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Cation & Achivibies

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Unique Potomac River Waterfront Property

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News

Northern Virginia Family Service to Honor Frank Wolf, Karen Cleveland

Northern Virginia Family Service (NVFS) will host 19th annual Road to Independence Gala, celebrating NVFS as the leading resource for families in need in Northern Virginia. It also will acknowledge the individuals, civic groups and companies who are committed to the community and the work of NVFS, as well as honor the vision and dedication of community leaders through its Legend of Northern Virginia and Community Champion awards.

This year, NVFS will recognize Frank Wolf and Karen Cleveland for their extensive service and commitment to Northern Virginia.

Former U.S. Rep. Frank Wolf, the 2017 Legend of Northern Virginia, has been widely recognized as the "conscience" of the Congress. A staunch supporter of those who cannot defend or speak for themselves, Wolf founded and served as co-chairman of the Tom Lantos Human Rights Commission, a bipartisan organization made up of nearly 200 Members of Congress who work together to raise awareness about international human rights issues.

During his 17 terms in office, Wolf also authored legislation that fought against hunger in the United States, promoted prison reforms and aided Mothers Against Drunk Driving to lower the national blood alcohol limit to .08 BAC.

Now retired, Wolf focuses his work exclusively on human rights and religious freedom and has been awarded the Presidential Eleanor Roosevelt Award for Hu-

Faith Notes

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

Church of the Holy Comforter, 543 Beulah Road, NE, Vienna offers a monthly Healing Eucharist with the Laying on of Hands and Anointing for Healing (first Sunday of the month, 5 p.m. at St. Mary's Chapel. The Healing Ministry is led by the Rev. Valerie Hayes and Alexandra MacCracken and includes a team of lay healers who have gone through intentional training and formation. Contact the Rev. Valerie Hayes at vhayes@holycomforter.com.

Yoga Class with a Christian Focus is held Saturdays, 3-4 p.m., McGill Hall or the Library at the Church of the Holy Comforter, 543 Beulah Road, NE, Vienna. This group is suitable for those with beginner and/or intermediate yoga experience. Dress comfortably and bring a mat. Feel free to bring a towel, block(s) or strap if you have them. Contact the Church Office at 703-938-6521.

Mom's Group meets second and fourth Thursday of the Month, 9:30-11:30 a.m. at the Church of the Holy Comforter, 543 Beulah Road, NE,

Northern Virginia Family Serviceman Rights, the Christian LegalNVFS) will host 19th annual RoadSociety's William Bentley Ball LifeIndependence Gala, celebratingand Religious Liberty DefenseVFS as the leading resource forAward and more in recognition ofmilies in need in Northern Vir-his work.

2017 Community Champion Karen Cleveland is the president and CEO of Leadership Fairfax (LFI), a community leadership development organization, where she specializes in working with executives and emerging leaders who have already attained a high level of personal and professional success, yet recognize their need for continued leadership development and personal growth. Cleveland is also the principle of Cleveland Group, LLC, and Cleveland Coaching Group.

She previously served as president and CEO of Habitat for Humanity of Northern Virginia, where she was known as a visionary leader and credited with growing the organization into one of the most respected charitable organizations in the metro D.C. area.

"This year's honorees demonstrate a tireless commitment to the families in our community," said Stephanie Berkowitz, NVFS president and CEO. "Leaders such as Frank Wolf and Karen Cleveland are a critical part of this community. Their vision and dedication are an inspiration to those around them."

The event will take place Friday, May 12, at 6 p.m. at the Hilton McLean Tysons Corner, 7920 Jones Branch Drive, McLean. Individual tickets are available for \$300 at nvfs.org/gala.

Vienna. Join the group for coffee and fellowship. The group meets in the Lillian Croy Room, near the Church Office. Childcare will be available just across the hall in the Childcare Center. If you are interested in joining the group, contact the Church Office at 703-938-6521 so that we can plan appropriately for materials and childcare.

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, has Sunday services at 7:45, 9 and 11 a.m. with nursery care provided. In the summer, they offer musical, educational, outreach and fellowship ministries in addition to worship services, including an 8 a.m. worship service without music and a 10 a.m. worship service with nursery care. 703-759-2082.

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.

Incumbents Seek Re-election on Vienna Ballot

Town Council elections to be held May 2.

By Mercia Hobson The Connection

ccording to the Fairfax County's 2017 Election Calendar, the Town of Vienna will hold their General Election Tuesday, May 2, at which time three Town Council members will be elected. For many Vienna voters who go to the polls that day, the General Election may be a deja vu experience. That's because the names on the 2017 ballot will be the same as those on the 2015 ballot. In May 2015, Howard J. Springsteen, Carey J. Sienicki, and Tara L. Voigt sought election, unopposed, each of the three trying for one of the three available Vienna Town Council member seats due to expire June 30 of that year. Springsteen and Sienicki were reelected; Voigt elected. The Virginia Department of Elections reported the candidates received 383, 389 and 386 votes respectively with 10,483 voters registered in Vienna.

Springsteen, Sienicki, and Voigt took their seats on the Town Council as official twoyear term councilmembers on July 1, 2015. In March 2017, Fairfax County officials reported Springsteen, Sienicki, and Voigt were the only candidates who met certain qualifications and filed required documents to appear on the Town of Vienna May 2, 2017, ballot. Once again, each of the three is seeking one of the three Town Councilmember seats.

Candidate Information

Town of Vienna reports Springsteen has been a resident of Vienna since 1997 and elected to Council in 2009. He served on the Transportation Safety Commission for eight years and currently works for Fairfax County Department of Vehicle Services as logistics manager. Active in many community service roles, he has been a member of the Vienna Volunteer Fire Department, served with the Boy Scouts and been involved at local schools. Springsteen served as a Peace Corps volunteer in Liberia, West Africa. He earned a master's degree in public administration from New York University.

Sienicki has been a resident of Vienna since 2000. She was first elected to Town Council in 2011 and serves on the Windover Heights Board of Review. Previously she served as Vice Mayor in 2013-14, Mayor Pro-Tempore and on the Planning Commission. A member of the VA Municipal League since 2011, Sienicki attained Advanced Certified Local Government Official, serving on the General Laws Committee. Locally, she is a member of Vienna Arts Society and Historic Vienna, Inc. Professionally, she is a business owner, registered architect, a member of the American Institute of Architects, and is a charter member of the Vienna Business Association. Sienicki received a bachelor of architecture degree from Temple University and a bachelor of science from



Councilmember Tara L. Voigt who previously served on the Town of **Vienna Planning Commission and** as chair of the Transportation Safety Commission seeks her second two-year term as councilmember. As for her platform, Voigt wrote, "The Town of Vienna is a wonderful place to live and work in Northern Virginia. Maintaining the small town feel by improving traffic flow while encouraging visitors to stop and see what we have to offer keeps us as one of the best places to live in Virginia."

Georgia Institute of Technology.

A resident of the Town of Vienna since 2000, Voigt was initially elected to Town Council in May 2015. Voigt previously served on the Town of Vienna Planning Commission and as chair of the Transportation Safety Commission. She is a teacher and assistant director at FB Meekins Preschool in Vienna. Voight has served in various community leadership roles, among them PTA President at Marshall Road Elementary School and James Madison Crew Parents. Voigt received a Bachelor of Arts degree in early childhood education from Ashford University.

Voting Information

The polls are open 6 a.m.-7 p.m. for the



Elected to the Vienna Town Council in 2009, Howard J. Springsteen seeks his fifth two-year term as councilmember. When asked for a platform statement, Springsteen wrote that if re-elected, "I plan on continuing my strong support in maintaining the integrity of Vienna's residential neighborhoods in terms of encouraging traffic and pedestrian safety, adequate tree coverage when lots are re-developed and keeping a cautious eye out on developers. I want to continue to encourage when there is community support, realistic and common sense redevelopment when possible along the Maple Avenue corridor."

May 2 Town of Vienna Elections. The sole polling location is the Vienna Presbyterian Church, located at 124 Park Street NE, Vienna. Only qualified Town of Vienna voters are eligible to vote. A voter must be a Vienna resident, at least 18-years old by Election Day, a U.S. citizen and be registered to vote. To determine eligibility visit Virginia Department of Elections at www.fairfaxcounty.gov or call 703-222-0776.

Virginia Dept. of Elections reports all voters need to show one acceptable photo ID card whenever voting in person. Photo IDs can be used to vote up to one year after the



Carey J. Sienicki, first elected to Town Council in 2011, and served as Vice Mayor in 2013-14, seeks her fourth two-year term as councilmember. Asked for a platform statement, Sienicki wrote, "Maintaining the delicate balance between preserving the small town community and fostering purposeful growth, so that the future needs of Vienna's citizens and businesses are met, is my main priority. I hope to see you all at Tuesday's upcoming election. It is a true honor to live in Vienna and represent vou as a member of vour Town Council since 2011."

ID has expired. Acceptable forms of valid identification are VA driver's license, VA DMV-issued photo ID, U.S. passport, employer-issued photo ID, student photo ID issued by a school, college, or university located in VA, other U.S. or VA governmentissued photo ID, tribal enrollment or other tribal photo ID and VA Voter Photo ID card.

For more information on Town elections, call 703-255-6303 or visit the Town's website at www.viennava.gov. Unofficial Election Results will be available after the polls close on Election Night and updated as reports come in. Results will be available at www.fairfaxcounty.gov.

