

Great Falls
CONNECTION

WELLBEING

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PHOTO BY NIKKI CHESHIRE/THE CONNECTION

Ground Water Cleanup Plan Presented in Great Falls

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Top Sports Moments of 2013

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The gazebo, decorated with
holiday lights, brightens up the
Village Green.

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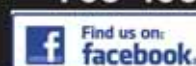


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A Year in Review, Things to Look for in 2014

Supervisor John W. Foust (D-Dranesville) reflects on most important events in McLean and Great Falls in 2013 and 2014.

SUPERVISOR JOHN W. FOUST
(D-DRANESVILLE):

TRANSPORTATION FUNDING PLAN HB2313 - A significant event affecting the community in 2013 was the passage of HB2313 with bi-partisan support. This bill was the first comprehensive transportation plan passed in Virginia in 27 years.

We now have significant funding available for the numerous transportation projects needed across the County that will provide residents much needed relief from congestion and will help restore the vitality of economic development in Virginia. The Board of Supervisors conducted a Countywide Dialog to solicit citizen input on which projects will be funded and included in the County's 6-Year Transportation Plan. There is a total of \$1.2 billion available from HB 2313 revenues and other funding sources. With significant citizen input, I submitted a list of projects recommended to be funded. There were 47 projects in the McLean and Great Falls areas.

The Board of Supervisors' decision on funding the final list of projects will occur in either January or February 2014.

COMMUTER PARKING AT THE TYSONS METRO STATIONS — Obtaining parking at the Tysons Metro stations for residents who can only get to the stations by driving their cars has been a priority for me. There were no dedicated public parking garages included in the original Tysons Metro Stations plans. At my request, the Board of Supervisors directed staff to study ways to identify commuter parking possibilities near the Tysons stations.

I am pleased that in July of this year, the Board approved the first proposal for a commuter parking lot in proximity to a Tysons Metrorail station. The 711-space surface parking lot is located next to the McLean Station, at Dolley Madison Boulevard between Anderson Road and Colshire Boulevard. The owner will pay all costs associated with construction, maintenance and operation of the parking lot and will determine what fees to charge. The lot is expected to be open by the time Metro is operational. It will provide much needed access to the new Metro stations for my constituents. County staff is continuing to work on other Metro station parking opportunities.

RENOVATION AND EXPANSION OF THE

SPRING HILL RECREATION CENTER — Working with the former Dranesville representative to the Park Authority Board, I was able to secure an additional \$25 million for the Park Authority bond that voters approved this past November. A portion of the additional funds will be used to expand and renovate the Spring Hill Recreation Center. The construction project includes a 2-story fitness center and a gymnasium with an elevated running track. The gymnasium will feature a single high school-sized basketball court with two overlay basketball courts as well as a volleyball overlay court. There will be needed improvements to the locker room area and showers as well as the addition of five new family cabanas. The staff will have new office space and the reception area will be redesigned to improve customer service and convenience.

The RECenter expansion, including the gym and fitness center, is set to open to the public in December 2014, while the renovation work to the existing fitness area will be completed by February 2015. With the exception of a short period of time when the pool will be closed, the facility will be open during construction.

MAKING THE GRANGE ADA ACCESSIBLE — For some time now, a number of organizations and individuals in Great Falls have wanted to expand use of the historic Grange building for residents and community groups. In order to make the building usable by all residents, it must be made ADA compliant at substantial cost. I was able to secure Park Authority and County funds in the amount of approximately \$500,000 to undertake the necessary interior and exterior upgrades to make the facilities ADA compliant. The Park Authority is expected to begin construction in the spring of 2014.

CONTINUING TO MAKE DRANESVILLE MORE ACCESSIBLE AND SAFE FOR ALL PEDESTRIANS AND BICYCLISTS — Making Dranesville more pedestrian and bicycle friendly has been one of my top priorities since taking office. Many residents want to be able to walk or bike to schools, Metro stations, parks and commercial districts. We have made progress on all of these fronts this year. Here are some of the highlights:

- ❖ We completed new walkways on Raymond Avenue to Churchill Elementary School and on Haycock Road to Haycock Elementary School.
- ❖ Lewinsville Road is an important walking and biking route for access to the McLean and Spring Hill Metro Stations. Earlier this year, we completed a major trail segment between Windy Hill Road and Scotts Run Road, and we are close to completing the last remaining segment between Snow Meadow Drive and Elsinore Road.
- ❖ We have a beautiful new trail through Dead Run Stream Valley Park in McLean, connecting Baron

will be closed, the facility will be open during construction.

PHOTO CONTRIBUTED

will be closed, the facility will be open during construction.

SEE FOUST, PAGE 15

On Sharon Bulova's 2014 Radar Screen

Fairfax County Board of Supervisors Chairman Sharon Bulova discusses the issues she sees taking center stage in the county in the coming year.

"The following items are on my radar screen for the year ahead:

The Silver Line, Phase 1, will open for passenger service through Tysons Corner to Wiehle Avenue in Reston. Construction for Phase 2, extending Metrorail from Wiehle Avenue to Reston Town Center, Route 28, Herndon, Dulles Airport and to the Ashburn area of Loudoun County will begin.

Construction associated with rezonings in Tysons will take place throughout 2014. 'Pop-up' activities and uses will provide vibrancy to Tysons while permanent uses are beginning to fill in.

The newly developed Springfield Town Center in the old Springfield Mall area will open in fall of 2014.

A new state administration will begin as Gov. Terry McAuliffe is sworn in as the 72nd governor of the Commonwealth of Virginia. Fairfax County has asked the General Assembly to prioritize Medicaid expansion and state funding for pre-K through 12th-grade education when they meet this winter.

During 2014, Fairfax County and the Northern Virginia Transportation Authority (NVTA) will be advancing transportation priorities in Northern

Virginia, putting new state transportation funding to work in order to address congestion and traffic safety.

On Monday evening, June 9, my office will be hosting a new Evolution program: Evolution of the Workplace. We will trace the trends and expectation of workers in Fairfax County, beginning when Fairfax was one of the largest producers of dairy

products in the commonwealth through the modern, 'work/lifestyle' balance younger workers look for.

Back by popular demand will be our second season of Evenings on the Ellipse Concerts in the Government Center's "back yard." Concerts and wine tastings are free, thanks to corporate sponsors. I'm looking forward to balmy nights and great music already."

