

Colvin Run Mill Goes Back to 1810

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Colvin Run Mill staff
Steve Golobic cleans
a grinding stone
inside the mill.

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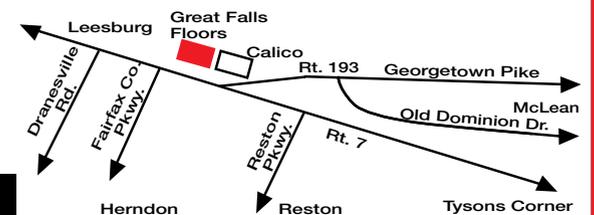
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How Healthy Is This Neighborhood?

New study reveals some parts of Northern Virginia are healthier than others.

BY MICHAEL LEE POPE
THE CONNECTION

Alexandria has the lowest rates of smoking in Northern Virginia, but it also has the highest rates of excessive drinking. Fairfax City has the highest rates of physical inactivity, although Fairfax County enjoys one of the lowest rates of premature death. Manassas City has the highest rates of sexually transmitted diseases in Northern Virginia. Arlington County has the highest rates of physical activity and therefore the lowest rates of obesity.

These are some of the findings of the County Health Rankings and Roadmaps program, a collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute.

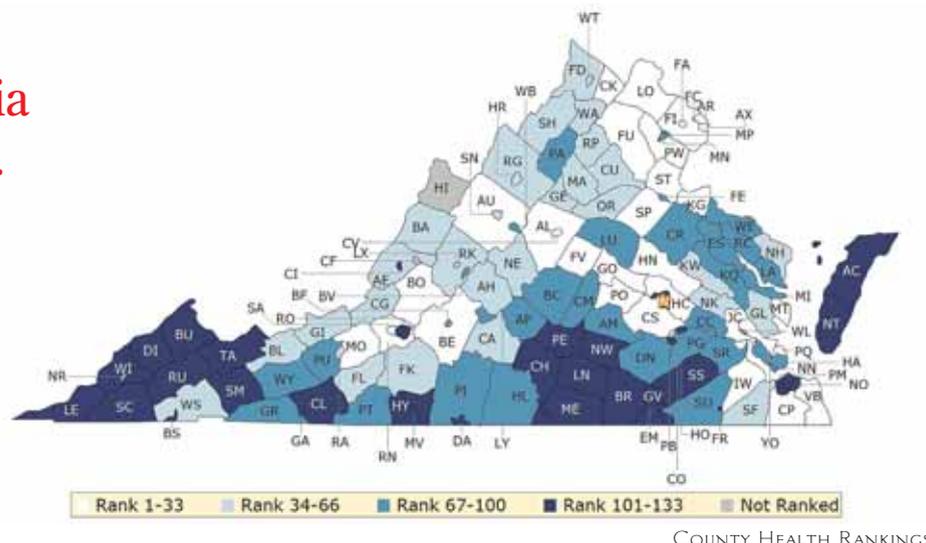
"This is an annual checkup of your community's health," said Julie Willems Van Dijk, deputy director of County Health Roadmaps at the University of Wisconsin. "It's a way to think about what we can do collectively to improve these areas."

"This is an annual checkup of your community's health. It's a way to think about what we can do collectively to improve these areas."

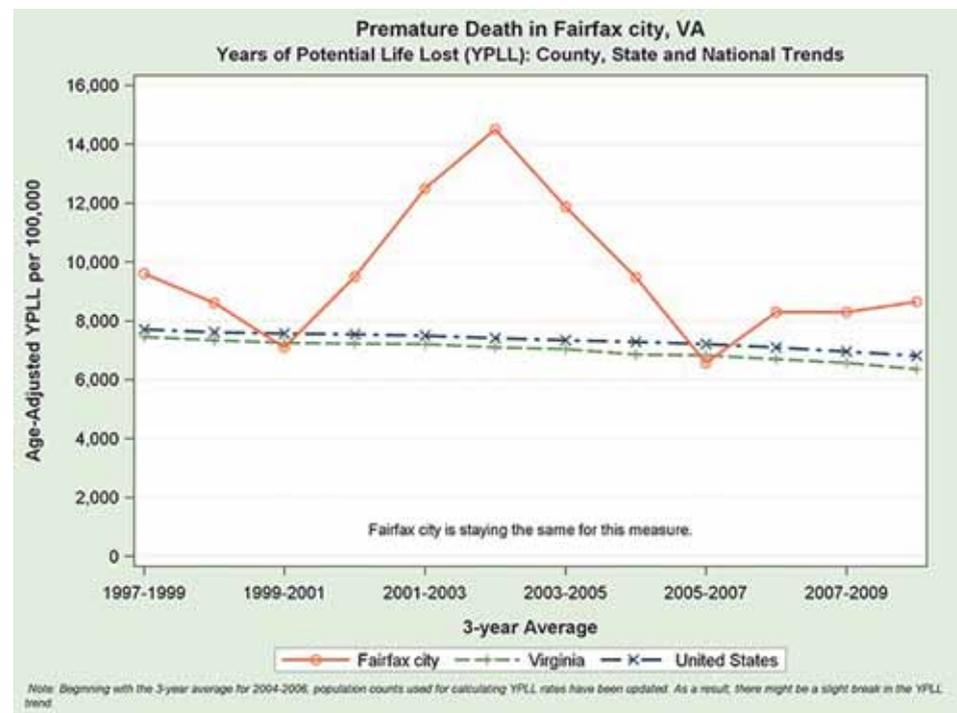
— Julie Willems Van Dijk, deputy director of County Health Roadmaps at the University of Wisconsin

The annual rankings measure everything from high-school graduation rates and obesity to smoking and unemployment. The goal is to reveal a snapshot of how health is influenced by where people live. Organizers say the point is to help communities have a discussion about how they can use the data to make changes. Even when the numbers are good — low obesity rates in Arlington and Alexandria, for example — that doesn't mean a community should become complacent.

"That's still one out of five people who are obese," said Van Dijk. "So



A map of Virginia rates health factors, including everything from high-school graduation rates and obesity to smoking and unemployment.



Premature death in Fairfax City is calculated by looking at years of life lost before age 75 per 100,000 people, but health officials in Fairfax City say the data is flawed.

while it's encouraging, I don't think we have a lot to celebrate there."

SOME OF THE STATISTICS are controversial, especially in Fairfax City. For example, one of the data points in the report measures premature death. That's a figures calculated by looking at years of life lost before age 75 per 100,000 people. According to the report, Fairfax City has the highest rate of premature death in Northern Virginia at 8,652 years lost. That's the highest rate in Northern Virginia, and one of the highest rates in Virginia. But is it accurate?

"The data on which the rankings are based is inaccurate for several reasons," said Louise Armitage, human services coordinator for Fairfax City in an email. "The main reason for the erroneous data is that the state health department continues to utilize ZIP code to assign jurisdiction of resi-

dency even though ZIP codes are not discrete to the city or to the county."

Armitage says an audit of deaths in Fairfax City shows serious irregularities. In 2008, for example, one audit showed 276 out of 417 recorded deaths in Fairfax City over a four-year period were actually city residents. As a result, only 34 percent of deaths that are reported to have taken place in Fairfax City actually happened in Fairfax County. Because of the small size of Fairfax City and the frequent confusion with Fairfax County, many of the statistics can be problematic. Armitage says she has raised these concerns with the researchers who compiled the report, who say they are hoping to refine the data in the future to make it better.

"I don't have any problems with her assessment," said Amanda Jovaag, an associate researcher with the University of Wisconsin Population Health Institute. "That

seems perfectly reasonable to me."

NORTHERN VIRGINIA fares well overall when compared to the rest of the commonwealth. The top three healthiest jurisdictions are in Northern Virginia: Loudoun County, Fairfax County and Arlington County. The top 10 includes Alexandria and Manassas Park City. Health officials warn that the statistics can be misleading, though, and that people should not become complacent.

