

Reverend Dr. John Fletcher,
founder of Faith Bible Church,
speaks at the Easter Sunrise
Service Sunday, March 31, at
Great Falls Park.

Great Falls
Visitor Center

Easter at The Falls

News, PAGE 3

Keeping Lawns Green

News, PAGE 4

Family PASS to Host Soiree

News, PAGE 3

SPRING SPECIALS!

Enjoy Luxurious Floors by Experiencing Our Selection & Value!

WALL-TO-WALL CARPET SALE!



HARDWOOD FLOOR SALE!

mirage
Unique Reflection of Quality



mirage
Unique Reflection of Quality



mirage
Unique Reflection of Quality

AREA RUG SALE!



STAIR RUNNER SALE!



Custom
Stair Rods
Available

SERVING YOU
SINCE 1998

OPEN
SUNDAYS

703-759-9200

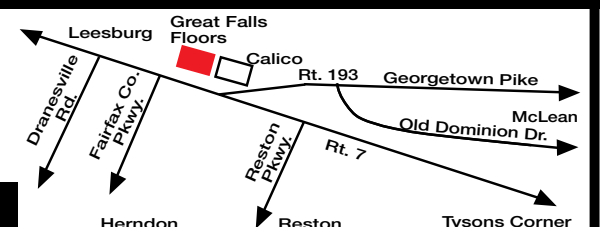
Monday through Saturday 10-6 • Sunday 12-4 • VISA • Master Card • Discover • AMEX

Great Falls Floors

THE SOURCE OF FINE FLOORS, EXCELLENT SERVICE & CRAFTSMANSHIP

GREAT FALLS

Rte. 7 and Georgetown Pike (Route 193)
Seneca Square (Next to Calico Corners)
1025-K Seneca Road



More than 50 people attend the Easter Sunrise Service at Great Falls Park Sunday, March 31.



PHOTOS BY
ALEX McVEIGH/
THE CONNECTION

Easter at The Falls

Ecumenical council hosts annual Easter Sunrise Service.

BY ALEX McVEIGH
THE CONNECTION

Dozens of people gathered at Great Falls Park before sunrise Easter Sunday, using flashlights to walk the path from the parking lot to the visitor center. At an hour usually reserved for only staff members, the Great Falls Ecumenical Council held its annual Easter Sunrise Service in the park.

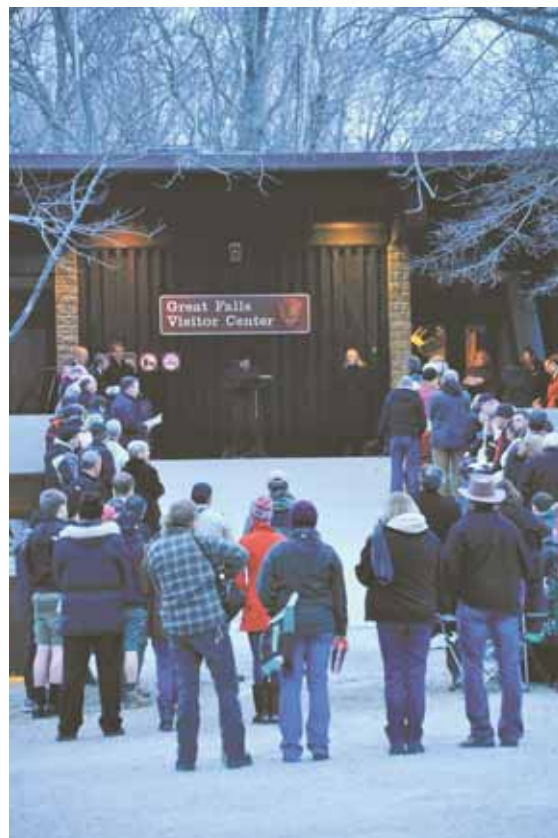
Ronald Adkins of Vienna says Great Falls Park is one of his favorite places in the area, and he has made the early morning trek with his family for several years now.

"I've always thought of it as a great, simple, spiritual way to start a Sunday that's meant to be spent that way," he said. "When our kids were younger, it was a lot of Easter Egg hunts and running to visit family members, making sure we got in all the necessary face time. Now my wife and I can come here and spend the rest of the day at a slower pace, it really puts you into a less hectic frame of mind."

Members of the Great Falls, Smith Chapel and Andrew Chapel United Methodist Churches, as well as the Dranesville Church of the Brethren, Salem Baptist Church and Faith Bible Church all participated in the service.

"I've always really enjoyed the interfaith aspect of this service, I think Easter, no matter what your belief, is a time for unity," said Jeremy Meier of Great Falls. "Every headline and news broadcast seems to scream about problems, but when you're surrounded by the sounds of the falls and people who are here for the exact same reason you are, it's hard not to find some solace and peace."

The sky began to lighten into a uniform gray color, without the sun's appearance, and the daylight revealed an overcast day.



Reverend Nolan Smith of the Salem Baptist Church speaks at the annual Great Falls Park Easter Sunrise Service Sunday, March 31.

"I was really hoping for a nice orange sunrise, but the clouds got in the way of that," said Stephanie Sarmasu of Great Falls. "But it was still a great way to spend the morning, it was really neat to start the day with a like-minded community in one of the most beautiful natural settings in the world."

After the service concluded, most people headed for their cars to resume their day. But some remained at the park, deciding to spend at least the first part of their day walking the paths of the park.

"We're probably going to walk for a few hours, given that the temperature isn't too low and any rain seems to be holding off," said Tommy Garrett, who came with his brother and sister-in-law, who he is visiting from Ohio. "This is my first time in the park, and I'm pretty blown away, so I'm very interested in seeing what this park has to offer. We don't have dinner planned until 3 p.m., so maybe we'll make a day of it."



PHOTO CONTRIBUTED

Suezette Steinhardt, executive director of Family PASS, with clients of the organization, which helps families facing homelessness. Family PASS will host a major fundraiser Tuesday, April 30, at Riverbend Country Club in Great Falls.

Family PASS to Host Soiree

Fundraiser will help serve families facing homelessness.

BY ALEX McVEIGH
THE CONNECTION

A mother of four children, Josephine Rivera didn't have many options after becoming a victim of domestic abuse. After her husband was arrested, she was forced to support those children, ages 8 to 18, on an \$8 an hour salary, and she soon found herself homeless.

That's where Family PASS (Preservation and Strengthening Services) came in. A non-profit serving families around the county, Family PASS helps provide housing, and later training, education and other services designed to keep homelessness from happening again.

"Our goal is to help families find a better situation, which allows them to become productive, educated, trained members of society," said Erin Brahm, a volunteer with Family PASS. "More than 1,700 people in this county are homeless, with a third of them children under 12, and to get families out of those situations, it requires training and education."

Rivera was able to obtain stable housing after getting in contact with Family PASS. Soon she was able to enroll in English for Speakers of Other Languages and a GED program, and later personal care assistant training.

She currently works full time

at a nursing home as a personal care assistant, and works an additional 24 hours a week for another home care service agency, receiving health insurance for her family and receiving no welfare assistance.

Family PASS will host its first major fundraising event Tuesday, April 30, at Riverbend Country Club in Great Falls from 7 to 9:30 p.m. at The Spring Soiree and Silent Auction.

"We've done events like this before on a much smaller scale, but we have a lot of families on our waiting list trying to get into the program, and we're limited only by our funds," Brahm said.

The event's silent auction will include items such as a one-week villas rental in Tuscany, a golf threesome with former Redskins player Charles Mann at RTJ Country Club, a beach house rental in the Outer Banks, four seats in the owner's suite at a Washington Redskins game and more.

The soiree will also feature door prizes and goodie bags for the first 200 people to arrive.

Allan Steinhardt, board member and co-founder of Family PASS, said that in the six years since the organization's founding, they have served more than 200 clients from more than 70 families.

More information about Family PASS and the April 30 event can be found at www.familypassfairfax.org.

Town Hall Meeting With Great Falls Non-profits

The semi-annual meeting of all community non-profit organizations, including youth and sport groups, sponsored by GFCA, will be held on April 9, at 7:30 p.m. at the Great Falls Library Conference Room. This town hall meeting is open to everyone.

Local elected officials will be invited to attend or send a representative.

Theresa Benincasa of the Fairfax County Office of Public Private Partnerships will provide information discussing the databases, resources and other assistance available from the office's Grants Research and Training Center for non-profits and other grant seekers.

Thereafter, each participating non-profit will be given up to five minutes to explain their major objectives, special community programs scheduled prior to the end of 2013, and their key individual and community concerns. Following the presentations, GFCA Outreach Chair Ralph Apton will moderate an interchange of ideas between non-profit participants, GFCA officers and committee chairs, and the audience. The final 20 minutes of the session will include refreshments and floor discussions involving all attendees.

The Artists' Atelier to Host a Coffee

The Artists' Atelier will host a coffee with members of The Celebrate Great Falls Foundation and members of the Great Falls community. The Celebrate Great Falls Foundation is the managing organization for many of the local community events: Concerts on the Green, The Annual Golf Tournament, July 4th Celebration, Spooktacular and Celebration of Lights. This community event will be held Thursday, April 11, at 9:30 a.m. at The Artists' Atelier, 1144 Walker Road, Suite G, Great Falls. For information contact Terri Parent, 703-862-0771, parent.terri@gmail.com.

'Bluebells at the Bend' at Riverbend Park

It's spring and the Virginia bluebells are blooming at Riverbend Park in Great Falls. The public is invited to attend Riverbend Park's annual "Bluebells at the Bend" celebration on Saturday, April 13, 10 a.m. to 2 p.m. at Riverbend Park, 8700 Potomac Hills Street, Great Falls (Admission cost is \$5 per person).

The event includes music from Andrew McKnight.

For more information visit www.fairfaxcounty.gov/parks/riverbend or call 703-759-9018.

Langley High to Host Relay for Life

A group of students from Langley High School are organizing a Relay For Life fundraising event benefiting the American Cancer Society.

The event, which will be held on April 27-28, is one of only two Relay For Life events in Northern Virginia that is completely planned and organized by students.

Almost 300 students, parents and teachers from the Langley HS community have already signed up for the event and \$18,649 has been raised since the beginning of the year toward Langley's fundraising goal of \$30,000.

At the event, which lasts from 6 p.m. (April 27) until 6 a.m. (April 28), teams of students will pitch tents on the Langley HS football field and will have at least one member of their team walking on the track at all times, symbolizing the fact that cancer never sleeps. To kick off the event, local cancer survivors walk the first lap around the track. Music, games, contests and activities will last throughout the night.

NEWS

Keeping Lawns Green

Choosing environmentally friendly ways to manage lawns.

BY ALEX McVEIGH
THE CONNECTION

As the weather warms and lawns begin to grow again, it's tempting to start fertilizing right away to ensure they look as full and green as possible. The Great Falls Citizens Association's Environmental Committee says that spring fertilizing isn't necessary most of the time, and can cause harm to lawns and waterways.

According to the Great Falls Citizens Association's Environmental Committee, the best products to use on lawns are natural, organic fertilizers, and the next best choice are slow release of controlled release fertilizers.

The best options are composted leaves or manure, compost tea, bone meal, greensand, palletized alfalfa, cottonseed meal and worm casings.

They also recommend watering in the morning so the day's heat won't evaporate the water before it is absorbed. Mowing high (2 to 2.5 inches) and leaving grass clippings on the lawn helps recycle nutrients, retain water and creates better topsoil.

MOST GREAT FALLS LAWNS are cool season grasses such as Kentucky blue grass, tall fescue, perennial rye grass and fine fescues. These grasses should be fertilized from mid-August through November, fertilizer used in the spring isn't absorbed very well.

Fertilizers are often made up of nitrogen (which builds protein and growth regulators), phosphorus (which supports metabolism, respiration and photosynthesis) and potassium (which forms starch, regulates water, resists disease and forms chlorophyll).

Starting Dec. 31 of this year, the state of Virginia will not allow the sale or distribution of lawn maintenance fertilizers that contain phosphorus or any compound containing phosphorus.

Starting July 1, 2014, lawn maintenance fertilizers must not have more nitrogen than the rates recommended by the Virginia Nutrient Management Standards and Criteria.

Scotts Miracle-Gro, one of the leading fertilizer makers in the country, volunteered to remove phosphorus from its products in 2012.

According to the Chesapeake Bay Foundation, both nitrogen and phosphorus are reaching the bay at a rate six times higher than in the 1600s, when the bay was at its healthiest. An abundance of these two elements feed algae blooms, which block sunlight to underwater grasses, and sucks up oxygen when they decompose, resulting in dead zones that kill or weaken fish and shellfish.

"Great Falls is located on top of fractures limestone bedrock, or 'karst.' The natural cracks and fissures

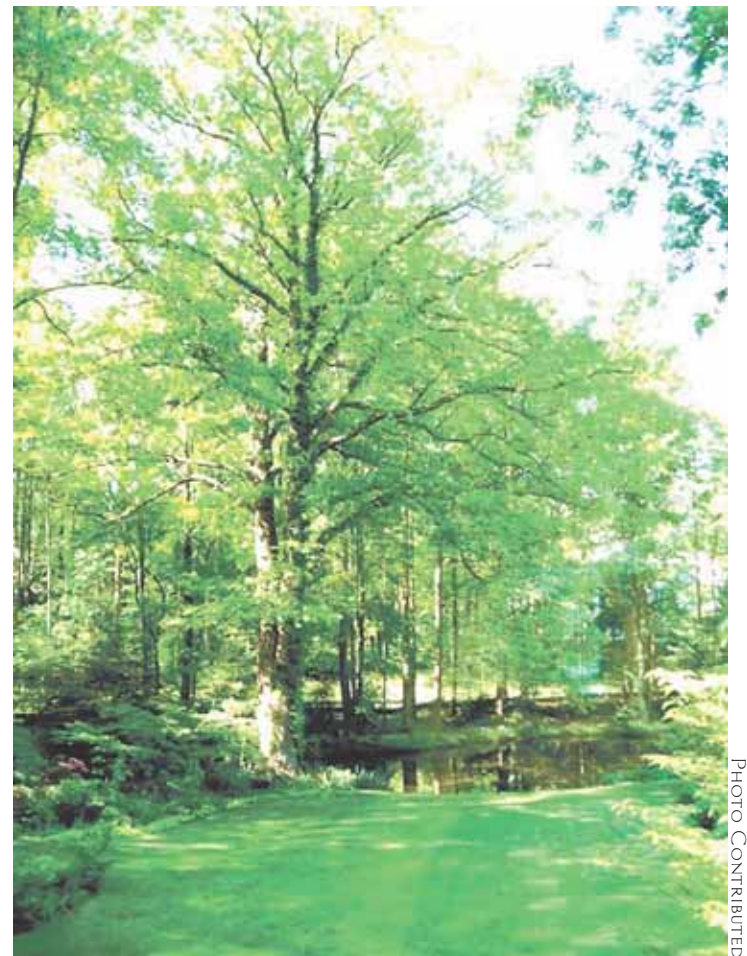


PHOTO CONTRIBUTED

A Great Falls lawn that does not use herbicides or pesticides.

Environmental Meeting Set

The Great Falls Citizens Association will host a public meeting Tuesday, May 14, at 7:30 p.m. with Kurt Kochran of the Virginia Department of Environmental Quality. He will speak about ongoing groundwater contamination issues relating to the former Exxon gas station at the corner of Georgetown Pike and Walker Road.