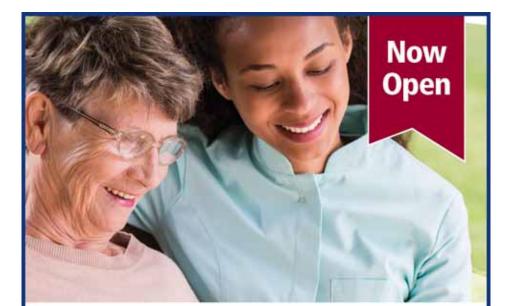
Vienna Drug Center Goes Green

Vienna Drug Center, an independent retail pharmacy owned by the Borgatti family since 1965, takes pride in being a small business dedicated to providing quality health care support. The staff provides immunizations to customers, delivers medication and supplies to local doctors' offices and patients, and sells durable medical equipment (DME) supplies (walkers, canes, wheelchairs, ostomy supplies, compression stockings/ sleeves, and more).

The pharmacy is taking care of the Earth as well: Vienna Drug Center has already taken the initiative to switch over to LED lights throughout the entire store to help conserve energy and waste less electricity. LED lights do not contain toxic chemicals like fluorescent light strips, provide better lighting, and last much longer resulting in less replacements over the years.

New 60-80 gallon recycling bins will be replacing large trash bins where the pharmacy will be able to recycle all of its scrap paper, shredded paper, manufacturer bottles, etc. Recycling bins will be added into the break room, office, and throughout the pharmacy. They will be converting 95 percent to 5 percent trash.

Finally, they will be changing liquid prescription bottles to more Earth friendly, biodegradable bottles. The new bottles will contain an organic additive that will help the bottle degrade 850 percent times faster than conventional liquid bottles.



Join The Kensington Falls Church at a Job Fair

Saturday, May 6, 2017 + 10am-1pm 700 West Broad St, Falls Church, VA

Here you been searching for an organization with heart? Where you can make a difference in many lives? Where you can grow professionally and personally? Kensington Senior Living has been built upon two key values: a Love for Seniors and a Spirit to Serve. We are looking for individuals who share these values and would like to join our team in Falls Church, where we will love and care for our residents as we do our own families.

Now hiring qualified full-time (starting at 30 hours/week) and part-time team members (Health insurance, life insurance, other benefits and

generous paid time off for full-time positions)

Care Managers (CNAs) Care Supervisors (CNAs) Licensed Professional Nurses (LPNs) Wellness Nurses (LPNs and RNs) Activities Coordinators Concierges Dining Coordinators Utility Staff Cooks Prep Cooks Servers Maintenance Assistant Housekeepers Porters Drivers Laundry Attendants



An Assisted Living Community

FALLS CHURCH 703.992.9868 www.TheKensingtonFallsChurch.com 700 West Broad Street, Falls Church, VA 22046

For immediate consideration or more details, email FallsChurchCareers@KensingtonSL.com or call 703-992-9868.

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News

Cokie Roberts, Other Women Share Success Stories at Madeira

Empowering young women is the theme of The Madeira School's day-long, public event to celebrate 50 years of its transformational Co-Curriculum Program, an award-winning effort that blends academic excellence with real world experiences by taking students into the community for service, onto Capitol Hill for internships, and inside organizations for career placements. The event, to be held April 28 from 8:30 a.m. to 6 p.m. features an exceptional line up of speakers and panelists — many of whom are alumnae — to offer personal stories and discussions of successes, challenges, and discoveries.

Select sessions and speakers include:

✤ 10 a.m. — Keynote: Cokie Roberts, NPR's Morning Edition host and ABC News political commentator, will discuss "Founding Mothers: The Women Who Raised Our Nation."

◆ 11:30 a.m. — Design Thinking in Real Life: How to bring design, creativity, and innovation into your everyday life with Emi Kolawole, founder Dexign LLC.

◆ 11:30 a.m. — Earth in Crisis: Bold strategies to effect social change with Lucy Blake, president, Northern Sierra Partnership; Catharine Gilliam Burns, conservation consultant; and Meg Goldthwaite, CMO, NPR.

♦ 3 p.m. — Backstage! Professional ac-

tors share the good, bad, and ugly of a career in show business, with Fatima Quander, dancer; June Schreiner, actress; and Holly Twyford, actress.

◆ 3:30 p.m. — Necessity is the Mother of All Invention: Seizing opportunities in the modern marketplace with Samantha Meyer duPont, head designer and proprietor, Sam DuPont; Brandon Holley, CEO, Everywear; and Katherine Petty MacLane, Director at Pi Executive.

◆ 3:30 p.m. — Pandas Gone Wild: A photographic journey inside China's efforts to save the giant panda from extinction with Sadie Quarrier, National Geographic Senior Photo Editor; and Ami Vitale, Nikon Ambassador and National Geographic magazine photographer.

♦ 3:30 p.m. — Running for Office: Navigating the course from volunteer to candidate with Oregon State Rep. Janelle Irick Bynum and Sylvia Larsen, former member of the New Hampshire Senate.

✤ 5 p.m. — Keynote: Julia Reed, contributing editor at Elle Décor and at Garden & Gun magazines, to discuss how internships and service shaped her career.

The conference will be held at Madeira School, 8328 Georgetown Pike, McLean. The event costs \$100 and is open to the public. To register, visit www.madeira.org.



Spring ArtFest



April 29 - 30, 2017 10:00 AM - 5:00 PM

Please join us for an art-filled weekend!

Four great locations in Great Falls, VA The Great Falls Grange and Old Forestville Schoolhouse 9818 Georgetown Pike The Artists' Atelier, The Artists' Loft, and Artists on the Green 756, 766, and 776-B Walker Road www.GreatFallsStudios.com

Leading Globally Matters Locally

Connolly addresses Global Leadership Forum.

By Andrea Worker The Connection

'm going to be political, because we have to be," U.S. Rep. Gerry Connolly (D-11) began as keynote speaker and panel member at a luncheon forum hosted by the U.S. Global Leadership Coalition on April 18. Better known for starting off his speeches with a few humorous quips, on this occasion Connolly wasn't joking.

A member of the House Committee on Foreign Affairs, and the co-chair of the Congressional Caucuses on Korea, Georgia and Taiwan, he said, "The world counts on American leadership. To retreat is risky. Damage has already been done," referencing recent Executive Orders by President Donald Trump, and statements by the President and other members of his administration. "Words have consequences. To retreat now is to open the door to grave situations."

While acknowledging that criticism of the Trans-Pacific Partnership (TPP) was not without validity, the Connolly called the pull-out of the United States from the trade agreement as "an incredible gift to China. I bet they're still drinking champagne in Beijing." According to Connolly, at least the TPP imposed certain conditions and set standards that had to be met by all countries doing business with the partners. "That's all been zeroed out now."

With tensions running high in the Asian region, Connolly also worries that the U.S. has no regular diplomatic presence there now, with no ambassadors in Japan, China or Korea. Without these portals to the American president and to other high-ranking American diplomats, the stage is set for misunderstandings, and decision-making by all parties — while operating in a vacuum.

Connolly recently returned from a trip to South Korea where he visited the Demilitarized Zone (DMZ) separating the country from North Korea, an hour's drive from Seoul. The capital city and its environs are home to more than half of the country's population of 50 million people. "The South Koreans [and the Japanese] are apoplectic" being about 30 minutes from potential an-



U.S. Rep. Gerry Connolly (D-11) addresses the audience at the U.S. Global Leadership Coalition forum. "Diplomacy can work miracles," he said. "More than ever the country needs to stay engaged on the world stage."



The panel at the U.S. Global Leadership Coalition forum advocated for U.S. leadership around the world, and adequate funding of the International Foreign Affairs budget and USAID. From left are John Mennel, managing director with Deloitte Consulting; Vice Admiral William Sullivan, U.S. Navy (Ret.); U.S. Rep. Gerry Connolly (D-11); and moderator Jason Gross, executive director of USGLC.

of the USGLC, a large part of tackling

nihilation by North Korean nuclear missiles. today's diplomatic issues and the increas-In the view of Connolly and the members ing threat of terrorism is to maintain and enhance the U.S. role on the world stage,

and to keep funding intact for the International Affairs Budget. It's also critical to the economic health of the nation, and to the Commonwealth of Virginia, he said.

Most people don't know what is included in the International Affairs funding. "Everyone just automatically thinks handouts to foreign countries," said USGLC Executive Director Jason Gross, but the budget, which has been placed in the reduction crosshairs in recent days, funds U.S. embassies, the Peace Corps, global health threat watches and research, and assistance for start-up companies in emerging markets. The presence of NGO's (non-governmental organizations) and official organizations promotes democracy and a "rule of law" environment that helps develop new trade partners and economic opportunities for workers here at home, he said.

The speakers provided data showing that 8,000 companies in Virginia do business around the globe. The state exports more than \$18 billion in goods to foreign markets each year and trade supports more than 1 million local jobs. "It's a win-win. It's the right thing to do as human beings, and it helps make our own economy stronger," said Ambassador Barbara Stephenson, president of the American Foreign Service Association and a speaker at the event.

"Ninety-five percent of the world's customers are outside the U.S.," said Stephenson. "Using only 1 percent of the federal budget, these programs and grants help grow more customers and create jobs. It's a great return on the investment."

Stephenson also warned that if the U.S. didn't take advantage of these opportunities, other countries certainly will.

