

# Chez Francois Celebrates 40 Years

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## Great Falls Teen Crowned Miss Teen Virginia

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## Colorful Spring Birds at Great Falls

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**Chef Jacques Haeringer sits in the less formal Jacques Brasserie restaurant. L'Auberge Chez Francois will celebrate 40 years in business this month with a series of culinary events to mark the occasion.**



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## FAITH

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

The **Church of the Holy Comforter in Vienna**, 543 Beulah Road, is offering the course "Your Faith, Your Life: An Invitation to the Episcopal Church." Classes will be April 17; May 1, 15, 22; June 5 from 12:30-1:30 p.m. Light lunch and childcare provided. Visit <https://ttsu.me/1tg> to sign up for a book and

**Great Falls United Methodist Church**, 10100 Georgetown Pike, Great Falls, will host annual yard sale/flea

market on Saturday, May 7, 2016 from 7 a.m.-2 p.m. You can now reserve a 10x10' space (\$25) to sell your own treasures or donate items to the church (they would pick up). Come shop, donate and/or sell your own things. 703-582-1640.

**St. Francis Episcopal Church**, 9220 Georgetown Pike in Great Falls, offers musical, educational, outreach and fellowship ministries in addition to worship services, including a 7:45 a.m. worship service without music; 9 a.m. worship service, children's chapel and children's choirs; 10 a.m. Sunday school and adult forum; and 11 a.m. worship service with adult choir. 703-759-2082.

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PHOTOS BY DONALD M. SWEIG/THE CONNECTION



**Bright orange, male Baltimore orioles nest in and are often easy to see in both National Parks at Great Falls.**

**Bright blue Indigo buntings can be seen in both National Parks at Great Falls.**

## Colorful Spring Birds at Great Falls

**How to get out and enjoy spring beauties.**

BY DONALD M. SWEIG  
THE CONNECTION

**T**he wooded areas in both of the two national parks at the Great Falls of the Potomac provide ample and often easy opportunities to see and enjoy the colorful plumage and exuberant songs of the returning Spring migrant birds. Many species of birds breed in the lush woodlands along the Potomac. In addition to the local breeders such as cardinals, titmice, chickadees, and woodpeckers, the woods at Great Falls host returning orioles, tanagers, cuckoos, warblers, flycatchers, robins and more.

On the Maryland side, the Chesapeake and Ohio Canal National Historical Park, and in Virginia the Great Falls National Park offer easy access to seeing and enjoying these avian nesters. (There is an entrance fee for both parks.) If you have binoculars, be sure to take them along when looking for the birds.

In both parks there are numerous, colorful, nesting Baltimore orioles. Look for the male's bright-orange bodies, with black heads and wings. Listen for their lyrical song particularly in the sycamores along the river. On the Maryland side, they often nest in the sycamores in front of the restroom area, and in the trees between the towpath and the river. A good time to see them there is to go in the late afternoon, when the sun is shining from the west, cross the little foot-bridge to the canal towpath, turn right and walk about 50-75 feet, and look back at the trees on the other side of the canal. One may also see them frequently flying back and forth across the canal.

**ON THE VIRGINIA SIDE,** drive to the end of the second large parking lot in the park. The Baltimore orioles often nest in the trees around the parking lots and fly back and forth. Also, try taking the little entrance



**Orchard orioles, slightly smaller and less bright than the Baltimore orioles, are common nesters in both Great Falls National Parks.**

trail over to the River Trail, and walk left upriver; orioles nest in those trees. On both sides of the river, you will also find the slightly smaller Orchard oriole with his rufous/chestnut colored body, black wings and hood, nesting in the same areas. Listen for his brighter, more rapid song.

On both sides, and in the same areas, one may also hear the louder and somewhat longer song of the warbling Vireo. These light-brownish little birds, with a white stripe above the eye, are often hard to see, especially when there are leaves on the trees. There are also nesting red-eyed Vireos, yellow-throated Vireos, and, occasionally, white-eyed Vireos nesting in both parks.

If you are lucky, you might also see a stunningly bright red bird with black wings, usually high in the trees. This is a male scarlet Tanager. Scarlet Tanagers have a call much like a robin's, but with a kind of raspy, hoarse tone, like it has sore throat. On the Virginia side, Tanagers often nest and sing/call along the Carriage Trail. On the Maryland side, you might see them in the trees around the parking lot or in front of the

restrooms.

Look also for the colorful, bright-blue indigo buntings. On the Virginia side they are easiest seen at the upriver end of the River Trail, just before the dam, or at the other end of the park, in the old quarry.

In Maryland, you can look for them in the trees in and around the parking lot in front of the rest rooms, and up and down the canal towpath. (A special treat on the Maryland side, in late May and early June, look for both orioles and for indigo buntings eating the berries of the serviceberry plants in the public area. Don't get too close, you'll scare them off.)

