

McLean CONNECTION

Inside
SPRING FUN

FOOD & ENTERTAINMENT

A Spring Fling in McLean

SPRING FUN, PAGE 8

Peggy Fox, of Channel 9 News, models clothing from Bloomingdale's during the New Dominion Women's Club Spring Fling Fashion Show, Luncheon and Raffle last Sunday, March 22, at Assaggi Osteria Restaurant in McLean.

Mrs. McLean
Runs for
Mrs. Virginia

NEWS, PAGE 13

Longfellow to Compete in
National Science Bowl

NEWS, PAGE 13

Real Estate Results

703.861.5548

Tracy Dillard Realtor®
MBA
REAL ESTATE TEAM

Call Tracy to successfully sell or buy a home today!

Under Contract



McLean \$2,875,000

Just Sold



McLean Offered at \$2,449,000

Coming Soon



McLean \$2,249,000

Coming Soon



McLean \$1,895,000

Under Contract



McLean \$1,795,000

For Sale



McLean \$1,745,000

Under Contract - 1.92 Acres



McLean \$1,295,000

For Sale



Great Falls \$1,149,000

Under Contract



McLean \$1,125,000

Coming Soon



Arlington \$1,025,000

Just Listed



McLean \$1,025,000

For Sale



McLean \$799,000

See www.tracydillard.com for floor plans and pictures

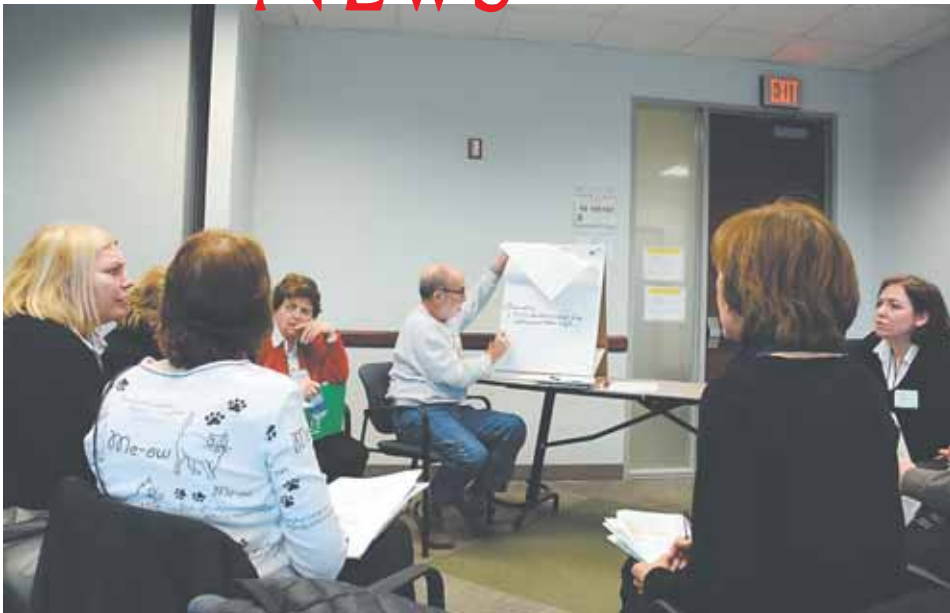
Top 1% Realtors® Nationwide • Over \$125 Million Sold

703.861.5548
tracy@tracydillard.com
Licensed in VA, DC and MD

LONG & FOSTER
REAL ESTATE
LUXURY HOMES
CHRISTIE'S
INTERNATIONAL REAL ESTATE

The #1 Team in the #1 Long & Foster Office in Virginia





Members of the community discussed county government services they found more or less valuable during a budget dialogue meeting at the South County Government Center.



Board of Supervisors Chairman Sharon Bulova (rear) listens to a community discussion on county services, as part of a dialogue on the proposed FY2016 budget.

PHOTOS BY TIM PETERSON/THE CONNECTION

Bulova Hosts Community Dialogues on Proposed Budget

Citizen ideas on budget and services sought.

BY TIM PETERSON
THE CONNECTION

Despite a damp dreary Saturday morning, several dozen people turned out at the South County Government Center for the first of two community dialogues on the proposed budgets for Fairfax County government and schools. The meeting along Route 1 began in the morning, followed by a similar event at the Fairfax County Government Center in the afternoon. Both were hosted by Board of Supervisors Chairman Sharon Bulova.

"When we adopt the budget, we are investing in the priorities of our community," Bulova said in her opening remarks. The format for the event included explanatory presentations of both budgets by county officials, a question-and-answer session, and small group brainstorming.

The breakout groups were a chance for individuals from the community to have a discussion with county representatives about which government services they felt were more or less valuable, as well as long-term ideas for reducing county costs.

Fairfax County's Chief Financial Officer Susan Datta gave an overview of the FY2016 budget, highlighting the county's heavy reliance on real estate taxes and underperforming local economy and housing market as factors contributing to the projected budget shortfall.

"Fairfax County is clearly seeing the impact of the Sequester and problems going on at the federal level," said Datta.

"This is a stalled recovery," Bulova said. "It's important to look at all services; are there different ways for us to grow and proceed into the future?"

Bulova and Datta explained the county conducts its own "lines of business review,"



Alex Van Veen (center) was joined by (clockwise from right) Fairfax County School Board Vice Chairman Ted Velkoff and Chairman Tammy Derenak Kaufax, and Supervisor Gerry Hyland (D-Mount Vernon) at the county budget community dialogue held at the South County Government Center.



Susan Datta, Fairfax County chief financial officer, gives an overview of the proposed FY2016 county budget at a community dialogue meeting on March 14.

an evaluation of all county programs and staff that began in January to attempt to identify "right-sizing" for future revenue growth.

The proposed county budget already includes a reduction package of \$26.9 million.

"We've reduced effectively nearly every agency in Fairfax County," said Datta.



Kristen Michael, Fairfax County Public Schools assistant superintendent for financial services, answers questions at a community dialogue meeting held at the South County Government Center.

Even with the reductions, Fairfax County is still forecast to undercut what the Fairfax County Public Schools board has asked for in its proposed budget: a projected transfer shortfall of \$14 million.

Kristen Michael, assistant superintendent for financial services with FCPS, explained

the school system has managed to cut over \$55 million from its FY2015 approved budget expenditures, as reflected in the FY2016 advertised budget.

However, some of the unfunded, identified needs include lower class size, a family and early childhood education program, and student technology and connectivity.

Community member Alex Van Veen asked if there were more ways the county could "get more bang for its buck," maybe by consolidating excess properties.

Bulova and Mount Vernon school board member Dan Storck, also in attendance, answered by describing collaborative efforts already taken between the supervisors and school board to eliminate duplicated services. The Smart Savings Task Force and budget development project task force, groups with members from each board, have looked at consolidating legal services, insurance and transportation services.

But they haven't thought of everything, which is why Datta acknowledged the small group discussions as "a really important exercise" to involve community members and brainstorm.

The school board is scheduled to present its budget to the Board of Supervisors April 7, with public hearings on that budget as well as the county's to be held April 7-9. April 28 is the proposed for the county to adopt its budget, followed by the school board adopting its budget May 21.

For more information on the proposed county budget, visit www.fairfaxcounty.gov/budget. More information on the Fairfax County Public Schools budget can be found at www.fcps.edu/news/fy2016.shtml.

Citizens are encouraged to participate and speak in the public hearings. To sign up, call the Clerk to the Board's Office at 703-324-3151 or 703-324-2391, or go online to www.fairfaxcounty.gov/bosclerk/speaker_bos.htm. If a resident can't attend in person but would still like to participate, email written testimony to the Clerk's office at clerktothebos@fairfaxcounty.gov.

Gala Attracts Record Attendance, Raises \$72,000

Proceeds to benefit seniors, veterans and wounded warriors.

McLean and Vinson Hall Retirement Community residents joined together to celebrate Navy Marine Coast Guard Residence Foundation's 21st Annual Gala and Silent Auction on March 14.

Navy Marine Coast Guard Residence Foundation (NMCGRF), a local Washington, D.C. nonprofit, hosted its annual Gala this past Sunday. U.S. Rep. Barbara Comstock (R-10) and General Norton A. Schwartz, USAF (Ret.) both spoke at the Gala to military veterans and sponsors. The Gala's silent auction raised just over \$11,000. Altogether, the Gala raised \$72,000 for NMCGRF to support seniors, veterans, and wounded warriors.

The 2015 Gala was hosted in Vinson Hall Retirement Community's (VHRC) new Community Building, which opened in January of this year. Members of the NMCGRF Board of Trustees and VHRCs residents welcomed friends of the community like BB&T bank and Whiting-Turner Construction for a night of fun, food, and friendship all in support of NMCGRF. This year's Gala had its highest ever participation with more than 150 guests.

Gala sponsors included Whiting-Turner Construction, BB&T bank, McGuireWoods LLP, Navy Mutual Aid, SFCS Architecture, and Design Data. The Gala's

silent auction boasted donated items and excursions from 35 local businesses. Among the highlights of the auction were a trip to Disney World, a gold four leaf clover bracelet from Ann Hand, and two tickets to D.C.'s Spy Museum.

Saturday evening's festivities began with a cocktail hour presented by BB&T bank and the silent auction. Then, guests moved upstairs into the brand new ballroom of the Vinson Hall Community Building for dinner. Guests enjoyed listening to the Marine Corps Brass Quintet and the Alexandria Harmonizers a capella groups sing and play during dinner.

General Schwartz, former 19th Joint Chief of Staff of the U.S. Air Force and CEO of Business Executives for National Security, is a neighbor of NMCGRF and spoke to guests thanking veteran and retired military members for their service. Rep. Comstock spoke about the work being done in Congress to better support our veterans. Comstock also recognized that, "service involves not only the soldier, but the family as well."

Proceeds from the 21st Annual Gala and Silent Auction benefitted NMCGRF. NMCGRF was established in 1961 by the Naval Officer's Wives' Club of Washington, D.C. to provide housing for military officers' widows who were not left sufficient funds to live in dignity when their husbands passed away. Today, the Foundation is a 501(c)(3) organization that supports the Vinson Hall Retirement Community raising funds for three purposes: Resident Assistance Fund, Research and Technology, and Wounded Warrior Transitional Housing.



U.S. Rep. Barbara Comstock (R-10) speaks to military veterans and gala attendees about Congress's work on veteran affairs.

COURTESY PHOTOS



General Norton Schwartz and U.S. Rep. Barbara Comstock (R-10) shake hands at the Navy Marine Coast Guard Residence Foundation's Gala.

garai
ORTHODONTIC
SPECIALISTS
BracesVIP.com



Dr. Allen S. Garai

- Specialist in Orthodontics
- Diplomate, American Board of Orthodontics (Board Certified)
- Elite Invisalign Provider
- Attending Faculty— Orthodontic Department Children's/Washington Hospital

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

Exceptional Smiles, Exceptional Service

Dr. Garai is a Board Certified Orthodontic Specialist for Children and Adults

The American Association of Orthodontics recommends children see an orthodontist at the age of 7.



Please call our office to set up your **Complimentary Consultation**

Vienna
427 Maple Ave, West
Vienna, VA 22180
703-281-4868



703.281.4868
BracesVIP@gmail.com
www.BracesVIP.com

Great Falls
9912D Georgetown Pike
Great Falls, VA 22066
703-281-4868

NEWS



PHOTO CONTRIBUTED

Bob Best, Lift Me Up! Board member, and friends.

Charity Champions Raise \$1,286.88 for Lift Me Up!

The Community Charity Champions Fundraiser for Lift Me Up! Therapeutic Riding was a success: With the help of all those who came to Pulcinella in support of Lift Me Up! the event raised \$1,286.88.

You owe it to your family to visit Brightview Great Falls.
It is the area's finest Assisted Living community.

"I am still me! This is just another stage in my life and at Brightview, I can still be who I am." – Dr. Jennifer (Ph.D.)

"Brightview offers possibilities, independence and choices. The people here are very caring and attentive. Brightview is a respectful and empowering community where we receive compassionate and dedicated care." – Sheila W.

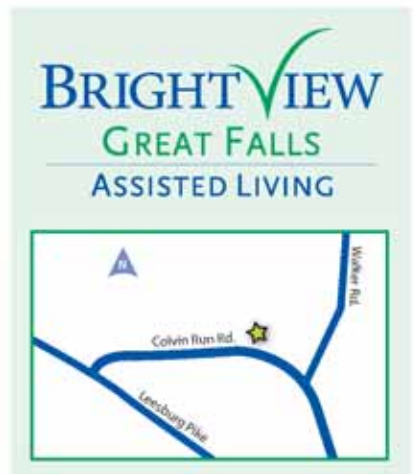
"I never wanted to leave my home, but moving to Brightview Great Falls was the best decision we made. The food is delicious and we particularly enjoy the musical entertainment and the friendships that we have made since moving here." – Bill W.

"At Brightview I still have my independence. I love everything here and I have everything here that I need. My family is welcome anytime and the best part is they no longer worry about me." – Sophia C.



Please call either
Carolyn or Joanna to
schedule your personal visit.

703-759-2513



10200 Colvin Run Rd. • Great Falls, VA 22066

Get Easter on the Table
QUICK LIKE A BUNNY!



THE HONEYBAKED HAM CO.
AND CAFÉ

Easter is Sunday, April 5th

Locally Owned and Operated by
Roxie Curtis

THE HONEYBAKED HAM CO.

AND CAFÉ

sku 718160

\$5 OFF

Any Bone-In Half Ham
or Whole Boneless Ham



Offer expires 5/24/2015. Valid only at the retail location shown. Must present coupon at time of purchase to receive offer. May not be combined with any other offer. Only one coupon per person per visit. Offer not valid on catalog or online purchases. While supplies last.

THE HONEYBAKED HAM CO.