The meeting will take place at the Grange, 9818 Georgetown Pike.

act like plumbing, materials that get dumped into surface water can make their way through those underground cracks to unexpected places, including other people's wells," said Amy Stephan, a member of the committee. "So we take special care when adding anything to our surface water, to protect all of us."

SAM PARKER OF GREAT FALLS says he attended a presentation given by the GFCA in 2011 that caused him to change his lawn maintenance habits permanently.

"Before I went to that meeting, I was the person who they were campaigning against. I had my lawn fertilized in the first few weeks of spring, and I had my lawn watered in the middle of the day throughout the blazing hot summer," he said. "Now I think I'm much smarter about the way my lawn is taken care of, and I've actually saved a lot of money doing it."

Dan Swartz, a soil scientist with the Northern Virginia Soil and Water Conservation District, spoke at that presentation about how fertilizers are often used in place of a healthy soil food web, which should take care of itself if "healthy."

The Great Falls Library has free soil test kits, which contain instructions for taking samples and sending them to be analyzed, at a cost of \$10.

Remodeling Special Deals!

OFFER ENDS 4/30/13

*0%
FINANCING
FOR 3
YEARS.



KITCHEN REMODEL

BRONZE PACKAGE \$9,500

(PRICE BASED ON 10' X 10' KITCHEN)

- CABINETS (4 CHOICES AVAILABLE)
- GRANITE COUNTERTOP (UP TO 35 SQ.FT.)
- 4" GRANITE BACKSPLASH, KITCHEN SINK, FAUCET & PLUMBING
- DEMOLITION, INSTALLATION & APPLIANCE HOOK-UP

ALL PACKAGE DEALS ARE BASED ON EXISTING LOCATION OF ELECTRICAL SUPPLY & PLUMBING.

SILVER PACKAGE \$15,750

(PRICE BASED ON 10' X 10' KITCHEN)

- CABINETS (12 CHOICES AVAILABLE)
- GRANITE COUNTERTOP (UP TO 45 SQ.FT.)
- FULL HEIGHT GLASS BACKSPLASH AND TILE FLOOR KITCHEN SINK, FAUCET & PLUMBING
- DEMOLITION, INSTALLATION & APPLIANCE HOOK-UP

GOLD PACKAGE \$19,900

(PRICE BASED ON 10' X 12' KITCHEN)

- CABINETS (20 CHOICES AVAILABLE), KNOBS & HANDLES
- GRANITE COUNTERTOP (UP TO 55 SQ.FT.)
- FULL HEIGHT GLASS BACKSPLASH AND TILE FLOOR
- KITCHEN SINK, FAUCET & PLUMBING
- DEMOLITION, INSTALLATION & APPLIANCE HOOK-UP



BATHROOM REMODEL

BRONZE PACKAGE \$7,500

(PRICE BASED ON 5' X 7' BATHROOM)

- 24" VANITY CABINET, TILE FLOOR AND AROUND TUB (5 CHOICES AVAILABLE)
- VANITY SINK AND PLUMBING
- FRAMED SHOWER ENCLOSURE
- DEMOLITION & INSTALLATION

ALL PACKAGE DEALS ARE BASED ON EXISTING LOCATION OF ELECTRICAL SUPPLY & PLUMBING.

SILVER PACKAGE \$9,850

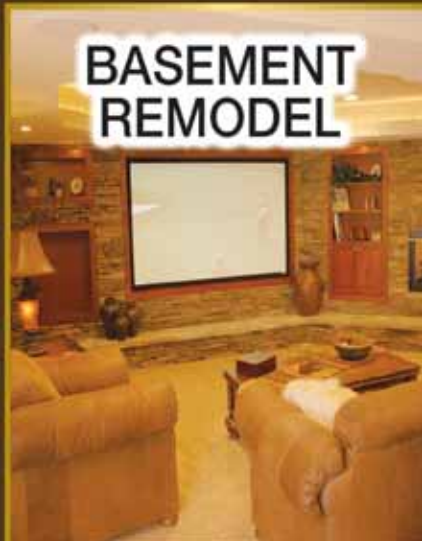
(PRICE BASED ON 5' X 8' BATHROOM)

- 36" VANITY CABINET TILE FLOOR (10 CHOICES AVAILABLE)
- BATH LIGHT AND TOILET
- VANITY SINK, FAUCET AND FIXTURES
- FRAMED GLASS SHOWER ENCLOSURE
- MEDICINE CABINET & PLUMBING
- DEMOLITION & INSTALLATION

GOLD PACKAGE \$17,750

(PRICE BASED ON 8' X 10' BATHROOM)

- 72" VANITY CABINET, TILE FLOOR (15 CHOICES AVAILABLE)
- TILE FOR SHOWER WALLS (UP TO CEILING), TUB SURROUND
- FRAMELESS GLASS SHOWER ENCLOSURE
- 2 BATH AND 4 RECESSED LIGHTS
- TOILET, VANITY SINK, FAUCET, AND FIXTURES
- MEDICINE CABINET & PLUMBING
- DEMOLITION & INSTALLATION



BASEMENT REMODEL

BASEMENT REMODEL DOUBLE DEAL

**\$250
OFF***

EVERY \$3,000 YOU SPEND



**RECEIVE AN
FREE 8 FT.
BAR CABINET**

*CANNOT BE COMBINED WITH ANY OTHER OFFER. NOT VALID ON PRIOR PURCHASES, SALE OR CLEARANCE ITEMS. EXPIRES 4/30/13.

Contact Designer, Julie, For Consultation (703) 898-2087 Julie@AbbeyRemodeling.com

GREAT SELECTION OF
FLOORING • CABINETS • COUNTERTOPS • VANITIES • FAUCETS • FIXTURES • SHOWER ENCLOSURES • SINKS • BATH TUBS • GRANITE

STERLING
21465 PRICE CASCADES PLAZA
STERLING, VA 20164
703-450-8181
(in front of Costco)



Abbey Design Center
FLOOR, KITCHEN & BATH

www.AbbeyDesignCenter.com

*NOT VALID ON PRIOR PURCHASES OR OTHER OFFERS WITH APPROVED CREDIT. SEE STORE FOR DETAILS.

LEESBURG
161 FORT EVANS RD.
LEESBURG, VA 20175
703-779-8181
(next to Wolf Furniture)



Foundation Prepares to Promote Mental Health

Josh Anderson Foundation to sponsor events across county for mental health and depression awareness.

BY ALEX MCVEIGH
THE CONNECTION

Before Fairfax County students finish the school year and head to summer break, they first must deal with exams, both final and for AP classes. This can lead to a lot of stress over the final two months of school, pressure the Josh Anderson Foundation is determined to relieve.

The foundation is named after Josh Anderson, a South Lakes High School student that committed suicide in March 2009, the night before a school disciplinary hearing.

"We all know too well that teenagers are often the last demographic to want to talk about their feelings," said Lauren Anderson, executive director and co-founder of the Josh Anderson Foundation, and Josh Anderson's sister.

"We want high school students to know that they have options; that there is no need to suffer alone or in silence. Suicide prevention is attainable, but youth need to know that it is okay to talk about what they are going through, especially at school where they have their peers, teachers, coaches, counselors and mental health professionals."

According to the 2011 Fairfax County Youth Survey, 15.8 percent of students have "seriously considered" attempting suicide and 3.8 percent of students have attempted suicide.

LAST YEAR the foundation raised \$35,000 to fund the week of "Stress Less, Laugh More." Activities took place at South Lakes, Langley, McLean and Thomas Jefferson High Schools last year. This year, the foundation will host activities at those schools, as well as Cooper Middle School and Patch High School in Stuttgart, Germany right before the start of AP exams.

"We're very pleased to be able to reach all the way to Germany. Their PTO president used to live in this area and heard about Stress Less, Laugh More," Anderson said. "These American schools overseas have students that have to face moving every few years, which adds additional stress to everything else."

The foundation has partnered with Active Minds, a Washington, D.C.-based nonprofit that creates chapters at schools to help promote mental wellness. Thomas Jefferson, McLean and Langley already have Active Minds clubs, and one is in the process of being created at South Lakes.

SEE JOSH ANDERSON, PAGE 11



Jordan Burnham, who speaks about his experiences with suicide and depression, will speak to students and parents at Lake Braddock Secondary School and Woodson High School this month, sponsored by the Josh Anderson Foundation.



Family, friends and supporters of the Josh Anderson Foundation participate in the Rock 'n Roll Half Marathon in Washington, D.C., Saturday, March 16. The foundation, which supports mental health and depression awareness, has had a team in the marathon for the last four years to fundraise for its activities.

10% Off All Hardscaping!
Sale ends April 15, 2013
Free Estimates
Landscaping and Hardscaping

Pansies are Here
97¢
Reg price \$1.89

50-65% Off Pottery
Washington Area's
Biggest Selection

Japanese Maples
30% OFF
Over 200 Varieties

**Citrus, Fruit Trees,
Blueberries
& Herbs**

Tomato Plants are Here!
\$1.99 for 4 Plants
Spring Blooming Flowers & Shrubs!
Lilies, Orchids, Hanging Baskets

Ivy & Pachysandra
Approx. 100 **\$29.99**
Vinca 50 Peat Pots
\$36.99

FREE Fill
Bulk Mulch,
Playground Chips
& Organic Compost
\$29.99/cu. yd.
RR Ties \$19.99

Cravens Nursery & Pottery
Celebrating our 40th Anniversary
9023 Arlington Blvd.,
Fairfax, Virginia
2 miles west of I-495 on Rt. 50,
1 mile from I-66 (Vienna Metro)
703-573-5025
Open 7 days a week
Visit our new Web site:
www.cravensnursery.com

You Can Make a Difference

Cats benefit from being in a foster home. We need long- and short-term fosters for cats of all ages, mothers with litters and kittens on their own.

Consider Fostering visit our website, click on Participate

Adopt/Donate/Volunteer at www.lostdogrescue.org

For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnewspapers.com/subscribe

Be the first to know – get your paper before it hits the press.

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions? E-mail: goinggreen@connectionnewspapers.com

THE CONNECTION
NEWSPAPERS

BULLETIN BOARD

To have community events listed in the Connection, send to greatfalls@connectionnewspapers.com. Deadline is Friday.

WEDNESDAY/APRIL 3

FCCPTA General Membership Meeting. 7 p.m., at the Cafe of Gatehouse Administration Center, 8115 Gatehouse Road, Falls Church. A Roundtable Discussion on "How to Advocate Successfully to What Your Want from Your County School System." www.fccpta.org/content/fccpta-general-membership-meeting-1.

FRIDAY/APRIL 5

Unstuck & On Target. 10-11:30 a.m., at the Dunn Loring Center for Parent Resources, Room 100, Entrance 1, 2334 Gallows Road, Dunn Loring. An expert discusses an executive function curriculum that increases flexibility and on-task behavior in elementary school students with autism spectrum disorders. Registration required. 703-204-3941 or www.fcps.edu/cco/prc.

Advances in Autism Research. Noon-1:30 p.m., at the Dunn Loring Center for Parent Resources, Room 100, Entrance 1, 2334 Gallows Road, Dunn Loring. Workshop on current research topics and factors associated with better outcomes among children with autism spectrum disorders. Registration required. 703-204-3941 or www.fcps.edu/cco/prc.

SATURDAY/APRIL 6

The Smart Split: Legal Aspects of Separation and Divorce. 10 a.m.-1 p.m., at The Women's Center, 127 Park St. N.E., Vienna. An attorney

summarizes the important of legal aspects of separation/divorce process, including child custody, spousal and child support, property and retirement asset division. \$55, \$45 for Members. 703-281-2657, ext. 276 or www.thewomencenter.org.

TUESDAY/APRIL 9

NARFE Meeting. 1:30 p.m., at the Vienna Community Center, 120 Cherry St., Vienna. Vienna Town Council candidates Laurie DiRocco, Howard Springsteen and Carey Sienicki talk about their re-election; Ryan Thomas is a new candidate who will present his platform. 703-938-7346.

Nonprofit Organizations:

Resources and Issues. 7:30-9:30 p.m., at Great Falls Library Meeting Room, 9830 Georgetown Pike, Great Falls. The Great Falls Citizens Association Town Meeting invites local nonprofits and the public to hear about Foundation Center databases and resources for grant seekers. www.gfca.org.

ESL Registration. 7 p.m., at the St. Mark Christian Formation Center, 9972 Vale Road, Vienna. Register and get tested for class placement; classes will meet on Tuesday and Thursday evenings beginning April 16. 703-300-3936 for English or Spanish; 703-505-0123 for Korean; or 703-237-0085 or st.mark.esl@gmail.com.

Explore Your Inner Monologue. 7 p.m., at the Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. The Vienna branch of the American Association of University Women hosts a presentation in which Capital Fringe Festival entrant Carol Campbell discusses how she crafted her personal narrative. 703-321-7499.

Robert Beatson II

Attorney/Accountant,
Former IRS Attorney
Admitted to DC, MD, VA & NY Bars
**All Types of Federal, State,
Local & Foreign Taxes**

Individual • Business
Trusts • Estates • Wills
Amended & Late Returns
Back Taxes • IRS Audits
• Civil Litigation
Business Law • Contracts

**703-798-3590 or
301-340-2951
www.beatsonlaw.com**



Kyle Knight Ins Agcy Inc
Kyle Knight, Agent
11736 Bowman Green Drive
Across from Reston Town Center
Reston, VA 20190
Bus: 703-435-2300
Fax: 703-435-0630

State of Cha-Ching.

Get discounts up to 40%*.

Saving money is important. That's why you can count on me to get you all the discounts you deserve. **GET TO A BETTER STATE. CALL ME TODAY.**



1101216 State Farm Mutual Automobile Insurance Company, Bloomington, IL



2013 Prevention Conference for Middle School Students & Parents

Serving as the VA ABC Regional YADAPP Conference

Falls Church High School

7521 Jaguar Trail • Falls Church, VA 22042

8:15 a.m. - 1:30 p.m.

Registration open online

www.unifiedpreventioncoalition.org

\$10 per family • \$5 per individual

Financial assistance available upon request

YOUTH Track: Dealing with Stress

- Silver Lining Stories
- Try Out Zumba or Martial Arts
- Play with Music
- Create Healthy Snacks
- Exercise with the Police
- Assess Your Stress
- Become a Writer

ADULT Track: Helping Your Teen De-Stress

- Keynote: Dr. William Stixrud — Mysteries of the Teen Brain
- The Teen Brain Follow-Up Q&A
- Homework Stress-Proofing
- Tips for Talking with Your Teen*
- Current Youth Substance Use Trends*

* Offered in Spanish and Korean. Translation services available upon request.

Contact

Lisa Adler
lkadler@upofairfax.org

Funded partially by Virginia ABC, Virginia SPF-SIG, and federal STOP and Drug Free Communities grants

The Unified Prevention Coalition of Fairfax County (UPC) is a nonprofit organization with more than 50 community partners working together to keep youth and young adults safe and drug-free.

SATURDAY, APRIL 13, 2013

Retiring after 35 years serving the
Alexandria & Washington Metro Area
with honesty and integrity.

