

# Farmers Market Hits Spring Season

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From left, Gigi Fernandez, 4, Eva Sealock, Lily Fernandez, 6, Deana Fernandez and Audrey Sealock, 6, at the Great Falls Farmers Market. As members of Girl Scout Troop 3783 in Great Falls, they were at the Great Falls Farmers Market Saturday, April 27, selling lemonade to support the Poplar Springs Animal Sanctuary.



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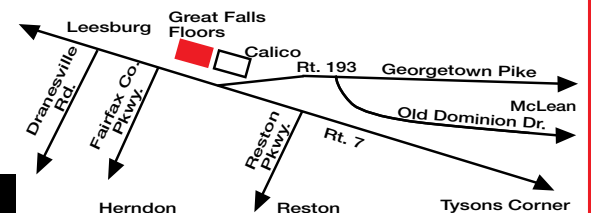
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# NEWS

From left, Ian, 10, Kaila, Mary, 9, Josh and Aurora Barker, 3. Kaila Barker is the owner of "I Am Naturals," a children's clothing company that is featured at the Great Falls Farmers Market.

PHOTOS BY ALEX McVEIGH/  
THE CONNECTION



## Great Falls Farmers Market Hits Spring Season

Spring produce, other goods available at weekly market.

BY ALEX McVEIGH  
THE CONNECTION

The Great Falls Farmers Market has kicked off its spring season, welcoming vendors returning and new with fruits, vegetables and other products. Three vegetable vendors are currently at the market, offering early spring crops.

"It's been a cool year so far, so we've got asparagus and a lot of greens available. In the next few weeks we'll start seeing more turnips, radishes, strawberries, cabbage, cauliflower and broccoli, and later in the season we'll be getting in squash and melons," said Sergio Izaguirre of Crazy Farms in Warsaw, Va. "Right now we also have a lot of potted herbs for people to buy, it's the perfect time to start putting them in and making a herb garden."

**A NEW ADDITION** this year is Dimitri Olive Farms. Coming from a 100-year-old family farm in Southern Greece, they sell extra virgin olive oil, aged balsamic vinegar and a weekly rotation of fresh olives.

"My husband's family owns the orchard in Southern Greece and they're harvested four months out of the year. The day the olives are picked, they go to my husband's uncle, who presses them on his neighboring farm," said Cinthia Giannakos, who was at Saturday's market. "The olives we feature every week are made from the farm, and cured in olive oil and herbs, like rosemary and oregano, that come from the same farm."

Returning to the market is High View Farms from Berryville, Va., with their line of Berkshire pork products and eggs. This year they will also be carrying grass-fed beef and lamb, as well as milk, yogurt, butter and cheese from Trickle Springs Creamery.

Market Master Kathleen Murphy said that Potomac Vegetable Farms, an eorganic farm in Vienna, will be coming to the market after their harvests, starting in mid-June.

"We've been in contact with the co-ops that provide us with produce about using fungicides and pesticides, and they're working on accommodating our needs," Murphy said. "It's been a cold year so far, so there hasn't been any need for spraying yet, but our suppliers have been very open about getting us produce that meets our standards."

For visitors that might be interested in growing their own produce, but aren't interested in the hassle of setup, My Great Garden has a booth at the market.

"We're here to make vegetable or flower gardens, raised beds, with whatever people want planted. We



**Cinthia Giannakos of Dimitri Olive Farms, which sells olive oil, olives and aged balsamic vinegar at the Great Falls Farmers Market.**

like to say that you just have to water and harvest the crops once we're done," said Robin Jenks Vanderlip of My Great Garden. "A lot of people don't have the time or the knowledge to start a garden, but they're interested in the produce, some for juicing or canning, and that's what we're here for."

**OTHER PRODUCTS** that mesh with the philosophy of the market are also available on a weekly basis. Kaila Barker runs I Am Naturals, an Oakton-based children's clothier.

"As the mother of children that are 10, 9 and 3, I quickly saw the need for clothes that would fit them longer," Barker said. "So our clothes are made from organic fabrics, are adjustable for four sizes and are reversible. Kids like to pick out their own clothes, so they have fun picking out which side they like, without parents having to buy piles of clothes."

Barker started her business in January 2012, after years of making homemade clothes that drew compliments. Now I Am Naturals carries clothing for babies up to 12 months old.

Also at the farmers market is Backyard Eden, which produces local honey, Amalthea Ridge with its line of goat's milk-based beauty and hygiene products, Baguette Republic with pastries, cookies, cakes and bread and more.

There will also be live music every week, and Murphy says they are encouraging local bands that might be interested in playing.

The Great Falls Farmers Market takes place every Saturday from 9 a.m. to 1 p.m. at the Great Falls Village Centre. More information on incoming vendors can be found at [www.greatfallsfarmersmarket.org](http://www.greatfallsfarmersmarket.org).



PHOTO CONTRIBUTED

**Daniel Cornwell's 1910 Stanley Steamer—one of the first three cars in Great Falls—at the Georgetown Pike Toll House.**

## Hundreds of Years In Six Hours

**Great Falls Day, May 5, noon to 6 p.m.**

BY KATHLEEN MURPHY  
PRESIDENT, GREAT FALLS  
HISTORICAL SOCIETY

Whether you have lived in Great Falls for generations, just arrived in our community, or live in a nearby town, we welcome you to a homey, experiential history day this Sunday, May 5. We have gathered together the holders of our village's "story" and these wisdom-keepers await your visit in their "History Tents" to tell the story of life along Georgetown Pike over the last 200 years. They have photos, maps, historic documents and artifacts, and their own personal recollections of how things were. This is a once-in-a-lifetime opportunity to see history come alive.

The McLean Historical Society is dedicating two tents to the history of families and properties along Georgetown Pike as it passes through McLean.

Carolyn Miller, descendent of the Cornwells and the Johnsons, will share the stories of her grandfather and great-grandfather—a fascinating family who made many important contributions to our community. Daniel Cornwell owned one of the first three automobiles in Great Falls—a black 1910 Stanley Steamer—and held Grange meetings in his sawmill while The Grange was being built. She has so much more to share.

We invite you to take "The Historic Lucy Hanes Trail Challenge" this Sunday, May 5. Park in the Great Falls Elementary School lot and walk the 0.33-mile trail from the elementary school to the library parking lot to The Great Falls Grange Park—about a 10-minute walk. Experience how amazing it is to walk through beautiful Great Falls with shoe to the ground! The Trail Blazers have worked over the last several weeks to clear and mark the trail so that you can easily find your way.

Mark Turner, of Turner Farm, will be in a tent with his wife, sharing family photos and memories of his father Mark Turner, the dairy farmer, Fairfax County Board of Supervisors chairman, and first chairman of the Great Falls Grange, among other notable responsibilities. Learn the story of the Turner Family—amazing contributors to the Great Falls story—which explains the importance of Turner Farm.

These are just examples of the 20 history tents, four presentations, and many photo, video and art displays among entertainment and local foods available at this history festival. Come experience what it really feels like to be part of a small village.

We will post a brochure and map on our website at [www.gfhs.org](http://www.gfhs.org) later in the week. This event takes place at The Great Falls Grange Park at 9818 Georgetown Pike. This event is rain or shine. In the case of inclement weather, the event will be held inside Great Falls Elementary School. Please check our website or like us on Facebook at Great Falls Historical Society, for up-to-the-minute information.



# Fairfax County Budget Reflects 'Increasing Needs, Decreasing Revenues'

Supervisors approve one-cent increase in property tax rate.

BY VICTORIA ROSS  
THE CONNECTION

**B**y a 9-1 vote, the Fairfax County Board of Supervisors approved a one-cent increase in the property tax rate during its FY2014 budget mark-up session on Tuesday, April 23, which means the average homeowner will pay about \$216 more next fiscal year.

The tax rate increase equals \$20.6 million in additional revenue for Fairfax County.

**THE MARKED-UP BUDGET** includes a real estate tax rate of \$1.085 per \$100 of assessed value, a one-cent increase from the \$1.075 rate in FY 2013. The increase is less than the two-cent increase proposed by County Executive Edward Long on Feb. 26.

"This budget is a responsible fiscal plan that reflects our current difficult economic situation," said Fairfax County BOS Chairman Sharon Bulova (D-at-large). "It helps to restore structural balance as we continue to struggle with increasing needs, decreasing revenues, and the impacts of sequestration and economic uncertainty."

Braddock Supervisor John Cook joined his colleagues in supporting the "compromise" budget, the first time the Republican has voted for the budget since 2010.

"It was a tough vote. There are no good, simple answers to the position the county is in. We need economic growth to keep what we have and when it stalls out, that's a problem," Cook said after the vote Tuesday.

Cook strongly criticized the Federal Government's inaction, and noted the impact that had on the Fairfax County budget.

"We should have had an 8 percent growth in commercial real estate this year. Instead we had 0 percent. We wouldn't be in this circumstance if that growth had occurred. The commercial drop isn't because our businesses aren't ready to do business, it's because they are waiting for the Federal Government to do something," Cook said. "It is a bipartisan failure of the White House and Congress, of Democrats and Republicans."

Cook called the Fairfax County budget a "true compromise."

"Not one person on the board got everything he or she wanted. In tough economic times it's important for us all to come together and craft a budget together. That's what we did this year and for that reason I voted for it."

But Supervisor Pat Herrity, one of three



Media and the public attend the first FY2014 budget presentation by County Executive Edward L. Long, Jr. on Feb. 26.