"Many of us who work in human services get concerned when we sort of pat ourselves on the back and say, 'Oh look, our percentages are so low. Isn't that wonderful?'" said Marlene Blum, a member of the Fairfax County Health Care Advisory Board. "We are an affluent community, and we're a highly educated community. But not everybody is doing well."

"Better educated people often drink but don't smoke. Cocktails are more acceptable than cigarettes."

— Julie Willems Van Dijk, deputy director of County Health Roadmaps at the University of Wisconsin

Some of the health concerns in Northern Virginia are emblematic of the kinds of problems in other communities in America that have well-educated people. For example, Alexandria has the second-lowest number of people who smoke cigarettes in Virginia overall and the lowest number of smokers for Northern Virginia. But it has the sixth highest rate of excessive drinking in Virginia and the highest rate of excessive drinking in Northern Virginia.

"Better educated people often drink but don't smoke," said Van Dijk. "Cocktails are more acceptable than cigarettes."

SOMETIMES THE NUMBERS show trends in combination. For example, Manassas City has the highest rate of children who live in poverty in Northern Virginia. It also has the highest teen birth rate per 1,000 female population. Researchers say these two data points speak to each other.

There's probably some linkage there," said Van Dijk. "We know that if mom has a baby as a teenager, the likelihood that child will be raised in poverty will be much higher."

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NEWS

Colvin Run Mill Goes Back to 1810

Staff look forward to restoration of mill.

Last year Colvin Run Mill in Great Falls entered a contest to win grant money through the Fairfax County Park Foundation. The result was a fourth-place finish among 24 historic sites in the contest and a \$75,000 grant for Colvin Run Mill, the largest grant in the site's history. This money is now being used to fund restoration of the mill. Fairfax County spent about \$1 million restoring the mill between 1968 and 1972, but stopped before finishing when funds ran out.

"This project is to complete restorations begun in the 1970's," said Ben Hassett, one of the few remaining millwrights in the nation. Hassett has been working at Colvin Run Mill to help the mill to mirror a system outlined in Oliver Evans' 1795 book, "The Young Millwright's and Miller's Guide." The mill was built circa 1811 and is the sole surviving operational 19th-century water-powered mill in the Washington, D.C. metropolitan area.

Fairfax County Park Authority hired HITT Contracting, who turned to Ben Hassett and his Lynchburg company, B.E. Hassett-Millwrights, to handle repairs at Colvin Run. Hassett-Millwrights specializes in repair, maintenance, restoration and reconstruction of wind-and water-powered agricultural and historic sites. Hassett has been working on mills for seventeen years. "I have worked on a few mills throughout Virginia and the country," said Hassett.

AT COLVIN RUN, the first shaft was warped and unable to turn the second shaft. There was not enough money designated to fix the problem when restoration began in 1968, so Colvin Run has been using only one millstone. Hassett removed the shims that locked the gears in place on the shaft, and then suspended those gears so that they hang freely. This allowed him to remove the estimated 800-pound counter shaft from the mill and take it back to his Lynchburg shop. It was used as a guide for the creation of a new counter shaft that was fashioned out of white oak, matching the material used in the original mill.

Hassett expects to be putting in about 50 hours of work per week to complete the project. At some points he has referred to other historic mill machines to ensure the historic accuracy. "The guys who did the work here in the 1960s and 1970s did the same thing," said Hassett. Everything will be designed to meet the capacity of the system, including machine speeds, grain flow, and meal flow. What dictates all this the water speed.



PHOTO BY RYAN DUNN/ THE CONNECTION

Colvin Run Mill park manager Mike Henry with millwright Ben Hassett and miller Mason Maddox at Colvin Run Mill in Great Falls.

"It is very exciting to be here, we are absolutely thrilled to restore this type of technology and make a better connection with the past of Fairfax," said Colvin Run Mill park manager Mike Henry. "It is not just about the past, it is about the future and the kids who will learn from this and where they will take it. The phrase historic site is a verb and not a noun." Park staff plan to alter tours of the mill so that they not only discuss the history of the mill, but include information about renovations.

Colvin Run Mill still grinds enough corn and wheat to supply the associated general store, as well as several restaurants.

IN ITS HEYDAY, the mill could produce between 10,000 and 12,000 pounds of flour per day. Subsequent work is planned on the mill building's second and third floors. This will include installing grain cleaning equipment, completing the mill's system of flour delivery, completing an internal rope hoist, and changing fittings to a period-appropriate design.

"It will be spectacular to see the mill in complete operation and bring back the life of the mill from 1810," said Mason Maddox, who has served as the site's miller for 15 years. Colvin Run Mill Park is located at 10017 Colvin Run Rd. in Great Falls, at the intersection of Colvin Run Rd. and Leesburg Pike (Rt. 7). To read more about Colvin Run Mill and upcoming events, visit www.fairfaxcounty.gov/parks/colvinrunmill.

Spring Festival Needs Volunteers

The Great Falls Optimists are in need of volunteers with this year's Spring Festival. If you can give a few hours on Sunday, April 13 to help, here are the times you could help:

- ❖ 10 a.m. to Noon – helping with set-up;
- ❖ 1 to 3:45 p.m. — supervising children playing games and on the rides;
- 3:45 to 4:05 p.m. — helping the children line up at the age appropriate entrances to the Egg Hunt on the Village Green;
- ❖ Clean-up following the Egg Hunt.

The Great Falls Optimists want to thank all those who have volunteered in previous years and those who will help this year.

Call 703-216-3035 or e-mail a.c.bongiorno@comcast.net

Holocaust Survivor to Speak at Great Falls Library

Holocaust survivor Henry Greenbaum will talk about his experience as a Polish Jew who was liberated from Auschwitz concentration camp and eventually made his way to the United States. His presentation — Out of the Darkness, Into the Light: Surviving the Holocaust — will be held on Wednesday, April 23, at 7:30 p.m. at the Great Falls Library, 9830 Georgetown Pike, Great Falls.

Greenbaum now serves as a volunteer at the U.S. Holocaust Memorial Museum. Seating is limited. Please register for this event at <http://bit.ly/1pIEtWL> or phone the Library at 703-757-8560.



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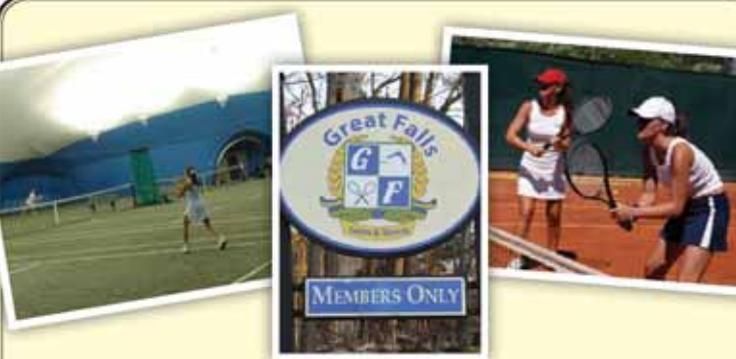
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Club activities include: adult and junior tennis year-round private and group lessons, camps and tournaments with two of Northern Virginia's top tennis professionals, adult and junior NVTL tennis teams, junior NVSL swim and dive teams, tennis, swim & dive group and/or private lessons and lots of fun, family social activities.

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Reporting, photography, design and editorial cartoons commended at annual Virginia Press Association meeting.

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That was what the judge said when awarding first place for In-depth or investigative reporting to Michael Lee Pope in the Arlington Connection.

The Virginia Press Association announced its press awards for 2013 at the annual meeting on Saturday, April 5, in Richmond.

Pope also won first place for education writing, for business and financial writing, and awards for health, science and environmental writing and for government writing. Stories appeared in the Alexandria Gazette Packet, the Mount Vernon Gazette and the Connection papers.

Bonnie Hobbs won first place for general news writing for her coverage of the proposed roundabout in Centreville. “Good work getting all viewpoints of the issue without assigning judgment to who is right and who is wrong,” wrote judges.