**Only a Few Weeks Left
Further Price Reductions**

Extra
5% Discount
for Mon.-Fri.
Shoppers

**GOING
OUT OF
BUSINESS
SALE!**
53-72% Off

**EVERYTHING
MUST GO!**

**WE WON'T BE
UNDERSOLD!**

**MULTI-MILLION DOLLAR INVENTORY
OF EXCLUSIVE HANDMADE RUGS
SOLD AT A FRACTION OF TRUE VALUE!**



Old Town Masterpieces
903 King St. • Alexandria, VA
703-836-9028
M-Sat 10-8 • Sun 11-6

TAKE AN EXTRA - READER APPRECIATION
15% OFF
Alexandria Gazette
Mt. Vernon Gazette
Connection Newspapers

OPINION

April Is Poetry Month

Send us your poems, your Mother's Day photos, and even your poems about mothers.

April is poetry month, and we invite our readers to share their poems with us. Some will appear in the print edition and some will appear online.

We'd love to have a note from you about what inspired your poetry, and an illustration, photo of you, etc., are welcomed as well. Include the text of your poem, your name and address (we will only print your name and town name, not your full address), email address and phone number to editors@connectionnewspapers.com.

Here are some poetry happenings from around the area:

Alexandria's new poetry society, based at the Duncan Library, will hold its second meeting at St. Elmo's Coffee Pub on April 8 from 8-10 p.m. and will explore beat poetry. For more, contact the Duncan Library at 703-746-1705.

At presstime, Alexandria was expected to announce the name of the new Alexandria Poet Laureate, replacing Amy Young.

Bernadette Geyer of Vienna was selected for the 2012 Hilary Tham Capital Collection for

her poetry manuscript, "The Scabbard of Her Throat."

The Iota Club and Cafe, 2832 Wilson Blvd., Arlington, holds an annual poetry event on Mother's Day. This year's event, Sunday, May 12, 6-8 p.m., will feature Bernadette Geyer of Vienna and James Arthur. Iota Club and Café is at 2832 Wilson Blvd., Arlington.

Virginia's current Poet Laureate, Sofia M. Starnes, has launched The Nearest Poem Anthology project, which will collect 50-100 poems submitted by Virginia residents "that are most meaningful to us and thus create a testimony to the immediacy of poetry and its closeness to everyday life." Submissions will be accepted through June, and should include the full text of the poem, the name of the poet and the source, including where you encountered the poem, and 200-250 words of persuasive explanation of why you selected the poem. "This should include some information about yourself and why you consider your selected poem 'nearest' to you," Starnes writes. "The compelling nature of your write-up — your story — will play an important role in the se-

EDITORIAL

LETTERS TO THE EDITOR

A Great First Step

To the Editor:

I am sharing my story to let our community know that Delegate Comstock's "Lyme Testing Disclosure," House Bill 1933, is a great first step. It was six years ago when I was first diagnosed with Lyme disease.

It was then that my life took a turn I wasn't expecting. I am writing the editor today because I want to share my story with other members of our McLean community to help spread awareness on this debilitating disease. I also would like to let our community know about issues regarding testing for Lyme disease.

One of the first steps towards a successful treatment is an early diagnosis. This is why Governor McDonnell's signing of this legislation sponsored by our McLean Delegate Barbara Comstock was both critical and necessary. The current Lyme Disease Test conducts an examination of anti-bodies and as a result this test frequently returns a high false negative result rate. This false negative result will delay a patient in receiving the medical treatment necessary to treat this disease.

In my personal experience, it became so difficult for me to get

treatment for Lyme disease here in Virginia. I was given the absolute runaround and had to travel all the way to New Jersey to seek necessary treatment to make a full recovery. I am most grateful to see Virginia's medical climate changing with respect to this serious illness and appreciate the governor's continued support of the Lyme disease community starting with his task force and continuing with his signature to put this law into legislation.

Nancy B. McLean

Discussing Internet On Capitol Hill

To the Editor:

The Internet is an engine for significant economic growth and innovation in the United States and around the world, revolutionizing how we communicate with one another and how goods and services are purchased. However, as the Internet becomes a central part of our lives, attempts to regulate it oftentimes have been ill conceived and harmful.

That's why it's crucial for our elected officials to understand how the Internet works and the impor-

tance of the free and open Internet.

Last month, the Internet Infrastructure Coalition (i2Coalition) spent time on Capitol Hill discussing with lawmakers, including Rep. Gerry Connolly, the Internet and important cyber issues facing the 113th Congress.

We would like to thank Rep. Connolly for taking the time to meet with us to deepen his understanding of the Internet. It's clear that he is committed to preserv-

Contrary to Popular Belief

Poem by Bernadette Geyer of Vienna
We are not even
as solid
as a pan flute
carved from a grain of rice
passed down
through generations
in folk tales and dreams.

Information about submitting your favorite poem for a Virginia anthology: <http://sofiamstarnes.com/NearestPoemAnthologyBrochure.pdf>

lection of the poems to be included." Visit <http://sofiamstarnes.com/NearestPoemAnthologyBrochure.pdf>.

Mother's Day Photos

Mother's Day is May 12 and every year at this time we call for submissions to our Mother's Day photo gallery. Send photos of you and your mother, grandmothers, great-grandmothers. Please name everyone in the photo, describe what is happening in the photo and include your name, address, email address and phone number. Send photos to editors@connectionnewspapers.com.

You can also submit poetry, poetry about mothers and photos celebrating mothers directly through our website at <http://www.connectionnewspapers.com/contact/letter/>.



PHOTO BY ELIZABETH ENDE

Going Green on St. Patrick's Day
Chesterbrook ES sixth graders Jennie and Stephanie go green for Saint Patrick's Day.

ing Internet freedom and enhancing the innovation economy. We look forward to continuing to work with Rep. Connolly, and all other members of Congress, to create balanced policies that ensure the Internet's continued development.

Christian Dawson
Co-founder and board chair
Internet Infrastructure Coalition (i2Coalition)
www.i2coalition.com

Great Falls CONNECTION

www.ConnectionNewspapers.com

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-778-9410
e-mail:
greatfalls@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Chelsea Bryan
Editorial Assistant
703-778-9410 ext.427
cbryan@connectionnewspapers.com

Alex McVeigh
Community Reporter
703-778-9441
amcveigh@connectionnewspapers.com
[@AMcVeighConnect](https://twitter.com/AMcVeighConnect)

Victoria Ross
County Reporter ♦ 301-502-6027
rosspinning@yahoo.com

ADVERTISING:
For advertising information
e-mail:
sales@connectionnewspapers.com

Salome Howard-Gaibler
Display Advertising
703-778-9421
salome@connectionnewspapers.com

Andrea Smith
Classified Advertising
703-778-9411
classified@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic

Photography:
Deb Cobb, Louise Krafft,
Craig Sterbutzel

Art/Design:
Laurence Foong, John Heinly
Production Manager:
Jean Card
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
[@TheismannMedia](https://twitter.com/TheismannMedia)

CIRCULATION: 703-778-9426
Circulation Manager:
Linda Pecqueux
circulation@connectionnewspapers.com



PHOTO BY NINA CROSSMAN

Cooper Symphonic Orchestra, directed by Ms. Bo-Min Son, performs Grade IV musical selections at the District XII Orchestra Assessment.

Cooper Orchestra Receives Straight I's

The orchestra performs at the highest level in the state assessment.

Cooper Symphonic Orchestra, under the direction of Ms. Bo-Min Son, received straight I's, the highest level of achievement in the Virginia State Middle School Orchestra Assessment on March 9 at Kenmore Middle School.

The orchestra performed pieces at Grade IV level, the level that is typically performed by advanced middle school/young high school groups throughout the county. Their performance included Lullaby by Hofeldt, Toccata by Frescobaldi, and The Dance

of Iscariot by Moiser. The orchestra participated in the sight-reading session, where they were given seven minutes to look through a new piece of music that they had never seen before without playing it on instruments, then performed it for a judge, receiving an overall of a "Superior" rating (the highest).

Cooper Middle School is a member of District XII of the Virginia Band and Orchestra Directors Association, which includes schools from the northern region of Fairfax County and neighboring Arlington County. At the annual assessment, a panel of three professional adjudicators is assembled to critique the participating ensembles and judge them against state standards for excellence in performance, sight-reading, musicianship and orchestral skills.

Free Remodeling & Design Seminars!

Celebrating 25th Anniversary

Sat, April 6th — 10am-2pm

Where: 6862 Elm Street, Suite 330, McLean, VA 22101

Thinking of remodeling? This event is the perfect opportunity to take advantage of free expert advice with no obligation. Learn about the hot topics you should consider when remodeling.

Saturday's Seminars:

- Kitchen and Bath Trends
- Paint Colors Made Easy
- Apples to Apples - Thinking your project through? How do you compare?

Seminars run from 10am-Noon. Lunch to follow.

Please arrive at 9:45am for check-in.

Seating is limited. Call Sabrina at 703.425.5588 to reserve your seats!

Special Thanks to Our Sponsor:



Sandra Hambley | 703-599-0648
DecorAndYouDC.com



SUN DESIGN

design/build | additions | kitchens | baths | basements | outdoor spaces
703-425-5588 SunDesignInc.com info@SunDesignInc.com



show more

of less



Settle the score with stubborn lumps and bumps like muffin tops.
Show off the body you've always dreamed of.

We are proud to announce that we now offer CoolSculpting®, the revolutionary new body contouring treatment that freezes fat. Patients are seeing undeniable and lasting results in as little as one treatment. There are no needles, no special diet, no supplements and no surgery. It's FDA-cleared, safe and proven effective.

Only your body should get more buzz.



Good Morning America



Today Show



Oprah



BEFORE



30 DAYS AFTER ONE TREATMENT

Reston Facial Plastics

Suzanne Kim Doud Galli, MD PhD FACS

Call us today at 703-787-0199 to schedule your consultation.

CoolSculpting® and the CoolSculpting® logo are registered trademarks of ZELTIQ Aesthetics, Inc. The "snowflake" mark is a trademark of ZELTIQ Aesthetics, Inc. Copyright © 2012, ZELTIQ Aesthetics, Inc. Results vary. Consult your physician. IC0554-B



VILLAGE GREEN
DAY SCHOOL

Where Learning Feels Like Family

Please Join Us for Our

Open House

April 4, 2013

9:30 - 11:00 am

Childcare will be available

To RSVP, please call 703-759-4049

Spaces still available in our Preschool, Kindergarten, and Montessori Programs

After School Care and Childcare options available

Come see why our children are learning and loving it, every day!

www.villagegreendayschool.com

790 Walker Road, Great Falls, Virginia

Kitchen and Garden Tour Planned for May 1

Woman's Club schedules tour to benefit local Wounded Warrior project.

On Wednesday, May 1 (rain date: May 2), the Woman's Club of McLean will launch the community's first Kitchen and Garden Tour. The hours of the tour will be 10 a.m. to 3 p.m. Set in Countryside Estates in west McLean (the same area that was featured in the club's 2010 Holiday Homes Tour), the event will focus on the kitchens and gardens of six large homes situated on one-acre lots.

Each lot has enough space, often in front as well as in back, for extensive gardens, along with decorative arbors, borders and winding paths; small and large pools; patios; and decks. In many cases, professional landscapers have helped to design the layout and content of the gardens. The tour booklet will list in detail the varieties of plants, shrubs and trees present, as well as other landscape features. The Countryside area is known as one of the most beautiful neighborhoods of McLean when the gardens are in bloom.

The tour houses are located on Holyrood Drive and Countryside Court, near Balls Hill Road and Georgetown Pike. Woman's Club organizers hope that the closeness of the area to the Beltway (Exit 44) will make it easily accessible. Parking will be avail-

able on the street. Visitors can then walk from house to house, as indicated in the tour booklet, which will also serve as a ticket.

After entering each home, visitors will pass through the kitchen before going out into the garden area. The kitchens of the six homes tend to be large, and many have recently been redesigned and updated. The homeowners, as well as Woman's Club hostesses, will be on hand as guides.

Tickets for the Kitchen and Garden Tour will be \$25 if purchased before the day of the tour and \$30 if purchased on the tour day. Tickets are for sale at three local businesses: Flowers and Plants, Etc. (1378 Chain Bridge Road, McLean), Karin's Florist of Vienna (527 Maple Ave., E., Vienna) and Great Dogs of Great Falls (9859 Georgetown Pike), in addition to Vinson Hall Retirement Community (6521 Old Dominion Drive, McLean). On the day of the tour, tickets will also be available at the tour houses.

All proceeds of the tour will go to the Wounded Warrior Transitional Housing Project at McLean's Vinson Hall Retirement Community. The project is supported by the Navy-Marine-Coast-Guard Residence Foundation and is designed to provide young wounded veterans of the Afghanistan and Iraq wars with the special living conditions their situations require.

For more information, contact a McLean Woman's Club member at 703-556-0197 or sheridan2@cox.net.

—LAURA SHERIDAN



Col. Pete and Kay Burnell's garden.



Pool garden at the home of Jill and Dave Paul.



"BEST ORTHODONTIST"
Families Magazine, Health & Beauty
"TOP ORTHODONTISTS"
Washingtonian Magazine, Northern
Virginia Magazine, NOVA Living

Specialist in Orthodontics
Diplomate, American Board of
Orthodontics
Attending Faculty - Orthodontic
Department Children's/Washington
Hospital

Coming Soon

Dr. Garai and staff are pleased to announce the opening of our new Great Falls orthodontic office in early 2013. We will be providing you and your family the same level of exceptional care at our new Great Falls office as you have received for the past 17 years at our Vienna location. We look forward to seeing you this year at either our Vienna or Great Falls office.

garai
ORTHODONTIC
SPECIALISTS

Great Falls
9912D Georgetown Pike
Great Falls, VA 22066
Vienna
427 Maple Ave, West
Vienna, VA 22180

703.281.4868
BracesVIP@gmail.com
www.BracesVIP.com

Josh Anderson Remembered

FROM PAGE 6

"One aspect about stress that isn't emphasized enough is that if you're overworking yourself, you're not going to learn or study as well," Anderson said. "Even just getting outside, taking a 10 minute walk will clear your mind and give you a new energy. These are the kind of techniques we want to teach students, hopefully at an early age."

Anderson said the key part of their approach is to get students involved with the process.

"The biggest factor is getting them involved, because not only do they come up with good ideas, but ideas relevant to their school community and their peer group," Anderson said. "That way, ideas aren't coming from adults, but their fellow students."

Sue Stemetzki, a social worker at South Lakes High School, credited the school's leadership class with helping to come up with ideas to reach their peers.

"We know there are situations where students experiencing depression will turn to parents, teachers or other students," she said.

Speaker Jordan Burnham, who spoke at South Lakes last year, will be appearing at several county schools in April, part of the Josh Anderson foundation's efforts. Burnham attempted suicide during senior year, jumping out of a nine-story window. Now he travels around the country, speaking about his struggles with depression.

He will speak at Lake Braddock Secondary School and Woodson High School students and parents from April 16 to 18.

Greg Myers, psychologist at Thomas Jefferson High School for Science and Technology, called their part-

nership with the school "absolutely invaluable," and said that Stress Less, Laugh More is a highly popular and effective student outreach program.

"We are thrilled to have discovered such a powerful partner in JAF and very much look forward to collaborating on future efforts to promote mental wellness among our students," he said.

Shari Bennett, mother of a freshman at George Mason University who graduated from Fairfax County school last year, said, "As parents, we can be as guilty as anyone when it comes to putting pressure on our kids when it comes to every aspect of school performance. When my son was just a freshman, I remember telling him that every grade could affect what college he got into, which effects the rest of his life," she said. "I'm glad the Josh Anderson Foundation is making it a point to blow off some steam, to have some fun. That's an important part of life as well."