Connolly pointed to China's growing presence in Africa. "They're building everything in sight, getting contracts and spreading their influence." He said that the Chinese know how to play "the long-term game" and that they are slowly winning over the emerging market in the world's economy.

Other countries may also step in militarily "if the U.S. fails to lead," cautioned Vice Admiral William Sullivan, U.S. Navy (Ret.),

See Connolly, Page 7



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OPINION Your Summer, Your Child, Your Values

A time for parents to build humanitarian spirits.

By Sharon Strauchs

t's summer. The rigors of homework, youth clubs and team-scheduled Saturdays are over. No more carpools. Now it's your turn to make empowering choices to impact your child's life and eventually the lives of their children.

While our kids are young, the challenge is how to find summer-perfect opportunities that are fun, yet meaningful, and how to get the kids away from their electronic devices. When choosing summer activities, this is your golden opportunity to focus on your specific family values. While swimming lessons, camp-outs, and sports are important, wouldn't it be wonderful to incorporate activities that help your children focus beyond themselves and to the world beyond Northern Virginia?

We educators emphasize that the earlier your child engages in volunteer activities you find important, the more likely children will grow up respecting your family's values. In the D.C. Metro Area, there is a plethora of humanitarian programs for the under-18 age group that will get them into the habit of helping others.

College advisers all know that beyond APs, GPAs, and SAT/ACT scores, colleges today scrutinize applicants' activities, their "resumes," to help determine acceptances and scholarships.

So start now, at a pivotal point in your child's life and witness the hot, summer days of NOVA becoming wondrous as you watch priorities slowly change. We recommend starting at www.VolunteerFairfax.org (Opportunities Just for Youth). Plus, in Virginia, kids have the opportunity to earn service-oriented awards such as the "Diploma Seal of Excellence in Civics" (www.doe.virginia.gov), or "The Prudential Spirit of Community Award," Virginia state-issued civics "diploma" for students in grades 5-12 who complete at least a 50-hour service project.

Where could you possibly begin to invest 50 or more hours, and for what cause? Our familv discovered the famous "Meals on Wheels" program, started by former U.S. Rep. Frank Wolf, and delivered meals to senior citizens for our 10-year, part-time family project. (www.mealsonwheelsamerica.org)

For our "foodie" kids who are cooking or gardening enthusiasts, The Food Network sponsors "No Kid Hungry." Proceeds from bake sales are donated to help end childhood hunger (www.bake.nokidhungry.org) and the Gardening for Good project encourages kids to grow vegetables to donate to senior centers, or help fight senior hunger by sharing a meal. This encourages kids to learn to cook, and helps your family bond with a senior while eating storvtelling. and (www.hunger.generationOn.org)

What about our animal-loving children? They can develop a Dog Park Clean-Up plan at their favorite park or socialize with dogs and cats at local shelters with the Puppy and Kitty Love programs. This is great for families who love pets but can't actually own one. (www.GenerationOn.org/parents/resources/ projects/animal-welfare).

As always, we parents must insure that activities are safe and the charities are legitimate. The benefits of helping humanitarian organizations while taking advantage of your relaxed summer schedule can create so many powerful, long-lasting memories and family summer traditions. Aesop states, "No act of kindness, no matter how small, is ever wasted."

Sharon Strauchs has been Director/Owner of Herndon-based Cortona Academy in Northern Virginia. Visit www.CortonaLearning.com

Infant Screening Saves Lives

By Kenneth R. "Ken" Plum State Delegate (D-36)

everal weeks ago at the invitation of their leader I spoke to a group of Boy Scouts about government and the responsibilities of citizenship. Talking with me helped the Scouts meet one of their requirements for a merit badge. One of the Scouts asked me about the most important legislation I had ever gotten passed. I told him about multiple issues on which I had worked, but I focused on one that I thought he might know little about but would show the range of issues with which legislators deal. I told him about my work to expand infant screening in the Commonwealth.

Prior to my election to office I served on the Fairfax-Falls Church Community Services Board. A member of that Board whose adult son was a resident at the Northern Virginia Training Center told me of the great hope there was in detecting health issues in infants at the time of their birth with blood screening. At the time Virginia had only three tests, one of which was pku testing. I remem- legislative proposal, in 1984 Virbered our conversation after I was elected, and I got new tests added as scientists developed them.

Metabolic disorders that can be

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infant's heel can lead to early and sometimes simple treatments that can lead to a healthy child and adult. Without treatment numerous medical conditions can develop including severe developmental delays and chronic illnesses. Metabolic disorders affect the chemical processes in your body that must work together correctly for you to stay healthy.

I was honored to work on legislation that added most of the 30 tests that are done in Virginia on that same spot of blood from an infant to detect these disorders. Last week I was reminded of the experience that I had working with Dr. Barry Wolf of the then Medical College of Virginia who had discovered that the disorder in which the body is unable to recycle the vitamin biotin can lead to developmental delays in children, hearing and vision loss, breathing problems, and problems with balance and movement. When discovered early such as through a screening test, the disorder can be treated with nutritional supplements that can result in a normal life for the person.

With Dr. Wolf's research and my ginia became the first state in this country to begin infant screening for biotinidase deficiency. Since that time every state and many fordiscovered from a pin prick of an eign countries have started the

screening. The March of Dimes recognized us for that accomplishment. The reminder of this story came from a local doctor in Reston who was a medical student at MCV at the time and knew of Dr. Wolf's research and my bill. She wrote to us both telling us of a teenage patient she had just met who at birth had been found to have the deficiency but with treatment was liv-

Letter to the Editor **Comstock Should Support** Protecting Democracy Act

To the Editor: This past Tax Day, citizens across our nation demonstrated to demand that President Trump release his tax returns, as all his predecessors have done for the past 40 years. Clearly, Trump is trying to hide something, and the public has a right to know what it is.

The call for Trump to release his taxes even came from Virginia's 10th District U.S. Rep. Barbara Comstock, whose voting record in the current Congress shows her to be a staunch Trump supporter. In demanding that Trump release his a statement, Representative tax returns is welcome, but com-Comstock noted that Trump's tax returns might possibly shed light on Trump's ties to Russia.

But Comstock can, and should, do more. She should cosponsor the ing a normal life. She wrote to both of us that "because of researchers like you and advocates like you...our world is made a little better for all, and lives are saved for some precious few. That's something to be proud of."

I hope the Boy Scouts understood why I consider the work on infant screening to be among the most important I have done.

Presidential Tax Transparency Act bill that requires the President and

candidates for president to disclose the last three years of their federal tax returns. Even more important than

Trump's taxes is the Russian attack on our democracy during the last election. Comstock should cosponsor the Protecting Our Democracy Act that establishes an independent bipartisan commission to investigate Russian interference in our elections. Comstock's statement pared to everything that is in her power to do it is a timid gesture.

Richard Markeloff Herndon

Vienna & Oakton ONNECTION

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Connolly addresses Leadership Forum

From Page 5

"and we may not like who steps in to fill the void." Sullivan advocates for "thoughtful diplomacy" to complement a prepared military force. "I strongly believe in preventing violence rather than resorting to violence," and he agrees with the USGLC membership and his fellow speakers that continuing to support an adequately funded international affairs program is the way forward to success.

AMERICAN LEADERSHIP on the military and the diplomatic fronts is key to combating terrorism in action today, and fighting the root causes that keep the problem growing, he said. Failure to act and stay engaged, especially in "failed or failing states" just "fertilizes the breeding grounds of terrorism," in the opinion of Sullivan.

According to the speakers, there are still more reasons to stand against cuts to the International Affairs and USAID budgets. Connolly brought up another threat to world interests if the Administration's thoughts on foreign policy don't change direction. Proposed international aid budget cuts could mean the loss of "first warning beacons against pandemics." Despite the toll taken by the Ebola outbreak that began in 2014, the congressman noted that in the United States, "we still kind of dodged a bullet." Cutting aid to some of the programs cuts a first line of defense against many deadly viruses, "that are only a plane-ride away. These are cuts to worldwide mechanisms that we all rely on" for citizens' very lives.

Sullivan agreed, saying that so much of the military's work is humanitarian, and that the military provides security to help researchers, medical personnel and others get to difficult and often dangerous places.

The session ended with USGLC Northeast Regional Field Manager Colleen Bowman urging the attendees to stay informed and get engaged.

"We really don't have a choice," said Connolly. "It's our responsibility to speak up. It's in our best interest," and with one more parting shot, he added to the citizenry at large, "you voted to make America great again. Live up to that."

The USGLC is a network of 500 businesses, NGOs, national security and foreign affairs experts, military, academics, faith leaders, and more. For more information, see www.usglc.org.

Week in Vienna

Vienna Police Department to Join Drug Take Back Initiative

On Saturday, April 29, from 10 a.m. to 2 p.m. In conjunction with the United States Drug Enforcement Administration (D.E.A.) and state and local law enforcement agencies, the Vienna Police Department will again participate in a one-day initiative to remove potentially dangerous controlled substances from area homes.

The Department will have a collection site for old, expired, unused, or unwanted medications. Prescription medications, controlled or non-controlled substances, and over the counter drugs may be turned in anonymously at the collection point inside the Vienna Police Department located at 215 Center Street, South, Vienna.

Historic Vienna: Upcoming Events

Historic Vienna has announced the following upcoming events:

✤ The annual Plant Sale and Garden Faire will be held on the lawn of the Freeman Store and Museum, 131 Church Street, NE in Vienna at 8 and 9 a.m., respectively, Saturday, May 6. Vienna's historic Little Library will be open on Sunday, May 7.