Board of Supervisors Chairman Sharon Bulova

Republicans on the board, said the board could have done better, adding that the one-penny increase translates into a 4.5 percent increase on the average homeowner. He noted that increased assessments for townhouse and condo owners mean those residents will see a \$700 increase in their tax bills.

"For the first time in recent memory, our citizens are seeing significant tax increases at all three levels of government," Herrity said. "Our furloughed residents do not have the option of raising revenue, they must

**"This budget is a responsible fiscal plan that reflects our current difficult economic situation."**

— Fairfax County BOS Chairman Sharon Bulova (D-at-large)

make difficult cuts in their family's budgets and that is what we should be doing."

Herrity said that many Fairfax County homeowners are struggling as they try to navigate an uncertain future.

"I am disappointed that yet again we have balanced the budget on the backs of our homeowners," Herrity said. "We as a board spend a lot of time talking about helping people in need, I can only say that when it came time to tax them, they were sadly forgotten."

Cook said he advocated to keep the tax rate at FY2013 levels, but decided that he could be more effective working with his colleagues rather than simply voting no on any proposed tax increase.

"Had I voted no, the final rate would have been higher," Cook said. "By being involved, I was able to successfully exert some leverage on the board to help get the final rate reduced by one penny. Despite some misgivings, I believe this budget is a difficult compromise in a difficult year. That is why I supported it."

## Highlights of the package include:

- ❖ Increases the Real Estate Tax Rate by one cent, from the current \$1.075 to \$1.085, rather than the advertised two cent increase;
- ❖ Increases property taxes by approximately \$216 on the average household;
- ❖ Closes a projected budget shortfall of \$169 million;
- ❖ Includes \$20.52 million in county agency reductions;
- ❖ Creates an \$8.1 million reserve to address the impact of sequestration and federal cuts;
- ❖ Transfers to Fairfax County Public Schools total \$1.89 billion or 52.7 percent of total county disbursements. The 2 percent increase is less than the school board's budget request, but provides funds to address their projected increase in the student population;
- ❖ Provides no increase in compensation for county employees, with the exception of longevity step increases included in the advertised budget;
- ❖ In addition, the total number of county staff positions will be reduced by 41, which includes the elimination of 83 positions, offset by 42 new positions.

**IN THE BUDGET**, the board reaffirmed its commitment to work with employee groups to develop and refine an overall pay structure that invests in our workforce and helps in recruiting and retaining high quality employees.

"Our employees have continued to provide quality services to our residents with professionalism and dedication, even in the face of pay freezes and tough economic times," Bulova said. "Their efforts have not gone unnoticed by this body. The creation of a fair and sustainable compensation package for implementation in FY 2015 is a critical element in the long-term stability of the county workforce."

The Board of Supervisors will adopt the FY2014 Budget on April 30. The FY2014 Budget Mark-up as well as other background materials is posted at <http://www.fairfaxcounty.gov/dmb/>.



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## PEOPLE

### Great Falls Girl Competes for Miss Virginia Title

Alexis Watkinson, the daughter of Diane and Troy Watkinson of Great Falls, is a state finalist in the National American Miss Virginia Pageant. She will compete with other pre-teen aged girls from across Virginia at the Reston Hyatt July 25-27 of this summer.

Alexis, a ballet dancer, tennis player, and piano and flute player, is pictured at the Girls on the Run event, which aims to inspire girls to be healthy and confident as they train for a 5K run in May.

The winner of the pageant receives \$1,000 and the official pomp and circumstance of banner and crown, roses and a ticket to the National Pageant in California.

The pageant entails age-appropriate activities—no make-up or swimsuit competition for girls under age 12—and is based on poise, presentation, sportsmanship, achieving personal goals and the like. For more information, visit [www.namiss.com](http://www.namiss.com).



Alexis Watkinson is a state finalist in the National American Miss Virginia Pageant. Alexis is pictured with her dad at the Girls on the Run race, November 2012.

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# OPINION

## Springing for Jobs

Low-income neighbors face another barrier: sequestration.

BY AMANDA ANDERE  
EXECUTIVE DIRECTOR/FACETS

With colorful flowers blooming and the days getting longer and warmer, spring always signals renewal and hope. For those affected by poverty, we may need an extended spring this year in order to fully reap its benefits.

I know we've seen slow and measured progress with the healing of the economy. But for low-income residents in our community, they are often the first and last to feel the effects of a recession. Now they face another barrier: sequestration. Now counties—including Fairfax—are losing federal funding for housing vouchers, threatening to put vulnerable families out in the streets.

This is especially unfortunate since ending homelessness is a top priority in Fairfax and we have made progress in our efforts, with the number of people who are homeless in Fairfax County down 12 percent, according to the annual point-in-time survey. Despite the recessions, we've had real success at helping people stabilize their lives. This latest barrier may be more than we can overcome.

Vouchers are important tools to close the gap between earnings and the high cost of living in our region. The issues facing the most vulnerable are compounded by the lack of afford-



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able housing and the difficulty in finding employment that will cover the costs of living here. Local nonprofits work mostly with individuals who are low-skilled, have less than a 10th grade education (and in many cases less than sixth grade), and have limited English proficiency and low literacy levels. We are able, with significant effort, to find employment for many of these individuals. This employment, however, often offers low wages, little or no benefits, and may not last long term. We are all challenged in finding long-term employment with sufficient wages and benefits for the people with whom they work.

In our business, we call this underemployment. Nearly 40 percent of the homeless in our county are employed, but their earnings or their hours aren't enough to pay for housing and the basics. Nationwide, 7.6 million Americans are underemployed, due to the scarcity of full-time employment. Factoring in the 7.6 percent unemployment rate, the outlook does not seem as rosy for our struggling neighbors.

At FACETS, these realities have challenged us to put more emphasis on job placement and career development to help our clients obtain positions that will lead to better incomes and

careers. In tandem with this focus, we are also providing more life skills training to prepare them to manage their finances, set priorities, and be responsible tenants.

But it's still not enough. That's why we are recommending the county create a Workforce Innovation Fund to support a pilot workforce program, designed in conjunction with the county's nonprofit partners to achieve:

- ❖ Better coordination among all entities providing workforce development services in the county;

- ❖ An improved system for connecting people to available jobs, particularly in growth industries;

- ❖ An improved system to ensure more people complete community college and certification programs and obtain employment when they are done; and

- ❖ A plan for moving people from low-pay, low-skill entry level jobs along a career path to jobs with better pay.

Our individual programs along with this fund will be life changing for residents that are extremely low-income, enhancing their ability to move into jobs with sufficient salary. A renewed community commitment to helping get people sustainable employment will make this a season to remember.

*FACETS, a nonprofit serving those suffering from the effects of poverty in Fairfax County/City. [www.FacetsCares.org](http://www.FacetsCares.org).*

## Five Myths About Public Libraries

BY SARAH TALLEY  
SOUTHER

The Digital Age is well past its dawn and budgets are tight, leaving many people to question why we continue to fund libraries. After all, don't they just house a bunch of old books in print and everything you need is online ... right? Here's a few common myths about libraries:

### 1. Google and other search engines meet everyone's information needs.

Search engines can find amazing things, but only if you have access to the Internet. For many, the Fairfax County Public Library is their only means of access. Even in a wealthy area like Northern Virginia, almost 20 percent of families make less than \$50,000 per year, and depend on libraries for access to the Internet.

Not everything's online, or if it is, it's not free or it might be inaccurate. There's another hurdle: Not everyone uses search engines well enough to get to what they



need. Fairfax library staff teach people how to find and evaluate information sources all while protecting their privacy.

### 2. Books are becoming obsolete

Just as television and DVDs haven't killed movies, e-books haven't killed print. Over 13 million items were checked out from Fairfax libraries last year and most of them were books. Despite the uptick in demand for e-books, there are plenty of popular titles that aren't available because many publishers refuse to sell e-books to libraries.

### 3. The library is a quiet warehouse for books.

Odds are, no one will "shush!" you unless you're yelling on your cellphone in speaker mode. The library is a vibrant place that provides people with more than information. Early literacy story times, homework support, classes, book discussions, tax preparation assistance, tutoring, and other activities that support information literacy happen at the library. More

than 172,000 people took advantage of these events last year in Fairfax.

The Internet can bring people together, but libraries reinforce real-world communities because they are "bridging spaces" where people from many walks of life meet. Walk into a Fairfax library today, and you'll find a variety of new programs that bring people together, ranging from genealogy workshops to creative writing classes to one-on-one social media training.

### 4. This could all be done by volunteers.

While volunteers donated nearly 145,000 hours to the library last year, there is a limit to what volunteers can do. Staff members review collections for completeness and accuracy, present early literacy storytimes, make sure public computers run properly, and read extensively so they can provide book suggestions to all kinds of readers (including staunchly reluctant ones).

Library workers follow ethical codes that state they must try to make available accurate and complete information without bias and

protect your privacy. Much is asked of library workers, and information service expertise is necessary to provide customers with the services that they demand.

### 5. Public libraries are a drain on public coffers.

Libraries provide services to job seekers, businesses, consumers, and investors. Studies in Pennsylvania and Florida show that for every \$1 a community invests in its public libraries, it sees a return of about \$4.

When Thomas Jefferson said "Information is the currency of democracy," he did not envision the increasing gap between the technology "haves" and "have-nots." Access to the Internet is essential if you want to do homework, search for jobs, and interact with the government. For many in Fairfax, the library is their only means of access.