MEMBERS OF THE FOUNDATION and their supporters have also made an annual tradition by "Running to Remember Josh." The group comes together and runs the Rock 'n Roll Half Marathon every year since 2010. This year featured 27 runners.

"The run coincides with the anniversary of his death every year, which is a sad day, but it's nice to have people come together and do something positive together," Anderson said. "We had people come from Georgia, Colorado and New York to run this year."

The run is one of the major fundraisers for the Josh Anderson Foundation every year. More information about the foundation and its upcoming events can be found at www.joshafoundation.org.

State of Savings.

Get discounts up to 40%.*

Saving money is important. That's why you can count on me to get you all the discounts you deserve.

GET TO A BETTER STATE[®].

CALL ME TODAY.



G Stephen Dulaney, Agent
731 C Walker Road
Great Falls, VA 22066
Bus: 703-759-4155
www.gstephendulaney.com



1101282.1

*Discounts vary by state.

State Farm, Home Office, Bloomington, IL



Faces of the Community

Maury Brown

- Great Falls/McLean resident for 20 years
- Music lover
- Amadeus Concerts supporter since 2007
- Avid Tennis Player

"What makes Amadeus special to me is watching 5th and 6th grade children in the Side-by-Side program playing together with professional Amadeus musicians before the entire school. Seeing a young violinist sitting next to the Associate Concertmaster of the NSO and looking at her with such awe, always gives me goosebumps."

Experience the passion and joy of music up close

Fine music. Small settings. Artist receptions.

Offering a range of fine music in local settings that encourage guests to linger afterward to meet the musicians.

Amadeus  **Concerts**

PO Box 543 • Great Falls, VA 22066
703.759.5334 • www.amadeusconcerts.com

McLean Community Center 2013 Governing Board Election

The Governing Board and staff of the McLean Community Center strongly encourage all qualified residents to vote **for members of the McLean Community Center 2013-2014 Governing Board**. Your vote sends a very important message of your support of the Center's programs and services.

When & Where:

Vote between the hours of **10:30 a.m. and 5 p.m.** at the McLean Day 2013 festival on **Saturday, May 18**, at Lewinsville Park, 1659 Chain Bridge Rd.

Meet the Candidates

Adult Candidates—Three Positions Open



MARK A. BEHRENS

My experience in McLean bridges generations. I was raised in McLean (Langley '83) and returned with my wife to raise our two girls. Professionally, I co-chair a practice group for a national law firm in DC and would bring my legal experience to the Board. If elected, I will listen to the community to shape programming for diverse ages and interests. I will also ensure that our taxpayer dollars are spent wisely and I will be fiscally responsible. In addition, I will support exploring efforts to revitalize downtown McLean to help our teens and small businesses while preserving our culture.



CATHLIN A. BOWMAN-YOUNG

I possess a unique blend of knowledge, skills and attitudes that I believe would be beneficial to the board. I offer a solid business acumen with depth of experience in team leadership and organizational development, revenue growth, partnership development, not-for-profit and for-profit board management, and grant development. I'm also a lifetime resident of McLean, Virginia, who appreciates the arts having grown up in an artistic family. I have enjoyed watching the community evolve and am now looking forward to the opportunity to donate my time and talents to such a wonderful organization that is a focal point within the community.



KEVIN DENT

I've been a member of MCC's Governing Board since May 2007. During that time, I've spearheaded efforts to reduce the tax rate paid by the community in support of MCC. In the last five years, we've reduced this tax rate by almost 22%. I actively worked to provide the McLean community with greater transparency to Governing Board activities. If re-elected, I intend to focus on four issues: assure MCC provides high-quality programs; assure the ongoing fiscal integrity of MCC; the renovation of MCC's facility on Ingleside; and continue to explore opportunities for MCC to expand its presence in downtown McLean.



DENNIS FINDLEY

I'm a 24-year resident of McLean, an architect and widowed father of twin, 17-year-old boys. I've been an instructor, a class participant and enthusiastic supporter of MCC for years and I now seek your support in joining the board to offer my time and talent to help it thrive into its bright future. I hold a Bachelor of Architecture from Auburn University and a Master in Architecture from Harvard University. As a special needs parent, I was appointed by former Governor Tim Kaine to the Virginia Board of People with Disabilities in 2009 and re-appointed by Governor McDonnell in 2012.



JAY HOWELL

I'm excited to be a candidate for re-election. My wife Betsy and I have been actively involved in the community since 1985, our three boys attended Fairfax County schools and participated in McLean Youth Sports. I'm self-employed, having formed a government relations consulting firm after 30 years in the public and private sectors. I'll continue to work in a fiscally responsible manner to improve MCC activities and programs. As Program Committee Chair, I've supported programs for seniors and adults with lifelong disabilities. I'll continue to pursue options for a new downtown facility as well as improvements to our existing facility.



MARSHAL J. HYMAN

I began working in McLean in 1975 and have lived, worked and/or played here since. I am currently active in several organizations around McLean; service officer and board member of the McLean American Legion, treasurer and board member of Chesterbrook Residences, Inc., board member of the McLean Orchestra and member of the Rotary Club of Tysons. I enjoy the programs currently available at the community center but feel they can be improved, especially for active seniors. My legal and accounting background can be put to good use with the expansion and remodeling of the facility. Your vote will be appreciated.



PAUL KOHLENBERGER

A resident since 1986 and president of the McLean Historical Society, I care deeply about McLean and am actively involved in the community. I'm a local small business owner and happily serve on the boards of Friends of Pleasant Grove, McLean & Great Falls Celebrate Virginia, and the alumni association of The Potomac School. MCC is a catalyst for engagement within McLean, one from which I have personally benefited for 25 years. I would be honored to have the opportunity to protect and extend the wonderful legacy of the MCC in a fair-minded manner. I respectfully ask for your support.

Youth Candidates—Two Positions Open

McLean High School Area



STEVEN PARDO

I'm a freshman at McLean High and am running for the student position on the board. I was born and raised in McLean and MCC has played a significant role in my life. As a child, I took computer, cooking and art classes and participated in summer camps. In middle school, I went to the Old Firehouse and participated in school break trips. For four years, I've been a cast member in Alden Theatre's productions. MCC plays a valuable role for youth in our community and I'm interested in serving on the board to maintain and broaden its quality programs.

Langley High School Area

No petitions were submitted for the Langley High School Boundary Area; however, write-in candidates are allowed.

Qualifications to Vote:

1. You must be a resident of the McLean Community Center tax district (Dranesville Small District 1A); however, you need not be registered to vote in the general election.
2. You must be at least 18 years old to vote for an adult candidate. Adults may vote for up to three candidates.
3. You must be 15 through 17 years old by McLean Day to vote for youth candidates. Youth voters have two votes, and may vote for one candidate in each of the two school districts, or may vote for just one candidate in either district. Youth may not vote for more than one candidate in the same district.
4. You must bring identification and proof of residency, such as a driver's license. If you do not have identification, you may sign a sworn statement.

Absentee Voting:

Want to vote, but can't make it to the McLean Day festival on May 18? Vote by absentee ballot! Call the Center or send a request by E-mail to "ellen.barial@mcleancenter.org" to have a ballot package sent to your home. Or, stop by the Center and pick up an absentee ballot package. Completed ballots must be received by close of business (5 p.m.) on **Wednesday, May 15**, to be counted.

Write-in candidates are allowed.

Write-in candidates must have at least 10 votes from 10 residents of the Center's tax district in order to have their votes counted. For youth write-in candidates, the 10 votes must come from teens who live within the same high school boundary area as the candidate.



The McLean Community Center
1234 Ingleside Avenue, McLean VA 22101
703-790-0123/TTY: 711
www.mcleancenter.org



THE COUNTY LINE

Fairfax County's Homeless Population Declines 12 Percent

Emphasis on rapid re-housing, prevention keys to success.

BY VICTORIA ROSS
THE CONNECTION

Despite the developing impact of across-the-board sequester cuts, and the rising cost of rental housing, the homeless population in Fairfax County declined 12 percent in the past year, and 26 percent since 2007.

"It's a remarkable achievement," said Michael O'Reilly, chairman of the Fairfax-Falls Church Community Partnership to Prevent and End Homelessness, who released the figures Monday, April 1, along with Dean Klein, Fairfax County's director of the Office to Prevent and End Homelessness (OPEH).

According to Fairfax County's annual "point-in-time" survey, the number of homeless individuals decreased by 184 people, from 1,534 in 2012 to 1,350 in 2013. Since 2007, the number of homeless individuals decreased by nearly 500 people or 26 percent—from 1,813 in 2007 to 1,350 in 2013.

The U.S. Department of Housing and Urban Development (HUD) requires that jurisdictions across the nation conduct a statistically reliable and unduplicated count of the homeless over the course of one day in January. The survey covers only those who are literally homeless—in shelters, in time-limited transitional housing or those who are unsheltered and living on the street.

THE GOAL of the count is to identify the number of homeless people at a given point in time and to collect demographic information about those who are homeless to provide direction for future development of housing and services. It is also a requirement to qualify for state and federal funds.

"When we launched the 10-year plan in 2007, we fully expected to have some success," O'Reilly said. What Fairfax County did



Fairfax County Board of Supervisors Chairman Sharon Bulova speaks about her experiences interviewing some of the county's homeless population during "Registry Week," which kicked off the 100,000 Homes Campaign on Feb. 23. "This was something I will never forget. It was one of the most powerful experiences of my life," Bulova said.

not expect were economic hurdles such as the 2008 recession and this year's sequester. "I think with those challenges, if that number [1,813] had remained constant, and we managed to tread water, that would have been seen as a success. But we've managed to reduce those numbers."

Klein said Fairfax County's key initiatives, such as rapid re-housing and expanding the range and availability of prevention services and resources contributed to the decline in homeless individuals.

"These numbers are very encouraging and energizing for our community of nonprofit, government, business and faith community partners who are working day-in and day-out on behalf of some of our most vulnerable citizens," Klein said. "I am pleased to see that the strategies embedded in our 10-year plan are working."

O'Reilly said the OPEH's effective implementation of the Homeless Management Information System (HMIS), which prioritizes transparency and allows the county to analyze data from a number of nonprofit service providers, is an "often overlooked indicator" that provides a valuable big picture of homelessness in the county.

"We also gained momentum from the re-



Volunteers, elected officials and representatives from area organizations attended a community debrief on March 4 at the Jubilee Christian Center. The debrief was held to reveal the results of a countywide survey on homelessness held the last week of February.

Highlights: 2013 Point-in-Time Count of Homeless

The PIT count was conducted on Jan. 30, 2013.

❖ Of the 1,350 people who were literally homeless in the Fairfax-Falls Church Community, 747 were people in families (55 percent of all homeless), and 603 were single.

❖ Thirty-three percent (452 people) of all persons who were homeless were children under the age of 18, the same percentage as last year.

❖ There were 19 fewer families who were homeless in 2013 compared to 2012, with 90 fewer people, including 53 fewer children and 37 fewer adults.

❖ Fifty-eight percent of adults in homeless families were employed. In 2012, 59 percent of adults in families were employed.

❖ In 2013, 27 percent of all persons in families were homeless due to domestic violence, a decrease from 40 percent in 2012. Thirty percent of families identified domestic violence as the reason for homelessness.

❖ Single individuals account for 45 percent of all homeless persons counted, a total of 603 people.

❖ Single adults decreased by 13 percent (94 adults) compared to 2012.

❖ Fifty-seven percent (341 people) of single adults who were homeless suffered from serious mental illness and/or substance abuse, a decrease from 64 percent in 2012, and many had chronic health problems and/or physical disabilities.

❖ Twenty-two percent (134 people) of single adults were employed, and nine percent (57 people) were identified as veterans.

cent 100,000 Homes Campaign, but we still need new resources, new partners, ideas and affordable housing," Klein said.

"Affordable housing continues to be a challenge," O'Reilly said. "Although we have seen success in the past four years, we have significant challenges ahead with sequestration and the rising rental housing costs."

A BRIEFING on point-in-time highlights from around the region is planned for the Metropolitan Washington Council of Governments board meeting on April 10. The highlights will be available next month through Fairfax County's website at <http://www.fairfaxcounty.gov/homeless>.

Bulova Appoints Mary Cortina, Faisal Khan to Park Authority Board

Fairfax County Board of Supervisors Chairman Sharon Bulova (D-at-large) recently appointed two new representatives to the Fairfax County Park Authority Board.

Faisal Khan, the first Pakistani-American member of the Park Authority Board, is a force in Fairfax County cricket circles and has been a strong advocate for the game. He is a founding member and current manager of the DC Metro Area Cricket League and is also the captain of his team, the Comets. Cricket—a bat and ball game—was first played in southern England in the 16th century. The expansion of the British Empire led to cricket being played overseas, and the first in-

ternational cricket match was held in Karachi in 1935. Although field hockey is the national sport of Pakistan, cricket is the most popular sport in the country, according to the National Cricket Association.

Khan's first official park events took place last year when he participated in a ribbon-cutting for two new turf fields at the Oak Marr RecCenter in Vienna. Both fields are striped for multiple sports, including cricket.

Khan, an advocate for all sports, said he believes that sports play a vital role in bringing together diverse communities.

"Mr. Khan is a local business owner and will bring a valuable perspective to the board," Bulova said. "In business, Mr. Khan is a great advocate for product quality and

excellent customer service, two attributes that our excellent park system embraces as well."

Mary Cortina has been an active and engaged member of the Fairfax Community. For nearly a decade, she worked for the National Wildlife Federation supporting their mission of wildlife preservation in a variety of different roles. As a member of the Burke Centre Board of Trustees, she played a leadership role in assisting with the design of a new parking garage in the Burke community.

In 2007, Cortina was appointed to serve on the Chesapeake Bay Preservation Ordinance Exception Review Committee, and continues to make contributions to the

county in this capacity.

"In addition to Mary Cortina's extensive volunteer background," said Bulova, "she also brings business acumen to the table, having served in a variety of positions dedicated to technical support, planning and budget."

Khan and Cortina will take the place of Jan Hedetniemi, who is now at-large planning commissioner and Marie Reinsdorf. Bulova said she is excited that these new appointees will be able to contribute "fresh enthusiasm and perspectives" to the mix of talent already on the Park Authority Board.

—VICTORIA ROSS

Shop til you drop! Almost 60 sellers!

Saturday, April 6

9 a.m.-1 p.m.

1420 Beverly Road
(Behind the Giant Shopping Center)

WE'RE GOING GREEN!

- Paper shredding
- Computer Hardware Disposal
- Truck for drop-off donations



Selling spaces are available on a first-come, first-served basis for \$40. Deadline to apply is Wednesday, April 3. Activity No. 2002.313. Resident sellers only; no commercial dealers please!

MCLEAN

SPRING COMMUNITY

GARAGE SALE & RECYCLING EVENT

Register online or at the Community Center.



The McLean Community Center
703-790-0123/TTY: 711
www.mcleancenter.org/special-events

"My little girl reminded me why I miss Worship."



She asked, "Did God go away?" And for the first time, I realized how busy we have become here in Northern Virginia. Our kids rely on us for the most important things in life. Faith helps us stay strong and choose wisely. So we're going to church on Sunday.