AND CAFÉ

sku 718169

\$3 OFF

Any Turkey Breast
(Smoked or Roasted)



Offer expires 5/24/2015. Valid only at the retail location shown. Must present coupon at time of purchase to receive offer. May not be combined with any other offer. Only one coupon per person per visit. Offer not valid on catalog or online purchases. While supplies last.

THE HONEYBAKED HAM CO.

AND CAFÉ

sku 718170

15% OFF

Any Catering Order



Offer expires 5/24/2015. Valid only at the retail location shown. Must present coupon at time of purchase to receive offer. May not be combined with any other offer. Only one coupon per person per visit. Offer not valid on catalog or online purchases. While supplies last.

THE HONEYBAKED HAM CO.

AND CAFÉ

RESTON

1480 North Point Village • 703-733-3860
(on Reston Parkway between Rt.7 & Baron Cameron Dr.)

OPINION

Housing and Health

BY DAVID LEVINE
EXECUTIVE DIRECTOR, GOOD SHEPHERD
HOUSING AND FAMILY SERVICES, INC.

Many homeless people experience an episode of homelessness because of a chronic physical or mental illness, a disabling injury, or other health issues. Several years ago, the National Alliance to End Homelessness estimated that people living in homeless shelters were more than twice as likely to suffer from an acute medical condition. Many have fallen into homelessness because of repeated failures in their health. The medical bills mount, they can't pay rent, and they end up evicted from their housing.

The link between health and homelessness is no mystery. Recognizing that link, the 100,000 Homes Campaign was a national movement to focus on permanently housing those homeless Americans who face the highest risk of death from living homeless on the streets. In June 2014, the four-year 100,000

COMMENTARY

Homes Campaign had successfully moved 101,628 homeless individuals into permanent housing. As the Campaign reported: "That number represents an estimated annual taxpayer savings of \$1.3 billion and reflects the collective work of 238 U.S. communities who have joined the Campaign"

The Campaign proved that homelessness can be ended. But it also showed that housing is itself a life-saving tool.

Housing provides the supports that many chronically ill and disabled homeless people require for their conditions. With a stable address these homeless people can call home, they can plan their treatments and doctor visits. They can transit from home to treatment centers and back home again without any fear. The neighbor next door will be there to drive them. Their prescription medicines will be available to them in a medicine cabinet in their bathrooms. They have a bed where they can rest after a painful treatment or hospital stay.

So much depends on having a home.

The other link between housing and health comes from the housing itself. According to the Environmental Health Watch (EHW), nearly six million households "live with moderate to severe home health and safety hazards." People living in such housing may experience higher risks of illnesses and injuries from greater exposure to asthma triggers, lead hazards, excess moisture, pest infestations, and toxins.

The financial savings are significant from a basic healthy home. In other words, these savings come from homes that are dry, well-ventilated, pest- and contaminant-free. Healthy homes lead to improved health results. Asthma-related healthcare costs are lower and labor force productivity is greater from such homes. According to EHW estimates, billions are saved from healthy homes in reduced healthcare expenditures.

When anyone considers the link between housing and health, it really comes down to this idea: housing matters for life. It is that critical.

LETTERS TO THE EDITOR

A Cornerstone in Danger

To the Editor:

We are a community that values education. We're known nationwide for our world-class education system. And for good reason: with outstanding teachers, motivated students, and active leadership, we have every right to take pride in the top-tier education that our community has asked for. But it scares me, as a student, to think that this cornerstone of our county may be in danger.

For years now, we have been cutting back on our investment in education. Since 2008, Fairfax County Public Schools have lost nearly \$500 million in funding while growing by nearly 22,000 students. With enrollment growing faster than our resources can keep up, this means real cuts in real classrooms are affecting me and my 188,000 colleagues.

It is not just on paper. It touches every one of us, from kindergarten to adult education. I spent a fair amount of my childhood in a temporary building barely passing as a classroom. I have had to wait in line to get access to a set of four textbooks in a class of nearly 30. I have seen great teachers, the kind who inspire real change and passion for learning in their students, come and go because of the fact that we are no longer competitive for teacher salary. If we settle for less than the best, then we have compromised our community values.

Half of my teachers work mul-

tiples jobs. Two years ago, I ran into an old teacher of mine at a restaurant. As I was sitting at the table, she approached me, beaming with joy to see a past student. After a pleasant nostalgic conversation, there was a pause. She produced a pad and pen, and said "By the way, I'll be your server tonight."

It does not have to be this way. By becoming competitive in teacher pay, investing in capital improvement, and allocating meaningful materials to classrooms, we can make strides to improve our system. But this annual battle of the Boards is not sustainable. We need to create a shared partnership and build meaningful progress on the common ground we share. And as community members, it is up to you to bring that message to your supervisors.

Ben Press
Vienna

The writer, age 16, is a junior James Madison High School in Vienna.

There is No 'Away'

To the Editor:

I am dismayed by what my neighbors' put out for "trash." Yes, we all know about Goodwill, Purple Heart, various organizations that collect clothing, kitchen gadgets and other items. We are all pretty good about recycling paper, glass, plastic, and cardboard. But much is put on the curb

that is not trash. Below are just a few of what I have seen on the curb side for trash pick-up this past trash day.

A bike; this is one of the worst items to put out with trash. Bikes of the World collects "any serviceable complete (or nearly-complete) bicycle, adult or children's," - See more at: <http://bikesfortheworld.org>.

Wall-to-wall carpet. Here is a link to how the wall-to-wall carpet industry is recycling their products and keeping carpet out of landfills. <http://carpetswalltowall.com/carpet-recycling-process/>.

A child's dresser. Was it useable?

Could wood glue on a drawer or two make it whole? Habitat for Humanity Restore takes would take that dresser, other old furniture, kitchen sinks, bookshelves, old bath tubs, they are easy to call and ask what they take and don't take.

<http://www.habitat.org/restores>

So, as spring "cleaning" arrives and de-cluttering our houses happens, and we "throw away" we need to think first about how to keep items out of the landfill, because there is no away.

Kay Fowler
Herndon

EVENTS FOR OLDER ADULTS

Boomers and Older Adults: Venture Into Volunteering Fair, Thursday, April 2, 10 a.m. to noon, McLean Community Center, 1234 Ingleside Avenue, McLean. Learn about the many opportunities to make a difference in your community. Find out more at www.fairfaxcounty.gov/OlderAdults or contact Jeannine Purdy at 703-704-6075, TTY 711 or Jeannine.Purdy@fairfaxcounty.gov.

Spring 2015 Free Seminars for Family Caregivers in Fairfax County:

Strategies for Difficult Conversations, Wednesday, April 15, 7 p.m. - 8:30 p.m. Conversations with an older family member about issues like driving, accepting help in the home or moving to a safer environment are often difficult. Using driving as a tough example, we'll explore strategies to identify the roadblocks to successful conversations and offer tools to overcome them. Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Register at

www.fairfaxcounty.gov/OlderAdults or call 703-324-5205, TTY 711.

Communication is the Best Medicine, Tuesday, April 21, 7-8 p.m. As a caregiver you may have an active role in your loved one's health care. Get tips on preparing for a visit to the doctor or pharmacist and learn what questions to ask so you can make wise choices for the best possible care of your loved one. Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria, Va. Register at www.fairfaxcounty.gov/OlderAdults or call 703-324-5205, TTY 711.

Understanding and Caring for a Person with Dementia, Saturday, April 25, 10-11:30 a.m. This class will discuss the different types of dementia, common behaviors, troubling behaviors, communication techniques, and services. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax, Va. Register at www.fairfaxcounty.gov/OlderAdults or call 703-324-5205, TTY 711.

McLean
CONNECTION

www.ConnectionNewspapers.com

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

Published by
Local Media Connection LLC

**1606 King Street
Alexandria, Virginia 22314**

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

NEWS DEPARTMENT:
mclean@connectionnewspapers.com

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

Amna Rehmatulla
Editorial Assistant
703-778-9410 ext.427
arehmatulla@connectionnewspapers.com

Ken Moore
Community Reporter
240-393-2448
kmoore@connectionnewspapers.com

Jon Roetman
Sports Editor ♦ 703-752-4013
jroetman@connectionnewspapers.com
[@jonroetman](https://twitter.com/jonroetman)

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Trisha Hamilton
Display Advertising
703-778-9419
trisha@connectionnewspapers.com

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

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

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

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

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Photography:
Deb Cobb, Craig Sterbutzel
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Geovani Flores

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

CIRCULATION: 703-778-9426
circulation@connectionnewspapers.com



WEEK IN MCLEAN

Comstock Announces Young Women Leadership Program

U.S. Rep. Barbara Comstock (R-10) announced that her office will be accepting applications for the Summer 2015 Session of the 10th Congressional District Young Women Leadership Program. This program provides young women enrolled in middle school and high school the opportunity to meet and interact with women in leadership positions in government, technology, philanthropy and business. Young women will be able to learn about career opportunities in various fields, the legislative process, develop their leadership skills, identify their strengths and interests, and practice effective communication with others to help inform their future educational and career goals.

"This bipartisan program is designed to teach young women about leadership and the wide range of careers they may pursue in government or the private sector. It is my hope that The 10th Congressional District Young Women Leadership Program will continue to inspire the next generation of female leaders to bring their intelligence, drive and solutions to their chosen profession," said Comstock.

This program is scheduled to begin at the end of June and will continue through the end of August. There will be periodic events, about two to four a month, throughout the 10th Congressional District and at the U.S. Capitol that aim to provide a select group of middle school and high school students' access to women leaders. The young women will also have the opportunity to participate in educational and informative seminars that will introduce them to a variety

of careers in the public and private sectors.

If interested in applying, visit <http://comstock.house.gov>. The deadline to apply is Thursday, April 30, 2015. For more information, call 202-225-5136.

Fundraiser Supporting Food Bus, Inc.

A fundraiser for Food Bus, Inc. has been announced by HBC Realty Group's (Keller Williams Realty) Community Charity Champions. Come to dinner on Tuesday, April 14, from 5 to 8 p.m. at Pulcinella Italian Host in McLean to support Food Bus, Inc. Approximately 70 percent of the proceeds from food and drink will go to the charity, as long as the diner brings the flyer for the event. Contact HBC Realty Group at 703-734-0192 or visit www.HBCRealtyGroup.com to receive a flyer.

After watching an enormous amount of food being thrown out at a local elementary school, Food Bus, Inc. was founded as a non-profit to try to connect schools with pantries. Food Bus, Inc. is a public charity and works to design, implement, and maintain systems by which unused/unopened food leftover from elementary school lunches is saved from being thrown out as waste and then redistributed to local food pantries.

Sponsors of the event are: Karen Briscoe and Lizzy Conroy with the HBC Realty Group of Keller Williams Realty, Betty Sparkman and Chris Lara of Reveal Remodel, Marcus Simon with EKKO Title, Kevin Dougherty of Pillar to Post, Kathy and Justin Neal of The Neal Team/SunTrust Mortgage, The McLean Chamber of Commerce, and Moe Jebali with Pulcinella Italian Host.

Formerly Le Canard • Family Owned & Operated

Maplewood Grill

Serving Our Neighbors and Friends for Over 30 Years



Enjoy Easter Dining With Us • Open for Brunch & Dinner

Reservations Recommended



Live Entertainment Wed. thru Sat.

703-281-0070

132 Branch Road, S.E. • Vienna, VA

Visit www.maplewoodgrill.com for Specials

Pansies are Here!
On Sale 97¢
(In 4 inch pots)
Reg. price \$1.89

Selected indoor plants 1/2 price

New Shipments of Herbs & Perennials Have Arrived!

Tree Clearance Sale 30% OFF
All Trees 2013 & Prior

Concrete Fountains, Benches, Statuary and Birdbaths 25% off

Free Estimates

Patios, Walkways, Retaining Walls, Paver Driveways, Landscaping!

60 50-75% Off Pottery
Lowest Prices Since 2008!

Playground Chips & Organic Compost
\$29.99 cu. yd.

Bagged, Shredded Hardwood Mulch
\$3.49 (3 cu. ft. bags)

Bulk Mulch \$19.99 cu. yd.

Cravens Nursery & Pottery

9023 Arlington Blvd., Fairfax, Virginia
2 miles west of I-495 on Rt. 50.
1 mile from I-66 (Vienna Metro)
703-573-5025
Open 7 days a week

Visit our new Web site: www.cravensnursery.com

Bathroom Remodel Special \$6,850

Celebrating 15 Years in Business!

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling



Free Estimates 703-999-2928



Visit our website: www.twopoorteachers.com

Select your products from our Mobile Showroom and Design Center

Fully Insured & Class A Licensed Est. 1999



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



Helping Animals Find Their Way Since 2001

Adopt/Donate/Volunteer

www.lostdogandcatrescue.org

Robert Beatson II

Attorney/Accountant,
Former IRS Attorney
Admitted to DC, MD, VA & NY Bars

All Types of Federal, State, Local & Foreign Taxes

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

703-798-3590 or 301-340-2951

www.beatsonlaw.com

Now Open

CIGAR TOWN

Cigar Town
1355-A Chain Bridge Road
McLean, VA 22101

(703) 288-0660

"Purveyors of FINE cigars for people of Taste and Character"

An Ancient Art Form TAKING THE WORLD BY STORM



神韻晚會 2015
SHEN YUN

5,000 YEARS OF
CIVILIZATION.
LIVE ON STAGE!
ALL-NEW 2015 SHOW
WITH LIVE ORCHESTRA



**APRIL 17-26
THE KENNEDY CENTER**

Watch trailer at ShenYun.com/DC

"Elegant—very athletic and very skilled!"
— John McColgan, Riverdance producer

"5,000 years of Chinese dance and music in one night"
— The New York Times

"The choreography is phenomenal. I think it's the best show I have ever seen."
— Valentina Alexess, former ballerina, Moscow Ballet

Tickets on sale now!
ShenYun.com/DC | 888-974-3698
The Kennedy Center Box Office or call 202-467-4600
Online: kennedy-center.org | Group tickets: 202-416-8400

SPRING FUN



All of the models received roses after the fashion show.