An additional treat, although much harder to find, are the numerous yellow-billed cuckoos, that nest in both parks. Cuckoos have white fronts, brown heads and backs, and long tails with spots on the bottom side. They tend to sit upright in the trees. Their call is a subdued, dry, sort of "cluck cluck." On the Virginia side look for them in the trees and flying back-and-forth across the final parking lot, and along the River Trail, in that area. On the Maryland side, look for them in the parking lot area

### Sunday Morning Bird Walk

If you want some help, or companionship, finding the birds, there is a free bird walk at 8 a.m. every Sunday morning in the Great Falls National Park on the Virginia side. Meet in the very front part of the first parking lot or by the visitor center.

and anywhere up and down the canal towpath.

The public areas of both parks also feature numerous great-crowned flycatchers in the trees. Look for their yellow bellies, dark brown heads, and lighter brown tails. They have a noisy and distinctive call.

Several species of returning wood warblers nest in one or both parks: Louisiana Waterthrushes nest in both parks; you might also find Prothonotary warbler, worm-eating warbler, or yellow-throated warbler. During migration (late April to late May), many more species of colorful warblers pass through enroute to the north.

Conn Island, in the middle of the river just above the dam, has a large colony of nesting great-blue herons, and double-crested cormorants. You will see both birds flying in and out of the nesting areas there. If you walk up the River Trail on the Maryland side, you can get a good look at these nesting birds, and, as always at Great Falls, keep your eye in the sky because you're likely to see a bald eagle or two.

**THE NESTING SONGBIRDS** are best seen in May and very early June, and as always, early in the morning or in the very late afternoon. If you want some help, or companionship, finding the birds, there is a free bird walk at 8 a.m. every Sunday morning in the Great Falls National Park on the Virginia side. It meets in the very front part of the first parking lot or by the visitor center.

For a quick reference as to what birds look and sound like, go to <https://www.allaboutbirds.org/guide/search> (it's The Cornell University department of ornithology.) Put the name of the bird that you're looking for in the little search window at the top and that you should get a picture of that bird, and also a way to listen to the bird's call.

Spring is always a wonderful time of year and it's even more fun looking at, and the listening to, the nesting songbirds in the two wonderful national parks at Great Falls. Go have a look ! You'll be glad you did.



# Chez Francois Celebrates 40 Years

## Deepening the restaurant's roots.

BY MEREDITH BILLMAN-MANI  
THE CONNECTION

**L**'Auberge Chez Francois will celebrate 40 years in business this month with a series of culinary events to mark the occasion. In an era where restaurants come and go quickly, L'Auberge has stood the test of time and thrived. Both owners and patrons speak passionately about the restaurant and attribute its success to the exacting standards laid down decades ago by the man who originally helmed L'Auberge Chez Francois, Francois Haeringer.

It was Francois "Papa" Haeringer who opened the restaurant in Great Falls 40 years ago. After losing the space his original French restaurant was operating in in Washington D.C., Francois looked around for a bucolic setting to open a new restaurant. He wanted its design to be quintessentially French country and reflect his Alsatian roots. He chose six acres off Springvale Road that used to house a car repair shop, a deli and a gun shop. That small commercial tracts development was personally overseen by Francois to create the cottage style, exposed timber restaurant that still sits on the property.

The restaurant is filled with family heirlooms and antiques. It's a unique collection that immediately tells guests they are in a place of authenticity. In fact, if you look closely at the photos on the wall you will see a family resemblance to Executive Chef Jacques Haeringer, Francois eldest son who now runs the kitchen. Many photos are of his grandparents.

**FOOD AND FAMILY** were paramount to the senior Haeringer, who was once captured by the Germans and served his time as a prisoner of war as a cook in Munich. After the war he immigrated to America to build his family. He and his wife had three sons and the restaurant was at the center of all of their lives.

When L'Auberge Chez Francois started 40 years ago, one of the first things the family did was have a reception there after the birth of Jacques' daughter. Over the decades that it has been open, it has witnessed countless other celebrations and milestones as the restaurant has developed a reputation for being a place to go for special events. "These are our bread and butter. People know they can come here for an experience and to dine like they will have in no other place," said Haeringer.

Michelle Perrelli has been going to the restaurant for more than 30 years to celebrate special occasions with her family. "It's our favorite place to go to celebrate. My Mom, my sister and I. We always know this is where we are going for birthdays if we are in town. My daughters are nagging me



**Jacques Haeringer's L'Auberge Chez Francois gardens supply the award-winning restaurant with produce for much of the year.**

to go but we haven't taken the kids. In the interim we order desserts for the girls so they can get a little Chez, too. It will be so special for them when they finally get to go," said Perrelli.

Some feel that stepping through the arched wooden door at L'Auberge is like traveling back in time to Alsace, France. Eleanor Saslaw, and her husband, State Sen. Dick Saslaw, claim L'Auberge Chez Francois as one of their favorite restaurants for just that reason. "As a young married couple, when we first started going there, we hadn't been [to France] so we didn't know how authentic it is. But now, it is so much like being there. The warmth you feel. You are comfortable and welcomed and not rushed. There is no fast pace once you are here," said Saslaw. "It's like it is in France."