Worship 10 AM Sundays; Bible Study 11:20 AM
AWANA for Kids: Wednesdays at 6:30 PM

PROVIDENCE BAPTIST CHURCH

8980 Brook Road in McLean, VA
www.ProvidenceToday.org • 703-893-5330
Find Us: Route 7 just 1/4 west of Toll

ENTERTAINMENT

Send announcements to greatfalls@connectionnewspapers.com. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com

WEDNESDAY/APRIL 3

Home Buyer Seminar and Wine Tasting. 6-7:30 p.m., at Total Wine, 1451 Chain Bridge Road, McLean. Review today's market, the home buying process and sample wines while you learn. www.totalwine.com.

THURSDAY/APRIL 4

Rent, School Edition. 7 p.m., at the McLean High School Burke Theater, 1633 Davidson Road, McLean. The award-winning musical about young artists facing AIDS, HIV, the throes of love and the struggle to find their voice. \$12 for students and seniors; \$15 for adults. www.brownpapertickets.com/event/346908 or www.mcleandrama.com.

FRIDAY/APRIL 5

2013 Asian American Chamber Gala. 6-10 p.m., at The Westin Tysons Corner, 7801 Leesburg Pike, Falls Church. AACC Chamber Award Gala recognizing businesses and leaders of Asian & Pacific Island descent who have made outstanding contributions to the D.C.-area business community and economy; cocktails, dinner, auction and cultural performances included. www.asian-americanchamber.org/2013gala.

Rent, School Edition. 7 p.m., at the McLean High School Burke Theater, 1633 Davidson Road, McLean. The award-winning musical about young artists facing AIDS, HIV, the throes of love and the struggle to find their voice. \$12 for students and seniors; \$15 for adults. www.brownpapertickets.com/event/346908 or www.mcleandrama.com.

Mason Symphony and the Virginia Chamber Orchestras Concert. 7:30 p.m., at Vienna Presbyterian Church, 124 Park St. N.E., Vienna. \$20; free for students through grade 12 and Wounded Warriors and their families; \$15 for college students and seniors. 703-993-1380 or <http://music.gmu.edu>.

"Never the Sinner." 8 p.m., at 1st Stage in Tysons, 524 Spring Hill Road, Tysons Corner, McLean. Playwright John Logan's riveting first play about the 1924 "crime of the century." General: \$25; students: \$15. or 703-854-1856 or www.1ststageinTysons.org.

A Night of Music with Peter Kolkay. 8 p.m., at The Barns, 1635 Trap Road, Vienna. The Wolf Trap National Park presents the bassoonist and first-prize winner of the Concert Artists Guild Competition, Peter Kolkay. \$35. http://purchase.tickets.com/buy/TicketPurchase?agency=WOLF_TRAP&pid=7295869.

SATURDAY/APRIL 6

"Never the Sinner." 2 p.m., 8 p.m., at 1st Stage in Tysons, 524 Spring Hill Road, Tysons Corner, McLean. Playwright John Logan's riveting first play about the 1924 "crime of the century." General: \$25; students: \$15. or 703-854-1856 or www.1ststageinTysons.org.

Freeman Store and Museum Dedication Celebration. 10 a.m., at the Freeman Store and Museum, 131 Church St. N.E., Vienna. Celebrate the placement of the store on the Virginia Landmarks Register and in the National Park Service National Register of Historic Places; the Civil War 150 HistoryMobile, a nation-wide, mobile artwork display and interactive exhibit, the "Roads to



PHOTO BY ALEX MCVEIGH/THE CONNECTION

McLean High Presents 'Rent'

From left, Camila Alfonzo, as Mimi, connects with Damian Leverett, as Roger, in McLean High School's production of "Rent." [See listings Thursday through Saturday, April 4-6.]



"Erika and Bluebells," encaustic painting, by Nick Deff.

'It's a Spring Thing' At Vienna Art Society

"It's a Spring Thing" is The Vienna Art's Society's annual member-judged show, through April 29 from 10 a.m.-4 p.m. Tuesday through Saturday at the Vienna Art Center. Meet the artists at the Award Reception for the best artist, held Sunday, April 14, from 2-4 p.m. The Vienna Art's Center is located at 115 Pleasant St. N.E., Vienna, and is free and open to the public.

Rails to Trails" exhibit and the Little Library and Caboose are open while the James Madison Madrigals and the Vienna Community Band play until the 2 p.m. dedication, to be followed by an old-fashioned picnic. www.vienna.gov/index.aspx?NID=1024.

Gustafer Yellowgold's Rock Melon Tour. 10:30 a.m., at the Jammin' Java, 227 Maple Ave. E., Vienna. Equal parts pop rock concert and animated storybook, Gustafer Yellowgold concerts are a truly different multimedia experience. \$10. 703-255-1566 or <https://jamminjava.com/events/gustafer-yellowgold-april6>.

Tour of the Bluebells in Memory of Eleanor Weck. 11 a.m., at Riverbend Park, 8814 Jeffery Road, Great Falls. A guided tour of the bluebells in the park in memory of Eleanor Weck, founder of the Great Falls TrailBlazers; light refreshments follow. www.fairfaxcounty.gov/parks/riverbend/visitorcenter.htm.

Riverbend Park Nature Center Open House. Noon-2 p.m., at the Nature Center, 8814 Jeffery Road,

Great Falls. Hands-on demonstration of the Nature Center's wildlife collection including a new outdoor turtle habitat. www.fairfaxcounty.gov/parks/riverbend/visitorcenter.htm.

Runway Fashion Presentation.

Noon-2 p.m., at Saks Fifth Avenue Tysons Galleria, 2051 International Drive, McLean. Lafayette 148 New York Design Director Edward Wilkerson and Teri Agins, fashion journalist and author, discuss the inspiration behind the spring 2013 Lafayette Collection, a free-spirited marriage of eclectic detail with city style. www.saks.com.

Our Town. 2:30 p.m., at the McLean High School Burke Theater, 1633 Davidson Road, McLean. Thornton Wilder's play centered on the small town of Grover's Corners, in which the Webb and Gibbs families watch their children fall in love, marry, and in a famous scene, die. \$12 for students and seniors; \$15 for adults. www.brownpapertickets.com/event/347032 or www.mcleandrama.com.

SEE CALENDAR, PAGE 22

Betty Ganley Featured in New Book, Exhibits at Katie's

Great Falls artist Betty Ganley has been notified that her painting, "Fixin' To Go Fishin'," has been selected as one of the top 100 paintings to appear in North Light Publications book *Splash 15*, the newest edition of the 15 books in North Lights *Splash* series. This series features the works of the top watercolor artists in the country. While nautical scenes as well as florals and still life feature high on her list of chosen subject matter, her current selected work features a typical Maine wharf-side still life, with nautical roping, buoys and lobster traps, bursting with color. Ganley, the recipient of over 75 awards for her watercolors, has had works featured in three other of the *Splash* series, and is the author of "10 Secret Gardens in Watercolor," a book published by International Artist Publications.

Her next local exhibition, "Petals and Yachts," opens April 4 and stays up through April 30 at Katie's Coffee Shop in the Great Falls Village Center. "Petals and Yachts" features a selection of nautical and floral subjects.

For further information go to www.bettyganley.com or 703-759-4673.



"The Lobster Shack," watercolor, by Betty Ganley.

SUN DESIGN INVITES YOU TO OUR WHOLE HOUSE REMODELED TOUR IN BETHESDA!

Saturday, April 13th, 10am-4pm

6601 Michaels Drive, Bethesda, MD 20817



REINVENT YOUR HOME TO ENRICH YOUR LIFE

Come see first hand how redesigning existing space created better function, flow, and light in this remodeled home to include a gourmet, eat-in, kitchen, large family room with cathedral ceilings, transom windows, and cable railing, and a remodeled master suite with enlarged walk-in tub and shower combination.

Special Thanks to Our Sponsor:



Sandra Hambley
703-599-0648
DecorAndYouDC.com

SUN DESIGN

design/build | additions | kitchens | baths | basements | outdoor spaces
703-425-5588 SunDesignInc.com info@SunDesignInc.com

SAVE THE DATE FOR

*Rummage at
the Ritz-
Carlton*

BENEFITTING:



BOYS & GIRLS CLUBS
OF GREATER WASHINGTON
FAIRFAX COUNTY REGION

Sunday, April 7
12-4 pm
The Ritz-Carlton
Tysons Corner



**Black tie
items at
rummage
sale prices
for a great
cause!**

For more information on the event,
item donations and pre-registration,
visit: www.fairfaxbgcgw.org

SHOP THE COMPETITION FIRST!

703-938-3160



Then come to us for the best selection of quality products and professional installation, all at an affordable price. Our references include your neighbors.

FREE ESTIMATES ON INSTALLATIONS

SE HABLA ESPAÑOL

VIENNA FLOORS

ESTABLISHED IN 1984

208 DOMINION ROAD • VIENNA, VA

HARDWOOD-CARPET-WOOD LAMINATES-CERAMIC TILE-SHEET VINYL

WWW.VIENNAFLOORS.COM

Hours: Mon-Fri: 9:00 am-5:30 pm • Sat: 9:00 am-4:30 pm

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling

We Bring the Showroom to YOU!!



Free Estimates
703-969-1179

Select your remodeling products from our Mobile Kitchen and Bathroom Showroom and Design Center!!



www.twopoorteachers.com

Fully Insured & Class A Licensed
EST. 1999

**Standard & Premium
Bath Specials!**

**Starting at
\$4,950**

Visit our website
for details!

Langley High School Hosts 'Thon'

Saturday, March 9, proved that communities are still as unified and as giving as ever. Langley High School's second Dance-a-thon, best known as Thon, is to thank for fleshing that out. Langley seniors Brittany Gallagher and Natalie Rasmus, along with other students, put forth extended effort in a successful fundraising campaign to raise money for the Joe Cassella Foundation. That success was measured in numbers, over \$15,500, which has been donated to JCF to ease the financial burden families may have while their children battle illnesses and/or injuries.

More than 150 high school students danced the day away from noon to 8 p.m. for a great cause. If you stopped in the gym you would have noticed endless food, beautifully decorated tables for eating and mingling, a stage with a DJ, live performances by students, a yoga and Zumba class, and a student leading all participants through dance routines from the Macarena to modern hip hop choreographies.



Students danced the day away at Langley High School's fundraising campaign, "Thon." The dance-a-thon benefited the Joe Cassella Foundation with over \$15,500, which helps families with large financial burdens who are battling their children's illnesses and injuries.



Student organizers of Langley High School's Saturday, March 9, fundraising event, "Thon," a dance-a-thon benefiting the Joe Cassella Foundation.

SCHOOL NOTES

Send School Notes to greatfalls@connectionnewspapers.com. Deadline is Friday.

Sally Storch, of Great Falls, a junior international relations major at William Smith College and a member of the swimming and diving team, has made the Upper New York State Collegiate Swimming Association All-Academic Team. To earn a spot on the UNYSCSA All-Academic Team, student-athletes must be at least a sophomore, have an average grade point average of 3.3 over the previous two semesters, and be a participant in the UNYSCSA Championship meet.

Jason Warren of Great Falls, son of John and Karen Warren, is a freshman in mechanical engineering and has been named to the dean's list for the fall 2012 semester at Virginia Commonwealth University.

Amber Bennett of Great Falls graduated from Langley in 2012 with Academic Honors. She has been placed on the Dean's list of the School of Arts and Sciences "with Distinction" for the fall 2012 semester at Catholic University. Amber is pursuing a degree in Medieval and Byzantine studies with a minor in chemistry.

Seven students from Fairfax County Public Schools (FCPS) have been named semifinalists in the 2013 Intel Science Talent Search. The students, with their project names, are:

❖ Arrush Choudhary of Chantilly High School, A Novel Method to Increase the Lipid Yield of *Chlorella vulgaris*: An Exploration of the Role of Cofactors on the Inhibition of Starch Synthase (E.C. 2.4.1.21).

❖ Katherine Ho of TJHSST, Real Time Apoptosis Imaging by an EB Conjugated Caspase 3 Activatable Probe.

❖ Suhas Gondi of TJHSST, Investigating microRNA-Mediated Regulation of Class Specific Dendrite Morphogenesis.

spanish french chinese
Grades 5-8

Live a Language this summer!

**An Immersive 2-Week Day Program
June 16 – June 29 at National Cathedral School**

- Based on Middlebury College's immersive approach to language learning
- Classroom-based instruction, cultural projects and hands-on activities
- An enriching experience for 5th to 8th grade students at all language levels
- Gain the global skills to succeed in high school, college and beyond

Enroll today!

mmla.middlebury.edu/summerday

855-747-0543

middlebury
interactive languages™

National Cathedral School
Mount Saint Alban
Washington, DC 20016

A joint venture between Middlebury College and K12 Inc.

Be a part of our **Wellbeing** pages, the first week of every month.

Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

Questions? E-mail sales@connectionnewspapers.com or call 703-778-9431

THE CONNECTION
NEWSPAPERS



Kidney Walk

APRIL 21, 2013

RESTON TOWN CENTER, 2:00 PM

REGISTER TODAY!

KidneyWalk.org • 202.244.7900

Honorary Chair
Reed Doughty
Washington Redskins

Hosts
Doug Kammerer, NBC4
Kane & Intern John, HOT 99.5

National Kidney Foundation™

EAGLEBANK
Relationships First

HOT 99.5

THE CONNECTION
NEWSPAPERS

Register today at www.kidneywalk.org

Employers:
**Are your
recruiting ads
not working in
other papers?**

**Try a better
way to fill
your
employment
openings**



- Target your best job candidates where they live.
- Reach readers in addition to those who are currently looking for a job.
- Proven readership.
- Proven results.

THE CONNECTION
to your community

703-917-6464

classified@connection
newspapers.com

Great Papers • Great Readers
Great Results!

21 Announcements

ABC LICENSE

Finnegans-IV, Inc trading as Finnegan's Pride, 8150 Leesburg Pike, Suite #160-A, Vienna, VA 22182.

The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer and Wine on Premises and Mixed beverage on Premises license to sell or manufacture alcoholic beverages. Bhuwaneswar Boojala, President

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

ABC LICENSE

Tom Yum Rosslyn, LLC trading as Tom Yum District, 1515 Wilson Blvd, Suite 102 Arlington, VA 22209. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises license to sell or manufacture alcoholic beverages. Supat Oursinsiri, Managing member.

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

ABC LICENSE

Samira Safi trading as Kabob Tavern, 523 Maple Ave W, Vienna, VA 22180. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Mixed Beverage license to sell or manufacture alcoholic beverages. Samira Safi, owner.

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

ABC LICENSE

YOLO VA, LLC Trading AS Bracket Room, 1210 N. Garfield St, Arlington, VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises, Mixed Beverages Premises license to sell or manufacture alcoholic beverages. Jeffrey Greenberg, managing member

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

4 RE for Sale

New to Mkt! 3BR Country Cottage On 3+/- AC - \$134,900

Brand new 1200 sf turn-key country cottage on huge 3+/- acre setting with multiple building sites to choose from! Quiet state rd frontage, utilities, NO HOA fees, low taxes. Close to 22,000 acre wildlife park w/ 200 acre lake & miles of trails. Perfect for vacation/retirement home. Take advantage of the lowest financing in history before rates go up! Call now 1-800-888-1262 EHO

26 Antiques

We pay top \$ for antique furniture and mid-century Danish/modern teak furniture, STERLING, MEN'S WATCHES, jewelry and costume jewelry, paintings/art glass/clocks. Schefer Antiques @ 703-241-0790. Email: theschefer@cox.net

29 Misc. for Sale

Chairs-Tables-Bookcases-Wardrobe Closets for sale! Bob9113@gmail.com 703-690-6969"

101 Computers

101 Computers

HDI COMPUTER SOLUTIONS JENNIFER SMITH ♦ Serving the Area Since 1995

- Speed up Slow Computers
- Troubleshooting
- Virus Removal
- Computer Setup

(571) 265-2038 ♦ jsmithhdi@aol.com



102 Instruction

102 Instruction

Call today and learn how this time-saving extra edge can improve your grades while investing less time

Use my proven study techniques to improve results while saving time!