A Spring Fling in McLean

New Dominion Women’s Club hosts fashion show, luncheon and raffle.

By STEVE HIBBARD
THE CONNECTION

The New Dominion Women’s Club held its sixth annual Spring Fling Fashion Show, Luncheon and Raffle, which featured colorful spring fashions from Bloomingdale’s, on Sunday, March 22 at Assaggi Osteria Restaurant in McLean. More than 100 guests helped raise \$5,500 for charitable causes, with 100 percent of this year’s proceeds going to the Claude Moore Colonial Farm, McLean Project for the Arts (MPA), Safe Community Coalition, and SHARE, Inc.

“The event fosters community awareness of our mission to support the beneficiaries and enables local community women to network and enjoy a great lunch,” said Mary Ann Miller, former Board member.

“This organization represents the heart and soul of the McLean area,” said state Sen. Barbara Favola (D-31). “I’m supporting this group because of the values it represents and the commitment they have to serving the community in the areas of the arts, children, and helping youth make healthy choices.”

The fashion models were some of McLean’s finest, including Barbara Favola; Peggy Fox of Channel 9 News; Amee Burgoyne, president of the McLean Community Foundation; Debbie Sanders of McLean; Jackie Cho of the McLean Citizens Advisory Committee; Marcia Stanwood Twomey, president of the Greater McLean Chamber of Commerce; Margaret Vanderhye, executive director of the Virginia Commission for the Arts; Susan Corrigan, executive director of the McLean Project for the Arts; Caroline Brunner, a freshman at McLean High School; and Nicole Saad, a junior at Langley High School.

The show was organized by Stephanie Arthur and Amy Swaak. It featured music by violinist Aaron Grossman, a sophomore at Langley High School, and pianist Rayyan Chami, a sophomore at McLean High School. Chanel provided the models’ makeup; Dolce Vita Salon & Spa of McLean provided the hair styling; Mitch Jones provided the photography; and Sherri Heile did the flower arrangements.

“I love the idea that this organization helps the nonprofit organizations in our community,” said Peggy Fox.

Added Board member Anne Deger: “It’s nice to make friends with common interests that like to help the community.”

Chef Domenico Cornacchia of Assaggi Osteria served a delicious menu of arugula salad, organic spelt shell shaped pasta with mushrooms, spinach and parmesan fonduta, with Italian cheesecake with lemon preserve for dessert.

The New Dominion Women’s Club, which was established 40 years ago, is a civic group based in McLean that is committed to promoting, encouraging, supporting and cultivating the civic, cultural, educational and/or environmental welfare of the community through volunteer service and/or financial contributions while providing an opportunity for fellowship among women.

Besides the fashion show, the club is involved in McLean Project for the Arts, the Children’s Art Walk, SHARE (a food pantry), Reading is Fundamental (promotes literacy in children), collecting school supplies for backpacks, doing volunteer work at the McLean/Falls Church Children’s Center, and cleaning up Westmoreland Street as part of the Adopt-a-Highway in McLean.

For more details, contact Anne Deger at 703-447-4440 or visit www.ndwc.org.

WWW.CONNECTIONNEWSPAPERS.COM



PHOTOS BY STEVE HIBBARD/THE CONNECTION



The models in a design from Bloomingdale’s.



WWW.CONNECTIONNEWSPAPERS.COM



State Sen. Barbara Favola (D-31) in a design from Bloomingdale’s.

(Seated clockwise from left): State Sen. Barbara Favola D-31), Lori Carbonneau, Patricia O’Neal, Victoria Johnson, Patricia Tetro, and Erika Keough.

SPRINGfest

Saturday, April 4
10 a.m.–Noon

For ages 3–8.

Egg Hunt


Entertainment

ARTS & CRAFTS

Take a Photo with the Bunny

\$5 per person; Children 36 months and younger free.

Registration is required. Walk-ins will not be accepted.



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


Saint Ann Catholic Church

SUNDAY LITURGY SCHEDULE:
Saturday Vigil: 5:30 PM
Sunday: 8:00, 9:30, 11:00 AM
1:30 PM Spanish Liturgy
5312 North 10th Street
Arlington Virginia 22205
Parish Office: (703) 528-6276

DAILY EUCHARIST:
Weekdays
Monday-Friday: 6:30 AM & 8:30 AM
Saturday: 8:30 AM

All Are Welcome!

PARISH WEBSITE:
www.rc.net/arlington/stann



To highlight your Faith Community, call Karen at 703-778-9422



St. JOHN’S EPISCOPAL CHURCH INVITES YOU TO GOOD FRIDAY AND EASTER WORSHIP

April 3 - Good Friday
Noon–3:00 pm MEDITATIONS AND MUSIC
Meditations by the Rector
on the Seven Last Words of Christ
The Seven Last Words of Christ at the Cross
by César Franck sung by the St. John’s Choir

7:30 pm GOOD FRIDAY LITURGY and MUSIC
Section 2 of *Messiah*
by George Frideric Handel
sung by the St. John’s Choir
with instrumental accompaniment

April 4 - Easter Vigil
8:00 pm THE FIRST EUCHARIST OF EASTER

April 5 - Easter Day
7:30, 9:00, 11:15 am HOLY EUCHARIST
Music with brass and timpani accompaniment

5:30 pm - HOLY EUCHARIST

For more information:
www.stjohnsmclean.org
or 703-356-4902

All are welcome. No tickets are required.

One mile east of Beltway, Exit 44, at 6715 Georgetown Pike, McLean, VA 22101

*The Adeler Jewelers
Great Falls Optimist Club*

31st Annual Children's Spring Festival

*Games
Rides
Food
Fun!*



Sunday, March 29th

1:30 - 4:30 pm

Great Falls Village Centre

CALENDAR

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

WEDNESDAY-MONDAY/ MARCH 25-30

Northern Virginia Restaurant Week. The 2nd Annual Northern Virginia Restaurant Week, being held from March 25-30, is a week-long, value priced dining experience taking place at a variety of establishments, ranging from fine dining to fast casual. restonchamber.org/northern_virginia_restaurant_week.aspx.

WEDNESDAY/MARCH 25

Karla Bonoff. Wolf Trap, 1551 Trap Road, Vienna. A velvety-voiced, folk-pop singer/songwriter whose heartfelt ballads have been covered by Linda Ronstadt, Bonnie Raitt and Wynonna Judd. Tickets: \$27.

New Moms Meet & Greet. 12:30 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Join other new moms & babies (newborn to 6 mos.) and discover what the library and the town of Vienna has to offer your growing family. Adults. <http://www.fairfaxcounty.gov/library/branches/ph/>.

Printmaking Workshop for Kids. 4 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Discover your inner artist! Come explore the art of printmaking with local experts from the Vienna Arts Society. You can learn about different techniques and take home your own prints. Ages 7-12. More information at <http://www.fairfaxcounty.gov/library/branches/ph/>.

THURSDAY/MARCH 26

Patrick Henry Book Club. 1 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Book of the month is Charming Billy by Alice McDermott. Adults. <http://www.fairfaxcounty.gov/library/branches/ph/>.

FRIDAY/MARCH 27

Pokemon League. 3 p.m. Patrick Henry Library, 101 maple Avenue East, Vienna. Learn and play Pokemon. Age 5-18. <http://www.fairfaxcounty.gov/library/branches/ph/>.

FRIDAY/MARCH 27

Cantus. 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Men's chorus makes their Barns debut in this program which explores when and why people sing together. \$35. 703-255-1900.

SUNDAY/MARCH 29

Concerts at the Alden. 3 p.m. The Alden, McLean Community Center, 1234 Ingleside Ave., McLean. Free chamber music concerts cosponsored by the Music Friends of the Fairfax County Public Library and The Alden. Free. Tickets are not required.

31st Annual Children's Spring Festival. 1:30-4:30 p.m. Great Falls Village Centre, 776 Walker Road, Great Falls. Adeler Jewelers and Great Falls Optimist Club join forces with the Great Falls community to host the spring festival.

SUNDAY/MARCH 29 - SATURDAY/MARCH 30

Art Garfunkel. 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Catch this folk-rock legend as he delivers solo hits and Simon & Garfunkel favorites. \$75. 703-255-1900.

MONDAY/MARCH 30

Spring Break Comedy Boot Camp. 10 a.m.-3 p.m. The Old Firehouse



What to Look Forward to This Spring

April 4: McLean Community Center will host Spring Fest, a spring-themed event for young children, from 10 a.m. to noon on Saturday, April 4. Spring Fest is a special event that includes self-guided arts and crafts projects, an egg hunt, entertainment and the opportunity for children to get a professional photo with Bunny. In addition, The Amazing Kevin will perform his magic show.

April 11: Members of the Vienna Arts Society present their annual spring show, judged by Brenda Barthell. Meet the artists at the awards reception, Saturday, April 11, 4- 6 p.m. Vienna Art Center, 115 Pleasant St. NW, Vienna.



April 17: Catch a performance of the Pilobolus Dance Company, acclaimed for its mix of humor, invention and drama and for the quickness and athleticism of its dancers, the company continually breaks down barriers and challenges the way people think about dance. For more information, visit www.aldentheatre.org.

Teen Center, 1440 Chain Bridge Road, McLean. Groundlings-trained Capitol Step Tracey Stephens will be your (adorable) drill sergeant for an intensive day of comedy training. \$75/\$50 MCC district residents. Pre-registration by March 25 is required. Call 703-448-8336.

Treasured Threes to Fives. 10:30 a.m. Patrick Henry Library. 101 Maple Avenue East, Vienna. Join us for stories and songs. Ages 3-5 with

adult. To register visit <http://www.fairfaxcounty.gov/library/branches/ph/>.

FRIDAY/APRIL 3

Jam Session. 7-9 p.m. 115 Pleasant St. NW, Vienna. Acoustic musicians and fans are invited to join a jam session at the Vienna Art Center, playing acoustic instruments and singing in an environment featuring

wood floors and surrounded by original art. Free and open to the public. 703-319-3971.

Tom Paxton. 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Timeless folk icon. \$24-28. 703-255-1900.

SATURDAY/APRIL 4

Spring Fest. 10 a.m. - Noon. McLean Community Center, 1234 Ingleside Avenue, McLean. Spring Fest is a special event that includes self-guided arts and crafts projects, an egg hunt, entertainment and the opportunity for children to get a professional photo with Bunny. In addition, The Amazing Kevin will perform his magic show. Admission is \$5 per person; infants to 36-month-olds will be admitted free of charge. Advance registration is required; walk-ins will not be admitted. To register, visit the Center's website, www.mcleancenter.org, and use Activity No. 4501.315. For more information, call the Center at 703-790-0123, TTY-711.

Easter Egg Hunt at Nottoway Park. Nottoway Park, 9537 Courthouse Road, Vienna. The Fairfax County Park Foundation and the Friends of Nottoway will host an Easter egg hunt on April 4. Visit with the Easter bunny and hunt for candy, toys and eggs filled with treats. Bring your own basket. Egg hunt start times: 10:30 a.m. (1-2 yrs.); 11 a.m. (3-4 yrs.), 11:30 a.m. (5-6 yrs.), 12 p.m. (7-9 yrs.). Walk-in registration starts 9:30 a.m. (\$9 per child—cash only). Call 703-324-8566 for information.

BandHouse Gigs' Tribute to Steve Winwood & Traffic. 7:30 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Featuring Patty Reese, Eric Scott, Tommy Lepson and Brian Simms. The District's most talented artists recreate the powerful sound of legendary Rock and Roll Hall of Famer Steve Winwood and Traffic. \$25-27. 703-255-1900.

THURSDAY/APRIL 9

Jane Monheit. 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Watch the spirit of cabaret and the swagger of jazz, this talented songstress takes audiences on journeys from Brazil to Beatles-era Britain. \$30-35. 703-255-1900.

FRIDAY/APRIL 10

Poulenc Trio. 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. This intriguing oboe, bassoon and piano trio performs a virtuosic evening of French music. \$35. 703-255-1900.

SATURDAY/APRIL 11

Spring's Sprung. Tuesdays – Saturdays, 10 a.m. - 4 p.m. April 7 – May 2. Vienna Art Center, 115 Pleasant St. NW, Vienna. Members of the Vienna Arts Society present their annual spring show, judged by Brenda Barthell. Meet the artists at the awards reception, Saturday, April 11, 4- 6 p.m. Free and open to the public. 703-319-3971. www.ViennaArtsSociety.org

FRIDAY/APRIL 17

Pilobolus. 8 p.m. McLean Community Center, 1234 Ingleside Avenue, McLean. Award-winning, internationally recognized Pilobolus Dance Company will perform innovative, energetic and gravity-defying works. Acclaimed for its mix of humor, invention and drama and for the quickness and athleticism of its dancers, the company continually breaks down barriers and challenges the way people think about dance. Tickets are \$50 for the general public and \$40 for McLean tax

district residents.

“Other Desert Cities.” 8 p.m. Vienna Community Center, 120 Cherry St. SE, Vienna. “Other Desert Cities” tells the story of the fictional Wyeth family — a clan led at the top by a mother and father highly regarded in old Hollywood circles and admired by Republicans for their service to and friendship with the Reagans in their heyday. The play explores the dark family secrets that threaten to destroy external and internal perceptions about the life the family members lead.

Eileen Ivers. 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. This virtuoso's award-winning skill and Irish-inspired playing prove she is “the Jimi Hendrix of the violin,” according to The New York Times. \$27-30. 703-255-1900.

SATURDAY/APRIL 18

Model Trains and Thomas at Open House. 1-5 p.m. Historic Vienna Train Station, 231 Dominion Road NE, Vienna. See and hear model trolleys and steam and diesel trains plus Thomas and some of his friends. The layout reflects the mountainous terrain and towns of Western North Carolina with award winning structures. Free admission. 703-938-5157. www.nvmr.org.

