

Langley Presents 'Little Women'

NEWS, PAGE 12

From left, Camila Maric, Taylor Goodson and Kathryn Bailey, as three of the March sisters in Langley High School's production of "Little Women."

Route 7 Widening Plans Updated

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Giving Teens Strength To Keep On Living

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Home LifeStyle

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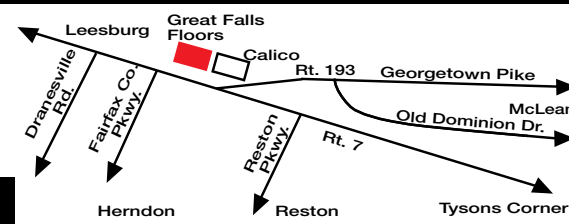
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A redesign of the Route 7-Utterback Store Road intersection that will happen with the widening of Route 7. The design will make the eastbound lanes part of a continuous intersection, not governed by a traffic signal.

Route 7 Widening Plans Updated

Intersection improvements, increased pedestrian and bicycle facilities highlight \$300 million project.

BY ALEX McVEIGH
THE CONNECTION

The Virginia Department of Transportation held an update meeting regarding the Route 7 Widening project Wednesday, Nov. 6. The estimated \$300 million project will widen Route 7 from four lanes to six for 6.9 miles from Jarrett Valley Drive to Reston Avenue.

The project will also improve intersections and add a 10-foot share use path on both sides of the road for use by pedestrians and cyclists.

According to VDOT, as of 2011 the 6.9-mile section of road carried between 46,000 and 54,000 vehicles per day. By 2040, they estimate that number to rise to between 73,000 and 86,000 vehicles per day.

From the winter of 2012 into 2013, VDOT has conducted a market research study on what local residents think of the current Route 7. According to the survey, 63 percent of residents said traffic is a prob-

lem and 81 percent said they believed traffic was getting worse. Nine out of 10 commuters believe that changes should be made.

ALMOST HALF OF RESIDENTS, 49 percent, said they would like to see sound wall installed, and 64 percent said the widening should preserve historic sites and buildings, such as Colvin Run Mill.

The intersection of Route 7 and Reston Parkway will see the left turn lane to Meadows Farms from the eastbound lanes removed.

The intersection of Route 7 and Utterback Store Road will be turned into what is known as a “continuous flow intersection,” meaning eastbound traffic to Tysons will not be governed by a signal.

A median will be added to the left turn lane for drivers turning left from Route 7 onto Utterback Store Road. The median will extend to the east side of Utterback Store Road, meaning drivers taking a left eastbound from Utterback Store Road to Route 7 will enter to a median area that will allow them to merge with the normal eastbound traffic.

The intersection of Route 7 and Lewinsville Road will also become a continuous flow intersection.

Another main intersection improvement will be the addition of flyover section at Baron Cameron Avenue. Drivers who are going straight through the intersection will continue without being governed by a sig-

SEE ROUTE 7, PAGE 7



The intersection of Route 7 and Baron Cameron Avenue will have an eastbound flyover addition with the upcoming widening of Route 7.

Giving Teens Strength To Keep On Living

Thursday, Nov. 14,
Great Falls Tavern hosts
Josh Anderson Foundation
second annual Fall Fundraiser.

BY JEAN T. JIANOS
THE CONNECTION

November 11 through Nov. 15 is Wellness Week at Annandale High School. The Josh Anderson Foundation (“JAF”) is contributing thousands of “Laugh More” pins to help everyone get into the wellness spirit, as well as providing after-school yoga lessons for stress relief. In addition, JAF is sponsoring a nationally recognized speaker, Jordan Burnham from the Active Minds young adult mental health organization. All of these activities are in support of JAF’s goal to “fund programs in high schools that could’ve impacted Josh and prevented him from making the irrevocable decision to end his life.”

Josh is Joshua Lee Anderson, former Langley High School student and athlete, and brother of Lauren Anderson, JAF Founder and Director. Josh took his own life on March 18, 2009. He was 17 years old. Since the 2011- 2012 school year, JAF has funded suicide prevention programs at Langley High School and Cooper Middle School, and at South Lakes, McLean and Thomas Jefferson high schools, among others. JAF believes that, “teenagers need to understand that their mental health and emotional well-being is just as important as academic, athletic, or extra-curricular success.” JAF reminds teens through its website that, “as a 17-year-old, you are more likely to suffer from a life-threatening mental illness than a physical disease, [and] mental illnesses are real, common and treatable.”

In order to raise the funds needed to sponsor teen suicide prevention programs and mental health education, The Tavern at Great Falls is hosting the JAF Second Annual Fall Fundraiser on Thursday, Nov. 14, from 6 p.m. to 11 p.m. The Tavern is donating 10 percent of its proceeds to JAF. “The Tavern at Great Falls and its man-



Guest Bartenders at the 2012 Fall Fundraiser. One hundred percent of Guest Bartenders’ tips will be donated to the Josh Anderson Foundation at its Second Annual Fall Fundraiser on Thursday, Nov. 14, at The Tavern at Great Falls.

ager, Kevin Shea, are very supportive of the cause and always helpful in preparation for the event and accommodating [on] the evening of, not to mention donating 10 percent of proceeds,” JAF Director Anderson said.

Keller Williams Realty McLean/Great Falls is a Platinum Sponsor of the event again this year. Many people from their offices are volunteers who also attend and guest bartend. All bar tips and raffle ticket proceeds will go directly to JAF. Raffle prizes include: game tickets for Georgetown University Hoyas Basketball; grandstand tickets to the Washington Kastles professional tennis team match; and passes for yoga classes at Beloved Yoga of Great Falls and Reston, and the Dream Yoga Studio of McLean. There also will be a live auction of golf for a foursome at Trump National Golf Club; tickets to the Washington Redskins vs. New York Giants football game at FedEx Field on Sunday, Dec. 1; and other items.

The Tavern at Great Falls is located at 9835 Georgetown Pike in Great Falls, Va.

To learn more about the Josh Anderson Foundation visit: www.joshafoundation.org or <https://www.facebook.com/joshafoundation>.



PHOTO BY MICHAEL LEE POPE/THE CONNECTION

Terry McAuliffe delivers his victory speech Tuesday night.

Democrats Score Narrow Victory

Division in Republican Party cited in loss.

BY MICHAEL LEE POPE
THE CONNECTION

When Jim Dillard first ran to represent Fairfax County in the House of Delegates in 1965, the Republican Party of Virginia was a different animal. Recalling that race on Election Night 2013, Dillard said that was a time when the party welcomed diversity between moderates and conservatives. He lost that first race, but went on to serve in the House of Delegates for more than 30 years. This year, though, he worked for Democratic gubernatorial candidate Terry McAuliffe in a fierce race for governor against Republican Attorney General Ken Cuccinelli.

"The party has gone so far to the right, and they are trying to shove all these social issues down everybody's throat," said Dillard, who represented House District 41. "That's turned off an awful lot of Republicans who used to vote for me."

Although polls leading up to Election Day showed McAuliffe with an average lead of six percentage points, the actual vote was much closer. McAuliffe narrowly edged out Cuccinelli 48 percent to 45 percent. State Sen. Ralph Northam (D-6) enjoyed a more comfortable lead against Republican E.W. Jackson, 55 percent to 45 percent. That means Northam will resign his state Senate seat, upsetting the balance between 20 Republicans and 20 Democrats. The special election for Northam's seat is expected to become a hotly contested race because the stakes of the outcome could determine which party controls the state Senate.

"That's a seat that has a split between Norfolk and the Eastern Shore," said Clark Mercer, political director of the Democratic Party of Virginia. "So the key to winning that election will be having a candidate that can draw votes from both of those regions."

IN MANY WAYS, the results of the election have yet to play out. Aside from the special election for Northam's seat, the race for attorney general appears to be headed to a recount. Late Tuesday night, state Sen. Mark Obenshain (R-26) had a very narrow lead and Republican Party Chairman Pat Mullins issued a statement congratulating him on winning the election. State Sen. Mark Herring (D-33) appeared before reporters to say he was not conceding the race.

"Right now, it's basically 50-50 and the numbers have been moving in our direction all night," said Herring. "The race is far from over."

The numbers were, in fact, moving in Herring's direction as votes continued to be tallied. By Wednesday morning, Herring had a very narrow lead over Obenshain. Because the margin of victory is likely to be less than 1 percent, a recount in that race seems likely. For many Democrats who gathered at the Sheraton Premiere in Tysons Corner, it was yet another indication that election 2013 turned out to be much closer than many people had anticipated.

"It turned out to be a race that was so close that in the annals of Virginia history it's going to go down as one of the closest races of all time," said Pat McCune of Centerville, saying the race was closer than expected.

ELECTION 2013 was a long and bitter slog for candidates, who spent much of the campaign hurling accusations and counter-accusations. Cuccinelli was dogged by his association with a wealthy businessman who made lavish gifts to the governor and attorney general that went unreported on disclosure forms. McAuliffe was haunted by accusations about his relationship to a troubled green-car company. As the race unfolded, it became increasingly negative — especially in television ads that dominated screens across Northern Virginia.

"Election nights are emotional times," said Gov. Bob McDonnell in a written statement. "For the winner there is the thrill of victory, combined with the recognition that the hard work preceding this moment is but a prelude to the tremendous effort yet to come."

Comstock, Rust In Tight Races

Competitive state races gave voters more choices, but they stick with incumbents.

BY VICTORIA ROSS
THE CONNECTION

Every two years, Virginia holds all of its statewide elections. When it's time to elect a new Governor, every member of the Virginia House of Delegates, a 100-seat body currently held by a GOP majority (67 Republicans – 32 Democrats and 1 Independent), is also up for re-election.

While downballot races got the spotlight, Northern Virginia actually saw the most competitive two-party races this year, with 57 contested House seats. This marks only the second time in the last decade where at least half of the 100 House seats had more than one name on the ballot.

"So what?" voters seemed to declare when casting their ballots.

Despite more choices, voters stuck with the politician they knew, giving incumbents in nearly every Fairfax County district a decisive victory.



Comstock



Rust

the vote (14,591 votes) over GOP challenger Leiann Luse with 34 percent of the vote (7,513 votes).

District link on VPAP at www.vpap.org/elections/district/
Locality: Fairfax County
2012 elections: Obama 59 percent/Romney 39 percent, Kaine 61 percent/Allen 39 percent
This district remains deep blue.