Dean's List college graduate with 7 years of experience offers individual tutoring throughout Northern Virginia.

Accounting/Finance Degree. All grade levels, specializing in math,

English as first or second language, Spanish. Call Hal @

(703) 864-6616. Tutoring rate is \$50/hr.

**20% Off first session
when you mention this ad**

21 Announcements

21 Announcements

Joan Mesimer Sanders, Rock Hill, SC

Joan Mesimer Sanders, 91, of Rock Hill, SC, passed away Thursday, March 14, 2013.

A memorial service was held on March 18 in South Carolina. Graveside services will be held at Andrew Chapel Cemetery in Vienna VA (cnr of Trapp Rd and Leesburg Pike, Rt 7) on April 13 @ 11am. A reception will follow in the "new" social hall at Trinity United Methodist Church, McLean, VA (1205 Dolley Madison Blvd)

Joan was born and raised on a small farm in Polo, Missouri, the daughter of John Perry and Grace Brown Mesimer. She was preceded in death by her loving husband Vern, her parents, her sisters Verle Williams, Mary Lillian Cook, Gertrude Burns, and her brother, Woodrow Mesimer. Surviving are her children Dale Sanders of Washington, DC, Joyce Sanders of York, SC, and Wade and Sarah Sanders of Fleetwood, NC. , brother-in-law, Raymond Morales of Sterling, Virginia, nieces and nephews.

She was employed by the FBI in Kansas City, MO where she met her husband-to-be, Special Agent Charles Vernon Sanders. Following their marriage in 1949, they resided in McLean, VA until their retirement to Whispering Pines, NC in 1980. In 2009 they moved to Park Pointe Village, Rock Hill, SC. Joan was a lifelong volunteer, giving of herself and her time, beginning as a Red Cross Nurse's Aide in Kansas City during World War II and continuing to serve those in need wherever she lived.

Joan was a beautiful woman, inside and out. A Christian in heart and deed, she loved life but was unafraid of death. She was committed to her God, her family and her friends. She will be remembered for her love, her kindness, her encouragement, and her lifetime of service. Well done, good and faithful servant.

In lieu of flowers, memorial gifts may be made to York Place, Episcopal Church Home for Children, 234 Kings Mountain Street, York, SC 29745.

21 Announcements

21 Announcements

21 Announcements

21 Announcements

21 Announcements

21 Announcements

SELL IT FAST!

Virginians shop their local newspapers when they are ready to buy... make sure they find you there!

71% of American adults have used a newspaper, a newspaper website and/or a newspaper mobile source in the past 30 days.

(Source: Scarborough Research 2012)



Virginia Press Services will run this business card size display ad across Virginia for one low price!

For more details,
contact Adriane at 804-521-7585.

Virginia
PRESS
Services

21 Announcements

21 Announcements

21 Announcements

A new option for people with

Macular Degeneration

Find out if the new implantable miniature telescope can help you see better.

Call for a FREE phone consultation with Dr. Armstrong, Optometrist

Offices in: Roanoke, Charlottesville, Harrisonburg, Wytheville

(866) 321-2030

Dr. David L. Armstrong VirginiaLowVision.com



21 Announcements

21 Announcements

21 Announcements

A Must For All New Grads!

Visit:

**www.jobseekersguide.net
for details and excerpts.**

**Only \$14.95 & \$9.99 for ebook version
Also available at Amazon and Barnes & Noble**



21 Announcements

21 Announcements

21 Announcements

MEDICAL CAREERS BEGIN HERE

Train ONLINE for Allied Health and Medical Management.

Job placement assistance. Computer and Financial Aid if qualified. SCHEV authorized.

**Call 888-354-9917
www.CenturaOnline.com**

**Centura
COLLEGE**

21 Announcements

21 Announcements

21 Announcements

Outer Banks, NC Vacation Homes!

**Brindley
Beach**
VACATIONS & SALES

Over 500 Vacation Homes,
from Duck to Kill Devil Hills to
Corolla, Outer Banks, Oceanfront
to Soundfront, Private Pools,
Hot Tubs, Pets and More...

Book Online at www.brindleybeach.com
1-877-642-3224

"SERVICE FIRST... FUN ALWAYS!"

EMPLOYMENT

\$11-22 PER HOUR

Customer service/Data Entry position
Paid Training and Benefits
703-957-0320 Ext 57

VET ASSISTANT

Small animal hosp. Great Falls.
Will train. 703-757-7570 •
www.ourvets.com

Construction Positions

We are now accepting resumes for Project Management, Accounting Clerk, Superintendent and Skilled Carpenter positions. Must have 1-5 years of construction experience; be articulate and looking for long term employment. Send resumes to jobs@adigc.com.

AIRLINE CAREERS BEGIN HERE

Become an Aviation Maintenance Tech.
FAA approved training.
Financial aid if qualified – Housing available.
Job placement assistance. SCHEV certified.
CALL Aviation Institute of Maintenance
888-245-9553



21 Announcements

21 Announcements

21 Announcements

ZONE G: • ARLINGTON • GREAT FALLS
• McLEAN • VIENNA/OAKTON

HOME & GARDEN

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.com

703-917-6400

ZONE G AD DEADLINE:
MONDAY NOON

CLEANING

CLEANING

A CLEANING SERVICE

Since 1985/Ins & Bonded
Quality Service at a Fair Price
Satisfaction Guaranteed-
Angies List 2011-Super Service Award!
Comm/Res. MD VA DC
acleaningserviceinc.com
703-892-8648

ELECTRICAL

ELECTRICAL

K & D ELECTRIC

COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated

Recessed Lighting
Ceiling Fans
Phone/CATV
Computer Network Cabeling
Service Upgrades
Hot Tubs, etc....
Licensed/Bonded/Insured
Office 703-335-0654
Mobile 703-499-0522

GUTTER

GUTTER

GUTTER CLEANING

Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards

PINNACLE SERVICES

lic/ins 703-802-0483 free est.
email jamie@lawnsandgutters.com
web: lawnsandgutters.com
Friendly Service with a Friendly Price!

HANDYMAN

HANDYMAN



Hand and Hand Handyman

General Remodeling
Residential & Commercial
Specializing in:

Kitchen/Bathroom/Basement Remodeling
Plumbing • Electrical • Custom Carpentry
Doors Windows • Hardwood Floors
Crown Molding • House Cleaning
Interior/Exterior Painting • Brick/Stone Work
Ceramic Tile • Decks, Fences, Patios
HOA Maintenance, Granite Counter Tops
Realtors Work and Much More

Licensed and Insured Serving Northern Virginia

703-296-6409

IMPROVEMENTS

IMPROVEMENTS

Picture Perfect Home Improvements
(703) 590-3187 www.pyphionline.com

Remodeling Bathrooms, Kitchens & Basements

- FREE Estimates Exterior & Interior Repair,
- FAST & Reliable Service Painting, Carpentry, Wood Rot,
- EASY To Schedule Drywall, All Flooring, Decks
- NO \$\$\$ DOWN!

Handyman Services
Available
"If it can be done, we can do it"
Licensed — Bonded — Insured

R.N. CONTRACTORS, INC.

Remodeling Homes, Flooring,
Kitchen & Bath, Windows,
Siding, Roofing, Additions &
Patios, Custom Deck, Painting

We Accept All Major Credit Cards

Licensed, Insured, Bonded • Free Estimates • Class A Lic
Phone: 703-887-3827 Fax: 703-830-3849
E-mail: rncontractorsinc@gmail.com

IMPROVEMENTS

IMPROVEMENTS

A&S Landscaping

- All Concrete work
- Retaining Walls • Patios
- Decks • Porches (incl. screened) • Erosion & Grading Solutions
- French Drains • Sump Pumps
- Driveway Asphalt Sealing



703-863-7465

LICENSED

Serving All of N. Virginia

LANDSCAPING

LANDSCAPING

J. REYNOLDS
Landscaping LLC
www.ReynoldsLandscapingOnline.com

703.919.4456
Free Estimates
Licensed / Insured

INSTALLATION SPECIALIST

Paver & Flagstone
Patios / Walkways
Retaining Walls
Stacked Field Stone
Plants / Trees / Shrubs

WET BASEMENT / WET YARD

Water Proofing Foundations
Standing Yard Water
French Drains / Swales
Downspout Extensions
Dry River Beds

•No sub-contractors, or day laborers. •15 Years Designing and Installing
•The Owner is physically on your job site. •On time and Professional.

Lawn Care, Fertilizing, Sod, Spring Clean-up, Mulching, Tree Cutting, Handyman work

Call us Today and Get 20% OFF
on Hardwood Mulching and Any Job Higher Than \$300.00

Licensed

Insured

THE MAGIC GARDENER

703-780-2272 or 703-328-2270

PINNACLE SERVICES, INC. LAWN SERVICE

MOWING, TRIMMING, EDGING, MULCHING & TRIM HEDGES

Friendly Service for a Friendly Price

703-802-0483

ANTONIO LAWN & LANDSCAPING

Spring Cleanup • Lawn Mowing • Edging
Mulching • Planting • Patios
Expert Trimming & Removal • New Beds Made
Outline/Extend Existing Beds
Repairs • New Installations • & Much More

CALL NOW FOR FREE ESTIMATE
571-201-5561

MASONRY

MASONRY

3rd Generation Masonry Company
Family Owned & Operated Since the 1950s

MASONRY SPECIALIST, LLC

For All of Your Masonry Needs
Custom Design, Installation, Repairs & Restoration

BRICK - FIELDSTONE
FLAGSTONE - CONCRETE

EP Henry & Belgard Pavers
Patios, Walkways, Driveways, Retaining & Decorative Walls

703-443-2308

Go to www.masonryspecialist.com for ideas, pictures & coupons!
All Work Guaranteed - Licensed & Fully Insured
Class A License #VA2705087240A

HAULING

AL'S HAULING

Junk & Rubbish
Concrete, furn., office,
yard, construction debris
Low Rates NOVA
703-360-4364
703-304-4798 cell

7 DAYS A WEEK

LANDSCAPING

A&S LANDSCAPING

Planting • Mulching • Sodding
Patios • Decks • Driveway Sealing,
Asphalt • Retaining Walls
Erosion Control • Drainage Solutions
703-863-7465

ANGEL'S LAWN SERVICE

Junk Removal,
Tree Work, Roofing
703-863-1086
703-582-3709
240-603-6182

PAVING

PAINTING

PATRIOT PAINTING

www.PatriotPainting.net

Wallpaper Removal,
Carpentry,
Power Washing,
Int/Ext Painting

Free Est. • Satisfaction Guar.
Lic./Ins. Int./Ext.

703-502-7840
Cell
571-283-4883

TREE SERVICE

ANGEL'S TREE REMOVAL

Brush & Yard Debris
Trimming & Topping
Gutters & Hauling
Angeltreeslandscaping-hauling.com
703-863-1086
703-582-3709
240-603-6182

ANGEL'S TREE REMOVAL

Brush & Yard Debris
Trimming & Topping
Gutters & Hauling
Angeltreeslandscaping-hauling.com
703-863-1086
703-582-3709
240-603-6182

PAVING

GOLDY BRICK CONSTRUCTION

Walkways, Patios, Driveways,
Flagstone, Concrete
FREE ESTIMATE
LIC. INS AND BONDED
703-250-6231

ROOFING

ROOFING

Falcon Roofing

Roofing & Siding (All Types)
Soffit & Fascia Wrapping
New Gutters • Chimney Crowns
Leaks Repaired
No job too small
703-975-2375

falconroofinginc.com

TREE SERVICE

TREE SERVICE

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured
Spring Cleanup
Tree removal, topping, & pruning,
shrubbery trimming, mulching, leaf removal,
sodding, hauling, gutter cleaning, retaining
walls, drainage problems, etc.
20 yrs. of experience - Free estimates
703-868-5358

THE CONNECTION CLASSIFIED

Classified or Home • Lawn • Garden:
703-917-6400

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com

Selfless or Selfish



By KENNETH B. LOURIE

Just in case anybody is paying attention, and my behavior plays some kind of role/has any effect on my outcome whatsoever, I'd just as soon be one more than the other. However, receiving a terminal cancer diagnosis (stage IV and let me remind you there's no stage V) out of the blue at age 54 and a half, less than three months after burying your widowed mother, tends to upset this delicate balance. If I've heard it once – since my diagnosis – I've heard it multiple times, and from trusted, respected sources: "It's all about you, Ken." And when the oncology nurse sticks that needle in your arm for the first time and then hooks you up to a six-hour I.V. drip containing chemotherapy drugs "cocktailed" to poison you (kill your tumor-carrying white blood cells actually), the decision about whom to care about most, you or someone else, begins to take on a life of its own.

Controlling that other life has become one of my biggest challenges. It's very easy to lose yourself in the midst of a metastatic malignancy when your oncologist gives you "13 months to two years" to live. For all anybody knows, it's your attitude or even your personality that keeps you alive as your treatment ramps up. However, thinking and doing for others is extremely difficult at this time, a time when you can barely get out of bed. Chemotherapy has a way of leveling the playing field: You can't do anything for anybody, least of all for yourself. As you begin to bounce back after your treatment (if there is an interval), you semi-regain your composure in anticipation and preparation for the next infusion. Nevertheless, before too long, the mental demons begin to take hold yet again, attempting to tear down every emotional underpinning you've devised. No one said it was going to be easy. In fact, one of our best friends, Lynne, a recent breast cancer survivor said quite the opposite: "Ken, this is going to be the hardest thing you've done." Of course, she was 100 percent correct.

Over time and over treatment, you begin to assimilate the demands: the infusions, the frequency, the doctors' appointments, the diagnostic scans, the lab work, the side effects, the straight-on effects, the highs, the lows, the hopes, the prayers, the statistics; until it becomes, at least for me it has, sort of mundane and part of a process that takes over your life – for some very unfortunate reasons. You accept it because: it appears there are very few exceptions. Cancer rules and thinking it doesn't is disrespectful almost and incredibly naive.

Giving respect to such a dreaded – but previous to my diagnosis, not a part of my family's history – disease, helped guide me back to becoming more selfless and less selfish; understanding that reclaiming that dignity and integrity in this context anyway, can have a powerful effect on both myself and those around me, which in turn works back to me (the old what goes around comes around-type karma) and ultimately benefits and enhances my life. The longer I've survived with this diagnosis, the more characteristic of the pre-Kenny-with-cancer I've become. That's not to say that I don't occasionally slip and fall – emotionally, but now, getting up is not nearly so difficult. I've been there, and I've done that. Besides, I'm happier being me, and happiness can work miracles.

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

COMMUNITY

On a Mission To Serve

In January Oakcrest School implemented a school-wide initiative called L.E.A.D. (Leadership, Experience, Academics, Daring) Day. The mission for the day was to provide a series of thoughtful workshops, service projects and field trips to kickoff the 3rd Quarter and Semester II.