SUNDAY/APRIL 19

“Call Me William: The Life and Loves of Willa Cather.” 2 p.m. McLean Community Center, 1234 Ingleside Avenue. The life and times of Pulitzer Prize-winning author Willa Cather are explored in the show, by Prudence Wright Holmes. Tickets are \$20 for the general public and \$15 for McLean tax district residents.

TUESDAY/APRIL 21

Table Panache for Festive Celebrations. 10 a.m. Vienna Presbyterian Church, 124 Park Street, NE, Vienna. The program will feature eight tables designed by Five Hills Garden Club Members and will be held on in the Great Hall. Arrive at 9:30 a.m. to browse the boutique of unique vendors. The program will begin at 10 a.m. Tea and a light lunch will follow. For ticket information call Marian Sanders 703-988-9324 or [email:mariansanders@cox.net](mailto:mariansanders@cox.net).

THURSDAY/APRIL 23

John McCutcheon. 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Folk expert with a vital, narrative voice performs classics like “Christmas in the Trenches” and “Hail to the Chief.” \$25-28. 703-255-1900.

FRIDAY/APRIL 24

Sybarite5. 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. String quintet blurs boundaries with exacting musicianship and adventurous programming for a transfixing result. \$35. 703-255-1900.

SATURDAY/APRIL 25

Hawaiian Slack Key Guitar Festival. 7:30 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Melodic island music with uncommon tunings and finger picking by Hawaii's finest players. \$25-27. 703-255-1900.

ONGOING

Tai Chi Beginners' Practice.

Through March 21. Free Tai Chi beginners' practice. Open to all. Every Saturday, 8-9 a.m. St. Luke's Catholic School Gymnasium, 7005 Georgetown Pike, McLean.

SPORTS



Langley boys' lacrosse coach Earl Brewer has led the Saxons to the state championship game in five of the last six seasons.

Langley senior Weston Simonides scored four goals during a 12-4 victory over Yorktown on March 21.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Langley Boys' Lax Bounces Back From Historic Loss

Saxons beat Yorktown in home opener.

BY JON ROETMAN
THE CONNECTION

The Langley boys' lacrosse program ended the 2014 season with a loss to Robinson in the 6A state championship game.

Nine months later, the Saxons opened the 2015 campaign in equally painful fashion — at least to one prominent Langley goal-scorer.

Langley lost to McLean 9-4 on March 17 in the Saxons' season opener. While the schools are rivals, it was the McLean boys' lacrosse team's first victory over Langley in program history.

"It was probably right up there with losing a state championship — the worst feeling I've ever felt in my sports career," Langley senior attackman Weston Simonides said. "We [had] never lost in school history to them, so that meant a lot to us."

Four days later, Langley, one of the most decorated programs in the state, returned to its winning ways.

The Saxons jumped out to a 4-0 lead and scored the final six goals of the afternoon during a 12-4 win over Yorktown in the Saxons' home opener on March 21.

LANGLEY LED 6-4 in the third quarter before a goal by junior attackman Jon-Michael Duley sparked a 6-0 run for the Saxons and helped Langley win the rematch of last year's Conference 6 championship game, which the Saxons won 10-9.

Langley has reached the state final in five of the last six seasons and won four consecutive state titles from 2009-2012.

"Everything was just clicking today, offensively," Simonides said. "The chemistry that we had last year is finally showing again. ... It felt right again."

Simonides tied a career high with four goals and added two assists against Yorktown. His final goal extended the Saxons' lead to 10-4 with 5:16 remaining in the fourth quarter.

"We needed that from Weston," Langley head coach Earl Brewer said. "His two running mates last year — Billy Orme (Wagner College) and J.T. Meyer (Kenyon) — those two guys are playing in college right now and Weston has had to assume a bigger role. Sometimes he tries to do too much. When he plays his game, he's a great player. When he tries to



Langley senior Gunnar Okeson scored a goal against Yorktown on March 21.

do too much, he's just a regular, average player. And he's not a regular, average player. He's a very good lacrosse player."

Sophomore midfielder Joseph Ulepich and Duley each scored two goals for Langley.

Brewer said senior midfielder Michael Carswell, who is relatively new to the sport of lacrosse, could be a key player for the Saxons later in the season.

"Once he gets it — and he's starting to get it — he's going to be a force," Brewer said. "He's like 6-3, 6-4 and 200 pounds and he runs like a deer. I can't wait to see what he does in May because he's going to be good."

Langley improved to 2-1 Monday with a 7-6 victory over Dominion. The Saxons will travel to face Robinson at 8 p.m. on Saturday, March 28 in a rematch of last season's 6A state final.

While the season-opening loss to McLean was painful for Simonides, Brewer, the Saxons' long-time head coach, placed little importance on the early-season contest.

"I've been here 21 years, I've been coaching 34 years, losing in March never bothers me," Brewer said. "Losing in May or June, that bothers me. ... I don't like to lose — I'm a competitor like all these other coaches are — but I forgot it as soon as it was done."

"... You can't let the kids dwell on it because they'll hang onto losses more than we will — especially when you're a senior. You realize, 'Oh, we lost to McLean; we've never lost to McLean in our history.' But, who cares?"

SIMONIDES gave McLean credit, but sounded confident about a potential rematch.

"They came out, they played a great game, they were the better team that night," he said, "but I'm sure we'll be able to get them in the postseason."

Langley Girls Lacrosse Has a Strong Debut



PHOTO CONTRIBUTED

The Langley girls' lacrosse team opened the season with a 19-11 win over McLean on March 17.

The Langley girls' lacrosse team started strong and finished equally strong against a very talented McLean team on March 17. Ten different Langley Saxons scored in a dominating 19-11 performance over the Highlanders.

"This was a positive start to an important season for Langley," said head coach Rebecca Watkins. "We have many offensive weapons but more importantly the girls played like a team. This is a long season and we hope to be built for a long run."

Senior Nicole Lee scored three goals, while Halle Duenkel tallied four goals in the impressive debut. Aubrey Zarella (one), Morgan Kuligowski (one), Julia Byrne (two), Rebecca Bair (two), Anna Hofgard (two), Maddie Frix (two), Caroline Wilson (one), and Bethany Basco (one) scored as well.

Mackenzie Regen and Marina Smith anchored the defense. Goalies Megan O'Hara and Brittony Trumbull recorded four saves each and never let the game get close.

Two days later, Langley lost to Centreville 15-12, evening the Saxons' record at 1-1.

Langley will face South County at 11 a.m. on March 30 at Robinson Secondary School.



PHOTO CONTRIBUTED

Senior goalkeeper Sigourney Heerink and the Madison girls' lacrosse team opened the 2015 season with a win over Marshall on March 19.

Madison Girls' Lax Wins Season Opener Against Marshall

The Madison girls' lacrosse beat crosstown rival Marshall 15-5 on March 19 to kick off their 2015 season.

Leading the scoring for Madison was Kierra Sweeney with four goals. Appearing in her first high school game, freshman Zoe Dyer racked up three goals. Also contributing to the effort were Katie Sciandra (three goals), Anya Saponja (two), Andie Battin (one) and Alison Krisko (one).

Madison goaltending was rock solid with senior goaltender Sigourney Heerink tallying 17 saves. Freshman

goalie Ellie Socher also saw time in the goal, making a strong debut.

Madison dominated in the field with Andie Battin and Shannon Condon winning many ground balls. All 21 players saw time on the field and contributed to the win.

Marshall saw strong play from their seniors Sophie Lex (three goals) and Mary Hagopian (one goal). Sophomore Statesman Hannah Smith also contributed a goal.

Madison hosts South Lakes at home on Thursday, March 26 at 7 p.m.

PEOPLE

Mrs. McLean Runs for Mrs. Virginia

Mary Carolyn Becker campaigns against texting while driving, promotes STEM.

BY VALERIE LAPOINTE
THE CONNECTION

Lifelong McLean resident Mary Carolyn Becker wears many hats, and soon she hopes to add a crown. Becker, mother of six, University of Maryland Ph.D. candidate, current Mrs. McLean, and commercial space industry statistician, hopes to become the next Mrs. Virginia on March 28 during the 27th annual Mrs. Virginia beauty pageant.

Becker and her husband were married in 2012 and have a blended family with six children, most of them in their teenage years. She got her start as a Washington Redskins Cheerleader during the 1995 season. After just one season she decided to pursue a career in mathematics, obtaining her bachelor's degree from James Madison University, her master's at Marymount University, and is currently a statistics Ph.D. candidate at the University of Maryland. In addition to working as an adjunct professor at the University of Maryland, she spent many years as a statistician in the commercial spaceflight industry.

"I was working with my personal trainer one day when he suggested I get into pageants," said Becker, "and it has been a great motivator for me to stay healthy and stay in shape."

Her pageant platform is a message that has become prevalent across all forms of media; "Don't text and drive." As the mother of six teenagers, four of driving age, it is a cause that hits close to home.

"It's important for me to model the right behavior for my children," stated Becker, "and to remind people that texting can always wait."

According to textfreediving.org you are 23 times more likely to be involved in a car

accident if you use your phone while driving. As a result 41 states have laws banning texting and driving, but last year 13 percent of drivers age 18-20 involved in car wrecks admitted to texting on their phones at the time of the crash.

Another important tenant of Becker's pageant platform is her dedication to encouraging girls to enter into STEM careers. Becker is currently a member of Science Cheerleaders, a group of current and former professional cheerleaders pursuing science careers and playfully challenging stereotypes.



PHOTO BY VALERIE LAPOINTE/THE CONNECTION

Current Mrs. McLean Mary Carolyn Becker will soon compete to become the new Mrs. Virginia.

"The Science Cheerleaders are a great culmination of everything I have done in my life," mused Becker, "I want to encourage all women who are interested to get involved in math and science, I think often it's a self esteem issue more than anything, and women are usually better than they think they are."

If Becker claims the Mrs. Virginia title on March 28 she will advance to the Mrs. American pageant to compete with other married contestants from across the country.



PHOTO COURTESY OF JAMES BRADFORD

Longfellow Middle School team, from left: Science Teacher and Science Bowl Coach Jim Bradford; Fred Zhang; Christopher Bi (front); Aaditya Singh; Wenbo Wu, and Benjamin Xu.

A Face-off in a Fast-Paced Competition

Longfellow Middle students will compete in the the National Science Bowl finals.

BY MARISSA BEALE
THE CONNECTION

Students from five local middle schools traveled to Newport News to compete in the regional competition for the U.S. Department of Energy Office of Science's National Science Bowl (NSB) at the Jefferson Nuclear Lab. The competition took place Saturday, March 7. Students from Longfellow Middle School will compete in the National Finals, held in Washington, D.C. from April 30 to May 4, 2015 for their first place win in March 7 competition.

Other local schools at the competition included Rachel Carson Middle School and the Nysmith School for the Gifted in Herndon, and Joyce Kilmer Middle School in Vienna. These five schools were part of a total of 14 schools competing in Newport News on March 7. The students were tested in a range of scientific disciplines, including biology, chemistry, earth science, physics, energy, and math.

In 1991 the Department of Energy (DOE) created the National Science Bowl "to encourage students to excel in mathematics and science and to pursue careers in these fields." Furthermore, "approximately 240,000 students have participated in the National Science Bowl throughout its 24 year history, and it is one of the nation's largest science competitions."

Veterans of the competition, Longfellow Middle School has competed

in the National Science Bowl previously, placing first six out of the 10 times that they have been at the regional competition, and two years ago the students placed second, overall, at the national level.

"The students were elated," said coach James Bradford about the students' reactions to winning first place. "They had to come from behind for five of the last six matches of the day—they remained calm and focused and were able to prevail."

Selection for the school's team is based on tryouts.

"About 25 students try out for the team. They take a few written exams and also get the opportunity to compete with each other using the buzzer systems that are used during the competition," said Bradford. The best five students from the tryout were then selected to compete in the regional event of the National Science Bowl.

Representing the team at the national competition were Chris Bi, Aaditya Singh, Wenbo Wu and Benjamin Wu. For their first place win, the team will receive an all-expense paid trip to D.C. The students met weekly for two hours to prepare for the regional competition, and will use a similar strategy as they prepare for nationals.

"Students will continue reviewing in a similar manner, with perhaps a little more time devoted to practice sessions using the buzzer system to hone their speed skills," said Bradford. "A feature of the national competition will also include designing a model vehicle that will compete in either a solar powered or battery powered competition," said Bradford.

The team received \$750 in prize money to support science at Longfellow.

CARPENTRY

CARPENTRY



- Laminates
- Cabinets
- Custom Woodwork

(301) 937-4244

LIC. www.dandsmillwork.com INS.

ELECTRICAL

ELECTRICAL

K & D ELECTRIC

COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated

Recessed Lighting

Ceiling Fans

Phone/CATV

Computer Network Cabling

Service Upgrades

Hot Tubs, etc...

Licensed/Bonded/Insured

Office 703-335-0654

Mobile 703-499-0522

lektrkman28@gmail.com

GUTTER

GUTTER

GUTTER CLEANING

Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards

PINNACLE SERVICES

lic/ins 703-802-0483 free est.

email jamie@lawnsandgutters.com

web: lawnsandgutters.com

Friendly Service with a Friendly Price!

HANDYMAN

HANDYMAN



Hand and Hand Handyman

General Remodeling
Residential & Commercial
Specializing in:

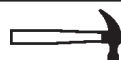
Kitchen/Bathroom/Basement Remodeling
Plumbing • Electrical • Custom Carpentry
Doors Windows • Hardwood Floors
Crown Molding • House Cleaning
Interior/Exterior Painting • Brick/Stone Work
Ceramic Tile • Decks, Fences, Patios
HOA Maintenance, Granite Counter Tops
Realtors Work and Much More

Licensed and Insured Serving Northern Virginia

703-296-6409

IMPROVEMENTS

IMPROVEMENTS



R&N Carpentry

♦ BASEMENTS ♦ BATHS ♦ KITCHENS

Foreclosure specialist/Power washing

♦ Exterior Wood Rot More!

