Way
Fairfax, VA 22030
703 273-0015
info@fairfaxsurfshop.com

MONSTER MINI GOLF
14130 Sullyfield Cir suite g, Chantilly, VA 20151
(571) 376-5035

WORKHOUSE ARTS FOUNDATION, INC.
9518 Workhouse Way
Lorton, VA 22079
<https://www.workhousearts.org/>

WATERPARKS
ATLANTIS WATERPARK
Bull Run Regional Park, Centreville, VA
Cool down with waterslides, pools, and our 500 gallon dumping bucket at Atlantis Waterpark, located at Bull Run Regional Park in Centreville, Virginia.
<https://www.novaparks.com/waterparks/atlantis-waterpark>

GREAT WAVES WATERPARK
Cameron Run Regional Park, Alexandria, VA
Bring the family for a full day of sliding and splashing at Great Waves Waterpark, located in Alexandria, Virginia.
<https://www.novaparks.com/waterparks/great-waves-waterpark>

OCEAN DUNES WATERPARK
Upton Hill Regional Park, Arlington, VA
Make any day a beach day at Ocean Dunes. This Waterpark is loaded with fun features for adults and kids, including a 500-gallon dumping bucket, water slides, waterfalls and squirters. Visitors will find themselves amidst dune grasses and the feeling of being at the beach, but without the drive.
<https://www.novaparks.com/waterparks/ocean-dunes-waterpark>

PIRATE'S COVE WATERPARK
Pohick Bay Regional Park, Lorton, VA
Cool off all summer long on our waterslides, splash pads and play areas at Pirate's Cove Waterpark in Lorton, Virginia.
<https://www.novaparks.com/waterparks/pirates-cove-waterpark>

LAKE FAIRFAX PARK - WATER MINE LOCATION
1400 Lake Fairfax Drive
Reston, VA, 22039
<https://www.fairfaxcounty.gov/parks/watermine>

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VIENNA/OAKTON / MCLEAN CONNECTION ♦ JUNE 15-21, 2022 ♦ 7

CALENDAR

SATURDAYS UNTIL DECEMBER

The Reston Farmers Market (sponsored by the Fairfax Co. Park Authority) will take place at Lake Anne Village from 8 a.m.-noon. SNAP beneficiaries receive up to \$20 match. Visit <http://restonfarmersmarket.com/>

NOW THRU JULY 4

Paper Jewels. At Reston Art Gallery and Studios, 11400 Washington Plaza West, Reston. Julia Malakoff presents her newest mixed media artworks to stimulate the senses of sight, smell, and taste through vivid colors and textures in her solo show, "Paper Jewels," featured at Reston Art Gallery and Studios (RAGS) from June 2 until July 4. Malakoff's own senses of smell and taste were altered by a case of Covid in 2020, but as a professional artist she has been able to put her imagination to work to ease the challenges of being a long-hauler, and to bring joy. Visit <https://juliamalakoff.com/>.

NOW THRU DEC. 31

Crafts for Kids. 10 a.m. to 12 noon. At Reston Art Gallery and Studios, 11400 Washington Plaza W at Lake Anne, Reston. Free, themed art projects for children (with guardian) are offered at Reston Art Gallery and Studios every Saturday from 10 a.m. until 12 p.m. Visit the website: www.restonartgallery.com

MCLEAN FARMERS MARKET

The McLean Farmers Market opened for the 2022 season on Fridays at Lewinsville Park, 1659 Chain Bridge Road, McLean. The market will run every Friday from 8 a.m. to noon through Nov. 11. Local farmers and producers will sell fresh produce and fruits; breads and pastries; prepared foods; meats; herbs; flowers, and more. All products are grown or produced by the vendors and come from within 125 miles of Fairfax County. Visit: <https://www.fairfaxcounty.gov/parks/farmersmarkets/>



The Alphabet Rockers will appear at MCC's Celebration of Juneteenth on Sunday, June 19, 2022 in McLean.