NOTE: Bulova's State of the County address will debut Wednesday, Jan. 15, at 7:30 p.m. It will air on Channel 16 and may be watched online at <http://www.fairfaxcounty.gov/chairman/> starting Jan. 16. The address will immediately follow her annual Chairman's New Year Reception, on Jan. 15, from 4:30- 6:30 p.m., at the Government Center.

"The Chairman's Reception is my opportunity to say thank you to the many county employees, volunteers and active neighbors who help make Fairfax County the exceptional place it is to live, work and play," she said. "All active/engaged constituents are welcome to attend."



Bulova

PHOTO BY BONNIE HOBBS/THE CONNECTION

"The Silver Line, Phase 1, will open for passenger service through Tysons Corner to Wiehle Avenue in Reston."

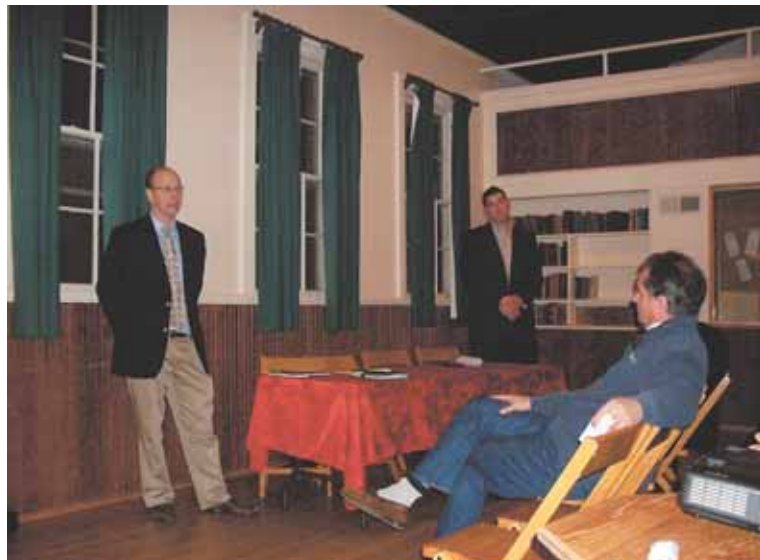
Sharon Bulova, Chairman, Fairfax County Board of Supervisors

Ground Water Cleanup Plan Presented in Great Falls

Potential contamination of local wells from a spill at former Exxon gas station discussed.

BY RUSS AND PETE UGONE
THE CONNECTION

The Great Falls Citizens Association (GFCA) hosted two meetings on Dec. 17, to update Great Falls residents on the plan to clean up contamination from a spill of Methyl Tertiary Butyl Ether (MTBE) that had occurred at the Exxon gas station that was located at 9901 Georgetown Pike. In 2009, Exxon Mobil reported the contamination from the spill to the Virginia Department of Environmental Quality (DEQ). As a result, DEQ opened a Pollution Complaint case and required the new owners of the property, Fairfax



Jeffrey Hale and Mike Steele, of Kleinfelder, brief Great Falls residents.

Petroleum Realty, to develop a Corrective Action Plan. MTBE was an additive used in gasoline to boost oxygenation, thereby reducing emissions from vehicles, as required by the Federal Clean Air Act. MTBE, was used between 1995 and 2005, and was later replaced by ethanol. MTBE is soluble and is slow to degrade. Amy Stephan, a GFCA representative

said "residents are concerned that the MTBE will contaminate local wells." Several other Great Falls homeowner associations were also represented at the meeting.

THE FIRST MEETING was a briefing on the elements of the draft Corrective Action Plan to address the cleanup of the MTBE underground plume that extends

almost a quarter of a mile to the southeast. Mike Steele and Jeffrey Hale, from the firm Kleinfelder, provided an overview of the plan and key milestones. The second meeting was a Notice and Comment advisory held by the DEQ to hear additional comments and recommendations from the community on the draft Corrective Action Plan. Cynthia Sale, Environmental Manager, DEQ, stated that the Department has managed over 37,000 petroleum spill cases since being organized. Sale commented that "Virginia has no limits on MTBE in drinking water for taste and odor as it is not as toxic as other chemicals and tends to break down," and that "if there were no wells in the area, this case would have been closed."

The draft Corrective Action Plan, submitted by Kleinfelder to the DEQ, includes three major elements: soil vapor extraction, ground water extraction, and additional testing of wells, as needed. A mini-water treatment plant will be temporarily built on the property (where the gas station had been located) to draw the water out, remove the contami-

nants, periodically test the water, and discharge the water into the drainage system. The vapor extraction system will be vented into the atmosphere. Based on measurements of the underground plume taken from 19 existing monitoring wells, additional wells may be added for monitoring purposes. Steele stated, "However, the area of contamination known as the plume, has not expanded since 2009, as the MTBE tends to break down." He added that "it is estimated that cleanup will take 2 to 5 years and that the monitoring wells will be in place for 5 to 7 years." The Corrective Action Plan is scheduled to begin in 2014.

DEQ held the second meeting to provide notice to the public on seeking comments to the draft plan. Sale stated that "DEQ uses a risk-based program to protect the drinking water obtained from the [private] wells in the area." She added that "not all of the MTBE may be removed if it's not a threat to the [private] wells." Sale complimented GFCA in its efforts to work with the DEQ and Kleinfelder, and in providing com

SEE WATER, PAGE 7

garai
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NEWS



Eric Knudsen

Great Falls in 2013: The Most Important Issues

Eric Knudsen, President, Great Falls Citizens Association (GFCA):

1) The start, and hopefully the finishing, of the Walker Road Diet project. This is the first major change to the center of town since the Safeway shopping center was put in. It will allow for a crosswalk and reduction in the speed, stopping passing on the right and give an area that can be landscaped to really put a safe and hometown look to Great Falls.

2) GFCA worked with DEQ, Fairfax Petroleum, Fairfax county and local businesses to find the best way to clean up the spill of MTBE and other chemicals from the former gas station. After four years the community can now look forward to this potential menace being taken care of and our water being protected from these pollutants.

3) Our Supervisor John Foust has secured funds to renovate the Grange and make it ADA compliant. This will once again bring this treasured building back into roll of a community meeting space for all and many community events will be brought back.