♦ Vienna's biggest event in May is Viva Vienna, with carnival rides beginning on Saturday, May 28, and all of Church Street full of vendors on Sunday and Monday, May 29 and 30.

The Freeman Store and Museum at 131 Church Street, NE in Vienna is open Wednesday through Sunday from 12-4 p.m., and on all special event days in Vienna, offering a selection of gifts, games, books and old-fashioned candies. There are two continuing exhibits, the first on the American Suffrage Movement, and second Vienna's History Through Time. The Used Book Cellar is open whenever the Store is open. Enjoy browsing through books, DVDs, Books on CD and vintage prints covering many topics. All profits support Historic Vienna, Inc. events and museum exhibits. Used book donations are welcome; bags or boxes can be placed on the Freeman Store porch or brought into the store. Textbooks, encyclopedias, magazines, dictionaries and romance novels are not accepted.

♦ In June Vienna's Little Library will be open Sunday, June 4. On Friday, June 16, Vienna will recognize Fairfax County's 275th Anniversary and will hold the summer's first Chillin' on Church from 6:30-9:30 p.m. Saturday, June 17, will be History Day in Fairfax City, and, on Wednesday, June 28, the first of the summer's Stories and Sprinklers will be held on the lawn behind Vienna's Little Library at 1:30 p.m. Children will listen to a children's story then, with parent permission, run through the sprinklers on the Vienna Town Green.



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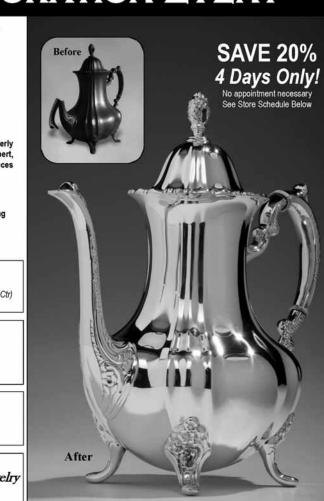
The Jewelry Doctor

Mon, May 1 • 10:00 - 5:00 440 Maple Ave E (*Wolfetrappe Shpg Ctr*) Vienna • 703-255-1330

Solovey Jewelers Tue, May 2 • 11:00 - 5:00 1475 Chain Bridge Rd (McLean Commerce Ctr) McLean • 703-356-0138

Five Star Jewelers Wed, May 3 • 10:00 - 5:00 5765 Burke Centre Pkwy Burke • 703-239-1300

Silverman Galleries, Antiques & Antique Jewelry Thu, May 4 • 12:00 - 5:00 110 N Saint Asaph St. Old Town Alexandria • 703-836-5363



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OPEN

The Kensington Falls Church **Presents Energized Fitness** for Parkinson's

with Sheetal Yadav, MPT

Kick-Off Friday April 28, 2017 and then hosted weekly 10:30am-11:30am

at The Kensington Falls Church 700 West Broad Street, Falls Church, VA Refreshments served - RSVP to Karen Akers at

703-992-9868 or to kakers@kensingtonsl.com

he Kensington Falls Church is pleased to collaborate with the Parkinson Foundation of The National Capital Area (PFNCA) and Genesis Rehab Services to offer Energized Fitness for Parkinson's. The program provides a high-energy fitness experience geared toward improving mobility and strength while participants share time with others facing Parkinson's.

Energized Fitness is led by Sheetal Yaday, MPT, who brings many years of experience in providing physical therapy to geriatric clients. Sheetal is our ally in striving to maximize health and optimize independence for people with Parkinson's. Please RSVP to join us.



Sheetal Yadav, MPT, has 11 years of experience as a physical therapist, 7 of which have been working exclusively with geriatric clients in a variety of settings. She has extensive experience working specifically with clients ho have neurological conditions, including Parkinson's. Sheetal, born and raised in India, came to the United States to Loma Linda University alifornia to pursue a Master's Degree in Physical Therapy.



8 VIENNA/OAKTON CONNECTION & APRIL 26 - MAY 2, 2017



Fairfax County supervisors and their 2017 Community Champions posed together after being announced at the 25th annual Volunteer Fairfax Service awards on April 21.

Seeds of Change

By Tim Peterson The Connection

olunteer Fairfax marked an historic 25th annual Service Awards ceremony April 21 with 193 individual and group nominations. Nominees and award-winners were recognized at a morning event held at the Waterford at Springfield for their hundreds of hours volunteering.

Board of Supervisors Chairman Sharon Bulova said the trick of putting people who want to help into action is harnessing them in a given direction. "That is the work of Volunteer Fairfax," Bulova said.

Bulova read a proclamation from the supervisors declaring April 21, 2017 an official day to recognize all volunteers around Fairfax County.

"Each one of our 2017 nominees has strengthened the community with their selfless service and we honor them today," Volunteer Fairfax CEO Elise Neil Bengtson said in a statement. "May their service inspire others to join the network of strong community roots."

Senior, family youth and group volunteers were recognized, as well as Community Champions selected by each magisterial district supervisor.

Volunteers from the Friends Groups of Huntley — Friends of Huntley Meadows Park and the Friends of Historic Huntley won a handful of awards at the event.

Supervisor Jeff McKay (D-Lee) called the park "the crown jewel in the county," and that the care and vitality of the park couldn't happen without the volunteers.

"It's great to see them recognized and awarded," McKay said. "The natural environment is great for people — it's serene, peaceful."

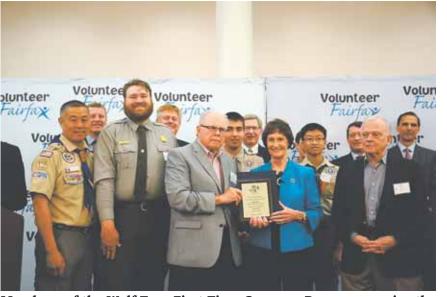
Springfield resident Marie Monsen won the Volunteer Fairfax Lifetime Achievement award.

Monsen co-founded the Interfaith Communities for Dialogue after September 11,



Right, Supervisor John Foust (D-Dranesville) with his district's Community Champion Penny Halpern. Halpern has been an adult volunteer with the Girl Scout Council of the Nation's Capital since 1980 and was behind the Herndon Village Network that supports seniors in the area

since 2016. Photos by Tim Peterson/The Connection



2001 and for years has volunteered with the Members of the Wolf Trap First Time Campers Program receive the Annandale Christian Community for Action. Volunteer Fairfax Service award for Volunteer Program on April 21. www.volunteerfairfax.org.

www.ConnectionNewspapers.com



Fair

Left, Supervisor Linda Smyth (D-Providence) with her district's Community Champions, members of the Oakton Library. Smyth acknowledged the group for being an active organization before there was even a building or books, saying they have "built a library that has been the focal point for the Oakton community for the last 10 years."

Volunteer Fairfax honors service award-winners at 25th annual ceremony



Right, Gary Pan wins the Volunteer Fairfax Service award for Adult Volunteer over 250 hours. Pan is Scoutmaster of Troop 55 in Great Falls and has put more than 1,000 hours into the program

> Along with Rebuilding Together, they help low-income homeowners in the Annandale, Lincolnia, Bailey's Crossroads and Culmore areas of Fairfax County.

> Monsen said giving back was just something she learned from the good values of her Scandinavian immigrant parents, being a child of the 1960s, as well as her faith.

> She said she was attracted to the diversity in Fairfax County, and appreciates its tradition of government agencies working together with people.

We have an opportunity to model," Monsen said.

Monsen added it was exhilarating to "see so many people doing so many things."

For more information, visit

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Sunday, Apr. 23, 2017. See the Accessibility page on MCP's website for more details. The McLean Community Players, Inc. is funded in part by the Arts Council of Fairfax County.

CONNECT WITH MCP: 📑 FACEBOOK.COM/MCLEANPLAYERS 💟 🖾 🛒





Here's What's Happening at MCC



Old Firehouse Friday Night Trips Bowimor Lanes

Friday, April 28, 3:30-10 p.m. \$55/\$45 MCC district residents

Jammin' Juniors Concert

Peter McCory

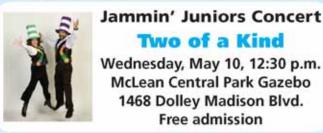
Wednesday, May 2, 12:30 p.m. McLean Central Park Gazebo 1468 Dolley Madison Blvd. Free admission



Old Firehouse 5th & 6th Grader Party

The Glow Party

Friday, May 5, 7-9 p.m. \$35/\$25 MCC district residents. Advance registration is highly recommended.