Francois achieved both critical and commercial success from the start. His patrons from D.C. were willing to make the drive out to Great Falls, despite the reservations of his accountants who worried the pastoral setting was too far for city diners to go.

**OPENING NIGHT** was such a success, and so many would-be diners showed up that the restaurant ran out of food. They were "saved" by one of Great Falls infamous thunderstorms that knocked out power before the second seating of diners so they were able to tell people they were forced to close because of the storm.

Accolades have been as steady as customers. For the past three years in a row diners at OpenTable have voted L'Auberge Chez Francois one of the Top 100 Restaurants in the country.

Presidents, First Ladies and celebrities regularly dine at L'Auberge Chez Francois.

According to Haeringer, every sitting president in the last 40 years has come to the restaurant at least once. "Obama has not come yet. There is still time though. I think he has been busy," jokes Haeringer.

Former First Lady Nancy Reagan often dined at L'Auberge Chez Francois and was said to have loved the restaurant. Roland Meisner was the White House Chef during the Reagan years and the man who introduced the First Lady to L'Auberge Chez Francois. "It was Mrs. Reagan's birthday and they wanted to take her somewhere special for lunch. I called L'Auberge and asked Francois if he would open for lunch for 30. Of course he did, he was happy to. She loved the place. She used to bring up [the restaurant] all the time," said Meisner.

If the restaurant's success was built on Francois reputation, then its expansion can be attributed to Jacques. In the last few years he has opened patio gardens and developed a café and bar in the back of the restaurant.

Jacques Haeringer has a Frenchman's passion for food and wine. His enthusiasm on both subjects is seemingly unflagging. In addition to serving as executive chef at L'Auberge Chez Francois, he is an author, celebrity chef who appears on nation television and radio regularly and cooking instructor.

"Good press only comes through hard work," says Meisner. "In the old days, and in these new days, you are guaranteed a good meal. Quality all the way. I only have one huge problem with L'Auberge - I don't eat there enough," said Meisner.

Francois never truly left the restaurant. He passed away in 2010 at the age of 91: He had worked at the restaurant until a fall



**Brothers Paul and Jacques Haeringer outside the iconic French country restaurant that has been in their family for 40 years.**

## Garden to Table

One of Jacques biggest changes is the creation of two huge gardens on the back part of the property. At the height of the summer, the gardens can supply the restaurant with all the produce it needs. "People talk about farm to table and we laugh. That is so removed. Maybe it's a French thing but we grow our own food. We grow it here and within an hour it can be in the pot," Haeringer says.

The gardens are his latest passion. He has plans to expand the gardens even more. According to Haeringer, "That kind of freshness makes a difference in the dish."

Celebrations for the 40th Anniversary will run the week of April 18-24. They include a champagne dinner, a Parisian dinner with music, a cooking demonstration and luncheon, a dinner featuring Jacques favorite dishes and culminating in a dinner on Sunday that is a tribute to Papa Haeringer.

a few days before he fractured his hip. There was no question that Jacques would take over the kitchen and run it in the family tradition. His younger brother Paul manages the front of the house, as well.

Jacques did put his own stamp on the restaurant with the expansions. In 2011 he opened Jacques Brasserie behind the main restaurant. It serves an a la carte menu in a more casual café style setting. It's become a popular lunch destination with people in the community.

In addition to the brasserie, there is the Rouge bar. An intimate, ruby red bar that is both seductive and chic. Staffed by the same impeccably well trained staff that works the main restaurant, locals are as likely to go for the service as the atmosphere. "It's quiet and there are no interruptions. It's still kind of hidden away and people don't know it's here. It's a bit of a secret still," said Barbara Kelly of Herndon.



# CALENDAR

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

## ONGOING

**"Unnecessary Farce."** Fridays-Sundays. April 29-May 14. Alden Theatre, 1234 Ingleside Ave., McLean. Call for times. Classic farce with a contemporary American plot: the police procedural. \$18-\$20. www.mcleanplayers.org. 866-811-4111.

**Driven to Abstraction.** April 1-30. Great Falls Library, 9830 Georgetown Pike, Great Falls. Features over 20 works. 703-757-8560.

**April Artist Showcase.** April 1-27. Broadway Gallery, 1025-J Seneca Road, Great Falls. Great Falls Gallery will feature the paintings of Australian artist Ken Strong. broadwaygalleries.net. 703-450-8005.

**"Proof."** March 31-May 8. 1st Stage, 1524 Spring Hill Road, Tysons. Pulitzer Prize-winning play. \$30/\$26/\$15. 1ststageTysons.org. 703-854-1856.

**Time Traveler Tuesdays.** 4:30 p.m. March 29-June 7. Colvin Run Mill, 10017 Colvin Run Road, Great Falls. This weekly series will take participants on an interactive journey through time, focusing on a different period in Virginia history each week. Register at http://www.fairfaxcounty.gov/parks/colvinrunmill/events.htm.