Jeanne Theismann won first place for public safety writing and for public service writing in the Alexandria Gazette Packet.

Connection Newspapers won first place for information graphics for the 2013 Insiders Guide to Fairfax County Parks, designed by

Jean Card with photos by Renee Ruggles and Craig Sterbutzel.

First place for special sections went to the Connection’s HomeLifeStyle pullout.

Victoria Ross won for feature series/continuing coverage for coverage of foster care. Judges note: “Fantastic blend of fact and narrative, and it packs an emotional punch. The stories are very well-researched, tightly written and highly effective.”

Ross also won for personal service writing for her coverage of “digital legacy,” and control of one’s online content after death.

Cartoonist Steve Artley began cartooning for the Alexandria Gazette Packet in December 2013, with only three cartoons in the year, but two of them won awards. His cartoon on the threatened use of eminent domain in the City of Alexandria drew this comment from the judge: “One of the best examples of editorial cartooning I have seen in years and reminiscent of editorial cartoons poignant and relevant enough to still be included in history texts today. Wonderful use of the paper boat as the flagship of eminent domain with tons of little touches which push the entry even higher.”

Alex McVeigh won an award for investigative or in-depth reporting in Great Falls. Donna Manz won for her feature stories in Vienna.

The annual Insiders/Newcomers edition of the Alexandria Gazette Packet won third place for special edition, including work by Steven Mauren, Jeanne Theismann, John Bordner and Jean Card.

Editorials written by Mary Kimm won second and third place awards.

For a complete list, see www.connectionnewspapers.com

Mother’s Day Photos

Mother’s Day is May 11, 2014, and every year at this time, we call for submissions to our Mother’s Day photo gallery. Send photos of mothers, grandmothers, great-grandmothers, with children or without children. Please name everyone in the photo, the approximate date, describe what is happening in the photo and include your name, address, email address and phone number. (We will not print your full address or contact information.)

Send photos to editors@connectionnewspapers.com

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

LETTERS TO THE EDITOR

Clearing Up ‘Diet’ Mystery

To the Editor,

Thank you for your illuminating article on the so-called Walker Road ‘Diet’ in Great Falls [“Walker Road ‘Diet’ Nears Completion,” Great Falls Connection, April 2-8, 2014]. It goes a long way towards clearing up the mystery (to me and perhaps to others) of why we had to endure several months of inconvenience while different versions of construction crews plied their trade. If I understand it correctly, we spent a million dollars of scarce taxpayer funds to make the president of the Great Falls Citizens Association and the owner of The Brogue tavern happy. This at a cost nearly four times the original estimate.

To further summarize, we Great Falls residents allegedly needed a crosswalk and it was determined that it could not be done without reducing the number of Walker Road lanes at the Great Falls Center. There were three plans pro-

posed by the Fairfax Department of Transportation and the GFCA chose one of them. How nice. I assume there was broader public input or is the GFCA so politically powerful that these types of decisions can be made without it?

The cost went up because of the need for drainage. That’s today’s world, opines GFCA president Eric Knudsen, blaming the added cost on pesky engineers. Was there no public official that might have stepped in at that point and decided that type of cost increase could not be supported? Can we send the bill to the GFCA and The Brogue?

Reducing the speed limit is probably a good idea but traffic is now funneled through a choke point and turning right into the Safeway parking lot Eastbound is fraught with anxiety. In addition, the left turn lane to head north on Georgetown Pike is now too short and the new curb enclosures are currently an eyesore. Will additional taxpayer dollars be spent to beautify?

It is telling that the only support-

ing endorsement of the crosswalk that appears in the article, besides those from the GFCA president and the tavern owner, came from someone driving by in a car and not attempting to use the new crosswalk. I anticipate that, at first, Fairfax County Police will be brought in at taxpayer expense to enforce safety at the crosswalk and eventually there will be talk of installing a light there. I also predict continued jaywalking. To paraphrase Phaedrus, a mountain labored and gave birth to a mouse.

Arthur Kingdom III
Great Falls

What’s Next for Great Falls Traffic?

To the Editor:

As one of the “naysayers” noted by Eric Knudsen in your latest article about the “Walker Road Diet Project,” I applaud him for continuing to put his face on the ridicu-

lous projects the Great Falls Citizen’s Association has imposed on us. His proud image standing in the middle of our newly completed Million Dollar Speed Trap might have been more impressive if he had a snow shovel in his hands and was clearing the new “walkways to nowhere” which went unshoveled all winter. He mentions that the cost of the project was nearly 400 percent the original estimate, but the County should be able to recover that expense with traffic fines imposed on busy drivers tending to chores or getting their kids to school. But just when I thought that GFCA projects could not get more ridiculous, I see that after waiting over 30 years for walking trails that connect the Great Falls Village to the Great Falls Park and Riverbend Park, we will soon get a “hard surface trail” that connects us to Reston. What sort of snacks are ingested at those GFCA meetings? What’s next “Traffic Circles”?

Gene Phillip
Great Falls

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Sharing the Inspiration

Great falls' 'Evening with the Authors' allows writers, readers to learn form each other.

BY CHRISTINA TYLER WENKS

Jeff Preletz of Leesburg went to the "Evening with the Authors" as a reader, but he left convinced that he, too, is a writer who must finish his first book. He didn't expect the turnout for a Saturday night event at the Great Falls Library to be so great that patrons would spill into the hall and out the front door. But he got what he came for – inspiration from authors to put his ideas in print. "This is no ordinary book signing," he said. "We are conversing with published authors and learning from them."

The Great Falls Writers Group (GFWG) hosted the event that allowed 15 local authors of varied backgrounds and multiple genres to discuss how they ventured into writing, and to sign and sell their books. The event was a cross-pollination of ideas from patrons and authors alike.

The GFWG consists of published and non-published writers of all genres, from all experience levels, and from all backgrounds and professions. Members share their experiences and encourage others to grow their writing skills, find their audiences, enter new writing genres, and get published.

"Writing is a solitary business," said Brent Glenn, an attorney who lives in Great Falls. "An event like this is a great idea for us writers to meet like-minded people and share ideas." Glenn is no longer a closet writer. The law professional has written nine books with his wife, Rebecca, and they want to start their own publishing company. The Glenns want to join the GFWG as a means to share writing experiences and – more importantly to them – learn from others.

Many patrons arrived at the library before the three-hour event started, eager for the opportunity to talk to writers about fulfilling a life goal or dream. The audience asked questions such as whether an outline is necessary to write a book. Authors concurred that outlining is an essential step of writing workflow. They explained that in some genres, such as fiction, a detailed outline is crucial, but in other types of writing less structure may be required.

Kristin Clark Taylor, former White House Communications Director and GFWG's founder, surrenders herself to her writing. "You

learn to rely on an inner voice and an inner balance that allows a symmetry to your work."

Herndon's Chuck Mauro, author of multiple local history books, says that an entire book is in his head before he starts writing. On

the other hand, other authors sometimes experience their characters take over and launch the writer on a journey unforeseen when the wordsmith first sits down to type.

SEE WRITERS, PAGE 15



PHOTO BY MELISSA WINN

Former White House Communications Director and Great Falls Writer's Group Founder Kristin Clark Taylor was one of 15 featured authors at Saturday's "Evening with the Authors" at the Great Falls Library.

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NEWS

Forestville Talent on Display

Students and professional artists exhibit creativity at Spring Art Fair.

BY REENA SINGH
 THE CONNECTION



Dance students perform "In Summer" from the movie Frozen.

PHOTOS BY REENA SINGH/ THE CONNECTION

Forestville Elementary was turned into an art museum last week. The school's Parent Teacher Association held its Spring Art Fair on Thursday, displaying works by about 70 student artists and professionals from Great Falls Studios.

"We do this every two to three years," said event organizer and PTA member Maureen Gatti. "The artists have really appreciated being here for the children and the children like meeting the professional artists."