District 36

Incumbent: Kenneth Plum (D)
District Link on VPAP at www.vpap.org/elections/district/
Locality: Fairfax County; 2012 elections: Obama 63 percent/Romney 35 percent, Kaine 65 percent/Allen 34 percent

Plum is one of two Democrats in a deep blue district that doesn't have an opponent.

District 34

Incumbent: Barbara Comstock (R) narrowly wins over Democratic challenger Kathleen Murphy with 50.66 percent of the vote (14,935 votes) over Murphy's 49.20 percent (14,504 votes).

District link on VPAP at www.vpap.org/elections/district/
Localities: Fairfax County (69 percent), Loudoun County (31 percent); 2012 elections: Obama 49 percent/Romney 49 percent, Kaine 52 percent/Allen 47 percent

This district tilts Republican.

District 35

Incumbent: Mark Keam (D) won overwhelmingly with 66 percent of

District 86

Incumbent: Tom Rust (R) edged out Democratic challenger Jennifer Boysko by just 56 votes. The final unofficial SBE results, with all precincts reporting, had Rust with 50.02 percent of the vote (10,383 votes) over Boysko's 49.75 percent of the vote (10,327).

District link on VPAP at www.vpap.org/elections/district/
Localities: Fairfax County (87 percent), Loudoun County (13 percent). 2012 elections: Obama 60 percent/Romney 39 percent, Kaine 61 percent/Allen 39 percent.

This race is still undecided: Del. Tom Rust (R-86) leads Jennifer Boysko by 57 votes, provisional ballots and recount are likely to come.

Voters Pass \$250 Million School Bond

Fairfax County voters overwhelmingly supported a \$250 million school bond. With 239 (100 percent) precincts reporting, the bonds passed with 214,171 yes votes (73.89 percent) over 75,677 no votes (26.11 percent). In a news release, Fairfax County Public School officials said the money will be used to:

- ❖ Build two new elementary schools
- ❖ Help renovate 22 schools
- ❖ 17 elementary schools
- ❖ 2 middle schools
- ❖ 3 high schools

- ❖ Buy land for the South West County High School
- ❖ Enhance the capacity of one elementary school and one high school
- ❖ Replace or improve infrastructure, such as roofs, major mechanical systems, and parking lots.

For more information, visit the Fairfax County Public Schools 2013 bond referendum web page at <http://www.fairfaxcounty.gov/bond/>

The site includes bond referendum fact booklet, maps and project details, as well as materials printed in Spanish and Korean.



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A crowd gathers at the Great Falls Freedom Memorial to commemorate Veterans Day Monday, Nov. 11.



The Langley High School Madrigals perform at the Great Falls Freedom Memorial Monday, Nov. 11 for the annual Veterans Day ceremony.

PHOTOS BY ALEX MCVEIGH/THE CONNECTION

Veterans Day Celebrated at Freedom Memorial

Former Navy SEAL John “Sandy” Pidgeon speaks during annual ceremony.

BY ALEX MCVEIGH
THE CONNECTION

More than 100 citizens gathered at the Great Falls Freedom Memorial

on the 11th hour of the 11th day of the 11th month Monday to pay tribute to Americas’ veterans.

“I’ve always thought what we do here is a perfect example of small town patriotism,” said Andy Wil-

son, vice president of the Friends of the Freedom Memorial. “We do three events per year here at the memorial, Memorial Day, a 9/11 remembrance and Veterans Day, which takes on additional impor-

tance for me. I hope everyone here will remember the words of George Washington: “The willingness with which young people are willing to serve in any war, no matter how justified, shall be di-

rectly proportional to how they perceive the veterans of early wars and how they are treated.”

The ceremony, one of three annual events held at the Freedom Memorial, is directly proportional to how they perceive the veterans of early wars and how they are treated.”
SEE VETERANS, PAGE 10

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NOVA Team Wins Fall Classic

The NOVA 94 fourth grade girls team won the 5th Grade Girls Championship title in Coach Wootten's Fall Classic on Nov. 3. The team includes girls from Colvin Run Elementary, Forestville Elementary, Great Falls Elementary and other local schools. They beat fifth grade teams from Arlington and Loudoun County to make it to the championship game. The championship game was a hard fought battle where they were down 4 to 10 in the first half but made a come back and won the game 14 to 12 with a single basket scored in the last two minutes. The team is led by Head Coach Christie Shumadine and assisted by multiple dads including Aric Holsinger and Joe Russo.

Team members are:

Lynley Birchard, Annabeth Holsinger, Maya Kanaan, Casey Kerrigan, Nava Mehrpour, Avery Perez, Lexie Perez, Kayla Rolph, Gianna Russo, Caitlyn Shumadine, Shreya Sivaram and Allie Wakeman.

Route 7 to Widen to Six Lanes

FROM PAGE 3

nal, drivers wishing to exit on Baron Cameron or Springvale Road will get off, and go under the eastbound traffic.

Westbound traffic at that intersection will still have a traffic signal.

"I appreciate all the plans that seem to minimize stoppage going into Tysons, but the traffic is just as bad the other way," Jeff Meade of Vienna said. "Why no flyover going the other direction, which is a standstill every afternoon?"

The easternmost intersection of Route 7 and Colvin Run Road, closest to the mill, will also see changes. Neither east or westbound traffic on Route 7 will be permitted to make a left turn on Colvin Run Road or Capers Farm Way.

"I think the improvements suggested to many intersections will make things better for the majority of people who use Route 7, but I'm not sure how many of the changes are going to make things easier for the people that live

along the road," said Regina Benz of Great Falls. "A lot of changes when it comes to where you can make a right or left turn are going to make it tough, and some of them will require residents to pass through these intersections in several places to get in the direction they need to go."

OF THE ESTIMATED \$300 MILLION for the projects, \$30 million is expected to go to design engineering, \$50 million for right-of-way acquisition and \$220 million for actual construction costs. Currently there is only partial funding for the design and no funding for right-of-way acquisition and construction.

Comments on the plan must be postmarked, e-mailed or delivered to VDOT by Friday, Nov. 16. They can be mailed to Leonard "Bud" Siegel at 4975 Alliance Drive, Fairfax, VA 22030.

Feedback can also be sent to meeting_comments@vdot.virginia.gov with "Route 7 Widening - Reston Avenue to Jarrett Valley Drive" in the subject line.

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OPINION

Proof Every Vote Matters

Elections have consequences, including very close races.

Tuesday morning, a full week after an Election Day that included races that were more suspenseful than anticipated (and also many races that were foregone conclusions), we are probably more than a month away from certifying the winner of the Virginia Attorney General race.

At press time, the State Board of Elections reported, unofficially, that Mark Herring (D) had 1,103,610 votes with 49.89 percent of the vote; Mark Obenshain (R) had 1,103,493 votes with 49.88 percent of the vote. The 5,152

write-in votes are huge in a race that at one point had Obenshain ahead by 15 votes.

The process of canvassing or verifying the vote has been revealing, including a malfunctioning voting machine that had more than 2,000 votes uncounted in Fairfax County, a voting machine in Richmond that hadn't been counted at all and many smaller errors. Human error and computer error are to be expected.

EDITORIAL

It will make a difference which man is elected as Attorney General. The current Attorney General, Ken Cuccinelli, demonstrated the influence that office can exert on many fronts, from academic freedom and scrutiny to the challenge of health care reform to implementation of environmental regulations to investigations of the household staff of the Governor's mansion.

Del. Tom Rust (R) won reelection by just 57

votes, with 50.1 percent of the vote over Jennifer Boysko with 49.74 percent. Del. Barbara Comstock (R) won reelection with 50.64 percent of the vote over Kathleen Murphy (D) who received 49.19 percent, a margin of less than 500 votes. All results are still unofficial.

Consider another close race, in November 2007: then state Sen. Ken Cuccinelli (R-37) won re-election by less than one-half of a percentage point, with an edge of just 92 votes out of 37,185 ballots cast, beating Democrat Janet Oleszek. Approximately 32 percent of registered voters in the 37th District cast ballots at the polls in that election.

Retiring Del. Jim Scott was elected in 1991 with a margin of a single vote.

Just a few of many examples that prove that every vote really does matter.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

Library Reorganization Deserves More Work

BY SHARON BULOVA
CHAIRMAN/FAIRFAX COUNTY
BOARD OF SUPERVISORS

In September, the Fairfax County Board of Supervisors called for the suspension of a major reorganization proposed to our Fairfax County Public Library system. The suspension was requested in order to provide more opportunity for outreach to concerned library employees and patrons so that proposed changes could be explained, evaluated and vetted among stakeholders. The Connection Newspaper has covered this issue.

As our nation and Fairfax County have struggled with the effects of the Great Recession and its lengthy aftermath, we have needed to make reductions to the many services and programs the county provides. Throughout this time, our Board has sought to maintain taxes at a level that is affordable for our community. I applaud our County staff for proposing efficiencies and reorganizations during this time that have helped us maintain high quality services that also save taxpayers money.

Over the past few months, I have received a



number of letters, emails and phone calls regarding the proposed library reorganization as well as the "floating collection" and issues around the discarding of books. I believe, based on the feedback I have received, that the reorganization as proposed

was too much for the organization to absorb. Many of the ideas contained within the plan, however, have value and should continue to be explored. Our shared goal is to make sure our libraries continue to be the vital and vibrant places that our community can enjoy and rely upon well into the future. The quality of our collection and the services we offer should reflect the standards Fairfax County residents expect.

I would like to thank members of the Library Board of Trustees and library staff for their efforts during the past few months as they have conducted a series of discussion forums on the proposed changes. I understand the meetings have been constructive and have included

some spirited debate. I especially want to thank Deputy County Executive Dave Molchany for his personal investment of time and energy to assist library staff with ensuring a thoughtful and insightful process. Our Board has asked for a progress report from the Library Board of Trustees to be presented at our Board meeting on Nov. 19 and I am looking forward to hearing directly from them.

During these recession years, library systems around the country have had to reduce hours, cut services or even close library branches; Fairfax County is not alone in this struggle. Libraries across the country have also been exploring innovative ways to contain costs while at the same time maintaining or even improving services to meet the needs of their residents. I am confident that Fairfax County will prove to be a leader in achieving this goal.

This issue has served to energize those in our Fairfax County community who appreciate the value our outstanding library system affords us. Thank you for rallying to support our libraries!