Sixth and seventh graders visited the U.S. Naval Academy in Annapolis, Md. and spent the day with the all-female group, Joy Bright Hancock Organization. Their service project focused on painting boxes, which will be used for an on-campus collection to aid domestic violence victims.

Eighth through 10th graders went to the National Institutes of Health in Bethesda, Md. and learned about science-related professions. 10th graders were also treated to a clinical tour. Their service project was at St. Bartholomew's Assisted Living Facility, making bagged meals for people who are homeless served by Arlington's A-SPAN.

Eleventh and 12th graders participated in a career panel highlighting professions in Finance, Marketing and Law. They had the opportunity to help in service projects: performing at The Sylvestry House, in McLean; serving special needs children at Jill's House, in Vienna; or volunteering at HOPE Pregnancy counseling and assistance center, in Falls Church.



Oakcrest juniors and seniors visited The Sylvestry House in McLean.



Students learn from Dr. Catherine Meyerle, staff clinician in the Division of Epidemiology and Clinical Applications at the National Eye Institute.

PHOTOS CONTRIBUTED

FAITH NOTES

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

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, offers three Sunday services and a host of musical, educational, outreach, and fellowship ministries to enrich spiritual growth: 7:45 a.m. Worship Service without music; 9 a.m. Worship Service, Children's Chapel and Children's Choirs; 10 a.m. Sunday School and Adult Forum; and 11 a.m. Worship Service with Adult Choir. 703-759-2082.

Redeemer Lutheran Church, 1545 Chain Bridge Road, McLean, offers a 9 a.m. traditional service and a 10:30 a.m. contemporary service on Sundays. Also offers two services during the summer—both of which will include children's sermons. 703-356-3346.

Redeemer Lutheran Church, 1545 Chain Bridge Road, McLean, at the intersection with Westmoreland Street, has Sunday worship with Holy Communion at 8:30 a.m., traditional style worship; 9:45 a.m., contemporary style worship; and 11 a.m., traditional style worship. Sunday School and Adult Forum is at 9:45 a.m.

Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton, offers a rich and unique Religious Exploration (RE) program for all children, from pre-K toddlers through high school seniors, emphasizing exploration of all religious traditions while developing a personal spiritual path.

Registration for the RE program, which offers classes on Saturday afternoons and Sunday mornings, is now open by calling 703-281-4230.

Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean, Sunday worship services are at 8:30 and 10:30 a.m. Sunday School for adults is at 9:30 a.m. and for children during the 10:30 a.m. worship service. Youth Group for grades 7-12 meets Sundays at 6 p.m. A 20-minute service of Holy Communion is held each Wednesday at noon. 703-356-3312 or umtrinity.org.

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

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

McLean Bible Church Fitness Class at Body & Soul Fitness. Balance is key, energy is renewed and strength is gained. 9:45 a.m. Mondays and Fridays. Free childcare for registered students. bodyandsoul@mcleanbible.org.

Vajrayogini Buddhist Center offers ongoing classes on meditation and Buddhist philosophy, Mondays at 7 p.m. at the Unitarian Universalist Church, 1625 Wiehle Ave. \$10 per class. 202-331-2122 or www.meditation-dc.org.

MILITARY NOTES

To have community events listed in the Connection, send to greatfalls@connectionnewspapers.com. Deadline is Friday.

Navy Seaman Recruit **Alex J. Phillips** of Great Falls has completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill. During the eight-week program, Phillips completed a variety of training which included classroom study and practical instruction on naval customs, first aid, firefighting, water safety and survival, and shipboard and aircraft safety. An emphasis was also placed on physical fitness. The 2010 graduate of Dominion High School is the son of Kathy Phillips of Charles Town, W. Va. and Steve Phillips of Great Falls.

Army National Guard Spec. Sri V. Iyer has graduated from basic infantry training at Fort Benning at Columbus, Ga. He is the son of Viji Iyer of Lewinsville Road, McLean. Iyer is a 2005 graduate of Langley High School and a 2009 graduate of Boston University in Mass.

Visit These Houses of Worship To Highlight Your Faith Community, call Karen at 703-917-6468

Progressive & Welcoming

ST. ANNE'S EPISCOPAL CHURCH • Reston



7:45 a.m. Holy Eucharist, Rite I
9:00 a.m. Holy Eucharist, Rite II
Sunday school: preschool - grade 2
Music: grades 3 - 7
10:25 a.m. Sunday School Grades 3 to 12
Music 4 years to 2nd grade
11:15 a.m. Holy Eucharist, Rite II
5:00 p.m. Come Just as You Are Contemporary Service

Nursery care provided at 9:00 a.m. service

The Rev. James Papile, Rector
The Rev. Jacqueline Thomson
The Rev. Laura Cochran
703-437-6530
www.stannes-reston.org
1700 Wainwright Dr., Reston

FIRST BAPTIST CHURCH OF VIENNA

450 ORCHARD STREET, NW
VIENNA, VA 22180
703-938-8525
fbcvoffice@verizon.net
www.fbcv.org

SUNDAY WORSHIP, 7:45 AM & 11:00 AM
CHURCH SCHOOL 9:30AM-10:30AM
MIDWEEK SERVICES, WED. 7:00 PM

Great Falls United Methodist Church

10100 Georgetown Pike ~ Great Falls, VA
703-759-3705 ~ www.greatfalls.ume.org

Sunday Schedule

Worship Services ~ 10:00 am
Children's Sunday School ~ 10:00 am
Adult Sunday School ~ 9:00 am
Nursery/Childcare ~ 9 to 11:00 am
Youth Group ~ 5-7 pm

*the church with a heart
in the heart of Great Falls*

Assembly of God
Vienna Assembly of God ... 703-938-7736
Cristo Es Mi Refugio...703-675-0144

Baha'i
Baha'i Faith for Northern Virginia ...
703-821-3345

Baptist
Global Mission Church ... 703-757-0877
Peace Baptist Church ... 703-560-8462
Bethel Primitive Baptist Church ...
703-757-8134

Cartersville Baptist Church ...
703-255-7075
Fellowship Baptist Church ...
703-385-8516

First Baptist Church ... 703-938-8525
The Light Mission Church ... 703-757-0877
Vienna Baptist Church ... 703-281-4400
New Union Baptist Church...
703-281-2556

Buddhist
Vajrayogini Buddhist Center...
202-331-2122

Church of the Brethren
Oakton Church of the Brethren
... 703-281-4411

Catholic
Our Lady of Good Counsel ...
703-938-2828

St. Athanasius Catholic Church ...
703-759-4555

St. Mark's Catholic Church ...
703-281-9100

Charismatic
Christian Assembly ... 703-698-9777

Church of Christ
Berea Church of Christ ... 703-893-7040

Disciples of Christ

Antioch Christian Church ... 703-938-6753

Episcopal
Church of the Holy Comforter ...
703-938-6521

Church of the Holy Cross ... 703-698-6991

St. Francis Episcopal ... 703-759-2082

Jehovah's Witness
Jehovah's Witnesses ... 703-759-1579

Lutheran
Emmanuel Lutheran Church...703-938-2119
Christ The King Lutheran Church...703-759-6068
St. Athanasius Lutheran Church...703-455-4003

Methodist

Andrew Chapel United Methodist ... 703-759-3509

Church of the Good Shepherd ... 703-281-3987

The Vine Methodist Church ... 703-573-5336

Ephiphany United Methodist ... 703-938-3494

Great Falls United Methodist... 703-759-3705

Oakton United Methodist ... 703-938-1233

Vale United Methodist ... 703-620-2594

Smith Chapel United Methodist ... 703-434-9680

Wesley United Methodist ... 703-938-8700

Non-Denominational

Celebration Center for Spiritual Living
... 703-560-2030

Christian Assembly Church ... 703-698-9777

Presbyterian

Grace Orthodox Presbyterian Church ...
703-560-6336

Korean Central Presbyterian ... 703-698-5577

Vienna Presbyterian ... 703-938-9050

Quaker

Langley Hills Friends...703-442-8394

Seventh-Day Adventist

Northern Virginia Christian Fellowship ...
703-242-9001

Vienna Seventh Day Adventists ...
703-938-8383

Unitarian Universalist

Congregation of Fairfax ... 703-281-4230

United Church of Christ

Emmaus United Church of Christ ...703-938-1555

Unity
Unity of Fairfax ... 703-281-1767

Love God...Love People...Nothing Else Matters

Christ the King Lutheran Church

10550 Georgetown Pike
Great Falls, VA 22066
Office: 703.759.6068
www.gflutheran.org
King's Kids Preschool: 703.759.6935

Worship with us on Sunday at 8:30 A.M. and 11:00 A.M.
Pre-K through Adult Education at 9:45 A.M.

Nursery
available at
all services



Rev. John Bradford
PastorJohn.Bradford@verizon.net



SPORTS

Senior defenseman Brad Dotson and the Langley boys' lacrosse team lost to Robinson on March 28, but bounced back hours later with a victory against Chantilly.



PHOTO BY
CRAIG STERBUTZEL/
THE CONNECTION

Saxons Bounce Back

Langley boys' lax overcomes missing players, loss to Robinson.

BY JON ROETMAN
THE CONNECTION

With its top attackman sidelined due to injury and a standout midfielder out for disciplinary reasons, the Langley boys' lacrosse team took the field hours after losing to Robinson during the Ram Slam spring break tournament.

The Saxons' opponent: Chantilly, which Langley defeated in three of the previous four state championship games.

While the odds were in favor of the Chargers knocking off Langley, the Saxons instead issued a reminder of their standing as four-time defending state champion.

Langley defeated Chantilly 8-5 on March 28 at Robinson Secondary School. The Saxons built a 5-1 halftime lead, survived a Chantilly comeback attempt and held on for the victory.

THE WIN came hours after the Saxons lost to Robinson, 9-6. After the game, senior midfielder Luke Salzer was ejected for swearing at an official, forcing him to miss the Chantilly contest. Injured junior attackman J.T. Meyer was also unable to play.

With Salzer and Meyer out, junior attackman Brian Orme stepped up with three goals against Chantilly.

"That was an ugly game the first game," Langley head coach Earl Brewer said about the loss to Robinson. "I'll take some blame for that. I didn't coach a good game [and] we definitely didn't play a good game. ... It said a lot about our kids to be able to bounce back like that. That was some very good lacrosse we played [against Chantilly]. You can't play two lacrosse games in one day — it ain't baseball — but we did and I'm very happy with that."

Nick Guglielmo, Sean Kacur, Jon-Michael Duley, Brian Ochoa and Luke Brugel each scored one goal for Langley. The Saxons also

received a strong defensive effort.

"My defense is just outstanding," Brewer said. "They're big — they look like a basketball team. [Brad] Dotson at [6 feet 7], [Robby] Byrne [is] 6-4, the other guy [is] 6-3; that's a front line for some small college."

Langley defeated Chantilly in the 2012, 2011 and 2009 state championship games. The Saxons also beat the Chargers in last year's Northern Region final.

"It's fun to come out and play them," Dotson said. "The target is always on our back and they're always trying to get us. It means a lot to both teams and it's a big game every time."

Dotson said the Saxons might have benefited from hanging out together inside Robinson Secondary School between games during the spring break tournament.

"We have a lot of new guys this year and the chemistry is kind of bad, and that leads to us coming out slow a lot of the time," Dotson said. "We definitely came out slow [against Robinson]. We went down early and it's just hard to fight back from that. ... I think [spending time together] actually helped a lot. We haven't really had a time for everybody to come together and pal around. I think that really helped us."

Three consecutive Chantilly goals cut the Langley lead to 5-4 in the fourth quarter, but the Chargers couldn't complete the comeback.

"I don't think that we played good team defense," Chantilly head coach Kevin Broderick said. "... Langley dictated what they wanted to do. They're a very skilled group of players, they took advantage of it."

Mike Marson led Chantilly with three goals.

EARLIER IN THE DAY, the Chargers defeated Highland, 15-10.

Langley improved to 3-3 with the win over Chantilly. The Saxons will travel to face McLean at 6 p.m. on Friday, April 5. Chantilly dropped to 4-1. The Chargers host Yorktown at 7:15 p.m. on Wednesday, April 3, and Hamburg (New York) at 1 p.m. on Saturday, April 6.

"Not having Luke this game and after losing to Robinson," Dotson said, "we definitely had a chip on our shoulder and we wanted to come out and win this game."



Madison senior Kyle Mancini scored two goals against Yorktown on March 28.

PHOTO BY
CRAIG STERBUTZEL/
THE CONNECTION

Madison Edges Yorktown

Madison goalie Hayden, Yorktown keeper Pollack play well.

BY JON ROETMAN
THE CONNECTION

The Madison Warhawks and Yorktown Patriots each have talented goalkeepers. During the teams' spring break matchup on March 28, the Warhawks and their senior netminder bested the Patriots and their up-and-coming freshman.

The Madison boys' lacrosse team beat Yorktown 6-5 during the Ram Slam tournament at Robinson Secondary School. The Patriots led 3-2 at halftime and 4-3 with 8:08 remaining in the third quarter, but the Warhawks scored three straight goals to close the third and held on to win.

Yorktown freshman goalkeeper Mason Pollack finished with 14 saves. Head coach Greg Beer said it was the best Pollack had played all season, but he also said Madison senior goalkeeper Matt Hayden was the difference.

"We've seen the two best goalies in the region already — the kid from Westfield (Tucker Winfrey) and Hayden," Beer said. "Those are the two best goalies in the region by far. Offensively, we got the shots we wanted, (but Hayden) made more plays. He made the plays and that's why they won."

MADISON HEAD COACH Rich Hodge said Hayden's performance rescued the Warhawks from some selfish play.

"We're happy with the win," he said. "[Yorktown is] a good team. Their goalie played very well. ... I thought they played a very good game. I think sometimes when we play too much as individuals, some of our guys try to do too much and it just kills us. ... Luckily, Matt was awesome in cage tonight. ... He just has ice in his veins. He's never too high, never too low."

Yorktown senior attackman Joe Crawford solved Hayden for a game-high three goals. Crawford scored back-to-back goals in the second quarter, giving

the Patriots a 3-2 halftime lead.

"He's fantastic," Beer said. "He's just one of those kids; he does everything. He can pass, he can shoot, he's just the consummate leader on the field (and) off the field."

Junior midfielder Kyle Harwood and senior midfielder Andrew Liddle each scored a goal for Yorktown. Crawford, Harwood, junior attackman Nico Pollack, sophomore long-stick midfielder Tim Aldinger and defensemen Jonathan Shears (senior) and Conor Shears (freshman) are some of the team's top players, along with Mason Pollack in the net.

"He's going to be a stud," Beer said about his freshman goalkeeper. "... He's only going to get better."

Senior Kyle Mancini had two goals for Madison. Senior Kyle Rowe had one.

With the loss, Yorktown fell to 2-3. The Patriots will travel to face Chantilly at 7:15 p.m. on Wednesday, April 3.

"We just want to compete with (defending district champion) Edison and try to get the National District back," said Beer, whose Patriots last won the district title in 2011. "... We play all these [tough] games early. ... We want to play Concorde [District teams and] we want to play the Madisons, the Langleys, because it gets us battle tested. I feel it helps us down the road."

MADISON DEFEATED ROBINSON 15-9 on Monday to improve to 3-0. The Warhawks are looking to take the Liberty District title away from four-time defending state champion Langley. Madison lost to the Saxons in the district final each of the last two seasons.