Deck & Fence repair, Screen Porches

No jobs too large or small

Free est. 37 yrs exp. Licensed, Insured

703-987-5096

The HANDYMAN

A DIVISION OF NURSE CONSTRUCTION

BATHROOM REMODELING, DRYWALL,
PAINTING, CERAMIC TILE, CARPENTRY,
POWER WASHING & MUCH MORE

You have tried the rest - NOW CALL THE BEST!!

Proudly serving Northern VA - 46 yrs. exp.

Licensed

Insured

We Accept VISA/MC

703-441-8811

IMPROVEMENTS

IMPROVEMENTS

R.N. CONTRACTORS, INC.

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

We Accept All Major Credit Cards

Licensed, Insured, Bonded • Free Estimates • Class A Lic

Phone: 703-887-3827 Fax: 703-830-3849

E-mail: rncontractorsinc@gmail.com

www.rncontractors.com

A&S Landscaping

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



703-863-7465

LICENSED

Serving All of N. Virginia



(703) 590-3187

Remodeling Bathrooms, Kitchens & Basements

Exterior & Interior Repair, Painting, Carpentry,
Wood Rot, Drywall, All Flooring, Decks

- FREE Estimates
- EASY To schedule
- FAST & Reliable Service
- NO \$\$\$ DOWN!

Handyman Services Available

<http://www.pphionline.com/>

"If it can be done, we can do it"

Licensed - Bonded - Insured



LANDSCAPING

LANDSCAPING

JUAN'S LANDSCAPING

Since 1987

- COMPLETE TREE SERVICE • MASONRY • LEAF REMOVAL
- GUTTER • CHIMNEY CLEANING • HAULING • POWER WASHING
- HANDYMAN • PAINTING • TRASH REMOVAL • DRYWALL



Res./Com. • Free Estimates

• CELL 703-732-7175



PINNACLE SERVICES, INC.

LAWN SERVICE

MOWING, TRIMMING, EDGING,
MULCHING & TRIM HEDGES

Friendly Service for a Friendly Price

703-802-0483

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

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

Licensed Insured

THE MAGIC GARDENER

703-780-2272 or 703-328-2270

LAWN SERVICE

LAWN SERVICE

J.E.S. Services

Your neighborhood company since 1987

703-912-6886



Landscaping & Construction

Free Estimates • Fully Licensed & Insured

- Planting & Landscaping Design
- Drainage & Water Problems
- Concrete Driveways, Replacement or New
- Patios and Walks • Masonry Work or Dry Laid
- Paver, Flagstone, Brick, any style you choose
- Retaining walls of all types

All work Guaranteed

MASONRY

MASONRY

BRICK AND STONE

Custom Masonry

703-768-3900

www.custommasonry.info

Patios, Walkways, Stoops, Steps, Driveways

Repairs & New Installs • All Work Guaranteed

Potomac Masonry

703-498-8526

New Installations & Repairs

Stone - Flagstone - Brick - Concrete

FREE ESTIMATES!!

Lic. & Ins



potomac-masonry.com



PAVING

PAVING

GOLDY BRICK CONSTRUCTION

Walkways, Patios, Driveways,
Flagstone, Concrete

FREE ESTIMATES

Licensed, Insured, Bonded

703-250-6231

TREE SERVICE

TREE SERVICE

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured.

Spring Cleanup...

Tree removal, topping & pruning,
shrubby trimming, mulching,
leaf removal, planting, hauling,
gutter cleaning, retaining walls,
drainage problems, etc.

25 years of experience - Free estimates

703-868-5358

24 Hour Emergency
Tree Service

HAULING

LANDSCAPING

ANGEL'S HAULING

Junk Trash Removal,
Yard/Construction
Debris, Garage/Base-
ment Clean Out,
Mulching.

703-863-1086

703-582-3709

240-603-6182

JUNK HAULING

Junk, Rubbish,
Homes, Offices,
Commercial,
Yard/Construction
Debris, Lot Clear
out, 24 hrs day,
General Hom Work.

703-520-3205 N-VA

LANDSCAPING

TREE SERVICE

A&S CONSTRUCTION

Bathrooms, Kitchens,
Flooring, complete
remodeling.

703-863-7465

ANGEL'S TREE REMOVAL

Brush & Yard Debris
Trimming & Topping
Mulching & Hauling

Angeltreeslandscaping-hauling.com

703-863-1086

703-582-3709

240-603-6182

EMPLOYMENT

BUSINESS OPP

BUSINESS OPP

TELEPHONE

A great opportunity to
WORK AT HOME!

NATIONAL CHILDRENS CENTER

No sell! Salary + Bonus + Benefits!

301-333-1900

Weekdays 9-4

TELEPHONE

A great opportunity to
WORK AT HOME!

NATIONAL CHILDRENS CENTER

No sell! Salary + Bonus + Benefits!

301-333-1900

Weekdays 9-4

GENEDGE

ENGAGEMENT MANAGER

GENEDGE ALLIANCE is seeking a talented, self-motivated professional to join our statewide network of industry consultants as an Engagement Manager in Fairfax, VA. Please visit our website at www.genedge.org for details on position and application process.

GENEDGE ALLIANCE is an Equal Opportunity Employer and does not discriminate on the basis of race, color, national origin, sex, religion, sexual orientation, gender identity, disability, age, or veteran's status. Women and minorities are encouraged to apply.



Educational Internships

Unusual opportunity to learn many aspects of the newspaper business. Internships available in reporting, photography, research, graphics. Opportunities for students, and for adults considering change of career. Unpaid. E-mail internship@connectionnewspapers.com

THE CONNECTION
NEWSPAPERS

21 Announcements

ABC LICENSE
Tyson's Concepts Corporation trading as Greenhouse Bistro, 2070 Chain Bridge Rd. Vienna, VA 22182. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on/off Premises with Keg and Mixed Beverage on Premises license to sell or manufacture alcoholic beverages. Masoud Aboughaddareh, President
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

26 Antiques

We pay top \$ for STERLING, MEN'S WATCHES, JEWELRY, COSTUME JEWELRY, FURNITURE, PAINTINGS AND CLOCKS. Schefer Antiques 703-241-0790 theschefer@cox.net

21 Announcements

ABC LICENSE
Istanbul Blue, LLC trading as Istanbul Blue Restaurant, 523 Maple ave, W. Vienna, VA 22180. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer and Wine, Mixed Beverages on Premises license to sell or manufacture alcoholic beverages. Janet Provencal, owner
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

101 Computers

HDI COMPUTER SOLUTIONS
JENNIFER SMITH ♦ Serving the Area Since 1995

- Speed Up Slow Computers
- Virus Removal
- Help with Windows 8
- Computer Setup

571-265-2038
Jennifer@HDIComputerSolutions.com

21 Announcements

ABC LICENSE
Smitten Boutique Salon II LLC trading as Primp by Smitten: A Styling Studio, 3000 Washington Blvd. Suite F, Arlington, VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Day Spa license to sell or manufacture alcoholic beverages. Melanie St. Clair & Lisa Rittiner/owner
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

101 Computers

21 Announcements

**WET BASEMENT???
CRACKED WALLS???**

We Fix: Basements, Crawlspace, Cracked/Settling Foundations, Bowing Walls

800-772-0704

FREE ESTIMATES

seal-tite

Serving you since 1972 **Call Now! 10% Limited Time Coupon**
Some Restrictions Apply

21 Announcements

One Great Team... One Great Career!

Opportunities in Salem, VA and Farmville, VA

Food Service Directors - You will oversee food service operation, supervise and train team members as well as coordinate work flow. ServSafe Certification and 5+ years recent food service management exp. preferred.

Food Service Workers - You will work within a correctional facility to assist with preparing meals, cleaning, and supervising. Prior food service exp. is preferred

WE OFFER: Opportunities for growth and advancement, full and part time schedules, great benefits and more!

www.trinityservicesgroup.com/careers
855-444-TRINITY (855-444-8746)
EEO/AA: Females/Minorities/Disabled/Vets

21 Announcements

Earn more with Quality!

★★★Special Dublin Trip Bonus★★★
★Safety Bonuses★Referral Bonuses★

Quality Drive Away, Inc. is hiring CDL drivers to deliver Volvo Tractors from Dublin, VA. Earn top rates and make your own schedule. Best reload opportunities around!

Quality Drive-Away **Call 866-764-1601 NOW!**

21 Announcements

LIFETIME METAL ROOFING
by VA CAROLINA BUILDINGS

Complete Roofing System!
40 Year Warranty
Financing Available
Licensed & Insured
Local Contractor
Co-Op Member Discount
Free No-Obligation Quote

1-800-893-1242
Call For Your Free Roof Inspection!

21 Announcements

Outer Banks, North Carolina - Vacation Rentals

- Over 600 vacation homes in all price ranges!
- Kitty Hawk, Kill Devil Hills, Nags Head, and Southern Shores to Corolla
- 2 to 18 bedrooms most with private pool/hot tub
- Linens and towels are provided (call for exception)

Brindley Beach
VACATIONS & SALES

Reserve your family vacation today!
877-642-3224 . www.brindleybeach.com

Health Matters More



By KENNETH B. LOURIE

I realize money doesn't buy happiness, although I wouldn't mind renting it. Still, having money rather than not having it can't be all bad. And I can definitely appreciate how not worrying about it can contribute to a potentially less stressful, above-average quality of life, generally speaking (I'm well aware that if you don't have your health, you don't have nearly as much; don't I know it!). And though there are no guarantees in life, other than death and taxes, as the old saying goes; being able to say "yes" should be easier than saying "no" when all is said and done. And when all is not yet "said and done," and there are health issues which intersect with dollars and sense, the conflict can exacerbate an already difficult situation. Unfortunately, the two are not mutually exclusive, and one can experience both – simultaneously.

Being a "terminal" cancer patient hardly improves this situation, regardless of what is said or done. Somehow, somewhere, one has to find stress-relievers and mind-occupiers. If that release involves money, I'll just have to live with the consequences of my inaction. Although having rather than having not is a much better alternative, navigating without has not been an impossible task. Hopefully, I'm mature enough to take the good and dispose of the bad and use it to strengthen my resolve, not weaken it. Because no one, as my mother was fond of saying, "gets out of this life alive," and leaving a path of inappropriate behavior in your wake is likely not the road to find out (Cat Stevens).

But I'm not, necessarily, as I live and breathe, on any sort OF road to find out. I'm more on a path of least resistance. I'm trying to accentuate the positive and minimize the negative and put stress in my rear view window (yes, I still drive; I'm fine, mostly). However, there are impediments and obstacles to such blissful ignorance; I mean, happiness. Regular appointments with an oncologist and visits (I use that word loosely) to the Infusion Center every three weeks for chemotherapy tend to muddle that happiness, naive or otherwise. In addition, when nos get in the way of yeses, the benefits are less obvious. As much as I'd like to be a sport, I have less recourse now than I ever have and fewer alternatives to compensate for a potentially abbreviated pursuit of life, liberty and happiness. It's not as if I'm unable to provide for myself and my family, however; it's more that in so doing, I feel as if I'm inadvertently giving in to the pressure and making worse an already difficult-to-manage situation: stage IV, non-small cell lung cancer, which my oncologist originally characterized as "treatable but not curable;" try processing that when you're age 54 and you've just buried your widowed mother. Still, six-plus years post-diagnosis, maybe I'm here to stay?

Who knows, really? If I had fewer "normal" things on my mind, perhaps cancer and its devastating effect would be more on my mind? Which I wouldn't see as a positive. Actually, I would: I'm positive the effect would be negative. Maybe the fact that I've tried to maintain my status quo and not impose a "bucket list"/artificial deadline on myself has enabled me to stay in the game longer than was initially "prognosed." And I am extraordinarily lucky; I just wish that sometimes, the game came with fewer expenses.

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

THE CONNECTION
NEWSPAPERS

CLASSIFIED

For Local...

- Employment
- Employees
- Services
- Entertainment
- Announcements
- Real Estate
- Cars
- Trucks
- Vans
- RV's
- Boats
- Pets
- Yard Sales
- Crafts
- Hobbies
- And More!

For All
Your
Advertising
Needs...

It Works.
Week
After Week.

703
917-6400

Place
Your
Ad
Today!

THE CONNECTION
to your community

OVER 25 HOMES SOLD SO FAR THIS YEAR!



JD CALLANDER

Top 1% of Realtors Nationwide
Wall Street Journal - Top 100 Agents

(703)606-7901

JD@newNOVAhome.com
www.newNOVAhome.com

Get JD's
unique analytic
approach to
selling your
home!

1 AGENT - COMPANYWIDE



#1 Listing Agent #1 Selling Agent
#1 Total Volume #1 Total Transactions
Weichert, Realtors (Dolley Madison Office)



Haycock, Longfellow, McLean schools!

STUNNING in Chesterbrook Woods!

Chesterbrook Woods BEAUTY!



Just
Listed!

OPEN
Sun. 3/29
2-4pm!

Beautiful cul-de-sac location!



2200 Beacon Lane

Falls Church

\$925,000

GORGEOUS 4br/2.5 bath colonial on 3 levels built in 2007 by NDI in super cul-de-sac location! Lovely kitchen w/ sunny breakfast rm; light/bright family rm; fab owner's suite!

1537 Forest Lane

McLean

\$1,249,000

WONDERFUL open floorplan in this 4br/3.5 ba home with gorgeous gourmet kitchen and breakfast bar; inviting family room w/ walkout to deck/patio; fin LL!

1701 Albemarle Street, N.

McLean

\$1,149,000

FABULOUS & *RENOVATED* 4br/3 full bath home includes sparkling gourmet kit; main level library w/ built-ins; updated roof, windows, HVAC!

CHARMING Falls Church City Victorian !



OPEN
Sun. 3/29
2-4pm!

108 Jefferson Street, East

Falls Church City

\$999,000

STORY-BOOK charm and beauty in this unique and attractive farm-home featuring 2 owner's suites w/ fireplaces; renovated sunny kitchen; hardwood floors; lovely backyard patio!