SHARON BULOVA

Flying Saucers

BY RICHARD BLISS

Ok, now that I have your attention, I must confess that this piece is not about aliens, at least not the kind that NASA is looking for. Rather it is about creating traditions that may help keep members of your extended family from becoming aliens to you and your immediate family.

As we get older, even with the ubiquity of social networking,

it seems that family members can become more distant, literally and figuratively. To be just a little cynical, this can be welcomed in some cases. But unwelcome family "drift" happens more often because our parents, aunts, uncles and beyond, who kept us physically uniting from time to time, are gone. Also, in our mobile society, you're in New Jersey one year and Arizona the next.

But there is hope for keeping in touch, literally. Think outside the dull holiday dinner get-togethers.

Think "Sibling Applesauce"!

My wife Joan's mom, Irene (now in heaven), grew up at a time when folks did things like crocheting beautiful Afghans, made clothes on a sewing machine and "canned" fresh foods for future consumption. This was not a hobby or entertainment, but rather a necessary hands-on way of contributing to the family welfare. Her children, Fred, Donna, Joan and Kathy learned the art of canning as part of their chores, and eventually found that it had

become something of a tradition in the family.

Here they are in their Golden Years, and the tradition lives! It brings the siblings together for several days each year in the fall to make applesauce. And I'm not talking about a couple of jars. This year's batch totaled over 120 jars of the best darned sauce in this part of the country. Our place in Great Falls has become the sauce-center where the equipment is housed, and

SEE SAUCERS, PAGE 9

Great Falls CONNECTION

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Flying Saucers

FROM PAGE 8
that's all good.

Kathy flies in from Dallas, Fred from Johnstown, Pennsylvania, (the hometown), Donna from the Shenandoah Valley. The prep work has been going on for a couple of weeks. Fred buys 2-1/2 bushels of perfect apples in Pennsylvania. Then there's gathering and washing jars, lids, pressure cookers, other cookers, and most importantly, the crank driven "magic machine" that removes skin, seeds and stems, and squishes the good stuff into a pot. But I'm getting ahead of the story.

They have a real assembly line approach to this endeavor. Each sibling has at least one specialty. There's washing the apples, cutting them up, cooking them, "magic machining" them (it looks like a fancy meat grinder), filling the jars, pressure cooking the filled jars to Pastuerize and seal them, and packing the result.

But, and this is the point of this story: they are together, chatting

about children, the family and its history, and life its own self, busy as bees. They're catching up in person, doing something that has a mouth-watering end-game that lasts for months (hard to do on Facebook), and keeping alive a tradition that goes back to the 1950's, at least.

How cool is that! Plus, other members of the extended family drop by to observe the "sibling revelry," filling in some blanks about who's up to what, and hoping to snag a few jars for their pantry.

However, it's really not all about making applesauce. There is ample time for dinners and excursions. But without the magnetism of tradition and the result-oriented focus, the gatherings would be far less compelling.

I know lots of families have, and pass on, similar traditions. Joan has our daughter Ashley hooked on making strawberry jam from their handpicked berries every summer. But for those who don't have a reason to make these fam-

ily encounters happen, how about creating one?

An important component is to have a "deliverable" of some kind (food is a good start) that provides a focus that goes beyond conversations about comparative lifestyles, relationships and health issues. It also encourages hands-on, face to face human encounters that cannot be replicated on an iPhone, no matter how many apps it has.

As for those in the next generations who have grown up with their faces glued to a screen, and who boldly text each other across the room, they may be at risk in the touchy-feely side of the human relations and family glue departments. They might benefit from some old-fashioned hands-on, tangible product, collaborative effort that can be "traditionalized" to help keep them in touch and centered. Just a thought.

Richard Bliss is a lawyer who lives in Great Falls.

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Marines from the Color Guard Detachment retire the colors at the annual Great Falls Veterans Day ceremony Monday, Nov. 11.

PHOTOS BY
ALEX McVEIGH
THE CONNECTION



Veterans Honored in Great Falls

FROM PAGE 6

Memorial, featured performances by the Langley High School Madrigals, an invocation and benediction from Pastor Dave Zucchelli of Smith Chapel United Methodist Church and the presentation of colors from the U.S. Marine Corps Color Guard Detachment.

"These ceremonies always bring in the best, and today was no exception," said Shirley Babel of Great Falls. "The Madrigals' songs were just beautiful and very fitting to hear while the wind was blowing the American flag, and the Marine color guard was also a wonderful touch."

The event's keynote speaker was John "Sandy" Pidgeon, a Great Falls resident and former Navy SEAL. Pidgeon served as a SEAL platoon commander or Vehicle Delivery Teams, did two tours as a member of SEAL Team Eight and served two years as a Special Warfare Plans and Exercises Officer.

He was the military detailee at the CIA and was the first SEAL co-pilot of the Advanced SEAL Delivery System, a dry combatant submersible designed to deliver SEALs to remote locations. He has served tours in Somalia, Haiti, Iraq and Afghanistan.

Pidgeon recalled one of the most inspiring experiences he had ever had with a veteran. He decided to visit a SEAL officer in the hospital who was wounded during a firefight in Fallujah. Though the man had several wounds, including several gunshot wounds to the face, something caught Pidgeon's attention just outside the hospital room.

"I look at his door, and there was an orange piece of construction paper with some handwriting on it. It said 'Attention all who enter here. If you're coming into this room with sorrow, to feel sorry for my wounds, go elsewhere. I got them in a job I love, doing it for people I love, supporting the freedom of a country I love deeply... The room you are about to enter is a room of



John "Sandy" Pidgeon, a former Navy SEAL and Great Falls resident, speaks at the Great Falls Freedom Memorial Monday, Nov. 11.

fun, optimism and serious, rapid re-growth. If you are not prepared for that, go elsewhere," he said. "That piece of paper is now a bronze plaque on that door, it has been affixed to the door."

Pidgeon said that while veterans are honored, on Veterans Day and others, he hoped they would give back by sharing their experience.

"Planting seeds is something we as veterans need to start thinking about. We're here to take a moment to celebrate each other's service, but we have an obligation to pass on those lessons whenever and to whom ever we can. Whether in a conversation with other adults, with kids or on a comment thread online and to our elected representatives," he said. "I hope all of us will keep the torch burning, because there are those that would like to see it doused."



PHOTO CONTRIBUTED

Great Falls Library Branch Manager Daniela Dixon and Princess Aliyah in front of Kashmir Rose shawl displays.

The Great Falls-to-Kashmir Exchange

Princess Aliyah and Langley High popularize the desirable shawl.

Princess Aliyah, owner of Kashmir Rose shawls and the woman behind Great Falls-based wildlife conservation program Wolf Spirit Radio, brought a display of hand embroidered Kashmir shawls to the Great Falls Library to start the month.

Aliyah then went to Langley High School's fashion & marketing class Wednesday, Oct. 9, where she gave a lecture focused on the introduction of the Kashmir shawl to the West in the 17th century. She explained to the students how the shawl became the most desired gift among wealthy women of Europe during the 18th century, and ultimately, her own vision for popularizing the shawl in Great Falls in order to bring hope and a better economy to the people of contemporary Kashmir.

Napoleon Bonaparte inspired the shawl's popularity when he presented a gift of a Kashmir shawl to Empress Josephine, the fashion icon of Europe. Soon she had over 1,000 Kashmir garments. When she wore shawls, coats and other garments hand-spun and hand-woven in Kashmir from the finest natural fibers of high mountain goats, from France to Russia, gifts from Kashmir

became the most sought after treasures by European nobility. Great works of art from the 17th & 18th centuries often depict women wearing original Kashmir shawls and dresses.

Ongoing war in Kashmir threatened to destroy the tradition of art, but Princess Aliyah has a vision to revive the fine arts of Kashmir. Through Great Falls' community support and purchase of Kashmir Rose products, over 200 Kashmiri artisans and their families have an opportunity to dream again.

In response, Langley High School's fashion and marketing students formed a group lead by Ariel Thompson to showcase Kashmir Rose shawls at their annual fashion show in February 2014. Ariel is also arranging a mom-and-daughter Kashmir Rose fashion shoot in November. If you are interested in participating, email aliyah@kashmir-rose.com.

Visit the Great Falls Library display for more information, shop at the Kashmir Rose caravan on Saturdays at the Great Falls market between 9 a.m. and 1 p.m. or Bedheaders Home in the Great Falls shopping center.

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THE CONNECTION
NEWSPAPERS



Learning to Live Life

Motivational speakers and authors address local women.

BY ALEX McVEIGH
THE CONNECTION

When it comes to happiness, Joda Coolidge, Mindy Mitchell and Alison Nancye have seen both sides of the coin. Like everyone, their lives have seen ups and downs, but the trio have used their experiences to get to where they want in life.

It was with that in mind that they hosted an event in McLean last month, where they hosted several dozen women at an event designed to help them live the life they want.

"A lot of people feel that there's something not right with their day-to-day existence, they talk about where they should be, and this happens to people of all ages," said Coolidge, a life and wellness coach in Great Falls. "That begs the question: just who are you listening to? Is it someone that really matters to you, or are you just endlessly comparing yourself to others? Because constant comparison is a surefire way to never be happy."

Coolidge recently re-connected with Mitchell, a design consultant with Sun Design in McLean who specializes in future planning. After a few conversations, they found that their respective fields might make for an interesting combination.

"Joda and I re-connected, and we had an idea about doing a talk, and all of a sudden it was spontaneous combustion, we exploded with ideas," Mitchell said.

THE EVENT featured Mitchell, Coolidge and Australian author Alison Nancye. Each of them told their stories and their quest to achieve the life they wanted.

"Our theme was 'create the life you want' and how to live it now," Coolidge said. "Women get a lot of messages about what their life is supposed to be, about how much money to make, about starting a family and having kids, and it's easy to get derailed from your true passion."

Each of the three women told how they found themselves living away from their passions, and how they found their way back.

Nancye's book, "Note To Self" is a fictional story about a woman



From left, Mindy Mitchell, Joda Coolidge and Alison Nancye. The three women hosted a session with local women last month to help them live the life they wanted.

who hates her present life, and after a breakdown, she decides to chase her dream in Peru.

"Alison's story is about the concept of what you focus on, grows," Coolidge said. "If you dwell on the negative parts of your life, that part will grow, and vice versa."

Coolidge's message as a life and wellness coach is the power of positive thinking, and she shared that with the group.