**Weekly Storytime.** Wednesday and Saturday. 11 a.m. Barnes & Noble, 7851 L Tysons Corner Center, McLean. Themes and Titles vary. Free admission.

SEE CALENDAR, PAGE 8



## Bluebells at the Bend Festival Riverbend Park and Nature Center

SATURDAY, APRIL 16, 2016

10 a.m. - 2 p.m. \$5 per person. Visit Riverbend Park to celebrate the Virginia Bluebells as they blanket the banks of the Potomac River. Bring the whole family for fun including games, music, wildflower walks, wagon rides, and more. Registration not required. Meet live animals, take a wagon ride, wildflower walks, face painting



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# OPINION

## Award Winning Connection Newspapers

### Still striving to be the Connection to your community.

Connection Newspapers won dozens of awards from the Virginia Press Association for work done in 2015. Award winners were announced on Saturday, April 9, at an awards banquet in Richmond.

While the papers won awards in many categories, the common underpinning was community journalism, accessibility of information, and reporting on critical issues like transparency in government.

Thematically, the papers won multiple awards for stories and sections that were informative and helped make communities, events and resources more accessible to our readers.

Examples included Ken Moore's reporting on Robert Simon's role in Reston, which included coverage of Simon's 101st birthday, Simon's ongoing influence, and his obituary. The series won first place.

Print newspaper obituaries play a vital role in local communities, reflected in Jeanne Theismann's first place award for three obituaries in the Alexandria Gazette Packet. Earl Lloyd was born into "the cradle of segregation" yet persevered to become the first African American to break the color barrier in the NBA. Dr. Robert Wineland, "Dr. Bob," was a WW II

veteran and survivor of the Battle of the Bulge. He was a beloved local doctor for more than 60 years. And Ferdinand Day was the first African American to be elected to chair a public school board in the state of Virginia.

We are lucky to have cartoonist Steve Artley to skewer and edify many issues, including his first place cartoon that suggests Alexandria could solve parking and housing problems by placing both on barges in the Potomac River.

Jean Card, Renee Ruggles and Laurence Foong have collaborated over several years on the Insider's Guide to the Parks, which won awards in Mount Vernon and Vienna/Oakton, capping several awards for informational graphics.

Our Newcomers and Community Guide to Arlington was described as "Informative, well written, with good use of graphics." Winners included Steven Mauren, Eden Brown, Vernon Miles, Shirley Ruhe, Laurence Foong.

Sarai Johnson, Hope Nelson, Shirley Ruhe, and Steve Hibbard won second place for entertainment pages in the Alexandria Gazette Packet, weekly coverage of arts, entertainment, food and things to do in Alexandria.

Reporting on elections, the environment, health and fitness, and organizations that are designed to help others also garnered awards.

Kenny Lourie won for his ongoing column writing about living with cancer. Lourie both lives and writes with humor and perspective. The judge said, "Though filled with heavy subject matter, the author hooks readers by using his first-person perspective, humor and emo-

tion to describe the events of his life. These columns grab your attention from the first paragraph."

Abigail Constantino's photo that shows the great aunt of Natasha McKenna at a protest of McKenna's death in custody, won second place for general news photo. Eudora Paul's sign displays McKenna's last words: "You promised you would not kill me."

Tim Peterson's coverage of McKenna's death won second place in In Depth/Investigative. Peterson garnered the most awards of any Connection staff member, winning seven.

Mary Kimm's editorials on lack of police transparency and local government accountability won second place for editorial writing.

Kemal Kurspahic's opinion pages in the Herndon Connection won third place.

Jeanne Theismann, whose profile includes that she "dreams of one day writing headlines for the New York Post," won second place for headline writing in the Alexandria Gazette Packet. Headlines: Some Like It Haute, - story about the 10-year anniversary of a boutique warehouse sale; Soul Providers, a story about volunteers recognized for service to seniors; Something to Wine About, - on the opening of a new wine cellar; Luck Be a Lady, - on the opening of a new bath apothecary called Ladyburg; To the Rescue, about - a nonprofit started by firefighters to collect toys for underprivileged children.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