In the cafeteria, dance performances to popular songs like "In Summer" from the movie Frozen,



Student artist Cassie Dallas in front of her oil painting display at Forestville Elementary's Spring Art Fair.

SEE SPRING, PAGE 9

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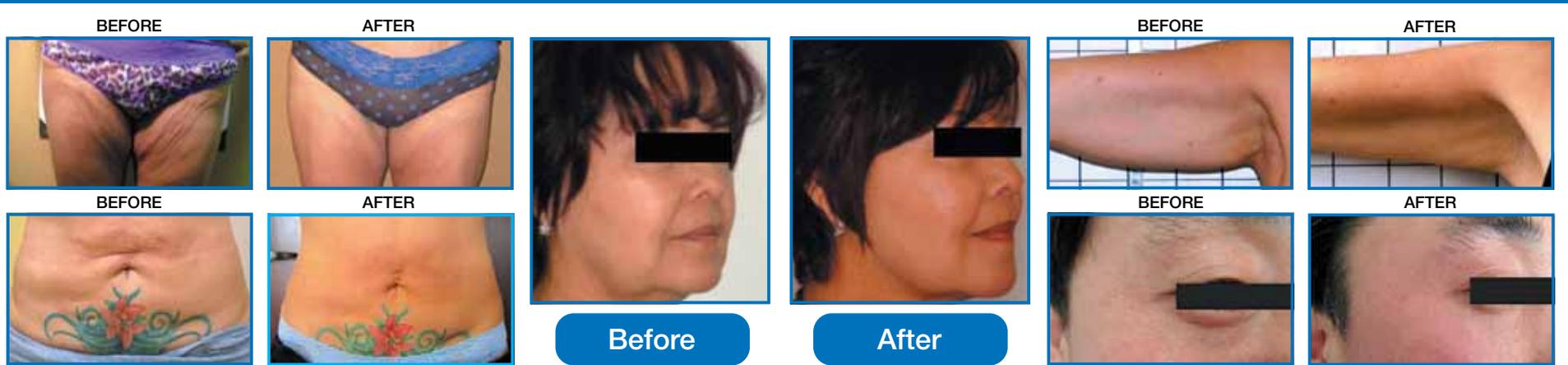
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Spring Art Fair

FROM PAGE 8

even got the children in the audience dancing. Proud parents took pictures of their children on stage or in front of their art display.

Fifth grade student Cassie Dallas, 11, said her love of oil painting began after she saw an artist painting at her local farmers market. Her parents sent her to lessons, and she gets to paint for one to two hours with her instructor every week.

"It's fun," she said. "I like the colors."

She said her inspiration comes from the scenes she captures on her camera when she goes on vacation to places like the Dominican Republic and Long Beach Island, New Jersey.

Another fifth grade student, 11-year-old Maddie Koenig, had the same feeling about her love for art.

Her artwork was made with a diverse number of media, including one piece with splashes of paint dripping down a canvas with crayons attached to it, creating the illusion that the crayons were melting.

"I just feel like I have always liked art," she said shyly. "I really like [the event]. It's really fun seeing all the styles of artwork here."

Her dad, Joe Koenig, advocated for her artwork.

"She's got a great eye for color," he said.



PHOTO BY REENA SINGH/ THE CONNECTION
Children color at a professional artist's station at the Spring Art Fair.

Getti said the show gave the students a sense of pride for the work they were exhibiting. Art teacher, Renee Riddell, said that is what makes creating art so effective in schools.

"We think art gives them the opportunity for success," she said. "It's a time where there's truly no right answer. It's a way they can go outside the box and use those creative skills necessary for the business world."

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www.mcleancenter.org/special-events

BEAR HUNT PRODUCTIONS OF LONDON
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SATURDAY, APR. 12 AT 2 P.M.

McLean Kids

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CALENDAR

Send announcements to vienna@connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encouraged.

WEDNESDAY/APRIL 9

Wildfire Toasts the Silver Line. 6:30 p.m. Wildfire, 3rd floor, Tysons Corner, McLean. Toast the coming of the Silver Line and the great future for Tysons at Wildfire with a four course custom menu designed by Executive Chef Eddie Ishaq, each course paired with a sparkling wine from around the world. Michael Caplin, executive director of the Tysons Partnership, will be the guest speaker. Caplin will talk about plans for Tysons and answer questions. \$80/per person. RSVP Amanda or Erika at 703-442-9110.

THURSDAY/APRIL 10

How to Improve Your Front/Backyard with Natural Landscaping! 7-9 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Natural Landscaping is a method of designing and installing landscapes that rests on an understanding of the relationship between plants and the rest of the environment. Using these native tree and shrub seedlings will result in having your property easy to care for and helps support bees and other insects and animals. If you plan to attend, please RSVP to gfgsvp@gmail.com for aiding registration and snacks.

"Gnomonic Tales of Thomas Jefferson (and other Founding Fathers)." 7 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. The lecture will consider sundials in the lives of Thomas Jefferson and other prominent figures of early America such as George Washington and Benjamin Franklin. <http://www.fairfaxcounty.gov/parks/turnerfarm/>

Honoring Poetry Contest Winners.

11 a.m. - 1:30 p.m. The Great Falls Friends and Neighbors will hold a luncheon to honor 4th - 6th grade winners in their 31st Annual Poetry contest. The cost of the luncheon is \$21. Please make checks payable to GFFN and send them to Lisa Spoden at: 10917 Lake Windermere Drive, Great Falls, VA 22066. The deadline to register is April 5. Paypal is also available on the GFFN website at www.gffnva.org, members area.

FRIDAY/APRIL 11-SUNDAY/APRIL 20

"The Cripple of Inishmaan" Fridays at 8 p.m., Saturdays at 2 p.m. and 8 p.m., and Sundays at 2 p.m. and 7 p.m. 1st Stage in Tysons, 1524 Spring Hill Road, Tysons Corner. Excitement ripples through the sleepy Irish community of Inishmaan abuzz with the news that a Hollywood filmmaker plans to shoot a movie on a neighboring island. When young Cripple Billy lands a screen test, the oddball citizens of Inishmaan mount a heartbreakingly hilarious campaign bursting with dark humor and touching devotion. General admission: \$27. Seniors \$22. Students and Military \$15. Purchase online at www.1ststage.com or 703-854-1856.

FRIDAY/APRIL 11-MONDAY/MAY 5

Six Artists Return. 10 a.m. - 5 p.m. Monday through Saturday. The Frame Factory, 212 Dominion Road NE, Vienna. An exhibition and sale of paintings, drawings, sculpture and jewelry by local artists Jackie Elwell, Elaine Florimonte, Debbie Glakas, Lisa Neher, Sarah Swart and Barbara Wagner. www.theframefactory1.com



PHOTO BY TERESA CASTRACANE/COURTESY OF 1ST STAGE
Josh Adams and Megan Graves in "The Cripple of Inishmaan" at 1st Stage, running April 11-20.

FRIDAY/APRIL 11

"Too Much Light Makes the Baby Go Blind." 8 p.m. The Alden, 1234 Ingleside Avenue, McLean. In this show, an underground New York City favorite, the eccentric New York Neo-Futurists race against the clock to perform 30 miniature plays in 60 breathless minutes. Tickets are \$20/\$15 for MCC district residents. www.aldentheatre.org



See and hear model trolleys and steam and diesel trains plus Thomas and some of his friends in the Historic Vienna Train Station's 65th Anniversary Open House on April 12.

SATURDAY/APRIL 12

Train Club's 65th Anniversary Model Railroad Open House. 1-5 p.m. 231 Dominion Road NE, Vienna. Celebrate the Northern Virginia Model Railroaders' 65th Anniversary. See and hear model trolleys and steam and diesel trains plus Thomas and some of his friends in the Historic Vienna Train Station along the W&OD trail just past the Caboose. The impressive layout reflects the mountainous terrain and towns of Western North Carolina with award winning structures. Free admission (donations accepted). For more information visit www.nvmr.org.