Two of a Kind

Wednesday, May 10, 12:30 p.m. McLean Central Park Gazebo 1468 Dolley Madison Blvd. Free admission

Old Firehouse

Old Firehouse Friday Night Trips

Dave & Buster's

Friday, May 12, 3:30-10 p.m. \$45/\$35 MCC district residents

McLean Day

Saturday, May 20, 11 a.m.-5 p.m. Lewinsville Park 1659 Chain Bridge Rd. Free admission

Jammin' Juniors Concert **Farmer Jason**

Wednesday, May 24, 12:30 p.m. McLean Central Park Gazebo 1468 Dolley Madison Blvd. Free admission



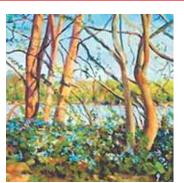
10 VIENNA/OAKTON CONNECTION & APRIL 26 - MAY 2, 2017

ENTERTAINMENT

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

ONGOING

- Ed Behrens' Photographs. Various times through April 30 at Katie's Coffee House, Village Centre, 760 Walker Road, Great Falls. The showing will celebrate Ed's ten years as a member of Great Falls Studios, his very active 80th birthday. Call 703-759-0927 for more.
- Free Tai Chi. Every Saturday, from 7:55-9 a.m., Introduction and Beginners' Practice, meet on the outdoor basketball court located directly behind the Dolley Madison Public Library, 1244 Oak Ridge Ave. in McLean Central Park, McLean.
- The Golden Girls of Northern Virginia, a senior women's softball league, is looking for players. Any woman over the age of 40 is encouraged to join. All skill levels are welcome. Play on Wednesday evenings and Saturday mornings in
- Vienna. Visit www.goldengirls.org. First Sunday Jazz Brunch 11-2 p.m. Recurring monthly on the 1st Sunday at Bazin's on Church 111 Church St N.W., Vienna. Enjoy brunch accompanied by the soft jazz sounds of Virginia Music Adventure. Visit www.fxva.com/listing/bazins-on church/1686/
- The Freeman Store & Museum Wednesday through Sunday noon-4 p.m. 131 Church St. NE, Vienna. The Freeman Store & Museum is dedicated to Preserving and promoting Vienna's heritage through the identification, preservation, and interpretation of history significant places, events, and persons. Historicviennainc.org
- Weekly Storytime. Wednesday and Saturday. 11 a.m. Barnes & Noble, 7851 L Tysons Corner Center, McLean. Themes and titles vary. Free admission.
- Bingo Night. Sundays. 4 p.m. Flame Room, Vienna Volunteer Fire Department, 400 Center St. S, Vienna. \$10. www.vvfd.org/ bingo.html.
- 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 flexibility, improve breathing and health, reduce stress. Ravi Kaur has 15 years experience teaching yoga. \$15 per session. www.edimprovement.org. 571-213-3192.
- Fishing Rod Rentals 8700 Potomac Hills St., Great Falls. Rentals available during visitor center hours. Fishing tackle and live bait are available for purchase. Reservations required for group rentals. \$6/rental (2 hour max). Valid driver's license required. Rod/reel combinations are perfect for beginners and children. A Virginia or Maryland freshwater fishing license is required for those 16 years or older. The park does not sell fishing licenses. www.fairfaxcounty.gov/parks/
- riverbend-park/ Colvin Run Mill open 11 - 4 p.m. daily, closed Tuesday. 10017 Colvin Run Road, Great Falls, Fairfax County's operational 19th century water powered gristmill, offers activities for all ages through daily tours, school programs and special events. Fees: \$7/adult, \$6 students 16+ with ID, \$5 children & seniors. Admission to park is free except for some special events.
- Fundamentals of Watercolors. Mondays 10 a.m.-1 p.m. at The Arts





Pottery by Robin Smith

Bluebells by Layla Gray

Great Falls Studios ArtFest April 29-30

Spring is an exciting time to be an artist in Great Falls. Not only does it give local artists the opportunity to get out and about with cameras, brushes and paints to work "plein air," but their April ArtFest, the start of the Great Falls Studios show season, enables them to share their artistic creations from the winter months and early spring. Many of the works on display

The Great Falls artists have been inspired to paint and photograph both locally and internationally: some fortunate to paint on their travels while Walt Lawrence has been observing and photographing the fascinating lives of a pair of Bald Eagles, nesting on an island off Riverbend Park. Others have been painting the bluebells and other blooms, recently announcing that spring is truly here in Great Falls. Begoña Morton has sketched community landmarks, now depicted on her new tea towel.

Oil painters have portrayed graceful ballet dancers, lush green landscapes, intricate still lifes, realism and abstraction. Irrum Merill has designed exquisite pearl jewelry, Vad Moskowitz presents her one of a kind woven purses, and potters display decorative and tableware pieces.

Visit and talk with member artists on this year's expanded Spring ArtFest, in four locations in town: the Grange and Old Forestville Schoolhouse, next to the library, and a three group studios in the Village center: The Artists' Atelier, the Loft and Artists on the Green.

Several of Great Falls artists teach and there will be a display of the winning art of students at The Arts of Great Falls, in The Grange during the weekend.

Great Falls Studios Artfest will be held Saturday and Sunday, April 29-30, 10 a.m.-5 p.m. Visit greatfaslsstudios.com.

of Great Falls, 756 Walker Road, Great Falls. Artist Lorrie Herman will help students get comfortable working with watercolors and understanding this medium. Visit

- www.greatfallsart.org for more. Still Life Painting. Tuesdays 10:30 a.m.-1 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Still life provides a great tool to hone skills. Recommended for students of all levels. Visit www.greatfallsart.org.
- Evening Painting. Tuesdays 6:30 9:30 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Jill Banks focuses on oil painting fundamentals with two sessions each of still life, landscapes, and portrait/ clothed figure from a live model. Visit www.greatfallsart.org for more.
- Intro to Jewelry Design. Tuesdays 9 a.m.-noon at The Arts of Great Falls. Walker Road, Great Falls. JJ Singh teaches a class for anyone interested in exploring the world of metal clay and its design possibilities. Visit www.greatfallsart.org for more.

APRIL 22-MAY 31

Artists Show. Various times at the

Broadway Gallery, 1025-J Seneca Road, Great Falls. "Levels of Abstraction," show featuring the works of Hiromi Ashlin, Genna Gurvich, Sandi Ritchie Miller, and Buck Nelligan. Visit www.broadwaygallery.net or call 703-450-8005 for more.

THURSDAY/APRIL 27

- Blood Drive. 10 a.m.-3 p.m. at Long and Foster, 1355 Beverly Road, McLean. Long and Foster is partnering with Children's National for a blood drive, the blood mobile will be located in the front of the building. Call 703-790-1990 or visit www.cnmcblooddonor.com.
- Tree Celebration. 4:30 p.m. at Meadow Lane Park, 400 Courthouse Road SW. In celebration of Arbor joined by Cub Scout Pack 1116 to plant an oak tree. Visit www.viennava.gov for more.
- Dinner and Whisky. 7 p.m. at Ruth's Chris Steak House in Tyson's Corner, 8521 Leesburg Pike. Introducing a

See Entertainment, Page 13

www.ConnectionNewspapers.com

will be brand new.



ENTERTAINMENT 'Roar: True Tales of Women Warriors'

Better Said Than Done to perform at Jammin' Java.

By David Siegel The Connection

ith first-hand story-telling of obstacles, survival, and empowerment, the Fairfax County-based Better Said Than Done, a community of professional storytellers, presents "Roar: True Tales of Women Warriors." The event will center upon 10 women sharing their personal stories about everyday challenges that are uniquely female.

"The stories women will be sharing in 'Roar' cover topics such as domestic violence, workplace discrimination, heart break, rape, and illness," said Jessica Robinson of Fairfax, founder of Better Said Than Done. The stories will be true and real.

"When I read or hear a story that I can relate to, I feel like I'm connected to another person through that experience," said Robinson. "Sometimes, that connection is based on laughter, and sometimes on tears."

Area storytellers appearing live at the "Roar" event will include Stacy Crickmer,



Jessica Robinson

Sharon Few, Sandra Hull, Felicia Reed, Jessica Robinson, Ellouise Schoettler, Kathy Stershic, Allison Stevens, Anne B. Thomas, and Brandy Walker. The "Roar" event will be held at Vienna's Jammin' Java.

Few, of Springfield, said, "No matter how sad a situation is, we must find laughter within the walls of our lives."

Hull of Arlington noted that telling a story to a live audience can help someone in the audience to "know she's not alone in her pain.

The "Roar" storytelling show will benefit the National Network to End Domestic Violence (NNEDV) and the launch of the new book, "Roar: True Tales of Women War-



Sandra Hull

riors." The book includes 21 stories written by women from Northern Virginia and throughout the United States.

"At the center of our work are stories stories of pain and sadness, but also of strength, triumph, and empowerment," said Kim Gandy, NNEDV President and CEO. "We are thrilled to partner with Better Said Than Done to lift up women's voices and stories of empowerment."

Northern Virginia writers in the book include, Bushra Jabre of Vienna, Urmilla Khanna of Annandale, Mary Nicol Lucas of Fairfax, Kim O'Connell of Arlington and Reston's Mary Supley Foxworth. National Storytelling Festival Slam Champion Anne



Sharon Few

Where & When

Better Said Than Done presents "Roar: True Tales of Women Warriors" at Jammin' Java, 227 Maple Ave. E., Vienna. Performance: Sunday, April 30, 2017. Doors open 6:30 p.m., show at 7:30 p.m. with full dinner and drink menu available. \$20 general admission. Visit www.bettersaidthandone.com or call 877-987-6487. The stories are intended for an adult audience. Some of the stories in this show include portrayals of sex, abuse, and traumatic events.

Thomas, of Washington, D.C. also appears in the book.

"Storytelling is powerful. By hearing a personal story, we learn from that person's experience, empathize with that person, and, often, change our own thoughts after sharing in their experience,' said Robinson. "It's my hope that by sharing, in some cases, very difficult stories about challenges women face, we can promote understanding and enact change."