### Connection Awards - Partial Listing

- ❖ Ken Moore, Oak Hill/Herndon Connection, First Place – Feature writing portfolio included a trip to the farmers market, remembrance of Latin teacher Christine Sleeper and celebration of the one-year birthday of the Silver Line.
- ❖ Marilyn Campbell, Oak Hill/Herndon Connection, Second Place – Health, science and environmental writing
- ❖ Kenneth Lourie, Oak Hill/Herndon Connection, Second Place – Column writing. Judge: "Though filled with heavy subject matter, the author hooks readers by using his first-person perspective, humor and emotion to describe the events of his life. These columns grab your attention from the first paragraph."
- ❖ Ken Moore, Oak Hill/Herndon Connection, Second Place – General news writing for election coverage. "Excellent coverage. ... Balanced and thorough. Effective at conveying why this is relevant for readers."
- ❖ Jon Roetman, Oak Hill/Herndon Connection, Second Place – Sports writing portfolio.
- ❖ Kemal Kurspahic, Geovani Flores, Laurence Foong, Mary Kimm, Oak Hill/ Herndon Connection, Third Place – Editorial pages
- ❖ Ken Moore, Reston Connection, First Place – Feature series or continuing story, on Reston founder Robert Simon. Judge's comment: "This was an in-depth series, very informative and interesting to read." Moore covered several key moments, including celebration of Founder's Day 2015 and Simon's 101st birthday; later, Moore wrote Simon's obituary and covered the celebration of Simon's life.
- ❖ Jean Card, Laurence Foong, Renee Ruggles, Vienna/Oakton Connection, Second Place – Informational graphics, Connection Insiders Guide to the Parks.
- ❖ Mary Kimm, Great Falls Connection, Second Place –



PHOTO BY ABIGAIL CONSTANTINO

**Natasha McKenna's great aunt Eudora Paul carries a sign with McKenna's words the day she was tasered by officers from the Fairfax County Sheriff's Department. Photo by Abigail Constantino won second place for General News Photo.**

Editorial writing for multiple editorials on police transparency. Judge: "Brings important pressure to bear on people in power."

- ❖ Ken Moore, Great Falls Connection, Second Place – Health, science and environmental writing; stories covering issues of deer, cleanup of groundwater contamination from gas station and tree preservation. Judge: "Excellent and informative."
- ❖ Laurence Foong, Great Falls Connection, Third Place – Informational graphics, Map of Property

Assessments. Judge: "A very interesting concept."

❖ Ken Moore, McLean Connection, Third Place – Feature writing portfolio. Judge: "Great reads on interesting topics. Who knew there was such a thing as pinball championship, especially out of someone's basement? Pull out information added neat and tidy facts and/or information."

❖ Abigail Constantino, Fairfax Connection, Second Place – General news photo, Natasha McKenna's great aunt holds a sign: "You promised you would not kill me." Judge: "Good capture of emotionally charged event."

❖ Tim Peterson, Springfield Connection, Second Place – Personal service writing, coverage of three worthy causes. Judge: "This submission quickly makes the reader care about the causes championed in the stories. ... There was good detail presented in such a way as to make the reader want to donate to each of these causes by the end of the story — I was ready to get my checkbook out after reading each one."

❖ Tim Peterson, Springfield Connection, Third Place – Government writing, coverage on aftermath of police shooting of John Geer, Virginia General Assembly. Judge: "A very comprehensive look at the Geer case was well-thought out and I was very impressed with the state legislature package."

- ❖ Tim Peterson, Springfield Connection, Third Place – Public safety writing, stories on sex trafficking, police and fire department training and National Night Out. Judge: "Each of the stories in this submission is comprehensive in its handling of the topic, as well as engaging for the reader. The information offered is very good, and the presentation attractive. There was adequate space given to each story, which was then complemented by excellent artwork."

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Published by  
**Local Media Connection LLC**

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## PEOPLE

# Great Falls Teen Crowned Miss Teen Virginia

**O**n Sunday April 3, girls from all over the state made their way to Richmond to represent their communities in this year's Miss Teen Virginia pageant. These girls were chosen as finalists among 700 teen applicants, including 19-year-old Elisabetta Cantatore, a resident of Great Falls and sophomore at George Mason University. Although Cantatore had never participated in a pageant before, she decided to attend the preliminary selection on a whim, just to see what it was all about. After receiving notice that she had been chosen as a finalist, she began to prepare for the pageant, which was judged on a personal interview with the judges and modeling routines involving casual and formal wear. Out of more than 100 finalists, she made it to the top 10 and was then crowned Miss Teen Virginia. She will receive an all-expense paid trip to the national competition in Orlando, Fla. where she will compete for the title of Miss Teen USA, as well as thousands of dollars in cash scholarships and other prizes. She studies psychology at George Mason and is looking forward to this new and exciting experience.



PHOTO CONTRIBUTED  
**Elisabetta Cantatore, of Great Falls, sophomore at George Mason University, has been crowned Miss Teen Virginia 2016.**



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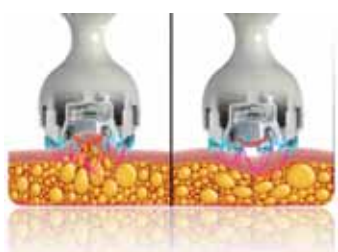
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## SPORTS

The Langley girls' lacrosse team is off to a 7-0 start.

PHOTO CONTRIBUTED



# Langley Girls' Lax Starts 7-0

The Langley girls' lacrosse team is off to its best start since 2009, winning its first seven games.

Langley improved to 7-0 with a 20-4 victory at Washington-Lee on April 7.

Langley is led by first-year head coach and former Langley and University of Oregon lacrosse standout Maggie Kovacs. Coach Kovacs is supported by another Langley alum, coach Annie Swanson, and local coach Bucky Morris.