"Our goal all year is we want to compete for a district title," Hodge said. "We've been there the last couple years. The boys have really focused on how do we get over that hurdle, how do we beat Langley. They put a lot of work into it."

Madison will face Hamburg (New York) at 7:15 p.m. on Thursday, April 4, at Shenandoah University.

WELLBEING

A total of 844 low-income and uninsured patients received dental care during the Northern Virginia Dental Society's 10th Annual Mission of Mercy (M.O.M.) project.



PHOTO COURTESY OF MOLINA HEALTHCARE

Hundreds of Low Income Residents Receive Free Dental Care

Event was part of The Northern Virginia Dental Society's 10th Annual Mission of Mercy.

Several hundred low income and uninsured residents of Arlington, Alexandria and Fairfax County received free dental care recently when the Northern Virginia Dental Society (NVDS) hosted its 10th Annual Mission of Mercy (M.O.M.) project.

During the two-day event, which was held at Northern Virginia Community College's Medical Education Campus in Springfield, area dental care professionals donated their time and expertise to help those in need.

"It really is an incredible initiative and I truly believe in the work that the Northern Virginia Dental Society does. There were so many volunteers especially dentists helping hundreds and hundreds of patients. This was my second year helping out," said

Jenny Del Carpio, of Molina Healthcare, one of the event's sponsors.

A total of 844 low-income and uninsured received dental care. "The M.O.M. Project ... was a wonderful event," emailed Cathy Griffanti, Executive Director, Northern Virginia Dental Society. "Many of the area legislators stopped by the Project and witnessed the dedication of the oral health care providers in Northern Virginia and what we do to give back to the community."

Griffanti said that patients were pre-screened and pre-registered for the MOM Project through local social service agencies, and estimated that the value of services provided was approximately \$355,000.

— MARILYN CAMPBELL

Area Jazzercise Holds 'Dance for a Cure'

Local Jazzercise students will participate in a three-hour dance fitness marathon at Jazzercise of McLean and Tysons Corner's under the auspices of Dance for a Cure, a fundraiser benefiting the Leukemia and Lymphoma Society. Both members of the center and members of the community are invited to participate.

Dance for a Cure runs from 8 a.m. to noon on Saturday, April 20, featuring a raffle, a silent auction, and three different hour-long dance fitness classes, the last of which will be led by professional choreographer Tim Roberts.

Register by emailing mcleanjazzercise@gmail.com. Information is also available on the event fundraising page: <http://nca.lls.llsevent.org/mcleanjazzercise>.



The McLean and Tysons Corner Jazzercise students and dancers.

KNOW FOR FREE FOR THE MONTH OF APRIL

April is National Oral Cancer Awareness

Without Screening ...

1 person every hour of everyday will die from oral cancer.

The death rate from Oral Cancer is twice that of cervical cancer.

Dr. Juan Loza & Dr. Jose Loza

Family Dentistry under the professional care of a Prosthodontic Expert

Call to schedule your free screening. Ask for the VELscope Exam. 703-759-3011

Lozadentalgreatfalls.com 737 Walker Road, Suite 6, Great Falls, VA 22066

Do You Know If You Have Oral Cancer?

Early Detection Saves Lives

VELscope
The Oral Cancer Screening System

It's Easy. It's Fast. It's Painless. It's Free.

"Our office uses an innovative hand held device called the VELscope, that is revolutionizing dentistry," — Dr. Juan Loza.

Loza DENTAL HEALTH & WELLNESS
Great Falls

We Welcome **NEW PATIENTS**

ACKERMAN AND ASSOCIATES
DENTAL PRACTICE

Dr. Donna Greco
D.M.D.
Family Dentistry

Dr. Donna Greco completed her undergraduate studies in fine art, and after a brief professional career as a graphic artist, she returned to dental school and earned her Doctorate of Medicinal Dentistry from the University of Kentucky in 2002. As a dental student, she was selected as one of only three dental students to ever complete the year-long clinical research training program at NIH in Bethesda, Maryland, studying head and neck development. After graduation, she returned to the D.C. area and eventually settled in Loudoun County, where she resides with her husband, Craig, and their daughter. Dr. Greco participates in extensive continuing education and training in all aspects of her profession, including her particular areas of interest which are esthetic and cosmetic dentistry, orthodontics and dentofacial orthopedics, dentistry for children and TMJ disorders.

Professional Memberships

- * American Orthodontic Society
- * Academy of General Dentistry
- * American Dental Association
- * Virginia Dental Association
- * Northern Virginia Dental Association

Jeffery S. Ackerman, D.D.S. & Associates
Knowing about Caring, Caring about Knowing

774 B Walker Road Great Falls, VA 22066
Phone: (703) 759-4707
Fax: (703) 759-4721

5701 Centre Square Drive Centerville, VA 20120
Phone: (703) 968-7022
Fax: (703) 968-5741

TIME TO CONSIDER A NEW HOME THIS YEAR?

Build by design or choose a floorplan
DESIGNED WITH SOPHISTICATION!



Old Courthouse Road
FX#7973530

\$1,595,000



Old Courthouse Road
FX#7972912

\$1,921,000

Sited in the heart of Vienna, where you can experience the convenience of both a luxury and urban lifestyle within a stone's throw to the exciting new SILVER LINE METRO and all that Tysons Corner has to offer! This Magnificent new home "to be built" is ready for your imagination and dreams to come true and offers a versatile floor plan ready to custom-design.

MCLEAN RENTAL OPTIONS



MCLEAN
\$2,400
A classic in
McLean and
available
now!
FX#7950828

MCLEAN
\$4,100
Walk to parks,
schools and
the Potomac!
FX#7971779



MCLEAN
\$5,200
An outdoor oasis! 5
bed and 4 bath, pool
and LANGLEY schools!
FX#8012058



Karen Martins

703-568-6268

www.karensproperties.com

Serving VA • DC • MD



1320 Old Chain Bridge Rd.
McLean, VA 22101

WELLBEING

'Concussion Culture'

Education and
proper health
care are keys.

BY MARILYN CAMPBELL
THE CONNECTION

With the impending warmer weather comes an increased number of children participating in outdoor activities. Some local health care professionals and researchers are issuing words of caution.

"More children will be outside playing with friends, riding bicycles and engaging in contact sports. These activities and others where impact is a possibility place children at risk for a concussion," said Dr. Faith Claman, who holds a doctor of nursing practice and is an assistant professor in the Malek School of Health Professions at Marymount University in Arlington.

Local educators say it is important to know the facts. "A concussion is a brain injury, which often occurs as a result of a fall or blow to the head or body, said Dr. Dalila Birem, associate medical director of Molina Healthcare of Virginia and Fairfax Community Health Care Network. "Normally, the brain is cushioned by fluid, but when jolted violently, the brain crashes into the skull, resulting in damage to the soft tissue."

Birem says that while some people may lose consciousness, more common symptoms of a concussion include headache, blurred vision, fatigue or irritability.

"Others may experience no symptoms at all [and] with rest, most people fully recover from a concussion," said Birem. "How-



PHOTO COURTESY OF GEORGE MASON UNIVERSITY

Researchers in George Mason University's College of Education and Human Development (CEHD) joined the Advancing Healthcare Initiatives for Underserved Students (ACHIEVES) project to offer concussion education.

ever, severe concussions or repeated incidents may lead to more serious consequences, such as problems with speech, mobility or learning."

Researchers at George Mason University in Fairfax are taking action. "Concussions are running rampant across the country right now and it seems that no one, from middle school student athletes to professional players, are exempt," said university spokeswoman Catherine J. Probst. "As a result, some states are enacting new laws to change this concussion culture. Virginia's General Assembly [passed legislation] that requires student athletes and their parents to receive annual concussion education. ... The law also states that schools form concussion management teams to provide and document concussion education for students, staff, coaches and parents."

Implementing the legislation presents challenges, however. "Many Virginia public schools lack

the necessary resources to properly deliver concussion education," she continued.

To address the dearth of resources, researchers in Mason's College of Education and Human Development (CEHD) joined the Advancing Healthcare Initiatives for Underserved Students (ACHIEVES) project to offer effective medical care and concussion education.

"The project has already reached more than 80,000 student athletes, staff, coaches and parents to deliver more effective medical care and concussion education," Probst said.

ACHIEVES offers services that run the gamut from implementing an electronic medical record-keeping program to offering both online and face-to-face sessions. Probst says university researchers hope the ACHIEVES project will serve as a model for other school systems at the local, regional and national levels as more states enact concussion laws.

OPEN HOUSES SATURDAY/SUNDAY, APRIL 6 & 7

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link. **Call Specific Agents to Confirm Dates & Times**

Burke

9502 Harrowhill Ln.....\$599,900.....Sun 1-4.....Diana Khoury.....Long & Foster..703-401-7549
7023 Veering Ln.....\$559,950.....Sun 1-4.....Kathleen Quintarelli.....Weichert..703-862-8808
6411 Whippany Way.....\$424,950.....Sun 1-4.....Kathleen Quintarelli.....Weichert..703-862-8808

Centreville

5092 Village Fountain Pl.....\$410,000.....Sun 1-4.....Carol Hermandorfer.....Long & Foster..703-503-1812

Chantilly

42344 Astors Beachwood.....\$800,000.....Sun 1-4.....Chris Pezzana.....Weichert..703-447-1662

Clifton

12421 Clifton Hunt Dr.....\$945,000.....Sun 1-4.....Carol Hermandorfer.....Long & Foster..703-503-1812
6417 Springhouse Cir.....\$614,500.....Sun 1-4.....Robin Jenks Vanderlip.....Keller Williams..703-969-4966

Fairfax Station

7713 Stoney Creek Ct.....\$839,950.....Sun 1-4.....Kathleen Quintarelli.....Weichert..703-862-8808
8728 Foxhall Terr.....\$769,900.....Sun 2-4.....Tracy Jones.....Acquire..703-690-1174
8303 Knotty Pine Ln.....\$749,000.....Sun 1-4.....Carol Hermandorfer.....Long & Foster..703-503-1812

Falls Church

3804 Munson Rd.....\$819,000.....Sun 1-4.....Patrick Kessler.....Keller Williams..703-405-6540

Great Falls

974 Millwood Ln.....TBA.....Sun 1-4.....Carol Ellickson.....Weichert..703-862-2135

Oakton

2621 Sledding Hill Rd.....\$1,600,000.....Sun 1-4.....Scott Koval.....Samson Props..703-625-3446
10862 Meadow Pond Ln.....\$849,900.....Sun 2-5.....Pat Stack.....Weichert..703-938-6070

Reston

11920 Fieldthorn Ct.....\$334,900.....Sun 1-4.....Cathy Lanni.....Long & Foster..703-615-4237
11525 Hearthstone Ct.....Call Agent.....Sat/Sun 1-4.....Sloan Wiesen.....Weichert..703-869-4825

Springfield

9054 Gavelwood Ct.....\$419,900.....Sun 1-4.....Dave Lloyd & Assoc.....Weichert..703-593-3204
7255 Beverly Park Dr.....\$389,900.....Sun 1-4.....Fatana Barak.....Samson Props..571-218-2507

Vienna

9005 Winding Creek Way.....\$1,950,000.....Sun 1-3.....Ginger King.....Prudential..703-281-8500
2220 Arnyess Dr.....\$1,688,000.....Sun 2-5.....Pat Stack.....Weichert..703-938-6070
9866 Palace Green Way.....\$1,249,000.....Sun 2-5.....Pat Stack.....Weichert..703-938-6070
10501 Wickens Rd.....\$1,150,000.....Sun 2-5.....Pat Stack.....Weichert..703-938-6070

To add your FREE Realtor represented Open House to these weekly listings, please contact Salome Gaibler at 703-778-9421 or salome@connectionnewspapers.com
All listings are due by Monday at 3 P.M.

ENTERTAINMENT

FROM PAGE 14

Rent, School Edition. 2:30 p.m., 7 p.m., at the McLean High School Burke Theater, 1633 Davidson Road, McLean. The award-winning musical about young artists facing AIDS, HIV, the throes of love and the struggle to find their voice. \$12 for students and seniors; \$15 for adults. www.brownpapertickets.com/event/346908 or www.mcleandrama.com.

Chamber Music Evening. 7:30 p.m., at Vienna Presbyterian Church, 124 Park St. N.E., Vienna. An ensemble including Danielle Talamantes, soprano, Kristen Berthelotte, harp, Marian Rian Hays, harp, Igor Zubkovsky, cello, and Diane Winter Pyles, piano presents music of Ravel,

Debussy, Schumann, Dussek and others. Donations accepted. 703-421-9211.

Asphalt Orchestra. 8 p.m., at the Alden Theatre at McLean Community Center, 1234 Ingleside Ave., McLean. The street band that plays processional music from Frank Zappa, David Byrne, Annie Clark, Tatsuya Yoshida and the like performs in their Virginia debut. \$25; \$18 for MCC residents. 703-790-0123, www.asphaltorchestra.com or www.aldentheatre.org.

SUNDAY/APRIL 7

Run & Remember 5K Corporate Challenge. 8:30 a.m. (7 a.m. day-of registration), at Tysons Corner Center, 1961 Chain Bridge Road, McLean. Run to benefit TAPS, the Tragedy Assistance Program for

Survivors, which honors fallen military heroes by caring for those who they loved and left behind; call for info on sponsorships. 703-281-1333 or www.tysonschamber.org.

Food for Others Power Pack. 11 a.m.-1 p.m., at 7925 Jones Branch Drive, McLean. NOVA Terp Alumni group hosts a food-packing event to give to Food For Others to distribute to children in Fairfax County who might otherwise have to often skip meals. Jeff@AfenKnowsHomes.com.
"Never the Sinner." 2 p.m., at 1st Stage in Tysons, 524 Spring Hill Road, Tysons Corner, McLean. Playwright John Logan's riveting first play about the 1924 "crime of the century." General: \$25; students: \$15. or 703-854-1856

MAISON ET JARDIN, LTD.



**OUTDOOR FURNITURE • PLANTERS & FOUNTAINS • HOME
ACCESSORIES & TABLE TOP • ARTIFICIAL FLORALS &
TREES • PICTURE FRAMES • WALL DÉCOR
INTERIOR ACCENT FURNITURE AND MORE!**

**AUTHORIZED DEALER OF
SUMMER CLASSICS OUTDOOR FURNITURE
& HADDONSTONE GARDEN ORNAMENTS**

**9867 GEORGETOWN PIKE, GREAT FALLS, VA 703.759.2825
www.MaisonEtJardinLtd.com**



Jan & Dan

EXCLUSIVE AFFILIATE OF
CHRISTIE'S
INTERNATIONAL REAL ESTATE

www.GreatFallsGreatHomes.com



Great Falls \$1,995,000



Great Falls \$2,795,000



Great Falls \$3,500,000



Great Falls \$2,999,000



Great Falls \$2,300,000



Vienna \$2,995,000



Great Falls \$3,495,000



Great Falls \$2,099,000



Great Falls \$1,399,000



Great Falls \$1,850,000



Great Falls \$875,000



McLean \$1,398,000



Great Falls \$1,735,000



Great Falls \$1,239,000



Vienna \$865,000



Susan Canis



Dianne Van Volkenburg



Helen Chung Vasiliadis



Jan & Dan Laytham

703-757-3222 Office

703-444-1991 Home

