



# Great Falls CONNECTION

## SUMMER FUN

PAGE 8

Great Falls Elementary fourth Grader Simon Killian gets a lift during the "American Ninja Warrior" demonstration at the school.

## American Ninja Warriors Inspire Great Falls Students

NEWS, PAGE 10

## Great Falls Fire Department Celebrates 75 Years

NEWS, PAGE 12

## Forestville Team Heads for World Finals

NEWS, PAGE 10

OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 14

PHOTO BY ADRIENNE WEST/THE CONNECTION

MAY 24-30, 2017

ONLINE AT [WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

ATTENTION POSTMASTER:  
TIME SENSITIVE MATERIAL  
REQUESTED IN HOME 5-25-17  
POSTAL CUSTOMER  
ECR WSS

PAID  
U.S. POSTAGE  
EASTON, MD  
PERMIT #322





**Winners (from left): Sabrina Chang, Jenna Ainge, Muriel Wallach, Maddy Kim, and Charlotte Karanik.**



PHOTOS BY MAGGIE GIORDANO/THE CONNECTION

**Parents and winners await for the ceremony to start.**

# Great Falls Optimist Club Hosts Helping Hands Awards

**O**n Tuesday, May 16, the Optimist Club presented students with the annual Helping Hands Awards. The event took place at the Great Falls Library.

Laughter and good spirits filled the library as students were recognized for helping the community and individuals in an outstanding way.

Charlotte Karanik of Great Falls Elementary School, Sabrina Chang of Spring Hill Elementary School, Maddy Kim of Colvin Run Elementary School, Jenna Ainge of Armstrong Elementary School, and Muriel Wallach of Churchill Road Elementary School were recognized for their outstanding helping hands.

"We are an organization that wants to



**Mother and daughter, Kay and Maddy Kim.**

bring out the best in kids when they go above and beyond in the community," said Great Falls Optimist Club President, Linda



**Optimist Club member, TJ Cook.**

Thompson.

Each school received \$250. These students who went above and beyond in help-

ing others in need will have a say as to where the money will be spent.

— MAGGIE GIORDANO



**Judy Pedersen opens the Resident Curator Program meeting.**



**Beverly Bradford showing her support for Sarah Kirk in front of the evaluation team.**

## Saddlery Owner Proposes Plans for Turner Farm

BY MAGGIE GIORDANO  
THE CONNECTION

**T**he Fairfax County Park Authority (FCPA) held a public information meeting to review Sarah Kirk's application for the Resident Curator program. The event was held at the Grange on Thursday, May 17.

Kirk, owner of the Saddlery, and her family have applied to the program. They plan to bring their animals and farm life to Turner Farm, located on Georgetown Pike, to introduce a pastoral retreat center into the community.

"We started a foundation, The Becky Love Foundation, and we are really focused on bereavement camps for kids. We are trying to help those kids who have lost a parent or sibling and help them recover," said Kirk.

The Becky Love Foundation was created after the loss of Kirk's daughter three years ago. The charity organization provides financial support for therapy and educational needs to individuals from high school through college.

The meeting gave Kirk the opportunity to present her proposal to the public. Both the public and the evaluation team were then given the opportunity to ask questions.

The park authority developed the Resident Curator Program for properties that have not been taken care of. It allows individuals or organizations to have a long-term lease agreement designed to preserve historic properties.

The tenants must agree to rehabilitate and maintain the publicly owned properties.

"We are all in this together and want to see this happen," said Park Board Representative, Timothy Hackman.

Kirk and her many supporters expressed the desire to move the application process along as quickly as possible.

### WEEK IN GREAT FALLS

## Ceremony to Be Held at Great Falls Freedom Memorial

On Monday, May 29, at 11 a.m., the annual Memorial Day ceremony will be held at the Great Falls Freedom Memorial to honor those who gave "the last full measure of devotion" in service of freedom, including at least 25 citizens of Great Falls. The keynote speaker will be longtime Great Falls resident Robert D. Vickers, Jr., former CIA National Intelligence Officer and Vietnam Veteran. The event will also include patriotic songs, a raising of the flags by Boy Scout Troop 55, a wreath laying, and a reading of the honor roll and bell-ringing for each of the 25 known Great Falls natives who have fallen in defense of our country.

The Freedom Memorial is located behind the Great Falls Library at 9830 Georgetown Pike. The ceremony is open to all. Parking is available in the library lot. In case of rain, the ceremony will move to the library meeting room. Seating is limited, attendees are encouraged to bring portable chairs.

Call 703-248-0390 or visit [www.gffreedom.org](http://www.gffreedom.org) for more.

PHOTOS BY MAGGIE GIORDANO/THE CONNECTION



# Heading to World Finals

## Forestville team qualifies to Odyssey of the Mind World Finals in Michigan.

**A**fter top placements at the regional tournament in March, and the state tournament in April, a Forestville Elementary team of sixth graders is heading to World Finals in Michigan on May 24-28 where they will compete against teams from around the U.S. and world.

The team members are: Natalie Hutchinson, Raman Mathur, Katie Merrill, Connor Oakes, Mulan Pan, Aliaa Saleh and Nick Spoto.

The team's Odyssey problem required them to build a structure from only 15 grams of balsa wood and glue that will balance and support as much weight as possible. The team also must solve a separate problem on the day of the tournament spontaneously and demonstrate creativity and teamwork. At the state tournament, their structure held 887 pounds, and their overall score ranked fifth in the U.S. for their division. In addition to the structure, they created an eight-minute performance with a "Back to the Future" theme that incorporates comedy, a dance routine and solves specific problems required for the competition.

**FORESTVILLE ELEMENTARY** has had many successful Odyssey teams over the past six years. Odyssey was always part of the school's Curriculum Enhancement program, but it was relatively unknown to most families at the school. In Spring 2012, a team led by third grade AAP teacher Jeff LeLoup accomplished what no other Forestville Odyssey team had done before by winning regionals, states and participating in the World Finals tournament. After that, participation in the Odyssey program at Forestville took off.

In Fall 2013, 10 new Odyssey teams were formed at the school. Mark Spoto and Rajive Mathur, Forestville parents, volunteered to coach a team with their third grade sons, and five other classmates. A year later, Robin Merrill joined the team as a coach. Mark Spoto said, "I wanted to coach a team so I could work on something with Nick and his friends. I was excited to coach him in a



**Forestville Elementary sixth grade Odyssey team (from left): Nick Spoto, Raman Mathur, Connor Oakes, Natalie Hutchinson, Katie Merrill, Mulan Pan and Aliaa Saleh.**



**The team in their performance costumes.**

PHOTOS CONTRIBUTED

STEM related competition, since I had seen a spark of interest in that from him."