Langley has a strong group of senior co-captains: Halle Duenkel, Morgan Kuligowski, Mackenzie Regen and Samantha Suib.

The Saxons have strong chemistry coming into this year. Goalie Megan O'Hara looks strong in the net with defensive support from Lilly Byrne, Ali Leto, Charlotte Smith and Lauren Bell. Anna Hofgard, Marina Smith, Emma Crooks, Elise Kim, Claire O'Connor and Sareena Dhillon have been big contributors on the offensive side of the ball. Many of the girls have played together since grade school.

A different Saxon led the team in scoring in each of the first six games.

"We are starting to play like a team," Kovacs said, "and that's the only way we are going to achieve our high goals."



PHOTOS BY JON ROETMAN/THE CONNECTION

Langley senior Nate Shafer, middle, finished with 10 points, 10 rebounds and seven blocks during the dmstream.com Nova Challenge on Sunday.



Langley's Tavon Tarpley (4), Westfield's Blake Francis (0) and Madison's Daniel Ungerleider (1) competed for the Fairfax North All-Stars on Sunday.

## Langley's Shafer Excels at All-Star Event

### Madison's Ungerleider, Walker compete for Fairfax North.

BY JON ROETMAN  
THE CONNECTION

Langley senior Nate Shafer, a 6-foot-5 shot-blocking force, admitted he prefers structured basketball over the run-and-gun style of an all-star game.

But while Shafer enjoys a team-oriented approach, that didn't stop the defensive standout from excelling in Sunday's dmstream.com Nova Challenge — an event that featured some of the top seniors from Northern Virginia competing in a pair of all-star games, a 3-point shootout and a dunk contest.

Shafer scored 10 points, grabbed 10 rebounds, blocked seven shots and helped the Fairfax North All-Stars defeat the Loudoun County All-Stars 108-101 on April 10 at Marshall High School.

All-star games are known for offense, but Shafer, the 2016 6A North region Defensive Player of the Year, made life difficult for Loudoun County players who tried to score in the paint.

"I can still apply some tactics that we use [during structured basketball] to an all-star game," Shafer said. "I typically find a guy that can't shoot as well so I can camp in the paint and that gives me more blocks and more contested shots and more rebounds, so that sort of pads my stats in an all-star game like this, which is fun."

**SHAFER**, who will play at Swarthmore College, said he enjoyed making defensive plays in an offensive environment. During one possession, Shafer swatted multiple Loudoun County shots.

"Those kinds of plays get the gym on their feet," he said, "so I like to do that."

Shafer's teammate at Langley, Tavon Tarpley, finished with 12 points for the Fairfax North All-Stars.

"I always love playing with T," Shafer said. "I'm just glad I [got] another opportunity to do it."

## Preparing for Bluebell Festival



Naturalist Tabitha Eagle is making sure the trail signs are in order for the park's Bluebell Festival, April 16-17. The Tree Walk signage was begun a few years ago at Riverbend Park by Eagle and Bob Vickers of the Fairfax County Tree Commission.

## CALENDAR

FROM PAGE 5

### Tai Chi Beginners' Practice.

Saturdays, 8-9 a.m. St. Luke's Catholic School Gymnasium, 7005 Georgetown Pike, McLean. Weekly Tai Chi practice. Group has met for over 20 years. Free. FreeTaiChi.org. 703-759-9141.

### THURSDAY/APRIL 14

#### Spanish Storytime with CommuniKids.

11 a.m. Barnes and Noble Tysons, 7851 L. Tysons Corner Center, McLean. Give your child the love of language at a fun, engaging Storytime in Spanish. Join us as we welcome the animated teachers from CommuniKids Preschool for a fun-filled Storytime. <http://stores.barnesandnoble.com/store/2238>.

### FRIDAY/APRIL 15

**Steve Case.** 5 p.m. Barnes and Noble Tysons, 7851 L. Tysons Corner Center, McLean. Internet entrepreneur Case will speak, take questions and sign copies of "The Third Wave." <http://stores.barnesandnoble.com/store/2238>.

### SATURDAY/APRIL 16

**Flower Show.** 10 a.m.-4 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Small Standard Flower Show presented by The Great Falls Garden Club. A competitive exhibition of floral designs and horticulture, affiliated with National Garden Clubs, Inc. 703-759-3130.

**Spring Community Garage Sale.** 9 a.m.-1 p.m. 1420 Beverly Road, McLean. Vendor spaces are available on a first-come, first-served basis for \$45. No spaces will be sold on the day of the sale. Residents selling used household items are welcome. Limited commercial vendors or flea market dealers are also welcome. Advanced registration is required. [mcleancenter.org](http://mcleancenter.org).

**New York Neo-Futurists.** 8 p.m. The Alden, 1234 Ingleside Ave., McLean. Theatre for people who want to be part of the action, love a rush of adrenaline, take a little of everything from the buffet and are, well... a little strange. \$25/\$15. [mcleancenter.org](http://mcleancenter.org).