Can't Vote at McLean Day for the Invites 2017-2018 MCC Governing Board? of the McLean Community Center You to www.FriendsMCC.com Vote by Absentee Ballot now through May 17 at either: "Meet the Candidates" in the Old Firehouse Teen Center (OFTC) McLean Community Center (MCC) 2017 McLean Community Center Administration Offices: Class Programs/ 1440 Chain Bridge Rd. **Governing Board Elections.** McLean, VA 22101 **Registration Office:** 6631 Old Dominion Dr. 6645 Old Dominion Dr. 703-448-8336/TTY 711 McLean, VA 22101 When: Where: 703-790-0123 McLean, VA 22101 Monday-Friday, 9 a.m. – 6 p.m. Sunday, May 7, 3-5 p.m. The Old Firehouse 703-744-9348/TTY 711 (closed on weekends) **Teen Center** Who: 1440 Chain Bridge Rd. Monday-Friday, 9 a.m. – 10:30 p.m. Six adult candidates, two McLean, VA 22101 Saturday, 9 a.m. - 5 p.m. OR Absentee voting affidavits and ballots teens from the Langley **Closed on Sunday** must be returned to one of these locations High School boundary by 5 p.m. on Wednesday, May 17. Format: area, and four teens from Informal Reception the McLean High School Mailed affidavits and ballots must be received **Requesting Absentee Ballots:** boundary area. You can pick up absentee ballot packages at the administrative offices by due date. Six adults are vying for adult votes to fill three seats on and vote at both MCC offices or OFTC. You Absent voting ends promptly at 5 p.m. on the Governing Board. Two teens from the Langley High can also request absentee ballot packages by Wednesday, May 17. School boundary area and four teens from the McLean email at elections@mcleancenter.org or by Hand delivered absentee voting affidavits High School boundary area are vying for teen votes to fill telephone at 703-744-9348. and ballots must be received at either MCC one board seat from each high school boundary area. **Returning Completed Applications** location or OFTC by that time. Refreshments will be served. and Ballots: If you have questions: For planning purposes, please let us know if you will attend You can return your absentee voting affidavits Please call 703-744-9348 or by emailing elections@mcleancenter.org See you there! email elections@mcleancenter.org and ballots to the front desk at either MCC location or OFTC. You may also mail them The McLean Community Center The McLean Community Center 2303 using the pre-addressed envelope enclosed in 703-790-0123/TTY: 711 703-790-0123/TTY: 711 the absentee ballot package. www.mcleancenter.org www.mcleancenter.org VIENNA/OAKTON CONNECTION & APRIL 26 - MAY 2, 2017 & 11 www.ConnectionNewspapers.com

Making Science and Technology Fun for Students

Stemtree focuses on one-to-one customized STEM programs in Vienna center.

> By Donna Manz The Connection

he term "stem" is, seemingly, ev erywhere, from school lobbies to op-ed columns in the media. An acronym for "science, technology, engineering and math," STEM programs aim to ignite a passion for invention and scientific advancement. Some STEM programs are school-based; some offer summer camps. Some are centers equipped with sophisticated scientific equipment.

The STEM center voted the "best" in the region by Washington Family magazine readers - Stemtree Education Center - has made its home in Vienna since 2014. It is unique in the industry, as founder Dr. Abdelghani Bellaachia says, because the center assesses each student's level of knowledge and competency to accurately tailor a program to each student's level of mastery. "We customize a learning plan based on each student's level; every student is different, at different places of skill, and, our programs are self-paced."

Located in a small shopping center in the heart of Vienna, Stemtree focuses on bringing science and technology to life in a manner that engages the young child's instinct to have fun while learning, as well as stimulating the higher critical thinking skills of teens. Bellaachia himself has a lifetime of scientific achievement in his resume. He earned a BA and MS in electrical engineering, an MS in computer science, and a Ph.d. in software systems. He taught college for more than 25 years before turning his attention to nurturing science and technology to the youngest students. Bellaachia created Stemtree in 2010 as an academic resource; in October 2014, he and his staff introduced the existing model, a centerbased program. "We work closely with schools," said Bellaachia. "We never say 'no' to anyone who comes in for donations [for school fundraisers]."

STEMTREE partners with Westbriar Elementary School. This summer, the Westbriar-sponsored STEM summer camp will be moved to Freedom Hill Elementary as Westbriar continues its new construction. Stemtree designed the camps to offer a day's-full of activities but with flexible hours; campers can sign up for a full day, a half-day, single days or weekly participation.

Suneeta Rana's daughter Renuka, a Westbriar third-grader, has been a part of Stemtree for more than a year and a half. Coming from a family of information scientists, Rana wants her daughter to have the confidence that "she can do anything and not be intimidated" by the technologi-



Photo courtesy of Stemtree

Third-grader Renuka Rana conducts an experiment with Stemtree scientist Krystyna Larkham. Stemtree, the first of its model-kind in the region, opened in Vienna in October 2014.

and who is a girl.

"I do a lot of robotics there, building with Legos and telling it what to do," Renuka said. "It's inspiring to build something I like."

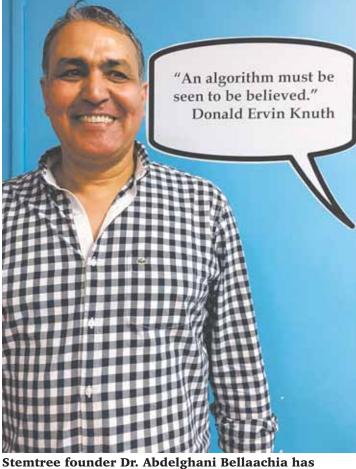
TELLING THE ROBOT what to do, writing commands, is programming, Suneeta Rana said. "They don't realize that they are programming but they are; they just know they are having fun."

At Stemtree, there is an open setting and participants profit from one-on-one instruction. The center's activities and experiments are hands-on and the children apply basic scientific processes to their activities.

Bellaachia and his staff go a step further than simply providing a center for learning; Stemtree also offers homework and SOL support, and tutoring services in chemistry, biology, physics, and computer programming.

Stemtree's summer camps do not run on a session schedule; it is open participation. Campers engage in technology, science, and





multiple engineering and information science de-

sourcefulness through fun science and technology

Stemtree staff engages STEM learners with hands-on, interactive projects that inspire creativity and re-

grees, including a Ph.D. in software systems.

PHOTOS BY DONNA MANZ/THE CONNECTION While Vienna mom Suneeta Rana sees secure futures in science and technology careers, her daughter, Westbriar ES third-grader Renuka Rana, sees fun.

cal environment typically seen as a boys' ticipants call fun. realm.

Stemtree's after-school science, technology, and engineering programs are coordinated through the PTA/PTO of local elementary schools. In these school-sponsored programs, children learn key scientific concepts in an atmosphere that Stemtree and par-

*Robotics and sci-

ence are my favor-

ites," said Renuka Rana, who just turned 9 years old and comes to the Stemtree center every week to "have fun." There are lots of girls and boys at the Stemtree center and Renuka does not think about who is a boy

applications.

engineering activities from 9 a.m. to 3 p.m. Extended hours, up to 6 p.m., are available. To learn more about Stemtree's programs

and camps, call 703-281-7836 or visit www.stemtree.com/

ENTERTAINMENT

From Page 10

five-course dinner paired with Johnnie Walker Whisky. Call 703-848-4290 or visit www.ruthschris.com/ Restaurant-Locations/tysons-corner for more.

FRIDAY/APRIL 28

- **Community Service and** Scholarship Awards Gala. 7 p.m. Hilton McLean Tysons Corner, 7920 Jones Branch Drive, McLean. Urban League honoring champions in the community for leadership and community service and awarding student scholarships. Call 703-836-2858 or visit www.nvul.org
- **Fairfax Genealogical Society**. 7:30 p.m. at Dunn Loring Volunteer Fire Station Hall, 2148 Gallows Road, Vienna. Sarah R. Fleming presentation "From the Ashes-A Burned County Case Study," efforts to piece together evidence to determine ancestors; reviews strategies and records used despite a courthouse fire. Call 703-644-8185 or visit www.fxgs.org/events.

APRIL 28-30

Spring Art Show. 10 a.m.-9 p.m. Friday; 10 a.m.-6 p.m. Saturday-Sunday at Vale Schoolhouse, 3124 Fox Mill Road, Oakton. ValeArts "Fresh Paint," Spring Art Show features guest artists Mary Beth Gaiarin and Andrea Cybyk among others. Visit www.valearts.com.