HERNDON FARMERS MARKET

Thursdays through Nov. 3, 8 a.m. to 12:30 p.m. 765 Lynn St., Herndon, VA, 20170 <https://www.fairfaxcounty.gov/parks/farmersmarkets/herndon>

GREAT FALLS FARMERS MARKET

The Great Falls Farmers Market Outdoor Market is open every Saturday, Spring and Summer, 9 a.m. - 1 p.m., 778 Walker Road, Great Falls. For vendors and weekly highlights see <https://www.greatfallsfarmersmarket.org/>

WEDNESDAY/JUNE 15

NOVA's Cornucopia Blood Drive. 12-5 p.m. At Christ the King Lutheran Church, 10550 Georgetown Pike, Great Falls. Visit www.redcrossblood.org and enter the sponsor code: NOVASCornucopia. Or call 1-800-733-2767 with the sponsor code.

FRIDAY/JUNE 17

American Red Cross Blood Drive. Noon-5 p.m. At McLean Community Center, 1234 Ingleside Ave., McLean. MCC is helping the American Red Cross with Diverse Blood Donations. It is urgent for donors of all ethnicities to support patients in need! For an appointment, visit www.redcrossblood.org and enter sponsor word: HEARTOFGOLD, or call 1-800-RED CROSS (1-800-733-2767). Visit www.mclean-center.org.

SATURDAY/JUNE 18

"You Are Not Alone" with the Alphabet Rockers. 10:30 a.m. At Dolley Madison Library, 1244 Oak Ridge Ave, McLean. Free, registration required. For ages 5-12. "You Are Not Alone" is an empathetic and inclusive picture book by the Alphabet Rockers that empowers kids to love their beautiful selves, celebrate their identities, stand up to hate and have one another's backs no matter what. Register the child who will be attending. Priority seating will be given to children ages 5-12. Visit www.mcleancenter.org.

SATURDAY/JUNE 18

LGBTQ+ Pride Concert for Families. 4 p.m. At The Alden Theater, 1234 Ingleside Ave., McLean. Featuring music from The Alphabet Rockers' album, "THE LOVE." This Grammy-nominated intergenerational hip-hop album from the Alphabet Rockers gives voice to what matters: love, belonging and gender justice for all of us. Prepare to sing, dance and have fun celebrating the love of ourselves and our whole family. Visit www.mcleancenter.org.

SUNDAY/JUNE 19

Concerts on the Green. 6-8 p.m. At the Village Centre Green, Great Falls. Featuring The Walkaways - Americana, folk, roots rock, country, indie, and classic rock. Hosted by Marks-Woods Construction Services. Come relax at the Village Centre Green and enjoy laid-back evenings of good music and good times with your neighbors.

SUNDAY/JUNE 19

Sully Antique Car Show. 10 a.m. to 3:30 p.m. At Sully Historic Site, 3650 Historic Sully Way, Chantilly. This is a special date, marking not just Father's Day but also the national commemoration of Juneteenth, a federal holiday commemorating the emancipation of enslaved African Americans. This event is

jointly sponsored by the Fairfax County Park Authority and the George Washington Chapter Model A Ford Club. Tickets for the car show are available online; walk-in admissions are also accepted at the gate.

SUNDAY/JUNE 19

MCC's Celebration of Juneteenth. 3 p.m. At McLean Central Park, 1468 Dolley Madison Blvd, McLean. Featuring the Alphabet Rockers. The Grammy-nominated Alphabet Rockers make music that makes change! This intergenerational group creates brave spaces to shape a more equitable world through hip-hop. Visit www.mcleancenter.org.

FRIDAY/JUNE 24

Broadway in the Park. 8 p.m. At Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. Experience a night of stellar show tunes and memorable performances under the stars this summer at Wolf Trap. Two of Broadway's Tony-Award winning leading ladies, Kelli O'Hara ("The King and I") and Adrienne Warren ("Tina: The Tina Turner Musical"), join some of your favorite Signature Theatre artists for an incredible night of musical theater featuring songs from "West Side Story," "The Wiz," "Gypsy," "Funny Girl" and more.