"We're hard-wired to think negatively, it's a protection device the human psyche has developed," Coolidge said. "To change that, you have to re-train your brain to think positive thoughts, and then approach your goals in a manageable process, step by step, from A to B to C to D, which allows you to see your progress."

Coolidge said that message helped at least one attendee repair a relationship in her life.

"I received a few follow up e-mails from a woman who has been estranged from her 21-year-old son," she said. "She told me the event gave her the idea that if she changed the way she reacted to him from a negative, that he only calls when he needs something, to a positive, about how proud she is of him, and how she now makes an effort to start all their phone calls with that thought."

Mitchell said she has been lucky enough to enjoy her job, and after downsizing her residence, she liked her living situation. But there was one thing missing.

"I realized that at age 59, and having been divorced, that I was simply tired of being alone. So, I wrote a description of my perfect partner, and eventually, I was able to find him," she said. "What stops people the most are the 'what ifs,'

and I was determined not to let that stop me."

MITCHELLE'S BOOK "The Lube of Life" tells the true story of her modern romance, through e-mails and online chat logs, through their conversations and eventually their meeting.

She said from evaluations and further contact with the group, she believes different parts of the presentation resonated with different people.

"People get stuck, it happens to everyone, you just become anesthetized to what's happening," she said. "A woman came up to me after the program and said she was worried about the magnitude of changing, and I told her the first step is to look down at where you are."

Find out where you want to go, develop momentum and just keep working toward it. People are often too focused on what's happened to them in the past, or what the future will hold, but the present day is what matters."

"One of the most positive parts about the event was that we all saw that the message we were talking about is available to anyone, ages 20 to 80," Coolidge said. "It's a step-by-step process, and it's not always easy, but if we can do it, we feel that anyone can do it."

Coolidge said the event received such overwhelming support that they are looking to expand the possibilities. An all-day workshop, a TED talk and even an outreach event to younger women have all been discussed.

More information can be found at www.jodacoolidge.com, www.libeofligfe.com and www.alisonnancye.com.

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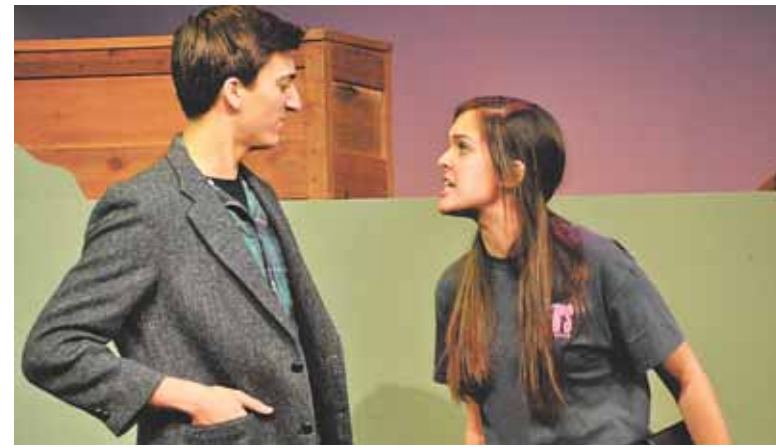
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Madeline Chalk, as Jo, tells her story to Professor Bhaer, played by Ethan Zell, during "Little Women," Langley High School's fall musical.



Madeline Chalk, as Jo March, argues with Professor Bhaer, played by Ethan Zell, in Langley High School's fall musical "Little Women."

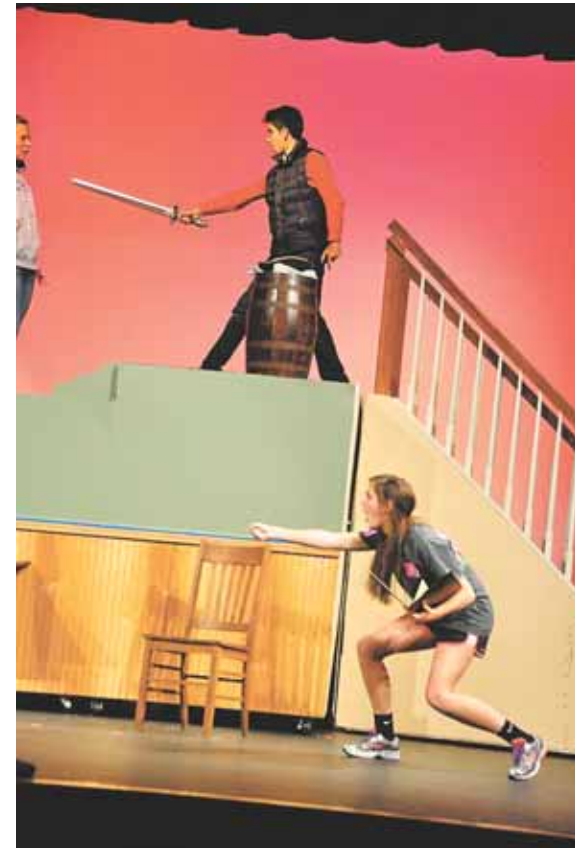


Jo March, played by Madeline Chalk (center) tells her sisters, from left, Camila Maric, Kathryn Bailey and Jamie Goodson about her latest story idea in "Little Women," Langley High School's fall musical.

PHOTOS BY ALEX McVEIGH/THE CONNECTION



From right, Vivian Vaeth as Marmee lectures Jamie Goodson as Amy, during Langley High School's production of "Little Women," which starts Nov. 14.



Jo March, played by Madeline Chalk, imagines the protagonist of her story Rodrigo, played by Kanishk Singh, in Langley High School's production of "Little Women," which begins Thursday, Nov. 14.

emotions, then he has trouble hiding them."

Sophomore John Bucy said he also enjoyed the change that his character, Mr. Laurence, undergoes over the course of the play.

"In the beginning he's such a grumpy old man, and then he slowly begins to care about the Marches, especially Beth, who remind him of his deceased daughter, and of better times," he said. "It's more fun to play a grumpy guy, to yell and shout, that's for sure."

Langley will present "Little Women" from Thursday, Nov. 14, Friday, Nov. 15 and Saturday, Nov. 16 at 7:30 p.m. each night at the Langley High School auditorium.

Langley Presents 'Little Women'

Students put on musical version of Louisa May Alcott novel.

BY ALEX McVEIGH
THE CONNECTION

When it came to playing sisters, Langley High School students Madeleine Chalk, Jamie Goodson, Kathryn Bailey and Camila Maric were more than up to the task. The four play the March sisters in Langley's upcoming production of "Little Women."

"We got together a lot, we did sleepovers and hung out, and I think the more we all got to know each other, the more believable it became," said Goodson, a freshman, who plays Amy, the youngest sister. "It led to us being able to have a lot of fun with each other onstage, which makes us more believable as sisters."

The musical is based on the 1868 Louisa May Alcott novel, which tells the story of Jo March and her three sisters, and their transition from childhood to adulthood.

"A lot of people know the story, but the musical is a different interpretation," said Bailey, who plays Meg, the oldest sister. "It's amazing to see how beautiful a book can be translated into a stage musical, and it's a twist on the story a lot of people probably don't know."

Junior Shomin Mather, who plays the part of Laurie, a suitor for the Marches, said he thinks the musical highlights things that might not come across in the text.

"I don't think a lot of people grasp the moral of the

story, which is to always follow your dreams," he said. "Through the play, it becomes clear that the ones who follow their dreams overall the obstacles in front of them, are the ones that are successful."

As a tomboyish character hardly concerned with the typical 19th century role for women, Chalk said she loved the part of Jo.

"I love the way she acts, full of energy, and she does things like jump on tables and cuts her hair, and I think her interactions with each character brings out the best in her," she said. "The sisters are all so different, and the play does a great job of showing that, and in the process it's just a big, old-fashioned musical spectacle."

Other actors said they enjoyed embracing their roles.

"I really enjoyed playing Beth because she isn't easy to play, she's very restrained and doesn't often show what she's feeling," Maric said. "It's tricky to get that across onstage."

Junior Vivian Vaeth plays Marmee March, the mother of the four girls, a part which she said fit her nicely.

"I see a lot of myself in the part, I'm not the oldest, but I definitely feel I can be very sensible," she said. "Scolding my 'daughters' was hard to get used to, but I really love the matronly, bossy ways I had to learn, to go from being 16 to a believable mother of four daughters."

While the women in the play further a lot of the action, several of the men have their parts to play as well.

"I liked my character, Professor Bhaer, because in the beginning he's so rigid, and the script has these great lines that slowly start showing that there's more to him," said junior Ethan Zell. "By the time he starts noticing Jo, he starts living more and more off his

overseeing the action as student directors, working on props, makeup, or hair, and assisting with scene changes and backstage operations.

In addition to including some unique special effects, the performance uses a "thrust" stage which provides an acting space in front of the stage on the floor. This setup not only allows for a more creative seating arrangement with seats on three sides of the stage, but also helps Langley's student actors learn more creative ways of positioning themselves on stage. Also new this

year, each student will be involved in constructing his or her own costume, with several rehearsals devoted to costume creation.

Tickets may be purchased online at www.langleyschool.org for \$8 each.

Founded in 1942, The Langley School is an independent coed day school for students in preschool through eighth grade. Located on a 9.2-acre campus in McLean, the school reaches across multiple disciplines to discover, amplify, and embrace the talents of every child, every day.

The Langley School Presents 'James and the Giant Peach'

Middle School students at The Langley School will present Roald Dahl's fantasy adventure, "James and the Giant Peach," in three performances Nov. 21-23 at 7:30 p.m., in the school's Sherman Arts Center.

Published in 1961 as one of Roald Dahl's earliest children's books, "James and the Giant Peach" chronicles the adventures of 9-year-old orphan James Henry Trotter who lives an unhappy life with his two greedy aunts in England. When a once barren peach tree in his

yard magically produces a humongous peach, James discovers a group of friendly insects living inside. Using the peach as their mode of transportation, he and his new friends experience amazing adventures which lead them to a new life in America.

The show includes 50 participants in grades 6-8, including cast and crew, student leaders, and pit orchestra members. This is a student-run production, so students are involved in all aspects of the play, serving as actors on stage, assisting with sound and lighting,



The Langley School students in rehearsal for 'James and the Giant Peach' show.

PHOTO CONTRIBUTED

SCC Takes Aim at Student Stress

Dr. Madeline Levine to speak at Alden Nov. 19.

BY ALEX McVEIGH
THE CONNECTION

The Safe Community Coalition, an advocacy group serving the Langley and McLean High School pyramids, as well as Thomas Jefferson High School for Science and Technology, is taking on the challenge of student stress head on.