At their first tournament, in March 2014, they placed third at the regional tournament. Last year they competed at the state tournament and narrowly missed going to Worlds. This year they have finally achieved their goal and are headed to Michigan State University to compete at the end of this month. Team member, Katie Merrill, said "Odyssey of the Mind has been great in so many ways: you practice thinking creatively, you spend extra time with your friends and you learn to write better ... you even learn to use power tools." Spoto added: "This program instills many different skills in these kids ranging from teamwork and engineering, to focus and discipline in meeting deadlines."

Since 2012, there have been many teams from Forestville ES that have competed at regionals and states, and four teams from the school have gone to World Finals previously (2012, 2013, 2014 and 2016). At the end of this month, this team will be the fifth.

In addition to Forestville ES, the Odyssey of the Mind program is strong across Northern Virginia.

There are a number of teams from Fairfax County going to Worlds, including teams from Cooper Middle School and Kilmer Middle School – the latter with a few students from Great Falls.

Odyssey of the Mind is an international education program that provides creative problem solving opportunities.

**STUDENT TEAMS** work to apply creativity to solve problems that range from building mechanical devices to presenting interpretations of literary classics. Teams are coached by parents, who serve as facilitators, while the students do all the work. This is a 6-month project that begins at the start of the school year in September with the goal of presenting at regional tournaments the following March.

Winners at the regional tournaments then go on to compete at a state-wide tournament, with top teams then going on to the World Finals.

## Perils of the College Drinking Culture Program Held at Langley High

**S**econd Lt. Dan Pang joined other panelists at Langley High School on May 15 to discuss the documentary film "HAZE" and answer questions from Langley seniors about the dangers of underage drinking, according to FCPD. The program, Perils of the College Drinking Culture, was held during the school day and was put on by the Unified Prevention Coalition of Fairfax (UPC) and the Langley PTSA.

It included a screening of the award-winning documentary "HAZE" followed by a panel discussion with UPC's signature

Perils program.

Launched in 2010, the program is designed for Fairfax County graduating seniors and their parents to get educated about the binge drinking culture on college campuses across the country that has been linked to alcohol poisoning, sexual assaults, injury and even death.

Earlier this month 18 Pennsylvania State University students were charged in the death of a 19-year-old student who fell multiple times after consuming toxic levels of alcohol during a fraternity pledge party.



**Dr. Bill Hauda (right), medical director with the Inova Forensics Team; Kyle McDaniel (center), a GMU graduate who now works for Supervisor Pat Herrity; and 2nd Lieutenant Pang (left) of the Fairfax County Police Department's Franconia District Station. Sara Freund of the UPC moderated the discussion.**

PHOTO COURTESY FCPD





**Bill Denk, chair of the Great Falls Citizens Association's Environment, Parks and Trails Committee, organized the townhall so residents could learn how to take advantage of the green and open space provided by the county's park authority, as well as other parks in the community.**



**Timothy Hackman, Dranesville District Representative to the Fairfax County Park Authority, told the townhall that the parks heavily rely on activity and entry fees since less and less of general fund money is allocated to funding the parks each year.**

PHOTOS BY FALLON FORBUSH/THE CONNECTION

## Townhall: Take Advantage of the Millions Spent on Parks

### Presentation on area parks at Great Falls townhall meeting.

BY FALLON FORBUSH  
THE CONNECTION

**F**airfax County spends millions of dollars a year managing its athletic fields, facilities and 427 parks on approximately 23,359 acres of land.

Representatives were invited to promote the parks and facilities near Great Falls during a townhall at the Great Falls Library on Tuesday, May 9, hosted by the Great Falls Citizens Association.

"We are really very fortunate to live in a beautiful area of Fairfax County and the area of Great Falls," Timothy Hackman, Dranesville District representative to the Fairfax County Park Authority, said during the event.

The park authority was allocated \$65 million from the county's general fund in 2017 and has been allocated nearly \$47 million for 2018, a decrease of nearly 30 percent.

Hackman, whose position on the board is unpaid, expressed gratitude despite the cut since the county was pinching pennies to meet its financial demands during this year's budgeting process.

"I want to specifically call out the support of both the taxpayers as a whole and the Board of Supervisors for helping to fund such a great park system in Fairfax County," he said.

Bill Denk, chair of the GFCA Environment, Parks and Trails Committee, organized the townhall so residents could learn how to take advantage of the green and open space provided by the county's park authority, as well as other parks in the community.

#### Great Falls National Park

With more than 800 acres, 15 miles of trails and 750,000 guests per year, Great Falls National Park is a major resource for



**Gene Bacher, vice president of the Friends of Colvin Run Mill, talks about the mill's programs and recent renovation.**

local residents.

"I think a majority of [visitors] is really occurring on the weekends," said Brent O'Neill, the site manager for the park with the National Park Service. He recommends visiting during the week to avoid traffic.

Swimming, wading, hunting and camping are not allowed in the park.

The park is currently recruiting people to be a part of its Potomac Paddlers Volunteer Corps, a volunteer group that assists the park in identifying and reporting incidents and watching out for risky behavior by visitors who may not understand the dangers of the river.

"We're recruiting folks to help us be the eyes and ears in the park," he said. "When it's hot in the summer, everybody wants to go swimming ... stuff happens."

But there are many outdoor recreation



**Julie Gurnee, spokesperson for the Riverbend Park, argues that her park is one of the most beautiful to walk through during the spring and summer.**

opportunities, including hiking, bicycling, bird watching, boating, climbing, fishing and horseback riding.

Another program that the park will be participating in is helping doctors issue park prescriptions.

"The National Park Service is engaging with the medical community to have information available so that doctors can prescribe parks for people's physical emotional and mental health," he said.

ParkRxAmerica.org compiles information and maps of parks and open spaces. The nonprofit organization started compiling its database in Washington, D.C., and is now beginning to expand in the hopes that the prescriptions will help more Americans who suffer from chronic illnesses to spend time in natural environments and decrease their symptoms.

#### Fraser Reserve

Fraser Preserve has about two miles of easy walking trails and boasts about 110 species of birds, including the bald eagle, and 300 varieties of wildflowers.

More than 700 fifth-grade students from Washington, D.C., visit the park each year for two-night camping trips in the lodge that is on the property, according to Adam Procell, a spokesperson for the Living Classrooms Foundation, a nonprofit organization that develops experiential learning activities for students.

"The majority of the kids that come out are from Title 1 schools, which are underfunded, underserved schools," he said. "We try to make it into more of a summer camp experience since most of the kids could never afford a trip like that."

Title I schools qualify for Part A (Title I) of the federal Elementary and Secondary Education Act. This legislation provides financial assistance to schools with high numbers or high percentages of children from low-income families to help ensure that all children meet challenging state academic standards.