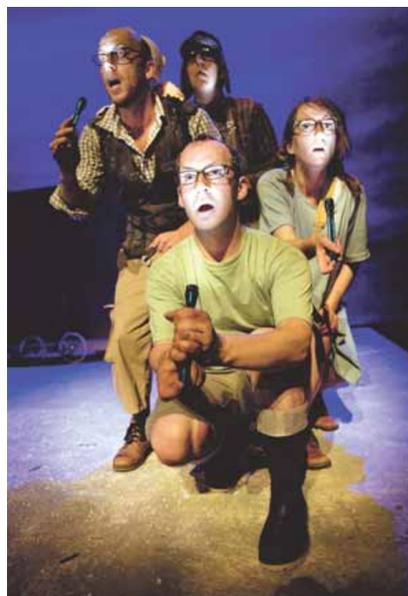
Flea Market. 8 a.m. - 2 p.m. Vienna's American Legion 330 Center St, N, Vienna. Space \$20; tables-\$5. Contact Debbie at 703-938-9535 for more info.

Paws for Art Fundraiser. Great Falls Library, 9830 Georgetown Pike, Great Falls. 11 a.m. - 3 p.m. This April, your artwork can help us save more lives, and help us raise awareness of LDCRF. Donations of artwork in any media are still being accepted for the LDCRF Paws for Art Show and Sale.

"We're Going on a Bear Hunt." McLean Community Center's The Alden, 1234 Ingleside Avenue, McLean. 2 p.m. A small group of intrepid adventurers are on a quest to find a bear. They wade through the gigantic swishy, swashy grass, the splashy splashy river and the thick oozy, squelchy mud on their journey. The show is appropriate for children ages 4 and older. Tickets: \$10-\$15. Visit www.aldentheatre.org or call 703-790-0123, TTY: 711.

SATURDAY/APRIL 12-SUNDAY/APRIL 13

Spring Table Tennis Tournament. 10 a.m. - 4 p.m. on Saturday and 9



Take your little one out for some excitement and adventure in The Alden's production of "We're Going on a Bear Hunt," playing on April 12 at the McLean Community Center.

a.m. to noon on Sunday. Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. The fee to participate is \$5 per person, per event for The Northern Virginia Table Tennis Club members and \$10 per person, per event for all others. All events are round-robin, followed by a single elimination. Prizes will be awarded to the champion and runner-up in each of three divisions: beginner, intermediate and advanced. Semifinals and finals are best three out of five. All other matches are best two out of three. The tournament director reserves the right to modify or cancel events based on the number of entries. To register for the tournament, or for more information, visit www.nvtcc.org

SUNDAY/APRIL 13

Photographing Chrysanthemums and other Floral Blooms. 2:30 p.m. Falls Church Community Center, 223 Little Falls Street, Falls Church. Todd Brethauer, whose photographs of Mums are featured on the National Chrysanthemum Society

www.mums.org website and Facebook page, will discuss and demonstrate how to get the Best Floral Bloom Pictures out of your camera for your use and enjoyment.

Pro Musica Washington Ensemble. 3 p.m. McLean Community Center's The Alden, 1234 Ingleside Avenue, McLean. For further information, please phone 703-620-9535. Concert is free.

30th Annual Children's Spring Festival. 1:30-4:30 p.m. Great Falls Village Green. Join in the fun with activities for kids ranging from games to rides and delicious food.

WEDNESDAY/APRIL 16

125th Birthday Celebration for Charlie Chaplin. 7:30 p.m. The Alden, 1234 Ingleside Avenue, McLean. The Alden in McLean will celebrate Charlie Chaplin's 125th birthday with an evening of silent films with live musical accompaniment. For more information or to purchase tickets online, visit: www.aldentheatre.org or call 703-790-0123.

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FRIDAY, APR. 11 AT 8 P.M.

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McLean Community Center
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Here's What's Happening at MCC

Old Firehouse Teen Center "Code 20: Proceed to Improv"
Thursday, April 10, 7-9 p.m. • Free admission

New York Neo-Futurist "Too Much Light Makes the Baby Go Blind"
Friday, April 11, 8 p.m.
 \$20/\$15 MCC district residents

Bear Hunt Productions "We're Going on a Bear Hunt"
Saturday, April 12, 2 p.m.
 \$15/\$10 MCC district residents

McLean Spring Community Garage Sale & Recycling Event
Saturday, April 12, 9 a.m.-1 p.m.
 1420 Beverly Road

Spring Break Day Trips
Mon.-Fri., April 14-18 • Prices Vary

Silent Film Series
 Charlie Chaplin's 125th Birthday Celebration
Wednesday, April 16, 7:30 p.m.
 \$10/\$6 MCC district residents

Spring Fest • For 3-8 year olds
Saturday, April 19, 10 a.m.-noon
 \$5 per person; free infants to 36 mo.

The McLean Community Center
www.mcleancenter.org
 Home of the Alden Theatre
www.aldentheatre.org

1234 Ingleside Ave., McLean, VA 22101
 703-790-0123, TTY: 711

McLean Community Center 2014 Governing Board Elections

The Governing Board and staff of the McLean Community Center strongly encourage all qualified residents to vote **for members of the McLean Community Center 2014-2015 Governing Board**. Your vote sends a very important message of your support of the Center's programs and services.

Requirements to Vote:

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

Absentee Voting:

Want to vote, but can't make it to the McLean Day festival on May 17? Vote by absentee ballot! Call the Center or send a request by email to "elections@mcleancenter.org" to have a ballot package sent to your home. Or, stop by the center and pick up an absentee ballot package. Completed ballot packages must be received by 5 p.m. on **Wednesday, May 14**, to be counted.

Write-in candidates are allowed.

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

Adult Candidates—Three Positions Open



THOMAS F. DONNELLY

I decided to run for the McLean Community Center Board of Directors to become more involved in community affairs. I have been a resident of McLean for 23 years and have served on the Board of Directors for McLean Little League since 1996 and as the league's chief umpire for the past 17 years. I have been active in community affairs, serving for six years as the president of the McLean Estates Homeowners Association and am currently with McEanearney Associates in the McLean office. I have been married to my wife, Joan, for 35 years and have one son, Evan.



SEAN A. DUNN

Over the last nine years, with the full support of my family, I've been elected by the McLean community to serve on the MCC Governing Board on three successive occasions. As Chairman, Treasurer, and in other roles, I have helped MCC restrain growth in expenses, negotiate with a key developer over options for downtown McLean, and liaise with our visual programming partner, MPA. I have led or supported initiatives to plan more strategically, manage a burgeoning cash reserve, and reduce the tax rate multiple times. I humbly offer my candidacy one last time and hope to win your vote.



DEBORAH S. SANDERS

Since 1982, I've been a resident of McLean District 1A and have a long history of serving the community. During this time, my family and I participated in many classes and community activities at MCC. I've served as President of Franklin Sherman PTSA and was on the PTSA of Cooper and Langley. I am a "veteran" of McLean Little League and served on the MLL Board for five years. I'm a loan officer with Everbank. My daughter, Hilary, served on the MCC Board as the Langley High School representative. Now it's my turn to serve. Thank you for your vote.



LATHAN TURNER

I moved to McLean in 2006 while an officer in the U.S. Air Force assigned to the Pentagon. I fell in love with McLean because of its strong sense of community. When I left active duty and became a strategy consultant, it was an easy decision to settle here permanently. As a Board member, I will protect and promote the programs, facilities, and the Center's impressive schedule of events. I want to ensure that the McLean Community Center remains a viable and vibrant venue that serves all of our residents. I respectfully ask for your vote! Please visit: www.facebook.com/lathan.turner.