SATURDAY/APRIL 29

- Rummage Sale. 8 a.m.-1 p.m. at the Church of the Good Shepherd, 2351 Hunter Mill Road, Vienna. Donate gently used items in the Fellowship Hall April 24–28 from 9 a.m.-4 p.m. Call 703-281-3987 or visit www.GoodShepherdVa.com
- Fairfax County Anniversary. 8:30 a.m.–3 p.m.,Virginia Room, City of Fairfax Regional Library, 10360 North St. "A Place Called Home: Fairfax County. A 275th Anniversary Event" is a day-long exploration of the history of Fairfax County. Free. Visit www.fairfaxcounty.gov/library or 703-293-6227, ext. 6.
- Korean Culture and Food Forum. 9 a.m.-2 p.m. at the Korean United Methodist Church of Greater Washington, 1219 Swinks Mill Road, McLean. Cultural programs such as Korean dance performances, paper folding, trying on traditional Korean costumes and games for children. Call 703-863-2259 for more.
- 2017 Summer Farmers Market. 9 a.m.-1 p.m. Opening Day, Great Falls Farmers Market, 778 Walker Road.
- Visit greatfallsfarmersmarket.org. "Preserving Family Heirlooms". 10 a.m. at Dunn Loring Volunteer Fire Station Hall, 2148 Gallows Road, Vienna. Tina Beaird presents a brief history of paper manufacturing and photography while describing how to store and preserve such items, and techniques for preserving historic and modern scrapbooks. Call 703-644-8185 or visit www.fxgs.org/events.
- Community Shred Day. 10 a.m.-1 p.m. at the AOG Wealth Management Office, 10130-E Colvin Run Road. Free. Email mmiller@aogwealth.com or call 703-757-8020.
- Taste of Vienna. 11 a.m.-8 p.m. at the Vienna Volunteer Fire Department fire station at 400 Center St. S. Free admission and live entertainment. Proceeds from the sale of food and beverages will benefit the Vienna Volunteer Fire Department. Visit
- tasteofvienna.org for more. Homeless Community Forum. 1-4 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Representatives from local government, nonprofits, and faith groups gather for a community forum on homelessness in



Fairfax County. Call 703-281-1767, or visit unityoffairfax.org for more.

SUNDAY/APRIL 30

Green Expo. 2-5 p.m. at the Windover Heights Historic District, 277 Windover Ave., Vienna. The yards and gardens of approximately 50 homes in the Town's northwest historic district will be open to visitors as part of the annual Walk on the Hill. Open air artist, jazz ensemble, Hickory Grove performances and historic tour. Visit www.viennava.gov for more.

MONDAY/MAY 1

- Love Your Baby Day. 11:30 a.m.-3 p.m. at Beloved Yoga, 1137 Walker Road, Suite 2, Great Falls. Learn about the many aspects of the prenatal and postnatal journey and support available to have a healthy pregnancy, and raise a healthy and happy baby and family. Visit www.belovedyoga.com for more.
- Willy Porter in Concert. 7 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. Performing with his singing/ songwriting partner, Carmen Nickerson. Visit jamminjava.com.
- Spiritual Practices Class. 7-9 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Explore the world of spiritual practices in this experiential survey class. Call 703-281-1767 or visit unityoffairfax.org for more.

TUESDAY/MAY 2

Girls Night Out and Social. 5-8 p.m. at Kona Grill, 11724 Fair Oaks Mall, Fairfax. Email rebecca@novahousewives.com

WEDNESDAY/MAY 3

Great Falls Historical Society. 6 p.m. at L'Auberge Chez Francois, 332 Springvale Road, Great Falls. 40th Anniversary Celebration. Call 703-759-3800 for more.

SATURDAY/MAY 6

Oak Hill Fun Run, 6-10:30 a.m. Oak Hill Elementary School, 3210 Kinross Circle, Oak Hill. Support the school or earn service hours by running the annual Oak Hill 1K or 5K. Call 703-467-3535 or email

OakHillES.Attendance@fcps.edu. Ayr Hill Garden Club. 8 a.m.-noon on the lawn next to the Freeman Store,

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Ed Behrens

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on exhibit in

Katie's Coffee

Shop, Village

Walker Road, **Great Falls**

Centre, 760

during the

month of

April.

April at

UTED

- 131 Church St. NE, Vienna. This year's sale, which features plants that come largely from club members' gardens, will emphasize benefits of native plants to the local ecology Garden flea market items also will be available. Email emilielarson@rcn.com.
- World Labyrinth Day Workshop. noon-4 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton, VA. Free. Call 703-281-1767 or visit unityoffairfax.org for more.

SUNDAY/MAY 7

Community Open House. 10 a.m.-3 p.m. at Great Falls Animal Hospital, 10125 Colvin Run Road. Tour the hospital and see the behind the scenes activities that keep your pets healthy. Visit www.GreatFallsAnimal Hospital.com for more.

Jazz Concert. 7 p.m. at Vienna Presbyterian Church, 124 Park St. Featuring Duke Ellington's "Almighty God Has Those Angels" sung by Metropolitan Opera soprano Danielle Talamantes Visit viennapres.org/ or call 703-938-9050 for more.

FRIDAY, MAY 12

Road to Independence Gala. 6-10 p.m. at the Hilton McLean Tysons Corner 7920 Jones Branch Drive, McLean. The Road to Independence Gala celebrates Northern Virginia Family Service as the leading resource for Northern Virginia families in need. This prestigious event features live and silent auctions, and draws 600 business and community leaders invested in local families. This year's honorees are Karen Cleveland and former U.S. Rep. Frank Wolf. \$300. Call 571-748-2502, or email scrosley@nvfs.org.

SATURDAY/MAY 13

Love Your Baby Day. 11:30 a.m.-3 p.m. at Beloved Yoga, 1137 Walker Road, Suite 2, Great Falls. Learn about the many aspects of the prenatal and postnatal journey and support available to have a healthy pregnancy, and raise a healthy and happy baby and family. Visit www.belovedyoga.com for more.



To honor Mom on Mother's Day, send us your favorite snapshots of you with your Mom and The Mount Vernon Gazette will publish them in our Mother's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To e-mail digital photos, send to:

editors@connectionnewspapers.com

Photo prints will be returned to you if you include a stamped, selfaddressed envelope, but please don't send us anything irreplaceable.

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And So It Begins ...

By KENNETH B. LOURIE

The onslaught of radio and television advertising for grass seed and riding mowers. I suppose if I was a responsible homeowner, given the time of the year: spring/April, I might have an interest in such timely offerings. However, since I'm not and since I'm still unable to manage the two acres that I own, affectionately referred to as "Belly Acres," going on 25 years dating back to May '92 when we initially took ownership, the best I can do is borrow my neighbor's riding mower and spend a couple of hours every two weeks or so trying to keep the grass below my knees. Cancer issues not totally withstanding.

Actually, aside from having little interest, minimal experience and multiple home/tool maintenance issues/pre-existing conditions, I am the perfect target: a homeowner who can't do anything on his own and needs help all the time for everything. Specifically as it involves my yard; I have grass, trees, bushes, shrubs, daffodils, flower beds, wild flowers, weeds and more weeds. If I were so inclined and wanted to confide to someone in a Lawn & Garden store, I would have to admit that a novice looks experienced compared to me. I need to be taken by the hand — literally — and instructed as if the words being spoken to me were a foreign language. Which of course, they are.

This previous paragraph presumes however that I have a budget and even a passing notion to attempt to improve upon the randomness that characterizes "Belly Acres." I can still remember a conversation I had with a local lawn and garden consultant when we first moved in. A gentlemen came by and together we walked around the property. After ending up back at the house, he asked me what I wanted to do. I said something like, "I don't know, you tell me." He responded with words I could semi understand but mostly it was unintelligible — to me, so I asked for a clarification.

After grasping the obvious, finally, I asked: "Is what you're telling me that I could hire someone to work full time for the rest of his life and still the work wouldn't get done?" "Yes." he said.

That's when I fully understood the problem. I then thanked him for his time and haven't revisited the issue since. Talk about pointless. And so, all these years later, the property remains nearly as it was. Oh sure, tress have fallen down, branches, limbs, sticks and stones have hit the ground — and house, and together have cluttered up the general appearance. However, any effort beyond paying people to clean up the miscellaneous yard debris has been lost in the passage of time and in my lack of initiative. Throw in a "terminal" cancer diagnosis and at least for me, pulling weeds, etc., became a fairly low priority.

Still, it doesn't mean that I don't pay attention to advertising aimed at homeowners, especially the ones promoting grass seed and riding mowers. Many of which are quite funny and clever. Not quite clever enough to get me off the couch and into a store to spend money on a project, especially on one whose timeline might not match mine. That's not to say that I'm living like I'm dying so why bother? No. it's more about common sense and gratification. I don't need to wait for — anything. Oh sure, I need to plan for tomorrow but not at the expense (pun intended) of today. It's not exactly akin to a fool and his money but when you've been diagnosed with cancer, priorities change, as do budget/time allowances; in fact/feeling, everything changes.

I don't mean to imply that I'm a closed book, unable to get out of my own way or incapable of taking the good with the bad. As you regular readers know, I'm really pretty flexible when it comes to my less-than-ideal circumstances. Nevertheless, it doesn't mean that I don't have my moments. Hearing/seeing these lawn and garden promotions has given me pause though. Not enough to change my mind but enough to motivate me — to write a column.

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



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www.ConnectionNewspapers.com

Schools



ZONE 6 AD DEADLINE: Potomac School Student, Teacher Honored

Senior Peter Holmes, a student in The Potomac School's Science and Engineering Research Center (SERC) program, was awarded third-place honors at the regional Junior Science and Humanities Symposium (JSHS), held at Georgetown University in March. He received a scholarship and the opportunity to present his research, which focuses on a new method for producing ethanol as a biofuel, at the national JSHS in San Diego in April.

This is not the first time Peter has been recognized for this research. In January, he was named one of 300 Regeneron Scholars nationwide, as part of the Regeneron Science Talent Search, a prestigious pre-college competition that also

awards scholarships. Peter began working on his project as a junior. Having read about using algae to

make ethanol, he said, "I tried to think outside the box about a new way that could be more productive and more efficient. That would be to have a single organism, or at least one system, that can both ferment and photosynthesize at the same time, making the whole process more effective." Peter's research advisor, Dr. Isabelle Cohen, said, "His scientific approach was one of the soundest I have witnessed in my many years of research and teaching."