The park is located at the end of Springvale Road in Great Falls.

"We're hidden," Procell said. "We kind of like it like that."

#### Seneca Regional Park

The Seneca Regional Park on Seneca Road in Great Falls is an equestrian-friendly park with a trail network for horseback riders.

It is also a good spot for hiking trails, as the park is bisected by the Potomac Heritage Trail that extends from Loudoun County, through the Seneca Tract, to Riverbend Park, and further south to Great Falls where it connects with the Fairfax Cross County Trail.

"The Seneca tract is about 460 acres," said

SEE AREA PARKS, PAGE 13

WWW.CONNECTIONNEWSPAPERS.COM



## Military Officers Association Names U.S. Rep. Comstock National Legislator of the Year

U.S. Rep. Barbara Comstock (R-10) was named National Legislator of the Year by the Virginia Council of the Military Officers Association of America (MOAA).

"I am honored to receive the National Legislator of the Year Award from the Virginia Council of MOAA. It has been a top priority of mine to fight for those who have served and defended our nation with honor. One of the first bills I cosponsored this Congress was the WINGMAN Act, legislation that will give congressional district office staff easier, direct access to their constituents' records in the Veterans Benefit Administration system so our veterans can have their cases resolved in a more expedient manner to get the benefits they deserve.

To help preserve the financial stability and security of military spouses, I have cosponsored H.R. 846, the Military Surviving Spouses Equity Act, important legislation that will help ensure the surviving spouses of military members are taken care of in the tragic event their husband or wife does not return from battle. I thank my



U.S. Rep. Barbara Comstock receiving the National Legislator of the Year by the Virginia Council of the Military Officers Association of America.

friend and 10<sup>th</sup> District constituent Lt. Col. Oliver Carter (USAF, retired) and the members of the MOAA for their service in protecting our nation and look forward to continuing to work with them on even more legislation that will help our veterans and their families who deserve our loyalty," said Comstock in a statement.

"We were most impressed by Rep. Comstock's role in advancing cyber security through her Chairwoman position and she got high

marks for her ability and willingness to work across the aisle," said Virginia Council President Col. Steve Turner (USAF, retired).

In announcing the award, Turner noted Comstock's strong support for veterans employment opportunities in last year's National Defense Authorization Act, her participation in numerous military and veterans caucus' and her Chairwoman role on the Subcommittee for Research and Technology.

PHOTO CONTRIBUTED



PHOTO BY SARAH WALTER

Churchill Road student Collin Walter helps a representative from SHARE, Inc. load the truck with some of the items donated by Churchill Road families for the food bank.

## School Community Supports SHARE

On Monday, May 15, representatives from SHARE, Inc., a McLean-area food bank, picked up more than 20 boxes of food and household items donated by Churchill Road Elementary

School families to help replenish the SHARE, Inc. shelves. The drive was organized by Churchill Road PTA's Community Service Committee co-chairs Robin Hoeymans and Sarah Walter.

## Elizabeth Street Story

BY KAREN BRISCOE

Every house has a story — it tells of the lives of the people who have inhabited it. Elizabeth Street has a special story and rich history with origins over one hundred years ago. It is on rare occasion that a home comes along that captures one's heart like 542 Elizabeth St. Adjacent to parkland, the setting is peaceful and inspiring. The falls on the Potomac River named the community Great Falls and that is where our story begins.

In the heat of the summer and at times of recreation, residents of nearby Washington, D.C. would escape the city to the coolness of the country. One particularly favorite location was Great Falls along the Potomac River. The Great Falls Amusement Park opened in 1906. It was such a popular destination that a trolley line was installed as transportation from Georgetown. Advertisements proclaimed it was "10 degrees cooler." The last stop was in the park and the line later merged with the Washington and Old Dominion Railroad.

As it was the last stop of the day,

WWW.CONNECTIONNEWSPAPERS.COM

the workers for the line "dead-headed" there creating the need for them to have a place to board overnight. Theodore King of Washington D.C. recognized the opportunity and thus was born the first subdivision for the area east of Riverbend Road. King acquired the land from J.T. Jackson; the egress road of Jackson Lane arose from his surname which was customary at the time. Elizabeth

### WHERE WE LIVE

Street was named after his beloved wife. Many of the owners and residents of the community through the years have been descendants of the Jackson and King families. Stop by yourself and you will find the stone steps where access was provided from the park into the community.

Being a city man, King subdivided the parcel into urban-sized narrow lots of 25' by 120' and built six houses reminiscent of the era: bungalows similar to that of the Sears and Roebuck Co. catalog homes, craftsman-style homes and simple stick-built homes with a touch of Victorian architecture. All have porches to capture the cool-air moments that were afforded by living near The Falls. Only four of the six remain.



PHOTO CONTRIBUTED

542 Elizabeth Street is at the end of the lane and is unique, as it alone offers vistas of parkland on the southern border and is adjacent on the eastern side of the property. The home is listed for \$797,500 and features a setting and story that is priceless.

542 Elizabeth Street is at the end of the lane and is unique, as it alone offers vistas of parkland on the southern border and is adjacent on the eastern side of the property.

**THE PARKLAND** has its own story.

The land that is now Great Falls National Park and Riverbend Fairfax County Park was owned at the turn of the 19th to 20th centuries by the Great Falls Manufacturing Company. It was later reorganized to provide hydroelectric power then sold to Potomac Electric and Power Company, better

known as PEPCO. Some of the residents of the community were employees of PEPCO. In 1930 when Congress established the George Washington Memorial Parkway, a provision was included to protect and preserve the historic Patowmack Canal and the surrounding natural scenery. The canal, a pet project of our first president, used locks to raise and lower boats. It was the first in the United States to use that system of transportation. Generations before and to come are blessed by those who recognized the treasure that is now our park system.

In the 1930s, Albert G. Schmitz

and his wife Isabella operated the popular restaurant in the park known as the Great Falls Inn. Visitors would want to stay overnight and so he acquired many of the houses on Jackson Lane and Elizabeth Street and rented them out to guests. A story was told by one of longtime residents of the community, Claude Jackson. Franklin D. Roosevelt was one of the visitors when Claude worked as a ticket taker at the park. Claude asked the President to pay the nickel entrance fee. FDR inquired if he knew who he was and Claude responded: "Yes sir, but it's still

SEE ELIZABETH STREET, PAGE 11

GREAT FALLS CONNECTION ♦ MAY 24-30, 2017 ♦ 5



# OPINION

# Keep Virginia Green

BY KENNETH R. "KEN" PLUM  
STATE DELEGATE (D-36)

For more than a half century signs along the roadsides and ads in local newspapers featured Smokey the Bear with a message "Keep Virginia Green." His reference was to forest fire prevention, of which he said 9 out of 10 could be prevented. Forest fires were a big concern because wood products were big business in Virginia.