CHAD QUINN

When I take my family to a show at The Alden, a gallery opening, pick my girls up from dance class, and even when I am knee-deep in MCC budget spreadsheets, I remark how lucky I am and how much I love serving this community! I thank my fellow board members for electing me Chair of the McLean Community Center Governing Board. Our work together advocates for ALL the interests of our diverse community. We are delivering tangible results today. I am asking for your vote to continue working with my peers to finish what we started. www.votechadquinn.com.

When & Where:

Vote between the hours of **10:30 a.m. and 5 p.m.** at the McLean Day 2014 festival on **Saturday, May 17**, at Lewinsville Park, 1659 Chain Bridge Rd.

Meet the Candidates

Youth Candidates—Two Positions Open

McLean High School Area



NATHANIEL BUCHWALD

I have loved every minute of my childhood in McLean. It has been a great place for me to grow up. Because it has been so good to me, I want to give back to the community so that others can enjoy it as I have. The McLean Community Center is a foundation of this fantastic community, and working on the governing board would be a great way to give back to McLean. If elected to the board, I will do everything in my power to make sure that the MCC continues to be a center of activities in McLean.



DEVIKA CHADHA

As a resident of McLean, a sophomore at McLean High School, I am qualified to be elected to the board. I have many happy memories of our community, whether it was taking dance or art or being a girl scout. I want to create the same and give back to our community, because being involved is important. My special interests include the arts and how they are showcased in our community. Additionally, I am involved with the Tartan Literary Magazine, Red Cross Club, Latin Club, and have organized a local toy drive for Inova Hospital. Thank you for your consideration.



MADISON KLOSTER

I would like to serve on the McLean Community Center Board as the McLean High School representative because I have always been interested in leadership. This would be a tremendous opportunity for me to try out a leadership position, which would prepare me better for the future. I would be a beneficial addition to the MCC board, because I am a youth and could represent their interests at MCC. I am also attentive and creative and could bring new ideas to MCC and will help as much as I can to make MCC better.



ANEESH SUSARLA

I am a sophomore at TJHSST, and as an active and involved member of the McLean community, am running to be a student representative on the MCC Board. My past leadership roles and experiences will allow me to assist the board in meeting the objectives. I have already served the community in many ways, such as tutoring kids, volunteering, and participating in events. I am passionate about this opportunity and the position will allow me to help even more people in our district. I am keen about giving back to the community that has given me the opportunities to succeed.



AMANDA WHITFIELD

Growing up in McLean has been a safe and nurturing experience. I am a junior at McLean High School. I play varsity basketball, serve as a freshman mentor, and also coach a McLean Youth basketball team. I am running for this position because I would like to have a voice in this great community where I have been so privileged to grow up and it is my responsibility to help improve the McLean community. Also, I believe that I can be an exceptional liaison to help voice the youth's ideas when working with other individuals.

Langley High School Area



TARUN KAMATH

I am a sophomore currently attending TJHSST. I have lived in McLean for over 10 years, and I have a good understanding of the community interactions. I also do volunteer work around the community: I participated in the annual flea market and tutored at my local elementary school. I also participate in Policy Debate, which specializes in the discussion of the pros and cons of policy making, a skill I hope to utilize on the MCC. I am committed to use MCC forum to help in getting schools involved in Science, Technology, Engineering and Mathematics projects and competitions.



The McLean Community Center
1234 Ingleside Avenue, McLean VA 22101
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www.mcleancenter.org



Clean for Spring

Local organization experts offer tips to help with your spring cleaning.

BY MARILYN CAMPBELL
THE CONNECTION

Betsy Fein found herself in the middle of a spring fling in Fairfax recently. She wasn't at a festival or involved in a new romance, but in the midst of organizing a cluttered bedroom that was littered with piles of shirts, pants, shoes and books.

Spring often means renewal and local organizers like Fein are offering suggestions for clearing out winter clutter. From closets that are overstuffed with wool sweaters and down coats to kitchen drawers overflowing with batteries and appliance manuals, they offer suggestions for getting organized without getting overwhelmed.

"Spring is a time when you have all the winter stuff in your closet and you want to change it out for summer, so you're flinging it out," said Fein, of Clutterbusters!! (www.clutterbusters.com) in Rockville, Md.

"Because this child was younger, we suggested that they hang a lot of things," said Fein of her recent project. She also advised the parents to install a second rod in the closet. "They could have shirts on top and pants on bottom."

Fein recommended using photographs to help with organization. "They can take a picture of a pair of socks, for example, and put it on the drawer so the child can see that socks go in that drawer."

She even included an idea for outgrown clothes. "Keep a colorful bin on the bottom of the closet, so when you realize that clothes don't fit any more you can toss them in the bin and donate them."

The idea would work for adults, too. "Pack away all your winter clothing and unpack your spring and summer items," said Susan Unger, of ClutterSOS (www.cluttersos.com) in Vienna. "Be sure to evaluate each item and ask yourself ... 'Does it fit? Do I love it? Is it in good shape? Do I feel good in it?' If all these answers are 'yes' and it is a keeper, then place it in your closet or drawers.

"Be sure to group like items together such as skirts, dresses, t-shirts, [and] shorts. Decide if the discards should be tossed or donated depending on the condition," she said. "Be sure to keep a list of new items to buy."

When you store those bulky winter clothes, make sure you use sealed containers. "Store them in bins and make use of vertical space that is hard to reach or other rooms [like the] basement," said Jody Al-Saigh of Picture Perfect Organizing (www.pictureperfectorganizing.com) in Arlington. "Before storing clothes for next winter, be sure they are laundered first. A little-known fact [is that] moths don't actually go after the clothing fibers but rather the human perspiration and dander that build on clothes."

An easy place to start spring cleaning is your file (or pile or drawer) of appliance manuals and instruction booklets. "Store them all in an accordion file, by brands, by type of appliance, by room or area," said Al-Saigh. "Or look up the manual online, download and toss the paper one."

Be sure to purge often or when new items are purchased. "Don't

toss warranties or receipts for warranties or rebates. Keep those in your file," said Al-Saigh. "Keep the accordion file somewhere handy like the garage shelf [or on] top of fridge."

NOW THAT THE END of the school year is growing closer, piles of children's artwork are growing taller. "We did a family room that had a bookshelf and toys, kids' artwork and stuff all over the place," said Fein. "We had to help the parents make decisions about what to keep. We used a method called the three Fs: Frame-worthy, flush (or toss) and file. With kids' art, you have to be ruthless and realize that it is not all a Picasso."

For frame-worthy artwork, Fein suggests tape frames or inexpensive acrylic frames. "Tape frames are sticky on the back, but they look like real frames. You can swap out the artwork and reuse them."

For artwork that can be filed, Fein suggests using a keepsake box or creating a photo book. "You can take digital photos of the art work and put together a book on



PHOTO COURTESY OF CLUTTERBUSTERS!!

Betsy Fein of Clutterbusters!! created order in this Potomac, Md., garage by grouping similar items together.

Tips for Spring Cleaning

"After a long winter such as this most recent one, it feels good to give a house a good, thorough cleaning. Start by walking through your home room by room and making a list of items to be completed."

"When you are finished, you may think the list in its entirety looks overwhelming and ... impossible to complete," she said. "Take one room at a time and then break the tasks for that room down into smaller tasks and estimate the time to complete the task. Determine how much time daily you can commit to the tasks and schedule it on your calendar. By doing it this way the project shouldn't feel so overwhelming. Be sure to finish each room before going on to the next."

—SUSAN UNGER

Snapfish or Shutterfly. ... Your child will be proud and you won't have stuff all over the place."

Spring's mild weather also makes it an ideal time to clean out

a garage. "It's not too hot and not too cold," said Al-Saigh. "Wait for nice weather, take everything out

SEE EXPERTS, PAGE 14

Your Guide through Every Step



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Home LifeStyle

Inexpensive frames are a simple way to display a child's artwork and help eliminate clutter.



PHOTO COURTESY OF CLUTTERBUSTERS!!

Experts Offer Tips for Spring Cleaning

FROM PAGE 13

and sort it in the driveway.”