On Tuesday, Nov. 19 they will welcome Dr. Madeline Levine, author and educator, to speak about the importance of parenting and how it can lead to happier students.

"In the McLean and Langley Pyramid if you don't go to college, don't get into a 'good' college, you are seen as a let down to your school, your family and your community," said Melissa Sporn, a mental health professional and SCC board member. "As a result I am routinely seeing patients in my practice who are overstressed, overworked and overwhelmed. Many of these students deal with these pressures by self-medicating with drugs and alcohol, cutting and/or engaging in other negative behaviors."

Levine is a California-based psychologist who has written three books on child development. Her third book, "The Price of Privilege," focuses on the problems encountered by teens that come from affluent families.

The book examines the idea of students who get good grades, are involved in activities and give the appearance of thriving, but also suffer from drug and alcohol abuse, anxiety, self-harm and anorexia, among other ailments.

Her latest book, "Teach Your Children Well," discusses the importance of good parenting step by step, from defining core values to developing purpose, well-being and meaning in children's lives.

"We've asked her to focus her presentation on our community and how to develop solutions to allow our kids to thrive and



PHOTO CONTRIBUTED

The Safe Community Coalition will host Dr. Madeline Levine, a best-selling author and psychologist who will speak on successful parenting techniques Tuesday, Nov. 19 at the Alden Theatre.

reach their potential without stressing them out...our community is very committed to the issue of academic stress and the pressures on our youth," said Karen Calpin, vice president of programs for the SCC. "As a parent and as part of the Safe Community Coalition, I feel we have a responsibility to provide programs to our community that highlight some of the key issues for our kids. Academic stress has been noted in the Fairfax County Youth Survey as one of those topics."

Several local schools have hosted events in the lead up to Levine's presentation. McLean High School screened "Race to Nowhere," a documentary that features Levine and highlights students who have been pushed to the brink due to commitments to school, sports, clubs and more.

Langley High School hosted Dr. William Stixrud, a psychologist that specializes in development, Tuesday, Oct. 29. Stixrud spoke about how constant stress can inhibit the development of adolescent minds.

Levine will speak at 7 p.m. at the Alden Theater at the McLean Community Center Tuesday, Nov. 19.

Tickets for the Levine event are \$10, and can be purchased online at www.safecommunitycoalition.net until Monday, Nov. 18 at noon. They can also be purchased for \$15 at the door.

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ENTERTAINMENT

Send announcements to mclean@connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encouraged. For additional listings, visit <http://www.connectionnewspapers.com/news/2013/sep/26/fairfax-county-calendar/>.

THURSDAY/NOV. 14

Jacqueline Saunders Portrait

Demonstration. 10:30 a.m.-noon, at The Vienna Arts Society, 115 Pleasant St., N.W., Vienna. Presents award-winning watercolor artist as she captures a person on a piece of paper in a series of brief impressions. 703-319-3971 or www.ViennaArtsSociety.org.

The Social, Religious, and Artistic Role of Color.

7-8 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. With an emphasis on the historical evolution of color in dyes and pigments from ancient times to the present day, Ms. St. Ledger-Roty will discuss what natural materials make what colors.

"Little Women." 7:30 p.m. Langley High School, 6520 Georgetown Pike, McLean. Students put on musical version of Louisa May Alcott's famous novel.

High School, 6520 Georgetown Pike, McLean. Students put on musical version of Louisa May Alcott's famous novel.

Landscape Painting

Demonstration. 1-4 p.m., at Color Wheel Gallery 65, 1374 Chain Bridge Road, McLean. Gallery 65 hosts Jill Basham at a landscape painting demonstration. She discusses the process of blocking and color, and her signature style of visible brushstrokes and the transference of emotion into her paintings. Light refreshments will be served. RSVP. 703-356-6345 or <http://cwgallery65.com/>.

Cabaret Dinner and Dance.

7-11 p.m., at the Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. Waltz, rumba, tango, foxtrot, cha-cha, samba and swing. "New York, New York" theme. Attire is ballroom casual. \$15 for program and snack bar; \$30 for program and dinner. 703-759-2685 or www.colvinrun.org.



Jill Basham will give a painting demonstration Saturday, Nov. 16 from 1-4 p.m., at Color Wheel Gallery 65, 1374 Chain Bridge Road, McLean.

Ingleside Avenue, McLean. The free concert will include music by Beethoven, Bartok, Mozart, Scarlatti, Chopin, Liszt, Debussy, and Stravinsky. For further information call 703-620-9535.

TUESDAY/NOV. 19

The Great Falls Writer's Group.

12:45-2:15 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Writers of every level discuss and read from their own work. All are welcome.

WEDNESDAY/NOV. 20

VPS Photo Competition.

7:30-9:30 p.m., at Thoreau Middle School, 2505 Cedar Lane, Vienna. Taylor is a

nature photographer who has spoken at the Smithsonian National Orchid Show, the US National Arboretum, US Botanic Garden and other mid-Atlantic garden venues. The competition is open to anyone who is a paid member of VPS on the evening of the judging. 703-758-0672 or www.vpsva.org.

THURSDAY/NOV. 21

Christmas Craft Show.

10 a.m.-7 p.m., at Oakton Church of the Brethren, 10025 Courthouse Road, Vienna. Variety of hand-made items and craft supplies for purchase, plus a soup and sandwich lunch and bake sale. More info: www.oaktonbrethren.org or 703-281-4411.

Opening Reception of Fall Solo Exhibitions.

6-8 p.m. GreaterRestonArtsCenter, 12001 Market Street, Suite 103, Reston. 703-471-9242

"James and the Giant Peach."

7:30 p.m. The Langley School, 1411 Balls Hill Road, McLean. Chronicles the adventures of 9-year-old orphan James Henry Trotter who lives an unhappy life with his two greedy aunts in England. Tickets: \$8. www.langleyschool.org

Catholic Church, 9970 Vale Road, Vienna. A performance of the Requiem in D Minor (K. 626), in remembrance of John F. Kennedy, on the 50th anniversary of his death. Free. 703-771-8390.

Christmas Craft Show.

10 a.m.-7 p.m., at Oakton Church of the Brethren, 10025 Courthouse Road, Vienna. Variety of hand-made items and craft supplies for purchase, plus a soup and sandwich lunch and bake sale. More info: www.oaktonbrethren.org or call 703-281-4411.

Kekuhi & Kaumakaiwa

Kanaka'ole. 8 p.m., at The Barns at Wolf Trap, 1635 Trap Road, Vienna. Hawaiian chanters of the 20th century, this family duo present native songs in a multigenerational performance. Tickets: \$25-\$30. Call 1.877.WOLFTRAP or wolftrap.org.

"James and the Giant Peach."

7:30 p.m. The Langley School, 1411 Balls Hill Road, McLean. Chronicles the adventures of 9-year-old orphan James Henry Trotter who lives an unhappy life with his two greedy aunts in England. Tickets: \$8. www.langleyschool.org

FRIDAY/NOV. 15

Andrew Belle.

7:30 p.m., at Jammin' Java, 227 Maple Ave. E., McLean. The alternative artist plays songs from his new album, "Black Bear," which debuted at top spots on the billboard. www.jamminjava.com.

Creative Framing Featured Artist:

Shari MacFarlane. 10 a.m.-6 p.m., at Creative Framing, 332 Maple Ave W, Vienna. Enjoy original works by water and mixed media artist.

"Little Women."

7:30 p.m. Langley High School, 6520 Georgetown Pike, McLean. Students put on musical version of Louisa May Alcott's famous novel.

SUNDAY/NOV. 17

Sunday Soiree.

3-5 p.m., in the community hall at the McLean Community Center, 1234 Ingleside Ave., McLean. The series of casual, afternoon dances returns for the fall session with an "autumn splendor" themed dance with music courtesy of the Wayne Tympanick Trio. Refreshments are included in the cost of admission. 703-790-0123, TTY: 711, www.waynetympanick.com or www.mcleancenter.org/special-events/upcoming.

A Young Soloists recital

featuring violinist Julia Marie Angelov, 12; cellist Raymond Lin, 15; and duo pianists Emma Guo, 15, and Lyric Yu, 15, 3 p.m. at the Alden Theatre of the McLean Community Center, 1234

SATURDAY/NOV. 16

"Little Women."

7:30 p.m. Langley

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Local REAL ESTATE

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

September, 2013 Top Sales in Great Falls, McLean, Vienna, Reston and Herndon



3 8304 Fox Haven Drive, McLean — \$2,700,000



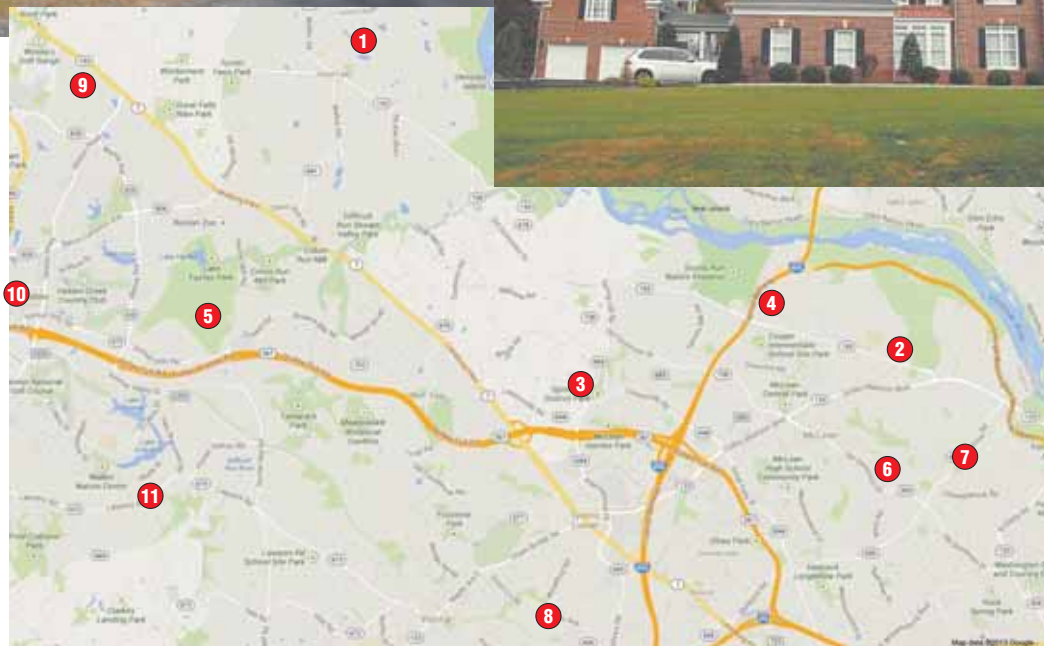
8 8514 Electric Avenue, Vienna — \$2,700,000