We invest resources in libraries and schools because they provide a public good in the form of educated, informed citizens during all stages of their lives. The fact that Fairfax County sees a monetary return on this investment is a wonderful bonus.

## Great Falls CONNECTION

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Go to [PartnersinPreservation.com](http://PartnersinPreservation.com) and vote daily. The site with the greatest number of votes will receive \$100,000 in preservation prize money.

Sharing photos, video and the link via Facebook, Twitter, Instagram and FourSquare adds more votes for the mill.

Polls are open through May 10.

Login, link up and vote for Colvin Run Mill.

What your votes will accomplish: For the past four decades, only the basement and first floor of the Fairfax County mill have been open to the public. Colvin Run Mill would use the prize money to fully restore the second and third levels, complete with functioning equipment to dry and sift flour and meal the old-fashioned way. Then visitors can see how the mill works from top to bottom.



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## News



PHOTO CONTRIBUTED

Children from The Boyd School of Reston and Great Falls ride for St. Jude Children's Research Hospital at the school's Friday, April 26, Trike-A-Thon.

## The Boyd School Trike-A-Thon to Benefit St. Jude's

Students from The Boyd School (Reston/Great Falls campus) participated in a Trike-A-Thon on Friday, April 26, benefiting St. Jude Children's Research Hospital. Parents and teachers watched as children of 18 months to 6 years rode their bicycles and tricycles around the closed parking in the front of the school. Children and their parents collected donations from family and friends leading up to the Trike-

A-Thon which followed a lesson on bike safety. The Boyd School has raised and donated over \$40,000 to St. Jude over the years.

The Boyd School is one of five schools in Virginia that is fully accredited by AdvancED (Southern Association of Colleges and Schools) and the American Montessori Society. For more information on Montessori education and The Boyd School visit: [www.theboydschool.com](http://www.theboydschool.com).

### BULLETIN BOARD

To have community events listed in the Connection, send to [greatfalls@connectionnewspapers.com](mailto:greatfalls@connectionnewspapers.com). Deadline is Friday.

realistic painting style. 703-319-3971 or [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org).

#### THURSDAY/MAY 2

**Leadership Fairfax: Remember, Reconnect and Reignite.** 6-10 p.m., at Sheraton Premiere Tysons Corner, 8861 Leesburg Pike, McLean. Dancing, live action food stations, raffles and music by Lindsey Diles, ELI Class of 2010, and her band DC Transit. \$125 for members and current classes; \$150. [www.leadershipfairfax.org/25th](http://www.leadershipfairfax.org/25th).

#### TUESDAY/MAY 7

**AARP "Home Fit" Workshop.** 11 a.m.-1:30 p.m., at the St. Catherine of Sienna Catholic Church, 1020 Springvale Road, Great Falls. The Great Falls Senior Center is hosting a workshop about how to decide which home updates are good for daily life while staying comfortable, independent and injury free. Lunch served. Modest contribution appreciated. RSVP required. 703-759-3721 or [linda.fernald1@verizon.net](mailto:linda.fernald1@verizon.net)

#### THURSDAY/MAY 9

**Vienna Arts Society's May Meeting.** 7:30 p.m., at Vienna Art Center, 115 Pleasant St., N.W., Vienna. Linda Jones will demonstrate her impressionistic/

#### SATURDAY/MAY 11

**Annual Yard Sale and Flea Market.** 8 a.m.-2 p.m., at the Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls. Church is organizing its annual yard sale and flea market. Reservation required for vendors (\$20). 703-582-1640 or [c.wright@longandfoster.com](mailto:c.wright@longandfoster.com).

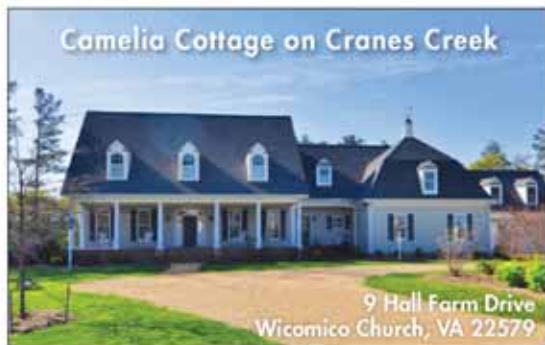
**Used Bicycle Collection.** 10 a.m.-1 p.m., at The Potomac School of McLean, 1301 Potomac School Road, McLean. Donate a bike to benefit Bikes for the World, a non-profit organization that collects thousands of unwanted bicycles for re-use in developing countries. \$10 donations requested to help with shipping costs. [www.bikesfortheworld.org](http://www.bikesfortheworld.org).

#### TUESDAY/MAY 21

**Change Lives with Shelter House Open House.** 5-8 p.m., at the Patrick Henry Family Shelter, 3080 Patrick Henry Drive, Falls Church. Community members can learn about how they can be an agent of change in ending homelessness in the community with Shelter House. [shelterhouse.givezooks.com/events/changing-lives-open-house-patrick-henry-family-shelter](http://shelterhouse.givezooks.com/events/changing-lives-open-house-patrick-henry-family-shelter).

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## News

PHOTOS BY ALEX McVEIGH/THE CONNECTION



From left, Great Falls Elementary School students Caroline Stock, Laura Gersony, Sonia Toloczko, Alex Marjanovich, Will Kiser, Ana Grajdeanu, Elena Berrios, Muntaha Haq and Maddie Cross, winners in the annual Great Falls Friends and Neighbors poetry contest. Great Falls fifth grader Mary Kurbanov was also a winner, but was unable to attend the Friday, April 26, awards luncheon.

## Luncheon Features Students' Poetry

### Great Falls Friends and Neighbors name winners of 31st annual poetry contest.

BY ALEX McVEIGH  
THE CONNECTION

**T**he Great Falls Friends and Neighbors honored 10 Great Falls Elementary School students Friday, April 16, at their 31st annual poetry luncheon. Three students each from fourth, fifth and sixth grades were honored, and sixth grader Sonia Toloczko was awarded the grand prize for her poem "Just a Dream."

"This means so much to the students in Great Falls, to have their friends and families around to see what they've created," said Lisa Spoden, club president. "We had 151 entries this year, which is a fabulous turnout."

The club selected first, second and third place winners from each grade level. Great Falls Elementary Principal Ray Lonnott credited the club for holding the contest every year.

"This is a great event because we're celebrating these kids and their writing," he said. "We're celebrating it now, and looking forward to what their love of writing will be tomorrow."

Joanne Schilling, a reading specialist at Great Falls Elementary, said the judges have their work cut out for them with the amount of quality entries this year.

"I read some of the poems, and admire the judges for being able to pick some from the wealth of entries," she said. "This is a great partnership we've had going for a long time, and we're hoping it continues for a long time."

The entries were judged by five members of the Great Falls Friends and Neighbors. Pat Kuehnelt, one of the judges, said the decisions were very difficult.

"It got to the point where there were seven poems competing for a single spot, and we agonized over



Great Falls Elementary School sixth grader Sonia Toloczko reads her poem "Just A Dream" at the Great Falls Friends and Neighbors Poetry Luncheon Friday, April 26, where her poem won the grand prize.

our choices, reading them out loud," she said. "We were 'oohing' and 'ahhing' over many poems that weren't even recognized today, so we hope the students keep writing and submitting to the contest, because we know they're very talented."

Keeping in the spirit of writing, Kuehnelt also took a moment to pay tribute to E.L. Konigsburg, the Newbery Medal-winning children's author. Konigsburg won the Newbery Medal in 1967 with "From the Mixed Up Files of Mrs. Basil E. Frankweiler," and a second book "Jennifer, Hecate, Macbeth, William McKinley and Me, Elizabeth" was the Newbery Medal runner up that year.

She won the award again in 1997 for "The View From Saturday," the longest span between wins for one author. Konigsburg lived in Great Falls with her son Paul for the past few years, before passing away Friday, April 19, at the age of 83.

"She said, 'kids want to fit in, but they also want to be independent' and her characters' adventures are certainly proof of this," Kuehnelt said. "If she were here today, she would want our poetry winners to continue to create, observe and feel, but most of all follow their dreams."

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lost (adj): 1. unable to find the way.  
 2. not appreciated or understood.  
 3. no longer owned or known



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At the Great Falls Grange Park  
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Admission is free!  
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12 noon to 6 pm

*\*Georgetown Pike Drawing by Bud Little*

## Celebrating Georgetown Pike 1813-2013

\* Presentations \* History Tents \* Photo & Art Exhibits \* Delicious Food \* Entertainment \* Historic Fun \*

### Come enjoy a journey back in time...

To enter our time capsule, let your cell phone, TV show, computer game & shopping plans go...

Relax into this afternoon of exploration

before the automobile, electricity, chain stores, mass media, the Internet & Facebook.

What did it feel like to get around before there was an automobile?

If you wish, you may park your car at the Great Falls Elementary School & take a 10-minute walk

along the historic Lucy Hanes Trail from GFES to the historic Great Falls Grange Park.

(If you prefer to park closer, there is handicapped parking at The Grange, and family parking at The Library.)

Would you like to know the deepest roots of Great Falls life?

What does the journey from the Ice Age to Native Americans to Canals to Milling to Dairy Farming reveal to us?

Visit The Great Falls Grange Hall to experience the "Long View" presented by four guest speakers.