FOR
SALE!

4056 41st Street, N.

McLean

\$1,325,000



McLean
High School
Pyramid!

6530 Chesterfield Avenue

McLean

\$1,549,000



FOR
SALE!

712 Belgrove Road

McLean

\$1,495,000



FOR
SALE!

6909 Bonheim Court

McLean

\$1,385,000



FOR
SALE!

6304 Mori Street

McLean

\$925,000



FOR
SALE!

6409 Old Dominion Drive

McLean

\$799,000

CALL ME TODAY TO SCHEDULE A PRIVATE SHOWING OR
FOR A FREE ANALYSIS OF YOUR HOME'S VALUE! (703) 606-7901





*The Adeler Jewelers
Great Falls Optimist Club*

31st Annual
Children's Spring Festival

*Games
Rides
Food
Fun!*

Sunday, March 29th
1:30 - 4:30 pm



Welcome!! Great Falls “Egg Hunt” 2015

WOW...30 years ago we invited the children of the community to a small “EGG HUNT” to show our gratitude to Great Falls for making us feel so welcome when we decided to open our doors in the Village Centre. Look where we are now!!! 31 amazing years later and eventually with the wonderful partnership of the Optimist Club and the support of many many local businesses, friends and neighbors, this event has become a tradition of this community.

We feel honored and proud to be able to bring this to the families of Great Falls and we hope that through this festival we are able to show our tremendous gratitude and appreciation for your continued support of our family and our business. We would not be here were it not for your loyal patronage. Enjoy the day and Happy Hunting!

**Just as a reminder, 100% of the ticket sale proceeds are collected by, and benefit the Great Falls Optimist Club Youth Fund and stay in Great Falls too!

-JORGE ADELER



President Message

Great Falls Optimist Club

31st Year

Adeler Jewelers And Great Falls Optimist Club Have Partnered To Provide The Great Falls Annual Childrens Spring Festival

Our Thanks To The Great Falls Business And Residential Community For Volunteer And Financial Support The Festival Has Become A Great Day For Children, Usually Seven To Eight Hundred (Up To Age Ten) Plus Parents Or Grand Parents Neighbors And Friends. It Is Not Unusual To See Parents That Previously Participated As Children Now Enjoying The Festival With Their Children. We Hope Some Day They May Bring Their Grand Children.

Since The Great Falls Optimist

Club Chartered **March 25, 1981**

Your Support Has Helped Sponsor Programs Include Halloween Family Portraits At The Gazebo, Contests For Deaf And Hard Of Hearing, Helping Hands Program, Essay Contest, Oratorical Contest, Respect For Law, Youth Appreciation Week, Bicycle Safety Rodeo, Child Identification, Children And Family Holiday And Week End Meals, Clothing And Scholarships.

The Optimist Childhood Cancer Program

Optimist Sponsor And Fund A

Cancer Research Initiative With John Hopkins (Invested -One Million Dollars With Another Half Million Commitment.

All Optimist And Friends Are Invited To contribute. We Have Also Purchased Equipment To Assist Local Cancer Students Maintain An Active School Class And Home Education.

We Invite You, Your Family And Friends To Become A Member Or Supporting Volunteer Or Investor In The Youth Today For A Better Tomorrow

TR Cook, President
GreatFallsOptimist.org
TRcookphoto@aol.com
703-938-1609



The Optimist Creed

Promise Yourself:

- ☺ To be so strong that nothing can disturb your peace of mind;
- ☺ To talk health, happiness and prosperity to every person you meet;
- ☺ To make all your friends feel that there is something in them;
- ☺ To look at the sunny side of everything and make your optimism come true;
- ☺ To think only of the best, to work only for the best, and to expect only the best;
- ☺ To be just as enthusiastic about the success of others as you are about your own;
- ☺ To forget the mistakes of the past and press on to the greater achievements of the future;
- ☺ To wear a cheerful countenance at all times and give every living creature you meet a smile;
- ☺ To give so much time to the improvement of yourself that you have no time to criticize others;
- ☺ To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

THE BOB NELSON TEAM

KW

KELLER WILLIAMS

Licensed in VA/MD/DC

Bob Nelson

Bridget Schmitt
Contracted Agent

Kasey Bennett

www.GreatFallsTeam.com • 703-999-9812 • 703-636-7300
774A Walker Road, Great Falls, VA 22066

<p>For Sale</p> <p>FX8348176 - \$1,700,000 - Great Falls 7009 Green Oak Dr. - 5BR, 6BA Georgian Colonial w/ Aristocratic Elegance, Incredible Great Rm w/ Wall of Bookcases, High Ceilings, Stone FP, Opening to Patio, 10 Minutes to Washington D.C.</p>	<p>For Sale</p> <p>FX8137855 - \$1,350,000 - Great Falls 10722 Fawn Dr. - 4BR, 4.5BA, Cedar and Stone Contemporary on Over 5 Private Acres, Multiple Decks, and Lots of Windows Bring the Outdoors Inside!</p>
<p>For Sale</p> <p>LD06279004 - \$580,000 - Loudon 21205 Tiger Lily Pl. - 4 BR, 2.5 BA Elegant 1st Floor Master Bedroom - Luxurious BA w/ Jacuzzi/Seperate Shower, Four Season Porch + Large Deck Backing to Woods! Walk to Pool/Rec Area.</p>	<p>For Sale</p> <p>FX8553337 - \$560,000 - Reston 11739 Great Owl Circle - 4 BR, 3.5 BA Garage, Immaculate End Unit, Four Level Town Home in N. Reston, Recently Updated Kitchen/Baths, Within Walking Distance to Shopping and Dining</p>

Join us Monday March 9th at our
Military Appreciation Monday (MAAD)
event at The Old Brogue in Great Falls.
We will be hosting **Luke's Wings!**

*The Old Brogue is located at the corner of Cornerstone Place and William R. F. to Great Falls.
Call (703) 799-1200 to reserve your table (table fee \$50 on the 7:30 seating).
(Dish and beverage prices will each make a 10% matching donation of your dinner tab!)

Bob Nelson
Realtor, Keller Williams Realty
A Lifetime of Service to Community & Country
Office: (703) 636-7300
Cell: (703) 999-8812
Bob@GFWall.com
www.GreatFallsTeam.com

Great Falls Family & Cosmetic Dentistry

Located in the Village Centre

Donna A. Greco, DMD

703-759-4707

smilegreatfalls@yahoo.com

www.greatfallsfamilydentistry.com

Great Falls Timeless Contemporary \$1,200,000



Featuring well proportioned spaces, Open and Refreshing, this all brick 5 bedroom home is sited on a knoll with gorgeous wooded views from every window. With all new appliances, 4 Fireplaces, new HVAC, new driveway, new front porch, new garage door and much more, this home is for contemporary mindsets only!

Great Falls Main Level Lifestyle \$1,170,000

With, fully fenced backyard, trex decking, flagstone terraces, and sited on a level park like lot, this all brick home meets the needs for today's active family with a flexible floor plan, in-home office, 3 car garage, sports court, screened pavilion, and room for a pool. Freshly redone hardwood floors, granite and stainless kitchen, great room addition and finished lower level show BIG VALUE!



Selling Great Falls for 30 years, I'm offering free market analyses to those who are thinking of selling in the next 12 months.

Before diving into unknown waters, Let the Thompson Team's Experience guide you through the process.



Linda Thompson
NVAR Top Producer, CRS, GRI, CIPS
Associate Broker
"The Thompson Team"



703-759-SOLD Office • 703-759-2964 Fax • 703-850-5676 Cell • 1-800-888-1786 x629 Toll-Free

Great Falls' Irish Corner!



Proudly serving the Great Falls Community
For over 34 years.

LIVE ENTERTAINMENT

Thursday,
Friday &
Saturday
Nights

SUNDAY BRUNCH

10 A.M.
to 3 P.M.



Breakfast Served Daily 7 – 11 A.M.

We only use local eggs in
our omelets and
American scramblers



Catch the local buzz" at Katie's with one of the world's
best coffee's, espresso and lattes. **illy** 703-759-2759

Corner Walker Road & Georgetown Pike in The Village Center
Great Falls, VA • 703-759-3309 • www.ldbrogue.com



Visit the Great Falls Village Centre!

The Great Falls Village Centre is located around the lovely village green in the heart of Great Falls, Virginia. We have been part of Great Falls, Virginia throughout its extensive growth and development and have worked hand in hand with the residents of Great Falls to enhance and build the sense of community that is prevalent today. We offer boutique shopping, delicious restaurants and quality services right in the center of town.

There is always something fun going on at the Village Centre, from weekend events like Cars & Coffee and the Farmers Market to Summer Concerts on the Green, 4th of July Parade, annual Christmas Tree Lighting, Halloween Spook-tacular, art exhibitions and more! Visit our Website: www.GreatFallsVillageCentre.com or just stop by and see why the Great Falls Village Centre is not only located in the center of town, but truly is the "heart" of the community.



We are proud to welcome our newest tenants: The Great Falls Creamery is a local, family-owned business offering all-natural ice cream from a dairy farm featuring grass-fed cows. They serve many different flavors of fresh ice cream with seasonal favorites, as well as soft serve. The Creamery features indoor, as well as outdoor, seating next to the beautiful Village Green. We will also freshly hand-pack ice cream for you to take home. In addition to ice cream, the creamery offers fresh organic milk, eggs, cheese, butter, yogurt, local cider and freshly made pies. Located behind the Old Brogue.



Pio Pio Pollo is the perfect stop for friendly service and great rotisserie chicken, and Peruvian and Mexican cuisine. Pio Pio Pollo features unique and casual dining with indoor and outdoor seating. Located next to Postmodern Foods.

Postmodern Foods is an organic food & drink company offering seasonal, wholesome, health-supportive, plant-based foods and drinks, inspired by culinary traditions, influenced by progressive nutrition, and made with the best possible, organic ingredients!

Postmodern serves mostly raw, gluten-free items, cold-pressed juices, smoothies, salads, savorys, and desserts. Located next to Katie's Coffee house.



Adeler Jewelers.....	703-759-4076
AdGen Telecom.....	703-757-6757
Allstate Insurance/Doug White.....	703-759-7700
Aquarian LLC.....	703-438-8838
Artists on the Green.....	703-609-3092
Capital Realty Services.....	703-759-4900
Dent Asset Management.....	703-286-7555
Dr. C. Ayers.....	703-757-6445
Executive Suites at Great Falls.....	703-865-2500
Falls Salon, The.....	703-759-4758
First Line Financial, Inc.....	703-757-7393
Georgetown Learning Centers.....	703-759-3624
Great Falls Creamery.....	703-272-7609
Great Falls Family & Cosmetic Dentistry.....	703-759-4707
H2O Pools.....	703-250-5585
Jinny Beyer Studio.....	703-759-0250
Katie's Coffee House.....	703-759-2759
Knowlera Media.....	703-757-5444
Lauren Liess Interiors.....	571-926-7825
Loebig Chiropractic.....	703-757-5817
New Paradigm Capital Mgmt.....	703-757-4802
Old Brogue Irish Pub.....	703-759-3309
Peking Delight Chinese Restaurant.....	703-759-5040
Pilates Place, LLC.....	703-405-3371
Pio Pio Restaurant.....	703-865-7700
Postmodern Foods.....	213-440-2257
Robert Mobley, AIA Architect.....	703-759-1927
School of Theatrical Dance.....	703-759-5652
Spectrum Property Management.....	703-307-2965
Teel Construction.....	703-759-4754
Village Centre Mgmt Office.....	703-759-2485
Village Retreat/Massage Therapy.....	703-638-4852
Wells Fargo Bank.....	703-757-1040

Birthstones

January - Garnet

Garnet, the birthstone for January, signifies eternal friendship and trust and is the perfect gift for a friend. Garnet, derived from the word granatum, means seed, and is called so because of the gemstone's resemblance to a pomegranate seed. References to the gemstone dates back to 3100 B.C., when the Egyptians used garnets as inlays jewelry. Garnet is the name of a group of minerals that comes in a rainbow of colors, from the deep red of the pyrope garnet to the vibrant green of tsavorites.

February - Amethyst

Amethyst, the gemstone believed by ancient Greeks and Romans to ward off the intoxicating powers of Bacchus, also is said to keep the wearer clear-headed and quick-witted. Throughout history, the gemstone has been associated with many myths, legends, religions, and numerous cultures. English regalia were even decorated with amethysts during the Middle Ages to symbolize royalty. It has been associated with many myths, legends, religions, and numerous cultures. Amethyst is purple quartz, a beautiful blend of violet and red that can found in every corner of the earth. Historically, the finest amethyst were found in Russia and were featured in much royal European jewelry.

March - Aquamarine

The two birthstones for March are aquamarine and bloodstone. The name aquamarine is derived from the Latin word aqua, meaning water, and marina, meaning the sea. This gemstone was believed to protect sailors, as well as to guarantee a safe voyage. The serene color of aquamarine is said to cool the temper, allowing the wearer to remain calm and levelheaded. Its pale, cool color beautifully complements spring and summer wardrobes. Aquamarine is most often light in tone and ranges from greenish blue to blue-green; the color usually is more intense in larger stones. The second birthstone for March is bloodstone, a dark-green jasper flecked with vivid red spots of iron oxide. This ancient stone was used by the Babylonians to make seals and amulets and was believed to have healing powers - especially for blood disorders. It is sometimes called the martyr's stone as legend tells that it was created when drops of Christ's blood stained some jasper at the foot of the cross.

April - Diamond

As the April birthstone, diamonds are the ideal gift for a loved one. And now you have more choices than ever. Get creative and give the ultimate gift of beauty: a fancy-color diamond. Fancy-color diamonds are natural, rare and truly exotic gem of the earth. Diamonds in hues of yellow, red, pink, blue, and green range in intensity from faint to vivid

and generally the more saturated the color, the higher the value. In fact, diamonds sparkling with intense color are rare and may be priced higher than a colorless diamond of equal size. Because fancy-color diamonds are very desirable, color is sometimes introduced in a laboratory.