### SUNDAY/APRIL 17

**Young Soloists Recital.** 3 p.m. The Alden, 1234 Ingleside Ave., McLean. This free classical music series, now in its 41st season, features professional musicians who have won international recognition for their artistry. Free. [mcleancenter.org](http://mcleancenter.org).

### Spring Cleaning Workshop.

1-4 p.m. KW Realty Office, 774-A Walker Road, Great Falls. Workshop hosted by AV Architects & The Canto Group. [www.thecantogroup.org](http://www.thecantogroup.org). 703-599-0453.

### MONDAY/APRIL 18

**50+ Employment Expo.** 10 a.m.-2 p.m. Sheraton Tysons Hotel, 8661 Leesburg Pike, Vienna. Meet job recruiters. Attend seminars on changing careers, online job searching, continuing education, starting your own business, job training, and job interviewing. Chief meteorologist Doug Hill from ABC 7/WJLA-TV News is the keynote speaker. Free. Find out more at [www.accessjca.org/50plusjobexpos](http://www.accessjca.org/50plusjobexpos) or call Micki Gordon at 301-255-4209, TTY 711.

### WEDNESDAY/APRIL 20

**McLean Newcomers and Neighbors Monthly Luncheon.** 11:30 a.m. Brio Tuscan Grille, 1961 Chain Bridge Road, McLean. CiCi Williams, food writer and author, will speak. \$32. RSVP by April 15 to [sosser@verizon.net](mailto:sosser@verizon.net). [mcleancenter.org](http://mcleancenter.org).

### FRIDAY/APRIL 22

**Bev Ress.** 10 a.m.-noon. McLean Community Center, 1234 Ingleside Ave., McLean. McLean Art Society with artist who does 3D nature drawings. 703-790-0123.

### SATURDAY/APRIL 23

**Meet Corduroy** (Costume character event). 2 p.m. Barnes and Noble Tysons, 7851 L. Tysons Corner Center, McLean. brief Meet & Greet with Biscuit will follow Storytime. <http://stores.barnesandnoble.com/store/2238>.

**"Goodnight Moon and Runaway Bunny."** 2 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. "Goodnight Moon" is a celebration of familiar nighttime rituals, while "The Runaway Bunny" is a pretend tale of leaving home that evokes reassuring responses from a loving mum. Ages 4+. \$15/\$10. [mcleancenter.org](http://mcleancenter.org).

### SUNDAY/APRIL 24

**Tysons Regional Chamber of Commerce 5K.** 8:30 a.m. Near Bloomingdale's Tysons Corner Center, 1961 Chain Bridge Road, McLean. \$25-30+. <http://www.tysonscharity5k.com/>.



## Historic Garden Week in Virginia

Elegant homes and gardens in Old Town, Arlington and Falls Church will be open to the public.

BY MARILYN CAMPBELL  
THE CONNECTION

Some of the most spectacular gardens will be in bloom and on display during the 83rd annual Historic Garden Week in Virginia. The statewide event will include 30 different tours of more than 200 homes and gardens. Old Town Alexandria and Arlington, Falls Church and Fairfax County are participating in the Northern Virginia tours.

"These houses are historic and they all reflect the homeowners' personalities and interests," said Catherine Thompson of the Hunting Creek Garden Club in Alexandria. "Some are owned by young families. Some have small gardens and some have large gardens."

The Hunting Creek Garden Club teamed up with The Garden Club

of Alexandria to organize the Old Town tour, a walking tour which includes five row houses with courtyard gardens. In addition to the private homes, which were all built during the 1700s and 1800s and still retain many original architectural features, tour goers will have access to the Carlyle House Historic Park, Lee-Fendall House Museum and Garden, George Mason's Gunston Hall and George Washington's Mount Vernon Estate and Gardens.

From large oak trees planted shortly after the Civil War and gardens bursting with colorful blooms from hydrangeas, camellias, rhododendron, crepe myrtles and wisteria to homes with views of the Potomac River and clematis flowing over a pergola, visitors will be treated to vivid spring displays as five Old Town residents open both their homes and gardens.



PHOTO BY DONNA MOULTON

**This Greek Revival property is listed on the National Register of Historic Places and is a Virginia Historic Landmark. It is considered the fourth oldest house in Falls Church.**

"People don't expect to have these amazing gardens behind these homes that can appear tiny from outside," said Amy Bertles of the Hunting Creek Garden Club.

## Historic Garden Week

83RD ANNUAL HOUSE AND GARDEN TOUR

### Falls Church-Arlington

Tuesday, April 26, 2016  
10 a.m. to 4 p.m.  
Hosted by the Garden Club of Fairfax  
<http://gardencluboffairfax.blogspot.com/>

"One home has two gardens with amazing sculptures that were done by the home owner who is an artist. She decorated her garden with a few of her sculptures."