9 11602 Tori Glen Court, Herndon — \$1,365,000



10 11990 Market Street #1815, Reston — \$1,165,000



11 11111 Lawyers Road, Reston — \$1,045,000

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
1 576 INNSBRUCK AVE	6	7	2		GREAT FALLS	\$7,400,000	Detached	5.00	22066	GUNNELLS RUN FARM	09/04/13
2 1001 DOGUE HILL LN	5	5	2		MCLEAN	\$5,570,000	Detached	0.89	22101	LANE ON GEORGETOWN PIKE	09/12/13
3 8304 FOX HAVEN DR	5	5	2		MCLEAN	\$2,700,000	Detached	0.83	22102	FOXHALL OF MCLEAN	09/05/13
4 7025 BENJAMIN ST	6	5	1		MCLEAN	\$2,325,000	Detached	0.97	22101	LANGLEY FOREST	09/26/13
5 1631 ADMIRALS HILL CT	7	7	2		VIENNA	\$2,140,584	Detached	1.74	22182	BACHMAN PROPERTY	09/19/13
6 1523 FOREST VILLA LN	5	5	2		MCLEAN	\$1,978,955	Detached	0.58	22101	FOREST VILLA	09/26/13
7 1591 MADDUX LN	6	5	1		MCLEAN	\$1,900,000	Detached	0.52	22101	CHALICE CREST	09/24/13
8 8514 ELECTRIC AVE	9	8	1		VIENNA	\$1,595,000	Detached	0.57	22182	ALAN CAVACAS PROPERTY	09/16/13
9 11602 TORI GLEN CT	7	6	1		HERNDON	\$1,365,000	Detached	0.90	20170	OAK CREST ESTATES	09/12/13
10 11990 MARKET ST #1815	3	2	1		RESTON	\$1,165,000	Hi-Rise 9+ Floors		20190	MIDTOWN AT RESTON TOWN	09/27/13
11 11111 LAWYERS RD	5	4	1		RESTON	\$1,045,000	Detached	2.09	20191	LAWYERS CREST	09/30/13

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Home LifeStyle

Creating a Feast for the Eye

Local designers share ideas for a striking Thanksgiving table.

BY MARILYN CAMPBELL
THE CONNECTION

While a menu of turkey and gravy will satisfy the belly this Thanksgiving, a well-designed centerpiece that reflects the warm hues of fall will be a feast for the eyes.

From vivid floral arrangements that spring from gourds to tables piled with seasonal produce, local floral designers say that when it comes to creating Thanksgiving table décor as tantalizing as the meal itself, the options are vast.

Charles Gang, owner of Helen Olivia Flowers in Old Town Alexandria, and his team of designers often create colorful combinations of flowers and fruit in rich hues. "As far as fall arrangements, we're [us-



Charles Gang, owner of Helen Olivia Flowers in Old Town Alexandria creates fall centerpieces using full-sized pumpkins as vases.

ing] fruit like apples and pears, we're seeing mini pumpkins in arrangements," he said.

In fact, Gang suggests creating arrangements using full-sized pumpkins as vases. "We're doing a lot of rustic hydrangeas, a lot of roses in deep orange and germini in a variety of colors like orange and



Great Falls-based designer Alison de Wit of Distinctive Floral Designs adds a hint of spring to her autumn arrangements with flowers from Dutch markets.

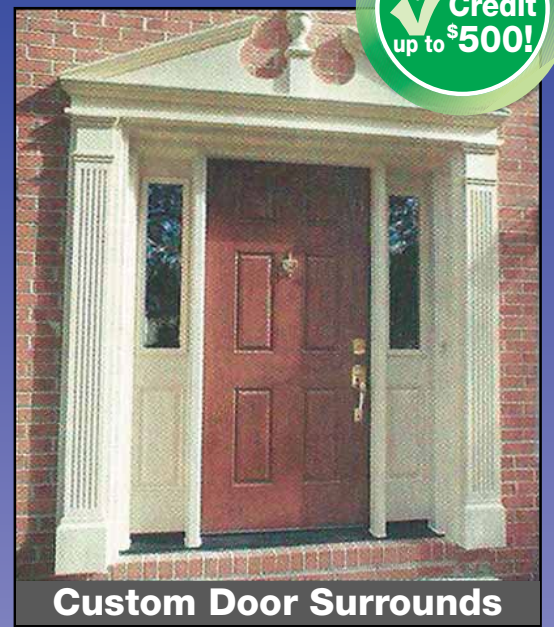
SEE IDEAS, PAGE 18

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REMODELING & DESIGN SEMINARS IN MCLEAN!



Sat., Nov. 16th — 10am-2pm

Where: 6862 Elm Street, Suite 330
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- 10 Tips For A Stress-Free Remodel
- From Concept to Completion

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Home LifeStyle

Charles Gang and his team of designers often create colorful combinations of flowers and fruit in rich hues at Helen Olivia Flowers in Old Town Alexandria.



PHOTO COURTESY OF HELEN OLIVIA FLOWERS

Ideas for Striking Thanksgiving Table

FROM PAGE 17

violets," he said.

Floral designer Laurie Diver, of Conklyn's Florist in Alexandria and Arlington, often uses glass cubes and bubble vases as a receptacle for her arrangements. "Flowers in orange, gold and maroon are great for fall," she said. "I also like to use hydrangeas that are green tipped with burgundy edges and lilies in rust, yellow and orange."

David Hicks, owner of Conklyn's, doesn't shy away from unconventional flowers. "We have a wholesale shop that is open to the public," he said. "Two or three times per week, we import flowers from South America like kangaroo paws [a tubular flower] that come in bronze and rust and cottage yarrow that come in bronze and yellow."

Another surprise for fall, says Diver, are tulips. "We usually don't see them again until spring, but now we have an assortment of parrot tulips in orange, yellow or a combination of both with tattered edges that look very artsy."

Great Falls-based designer Alison de Wit of Distinctive Floral Designs, who isn't afraid to add a harbinger of spring to her autumn arrangements either, said, "A lot of spring flowers are available from Dutch markets."

She also combines traditional flowers with mod-



PHOTO COURTESY OF CONKLYN'S FLORIST

Floral designer Laurie Diver of Conklyn's Florist, in Alexandria and Arlington, often creates arrangements with orange, yellow and gold flowers nestled in glass cubes.

"We're doing a lot of rustic hydrangeas, a lot of roses in deep orange and germini in a variety of colors like orange and violets."

— Charles Gang, owner of Helen Olivia Flowers

ern varieties. "You can combine a traditional hydrangea with a chartreuse spider chrysanthemum for a bright and unusual floral combination."

Floral designer Rachael Rinaldi, of Reston Floral Design in Reston, combines dried oak leaves with chrysanthemums in orange, burgundy, yellow or magenta. "Every fall, mums in rich colors are popular."

Hicks has seen a recent spike in the number of consumers who want to create budget centerpieces at home. "You can take eight to 12 blooms of cymbidium orchids in green and orange and put the elongated stems in a glass cylinder with some curly willow to give it contrast," he said.

Hicks also suggests that those who want simple elegance "gather four hydrangeas and put them in a square glass container with rocks at the bottom and you have a simple and elegant centerpiece."

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THE COUNTY LINE

PHOTOS BY JOAN BRADY/JOANBRADYPHOTOGRAPHY.COM



Fairfax Families4Kids coordinates activities mentors and youth in foster care, including outings and community service. Paris, who was recently adopted, visited the honey farm of Dan Price with other young people and mentors, getting to see first hand how honey is made, and picking sunflowers to be delivered to people in nursing homes.



Dan Price of Reston, founder of Sweet Virginia Honey with Dante, a young man who is being mentored by volunteers with Fairfax Families4Kids.



A Sweet Virginia beekeeper makes the bees sleepy so visitors can see inside the hives.

Sweet Gathering in the Sunshine

Mentors, foster children and other youth learn about bees; county needs more foster families, mentors.

On a beautiful day in late summer, a group of young people of varied backgrounds, including some youth in foster care, gathered with their adult mentors under the ongoing auspices of Fairfax Families4Kids on a field trip into the countryside.

Their destination was a farm that is home to bee hives and sunflower fields owned by Dan Price.

Price first got involved with Fairfax Families4Kids several years ago when he contacted advocate Joan Brady of Great Falls after reading about the potential demise of the program due to budget cuts.

Price offered to donate money to help keep the program that matches older foster children with adult mentors going. He funded a trip for the group to go to New York to see the Lion King a few years ago, and has kept in touch since. He was impressed with the program and the long-term connections it created for young people who, by definition, had been through some very tough times.

Several weeks ago, the group visited his farm to see how honey is made.

"It's a very nice program, the mentors are very kind hearted," Price said. "The kids are just terrific, teenagers, they were all just very nice people."

ON AVERAGE there are about 300 foster children in Fairfax County during any given month, about one-third of them between 12 and 17.

Because of a shortage of foster families in Fairfax County, about 40 percent of foster children are placed outside of the county, some as far away as Richmond and beyond. This makes it even more difficult for them to maintain any sense of community, and makes it impossible for them to continue in the same schools.

Even within Fairfax County, there aren't enough foster families to ensure that children won't be living an hour away from their homes and schools because the county is so large.

"Removing a child from the home is used as a last resort – whenever possible we try to provide services that allow children to remain with their families or at least to be placed with relatives," said Amy Carlini, communications director for Fairfax County Department of Family Services. "Events leading up to removal are often traumatic, as is being placed with a family the child doesn't know. If the foster family lives far away from the child's original home, it can compound the disruption, making it challenging to remain in contact with friends and relatives, continue with after-school activities and more."

Foster children who reach the age of 18 without being adopted or reunited with relatives is another crisis of foster care in Fairfax County. Last year, 49 foster children in Fairfax County "aged out" of foster care at age 18 because they were not able to return to their families or be placed with relatives, and the county was not able to find adoptive families for them.