A campaign continues today with a "Keep Virginia Green" theme as part of the "Keep Virginia Beautiful" effort. It has a broader meaning as it now includes stopping littering and other actions consumers can take as part of caring for the environment in the Commonwealth.

Maybe the most meaningful effort ever taken to protect Virginia's environment was announced last week by Gov. Terry McAuliffe — that he had signed an Executive Directive ordering the Department of Environmental Quality to begin the process of establishing regulations in Virginia that will reduce carbon emission from power plants. As the Governor explained, "As the federal government abdicates its role on this important issue, it is critical for



states to fill the void...Virginia will lead the way to cut carbon and lean in on the clean energy future." The current federal administration has moved to rescind actions of the Environmental Protection Agency to reduce carbon in the atmosphere and to act on climate change.

While proponents of states' rights may applaud the shift from the federal to the state governments, wind currents from power plants and airborne pollutants do not recognize state boundaries. It is critically important that other states follow the actions of Gov. McAuliffe.

According to the press release announcing the Governor's Executive Directive, the Commonwealth has seen an increase from just 17 megawatts of solar installed to more than 1,800 megawatts in service or under development. Revenues in the rapidly growing clean energy sector have risen from \$300 million to \$1.5 billion between 2014 and 2016. In the last year alone, solar installations have risen

nearly 1,200 percent. The number of Virginians employed by the solar industry rose 65 percent to 3,236 — twice the number of jobs supported by coal. An analysis by The Solar Foundation quoted in the release said that Virginia is now second in the Southeast and ninth in the nation for year-over-year solar growth. As of 2017, Virginia is first in the Southeast for corporate clean energy procurement.

Dominion Energy, the Commonwealth's largest electricity producer, announced earlier that it intends to follow the federal Clean Power Plant regulations even if they are rescinded by the current administration. Older coal-powered plants are being converted to natural gas or closed. The company will be subject to any additional regulations that result from the Governor's Executive Directive.

It is heartening to see the number of citizens who have expressed a greater interest in environmental matters as they realize the threat to current protections under the new administration. We need to thank and applaud the Governor for his action and at the same time keep the pressure on federal and state elected officials to see that our air is kept clean and safe. I am pleased that both the Sierra Club and the League of Conservation Voters have recognized my efforts in this regard.

## LETTERS TO THE EDITOR

## Virginia Needs to Adopt California Fuel Economy Goals

To the Editor:

In response to Governor McAuliffe's directive to Virginia's DEQ to cut carbon pollution, Virginia should adopt Obama's and California's fuel economy goals: 54.5 mpg by 2025. Do climate-change dismissives — especially those who drive gas-guzzlers — ever go outside? Do they ever run, walk, or ride a bike beside a road so that they have to breathe in car exhaust?

I loathe walking beside roads, and when I've gone on long bike rides, I've noticed that "yahoos" in pickup trucks — especially the diesel models, like to "floor it" when they pass a group of bike riders, so that we are forced to get a lungful of carbon monoxide, methane, sulfur and nitrous oxides, polyaromatic hydrocarbons, and heavy metals. I'd like to see if they could get out of their three-ton "exhaust sprayers" and pedal up a two-mile grade.

Have they ever hiked in the mountains, away from traffic noise (which I despise), and breathed in pure, oxygen-rich air? My grandfather, a doctor from Marion, N.C., used to take a bicycle inner tube filled with mountain air when he went to the city, so that he could breathe the air from that tube with his car windows rolled up. To him (even with the rubber smell), that air was better than the exhaust-filled city air.

To Trump, those bike-riders and hikers are losers, especially compared to selfish status-

seekers who can afford a Cadillac Escalade, Lexus LX 570, Dodge Viper, or other ridiculously heavy and/or powerful gas hog. And who cares about wildlife, the hapless victims of our pollution? I do, for one! Shouldn't everyone be outraged to learn that:

- ❖ 25 percent of cars are causing 90 percent of the air pollution we breathe;
- ❖ in 2016, about 76 different models of vehicles weighed at least 6,000 lbs. (which are exempt from annual depreciation caps);
- ❖ eight of the most expensive luxury cars get the worst gas mileage (e.g., 14 miles per gallon or less overall).

With the strong evidence correlating dementia, Alzheimer's, and cancer with breathing car exhaust, Trump and the GOP plan to roll back national car emission standards. (My very health-conscious wife was just diagnosed with cancer, and with all the walking we do, breathing exhaust likely contributed to its onset.) Why doesn't Virginia join California to adopt the 54.5 mpg-by-2025 goal? It's the very least we should do!

John H. Fringer, III, P.E.  
Reston

## Heart-Breaking Responses on Homelessness

To the Editor:

Homelessness is a word that can conjure up a variety of emotions. For some it might be

sympathy or contempt for those affected by it. For others it might be a fear of it possibly happening to them. The desire to find out how people felt on this subject served as the catalyst for my project team in a George Mason University communications class.

As part of the class project we had the opportunity to partner with the Fairfax County Office of Public Affairs and the Office to Prevent and End Homelessness. When we were informed about the current situation involving homelessness in the county, I was shocked. We were told that back in 2008, approximately 1,800 people were found to be homeless in the county. Although there has been an almost 50 percent reduction in homelessness since then, it had never occurred to me that a significant number of people in the area were going through this problem.

We wanted to know more about what others thought about homelessness in the county. We decided to do a survey of county residents about their thoughts on homelessness and report on what we found out. We sent the survey out on March 23 and promoted it through social media and email. After two weeks, we got the results and I think what we learned surprised all of us.

Almost 1,600 people filled out the survey. One of the responses revealed that 65 percent of those who responded believe homelessness affects them personally. Some people said they often saw people who were homeless, while others said they have never seen a person who is homeless in the county. Yet, what broke my heart were the comments that read "They are

SEE LETTERS, PAGE 15

## Great Falls 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:  
greatfalls@connectionnewspapers.com

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

Fallon Forbush  
Reporter  
fforbush@connectionnewspapers.com

Kyle Kincaid  
Editorial Assistant  
greatfalls@connectionnewspapers.com

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

Salome Howard-Gaibler  
Display Advertising  
703-415-5394  
salome@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

Executive Vice President  
Jerry Vernon  
703-549-0004  
jvernon@connectionnewspapers.com

Editor in Chief  
Steven Mauren  
Managing Editor  
Kemal Kurspahic  
Art/Design:  
Laurence Foong, John Heinly,  
Ali Khaligh  
Production Manager:  
Geovani Flores

Special Assistant to the Publisher  
Jeanne Theismann  
jtheismann@connectionnewspapers.com  
@TheismannMedia