How has life emerged along Georgetown Pike over the last 200 years?

Visit the History Tents for the "Roadside View" presented by local descendants, historians, re-enactors, and others.

What did Great Falls look like as it journeyed through the last 100 years?

Visit The Grange Dining Hall and the Schoolhouse to experience a "Visual View" of local history.

Who have we become? What is the pleasure of our local village culture today?

Enjoy local performers, storytellers, and local restaurant food, socialize with neighbors & bid at a Silent Auction.

Leave with a new appreciation of our village, Great Falls, Virginia & the road that connects us, Georgetown Pike.

## What's Happening on GREAT FALLS DAY

Celebrating Georgetown Pike 1813-2013

\* Presentations \* History Tents \* Photo & Art Exhibits \* Delicious Food \* Entertainment \* Historic Fun \*

### Presentations in The Grange Auditorium

12:00 - 12:30 pm	1:30 - 2:00 pm	3:00 - 3:30 pm	4:30 - 5:00 pm
George Washington & The Patowmack Canal Presented by Rachel Berger, National Park Service	Dairy Farming in Great Falls Presented by Rich Oliver, Great Falls Dairy Farmer	Great Falls' Archeology & Native American Heritage Presented by Christopher Sperling, Archeologist, FCPA	Mills & Milling Throughout Great Falls Presented by Bob & Marjorie Lundegard, Friends of Colvin Run Mill

### History Tents of Life Along Georgetown Pike

1	McLean History	6	The Johnson's	11	John Gunnell House	16	The Turner's
2	McLean History	7	Van Patten-Brown's	12	Volunteer Fire Dept.	17	NIKE - Analema
3	Local Geology	8	Great Falls Grange	13	GF Methodist Ch.	18	Salem Baptist Ch.
4	The Jackson's	9	Buck's Store	14	Follin's & Lanham's	19	Civil War Along GTP
5	The Cornwell's	10	William Gunnell Hs	15	Utterback's	20	Histor. Preservation

### Photos, Videos & Artwork at the Grange & Schoolhouse

- The Naomi Whetzel Digitized Photo Collection - The Grange Dining Hall, Lower Level - All Day
- Early Area Schools of Great Falls, A Photo Exhibit - Schoolhouse - All Day
- Barns of Great Falls, Oil Paintings by Margaret Johnson - Schoolhouse - All Day
- Bluebells of Great Falls, Oil Paintings by Hwa Crawford - Schoolhouse - All Day
- Historic Videos - The Grange Dining Hall, Lower Level - Per schedule:

12:45 - 1:15 pm	2:00 - 3:00 pm	3:30 - 4:30 pm	5:00 - 5:15 pm
NIKE Missile Site History (video) GF Analema Society	The Towlston Grange (video) Karen Washburn	The Towlston Grange (video) Karen Washburn	NIKE Missile Site History (video) GF Analema Society

### Festivities of Today

Entertainment on the Show Mobile, Sound by Megawatt, Inc.						
12:00	Polka Dot Band	1:30	Music	3:00	Culkin Irish Dance	4:30 Higher Grd String B
12:30	Opening Ceremony	2:00	Theatrical Dance	3:30	Gloria & Rose Boos	5:00 Higher Grd String B
1:00	Polka Dot Band	2:30	Lise Will, Singer	4:00	Japanese Immersion	5:30 Higher Grd String B
Also: Higher Ground Strong Band at The Grange * Ellen James, Harpist at the Schoolhouse *						

Also: Higher Ground Strong Band at The Grange \* Ellen James, Harpist at the Schoolhouse \*

Local Authors - Carol Herrick, Patricia Holtz, Jim Lewis, and Marjorie Lundegard.

Local Food - The Old Brogue, Siciliano Italian Restaurant, Saffron Grill

Story Book Readings & Other Children's Activities by Sharon Harmon at Tent #40 at 1:30, 2:30 and 3:30 pm

Other Activities - Garden Crafts, Live Chickens, Embroidery, Other Tents:

21	Amadeus Concerts	28	GF Soccer Club	35	Amalthea Ridge	42	GFHS Books, etc.
22	Celebrate GF	29	GF Youth Rugby	36	Barbara Comstock	43	GFHS T-Shirts
23	Colvin Run Citizens	30	GF Trailblazers	37	My Great Gardens	44	GFHS Silent Auction
24	Turner Farm Events	31	GF Senior Center	38	Jim Lewis, Author	45	GFHS Silent Auction
25	GF Rotary	32	GF Citizens Assoc.	39	Patricia Holtz, Author	46	Fr Colvin Run Mill
26	GF Fdn for the Arts	33	GF Farmers Market	40	Sharon Harmon	47	Food Vendors
27	GF Optimist Club	34	GF Farmers Market	41	Wendy Hunter	48	Food Vendors

### Silent Auction

There are over 30 silent auction items to bid on. Bidding from 12 noon to 4:00 pm. Results posted at 5:00 pm.

### Parking Alternatives

Map available on GFHS website [www.gfhs.org](http://www.gfhs.org), and Facebook: Great Falls Historical Society

Option 1. The Lucy Hanes Trail Challenge: Start at the GFES Ball Field and walk to the Grange - 10 minutes.

Option 2. Park in the Library parking lot, and then follow the trail to the Grange.

Option 3. Those with disabilities may park in the Grange parking lot.

Great Falls Historical Society, P.O. Box 56, Great Falls, Virginia 22066

IN CASE OF RAIN - EVENT WILL BE HELD INSIDE AT GREAT FALLS ELEMENTARY SCHOOL

For information, call Kathleen Murphy (917) 673-3149 or Jack Nutter (202) 247-0074

## SILENT AUCTION

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Koko Fit Club  
Loebig Chiropractic  
Beloved Yoga  
L'Auberge Chez Francoise  
Great Falls Farmers Market  
(including Amalthea Ridge, Backyard Eden Honey, Baguette Republic, Bon Vivante, Delicious Dainties, Dimitri Olive Oil, Emily Doerman's Nutritious & Delicious, Lynnhaven River Brand, Oh, Pickles!, and more...)  
GF Historical Society  
Maison et Jardin  
Miller, McNeil & Murphy  
Emily Doerman  
Amalthea Ridge

Baguette Republic  
Colvin Run Mill  
Classic Wines  
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# ENTERTAINMENT

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

## WEDNESDAY/MAY 1

**McLean Woman's Club Kitchen and Garden Tour.** 10 a.m.-3 p.m., (rain date: Thursday, May 2), at House No. 1, 7110 Holyrood Drive, McLean. A tour of spacious kitchens and gardens in McLean. Tickets are at Flowers and Plants, Etc., Karin's Florist, Great Dogs of Great Falls, Vinson Hall Retirement Community or at tour houses day-of; proceeds benefit Wounded Warrior Transitional Housing Project. \$25 before May 1; \$30 day-of. 703-556-0197 or [www.mcleanwc.org](http://www.mcleanwc.org).

## THURSDAY/MAY 2

**Photos by Dee Leggett: "Come to the Light."** 6 a.m.-3 p.m. weekdays, 7 a.m.-2 p.m. weekends, at Katie's Coffee House, 760 Walker Road, Great Falls. An exhibit of photos capturing light in nature, on display through the 30th of May. 703-430-8680 or [VisitDeeLeggettPhotography.vpweb.com](mailto:VisitDeeLeggettPhotography.vpweb.com).

**Leadership Fairfax 25th Anniversary Celebration.** 6-10 p.m., at Sheraton Premiere Tysons Corner, 8661 Leesburg Pike, Vienna. Food stations, dancing, an open bar, raffles, live music by DC Transit with Lindsay Diles of Leadership Fairfax and an evening of mingling; cocktail attire. \$125 for members; \$150. 703-752-7518, [www.leadershipfairfax.org/25th](http://www.leadershipfairfax.org/25th) or [www.leadershipfairfax.org/25thsponsorshipinfo](http://www.leadershipfairfax.org/25thsponsorshipinfo).

**Patty Larkin at Wolf Trap.** 8 p.m., at the Barns at Wolf Trap, 1635 Trap Road, Vienna. Songstress and master guitarist Parry Larkin brings her bluesy jazz-infused urban sound to the Barns at Wolf Trap. \$22. 1-877-WOLFTRAP or [www.wolftrap.org](http://www.wolftrap.org).

**Spring into Summer Fashion Show.** 7 p.m. at DeSales Hall, OLG campus, 8601 Wolftrap Road, Vienna. An evening of fashion and fellowship sponsored by Chico's of Reston Town Center and presented by the Women's Club of Our Lady of Good Counsel. The event is meant to raise awareness for Artemis House, emergency shelter for families and individuals fleeing domestic violence and human trafficking. \$10. [FashionShowOLGC@gmail.com](mailto:FashionShowOLGC@gmail.com).

## FRIDAY/MAY 3

**2013 ValeArts Spring ART Show: Jewels of Color.** 10 a.m.-9 p.m., at Vale Schoolhouse, 3124 Fox Mill Road, Oakton. ValeArts hosts the 17th annual art show featuring more than 150 original oils, watercolors, acrylics, and mixed media by nine local artists. [www.valearts.com](http://www.valearts.com).

**Young Soloists' Recital.** 3 p.m., Alden Theatre of the McLean Community Center, 1234 Ingleside Ave., McLean. Pianists Risako Takamura, 11, Kevin Su, 12, and Satowa Kinoshita, 17; and violinists Noelle Midori Takebe Naito, 10, Nicholas Brown, 16, and Abigail Tucker, 16, will be presented by the Music Friends of the Fairfax County Public Library. 703-620-9535.