FRIDAY/JUNE 24

Paint and Sip Night. 6-9:30 p.m. At Vienna Volunteer Fire Dept., 400 Center Street South, Vienna. The Auxiliary to the Vienna Volunteer Fire Department will be hosting a fun Paint and Sip Night with artist Linda Jackson. Join in this fundraising event for a night of painting, food, drinks, prizes and fun. Dinner starts at 6:30 p.m., and painting starts at 7 p.m. Tickets for painting are \$35.00 and includes all supplies to create your masterpiece. Dinner tickets are \$10, and drink tickets are \$5.00. Raffle tickets will be sold as well. Register now at <https://vvdaxiliary.square.site/>

FRIDAY/JUNE 24

"Karate Kid" Movie. 7 p.m. At Tysons Corner Center, McLean. Part of the Outdoor Family Movie Night on the last Friday of the month. Make sure to bring your chairs and blankets for a movie under the stars! Complimentary popcorn and soft drinks will be provided (while supplies last).

SATURDAY/JUNE 25

2000s So Fetch. Part of the Summer Concert Series. 7-9 p.m. At Tysons Corner Center, McLean. Join Tysons Corner Center on a tour through the decades! Listen to your favorite songs on the plaza while enjoying drinks and takeout from our plaza retailers. These events are free to attend.

SUNDAY/JUNE 26

Concerts on the Green. 6-8 p.m. At the Village Centre Green, Great Falls. Featuring Four Star Combo - High-energy 1950s Rockabilly and Honky Tonk. Hosted by 1Roof - Roofing, Siding & Gutters. Come relax at the Village Centre Green and enjoy laid-back evenings of good music and good times with your neighbors.

SUNDAY/JUNE 26

Summer Sunday Concerts in the Park. 3 p.m. At McLean Central Park, 1468 Dolley Madison Blvd, McLean. Featuring Garba360 Live Dance Instruction and Band. An essential component of the nine-day, fall Hindu festival, Navratri, Garba is an intoxicating, high-energy folk dance style from the Indian state of Gujarat. Visit www.mcleancenter.org.

JUNE 28-JULY 24

"Memory and Illusion" Art Exhibit. 9 a.m. to 9 p.m. At Jo Ann Rose Gallery, Reston Community Center - Lake Anne, 1609-A Washington Plaza, Reston. Experience a retrospective show of more than 50 original paintings in a variety of mediums, representational to abstract, dramatic to whimsical, by Reston-based painter Sandra C. Dovberg. Website: sandracdovbergart.com

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SENIOR OLYMPICS



PHOTOS BY HENRY S. WINOKUR 2021



Competitors in the 2021 Northern Virginia Senior Olympics diving competition.

Sign Up for Northern Virginia Senior Olympics

The 2022 Northern Virginia Senior Olympics committee will offer a total of 77 individual events in this year's competition. "Not only are we celebrating our 40th anniversary," said Herb Levitan, NVSO Chair, "but it's also a record year for the number of events that will take place, Sept. 10-24 at 25 venues throughout Northern Virginia."

NVSO began in 1982 with approximately 300 participants and has grown to nearly 900 (pre-Pandemic). Levitan said, "We're expecting a large turnout this year since we had nearly 700 with half the events last year."

Opening day ceremony will take place at the Thomas Jefferson Community Center, 3501 S. 2nd St., Arl., Saturday, Sept. 10 at 9:30 a.m. Seven track events and one rowing ERG event will follow the opening.

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The public is invited to attend.

A full schedule of events and venues is on the website at www.nvso.us. To participate one must be 50 years old by Dec. 31, 2022 and reside in one of the sponsoring jurisdictions. The registration fee is \$20 which covers an unlimited number of events. There is an added charge for orienteering, cycling and ten pin bowling. Registration will open Wednesday, July 6 and close

Aug. 31. Registration is online only at www.nvso.us. NVSO will follow guidelines set by the CDC, the Commonwealth of Virginia, the local jurisdiction and the individual venues.

NVSO is sponsored by the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William and the cities of Alexandria, Fairfax and Falls Church. For more information, email nvso1982@gmail.com



Public Notice

Updated weight limits on Virginia bridges and culverts

In accord with state and federal law, the Virginia Department of Transportation (VDOT) has imposed new or changed existing weight restrictions and installed new signage indicating the updated weight restrictions on the following bridges and culverts (structures) in Virginia within the last 30 days.