Al-Saigh suggests using sidewalk chalk. “Section off areas for piles for items to keep, donate and trash,” she said. “When putting back the keep stuff, group items together and create zones such as tools, gardening, sports equipment, camping, bicycles. The more you can hang on hooks on the walls or from the ceiling the better. Floor to ceiling shelving is good to maximize the vertical space.

“Get creative. Use old barrels to store hockey sticks upright, hang a mesh bag full of soccer balls,” she added. “Remove] things that don't belong in your garage like photos, paperwork, fragile memorabilia.”

Fein points to a Potomac, Md., garage that she recently helped a client reorganize. “It was a normal looking garage where stuff was everywhere,” she said. “Bikes and sports stuff were all over the place, so it was a matter of putting like things together.”

It helps, Fein said, to make organizing fun. “Don't think of it as a chore. ...Play music and get the



PHOTO COURTESY OF CLUTTERBUSTERS!!

Betsy Fein of Clutterbusters!! organized a child's bedroom in Fairfax by suggesting the parents hang clothes on two rods in the closet and putting photographs on drawers to help identify where items belong.

whole family involved. Play games with your children, like beat the clock or beat the time.”

Start small. “A lot of times people think ‘I have to organize my whole basement and I have 40 years of stuff,’ said Fein. “If you have decided to spend the whole

weekend, three hours in you say this is too much and you quit. Maybe start with a drawer.”

Keep it simple. “With filing papers, sometimes a person's filing system is so detailed that it is impossible to organize and maintain,” said Fein. “Let's take bills. A simple system may be a file that says bills. It doesn't need to be in alphabetical order. A lot of clients are disorganized because they are perfectionists. If they can't maintain a complicated system perfectly, they'd rather just have it in a pile.”

Once a home is finally organized, keeping it that way can be challenging. “You have to be disciplined about maintaining it,” said Fein. “Even if you set aside 10 minutes a day to make sure you do a little maintenance in your kitchen, bedroom, office or wherever. Doing a little each day keeps it organized rather than letting it build up.”

Once a person develops such a routine, it becomes natural for even the messiest among us, said Fein. “It takes 21 days to change a habit,” she said. “For 21 days, put a reminder in your calendar phone, or leave yourself a voice message reminding yourself to do a little maintenance.”

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NEWS

Local writers featured at the Saturday "Evening with the Authors" event hosted by the Great Falls Writers Group include (standing) Sharon Rainey, Mindy Mitchell, Edward Land, Pat Britz, Bill Stamper, Catherine Mathews, Burrus Carnahan, Chuck Mauro, Lin Story, B.W. DeCaro, Dr. Michael Hattwick, and Clarence Ashley. Seated are Susan Smith Blakely, Jennifer Abernethy, GFWG founder Kristin Clark Taylor, and Nancy Hannan.



PHOTOS BY MELISSA WINN

Writers, Readers Learn from Each Other

FROM PAGE 7

Authors were equally motivated by whom they met, too. Patrons genuinely interested in learning a lot about many topics inspired author Sharon Rainey. Other authors attending the Evening with the Authors inspired social media guru Jennifer Abernethy to try another genre, such as screenplay writing.

Most authors concurred that their book sales for the evening surpassed what they'd ever sold in a single evening. "Even if I sell nothing, if I have good dialogue with those who visit and I learn something from them about what they hope to read in a book or a new source for information, then I have a successful evening," said Mauro, whose books about local history are found at many local cultural sites. Mauro joins the GFWG as he ventures into new territory - fiction writing.

Conversing with youngsters was the evening highlight for Lin Story and Lesley Hackman, who collaborated on their book "Bearabesque and the Humility Slippers." "One child couldn't wait to read our book, but she shared that she is writing her own books, too. Her



Attentive patrons and prospective writers listened as authors discussed their paths to publishing success. An "Evening with the Authors" at the Great Falls Library was hosted by the Great Falls Writer's Group on Saturday night and celebrated artists of the written word.

father confirmed his daughter is indeed writing her own stories," said Story. "We must inspire children at an early age," said Hackman.

"I hope we don't have to wait a whole year before we have another event like this," said patron Rebecca Glenn, whose comment was echoed throughout the night. "I can't wait that long. And one day, I want to be part of it, too."

Craig Gralley, a GFWG member, feels that events like the Evening with the Authors build momentum

within a community.

"We have established an intellectual writing community in Great Falls," said author Dr. Michael Hattwick, who finds GFWG meetings affirming. "This group is not interested in what you're writing as much as that you are writing." The GFWG meets twice a month at the Great Falls Library.

Christina Tyler Wenks is a journalist who is presently illustrating her first children's book and is writing books for older readers.

CALLING ALL RESIDENTS – YOU ARE INVITED!

Come "Meet and Greet" the 2014 Candidates for the McLean Community Center Governing Board

When:
Thursday, April 24 at 6:30 p.m.

Where:
McLean Community Center
1234 Ingleside Avenue,
McLean, VA 22101

Who:
Five adult candidates, six teens from the McLean High School boundary area, and one teen from the Langley High School boundary area.

Format:
Informal Reception

Five adults are vying for adult votes to fill three seats on the Governing Board. Five teens from the McLean High School boundary area and one teen from the Langley High School boundary area are vying for teen votes to fill one board seat from each high school boundary area.

Refreshments will be served. For planning purposes, please let us know if you will attend by emailing elections@mcleancenter.org.

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SPORTS

McLean Girls' Soccer Undefeated Through Six Games

Highlanders play to scoreless ties against South Lakes, South County.

BY JON ROETMAN
THE CONNECTION

Neither team scored a goal during Friday's McLean Highlanders-South Lakes Seahawks girls' soccer matchup, but both came away feeling positive about how their respective 2014 seasons have unfolded.

The Highlanders and Seahawks played to a scoreless tie during a battle of unbeaten teams on April 4 at South Lakes High School. McLean entered the match as a program looking to continue its run of recent success, which includes a state championship in 2011. South Lakes is a group looking to take the next step in establishing itself as a contender.

Each team generated some offensive chances, but McLean squandered a golden opportunity in each half. In the 26th minute, senior Haley Mennes beat the South Lakes goalkeeper but failed to finish, hitting the side of the net. In the 50th minute, senior Maire Shine bounced a shot off the near post.

"I think we dug deep in the second half, especially," Shine said. "It was a hard-fought game. We just were a little off on some of the final passes. I think we could have won the game if we just finished a little better. ... I thought I had it on the chip. [South Lakes goalkeeper Sara Vigen] covered near post really well and I didn't have the angle for back post, so I knew I'd have to chip her and then it hit the inside of the post and, ugh, I thought I had it."

Shine, a first-team all-region selection last season, leads the Highlanders with four goals in six games. She's the primary offensive threat for a McLean team with a 3-0-3 record, including a scoreless tie against South County on Monday, April 7.

"I expect Maire to produce," McLean head coach Rob Bouchard said. "Everybody in the district voted her an all-region first-team [player] and we expect her to lead and play like an all-region first-team [player]."

Shine and senior defender Kaela Mahoney are team captains. Midfielders Caroline Meier and Megan DeGrafft, and defenders Audrey Freeman, Katherine Horenstein and Meaghan O'Reilly are also key contributors.

After opening the season with a scoreless tie against Robinson on March 21, McLean won its next three games, beating Oakton (2-1, March 24), Thomas Jefferson (4-0, March 28) and Langley (1-0, April 1).

"I think this team can go far," Shine said. "Everyone wants it and we've got a lot of talent, so I don't think there's any reason we can't go far."

The Highlanders finished runner-up in the Liberty District last season, losing to Stone Bridge 4-0 in the tournament championship game. McLean is competing in Conference 6 this season, which includes 2013 region runner-up Yorktown. While the Highlanders and Patriots don't face one another dur-

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



Senior Maire Shine is the McLean girls' soccer team's leading goal-scorer with four through six games.