**Cinco de Mayo Spirits and Pork/Steak Pairing Event.** 6:30 p.m., at Wildfire, third floor, Tysons Galleria, 2001 International Drive, McLean. Guest speaker Lisa Martinez, a representative of Southern Wine & Spirits representative, will discuss the evening's drink-and-food pairings and the craft behind the aged tequilas. \$75. Reservations. 703-442-9110.

**"The Last Mountain."** 7 p.m., at Emmaus UCC, 900 Maple Ave. E.,

## 'Come to the Light' at Katie's Coffee in Great Falls

"Come to the Light," an exhibit of photos capturing light in nature by Great Falls photographer and author Dee Leggett, will be on display during May at Katie's Coffee in Great Falls. Photos display sunrises and sunsets from beautiful places in Great Falls, as well as beaches along the East Coast and water in Yellowstone National Park. Light through the trees, light through the fog, light on the water, and light in the clouds will draw your eye and your steps right into the scene. The exhibit will be on display during normal business hours at 760 Walker Road. Leggett is a member of Great Falls Studios and has been exhibiting her photography for more than 10 years. Visit [DeeLeggettPhotography.vpweb.com](mailto:DeeLeggettPhotography.vpweb.com) or call 703-430-8680.



**"Seneca Sunset" captures the dramatic color that comes to Great Falls along Seneca Road during a winter sunset. This photo will be on display at Katie's during May.**

Vienna. An eco film series followed by a panel discussion on the topics of energy, water and food. 703-938-1555, [churchoffice.eucc@gmail.com](mailto:churchoffice.eucc@gmail.com) or [Facebook.com/EmmausUCC](http://Facebook.com/EmmausUCC).

**Earth Project Environmental Film Series.** 7 p.m., at Emmaus UCC, 900 Maple Ave. E., Vienna. The United Church of Christ's Mission will be hosting an environmental film series on Water, Food & Energy, followed by a panel discussion. 703-938-1555, [churchoffice.eucc@gmail.com](mailto:churchoffice.eucc@gmail.com) or [Facebook.com/EmmausUCC](http://Facebook.com/EmmausUCC).

**"Grease."** 7:30 p.m., at James Madison High School, 2500 James Madison Drive, Vienna. The timeless musical follows the 1950's love story between greaser Danny Zuko and innocent Sandy Dumbroski. Advance: \$10; at the door: \$15. [madisondrama.com](http://madisondrama.com).

**"The Hallelujah Girls."** 8 p.m., at the Vienna Community Center, 120 Cherry St. S.E., Vienna. A Jones Hope Wooten comedy about a group of women in Eden Falls, Ga., who turn an abandoned church into a day spa where they gather for fun on Friday afternoons. \$11 for seniors and students; \$13. [vtcshows@yahoo.com](mailto:vtcshows@yahoo.com) or [www.viennatheatrecompany.org](http://www.viennatheatrecompany.org).

## SATURDAY/MAY 4

**Ayr Hill Garden Plant Sale.** 8 a.m.-noon, on the Vienna Town Green, 131 Church St. N.E., Vienna. Plants for sun and/or shade, some drought tolerant and others deer resistant for sale; proceeds go towards public garden maintenance in Vienna.

**Great Falls Greening-Up Day.** 8 a.m.-Noon. Great Falls Grange, 9818 Georgetown Pike, Great Falls. Native plant sale's proceeds support the Friends of Riverbend Park and the park operations. [bcanis@yahoo.com](mailto:bcanis@yahoo.com).

**W&OD Safety and Bike Rodeo.** 10 a.m.-1 p.m., on the Town Green, 144 Maple Ave. E., Vienna. The Vienna Bicycle Advisory Committee (BAC) enlists the help of the Vienna Police Department in a guided bike ride for children ages 4 and up through a mock street course; police will teach skills like braking, balancing, basic road rules and how to handle obstacles. [www.ViennaBAC.com](http://www.ViennaBAC.com).

**2013 ValeArts Spring ART Show: Jewels of Color.** 10 a.m.-6 p.m., at Vale Schoolhouse, 3124 Fox Mill

Road, Oakton. ValeArts hosts the 17th annual art show featuring more than 150 original oils, watercolors, acrylics, and mixed media by nine local artists. [www.valearts.com](http://www.valearts.com).

**Steve Madden Meet and Greet.** 2-3:30 p.m., at Nordstrom, Tysons Corner Center, 8075 Tysons Blvd., McLean. Meet the shoe mogul in person at an event hosted by TV personality Julissa Mermudez of the Style Network's hit series "Empire Girls"; guests can get photos and autographs on complimentary tees and totes while a DJ guest plays songs. 703-761-1121.

**Garden of Light Reception.** 3-6 p.m., at Holiday Inn & Suites on the Rooftop Patio, 625 First St., Alexandria. The Vienna-based Bethany House of Northern Virginia holds a garden party with a silent auction, live music and refreshments to benefit their family assistance program, devoted to helping women and children who have suffered domestic violence regain health and dignity through temporary housing and support services. \$55. 703-658-9500, <http://gardenoflight2013.eventbrite.com> or [www.bhvnv.org](http://www.bhvnv.org).

**McLean Orchestra Season Finale: Route 66 to Paris.** 8 p.m., at Oakcrest School, 850 Balls Hill Road, McLean. A silent auction precedes the concert, which features music of Daugherty, Barber, Bernstein, Ravel and George Gershwin and a performance from guest soprano soloist Courtenay Budd; a cake and champagne reception follows. \$40; \$30, seniors; \$15, youth. <http://mclean-orchestra.org/tickets/>.

**The Hallelujah Girls.** 8 p.m., at the Vienna Community Center, 120 Cherry St. S.E., Vienna. A Jones Hope Wooten comedy about a group of women in Eden Falls, Ga., who turn an abandoned church into a day spa where they gather for fun on Friday afternoons. \$11 for seniors and students; \$13. [vtcshows@yahoo.com](mailto:vtcshows@yahoo.com) or [www.viennatheatrecompany.org](http://www.viennatheatrecompany.org).

## SUNDAY/MAY 5

**2013 ValeArts Spring ART Show: Jewels of Color.** 10 a.m.-6 p.m., at

SEE ENTERTAINMENT, PAGE 15

*Sunday Afternoon Soiree Series*

This is the perfect way to spend a Sunday afternoon. Refreshments will be served.

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PAUL MERCS CONCERTS



# ENTERTAINMENT

FROM PAGE 14

Vale Schoolhouse, 3124 Fox Mill Road, Oakton. ValeArts hosts the 17th annual art show featuring more than 150 original oils, watercolors, acrylics, and mixed media by nine local artists. [www.valearts.com](http://www.valearts.com).

**Great Falls Day.** Noon-6 p.m., at the Great Falls Grange Park, 9818 Georgetown Pike, Great Falls. Celebrate the 200th anniversary of the historic Georgetown Pike and life along the road from 1813 with history tents of local families, photographs and artistic images of life in early Great Falls, historic games, an outdoor picnic and local entertainers. 917-673-3149.

**The Hallelujah Girls.** 2 p.m., at the Vienna Community Center, 120 Cherry St. S.E., Vienna. A Jones Hope Wooten comedy about a group of women in Eden Falls, Ga., who turn an abandoned church into a day spa where they gather for fun on Friday afternoons. \$11 for seniors and students; \$13. [vtcshows@yahoo.com](mailto:vtcshows@yahoo.com) or [www.viennatheatrecompany.org](http://www.viennatheatrecompany.org).

**Dancing for Jane on Great Falls Day.** 3 p.m., at Great Falls Grange Park, 9818 Georgetown Pike, Great Falls. The Cullin School of Traditional Irish Dance adult Irish dancers perform to fundraise and show support for the family of 7-year-old Irish dancer Jane Richard who was injured in the Boston Marathon bombing; proceeds go to the Richard Family Fund. [www.facebook.com/DanceOut4JaneDC](http://www.facebook.com/DanceOut4JaneDC).

## TUESDAY/MAY 7

**Insight and Inspiration.** 10 a.m.-4 p.m., at Vienna Arts Society Gallery, 513 Maple Ave., W., Vienna. Dozens of members' artworks, including paintings and collages by Madeleine Chen. 703-319-3220 or [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org).

## THURSDAY/MAY 9

**Code 20: Proceed to Improv.** 7-9 p.m., at the Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Studio Rep, the only professional teen repertory company in the McLean area, hosts an ongoing event where high school students and adults can watch comedy, join in improv games, perform at an open mic and enjoy entertainment from some of Washington's best improv groups. 703-744-9353 or <http://bit.ly/14Tgz52>.