BULLETIN BOARD

To have community events listed in the Connection, send to mclean@connectionnewspapers.com. The deadline for submissions is the Friday prior to publication.

WEDNESDAY/JAN. 8

Vienna Photographic Society Meeting. 7:30-9:30 p.m. Oakton Elementary School, 3000 Chain Bridge Road, Oakton. Corey Hilz will speak at this meeting. He is a professional photographer specializing in nature and travel photography. He finds that the diversity in nature and cultures around the world offer boundless opportunities for new images. www.vpsva.org

SUNDAY/JAN. 12

Introduction to Healing Touch - Get and Give a Healing! 2-4 p.m. Unity of Fairfax, 2854 Hunter Mill Rd, Oakton. A gentle, complementary energy-based approach to health and healing. The goal is to restore harmony and balance to the human energy system through a heart-centered caring relationship and the use of contact/non-contact touch. This can greatly assist the body and mind in its natural ability to heal. <http://www.unityoffairfax.org/introduction-healing-touch-1>

ATTENTION All Boys Ages 5-14 Have you ever wanted to try the fastest game on two feet?

Lacrosse is the fastest growing sport in the U.S., and the Great Falls Lacrosse Association is happy to announce two free beginner clinics for boys to try lacrosse at our home field – Nike 4.

A few things that you need to know:

- NO STICK REQUIRED! We will have brand new STX sticks for use during the clinic. The boys will need to wear cleats or sneakers and dress warmly. Thin gloves and a hat are a good idea.
- Cost of the clinics: FREE.
- Dates: Sunday, January 12, 1-3 & Sunday, January 19, 12-2
- Location: Nike 4 Field, Utterback Store Rd., Great Falls, VA
- Please register at www.greatfallslacrosse.com. Space/sticks are limited to 60 boys. Boys can attend both clinics. Please arrive at the field 15 minutes before the scheduled start time.
- We can only accommodate boys who fall under the Langley and McLean HS school pyramids.
- IMPORTANT – This clinic is for new players only.
- Weather Policy: Please check the Great Falls Lacrosse site to check for any scheduling changes.



Admissions Information Session for Parents

Wednesday, January 8, 2014

Two sessions: 8:15 AM and 7 PM

Each Admissions session is followed by a 20 minute Tuition Assistance presentation.

SAVE THE DATES

Improving Communication with Your Teenager

Barbara Falk, Head of School Emeritus

Saturday, January 25, 2014

7:30 PM

UPPER SCHOOL MUSICAL School House Rock Live!

Friday, February 28, 2014

Saturday, March 1, 2014

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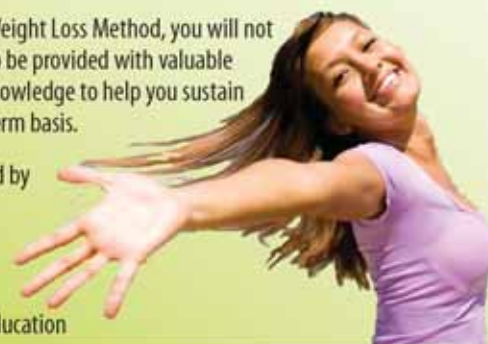
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OPINION

Looking to Hear from Readers in New Year

As local, weekly newspapers, the Connection's mission is to deliver news readers need close to home, to help readers enjoy great local places and events, to advocate for community good, to call attention to unmet needs, to provide a forum for dialogue on local concerns, and to celebrate and record milestones and events in community and people's lives.

To succeed at any of that, we need your help.

If you know of a person or an organization doing important work, something newsworthy or something that might make a good feature story, let us know. We want to know if someone in your family or your community published a book, became an Eagle Scout, raised money for a good cause, accomplished a feat like running a marathon or having an art show. Send us a photo and tell us about it.

We publish photos and notes of a variety of personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries.

We are also interested in events at your church, mosque, synagogue, community center, pool, school, club, etc. To have the best chance of getting an event included in our calendar ahead of time, email us the details of the event (who, what, where, when, why) at least two weeks ahead of time. Email to north@connectionnewspapers.com. Events generally must be open to the public and either free or at nominal cost to be included in calendars.

After your events, email us a photo and a

note so we can consider including it in our coverage. Be sure to include the names of all the people who are in a photo, and say when and where the photo was taken.

We also publish notes about news and events from local businesses. Notes about openings, new employees, anniversaries are welcome.

In covering the issues, we strive to provide a voice for our readers. We look forward to hearing from you.

The Connection Newspapers are published by Local Media Connection LLC, an independent, locally owned company. The publications and websites include the Alexandria Gazette Packet, the Mount Vernon Gazette, the Centre View, the Potomac Almanac and individual Connection papers and websites serving McLean, Great Falls, Vienna/Oakton, Oak Hill/Herndon, Reston, Springfield, Burke, Fairfax, Fairfax Station/Clifton/Lorton, Arlington, Centreville, Chantilly/Fair Oaks, Alexandria and Mount Vernon.

The publications and websites have won hundreds of awards for news and community coverage just in the past few years, including the Virginia Press Association Award for Integrity and Community Service for coverage of efforts to prevent and end homelessness, and Best in Show for information/art for coverage of local parks.

The operation of these community-serving publications is entirely funded by advertising. The papers are delivered free to homes and businesses throughout Northern Virginia, and through free digital subscriptions. If you or

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— MARY KIMM,
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EDITORIAL

Sen. Favola Shares Legislative Priorities

State Sen. Barbara Favola (D-31) highlights the following legislative priority issues:

❖ **Safety Net:** Retain McDonnell's \$1.6 M for extension of subsidies to foster youth and adopted youth until the age of 21.

❖ **Temporary Assistance for Needy Families (TANF)** — Index benefits to the COL Adjustment as determined by the Department of Labor (Need Budget Amendment as well). This helps women and children. Families stay an average of 3 years on TANF. The caseload has been decreasing in Virginia and \$5M was shifted in the last biennium from TANF block grant dollars to funds General Fund services.

❖ **Medicaid** - - Suspend Medicaid Coverage rather than terminate coverage for foster youth who enter the DJJ system. The intent is to make it quicker and easier for the foster youth to re-gain Medicaid coverage when they leave the DJJ system. The bill does not change who is eligible for Medicaid.