CIRCULATION: 703-778-9427  
circulation@connectionnewspapers.com





## PEOPLE

### Great Falls Native Graduates From Coast Guard Academy

**S**ierra Rose Webb has graduated from the U.S. Coast Guard Academy with a bachelor of science degree and a commission as an ensign. The Coast Guard Academy offers a four-year educational program designed to provide cadets the knowledge and experience essential to become leaders of character. Cadets are required to devote themselves to an honor concept and after graduation go directly into positions of leadership in service to others. Webb is the daughter of Christopher and Maryjean Webb of Lovettsville, Va., and a graduate of Langley High



Sierra Webb

School. On an average day, the U.S. Coast Guard conducts 45 search and rescue cases; saves 10 lives; saves more than \$1.2 million in property; conducts 57 waterborne patrols of critical maritime infrastructure; screens 360 merchant vessels for potential security threats prior to arrival in U.S. ports; conducts 14 fisheries conservation boardings; investigates 35 pollution incidents; and facilitates movement of \$8.7 billion worth of goods and commodities through the Nation's Maritime Transportation System.

### FAITH NOTES

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

**First Baptist Church of Vienna** located at 450 Orchard St., NW, Vienna. Sunday services are held at 7:45 and 10 a.m. weekly. Wednesday Night with the Family service is held at 6 p.m. followed by corporate singing at 7 p.m. Bible studies take place Tuesday's at noon.

**Wesley United Methodist Church** located at 711 Spring St., SE, Vienna, Virginia 22180, at the corner of Spring Street and Moore Avenue. 10:30 a.m. fellowship time in the fellowship hall; 11 a.m. traditional family worship in sanctuary. If you are seeking a church

home which encourages: caring and supportive fellowship, an active and devoted prayer life and study of scripture, support for local and world missions, an open, responsive awareness to the presence and power of God's Holy Spirit.

**Youth Activities at Wesley United Methodist Church.** Activities are open to all 6th-12th graders. Youth Sunday School meets every Sunday at 10 a.m. in the upper room. Youth Bible Study will meet every Sunday at 4:30 p.m. off-site. Following bible study, ride together to the church for youth group. Email the Youth Ministry Staff for the address. The Anchor meets every Sunday from 6-8 p.m. in the fellowship hall. Join us for dinner, games, worship, and

diving deeper into the Word. During the summer, Youth Sunday School meets most Sundays at 9 a.m. in the upper room.

For more information or the newsletter, email [youth@wesleyvienna.org](mailto:youth@wesleyvienna.org).

**St. Thomas' Episcopal Church,** at the intersection of Lewinsville and Brook roads in McLean, invites you for a casual Saturday Service at 5 p.m., followed by conversation and fellowship or for Sunday Services at 8 a.m. or 10 a.m. Sunday School for Youth and Children takes place during the 10 a.m. Service. Check [www.stthomasmcleanva.org](http://www.stthomasmcleanva.org) for special events and services through the year. St. Thomas' Episcopal Church, 8991 Brook Road, McLean, 703-442-0330.

## G. STEPHEN DULANEY

### State Farm Insurance

IN GREAT FALLS



AUTO • HOME  
LIFE • HEALTH  
FINANCIAL SERVICES

Like A Good Neighbor,  
State Farm Is There.®

[www.gstephendulaney.com](http://www.gstephendulaney.com)

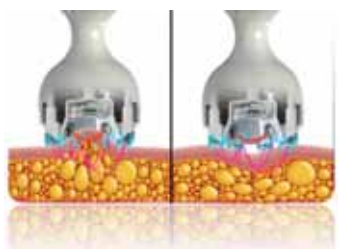


# 703-759-4155

731-C WALKER RD. • GREAT FALLS, VA

State Farm Insurance Companies  
Home Office Bloomington, Illinois

**VENUSLEGACY**



Look Your Best All Year Round

## Fontaine de Jeunesse

GREAT FALLS MEDSPA

Great Falls Center

9889 Georgetown Pike • Great Falls, VA 22066

703.677.8700

By Appointment Only Mon-Sat: 9 am-7 pm

Other Services:

Facial, Chemical Peels, Massage, MicroPen,  
Venus Freeze, Venus Legacy, B-12 Shots,  
Kybella, Sclerotherapy, Whitening,  
Invisalign, Botox and Fillers



Thighs



Tummy



Neck Lift

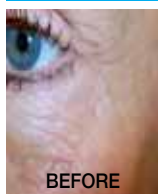


Back



Face Lift

## Patients Love DermaPen!



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER



• Minimal Downtime • Minimal Discomfort  
• Affordable • Safe for All Skin Types  
• Acne Scars, Photoaging, Fine Lines, Stretch Marks



LIFTFX & SCULPTFX  
by VENUSLEGACY

## FREEZE TIME REVERSE AGING

Through  
Thermal Magnetic  
Rejuvenation for Face,  
Neck and Body

**\$400 OFF**  
(New Customer)  
**Venus  
Legacy  
Treatment**

Cannot be combined with any other offers.  
Expires 5/30/17



*Introducing to Great Falls, its newest therapeutic spa...*



**Pure Spa**  
For Your Health  
731-D2 Walker Rd.  
Great Falls, VA 22066

**Mother's Day Specials: \$59/hr.**

AROMATHERAPY DEEP TISSUE MASSAGE (normally \$90),  
20% OFF ALL OTHER MASSAGES AND SKIN CARE SERVICES  
GIFT CERTIFICATES AVAILABLE FOR THAT SPECIAL PERSON IN YOUR LIFE!  
Offer Good through May 31, 2017

FOR APPOINTMENTS CALL: (703) 438-8688  
[www.PureSpaGreatFalls.com](http://www.PureSpaGreatFalls.com)

**Visit These Houses of Worship**

**FIRST BAPTIST CHURCH OF VIENNA**

450 ORCHARD STREET, NW  
VIENNA, VA 22180  
703-938-8525  
email: [fbcvoffice@fbcv.org](mailto:fbcvoffice@fbcv.org)  
[www.fbcv.org](http://www.fbcv.org)

SUNDAY WORSHIP, 7:45 AM & 10:00 AM  
CHRISTIAN LEARNING ACADEMY (SUN.) 9:00AM-9:45AM  
MIDWEEK SERVICES, WED. 7:00 PM

To Highlight Your Faith Community, call Karen at 703-778-9422

**VDOT** Virginia Department of Transportation

**Public Hearing Notice  
Fairfax County  
Secondary Six Year Plan**

The Virginia Department of Transportation (VDOT) and The Board of Supervisors of Fairfax County, in accordance with Section 33.2-331 of the Code of Virginia, will conduct a joint public hearing in the Board Auditorium, Fairfax County Government Center, 12000 Government Center Parkway, Fairfax, VA 22035 at 3 p.m. on June 20, 2017.