Get Involved:
Become a Foster Parent

There is a shortage of foster parents in Fairfax County, and as a result, about 40 percent of the 300 or so children are placed in foster care too far away to stay in the same schools and maintain their existing connections.

Fairfax County holds a monthly orientation session to find out more about being a foster parent; the next meeting is Nov. 18.

To find out more, call 703-324-7639, TTY: 703-222-9452, or attend an orientation meeting. See visit <http://www.fairfaxcounty.gov/dfs/childrencyouth/fca.htm>

Several foster children in Fairfax County are waiting, hoping to be adopted. You can see photos and descriptions at <http://www.fairfaxcounty.gov/dfs/childrencyouth/adoption-creating-connections.htm>

Get Involved:
Become a Mentor

Fairfax Families4Kids coordinates group and individual mentoring for young people 12 to 21, many currently living in foster care. Opportunities to spend quality time in the community engaged in regularly scheduled, structured group activities and community service projects. Fairfax Families4Kids gives individual adults and groups an important role to play in helping youth and teens find permanent families, and lasting connections with caring, supportive adults. There are many upcoming events. Call coordinator Beverly J. Howard, Ph.D., at 703-324-7518 or e-mail at beverly.howard@fairfaxcounty.gov

The stakes are high. A 2010 study at the University of Chicago found that only about 6 percent of former foster children aged 23 or 24 had graduated from college with either an associate's or a bachelor's degree. Several surveys in other parts of the country show that between 18 and 40 percent of former foster children have been incarcerated for at least one night as adults.

Sweet Virginia

Sweet Virginia is a Reston nonprofit founded by Dan Price that advocates for honey bees, and provides students a hands-on experiences in world of honey bees and the art and science of beekeeping and honey bee sustainability.

In addition to providing educational opportunities to groups like Fairfax Families4Kids, Sweet Virginia is partnering with George Mason University's New Century College to address the collapsing honey bee population through education and by establishing apiaries. GMU's recent course on beekeeping and sustainability was full and had a waiting list of more than 100. Sweet Virginia is raising money through indie-gogo at indiegogo.com/projects/hivestarter to build more apiaries, expand bee sustainability curriculum into public schools and expand George Mason's university level training to develop more professional beekeepers.

Sweet Virginia Foundation, 1760 Reston Pkwy, Reston, VA 20190. www.sweetvirginia.com

IT'S CRITICAL to increase quality foster care where children and youth can stay connected to support communities, to have long-term mentors for foster youth and to find adoptive families for the children and youth waiting to be adopted.

Mentors can provide a window for foster children and youth to a life beyond foster care.

"They need a connection with a caring adult," said Beverly Howard, coordinator of Fairfax Families4Kids and also an adoptive parent. The organization sets twice monthly up group activities for mentors, prospective mentors and foster children, including sports, visits to places like the Sweet Virginia apiary, community service projects like assembling back packs for school children in Haiti and many others. This group mentoring gives adult volunteers and foster children a chance to get to know each other. This arrangement has led to many long-term mentoring relationships and also quite a few adoptions.

SPORTS

A Breakout Year for Great Falls Rugby

For 2014 season, Eagles look for more new players and coaches.

BY THERESA COETZEE

This past summer, there was a new group marching in the Fourth of July parade – 40 or so kids and parents affiliated with Great Falls Rugby. The Eagles even brought along a candy-tossing mascot. Reaction to the new organization varied. “I didn’t know Great Falls had a rugby club;” “I want to sponsor you next year;” and “Do those little kids tackle?” were all overheard. The answer to the later question is, “not the little ones.”

The club’s first appearance in the community’s annual patriotic event was (in a way) symbolic of a breakthrough year. Under the leadership of head coach, Gary Coetzee, and with the financial and laborious support of numerous parents, coaches, and community businesses Great Falls Rugby has begun to make its presence known to Rugby Virginia. Every age group from U7 to U19 placed either 3rd or 4th in Rugby Virginia’s annual summer tournament. This was quite an achievement for a three years young club competing in a Commonwealth-wide, USA Rugby sponsored organization.

Founded in 2011, the club’s first year was marked by a grassroots spirit among a mere 22 players. This year Great Falls Rugby has 92 registered members ranging from age 5 to 19. The club displayed their new kit this season, a major improvement on the previous seasons. Each player received a top quality sublimated practice jersey, and matching shorts, socks and a ball. In addition, the club provided match jerseys for



Great Falls Youth Rugby high school team with coach, Gary Coetzee.

PHOTOS CONTRIBUTED



Great Falls Youth Rugby U-11 team with their coach, Martin Koen, after placing third in the annual Rugby Virginia tournament.

each team at all games. No other club in the Virginia league has managed to match this. “It is important to build a sense of pride and achievement amongst the members and parents of the club,” Coach Coetzee said. “We want our kids to wear their jerseys outside of rugby and encourage their friends to join!”

Coach Coetzee would like to see registration soar past 140 in 2014. “This is an ambitious but achievable goal,” he said. “The problem is that for the younger age groups we are purely a summer sport competing with swim team and family vacations.”

The sport also competes with a perception of violence. But, those who know the game see a youth program that teaches teamwork and provides an exceptional workout. The younger age groups play “touch rugby.” In this version of the game if a player is tagged below the waist he may take two steps but then must pass the ball. Tackling starts at age 11.

According to several studies, the concussion rate in tackle rugby is, surprisingly, lower than for American football. This is due largely to the style of tackle. In fact, some football programs are now promoting and educating young players on rugby style tackle techniques in an effort to reduce injuries.

Looking toward the 2014 season, the Eagles seek opportunities to promote the club throughout the Herndon, Great Falls, Reston, McLean and Sterling areas. They are also looking for both new players and coaches.

For more information please visit www.greatfallsrugby.com. The club is also on Facebook. For information on Rugby Virginia visit <http://rugbyvirginia.com>.

AREA ROUNDUPS

Langley Football Goes to Seven in a Row With Win Over McLean

The Langley Saxons extended their win streak to seven in a row, as they ran the table after a 1-2 start to finish the regular season strong with a victory over archrival McLean, 35-12.

The Saxons built a 21-0 lead on the Highlanders before McLean could get on the scoreboard in the annual “back yard” brawl between teams with players on a first name basis. The win propels the surging Saxons to a five seed in the 16-team 6A North region playoffs on the strength of its 8-2 overall, and 6-1 conference record. Both marks the best performance in over a decade for Langley.

The Saxons used three long drives to build their early lead, going 71 yards on

nine plays, 80 yards on 13 plays, and 51 yards on 10 plays to mount a 21-0 lead with 2:31 left in the second quarter. Tyler West punched in the first two scores on runs 2 and 19 yards, while Phil Antypas caught a 6-yard pass from Nick Casso for the third score. However, after an outstanding kick return by Chris Merrill, it took the Highlanders only two plays to go 36 yards to cut the lead to 21-6 when Gabe Sutherland found pay-dirt on a 19-yard TD gallop. Sutherland had 96 yards on 16 carries for the game. The Langley defense prevented any further damage with a last-second stand as the clock ran out on the first half with the Highlanders threatening again before intermission.

McLean got the ball to start the third period, and promptly marched 75 yards on seven plays, with a 31-yard scoring strike from Danny Hecht to Manny Enriquez-Hesles cutting the Saxons lead to 21-12, but that would be as close as it would get. Hecht completed 4 of 10 passes for 61 yards and one touchdown.

Langley responded to the challenge with

two third quarter scores of their own to expand their lead to 35-12, with Erik Swayne supplying all five extra points.

The long scoring drives (14 plays, 69 yards and 7 plays, 61 yards) were typical of this year’s Langley offense. Behind the confident play of senior quarterback, Nick Casso, Langley’s potent spread/read-option attack has averaged 41 points a game. The balanced mix of run, with the junior West, who had 31 carries for 188 yards and two touchdowns, and gun of Casso, who was 7 of 14 for 76 yards and two touchdowns (Austin Denham’s 17-yard touchdown catch being the clincher), has operated all year behind the Saxons’ dominant offensive line lead by seniors Norris, Kolencik, and Molster; ably assisted by the outstanding play of junior Connor Halm, and sophomore Ben Culmer. With the Langley defense stepping up with big plays, especially senior captains Kevin Fisher (LB) and Garrett Collier (FS), with help from Michael Porter and Brain Pitts, the Saxons have proven to be unbeatable over the back end of the season.

As a five seed, Langley will host its first playoff game in decades when the visiting Battlefield Bobcats (6-4) come calling on Friday, Nov 15.

Langley Ice Hockey Opens with Win

The Langley ice hockey team opened its season with a 12-2 win over the Herndon/West Springfield squad. Langley’s captain, Drew Schneider, notched five goals, while sophomore Jason Guidi had a hat trick and freshman Faisal Alsaif contributed five points with two goals and three assists.

After making it to the state championship and losing six seniors last year, the Saxons debuted eight freshmen with expectations of continued strong play in the upcoming seasons.

The Saxons’ next opponent is Osborne Park on Friday, Nov. 15 at 6:10 p.m. Come out to Skatequest in Reston and cheer on your Langley Saxons.

Learning in the Way of the Future

iSchool for the Future practices STEM and SEL learning.

Students at Forestville Elementary School were the first to experience the rewards of a new hands-on science program currently being implemented by iSchool for the Future, a nonprofit organization based in Great Falls. With two after-school enrichment programs underway, students have begun discussing the school's water quality, mapping outdoor habitats and discovering the science behind Forestville's environment while improving 21st century life skills.

The program combines hands-on, place-based, and fun science activities with Social and Emotional Life Skills (SEL). "These life skills include methods to actively improve children's abilities to effectively work in teams, regulate their emotions, and build healthy relationships. A growing body of research indicates that building SEL skills improves academic performance and overall well-being of children. Dr. Wendy Frazier, associate professor of science education in the College of Education and Human Development at George Mason University, said the program is unique because it incorporates the social and emotional development piece.

Dr. Pamela Garner, associate professor of integrative and interdisciplinary studies in New Century College at George Mason University and an expert on the social and emotional development of children, serves on the iSchool for the Future's Board of Directors. She supported the development of the SEL curriculum, which includes six core life skills: ability to identify strengths and passions, improved confidence, increased empathy for others, communication competency, self-regulation of emotions and actions, and appreciation for others and their wider community and environment. iSchool also stresses global connections and awareness.

In addition to adding an SEL component to the program, iSchool for the Future has taken the traditional STEM approach (Science, Technology, Engineering, and Math) and integrated Arts, calling their multidisciplinary model the STEAM SEL approach.