❖ **Foster Children Convicted of a Barrier Crime (Burglary)** – Per-



State Sen. Barbara Favola (D-31)

mit case workers to issue a waiver in determining the eligibility of a foster home when a youth 18 years or older has a criminal record because of conviction of a barrier crime.

❖ **Education** — Teacher Evaluation: VEA asks that the time be extended from 5 business days to 10 business days before a teacher must decide to appeal an evaluation.

❖ **Individualized Education Program (IEP)** – Submit budget request (\$250K) to plan for a comprehensive data system at the State level for all IEP submissions. State would likely access addi-

tional Medicaid dollars and would share these dollars with the school systems.

❖ **Virginia Pre-school Initiative (VPI)** — Increase the funding to Northern Virginia to cover an average cost per child of \$9,000 a year rather than \$6,000 per year.

❖ **Dual Degree:** Increase funding to the Community College System to enable more course offerings at local high schools.

❖ **Mental Health** — MH Services on Site at Schools: Create a pilot program to enable community health centers to offer MH counseling on site at public schools on a regular basis. (\$800k)

❖ **Institutional Diversion Program** for MH Clients in Region II: Establish a pilot to enable the creation of community based services for clients with a history of jail visits and/or emergency room visits and who would likely be institutionalized. (\$2.5M)

❖ **MH Funds in the Juvenile Justice System:** Establish funds for Juvenile Justice Courts to hire or contract out for mental health

evaluations and follow-up services. This is a recommendation adopted by the Commission on Youth. (\$1.6M)

❖ **Health and Safety:** Establish a physician based data record system that would feed into the overall State health management system. (\$150K in 2014 and 2015)

❖ **SANE – Sexual Abuse Nurse Examinations** – In cases where patients may have been exposed to HIV – require insurance companies to waive the co-pay so there are no barriers to obtaining drugs that can prevent HIV and AIDS.

❖ **Assault of Health Care Professionals** — Make it felony if someone intentionally assaults a health care provider.

❖ **Gun Control** — Ban those convicted of a minor sexual assault from possessing a firearm for five years.

❖ **Aging:** Increase funding for home and community based services through Area Agencies on Aging

Environment: Reinstate funding so Virginia may fully participate in the Chesapeake Bay Inter-County Compact (\$500K)

Great Falls CONNECTION

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VIEWPOINTS

What do you think of the Corrective Action Plan or Ground Water Cleanup Plan for Great Falls?

Mike Steele, Kleinfelder Program Manager: "The Corrective Action Plan is site-specific and a risk-based process with no predetermined level of closure."

Cynthia Sale, Environmental Manager, Virginia DEQ: "The plan does not call for picking up every bit of product. It is designed to protect drinking water from wells."

David Marcille, Addicott Hills Homeowners Association, Great Falls: "Community involvement with DEQ and Kleinfelder, is working well to come up with a viable solution."



From left - Mike Steele, Cynthia Sale and David Marcille.

Randy Chapman, Senior Geologist, Virginia DEQ: "As the contamination plume moves out, the MTBE is breaking down as concentration is escaping. In essence, the plume is not expanding."



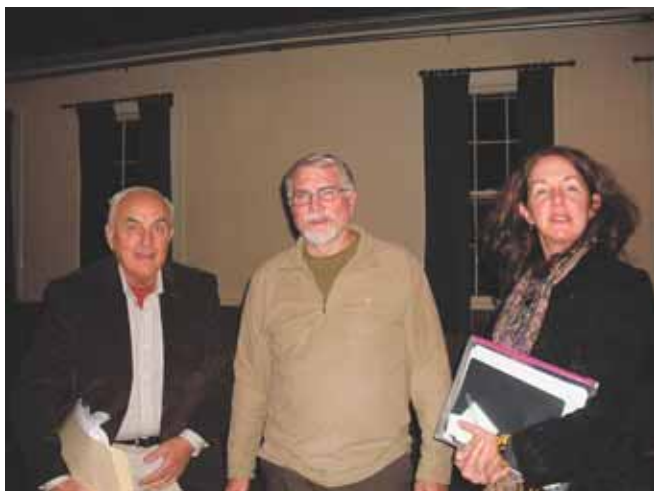
Randy Chapman

Glen Sjoblom, GFCA Groundwater Contamination Committee Co-chair: "GFCA is on duty [and] we are going to follow this until it is clean."

Eric Knudsen, GFCA President: "We are asking for a peer review process toward an end point."

Amy Stephan, GFCA Executive Board and GFCA Groundwater Contamination Committee Co-chair: "We want this cleaned up and no corners cut."

— RUSS AND PETE UGONE



From left — Glen Sjoblom, Eric Knudsen and Amy Stephan.

Water Cleanup Plan

FROM PAGE 4

ments, concerns, and recommendations.

THE ESTIMATED COST of implementing the Corrective Action Plan ranges from \$600,000 to \$875,000, which is the responsibility of the current owner of the property, Fairfax Petroleum Realty. The owner may request reimbursement of expenses up to \$1 million from a contingency fund managed by the DEQ. The fund is provided through fees collected from petroleum distributors operating in Virginia based on a percentage of sales and disbursed when

needed. Sale further stated that "DEQ will determine when the process is completed, with the goal that MTBE will not enter into private wells." She added that any comments on the draft Corrective Action Plan are due to the DEQ by Dec. 27, and should be submitted to Alex Wardle DEQ (awardle@deq.virginia.gov)

After the cleanup process is completed, the property will be developed for a bank. The 70- page draft Corrective Action Plan can be viewed at <http://GFCA.org> or three copies are available at the Great Falls Library.

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WELLBEING

Spiritual Wellness in the New Year

What is it and how does one achieve it?

BY MARILYN CAMPBELL
THE CONNECTION

As we begin a new year, many are focused on their spiritual health and well-being. In fact, the National Wellness Institute names spiritual wellness as one of the seven dimensions of overall wellness. It's essential in life, say experts.

Lisa Jackson-Cherry, Ph.D., chair of the Department of Counseling at Marymount University in Arlington, who specializes in pastoral counseling and pastoral integration, believes spiritual well-being doesn't always have to do with religion. It's about being connected to something greater than one's self. "It doesn't have to be a higher power," she said. "It can be your community or nature, but the key piece is that there is a connection to something other than yourself."