In Arlington and Falls Church, Gothic Revival, Greek Revival, Arts and Crafts and Victorian architecture await visitors who take the tour hosted by the Garden club of Fairfax. The gardens include four 100-year old holly trees, an herb garden and a garden of Victorian-era plants. Two of the homes are on the National Register of Historic Places and are Virginia Historic Landmarks. The tour also includes visits to Mason Neck State Park, Gulf Branch Nature Center and The Falls Church.

Properties are chosen for the tour by local garden clubs. "They're looking for properties that they know the public will enjoy," said Karen Miller Ellsworth of the Garden Club of Virginia and director of Historic Garden Week. "They're looking for beautiful in-

teriors, an interesting history and a really nice garden."

In addition to its aesthetic appeal, Historic Garden Week, which 3,300 Garden Club of Virginia members spend more than a year planning, has a significant economic impact. "[Visitors] travel from 30 states and foreign countries and 25 percent ... spend the night and average \$1,207 on their [Historic Garden Week] trip," said Miller Ellsworth. "As a group, they spend \$2 million in Virginia each spring. The cumulative economic impact over the last 45 years is an impressive \$425 million."

Historic Garden Week began in 1927 when the Garden Club of Virginia organized a flower show and raised \$7,000 to save trees planted by Thomas Jefferson at Monticello. Money raised from the Historic Garden Week tours fund the restoration and preservation of nearly 50 of the Commonwealth's significant historic public gardens as well as a new initiative with Virginia's state parks.

Arlington-Falls Church tickets can be purchased online by credit card until April 24 by visiting <http://gardencluboffairfax.blogspot.com/> or [www.vagardenweek.org/main/tickets](http://www.vagardenweek.org/main/tickets).

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21 Announcements

21 Announcements

## 21 Announcements

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Eugenia, LLC trading as Our Mom Eugenia, 1025 Seneca Rd, Ste H, Great Falls, VA 22066. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises & Mixed Beverage Restaurant on Premises License to sell or manufacture alcoholic beverages. Philip Hobson, 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](http://www.abc.virginia.gov) or 800-552-3200

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## Wading is the Hardest Part



By KENNETH B. LOURIE

And so it begins, the storm after the calm. Ten weeks or so of relative peace – and some quiet, since my last diagnostic scan. But now, five days ahead of my next scan, scheduled for April 13, I am emotionally behind. Why (aside from the obvious)? Because even though the scan will occur this Wednesday, I/we won't know the results until the following Thursday, April 21, eight days later, when we see the oncologist for a face-to-face appointment. Eight days of waiting, eight days of talking yourself in and out scenarios both good and bad, eight days of dealing with the devil – and hopefully not coming to any agreement; and finally, eight days of rationalizing your prior behavior, justifying your current behavior and wondering whether any future behavior will reflect the past, present or territory as yet uncharted.

And of course, it's the "territory as yet uncharted" (I don't have to explain what I mean, do I?) that worries and scares me the most. Not having been down this road before makes anticipating one's behavior-to-be/ reaction challenging. Oh, I suppose if I thought about it long enough I could develop some sort of action plan. But it's thinking about such a negative eventuality that seems and feels counterproductive. It's almost as if my thinking about such realities can somehow contribute to their actual occurrence, so, if I don't think about it, it won't happen. How's that for intelligent thinking? If I don't then it won't. If only it were that simple.

As the old saying goes: "Denial is more than just a river in Egypt." For a person originally characterized as "terminal" – in February, 2009, with stage IV, non-small cell lung cancer, now living into my eighth year post-diagnosis, life is a bit of a double-edged sword – that cuts both ways: it's a miracle that I'm still alive and given the amazing set of totally unexpected circumstances, it's equally perplexing why I've survived this long. Moreover, how is it possible that I've beaten my original life-expectancy odds so soundly? I mean: am I further from the beginning or closer to the end? Presumably, I was given a "13-month to two-year" prognosis for a reason. Do I simply ignore the underlying facts which led my oncologist to make that statement/prediction? I can't, and that's always my problem during the final few weeks leading up to my quarterly scan and the subsequent follow-up appointment with my oncologist. This can't go on forever, can it?

As much as I'd like to blur my reality, my nature prevents me from doing so. And though I may not dwell on it or allow it to dominate my conversation or become depressed or morose about any of it, I do acknowledge its affect; mostly with humor and off-putting redirection. Figuratively speaking, how does one live with both the weight of the world on your shoulders and the sword of Damocles hanging over your head without ignoring certain facts and figures and making light somehow of an extremely heavy burden?

Generally, I can manage, as you regular readers know. And as friends and family will attest, when there are fissures in my emotional underpinnings, it is during this two-week period – which occurs every 13 weeks, leading up to and then waiting for scan results when I am the most uncomfortable. And though it is all very familiar to me – after seven-plus years, it still doesn't totally minimize my reaction. Let's be honest: my life is at stake here, so how can I possibly act normally? Soon I'll know, but not soon enough. Unfortunately, there's nothing I can do about it in the interim. I just have to wait. Hopefully, the results will be worth the wait.

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

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