"My girls, they think they can beat anybody. There's a lot of hard teams out there, but they have that attitude [of], 'Why not us?'"

— McLean girls' soccer coach Rob Bouchard



Caroline Meier and the McLean girls' soccer team is 3-0-3 through six games.

ing the regular season, each is a strong candidate to reach the conference tournament final.

"Our girls feel a little slighted because there has been talk about all these other teams in our district and nobody ever talks about us, so we take it personal," Bouchard said. "We want to go out there every night and beat everybody now because of that. ... My girls, they think they can beat anybody. There's a lot of hard teams out there, but they have that attitude [of], 'Why not us?'"

While the Highlanders have their sights set on continued success, the Seahawks are looking to take the next step under second-year head coach Mike Astudillo, who

coached the Chantilly girls' soccer team from 2004 to 2007.

In recent years, South Lakes suffered lopsided losses against top-tier teams, including an 8-0 defeat against McLean in 2011 and a 7-0 loss to Stone Bridge in 2012. In 2013, Astudillo's first as South Lakes head coach, the Seahawks finished with a 7-3-3 regular-season record, including ties against McLean and Stone Bridge. Astudillo was named Liberty District Coach of the Year.

This season, South Lakes opened with four consecutive victories, beating Wakefield (5-0, March 19), T.C. Williams (2-1, March 27), Marshall (3-0, March 28) and Thomas Jefferson (4-1, April 1) prior to tying McLean.

"This was our first real test of the season," Astudillo said. "We did what we were supposed to do for the first four games of the season. I scheduled two of the toughest scrimmages I could find and we played fairly well against Centreville and Chantilly, but McLean is just a team that has talented players ... [and] Rob runs a great program. It's just a really good test for us."

While South Lakes produced a winning season last year, the Seahawks failed to qualify for regionals, losing to Langley in the opening round of the district tournament.

"We need to improve on what we did last year," Astudillo said. "Last year, we showed up and we let the region know that we were here to play. We tied Stone Bridge last year and when we called in the score they were like, 'Boys' soccer tied Stone Bridge?' 'No, no, girls' soccer tied Stone Bridge.'

"The region was aware that we did some things last year. Now we've got to take that next step. We need to move to the next level. We need to qualify for the region tournament. I think that should be something that we need to do. We knocked on the door last year and we didn't get there. We need to get there this year."

One of the athletes responsible for South Lakes' early-season success is sophomore midfielder Meaghan Nally, who has been the Seahawks top offensive threat, producing four goals and three assists in five games. What makes Nally a good player?

"Her motor," Astudillo said. "Her engine never quits. She is an Energizer Bunny out there. She runs from goal line to goal line, she does everything we need."

Friday's result moved South Lakes' record to 4-0-1 and marked the second consecutive season the Seahawks managed to tie McLean.

"We know that we can hang in there with the best of the best," Nally said. "You just see how we can work together as a team, work hard. We can hang in there. We're good. Last year we tied them, as well, and we made a statement. We tied them again this year — they're better, we're better, so it made a bigger statement."

"... I think that last year, [Astudillo] was new, and so we were just getting used to his style. This year, we're kind of used to him. We know what he expects ... and we're stepping up to the plate because we know what we can do now. He's a really good coach. He motivates us, he keeps pushing us to the next level."

Bouchard has noticed the Seahawks' improvements.

"Their goalie [Vigen] is phenomenal and their field players have gotten so much better," Bouchard said. "First half, they took it to us and I was scared. Second half, we rose to the occasion and started making it more of a game."

South Lakes faced Mount Vernon on Tuesday, April 8, after The Connection's deadline. The Seahawks will host Stuart at 7 p.m. on Wednesday, April 9.

McLean will host Fairfax at 7 p.m. on April 22.

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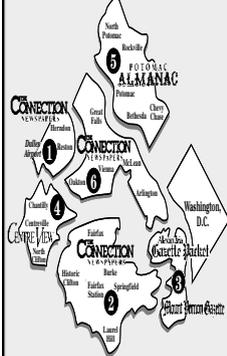
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"I Thought You Were a Goner"



By KENNETH B. LOURIE

So has said my longtime oncology nurse, Ron, who has tended to me since June, 2009. Originally, I had been assigned to a different oncology nurse, Holly, with whom I developed an immediate rapport. She cared for me from the beginning, early March 2009, when I began my every-three-week chemotherapy infusion through June, when she transferred from the Infusion Center to a different unit (oncology does take a toll). Initially, after Holly's departure, Jane, another nurse in the unit, took me on as a patient. However, and this is where the details get sketchy, within a subsequent infusion or two, I was told one day upon my arrival at the Infusion Center, that Ron, still another oncology nurse, who I had certainly seen there previously but with whom I had minimal interaction, would be taking over for Jane – who was not transferring out – and henceforth would be my new oncology nurse. Apparently, I had been traded. For another patient? For future considerations? For a lunch-to-be-paid later? To this day, nearly five years later, I've never been able to uncover the truth. I got along fine with Jane; I'm a very low-maintenance patient/person; I don't think I did anything to precipitate such a decision. Nevertheless, a deal (my word) had been struck.

To the extent to which assigning nurses to oncology/chemotherapy patients is not random, given the ongoing and serious nature of the types of treatment, Ron's assignment – to me – was genius. We are alike in so many ways. We're the same age and have the same wise guy-type personality. We both use humor at every opportunity and love Yiddish and shtick as well; also we're both Jewish. In addition, we're both from the Northeast and love sports. He's interested in me and I'm interested in him. I know about his family. He knows about mine. Our relationship has evolved from nurse-patient to close friend. I trust Ron with my life.

That fact was never clearer to me than this past August 2nd, a scheduled infusion day for me, when I arrived at the Infusion Center for my usual chemotherapy. Ron noticed how ashen gray I was and after talking to me, further realized how much difficulty I was having breathing. Initially, he walked me around the unit while monitoring my oxygen levels; they were not merely low, they were no-chemotherapy-for-me-that-day really low. Immediately, Ron went to "Plan B:" assessment by a doctor in the Emergency Care Department. I needed medical help, that day. Ron then spent the next few hours coordinating care and managing the necessary steps to finding me a hospital bed. Later that day, I was "ambulanced" to Holy Cross Hospital where I was admitted. Two days later, I had 4.5 liters of fluid drained from my left lung which subsequently collapsed. I then spent the next five days recovering in S.I.C.U. In total, I was hospitalized for eight days before being released the following Friday. If not for Ron's hands-on and professional approach to my deteriorating condition, it's likely, as he's fond of joking, that I was a "goner."

But I'm not a "goner." I'm a "still here-er." In fact, at my last infusion, Ron told me that as of my five-year anniversary in late February, I'm now his longest-surviving cancer patient. And I'm still alive for many reasons, one of which is most definitely due to the depth of the relationship I have with my oncology nurse, Ron "Choo, Choo" Chubin (he's also a train guy). I wouldn't be here without him because, as he's also fond of saying, he's where I need him to be. Thank God!

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

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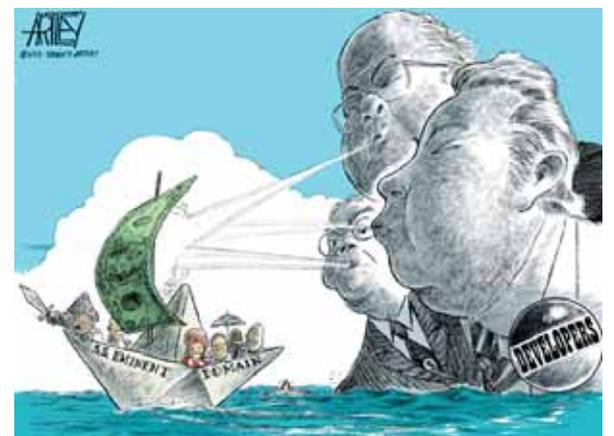
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