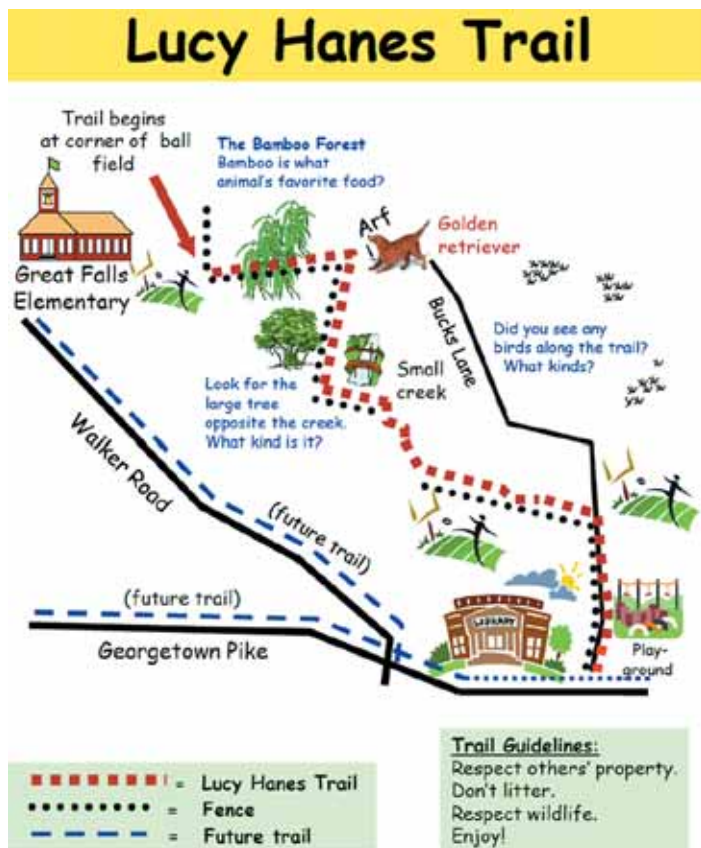
## FRIDAY/MAY 10

**Vienna American Legion Dinner.** 5:30-8 p.m., at the Vienna American Legion, 330 Center St. N., Vienna. Meatloaf dinner with mashed potatoes, mixed vegetables and a roll. \$8. 703-938-9535.

**Vienna Summer on the Green.** 6:30 p.m. Vienna Town Green, 144 Maple Ave. E., Vienna. The Summer on the Green is a free performance series presented by the Town of Vienna and a host of concert sponsors; bring chairs or blankets for seating. 703-255-6360 or [www.viennava.gov/index.aspx?NID=879](http://www.viennava.gov/index.aspx?NID=879) <<http://www.viennava.gov/index.aspx?NID=879>>.

## SATURDAY/MAY 11

**Health and Fitness On the Town Green.** 10 a.m.-1 p.m., on the Vienna Town Green, 144 Maple Ave. E. The Town of Vienna Parks and Recreation Department will be hosting a wellness and fitness day lead by professional fitness instructors. 703-255-6352 or [eguzman@viennava.gov](mailto:eguzman@viennava.gov).



Great Falls residents are invited to walk the 0.33-mile trail from the elementary school to the library parking lot to The Great Falls Grange Park—about a 10-minute walk.

## The Historic Lucy Hanes Trail Challenge

Walk the trail on Great Falls Day, Sunday, May 5.

BY MARY CASSIDY ANGER  
PRESIDENT, GREAT FALLS TRAIL BLAZERS

Many of our roads in Great Falls were originally Native American trails. Nine roads in Great Falls were in use before the signing of the Declaration of Independence and Georgetown Pike is now on the National Register for Historic Places. Fifty years ago people could walk or ride horses just about anywhere in our town. Today, walking or riding along side roads is very dangerous. Parents drive children everywhere and interaction between neighbors is limited.

Pedestrian access to the Village Center is the priority amenity identified by the Great Falls community. In addition, residents want to be able to walk or ride to area parks, schools and even just to their neighbor's house—a difficult task for many in our community. Despite being awarded over \$2 million in grants over the last decade, constructing trail is a slow process due to the lack of connecting right-of-ways or continuous trail

easements. Trail Blazers is currently working to create natural surface paths within existing right-of-ways along Georgetown Pike and Springvale Road. We are also talking with homeowners about how they can help by placing a trail on their property. By going to [GreatFallsTrailBlazers.org](http://GreatFallsTrailBlazers.org), community members can learn how to obtain a tax credit under the Virginia Land Conservation Act by donating a trail easement.

We invite you to take "The Historic Lucy Hanes Trail Challenge" this Sunday, May 5. Park in the Great Falls Elementary School lot and walk the 0.33-mile trail from the elementary school to the library parking lot to The Great Falls Grange Park—about a 10-minute walk. Experience how amazing it is to walk through beautiful Great Falls with shoe to the ground! The Trail Blazers have worked over the last several weeks to clear and mark the trail so that you can easily find your way.

The Great Falls Trail Blazers formed in 1999 with the goal of creating a multi-use trail system shared by pedestrians, horses and bicyclists. Trails help build community. People out walking meet other people out walking, bicycling and riding horses. (So be sure to say hello to everyone you meet on the Lucy Hanes Trail.)

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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.

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# WELLBEING



PHOTO BY AMANDA LOMAX

**Amanda Shipe, of Mind Your Body Oasis yoga studio in Arlington, assists a student with a downward facing dog yoga pose. Mind Your Body Oasis is one of several area studios offering free and \$5 classes during D.C. Yoga Week.**

## Yoga Week Comes to the Area

**Local effort offers budding yogis a chance to improve their minds, bodies and spirits with free or \$5 classes.**

BY MARILYN CAMPBELL  
THE CONNECTION

**A**manda Shipe presses the palms of her hands into the back of one of her students. The student's body forms a triangle, her head dangling upside down, the balls of her feet squeezing against the coarseness of the yoga mat beneath her. Shipe's touch sends the student's sitting bones skyward.

"[This] is called 'downward facing dog.' We do a lot of hands on alignment in our yoga classes to make sure students are doing their asanas [postures] correctly," said Shipe, who runs Mind Your Body Oasis yoga studio in Arlington.

Shipe and other area yoga studio directors are welcoming new students into their doors this week as part of the eighth annual D.C. Yoga Week, an effort by the Washington-area community of yogis to raise awareness about the practice.

Participating yoga studios are offering free and \$5 classes along with discounts on merchandise and workshops. The weeklong event began April 26 and culminates with Yoga on the Mall, an outdoor yoga class of more than 1,000 yoga enthusiasts of all skill levels that will be held this Sunday, May 5, from 11 a.m. to 1 p.m.

"There are a lot of people who are afraid to take yoga. Some people have a misconstrued perception of what yoga is. This week they can take a class without making a large investment and become more familiar with yoga," said Dawn Curtis of East Meets West Yoga Center in Vienna.

Shipe believes rampant misinformation fuels the trepidation that keeps some people at bay. "There are so many fears about yoga and so much talk out there in social media," said Shipe. "This event will raise awareness about how great yoga is for your mind, body and spirit. It will bring new people into yoga classes and remind people that yoga is pretty mainstream and very available at many studios."

Jatin P. Ambegaonkar, Ph.D., an associate professor in George Mason University's College of Education and Human Development in Fairfax, says the week-long focus on yoga is an opportunity to educate those who are unfamiliar with the practice.

"Scientific evidence has shown that the clear benefits of yoga include a sense of relaxation, a sense of well-being, a sense of cardiovascular wellness and musculoskeletal wellness," said Ambegaonkar, who lives in Centerville. "The problem with yoga is that in the last eight to 10 years, there have been a lot of hybrids that have branched out from the original Indian art form of yoga, like power yoga and hot yoga, that are somewhat of a fad."

Ambegaonkar added that while such popular forms of yoga are not necessarily harmful, more research is needed. He also offered a caveat. "One of the basic tenets of yoga is the focus on the body and recognizing it as being a temple," he said. "People who practice yoga regularly know when they have reached their limit."

According to its co-founder, Annie Mahon of Circle Yoga in Washington, D.C., Yoga Week began as a way to expand the yoga community and increase cohesiveness. "One goal is to make yoga accessible to a wider audience," she said. "We'd like to be able to do more community-based yoga, like therapeutic yoga and support yoga in different areas of the [region]. We want to create more community in the yoga world."

Freddy Margolis of Village Yoga in Potomac, Md., plans to join Yoga on the Mall. He also hopes D.C. Yoga week will unite local yogis.

"The D.C. area has one of the strongest yoga communities in the country," he said. "People get worried about their own studios, but it's nice for us all to come together and have a nice day out on the Mall."

For more information about D.C. Yoga Week, Yoga on the Mall or to find a list of participating studios, visit <http://dccy.org/>.

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## CAPPIES REVIEW

# Laudable Performances

## Langley High School's production of "The Life and Adventures of Nicholas Nickleby."

BY KAT OWCZARSKI  
OAKCREST SCHOOL

**T**he path to happiness is often obstructed by challenges, and in this case by horrid schools, financial troubles and ruthless uncles. Amidst the overwhelming corruption and poverty in Victorian England, Langley High School's production of "The Life and Adventures of Nicholas Nickleby" proves that the resilience of the human spirit triumphs in the end.

"The Life and Adventures of Nicholas Nickleby" was adapted from the Charles Dickens novel of the same name by David Edgar in 1980. Prior to Edgar's work, the novel's adaptation was an eight-hour production, which often had to be performed over the course of a couple days. Edgar's truncated version enabled the play to premiere on Broadway in October of 1981, where it ran until January of 1982. The play was revived in 1986. The story is centered on Nicholas Nickleby, whose recently deceased father has left him, his mother and his sister destitute and homeless. Nicholas must make his living in London and the surrounding countryside, all the while fighting the injustice of the society he lives in.