Jurisdiction	Fed Struc Id	Route #	Route Name	Crossing	Posted Date
BEDFORD	2896	755	SIMMONSMILL ROAD/ROUTE 755	BORE AUGER CREEK	5/26/2022
LUNENBURG	11662	671	REEDY CREEK ROAD	BRANCH OF REEDY CREEK	5/25/2022
WISE	19502	1321	INMAN ST.	POWELL RIVER	5/19/2022
WISE	19499	1308	ROUTE 1308	CALLAHAN CREEK	5/19/2022
WISE	19338	78	MAIN ST.	CALLIHAN BRANCH	5/18/2022
LOUDOUN	11255	673	FEATHERBED LANE	MILLTOWN CREEK	5/12/2022
TAZEWELL	24540	460	ROUTE 460 (EBL)	ROUTE 19	5/4/2022
SCOTT	16799	865	MANVILLE RD.	BLACK OAK BRANCH	5/2/2022

The list above is not a comprehensive list of all structures with weight restrictions in the Commonwealth, but shows only structures that have new or changed weight restrictions within the last 30 days. The list contains only basic structure identification and location information and the date the new or changed weight restriction and signage became effective.

For a full listing of all bridge and culvert weight restrictions with detailed information about specific structures, including location data and actual weight limits, visit <https://www.virginiadot.org> and navigate to Info Center/Trucking Resources. This page references a posted structures report and a GIS map tool that contain detailed information about restricted structures in Virginia. To receive email notifications regarding new or updated weight restrictions for structures statewide, complete the sign-up form on the web page.

Notices regarding bridges and culverts with new or updated weight restrictions are published monthly by VDOT. For additional information or questions, please contact haulingpermits@vdot.virginia.gov.

The Virginia Department of Transportation is committed to ensuring that no person is excluded from participation in, be denied the benefits of, or be subjected to discrimination under any of its programs or activities on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on VDOT's Title VI Program or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Program Specialist at 804-786-2730.

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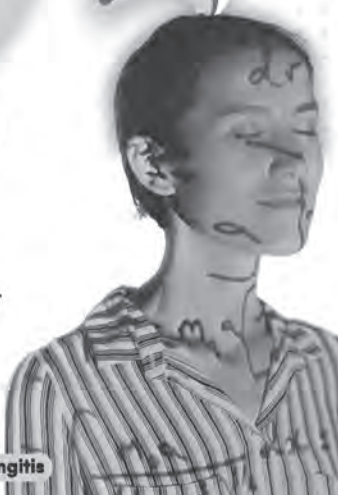
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PHOTO COURTESY MARYMOUNT UNIVERSITY

Biology students attend rigorous classes at Marymount University as part of a competition to represent the U.S. at the International Biology Olympiad in Yerevan, Armenia. For the Information on 2023USA Biolympiad (USABO) visit: <https://www.usabo-trc.org>

Marymount Professors Prepare Aspiring Biologists for International Competition

Top high school biology students prepare for USA Biolympiad (USABO) competition.

BY MARILYN CAMPBELL
THE CONNECTION

Marymount University hosted 20 of the nation's brightest high school biology students earlier this month for the USA Biolympiad (USABO) competition. The group received ten days of rigorous science instruction, lab training and testing. They were vying for a chance to become one of the four gold medalists who will represent the U.S. at the International Biology Olympiad in Yerevan, Armenia from July 10-18.

The students, including Lynn Tao of Thomas Jefferson High School for Science and Technology in Alexandria and others were chosen from more than 11,000 students who registered to participate in USABO's national biology exams.

"We start with the 20 who have placed highest on the national test, and we put them through a rigorous week of intense refresher courses and offer them new ways to work through the problems of science," said Todd Rimkus, Ph.D, Director of Marymount's School of Science, Mathematics and Engineering. "Our mission was to prepare them for the competition."