May - Emerald

As the birthstone for May, the emerald, a symbol of rebirth, is believed to grant the owner foresight, good fortune, and youth. Emerald, derived from the word smaragdus, meaning green in Greek, was mined in Egypt as early as 330 B.C. Today, most of the world's emeralds are mined in Colombia, Brazil, Afghanistan, and Zambia.

June - Pearl and Alexandrite

June counts three gems as birthstones, pearl, Alexandrite, and moonstone.

Historically, pearls have been used as an adornment for centuries. They were one of the favorite gem materials of the Roman Empire; later in Tudor England, the 1500s were known as the pearl age. Pearls are unique as they are the only gems from living sea creatures and require no faceting or polishing to reveal their natural beauty.

Alexandrite

A relatively modern gem, Alexandrite, was first discovered in Russia in 1831 during the reign of its namesake, Czar Alexander II, and is an extremely rare chrysoberyl with chameleon-like qualities. Its color is a lovely green in both daylight and fluorescent light; it changes color to a purplish red in incandescent light.

Moonstone

The third birthstone for June is the Moonstone. It was given its name by the Roman natural historian Pliny, who wrote that moonstone's appearance altered with the phases of the moon - a belief that held until well after the sixteenth century. A phenomenal gemstone, moonstones show a floating play of light (called adularescence) and sometimes show either a multirayed star or a cat's eye. Considered a sacred stone in India, moonstones often are displayed on a background of yellow (a sacred color) and are believed to encapsulate within the stone a spirit whose purpose is to bring good fortune. Part of the family of minerals called feldspar, moonstone occurs in many igneous and metamorphic rocks and comes in a variety of colors such as green, blue, peach, and champagne.

July - Ruby

There's no better way to demonstrate your love than by giving a ruby in celebration of a July birthday. Rubies arouse the senses, stir the imagi-

SEE BIRTHSTONES, PAGE 8



Proudly Supporting the Great Falls Community
for Over 35 Years

GFC
Great Falls Construction

Award Winning • Custom Homes • Additions • Renovations
www.greatfallsconstruction.com



LOEBIG
CHIROPRACTIC & REHAB

Fully Integrated Wellness Therapies
All Under One Roof

Chiropractic – Neck Pain, Headaches,
Low Back Pain & Herniated Disk

Rehabilitation – Improve your
Flexibility, Strength & Balance

Massage Therapy – Heal Soft Tissue,
Sports Injuries & Reduce Stress

Acupuncture – Pain Relief, Relaxation,
Fertility & Improve Sleep

Ideal Protein – Medically developed
weight loss protocol that promotes fat
loss while supporting muscle mass.

Dr. Glenn M. Loebig

Dr. Andrew McGuire

SERVING GREAT FALLS FOR OVER 16 YEARS!

754 Walker Road, Great Falls, VA 22066
(703) 757-5817
www.loebigchiropractic.com

CAPITAL REALTY SERVICES, INC.

**Commercial Real Estate Financing
Don't Miss These Low Rates!**

Permanent and Construction Loans from
\$1 to \$100 million for prime commercial
real estate, including office, retail,
industrial and hotel properties.

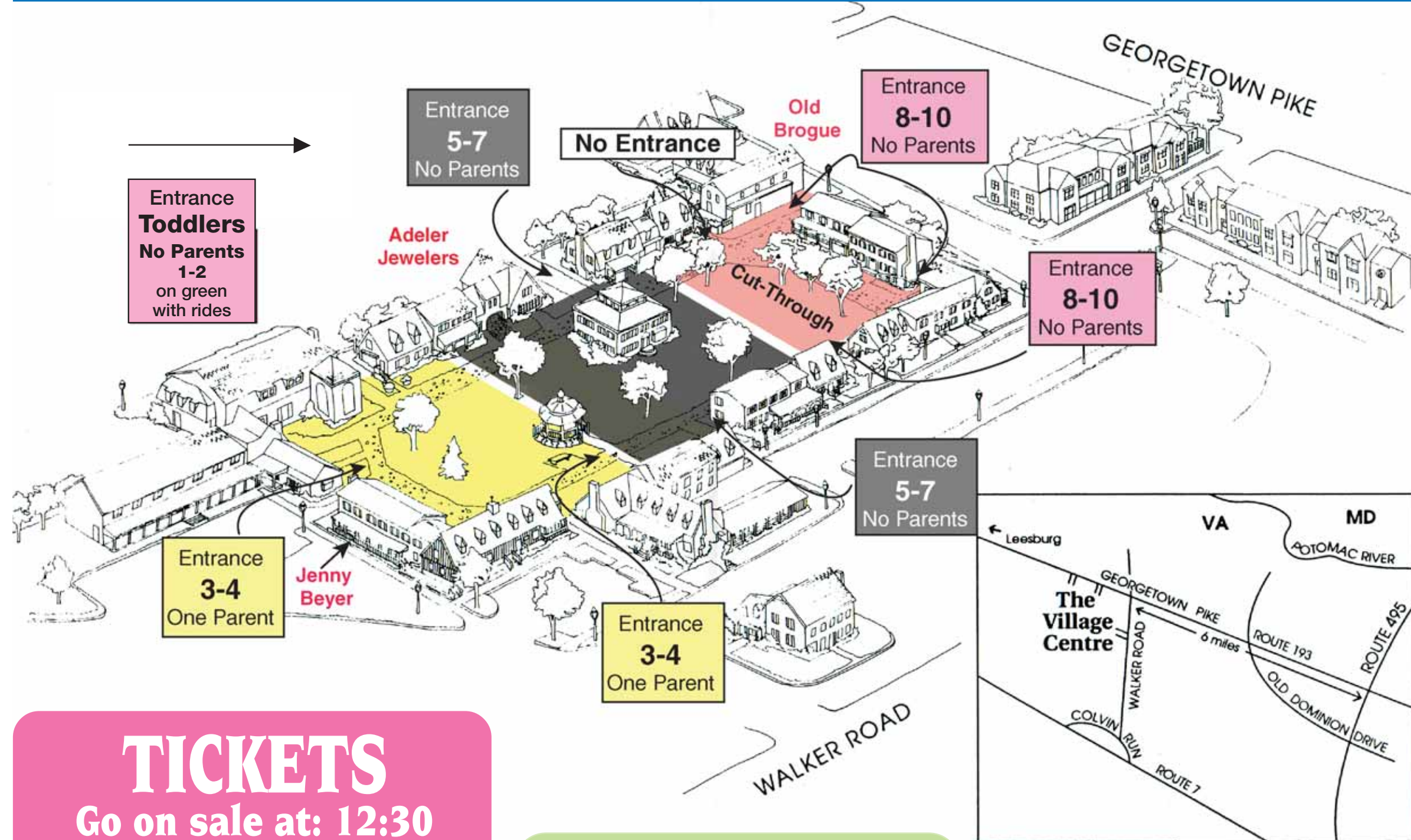
Capital Realty has arranged construction
and permanent loans for our clients
throughout the Mid-Atlantic area since
1985. Can we help you?

Please call Terry Graves at
703-759-4900

Capital Realty Services, Inc.
762 Walker Road
Suite E
Great Falls, Virginia 22066



31st Annual Egg Hunt brought to you by Adeler Jewelers and the Great Falls Optimist Club at the Village Centre



TICKETS
Go on sale at: 12:30
\$10 per child
Ages 1-10 and
Parents are free
Donations welcome...

Tickets go on sale at 12:30
Games and rides are from 1:30-4
The egg hunt from 4:00-4:30
The egg hunt includes over \$8000 worth of gemstones donated by Adeler Jewelers, mixed with candy and stuffed into 8,000 plastic eggs that will be scattered around the Village Centre for children ages 1-10 to find.
All Rides at own risk.

If you would like to know what your "gem" is, please go to www.AdelerJewelers.com and follow the link under *Learn More*.

Important Information
*** PLEASE NOTE: Candy in the Egg Hunt may contain nuts! We do our best to avoid this, but we cannot guarantee it because even nut-free candy MAY HAVE BEEN MADE on machines that previously processed candy that did contain nuts.
NO RAIN DATE: Due to the size of this ever-popular event, and to

scheduling requirements for the Village Centre and volunteer staff, we are unable to provide a rain date for the egg hunt. Please call 703-759-4076 after 9:00 am on March 29th to verify the status of the event if you are concerned about cancellation due to inclement weather.
VOLUNTEERS NEEDED: We can always use more volunteers to help with a range of

jobs, including staffing an entrance, helping with set up and clean up the day of the hunt, and other activities. If you are interested in helping with this fun, family-friendly event, please contact us at 703-759-4076 or info@adelerjewelers.com. This is a terrific opportunity for Scout troops and students looking for community service opportunities!

Thank You to Our Sponsors

- Jan & Dan Laytham
- Village Green Day School
- Loebig Chiropractic
- Astro Events
- Bob Nelson Realtor
- Linda Thompson Realtor
- Dr. Donna Greco, Dentist
- The Old Brogue
- S.A.B. Lawn and Landscapes
- Capital Realty
- Megawatts
- Deli Italiano
- Pat Nugent & Sons
- Elan Magazine
- Great Falls Eye Care
- Stan Corey, CFP®, CPWA®
- Great Falls Animal Hospital
- L'Auberge Chez Francois
- Village Centre Condominium Assoc.
- Great Falls Exxon
- Great Falls Construction



GREAT FALLS EYECARE OPTOMETRISTS

For 23 years we have proudly provided eye exams, contact fittings, classic & modern designer frames, and have an in-house lab to make prescription glasses & sunglasses!!!



Family Eye Care with hometown attention!!!

9909 Georgetown Pike, Great Falls,
(703) 759-0061

www.greatfallseyecare.com

S. A. B. TREE SERVICE

A Division of
S.A.B. Lawn & Landscaping, Inc.

- Spurless Pruning
- Feeding
- Cabling
- Trimming
- Removals
- Toppings
- Stump Removal
- Clearing
- Complete Tree Care

**24 HOUR
Emergency
Service**

"We Go Out On A Limb For You"

For 21 years we have been providing professional care to one of the most important values of your property, "Trees." Whether maintenance, diagnosis, or removal is needed, call us for the guaranteed quality of service you deserve.

703-661-6010

Licensed & Insured



of Great Falls, Virginia

PROFESSIONAL DISC JOCKEYS

*"We're proud
to support the
Great Falls
Spring Festival"*

202-438-8766

www.MegawattUSA.com



Now Enrolling!

Great Falls Village Green Day Camp

2 1/2 year olds through Rising 4th graders

Weekly sessions June 22, 2015 - August 14, 2015

790 Walker Road, Great Falls, VA 22066

703-759-4049 lpeter@vgdsva.com



Enroll by
April 15th
and receive
10% off!



Village Green Day Camp

Full of friendship, excitement, science, music, art, exploration,
and adventure!

Off-Site Swimming & Field Trips for Upper Campers

On-Site "Bitsy Beach" for Lower Campers

www.vgdsva.com

Birthstones

FROM PAGE 5

nation, and are said to guarantee health, wisdom, wealth and success in love. Ruby is a variety of the gems species corundum. It is harder than any natural gemstone except diamond, which means a ruby is durable enough for everyday wear. Fine-quality ruby is extremely rare, and the color of the gem is most important to its value.

August - Peridot

Two birthstones are available for August birthdays: Peridot and Sardonyx.

Peridot is said to host magical powers and healing properties to protect against nightmares and to bring the wearer power, influence, and a wonderful year. As peridot is a gemstone that forms deep inside the Earth and brought to the surface by volcanoes, in Hawaii, peridot symbolizes the tears of Pele, the goddess of fire and volcanoes. Today, most of the peridot supply comes from Arizona; other sources are China, Myanmar, and Pakistan.

Sardonyx

Sardonyx is a form of onyx and is recognized by its layers of reddish brown and white banding. It was popular with the ancient Greeks and Romans who carried into battle talismans of sardonyx engraved with images of heroes such as Mars or Hercules, believing that this would bring courage and victory. Because of its attractive banding, sardonyx has long been used to fashion cameos (carved raised figures) and intaglios (the reverse of cameos). This gemstone is found throughout the world.

September - Sapphire

Sapphire, the September birthstone, has been popular since the Middle Ages and, ac-

SEE BIRTHSTONES, PAGE 10

WWW.CONNECTIONNEWSPAPERS.COM

Children's Spring Festival

March 26 - 29, 2015

We Need Your Help

**Stuffing Eggs Thursday
6:30-9:00pm**

**Rides, games, Etc
Sunday Approx. 12:00
To 4:00pm
Egg Hunt 4:00pm**

Hello Again

Spring Is Almost Here Again A Wonderful Way To Celebrate Spring.

We Hope To See You Often As We Celebrate The Great Falls Optimist Club 35th Year Of Opportunity Service For Youth

Opportunity For All Ages

Our Young Optimist Friends, Families, volunteers And Optimist Members Are Ready To Celebrate Spring On Sunday March 29, 2015.

We Hope That You Will Celebrate With Us.

We Start The Celebration At 6:30 To 9:00 PM On Thursday.

Evening At The Great Falls Grange Thursday 3-26-2015**

If You Have Not Attended This Party. Stuffing Eggs

It Really Is Like A Happy Family Party That Ever One Enjoys.

Another Person Described As A Party At Each Table.

Included Will Include Young To Super Seniors Actually You Are All Super People That I Believe Enjoy Being Together In Service.

We Are Proud To Introduce The Langley Junior Octagon Optimist Club And They May Bring Some Friends = potential Members They Will Also Celebrate Sunday 3-29-2015 And Of Course Our Adult Friends Will Enjoy Participating At The Festival. (opportunity To Share And Learn From Each Other)

There Will Be Refreshments Served Please Let Us Know That You Will Be There So That We Will Have Chairs, tables, and Food Just Send An E-mail With Name E Mail

What Are We Doing. we Are Stuffing Candy Into. 8,000.