Chris Paul headed the large cast as the titular Nicholas Nickleby. Paul brought a never-ceasing energy to the production, his wide range of emotions often setting the mood of the show. Intensely pas-

sionate, his stage presence was rivaled by none. One of the most powerful moments was the scene Paul shared with Krista Hackmeier, who portrayed Nicholas' younger sister Kate. The pair dexterously captured the tender and comforting relationship between siblings in a heartwarming manner.

The leads were backed by a large supporting cast, the majority of whom gave laudable performances. Charlie Wier, as the abusive headmaster Mr. Squeers, delightfully utilized his voice and movements to create both a comic and malevolent character. The Acting Troop headed by Andrew Rhee and Kathleen Welch as Mr. and Mrs. Crummels stole the show with their deliberate over-the-top performances and constant hilarity.

The lighting, done by Mikey Mellis, was executed fabulously throughout the production. The lights were utilized in such a way that day and night were always distinguishable from each other and always on cue. Hanging microphones enabled every character to be heard and minimized sound errors. Despite some long and noisy scene changes, the multi-platform set was used to the fullest extent and enabled the entirety of the large cast to be on stage simultaneously without feeling too crowded.

Overcoming challenges such as flubbed lines and squeaky set pieces, the cast of Langley High School's "The Life and Adventures of Nicholas Nickleby" delivered and proved to all that everyone gets their just reward.



PHOTO BY ALEX McVEIGH/THE CONNECTION

**Langley students Brian Plunkett and Kirsta Hackmeier quarrel during a scene in the school's production of "The Life and Times of Nicholas Nickleby."**

## FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to [greatfalls@connectionnewspapers.com](mailto:greatfalls@connectionnewspapers.com). Deadline is Friday.

**Charles Wesley United Methodist Church**, 6817 Dean Drive, McLean, holds an annual church yard sale on Saturday, May 11, inside from 9 a.m.-3 p.m., rain or shine, with an aggregation of items from several families, with everything from electronics to glassware featured; hot dog lunch served midday. <http://www.TheHungerChurch.org>.

**First Baptist Church**, 450 Orchard Street, Vienna, will present a Women's Mission Conference on Saturday, May 18, from 8:30 to 4 p.m. Registration of \$15 includes session materials, continental breakfast and lunch. The theme is "Women Conforming to the Image of Christ, Shining Our Light." Speakers and presenters include Rev. Arica Cox, Rev. Jacquelyn Jones, Rev. Flai Richardson and Rev. Wilita Hawkins. 703-938-8525.

**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.

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Fellowship Baptist Church ...  
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Christian Assembly ... 703-698-9777  
**Church of Christ**  
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**Disciples of Christ**  
Antioch Christian Church ... 703-938-6753  
**Episcopal**  
Church of the Holy Comforter ...  
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Church of the Holy Cross ... 703-698-6991  
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Jehovah's Witnesses ... 703-759-1579  
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2119  
Christ The King Lutheran Church...  
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Children participate in a martial arts demonstration at the Great Falls Library Saturday, April 20.



PHOTOS BY  
ALEX McVEIGH/  
THE CONNECTION

## Rotary Hosts Children's Event

Children's day features magic show, book giveaways, martial arts demo.

BY ALEX McVEIGH  
THE CONNECTION

When Christian Elliot, 6, usually comes to the Great Falls Library on Saturdays, he can barely raise his voice above a whisper. But on Saturday, April 20, he could scream as loud as he wanted during a martial arts demonstration, part of the Great Falls Rotary Club's children's reading event.

"I always have to be so quiet in this room, but they said we could scream as loud as we wanted," he said. "I tried to go as loud as I could, because it's probably the only time I won't have to whisper."

The day also featured popcorn, book giveaways, readings from local authors and reading-themed magic shows by Teddy the Clown, who used well-known children's books in his tricks.

"I thought the magic show where he used books was such a brilliant idea," said Jennifer White, a parent from Great Falls. "My kids like getting into stories, but to them reading equals homework, which equals not fun. If I could show them the books the magicians had, they'll think of reading as something other than work."

Literacy is one of the signature outreach efforts of the Rotary Club.

"Rotary Clubs traditionally host literacy events, and after we had [children's librarian] Sharon Harmon speak at one of our weekly meetings, we decided to get something set up," said Carlos Berrios, president of the Great Falls Rotary Club.

Daniela Dixon, branch manager at the Great Falls Library, credited the club members with setting up the event.

"They were great, they got the word out, they bought the books and set everything else up, we're grateful for what they're doing," she said. "Hopefully we can make this an annual event."

The club purchased hundreds of books for all childhood reading levels, on everything from the Titanic to Ninjago, a ninja-based Lego series that inspired the martial arts demonstration.

"I learned some fun moves and got a new weapon to try them out with," said Caleb Greene, 7, referring to balloon swords Teddy the Clown made for the children after the show. "But my mom said I also have to make time to read my new book this weekend."



Teddy the Clown performs reading-related magic at the Great Falls Library Saturday, April 20.



Children at the Great Falls Library watch Teddy the Clown perform a magic show Saturday, April 20.



PHOTO BY BILL BLOOD

Cody Jones and Addison Speer, two new Eagle Scouts of Troop 673, sponsored by the United Methodist Men. The troop is over 50 years old and has produced over one hundred Eagle Scouts.

## New Eagle Scouts

Troop 673 promotes  
Cody Matthew Jones and  
Addison Speer.

Cody Matthew Jones, son of Martin and Carol Jones, and Addison Speer, son of Harvey and Susan Speer, both of Great Falls, are the two newest Eagle Scouts of Troop 673, sponsored by the United Methodist Men.

Jones joined Troop 673 in 2006 after earning the Arrow of Light as a Cub Scout from Pack 673. Since joining the troop, he has served as patrol leader, quartermaster, troop guide, and senior patrol leader. His Eagle project involved designing and constructing an outdoor fellowship and picnic area at his church, Christ the King Lutheran Church in Great Falls. Working with church members, he designed the layout for the area, developed a plan for the leveling of the site, drainage, and construction of picnic tables. Jones, with friends and troop members, constructed tables, leveled the site, and landscaped the area. The fellowship area is now used regularly for Sunday school classes, church gatherings, and by the community for events such as the Fourth of July.

A senior at Langley High School, Jones plays the trumpet and the soprano saxophone as a member of the Langley Wind Symphony. He is also a member of the Langley varsity baseball team. He will be graduating this June and hopes to

pursue a college degree in business administration and to participate in college athletics.

Speer joined Troop 673 in 2006 after earning the rank of Arrow of Light as a Cub Scout. Since joining the troop, he has served as patrol leader, assistant senior patrol leader, troop guide, and den chief for two years. Speer has attended summer camp five of the past six years and has participated in the Triple Crown of High Adventure trips: Sea Base in 2009, Philmont in 2011 and Northern Tier in 2012. He advanced to the level of Order of the Arrow, regarded as Scouting's National Honor Society, in 2009. His Eagle Project blocked off a section of overgrown and unusable trail in Riverbend Park, and created a replacement trail. Working with park staff, Speer developed a detailed plan to engage and manage separate groups of scouts in relocating plants, building the new trail, and blocking off the old trail. All of this was accomplished without damage to the delicate riparian ecosystem.

A junior at Langley High School, Addison is a member of the Theater Group. He is also an avid living historian and participates in reenactments of both the War Between the States and WW II. After high school, he plans to attend college or pursue a career in the United States Navy.



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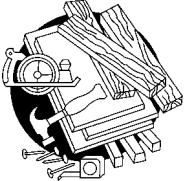
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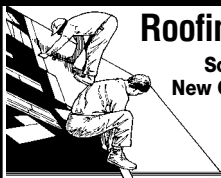
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### Fairfax Water

#### FAIRFAX COUNTY WATER AUTHORITY Notice of Public Hearing

Resolution Authorizing Acquisition of Easements Necessary  
for Public Purposes by Eminent Domain or Other Means

**May 23, 2013 at 7:00 p.m.**

The Fairfax County Water Authority will hold a public hearing pursuant to Va. Code Ann. § 15.2-1903 on at 7:00 p.m. on **Thursday, May 23, 2013**, to receive public comments on a proposed Resolution authorizing the acquisition of easements necessary for the improvement and expansion of Fairfax Water's water system infrastructure adjacent to sections of the Richmond Highway (U.S. Route 1) in Fairfax County. The improvement and expansion is required to provide adequate capacity to serve existing and future customers. The necessary easements are to be located across several parcels of land adjacent to U.S. Route 1, more particularly described as Fairfax County Tax Map Parcels 083-3-01-0037, 083-3-01-0038, 083-3-01-0040, 083-3-01-0041, 083-3-08-B, 093-1-01-0019, 093-1-01-0025, 093-1-16-0013, 092-2-18-06-0001A, and 093-1-18A-0001. Following the public hearing, the Water Authority Board may vote on or after June 6, 2013, to adopt the proposed Resolution.

The proposed Resolution and other related information can be viewed at Fairfax Water's Website at <http://www.fairfaxwater.org>.