The instruction that students received included day trips to get hands-on experience with the lessons they were studying. "One of the most amazing excursions for these

students was a field trip out to a local lake, where they got the opportunity to set turtle traps and then return the following day to see what they were able to catch," said Rimkus. "When we pull up a net with over 100 pounds of different types of turtles, including large snapping turtles, the students are amazed. They learn that not all science happens in a lab, and many areas of science that they may have never considered in the past may contain the kinds of questions they would want to try to answer."

The students were also able to watch an open heart surgery as part of the INOVA Dome Experience program. "Our students at Marymount in the Nursing and Biology majors get an opportunity to see these surgeries on a pretty regular basis," said Rimkus. "It is always a wonderful experience to see the surgeons and nurses work with such care and expertise. USABO students always ask great questions of our hosts at the hospitals."

USABO is managed by The Center for Excellence in Education (CEE) and Marymount also hosted their scholars in 2018, 2015 and 2014. "[We] have a longstanding relationship with CEE," said Rimkus. "Our close proximity to their headquarters in Washington, D.C., means that they were looking for a University with expertise in the biological sciences. "Our finalists have received many gold medals ... so I am confident that this group is ready to achieve similar outcomes."

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One Small Step for Humankind ...



By KENNETH B. LOURIE

... One Giant Step for Yours Truly. I hope so, anyway. And what am I giant-stepping about? The Entenmann's selection at my local supermarket. After years of disappointment and of suffering in silence concerning the same old-same old choices, I am planning this week to introduce myself to the store's manager to inquire about the possibility of changing the Entenmann's selection to some varieties more to my liking. Specifically adding: the "Marshmallow Iced Devil's Food Cake" and the "Chocolate Chip Iced Cake," and any glazed "Holiday Sprinkled Pop'ems" as well.

To say I speak from experience goes without saying to anybody who knows me. For those of you who don't know me, know this: when it comes to chocolate desserts, I am a maven (Yiddish for expert). I wouldn't say exactly that I've written the book, but I can say I've contributed a few chapters. Thanks to my mother's feeling that her two boys needed to drink eight glasses of milk daily for healthy bones, she (don't call your mother 'she;') I can still hear my father admonishing) deduced that washing down dessert/chocolate with milk would be an excellent/recurring way to reach this goal. And boy was she right. We had dessert multiple times per day: after breakfast, packed with our school lunches, an after-school snack at home, after dinner and finally before bedtime, and always with a glass of milk. Five separate occasions. The product line: Hostess, Drakes, Nabisco; repeat.

And not that I'm the least bit undernourished or deprived by my local supermarket's poor Entenmann's selection. Hardly. If nothing, I'm flexible when it comes to chocolate desserts. However, I have my preferences, and the older I get - and possible even the less healthy I become, I'm going to want/need to treat myself/lift my spirits by eating delectable/desired desserts. Because, at the end of the day (at the beginning too), as I was told many years ago by my publisher after she learned I had been diagnosed with lung cancer: "Kenny, it's all about you." And believe me, upon receiving a "terminal" diagnosis from my oncologist it wasn't much of a stretch to focus on me, myself, and I.

But as time has passed and I have not, I got away from my individual requirements and tried to blend in with whatever choices were available to me. In that time frame, I've purchased a wider variety of desserts, now to include Tasty Cake and Little Debbie to go along with the original big three. But over time, and not able to get over the disappointment in taste and preference of the usual suspects, I expanded my horizons to include Entenmann's products. And with the lack of diversity in my supermarket's Entenmann's' selections (except for the few and far between times when either of my preferences were available), I had become increasingly tolerant - until recently, since my store never has the varieties I crave, so finally, after months of complaining - to my wife, I'm going to get off my couch and try to do something about it.

As I contemplate more than my navel, I am salivating at the prospect of being able to pre-order and in effect, guarantee me that my favorites will be in-store, possibly even with my name on the package and a visible "Not for Resale" warning printed across the cardboard box. What joy this kind of control would bring a cancer patient who only wants to have a "Marshmallow Iced Devil's Food Cake" when I want it, not when it's available - which is never, at least at my local supermarket. This is not exactly a dying man's wish, but it is a wish nonetheless that if I'm going to succumb to my disease, before I die, I would like to have my cake and eat it too.

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



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