The purpose of this public hearing is to receive public comment on the Secondary Six Year Improvement Plan for Fiscal Years 2018 through 2023. Copies of the proposed plan may be reviewed at the VDOT's Northern Virginia District Office at 4975 Alliance Drive, Fairfax, VA 22030.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT's Civil Rights at 703-259-1775 or TTY/TDD 711.

Persons wishing to speak at this public hearing should contact the Office of the Clerk to the County Board of Supervisors at 703-324-3151.

**SUMMER FUN, FOOD & ENTERTAINMENT**

Send entertainment announcements to [connectionnewspapers.com/Calendar/](mailto:connectionnewspapers.com/Calendar/). Deadline is Friday at noon for the following week's paper. Photos/artwork encouraged.

**ONGOING**

**Artists Show.** Various times through May 31 at the Broadway Gallery, 1025-J Seneca Road, Great Falls. "Levels of Abstraction," show featuring the works of Hiromi Ashlin, Genna Gurvich, Sandi Ritchie Miller, and Buck Nelligan. Visit [www.broadwaygallery.net](http://www.broadwaygallery.net) or call 703-450-8005 for more.

**Artists Show.** Various times through May 31 at Katie's Coffee House, Village Center, 760 Walker Road, Great Falls. Artist Joyce Lee. Call 703-759-2759 for more.

**Youth Chorus Auditions.** Through June 6 at Vienna Baptist Church, 541 Marshall Road, SW. The Fairfax Choral Society encourages children between the ages of 5-13 to audition for one of three choirs that meet at the Vienna campus. Email [dlamberth@fairfaxchoralsociety.org](mailto:dlamberth@fairfaxchoralsociety.org) or call 703-642-3277 for more.

**Free Tai Chi.** Every Saturday, from 7:55-9 a.m., Introduction and Beginners' Practice, meet on the outdoor basketball court located directly behind the Dolley Madison Public Library, 1244 Oak Ridge Ave. in McLean Central Park, McLean. Call 703-759-9141 or visit [www.FreeTaiChi.org](http://www.FreeTaiChi.org)

**The Golden Girls of Northern Virginia,** a senior women's softball league, is looking for players. Any woman over the age of 40 is encouraged to join. All skill levels are welcome. Play on Wednesday evenings and Saturday mornings in Vienna. Visit [www.goldengirls.org](http://www.goldengirls.org).

**First Sunday Jazz Brunch** 11-2 p.m. Recurring monthly on the 1st Sunday at Bazin's on Church 111 Church St N.W., Vienna. Enjoy brunch accompanied by the soft jazz sounds of Virginia Music Adventure. Visit [www.fxva.com/listing/bazins-on-church/1686/](http://www.fxva.com/listing/bazins-on-church/1686/)

**The Freeman Store & Museum** Wednesday through Sunday noon-4 p.m. 131 Church St. NE, Vienna. The Freeman Store & Museum is dedicated to Preserving and promoting Vienna's heritage through the identification, preservation, and interpretation of history significant places, events, and persons. [Historicviennainc.org](http://Historicviennainc.org)


**Bingo Night.** Sundays. 4 p.m. Flame Room, Vienna Volunteer Fire Department, 400 Center St. S, Vienna. \$10. [www.vvfd.org/bingo.html](http://www.vvfd.org/bingo.html).

**Gentle Yoga.** Thursdays, 6:30 p.m. Emmaus United Church of Christ, 900 E Maple Ave. E., Vienna. Saturdays, 9:30 a.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Gentle Kundalini Yoga, one free introductory session, senior discounts. Increase flexibility, improve breathing and health, reduce stress. Ravi Kaur has 15 years experience teaching yoga. \$15 per session. [www.edimprovement.org](http://www.edimprovement.org). 571-213-3192.


**Fishing Rod Rentals** 8700 Potomac Hills St., Great Falls. Rentals available during visitor center hours. Fishing tackle and live bait are available for purchase. Reservations required for group rentals.




Hiromi Ashlin



Genna Gurvich



Sandi Ritchie Miller



Buck Nelligan

**Levels of Abstract**

Through May 31, Levels of Abstraction Art, various times at Broadway Gallery, 5641-B General Washington Drive. Featuring the works of Hiromi Ashlin, Genna Gurvich, Sandi Ritchie Miller, and Buck Nelligan. Visit [www.broadwaygallery.net](http://www.broadwaygallery.net) or call 703-450-8005.

\$6/rental (2 hour max). Valid driver's license required. Rod/reel combinations are perfect for beginners and children. A Virginia or Maryland freshwater fishing license is required for those 16 years or older. The park does not sell fishing licenses. [www.fairfaxcounty.gov/parks/riverbend-park/](http://www.fairfaxcounty.gov/parks/riverbend-park/)

**Colvin Run Mill** open 11 - 4 p.m. daily, closed Tuesday. 10017 Colvin Run Road, Great Falls. Fairfax County's operational 19th century water powered gristmill, offers recreational and educational activities for all ages through daily tours, school programs and special events. Fees: \$7/adult, \$6 students 16+ with ID, \$5 children & seniors. Admission to park is free except for some special events.

**Fundamentals of Watercolors.** Mondays 10 a.m.-1 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Artist Lorrie Herman will help students get comfortable working with watercolors and understanding this medium. Visit [www.greatfallsart.org](http://www.greatfallsart.org) for more.

**Still Life Painting.** Tuesdays 10:30 a.m.-1 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Still life provides a great tool to hone skills. Recommended for students of all levels. Visit [www.greatfallsart.org](http://www.greatfallsart.org) for more.

**Evening Painting.** Tuesdays 6:30 -9:30 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Jill Banks focuses on oil painting fundamentals with two sessions each of still life, landscapes, and portrait/ clothed figure from a live model. Visit [www.greatfallsart.org](http://www.greatfallsart.org).

**Intro to Jewelry Design.** Tuesdays 9 a.m.-noon at The Arts of Great Falls, 756 Walker Road, Great Falls. JJ Singh teaches a class for anyone interested in exploring the world of metal clay and its design possibilities. Visit [www.greatfallsart.org](http://www.greatfallsart.org).

**THURSDAY/MAY 25**

**The Original Pancake House Benefit.** 7-

3 p.m. at The Original Pancake House, 7395 Lee Highway, Falls Church. The Original Pancake House will donate 15 percent of its sales from breakfast and lunch to the Shepherd's Center. Call 703-734-8353.