Plastic Egg Shells. We Appreciate Your Help And Truly Believe You Will Enjoy Participating (opportunity To See Friends Meet (New Ones)

Sunday 3-29-2015 9 to 5

Please Let Us Know What Hours Available. some Preparing

Some Will Start Around 9:00am Some Will End At 5:00pm

You Will Be Participating On The Official Opening Of Spring In Great Falls, VA.

We Will Try To Keep You Posted On Wwww.greatfallsoptimist.org

If Not Call 703-938-1609 Or Send E-mail Trcookphoto@aol.com

We May Cut A Ribbon And Blow A Horn & The Sun May Shine.

Share A Treasure With Someone It Will Make Their Day Better And Yours Too.

Ps: If You Know A Veteran Or Know Of One Would Like A Friendly Youth Service Club Please Refer Them To The Gfoc Or Another Optimist Club. Most Optimist Clubs Has Veteran Members.

Trcook, president
Great Falls Optimist Club
Po Bx 223
Great Falls Va 22066
Ph 703-938-1609
Trcookphoto@aol.com

WWW.CONNECTIONNEWSPAPERS.COM

Children Are Beautiful



"Em & M," oil on linen, 18" x 24", by Jonathan Linton | www.jonathanlinton.com

élan magazine

Celebrating the Arts in Great Falls since 1999

www.elan-magazine.com

WELCOME TO UNITED CAPITAL GREAT FALLS



LET'S GET REAL ABOUT YOUR FINANCIAL LIFE.

At United Capital, we are financial advisers united to improve lives by bringing truth, understanding and discipline to the financial choices you make every day.

WHEN IT COMES TO MONEY
THE WAY WE MAKE CHOICES DETERMINES OUR ENTIRE LIVES.

It's your life; you have to be actively involved in designing it and have a disciplined process which is engaging, intuitive and clear. You should work with caring people who can provide judgment and tell you the uncomfortable truth in the right way.

**We can help you improve
your entire financial life right now.**

The United Capital office in Great Falls has a diverse client base that includes wealthy families, individuals, trusts, corporate retirement/pension plans and foundations. We have clients located across the United States, Canada and Europe. The majority of our clients are referred by existing clients and other professional advisers.

We offer an initial introductory appointment at no charge. This provides an opportunity for you to present an overview of your financial situation, concerns and expectations to us

Stanley B. Corey, CFP®, CPWA®

Managing Director

746 Walker Rd Suite #16, Great Falls, VA 22066

703.759.7007

JOHN NUGENT & SONS

HEATING • COOLING • PLUMBING • ELECTRIC

703-356-7499

Family owned and operated since 1975!

**Big savings are
GROWING this Spring!**

**Contact
John Nugent & Sons
Today**



15% Off your first service/repair when you
"FAN" us on Facebook! John Nugent & Sons
(Mention "Facebook Offer" when you call.)
Limited to 1-time use. JNS Expires 5/31/14

\$79⁹⁵ System Analysis

Includes Our Deluxe 18 Point Check
includes only. Not valid with other offers. Limited time only.
John Nugent & Sons, etc.
703-356-7499

\$50⁰⁰ Off Air Quality Products

Humidifiers, Air Cleaners, UV Lights
includes only. Not valid with other offers. Limited time only.
John Nugent & Sons, etc.
703-356-7499

\$25 Off Plumbing Services

includes only. Not valid with other offers. Limited time only.
John Nugent & Sons, etc.
703-356-7499

Call **703-356-7499** or email us: info@nugentsons.com to request our services **ANYTIME** am or pm!

L'Auberge Chez François

A Classic French Country Inn

Proprietor & Executive Chef Jacques Haeringer

Voted 2013 & 2014 Best Restaurants in America
by Open Table Diners' Choice

Available for Weddings, Corporate
& Private Parties

Visit www.LAubergeChezFrancois.com for casual
a la carte dining

332 Springvale Road, Great Falls, VA 22066
Reservations: (703) 759-3800
www.LAubergeChezFrancois.com

Follow L'Auberge Chez François on Facebook
@LaubergeChezF on Twitter
@LaubergeChezFrancois on Instagram



Astro Events®

Home of the Original
Astro Jump®

ASTROJUMP.COM

1-800-244-5867

**Thank You for
your Sponsorship**



GREAT FALLS EXXON

9829 GEORGETOWN PIKE,
GREAT FALLS, VA 22066

703-759-3367

www.greatfallsexxon.com
contact@greatfallsexxon.com

QUALITY CARE YOU CAN DEPEND ON

- Complete Auto Service on ALL vehicles
- Factory Scheduled Maintenance just like the dealer
- State-of-the-art diagnostic and repair equipment
- Certified Automotive Technicians at your service
- Free pick-up, delivery & shuttle service
- Family owned & operated
- VA Safety, Emissions & Certified Emission repair
- Service Hours: M-F: 8am to 6pm, Sat: 8am to 2pm

\$19.95 OIL CHANGE

Regularly \$29.95. Includes lube (where applicable), new filter & up to 5 quarts major brand oil (brands vary). Most cars. Special diesel oil & filter extra. Environmental oil disposal fee may apply. Call for appointment. WITH FREE TIRE ROTATION. Great Falls Exxon only. Must present coupon. May not be combined with any other offer.




Birthstones

FROM PAGES

According to folklore, will protect your loved ones from envy and harm. Medieval clergy wore sapphires to symbolize heaven, while commoners thought the gem attracted heavenly blessings. Blue sapphires range from very light to very dark greenish or violetish blue, as well as various shades of pure blue. The most prized colors are a medium to medium dark blue or slightly violetish blue.

October - Tourmaline and Opal

October is another month with two birthstone choices - Tourmaline and Opal.

Tourmaline has become a favorite gemstone among jewelry designer, and gem collectors the world over. Since it is available in a wide variety of colors, it is ideally suited to almost anyone's taste.

Tourmaline also is known for displaying several colors in the same gemstone. These bi-color or tri-color gems are formed in many combinations; gemstones with clear color distinctions are highly prized. One multi-color variety is known as watermelon tourmaline, and features green, pink, and white colors bands; to resemble its namesake, the gemstone is cut into thin slices having a pink center, white ring, and green edge.

The name opal derives from the Greek Opallos, meaning "to see a change (of color)." Opals range in color from milky white to black with flashes of yellow, orange, green, red, and blue. An opal's beauty is the product of contrast between its color play and its background. Opal is a formation of non-crystalline silica gel that seeped into crevices in the sedimentary strata. Through time and nature's heating and molding processes, the gel hardened into the form of opals.

November - Topaz and Citrine

Two gems are appropriate for November birthdays - Topaz and Citrine.

Topaz is a gemstone available in a rich rainbow of colors. Prized for several thousand years in antiquity, all yellow gems in antiquity were called topaz. Often confused with citrine quartz (yellow) and smoky quartz (brown), quartz and topaz are separate and unrelated mineral species. The most prized color of topaz is called Imperial topaz after the Russian Czars of the 1800s and features a magnificent orange body color with pinkish undertones.

Citrine, the other birthstone for November is known as the "healing quartz". This golden gemstone is said to support vitality and health while encouraging and guiding hope, energy and warmth within the wearer. Citrine can be found in a variety of shades ranging from pastel yellow to dark brownish orange. It is one of the most affordable of gemstones and plentiful in nature.

December - Tanzanite, Zircon, and Turquoise

The three birthstones associated with December are Tanzanite, Zircon, and Turquoise.

Discovered in the late 1960s in Tanzania, and found exclusively in this tiny area of the world, tanzanite exhibits a rich violet-blue color for which the gemstone is treasured; often it is heat-treated to achieve this color. Colors range from blue to purple, and tanzanites that are medium dark in tone, vivid in saturation, and slightly violet blue command premium prices.

Derived from the Arabic words zar and gun, meaning gold and color, zircon is found in a wide range of colors such as: blue, yellow, orange, brown, green, colorless, and red (the most prized color). For many years colorless zircon was used to imitate diamonds. Folk wisdom grants zircon the power to relieve pain, whet the appetite, protect travelers from disease and injury, to ensure a warm welcome, and to prevent nightmares guaranteeing a deep, tranquil sleep.

The name turquoise, from the French expression Pierre tourques or Turkish stone, originated in the thirteenth century and describes one of the oldest known gemstones. Turquoise varies in color from greenish blue, through robin's egg-blue, to sky blue shades and its transparency ranges from translucent to opaque.

WWW.CONNECTIONNEWSPAPERS.COM



Memberships Available For 2015

GREAT FALLS SWIM & TENNIS

SWIM TEAM • DIVE TEAM • SIX LIGHTED TENNIS COURTS
HEATED TENNIS BUBBLE • PADDLE BALL • HANDBALL
BASKETBALL COURT • SUMMER CAMPS • SOCIAL EVENTS

Great Falls Swim and Tennis offers its members and their families a casual environment for the enjoyment of swimming, tennis and social programs right in the heart of downtown Great Falls.

Our facilities include a large, heated pool with two diving boards, a wading pool, changing rooms, a covered pavilion, six lighted tennis courts (4 clay, 2 hard), a heated bubble for indoor tennis from October through April, a lighted platform handball/basketball court, a picnic and grill area, snack bar and large grass area for volleyball, tetherball, lacrosse, soccer and numerous other outdoor games.

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 social activities.

FOR MORE INFORMATION PLEASE CONTACT
SHERI AT slandf@aol.com | www.gfsandt.com



**Caring for those
special members
of the family**

**GREAT FALLS
ANIMAL
HOSPITAL**

10125 Colvin Run Road
Great Falls, VA 22066

703-759-2330



Providing a full range of
veterinary services since 1963

www.greatfallsanimalhospital.com




Through The Years

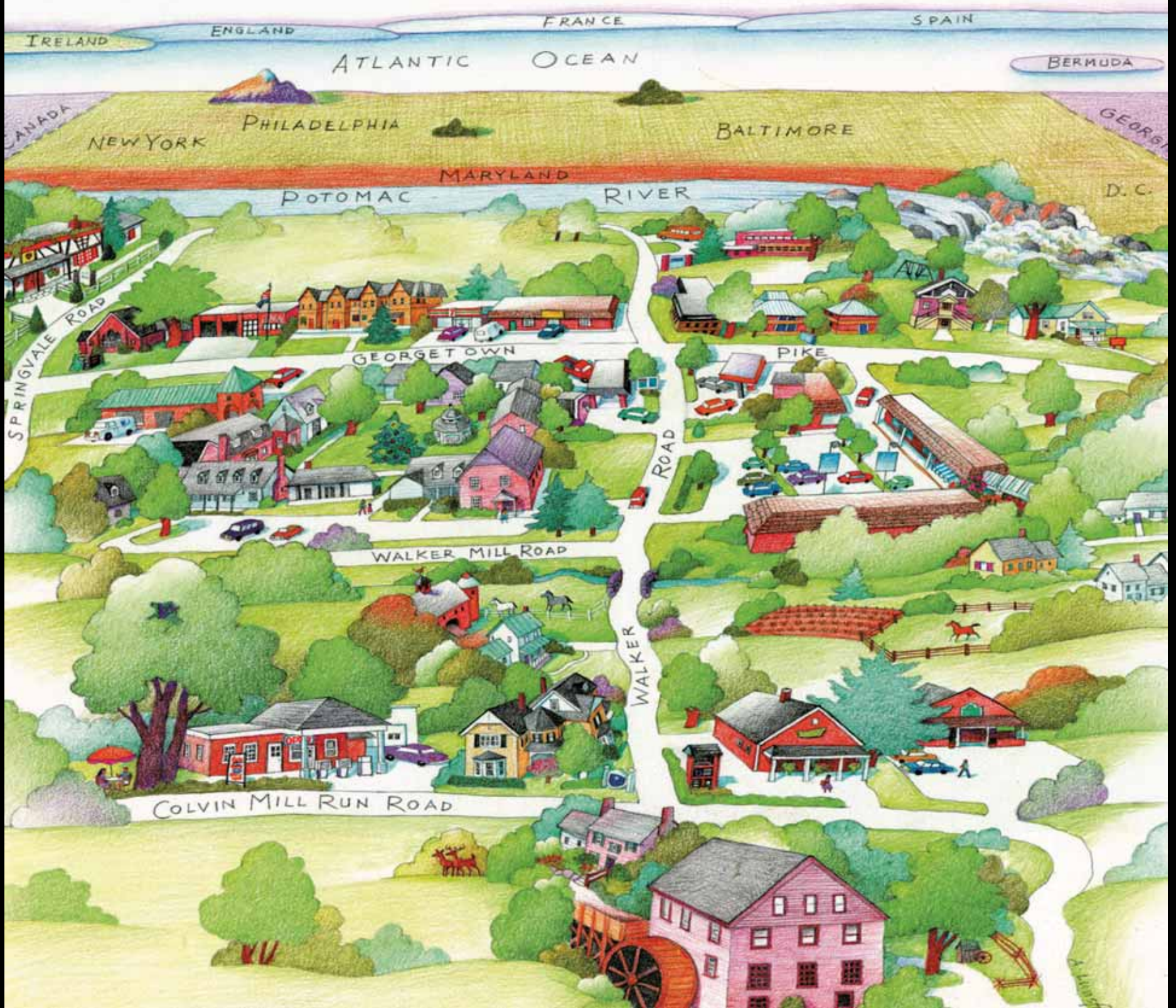




JAN & DAN DIANNE

www.GreatFallsGreatHomes.com

GREAT FALLS



Susan Canis
Associate Realtor



Anne Erickson
Associate Realtor



Sally Marvin
Associate Realtor

Jan & Dan Laytham
Dianne Van Volkenburg
Office: 703-757-3222

9841 Georgetown Pike • Great Falls VA 22066

CHRISTIE'S
INTERNATIONAL REAL ESTATE

LONG & FOSTER
REAL ESTATE
LUXURY HOMES

LUXURY
PORTFOLIO
INTERNATIONAL

#1 Seller of Luxury Homes