PHOTO CONTRIBUTED

A happy crew aboard the Home Depot truck after an outdoor learning session with Home Depot community partners. Left to right: Nuria Gabitova, Aidan Stone, Collin Stella, Iyush Hoysal, Diego Tablett, Mark Chklovskii, Rohan Alemlaseril, Samantha Chklovskii and Anu Gupta.

about the state of science education in the US. What I see here with the STEAM SEL program is a way to integrate science with essential life skills to create analytical thinkers who incorporate an understanding of the world and its needs into their thought processes. It's done in a fun way, making it a win-win for students and society," Gupta said. iSchool for the Future is working to expand the STEAM SEL approach to other schools in the area, and hopes to reach more than 300 students by the end of the school year. A STEAM SEL winter camp will be offered at Forestville Elementary School over the 2013 winter break. Partners from George Mason University are studying implementation of the STEAM SEL approach, developing methods to evaluate its effectiveness, and validating the scientific content.

MORE INFORMATION about iSchool for the Future and its offerings, including registration, can be found on the website: www.ischoolforthefuture.org.

THE PROGRAM, which was launched with three summer camps in the summer of 2013, with the support of Industry Retail Group (IRG) and community program of Home Depot, demonstrated good results.

Gabitova described several examples of student achievement, including an 8-year-old who used a "magic" trick to explain the math concept of powers to a room full of adults, a 6-year-old who confidently explained the geography of

Mexico to others using PowerPoint, and an entire class that was motivated to write to president Obama after they learned about climate change and its impact on marine life. Gabitova highlighted one student who participated in two camps. "When this student started the first camp he was argumentative and often in tears. During the second camp, this student was able to apply his new skills and find compromise solutions to problems that bal-

anced multiple feelings and desires. His natural leadership skills were able to shine and his team earned the highest score," said Gabitova.

iSchool for the Future partnered with D&D Biodiversity Consulting's Anu Gupta to teach the summer camps and after-school sessions. Gupta has a scientific and environmental education background but took quickly to the SEL component. "As a mother and educator I worry

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It Wasn't Fun While It Lasted



By KENNETH B. LOURIE

But it was only a week, and I was able to leave under my own power, assisted by a wheelchair, which is of course standard procedure when leaving a hospital after an admission, so it wasn't a total loss. It was three months ago today, Friday, August 2nd that I was "ambulanced" to Holy Cross Hospital where I spent the beginning of my seven, first-ever nights in a hospital; pretty fortunate track record for someone my age. Now, however, with a terminal cancer diagnosis, the tables may have slightly turned (you think?) and hospital admissions may not be so few and far between. Hopefully not, but appointments with oncologists in chemotherapy infusion centers while being I.V.-injected with cancer-fighting drugs have a way of cutting all other extraneous interruptions to the quick. When that needle goes in, the light definitely goes on: pay attention, your life is officially at stake.

Oddly though, this three-month anniversary seemed to grab my attention/focus more than my usual 27th-of-the-month anniversary – of my original diagnosis, always does. The 27th is the anniversary (some anniversary) of when I first met my oncologist and received confirmation that I had a malignant growth in my lungs that had metastasized and when I was given my 13-month to two-year prognosis. That was four years and eight months ago, I'm proud to say. And as such, I note it every month. Not exactly another "notch on my lipstick case" but an acknowledgment nonetheless of how well I've done and how lucky I am. With the help of friends, family and health care professionals, I have survived, mostly even thrived, under these most unfortunate of circumstances. But I digress.

The point of this column was/is that this most recent hospital anniversary completely overshadowed/took mental precedence over my still-being-alive-nearly-five-years-later anniversary on the 27th, which rarely happens. In fact, I completely forgot about it; didn't even note it on the calendar or mention it to my wife, Dina or my brother, Richard – which I always do. It wasn't until a few days later that I realized I had not made my usual reinforcing mention of my status still being quo. Unusual, in that a terminal diagnosis tends to stick with you and occupy lots of mental space, so forgetting about the circumstances that are likely shortening your presumptive, normal life expectancy is perplexing. These circumstances would seem to be a front and center, dominant part of your day that you NEVER forget.

But I did. And I don't know if that's healthy, a sense of accomplishment, a sense of enlightenment, naiveté, delusions of a grander future, mental gymnastics, compartmentalization at work or just plain forgetfulness; as in, even for a cancer patients: life can still be normal. Or maybe, after four and a half years, this whole cancer thing has become sort of ho-hum. Not exactly passé, but certainly familiar and part of my daily routine. But a hospital stay, that was different, that was traumatic, that was scary. The cancer used to be scary. But I've been there and have done that for a while now. I had not been previously hospitalized, however. That may have been when my circumstances again reared their ugly, realistic head. Just another reminder that I didn't really need.

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

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21 Announcements

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

Kay W. Duda, 73 of Ocean passed away Thursday November 7 at Jersey Shore University Medical Center, Neptune with her family by her side. She was born in Washington D.C. and raised in Arlington, VA. Kay and her husband of 52 years, Peter "Eddie" raised a beautiful family in Virginia before moving to New Jersey in 2005 to be near their daughters. Kay was very active in the school system, her church and community. She worked for American Home Funding, Annandale, VA and then for Alliance Business Center in Washington, D.C. Kay was a vibrant and caring person. She would visit and care for the sick in her community and worked at the food bank. In keeping with Kay's caring spirit it was her decision to donate her eyes to the Sharing Network so others may have a better quality of life. Kay thoroughly enjoyed spending time with her family, especially her grandchildren. She was a wonderful woman who will be greatly missed by all who knew her.

Kay is survived by her husband Peter "Eddie" Duda of Ocean; three daughters and two sons-in-law, Aleece and Ernie Marino of Wall, Melanie Jablonski of Wall and Nicol and John Sheehan of Brick; six grandchildren, Andrew and Katie Jo Marino, Gavin and Jillian Jablonski and Declan and Vivian Sheehan. She is also survived by her sister and brother-in-law Patsy and Paul Fair of Eatontown; many nieces and nephews in New Jersey. Kay was predeceased by her parents Mary and Don Womack.

Arrangements were entrusted to Orender Family Home for Funerals, Manassquan. Services were private. Memorial donations may be made to the Food Bank of Monmouth and Ocean 3300 State Hwy 66 Neptune, NJ 07753. To send condolences to the family please visit www.orenderfamilyhome.com

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21 Announcements

21 Announcements

21 Announcements

Fairfax Water

NOTICE OF WATER RATE PUBLIC HEARING

At 6:30 p.m. on Thursday, December 12, 2013, Fairfax Water will conduct a public hearing on its proposed Schedule of Rates, Fees and Charges. The hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA.

The proposed changes, to be effective April 1, 2014, include the following:

1. An increase in the Availability Charge from \$3,850 to \$3,950.
2. An increase in the Local Facilities Charge from \$9,500 to \$9,750.
3. An increase in the Service Connection Charge from \$1,050 to \$1,090.
4. An increase in the Account Charge from \$35 to \$36.
5. An increase in the Quarterly Billing Service Charge from \$9.20 to \$9.80.
6. An increase in the base Commodity Charge from \$2.29 to \$2.42 per 1,000 gallons of water.
7. An increase in the Peak Use Charge from \$3.45 to \$3.55 per 1,000 gallons of water.
8. An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the increase in the Commodity Charge and Peak Use Charge.
9. An increase in the Installation of Sewer Use Meter Charge from \$44 to \$45.
10. An increase in the Returned Payment Charge from \$17 to \$20.

A copy of the proposed changes can be viewed on our Web site at <http://www.fairfaxwater.org/rates/index.htm>. Those wishing to speak at this hearing or desiring a copy of the proposed changes should call Ms. Eva Catlin at 703-289-6017. Interested parties also may submit written comments to PublicHearingComments@fairfaxwater.org or mail written comments to:

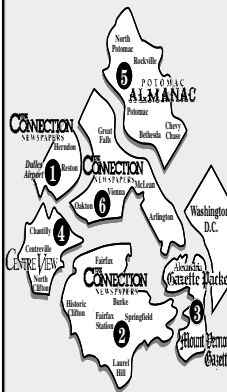
Fairfax Water
Public Hearing Comments
8570 Executive Park Avenue
Fairfax, VA 22031

All written comments must be received by close of business on Wednesday, December 11, 2013 to be included in the record of the public hearing.

†Charges reflect fees associated with a standard 5/8" residential meter. Changes in charges for larger residential and commercial meters are reflected in the Proposed Schedule of Rates, Fees, and Charges.

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PHOTO BY DEANNA KEYS

From left, Timothy Hutchinson, Adit Khara, Sydney Pham, Caroline Keys, Kaitlyn Pham.

Forestville Elementary School Honors WWII Veterans

Last May a flame was lit for a very special undertaking when the students at Forestville Elementary attended a showing of "Honor Flight," a documentary based on the lives of four WWII Wisconsin veterans and their trip to see the memorial built in their honor. Their fifth grade teacher Lisa Goglio-Zarczynski hosted the event at the AMC Tysons Corner Theater to raise awareness of the arrival of these flights into nearby Dulles.

Their initial goal was to raise \$500 to send one veteran, however through snow cone sales at school events and youth sport camps along with an online donation site <http://www.gofundme.com/33ltco> they have raised \$1,500 for three veterans and hope to raise enough money for a fourth.

On Saturday, Sept. 21, the team had spread the word to other youth organizations, middle and high schools in the area to come together to greet Stars & Stripes Honor Flight with 112 veterans from Wisconsin. Thanks to their efforts and the additional 85 people, it was announced that this was the largest welcome since flight arrivals began in 2008.

Postcards with the WWII Memorial were personalized with sentiments of thanks and appreciation by the team and their sixth grade classmates. These were distributed to each veteran upon their arrival deeply touching the recipients.

The team will continue to fundraise along with spreading the word about the Welcome to Washington in hopes of matching or exceeding their recent attendance at Dulles.

Forestville PTA President Jamie Finch is requesting for postcards to be made available to the students during their annual Thanksgiving luncheon for writing messages to the veterans. These will be distributed in the spring when Honor Flights will resume their travel. The team will also begin offering DVD's of "Honor Flight the Movie" for donations. All donations will go towards the Stars and Stripes Honor Flight fundraising goal of sending a fourth WWII veteran on an Honor Flight. Anyone that would like to make a donation for a DVD, can email deannakeys@yahoo.com.

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