**SUNDAY/MAY 28**

**Weekend Brunch and Cookie Class.** 9-11 a.m. at Wildfire, Tysons Galleria, McLean. Breakfast buffet, cookie decorating class and face painting. \$20. Call 703-442-9110.

**SATURDAY/JUNE 3**

**Riverbend Park Benefit.** 6-9 p.m. at the Riverbend Park Visitors' Center, 8700 Potomac Hills St., Great Falls. Fundraiser for the benefit of Riverbend Park sponsored by the Friends of Riverbend Park. \$50 for adults, \$25 for children, \$125 for families. Register at [www.forb.wildapricot.org](http://www.forb.wildapricot.org).

**SUNDAY/JUNE 4**


**Vienna Lions Club 75th Anniversary.** 2-4 p.m. at the Vienna Town Green, 144 Maple Ave. E. Featuring Nighthawks Swing Band, food, beverages, and a sight and hearing van offering checks for all ages. Go to [www.viennava.gov](http://www.viennava.gov) for more.

**Blessing of the Animals.** 2-4 p.m. at the Antioch Christian Church, 1860 Beulah Road. Bring dogs, cats, or other companion, to the Blessing of the Animals. Visit [www.antiochecienna.org](http://www.antiochecienna.org) for more.

**McLean Symphony.** 7 p.m. at the Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. International Treasures, with Spotlight on the Organ, including local organist David Lang. Visit <https://web.ovationtix.com> for more.

**TUESDAY/JUNE 6**

**Mini-Golf for Chari-TEE.** 1 p.m. at Oakmarr Recreation Center, 3200 Jermantown Road, Oakton. \$8. Proceeds to benefit the



Greer and Dean Armandroff and son Gabriel, new residents of McLean


Greer: "We're really looking forward to the neighborhood pool, and playing in the park."

Dean: "And playing tennis. I'm going to revive my tennis playing."



Pat Davis, Great Falls and daughter Anna

"I like to sit at the café at the outside tables and have coffee. I like to go walking in Great Falls Park, and I like to go to Meadowlark, which is an amazing place in Vienna."



Emily Alesantrino, McLean

"The Old Firehouse in McLean does a great summer camp and teen program with amazing trips. Other than that, we like to go hiking in Great Falls."

ANSWERS COMPILED AND PHOTOS TAKEN BY ELLEN BARKER THE CONNECTION

Shepherd's Center of Oakton-Vienna. Call 703-281-0538 for more.

required by June 6. Call 703-281-0538.

**THURSDAY/JUNE 8**

**Griffin House Concert.** 7:30 p.m. at Jammin Java, 227 Maple Ave., Vienna. \$20 or \$25 door. Call 877-987-6487 or visit [www.jamminjava.com](http://www.jamminjava.com) for more.

**MONDAY/JUNE 12**

**Musician Alex Hassan.** noon-3 p.m. at Emmanuel Lutheran Church 2589 Chain Bridge Road, Vienna. Hassan will be playing melodies from the era between World War I and World War II. \$10

**VIEWPOINTS**

**What do you like to do for fun in and around McLean during the summer?**

**Greer and Dean Armandroff** and son Gabriel, new residents of McLean

Greer: "We're really looking forward to the neighborhood pool, and playing in the park."

Dean: "And playing tennis. I'm going to revive my tennis playing."

**Mary Jenkins** and daughter Annemarie, McLean

"She does the It's Elementary summer camp, she really likes that. Playing outside, there's Clemyjontri park, which she really likes. She likes the water parks, the rec centers, King's Dominion. There's a movie theater she goes to with stadium seating. She did a camp at Kent Gardens, a science camp."

**Emily Alesantrino**, McLean

"The Old Firehouse in McLean does a great summer camp and teen program with amazing trips. Other than that, we like to go hiking in Great Falls."

ANSWERS COMPILED AND PHOTOS TAKEN BY ELLEN BARKER THE CONNECTION

Shepherd's Center of Oakton-Vienna. Call 703-281-0538 for more.

required by June 6. Call 703-281-0538.

**SUNDAY/JUNE 18**

**Father's Day Golf Tournament.** 8 a.m. at Oak Marr Golf Complex, 3200 Jermantown Road, Oakton. Compete in closest-to-the-pin-contests, and prizes will be awarded for the top three places in all three divisions. \$65 per team. Call 703-323-1641 for more.

**FRIDAY/JUNE 23**

**White Elephant and Bingo Ice Cream Social.** noon-3 p.m. at American Legion, 330 N. Center St., Vienna. Call 703-281-0538 for more.

44<sup>TH</sup> ANNUAL QUILTERS UNLIMITED

**Quilt Show**

*Wing It*

179 Art Quilts in the collection "Fly Me to the Moon"

Over 500 Quilts!

**JUNE 2-4, 2017**  
DULLES EXPO CENTER  
CHANTILLY, VIRGINIA

**ADMISSION**  
\$15 per day  
\$20 for all 3 days

**SHOW HOURS**  
Friday 10-6  
Saturday 10-5  
Sunday 10-4



[WWW.QUILTERSUNLIMITED.ORG/QUILTSHOW](http://WWW.QUILTERSUNLIMITED.ORG/QUILTSHOW)

**Are you looking for Outstanding Customer Service and Lasting Value for your next Remodeling Project?**

**FOSTER Remodeling Solutions, Inc.**  
DESIGN-BUILD



**Call Foster Remodeling Today! 703.672.2249**

We understand that you have many choices for home remodeling services, but if you are looking for lasting value over a quick fix, and a company that treats its customers like family, then Foster Remodeling is the company for you. With over 30 years of experience and a proven process, our experienced Design Consultants and our expert craftsman will create a long lasting, top-of-the-line space for you to enjoy for years to come.

**For a complimentary in-home consultation, call us at 703.672.2249 or FosterRemodeling.com**

**"Our Process Makes it Perfect"**



Foster Remodeling Solutions • 7211-H Telegraph Square Drive • Lorton, VA 22079





Nicholas Coolridge and Travis Brewer showing off their "American Ninja Warrior" skills at Great Falls Elementary.



Great Falls Elementary teacher Sarah Newcomb surprises the students during the "American Ninja Warrior" demonstration.

PHOTOS BY ADRIENNE WEST/THE CONNECTION

# American Ninja Warriors Inspire Great Falls Students

BY ADRIENNE WEST  
THE CONNECTION

The children at Great Falls Elementary had an unusual day at school on May 2. Travis Brewer and Nicholas Coolridge, two stars of the television show "American Ninja Warrior," spent the day showing off their acrobatic skills in multiple assemblies. Both "movement artists" are sponsored by premier health food company, Sunwarrior, on a nationwide tour to promote the benefits of healthy living and being active to students.