Elizabeth Rees, the associate rector at St. Aidan's Episcopal Church in Mount Vernon, said, "I would say at its heart, spiritual well-being is knowing ourselves to be loved and cherished by God and then living into that truth."

Kathy Judd, Alexandria-based meditation teacher and director of No Place Like Om, said, "Spiritual health and well-being is when you ... feel just as, if not more, connected to what you can't see as to what you can. It's about knowing that there is an animating force that drives the show and seeing all the ups and downs of our human experience as just like that — a show."

Some say that expectation management is a factor in spiritual wellbeing. "If there is a gap between expectation and reality, there can be a ... lack of contentment," said Rabbi Stuart Weinblatt of Congregation B'nai Tzedek in Potomac, Md. "When we set our expectations lower in terms of what we expect from others, we are less likely to be disappointed. It is appropriate to set our goals high, but our expectations lower. Goals motivate us, but when we have expectations, we set ourselves up for disappointment."

WHILE SPIRITUAL WELLNESS can mean different things to dif-



PHOTO COURTESY OF ST. AIDAN'S EPISCOPAL CHURCH

Connecting with others is an important part of spiritual well-being say experts.

"When we think about spiritual health or well-being, we think about people being at peace with themselves and others."

— Lisa Jackson-Cherry, Ph.D., Marymount University

ferent people, experts said there are common factors that can help one achieve it, such as engaging with others. "When we think about spiritual health or well-being, we think about people being at peace with themselves and others," said Jackson-Cherry.

"In my opinion," she said, "once people become connected with other people and not so consumed with themselves or their own tragedies or pain and they give of themselves to others, share their gifts, often they experience contentment."

"Community is a big one, and also what you pay attention to and consume," Judd said. "If you're constantly tuned in to the news cycle and people who are negative and arguing, you're going to see the world from a certain viewpoint. ... If you take time to be in nature, read uplifting things, eat [the right] foods, and surround yourself with a community of people who are loving, supportive and want to bring out the best in you, you'll have a very different experience of the world."

Rees believes self-love is also a component of spiritual well-being.

have a sense of purpose in life or have a meaning in life. They might not have achieved it, but they are working toward it. Having a sense of purpose or meaning in life leads to contentment."

So how does one find a sense of purpose and meaning in life? "We've talked about this question a lot," said Rees. "What comes up most frequently is the idea of finding ways to live in the present, slowing down and finding God present in the moment. ... Hearing where other people are finding God, and taking the time to look for God acting in my own life and share that with others makes me much more aware of God all around, and helps me to remember that God is also acting in and through the people around me."

Judd said there is work involved in achieving spiritual well-being. "It takes practice, just like anything else," she said. "Yoga and meditation are extremely valuable. Spirit is nothing more than an energy field, so if there is a lot of static in the field, it's going to be hard to hear messages that are there. So anything you can do to calm the 'talk radio' in your head will make it easier to listen. When you learn to listen, you are able to be lead, to be called, to find your calling."

LIVING IN THE MOMENT is also a factor that can lead to contentment and spiritual well-being. "I think trying to ... find as much love and joy in it as possible is a huge piece," Judd said. "Also, worry less about what others think and be more willing to live and love greatly. Developing gratitude, as something that runs through all of our life, not just as something that comes when life seems to be going really well, is important too."

Rees said keeping a journal is a useful tool in developing gratitude. "One spiritual exercise that helps me sometimes is to practice gratitude by prayerfully journaling about the things for which I am grateful," she said. "Sit down and write 100 things for which you are grateful. You start with the big and obvious things, but then also find yourself digging deep for the small but ever-present graces of life. ... Journaling in general can be a great for spiritual well-being."

Jackson-Cherry said, "When I'm working with clients, I find that people who have the healthiest spiritual well-being are people who

The Best of 2013, Resolutions for 2014



Barb & Doug Losselyoung, Great Falls

"We're just happy that we're here to see 2014!"

Our resolution is to make it to 2015. Maybe to lose 20 pounds and exercise more!"

Val Adeler Armour, Great Falls

"Being able to spend extra quality time with my family. It seems like so much happened this year.

My resolution is to get more organized."



Kurn Hackmeier, Great Falls

"The highlight of my year was getting into college. I'm going to Old Dominion University.

I hope to gain some muscle. I'm gonna do some working out at the gym."



Jim Conway, Great Falls

"I think Pope Francis was a highlight this year. His ascendancy was nice to see. It was a bit of a refreshing breath of life into the church.

This past year, I've had a couple of friends fall terminally ill. It was jarring. I want to refocus and attend to the important things in life. I want to be a better person, be altruistic, and take care of the people around me."

— NIKKI CHESHIRE

Discussing Mosby and Rangers

The Great Falls Senior Center (GFSC) event for January will focus on the Civil War in Fairfax County. GFSC members have shown particular interest in local Civil War history.

Guest speaker Don Hakenson will address Colonel John S. Mosby's combat operations in Fairfax County where Mosby had some of his most interesting raids.

Hakenson is a past president of the Stuart-Mosby Historical Society, founder and member of the Board of Directors for the Franconia Museum and is a civil war advisor for the Mosby Foundation. Hakenson is a Washington, D.C. native who has lived most of his life in Fairfax County.

The Jan. 7 event will be held at Great Falls Library, 9830 Georgetown Pike, Great Falls. The program runs 11 a.m. to 1:30 p.m. and includes lunch. A modest contribution is appreciated.

The January event sponsor is the Dr. and Mrs. William M. Busey Family.

Reservations are a must. To reserve, e-mail Polly Fitzgerald at pollyfitz1@verizon.net or call 703-759-4345. Guests who require transportation to attend, call Gene or Maddie McCabe at 703-438-0810.