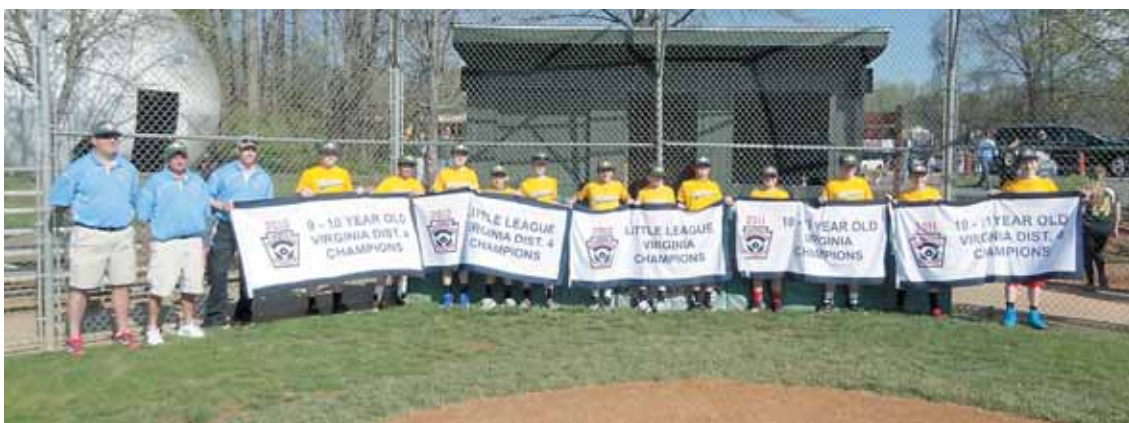
The public hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA. Those wishing to speak at this hearing or desiring a copy of the proposed resolution should call Eva Catlin at (703) 289-6017. Interested parties also may submit written comments to [PublicHearingComments@fairfaxwater.org](mailto:PublicHearingComments@fairfaxwater.org) or mail written comments to:

**Fairfax Water**  
Public Hearing Comments  
8570 Executive Park Avenue  
Fairfax, VA 22031

All written comments must be received by close of business on Wednesday, May 22, 2013 to be included in the record of the public hearing.



## SPORTS



The 2012 Great Falls All Star team holding the banners of the championships that they won while they were Little Leaguers. This photo was taken as part of the Great Falls Little League Opening Ceremonies that were held last weekend as they were honored for their accomplishments.

# The Great Falls All Star Team Beats Tennessee State Champs

The Great Falls All Star youth baseball team not only won the District 4 Championship and the VA State Championship last year as 12-year-olds, but also beat the South Carolina State Champions (12-1) and the West Virginia State Champions (13-0) last year in the SE Regional Tournament. They also beat the Tennessee State Champion team (4-3) in pool play—the team that went on to win the Southeast Regional Championship and ultimately the US Championship at Williamsport. The Great Falls All Star team was the only team to defeat them other than Japan in the LL World Series Final.

The Great Falls All Star team was eliminated in the SE Regional Semi-final in a game against Warner-Robins, Ga., that was televised on ESPN2 and played against an unfriendly Warner-Robins crowd of over 9,000 people.

The team has won three District 4 Championships

as well as two VA State Championships; their accomplishments are unprecedented, not only for Great Falls, but for any of the Northern VA Little League Programs as well.

As a whole, the team has had 33 wins and five losses and outscored opponents 438 to 78; they held three back-to-back District 4 Championships; two back-to-back state championships; and two Southeast Regional Semi-final Appearances.

The 2012 team players are Chase Beckett, Colter Carton, Timmy Conforti, Lucas Donlon, Colin Farrell, Danny Hosley, Josh McQuaig, Iain Muir, Jake Nielsen, Kyle Novak, Max Trautwein and Jason Volpicelli.

The team manager is Ryan Novak and the coaches are Bruce Carton and Jim Volpicelli.

On the Tournament of State Champions website, Great Falls players still own about 12 various offensive records from regional play.

## Langley Softball Star Heads to Drexel

Ashley Panetta committed to becoming a Drexel Dragon and playing D-I softball for Drexel University beginning in the 2013-2014 season on Wednesday, April 17, at a signing party with teammates, parents, her school's athletic director and friends. After considering several offers from schools across the country, Ashley decided to accept the academic and athletic scholarship offer she received to attend Drexel University to pursue her academic studies.

Ashley, a senior at Langley High School, is a four-year varsity starter, team captain and an all-district player. She began playing in Southern California when she was 7 years old and has never stopped since.

A five-year resident of Great Falls and a Virginia Shamrocks player, Ashley's experience in elite level competition and national tournaments in over 15 states has prepared her for her continued career at Drexel.

Ashley is also a 2012 National



Pictured from left is Jessica Roche, Langley head varsity softball coach; Ashley Panetta; and assistant varsity coach Mike Sharkey.

AP Scholar and plays 1st Chair trumpet, with a top spot in the Langley Wind Symphony. She earned Outstanding Musician and Musical Contribution awards each year. Ashley's other interests are Key Club volunteering and partici-

pating in the Best Buddies program at Langley High School.

Ashley intends to pursue a career in pediatric physical therapy while at Drexel University, which offers a Doctorate of Physical Therapy program.

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All listings are due by Monday at 3 P.M.





**Marshall junior Allie Johnson scored four goals against Thomas Jefferson on Monday.**



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

**Marshall junior Kelly Brown is verbally committed to play at the University of Southern California.**

## Marshall Girls' Lax to Face Stone Bridge in District Tournament

**T**he Marshall girls' lacrosse team scored the first goal of Monday's contest against Thomas Jefferson.

The Statesmen spent the rest of the evening playing catch-up, thanks in large part to TJ junior Hunter Clark.

Clark controlled the draws and in turn, helped control the game. TJ won 21 of 24 first-half draws en route to a 16-7 halftime lead before cruising to a 24-14 victory at George C. Marshall High School.

"It's very hard to win a lacrosse game

when you don't get draws," Marshall head coach Nicholle Depaz Clinton said. "They have a tremendous draw-control specialist. She did a really good job."

Marshall closed the regular season with a 5-7-2 record, including 2-5 in the Liberty District. The Statesmen, who lost their final four regular season games, will travel to face Stone Bridge in the district tournament quarterfinals. Stone Bridge won the regular-season matchup 20-13 on April 15.

"We played Stone Bridge before and the

halftime score was [11-7] with a 6-1 start because they got eight draws in a row," Depaz Clinton said. "It will be a question of if the kids want to get the draw. As you can see, when we do get the draw, we do some damage."

Against TJ, junior attack Allie Johnson led Marshall with four goals. Junior midfielder Kelly Brown finished with three goals, sophomore midfielder Sophie Lex had two goals, and senior Maggie MacDonnell, sophomore Mary Hagopian and freshman Sarah Smith each had one.

Brown and Johnson have been Marshall's top offensive threats this season. Brown is committed to play at the University of Southern California.

Monday was senior night for Marshall. Statesmen seniors MacDonnell, Miriam Kreykes, Madeleine Lewsen, Neary Them, Jocelyn Golden and Katie Clark were honored.

Marshall has reached the Northern Region tournament each of the last three seasons.

— JON ROETMAN



**Katie Clark was one of the seniors recognized during the Marshall girls' lacrosse team's senior night on Monday.**



**Marshall midfielder Sophie Lex scored two goals against Thomas Jefferson on Monday.**

## Madison Girls' Lax Beats Stone Bridge in Thriller

**I**n a thrilling and bizarre contest decided in the last few seconds of the game, the visiting Madison girls' lacrosse team (8-1, 6-0) escaped with a 12-11 victory over the powerful Stone Bridge Bulldogs (9-3, 4-2).

Traveling to Loudoun County on a cold and drizzly Monday evening, the Lady Warhawks were at a decided disadvantage on Stone Bridge's muddy, grass field — a surface that was familiar and comfortable territory for the home team Bulldogs. Initially, Madison appeared out of synch on the sloppy field and trailed the

Bulldogs 7-5 at halftime. In a hard-fought and physical game marked by numerous fouls and yellow cards on both sides, Stone Bridge extended its lead to 11-6 with 9 minutes remaining.

After a time out by head coach Amanda Counts, the Lady Warhawks returned to the field, seemingly on a mission, and took control of the game. The momentum shifted in the Warhawks' favor for good when the Bulldog goalkeeper was tagged with a rare yellow card for slashing Kierra Sweeney as she drove for an uncontested goal. After the penalty was assessed, Sweeney responded

with a free shot goal into the open net. A fired up Madison team maintained draw control for the remainder of the game and scored quickly on the next five possessions.

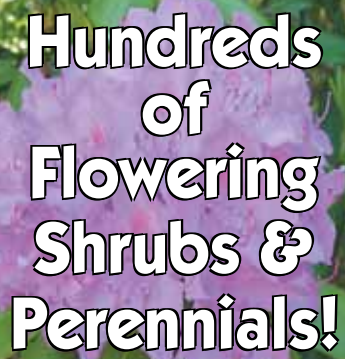
Katie Kerrigan scored the winning goal with just a few seconds left in the game. Kerrigan and Sweeney paced Madison's scoring attack with three goals apiece. The Warhawks also got goals from Sam Babbitt (2 goals, 3 assists), Maddie Renshaw (2 goals), Erin Callahan (1 goal, 1 assist) and Carly Frederick (1 goal). Alex Condon chipped in with two assists. Rachel Brennan and Maddie Roberts were relent-

less on defense and goalkeeper Sigourney Heerink notched 11 saves, including several spectacular stops toward the end of the game.

The Lady Warhawks' final regular season game is at home against Thomas Jefferson on Wednesday. It's senior recognition night for Callahan, Frederick, Melissa Kellan and Taylor Rivera-Silva who will be honored in a pregame ceremony at 7 p.m.

The Warhawks enter first round Liberty District Tournament play this Friday on their home turf as the No. 1 seed.





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