Cohen's support prompted Peter to nominate her for the regional JSHS's 2017 Teacher Award, which she received at the

Bulletin Board

SOBER-RIDE FOR CINCO DE MAYO

Free Sober Rides. Friday, May 5, 7 p.m. through

Saturday, May 6, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then

enter the code CINCODC in the app's "Promo"

home. The SoberRide code is valid for the first

1,500 Lyft users who enter the code. Visit

Vienna Street-sweeping Program. The Town

of Vienna began its annual street-sweeping

program beginning March 20. The Town is

"sweeping" sections at viennava.gov/

public works at 703-255-6380.

THURSDAY/APRIL 27

which the truck will come through. Contact

Autism Awareness Month. 10 a.m.-noon at

Dunn Loring Center for Parent Services, 2334

Gallows Road, Entrance 1 - Room 100, Dunn

Disorder and other cognitive disabilities may not

recognize danger, react well in an emergency or

Loring. Individuals with Autism Spectrum

divided into eight sections for purposes of the

Town, the Public Works Department asks that residents not park on the street. Find the

sweeping program. During the first pass through

sweeping. Additionally, signs will be placed on streets marking a window of 7-10 days during

www.soberride.com

THROUGH SUMMER

section to receive a no cost (up to \$15) safe ride

Peter Holmes '17 and Dr. Isabelle CohenDetition that alsosymposium. In his nomination, Peter wrote,
"I would characterize Dr. Cohen as the
most intelligent, hard-working, and consid-
erate person I know. Within her role as an
advisor in the SERC program, Dr. Cohen
oversees approximately 10 students a year
in their independently crafted research
projects.

...Dr. Cohen does much more than merely monitor; she becomes a trusted confidant throughout the whole process. ...Without Dr. Cohen constantly pushing me to my greatest potential, I would not be where I am scientifically, nor appreciate the field nearly as much."

Cohen teaches science in Potomac's Upper School; she has been a member of the school's faculty since 1997.

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

> be able to seek help. Attend this workshop to learn safety risks for individuals with special needs, proactive steps to reduce the risk of potential dangers, information on the new Yellow Dot Program and more. Register online at bit.ly/20gNf84 or call 703-204-3941.

SATURDAY/APRIL 29

Operation Medicine Cabinet Cleanout. 8 a.m.-2 p.m. at McLean District Station, 1437 Balls Hill Road, McLean. Drop off unused or expired medications at a Fairfax County Police district station (pills or liquids only, no pressurized canisters or needles). Visit www.fairfaxcounty.gov/csb or email wwwcsb@fairfaxcounty.gov for more.

TUESDAY/MAY 2

Town Elections. 6 a.m.-7 p.m. at Vienna Presbyterian Church, 124 Park St. NE, Vienna. Town of Vienna residents will cast votes for three Vienna Town Council seats. Visit www.viennava.gov for more.

SATURDAY/MAY 6

Document Shredding Event. 9 a.m.-noon at Long & Foster 1355 Beverly Road, McLean. Free, secure document destruction for the community, bring your unwanted documents and TrueShred will do the rest. Call 703-790-1990 for more.

VIENNA/OAKTON CONNECTION & APRIL 26 - MAY 2, 2017 & 15

Photo contributed

Reston-Herndon Little League Celebrates New Season

Hundreds of Reston-Herndon Little League (RHLL) players gathered at Reston Town Center on Saturday morning to celebrate the start of the baseball season. Joined by their coaches, the players wore uniforms provided by the Washington Nationals and were entertained on the parade route down Market Street by two of the Nationals racing presidents — Teddy and Abe. At the end of the parade route, high school players from South Lakes, Herndon, and Madison high schools, many of whom were once RHLL players themselves, greeted the players with high-fives.

Joining the occasion, U.S. Rep. Gerry Connolly, said, "Forty-six years of baseball in Reston and Herndon — what a great thing"

Jason Walker, RHLL president, said, "You will make lifelong friends through baseball."



James Madison High School baseball team members came to support Reston-Herndon Little League (RHLL) players.



Madison High Head Coach Mark "Pudge" Gjormand honors his daughter and long-time RHLL player Samantha.



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Summer Camps Education & Activities

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Weekly camps run June 26 to August 4 in McLean Busing and lunch options available

www.langleyschool.org/summer-studio

Summer Camps Education & Activities

Camps Help Fight Brain Drain

By Marilyn Campbell The Connection

ummer often evokes im ages of pool splashing backyard and barbequing. For some educators though, warm weather months represent a potential loss of skills acquired during an academic year. Known as "brain drain," this concept refers to research that shows that, on average, students lose one to three months of learning when they are not engaged in academic activities during summer months. Academic camps can address this loss of academic skills while allowing children to enjoy summer fun.

"... Students have the opportunity to explore a topic in depth, without juggling competing scholastic demands or intramural activities," said Dr. Janine Dewitt, professor of sociology at Marymount University in Arlington.

For example, campers at Summertimes Camp at St. Stephen's & St. Agnes School in Alexandria will have an opportunity to choose from a variety of specialized camps ranging from physics and French to zoology and rocket and space science.

"Specialty camps are great ways to try new things, to expand horizons and to challenge yourself," said Jim Supple, associate dean of students and director of summer programs at St. Stephen's & St. Agnes School.

Campers at 3E (Explore, Enrich, Enjoy) Summer Camp at Marymount University will explore science through nature and electronic gadgets, mathematics through making boats and geodesic domes, language arts through writing stories, and fine arts through creating dramas and cartoons.

For parents concerned about balancing the need to maintain academic skills with the need for downtime, Dewitt says that, "Parents can prevent academic burnout by limiting the number of scheduled activities over the course of the summer, and selecting only those that foster their child's natural curiosity. Summer courses that allow students the freedom to select different types of learning activities can be both energizing and fun."

2 • Summer Camps • Education & Activities • April 2017 • Vienna/Oakton Connection

Summer-Camps Education&Activities

Nursing Camp for HS Students

Campers will get a real-world view of the nursing profession.

By Marilyn Campbell The Connection

his summer a group of high school students with an interest in health care as a profession will get a chance to experience the real-world work of nurses when they attend a nursing camp at George Mason University. "Our goal has been to introduce high school students to what nursing is, and what it is not," said Carol Urban, Ph.D., R.N., associate professor and director, School of Nursing George Mason University. "We find that we have students come to Mason who declare nursing as their major, but have never had any experience with nurses outside of their health care provider's office or the school nurse. We want to introduce them to nursing as a career, and the many opportunities that exist in nursing beyond working in a hospital."

The camp will provide small group projects and hands-on simulation to introduce core concepts of nursing. Nursing faculty hope to expose students to the diverse career paths available to those with a degree in nursing.

Urban says that students will be taught healthcare



Photo by Alexis Glenn/Creative Services/George Mason University

GMU College of Health and Human Services Nursing student Megan Holmes works in the Simulation Lab at the Fairfax Campus.

skills, such as how to take a blood pressure and how to check a pulse. "We will provide ... time in our nursing simulation laboratory where we have our human simulators," she said. "[Campers] will have observational experiences in a hospital with nurses and will be given an opportunity to talk with nurses we have on our faculty who have been in unique career fields including a forensics nurse, and a researcher who works globally in sub-Saharan Africa."

The camp will also expose students to new trends in healthcare. "Healthcare delivery is changing and

See Nursing, Page 4



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Vienna/Oakton Connection

April 2017
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AND MORE

Summer-Camps Education&Activities Introduction To Nursing

From Page 3

the camp is exposing the students to the changing healthcare climate," said Christine M. Coussens, Ph.D., associate dean of Community Engagement in the College of Health and Human Services at George Mason University. "In the newer healthcare models, nurses will have a significant role in how and when healthcare is delivered and they will continue to be leaders for ensuring the health of patients and communities."

DURING A TYPICAL DAY at the camp, students will spend several hours in the nursing skills laboratory learning basic skills and techniques.

"They may also spend some time in one of our Mason and Partners clinics, learning how nurses care for patients in a clinic setting and how valuable educating patients about their health is to improving their health.," said Urban.

Students will also have an opportunity to engage in a dialogue with nurses to gain insights into real world experience. "They'll have conversations with nurses about their careers and learning what education and experiences they needed for that kind of a job. For example, what does a forensics nurse do?" asked Urban.

Coussens hopes that students will leave

the

the camp knowing the diversity of options that a degree in nursing can offer. "A degree in nursing opens possibilities for students to work in hospitals, healthcare management positions, policy positions ... globally in clinics and with aid organizations, in forensic roles [and] research institutions," said Coussens. "There are limitless opportunities. A degree in nursing can open doors because of the clinical license and analytical ability.'

Admission to the nursing camp is competitive because of the limited number of available spots.

"We've run this camp before and it has been well-received," said Urban. "Graduates' of the camp have said that it really opened their eyes to everything a nurse does, and the great career potential that nurses have. They are amazed at the various opportunities a nurse can have. It also makes them aware that nursing is hard, but rewarding - it isn't just what you see in the media, it's real work. But more importantly, they see the passion that nurses have for that work, and the reward of seeing a patient and family member helped by the work that nurses do."

The camp will run from July 10-14. The cost is \$275. For more information, visit chhs.gmu.edu/nursing/camp/index.cfm.



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