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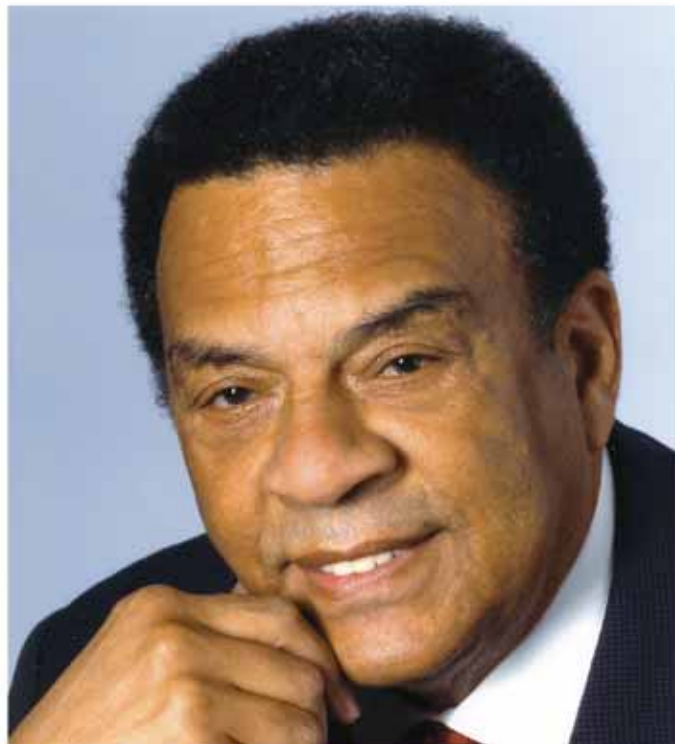
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TUESDAY/DEC. 31

New Year's Eve at Entyse Bistro. 5:30-10:30 p.m. at the Ritz Carlton, 1700 Tysons Blvd., McLean. Ring in the New Year with a four-course tasting menu, champagne toast and live music. \$135 per person. Reservations required. 703-917-5498.

New Year's Eve Party. 7:30 p.m. Vienna's American Legion Post 180, 330 Center Street, North, Vienna. hris Polk Band: \$35 single, \$50 per couple, benefits Legion National Emergency Fund. Call 703-938-9535 for tickets.

First Night Vienna. 7 p.m. - 12 a.m. Church Street in Vienna. A family-friendly New Year's celebration. This celebration will feature local musicians, great food, exciting entertainment and hands-on activities for both children and adults.

7th Annual Rocknocoeros New Years Eve Party. 11 a.m. & 2 p.m. Jammin Java, 227 Maple Ave E, Vienna. Rocknocoeros (pronounced like rhinoceros) is three guys: Coach Cotton, Williebob, and Boogie Woogie Bennie, who make wildly popular, award-winning music for the whole family. Admission: \$10. 703-255-1566

SATURDAY/ JAN. 4

Ballroom Dance. 8-9 p.m. Waltz lesson, 9-11:30 p.m. dance. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. Live music from Mike Surratt & the ECB playing favorite dance tunes from the 1930s to today. Attire is ballroom casual, no partner or experience is needed. \$20 for the evening. 703-759-2685 or www.colvinrun.org.

SATURDAY/JAN. 11

The Teas of Nepal. 1-3 p.m. Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Nepal produces some exquisite hand crafted, limited production teas: whites, greens, oolongs, as well as distinctive blacks. An opportunity to experience these gems, along with some tea infused treats. Advance reservations and payment (\$30 each) required through the Mill at 703-759-2771.

THURSDAY/JAN. 16

International Guitar Night. 8 p.m. Wolftrap, 1635 Trap Road, Vienna. THE INTERNATIONAL GUITAR

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The Vienna Business Association, in partnership with the Town of Vienna, presents the first annual New Year's Eve "First Night" Celebration.

NIGHT (IGN) is the world's premier touring guitar festival, each show bringing together the most interesting and innovative acoustic guitarists to exchange musical ideas in a public concert setting. Tickets: \$25-27.

FRIDAY/JAN. 17

International Guitar Night. 8 p.m. Wolftrap, 1635 Trap Road, Vienna. THE INTERNATIONAL GUITAR NIGHT (IGN) is the world's premier touring guitar festival, each show bringing together the most interesting and innovative acoustic guitarists to exchange musical ideas in a public concert setting. Tickets: \$25-27.

\$25-27.

SATURDAY/ JAN. 18

Ballroom Dance. 8-9 p.m. Quick-Step lesson, 9-11:30 p.m. dance. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. DJ music from Craig Bukowski playing favorite dance tunes from the 1930s to today. Attire is ballroom casual, no partner or experience is needed. \$15 for the evening. 703-759-2685 or www.colvinrun.org.

SUNDAY/JAN. 19

Breakfast Buffet. 8 a.m. - 12 p.m. 330 Center Street, N., Vienna. Adults \$8, children \$3. 703-938-1379.

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The Great Falls firehouse gets in the holiday spirit by decorating the station with a multitude of colorful lights.

Holiday Postcards from Great Falls

Many businesses in the Village dressed up for the holidays. The Falls Salon gets festive by decorating their storefront with wreaths and lights.



PHOTOS BY
NIKKI CHESHIRE/
THE CONNECTION

The gazebo stands as a central point within the decorated storefronts as Great Falls celebrates the holidays.



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The Snow Ball

Friday, Jan. 10, 7-9 p.m.
\$30/\$20 MCC district residents

Gizmo Guys

Sunday, Jan. 12, 2 p.m.
\$15/\$10 MCC district residents

"The Rest is Silence: Silent Shakespeare"

Wednesday, Jan. 15, 7:30 p.m.
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Family Fun Bingo

Friday, Jan. 17, 7-8:30 p.m.
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MLK Day Celebration Former UN Ambassador & Civil Rights Leader Andrew Young

Friday, Jan. 17, 8 p.m.
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OFF-SEASON PRICING



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The donated food was collected during a three-week food drive held at Colvin Run.

Colvin Run Elementary Students Donate Food for Those in Need

Boxes of non-perishable food that filled the trunks of eight large SUVs were donated on Monday, Dec. 16, by Colvin Run Elementary School families to a local Fairfax County elementary school. The donated food will be distributed to fami-

lies in need of assistance over the two-week holiday. As noted by Colvin Run Elementary School Principal, Ken Junge, "Many people do not realize that there are over 47,000 students in Fairfax County who are eligible to receive free or reduced lunches. Our stu-

dents understand the importance of being a caring member of a global community. Donating food, so that children are not hungry over the winter break, is just one way we can help these families in need." The donated food was collected during a three-week food drive held at Colvin Run. The students helped run the drive by creating the advertisements for the drive and sorting and packaging the donated food. As Kaitlin, a second grader at Colvin Run, explains, children often helped shop for the food as well. "My three sisters and I went with my mom to the grocery store together. We each were given money to spend and we picked out food that we thought kids our age would like." Nathan Herendeen, a Colvin Run counselor, explains that one of the core character traits emphasized at Colvin Run is compassion. "Teaching compassion and to care for others in our community is a key component to our curriculum. We use this opportunity every year to help give the children a concrete understanding of how helping others, even if in a small way, really can make a difference."

In addition to the food drive, Colvin Run also collected and delivered winter coats and outerwear, including hats, scarves, snow pants, boots, and other warm clothing, to the school. The food and winter outdoor drive is organized each year by the Colvin Run PTO, together with the assistance of the Student Council. As summarized by the parent coordinator for this year's drive, Ann Malekzedah, "This drive is a school-wide affair. You cannot walk through the halls of Colvin Run during these three weeks and not know that sometime big is happening."

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12 ♦ GREAT FALLS CONNECTION ♦ JANUARY 1-7, 2014

SPORTS



PHOTO CONTRIBUTED

The Langley volleyball team won the 2013 6A state championship.

Top Sports Moments of 2013

The year 2013 provided several exciting moments in local sports. For Langley, the volleyball team captured its first state championship, the girls' lacrosse team worked its way back to the state final and the football team had its best offensive season of all time.

Here is a look at the top moments in Great Falls/McLean sports for 2013.

Langley Volleyball Wins First State Championship

The Langley volleyball team reached the state tournament in 2012 and left with experience. The Saxons returned in 2013 and left with the program's first state championship.

The Saxons closed the season with a six-match winning streak, capped by a three-set victory against First Colonial in the state final on Nov. 23. Langley became the first volleyball team from the former Northern Region to win a state title and finished the year with a 27-3 record.

Langley head coach Susan Shifflett chose time spent together off the court as her fondest memory of winning states.

"We have had a lot of fun on the bus," Shifflett wrote in an email. "(I enjoyed) pregame and the moments after we won, like unveiling the banner (and) ordering our rings."

In 2012, Langley lost to Kellam in the

state semifinals. In 2013, the Saxons took home the title. Along with team's accomplishment, senior setter and right-side hitter Alex Andrejev was named Gatorade Virginia Volleyball Player of the Year. She finished the season with 570 assists, 247 kills, 163 digs, 82 service aces and 53 blocks while hitting at a .465 clip. For her career, she totaled 2,044 assists and 794 kills.

"I think the fact that most of the players had been to states the year before helped a lot with preparation and the mental aspect of the game," Shifflett wrote. "Obviously, we were very talented, as well. First time I have ever had two outstanding outside hitters (Jessica Donaldson and Rachel Andrejev). Sisi Holderman (libero) really stepped the second half of the season. And of course, there is Alex. That helps a lot."

Yorktown upset Langley in the Conference 6 tournament semifinals, but the Saxons responded by winning the 6A North region title, beating Osbourn Park in the final, before winning states.

"They also were able to stay focused as we made our final run through regionals and states," Shifflett wrote. "It was a very long season and that is probably the most difficult thing to do. We had our down moments but they always were able to regroup."

"My coaching staff had a lot to do with our success, as well. When you have five coaches, all on the same page, telling the players the same thing and working well together, that sends a positive vibe throughout. Plus, I learn things from them every day."



CONNECTION FILE PHOTO

Olivia Sisson, left, and the Langley girls' lacrosse team in 2013 reached the state final for the second consecutive season.



CONNECTION FILE PHOTO

Senior quarterback Nick Casso helped the 2013 Langley football team set a program record with 481 points in 12 games.

Lisa Scott, Michelle Bredehoft, Amy Dean and Megan Shifflett were the Langley assistant coaches.

Langley Girls' Lacrosse Reaches State Final, Again

For the Langley girls' lacrosse team, the 2013 season ended in a similar fashion to 2012: with a trip to the state championship game.

After finishing Northern Region runner-up, the Saxons defeated Western Albemarle 13-10 in the state quarterfinals and Loudoun Valley 12-4 in the semifinals and entered the state final on June 8 having won 12 of their last 14 games.

"My most vivid memory of being in a state championship game is the bigness of it all," former Langley head coach Richard DeSomma wrote in an email. "Nothing prepares you for that level. Even the regional playoffs and state games leading up to it, none are as unique as that one game. (You are) greeted at the bus by state organizers and given updates and instructions. A state soccer championship and state baseball

championship being played as you arrive. Full stands of loud, non-stop cheering. Cameras, and reporters, and professional announcers, and four hand-picked officials. Unique unto itself would be accurate. Truly an electric atmosphere."

Unfortunately for the Saxons, their trip to the 2013 state final ended the way it had the year before: with a loss. Langley lost to Madison four times during the 2013 season — in the regular season, in the Liberty District tournament final, in the region final and in the state final. In 2012, Langley lost to Oakton in the state final after falling to the Cougars in the regular season and the region final.

DeSomma, who is now the head coach at Hayfield, praised the Saxons.

"As I would always explain to sports writers, we had a group of girls who were passionate, competitive, motivated and had a love of lacrosse," he wrote. "They were hard working in the offseason and self-motivated. They had a great work ethic and had serious, focused, productive practices. We had great team-captain leadership. They were, in short, a delight to coach. I was very fortunate to be part of their lacrosse experience for nine years."

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Foust Looks at Year Ahead

FROM PAGE 3

Road to Churchill Road, which provides a great way for residents to reach the community center, the library and McLean Central Park.

❖ Great Falls residents can walk safely to both sides of Great Falls Village with the new Walker Road “diet” project soon to be completed. We are also about to begin the construction phase for an important trail segment along Georgetown Pike between Utterback Store Road and Falls Manor Court, providing access to the village.

❖ Working with County staff and the bicycle community, we installed 80 way-finding signs to allow bicyclists to navigate more easily through central McLean. This was the County’s first way-finding project.

Looking Ahead to 2014

FISCAL YEAR 2015 BUDGET — As in previous years, the Board of Supervisors faces a major challenge to adopt a budget that provides adequate funding for essential services including Education, Public Safety, and Human Services while controlling the tax burden on homeowners.

Since I took office in 2008, we have cut tens of millions of dollars from the County operating budget without serious reductions in the County’s support for these essential services. Virtually all low-hanging fruit has been eliminated.

As we struggle to maintain an acceptable level of services, we face the need for substantial investment and re-investment in infrastructure like schools, storm water management and other public facilities.

This year will be particularly difficult because of the significant deficit projected for our school system, nearly \$150 million. To raise an additional \$150 would require an increase in the property tax rate of nearly 8 cents, an option that is not realistic. The new school superintendent has published a list of possible cost-saving measures.

I will also continue to work with the community to establish our budget priorities and address our budget challenges.

OPENING OF SILVER LINE METRO PHASE I — A major event of 2014 will be the long awaited opening of the Silver Line, including the Tysons Metro Stations. I anticipate that more of us will become more frequent users of Metro. The interim commuter parking lot at the McLean Station will provide convenient access for nearby residents. Traveling by bus will be easier with expanded Connector Bus service and the new Tysons Circulator Buses. Some of those who wish to walk will use the newly completed walking routes along Lewinsville Road.

KICKING OFF NEWLY-FUNDED TRANSPORTATION PROJECTS — By early next year the County Board will have identified the projects to be funded under its new 6-Year Transportation Plan. I’m ex-

pecting planning and design for a large number of projects in Dranesville, especially pedestrian related, to be initiated. We may have to “pardon the dust” for a few years, but the results will be well worth the trouble.

Chief among Dranesville transportation projects is the widening of Route 7 between Jarrett Valley Drive and Reston Avenue. Communities along this corridor have already been involved in the preliminary design process along with VDOT, FCDOT and my office with the “Route 7 Widening Project Working Group” — formed to make sure the vision and concerns of neighboring residents were considered by VDOT project engineers. I expect that high level of community involvement to continue as design and construction activities move forward with the recently obtained funding for this project.

LANGLEY FORK PARK — 2014 should be the year that we move forward on the County’s acquiring Langley Fork Park. Currently, the National Park Service (NPS) owns the Langley Fork property and permits the Fairfax County Park Authority to manage and maintain its use. The park has two baseball diamonds, two rectangular fields and a basketball court, all in need of updating. For a number of years, the NPS and the FCPA have been attempting to agree on a land swap that would allow for upgrades at Langley Fork through FCPA and protection of new Potomac Gorge resource areas through the NPS. Both agencies believe that negotiations should be finalized in 2014.

The Park Authority has prepared a draft master plan for the park that consists of two additional rectangular fields, one additional baseball diamond, a dog park, a pavilion, a fitness zone and expanded parking areas for the park and Clemyjontri Park. As the Park Authority’s planning process goes forward, there will be several opportunities for individuals and organizations to express feedback about the proposed development.

LEWINSVILLE SENIOR CENTER — I anticipate that in early 2014, the Board of Supervisors will approve an agreement with a major non-profit developer to redevelop the Lewinsville Senior Center, located on Great Falls Street in McLean. Presently, a senior center, an adult day care center, two child care centers and 22 independent affordable living apartments occupy a building that was originally the Lewinsville Elementary School, constructed in 1963. The plan is to raze the existing building and build two facilities, one to house an expanded senior center and the three day care centers, and the other to consist of approximately 80 independent living apartments serving seniors with incomes at or below the eligible household income limits. The Plan will require zoning approvals and will be presented to the community for public input.

There is a significant shortage of housing for seniors in our area, particularly for those with limited resources. I am anxious for construction of the project to get underway.

In Defense of My Own Mechanism

By KENNETH B. LOURIE



So much of what I feel as a cancer survivor comes from the feedback I receive from others. Positive, complimentary, flattering characterizations are crucial to my optimistic outlook. Negative descriptions, reactions, etc., are not. Not to discount honesty, but the emotional divide on which a cancer patient’s self-assessment/attitude teeters is delicate indeed and honesty is sometimes (I said “sometimes”) not the best policy. If I’m in the right mood, negativity can be deflected, absorbed even; not a problem. If I’m in the wrong mood, however, the negative can push me into a black hole of emotional despair. Regardless of whether the comment/observation is well-intended, accurate or even prudent under the circumstances, its effect can be deeply felt. Getting back to normal is not impossible and mostly within my control, but if it’s all the same to you, I’d rather not have to claw my way out.

In most instances, this kind of cancer-patient feedback is harmless and fairly random; it happens when you least expect it and you’re either up to the emotional punch or not. It’s not as if you can prepare or study for it. It’s certainly not a test; it’s a reality. And there’s really no way to know from whom and from where or even when the comments will come. It’s not exactly hit or miss. It’s more like you wouldn’t miss not getting hit — figuratively speaking, of course. Nevertheless, it is part of the survival process, and the longer you survive, the greater the potential for unintended consequences.

Having experienced a wide range of such innocent commentary over my nearly five years since being diagnosed, there are a few steps I have taken to over-compensate in advance to prevent the inevitably negative consequences: I try to act as positive as possible. Make jokes. Stay strong (after all, I am from Boston). Sound body and mind, so the comments will be positively reinforcing as to how well I look, sound, seem, etc. This tends to elicit the desired positive response. And when the desired response (dare I say, manipulated) is offered, I embrace it with sincere appreciation. You see, the fewer times I have to explain my deficiencies, the fewer times I am likely to invoke the c-word. And the fewer times I hear the c-word come out of my mouth relating to me, the more often I can believe that my cancer is somehow inactive. (Delusions of my life being grander you might say.) And the longer I can think my cancer is inactive, the more normal I think my life will be. Granted, this is all mental gymnastics, but as a terminal patient — with an abbreviated life expectancy, if I don’t find a way to make light of the incredibly heavy burden I am carrying, the weight of it is likely — if the anecdotal evidence is to be trusted, to exacerbate an already unpleasant set of medical facts.

Not to deny my reality — too much, but there’s enough of it present in my life already that I can’t ignore that (A) I don’t need any more of it inadvertently or otherwise and (B) minimizing what there already is of it, however foolish or unrealistic, contributes to a life worth living. However unintentionally — physically and/or emotionally — a cancer diagnosis/terminal prognosis can suck the life right out of you. Finding a way to fight back — on your own terms, has been the operandi of my modus. So far, so good. Besides, it’s too late to change now.

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

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