A fourth grader, Simon Killian, was celebrating his 10<sup>th</sup> birthday that day and got a special one-on-one experience with the ninja warriors. He had a huge smile on his face as they lifted him up in the air, and he enthusiastically showed them his tumbling skills on the mat.

Outside on the playground, the group joined an assembly of kindergartners and fourth graders, where Coolridge and Brewer climbed on the equipment and did gravity-defying tricks to the delight of the students and teachers.

Returning inside, a group of fourth graders lined up behind mats to learn tumbling techniques directly from the ninja warriors.



The Ninjas hold a Q & A with the students.

One student, Cami Knight, shared her experience. "My family and I watch the show and I was a little nervous. My favorite part was when [Brewer] did a sideways handstand on the basketball hoop." After performing many more tricks around the gym, the ninja warriors surprised the students by bringing kindergarten teacher, Sarah Newcomb, forward and demonstrating a trick she had secretly practiced with them.

The assembly ended with a Q&A session with the students. Coolridge, known as Modern Tarzan, told the students he still gets nervous when getting ready to perform but that doesn't stop him. "Every time you try and fail, you're going to get better."

Both Coolridge and Brewer explained their childhood love of sports led them to their current career. Brewer said, "I tried every sport: football, soccer, lacrosse, and



Great Falls Elementary fourth Grader Simon Killian gets a lift during the "American Ninja Warrior" demonstration at the school.

gymnastics. I always wanted to try something new."

They encouraged the students to eat well and stay active, sending them back to class with images of leaping athletes in their heads.

More information about Sunwarrior and the ninja warriors can be found at [www.sunwarrior.com](http://www.sunwarrior.com), [www.modern-tarzan.com](http://www.modern-tarzan.com), and [www.travisbrewer.ninja](http://www.travisbrewer.ninja).

**Home of the \$6,850 Bathroom Remodel**  
**From Now to WOW in 5 Days Guarantee**

**TWO POOR TEACHERS**  
Kitchen and Bathroom Remodeling

10% down  
nothing until the job  
is complete for the  
past 17 years



**Free Estimates**  
**703-999-2928**



Visit our website: [www.twopoorteachers.com](http://www.twopoorteachers.com)

Select your  
products from  
our Mobile  
Showroom  
and Design  
Center

Fully Insured &  
Class A Licensed  
Since 1999



**Learn About Advertising  
in the Connection  
and Digital Options!**

Advertising in the Connection  
and upcoming special sections:

**CONNECTIONNEWSPAPERS.COM/ADVERTISING**

or call **703.778.9431**



## CAPPIES REVIEW

# Spectacularly Dynamic

## 'Gypsy' at Langley.

BY LYDIA GOMPPER  
GEORGE MASON HIGH SCHOOL

Everyone loves a good child star — the curly hair, the adorable dimple, the wide-eyed innocence. But behind every young performer, tucked away behind the curtain, stands a mother with an endless supply of choreography reminders and spare costume pieces. In Langley High School's production of "Gypsy," the mother of all stage mothers finally takes center stage.

First premiering on Broadway in 1959, "Gypsy" can easily be counted among the most iconic pieces of American theater, with four subsequent Broadway revivals and more popular musical standards than can be counted on one jazz hand. The story follows extreme stage mom Rose — a brash, domineering woman with an insatiable passion for show business — as she pushes her daughters June and Louise to have the life of vaudeville stardom she never had. But with the talkies slowly replacing vaudeville theater, the life of a performer just isn't what it used to be — and neither is Rose's relationship with her girls.

Langley High School has delivered a spectacularly dynamic, emotionally powerful production of "Gypsy." Every member of the sizable cast was visibly committed. From June's captivating ensemble of "newsboys" to the trio of sensual, self-confident burlesque dancers, each and every performer held enough flair to get the audience thoroughly excited.

The production found its most obvious star in senior Jamie Goodson, who played the driven, startlingly complex Rose. Carrying the weight of the show's narrative and emotional core on her shoulders, Goodson wowed with her maturity and nuance. The teen believably fell into the role of an older woman, weighed down by years of hardships but still pressing forwards. From her sweeter maternal moments with her daughters to her ultimate emotional break, Goodson's interpretation of Rose was heart-

stoppingly realistic; even her smallest gestures carried a well of meaning. Her vocals, meanwhile, held a strength to match her character, with an expressiveness and range that thrilled in such magnetic musical numbers as "Rose's Turn."

Goodson also formed a poignant relationship with daughter Louise, played by Jessica Peros. The pair accurately portrayed the complexities of Louise and Rose's bond, showing the many layers of love, manipulation, and frustration. Peros herself showed a lovely transition in her character, moving from a timid, self-critical girl to an elegant, self-assured performer. Similarly skilled in the art of character development was sophomore Mark Bosset, who performed the role of Rose's longtime beau and manager Herbie. When his devotion to Rose finally shattered — when her desperation for showbiz success finally became too much — his rejection of her left audience members gasping.

Another onstage standout was junior Cuinn Casey, who literally leaped into the crowd's hearts in his role as Tulsa, a dancer in Rose's act with big dreams of his own. Casey's dancing was truly extraordinary — clean and sharp, reaching fantastic heights with every jump — and his facial expressiveness was delightful even in scenes when the focus lay elsewhere.

The students of Langley High School also found success with many of their technical elements. The onstage world was brought to vivid life through detailed sets and props, from the jumble of the backstage of a burlesque show to the era-appropriate telephones the actors handled. Lighting and special effects, meanwhile, helped to create some of the most astounding moments of the show, such as when, surrounded by strobe lights, the child actors were suddenly — seemingly magically — replaced by teenagers.

Langley High School created a production of "Gypsy" worthy of a hundred standing ovations — though the audience could only give them one.

Even the high standards of Mama Rose would be satisfied.

## Elizabeth Street Story

FROM PAGE 5

gonna cost you a nickel." The first carousel at the amusement park was dismantled and sold. Some say Claude sold the horses to pay for dental work. The Great Falls Historical Society website states that it was because the owner "did not want to work for the county" when in 1952 Fairfax County acquired 16 acres to become its first park land. Another carousel operated from 1954 until 1972, when Hurricane Agnes came through and destroyed much of the park in her wake.

**INFORMATION** for this story of 542 Elizabeth St. was obtained from these sources: the current owner, Patricia Deveneau who interviewed and recalled stories from long-

time residents and owners; the Great Falls Historical Society website; "Land Above the Falls" by Deborah Cannan published by the Great Falls Historical Society in 1992, Karen Washburn of Great Falls, National Parks Service, Ancestry.com and other such sites.

This home, 542 Elizabeth St., is ready for the next chapter in its long life. The charming farmhouse has had numerous additions and renovations through the years. It includes a carriage house and a one car garage on .42 acres. The home is listed for \$797,500 and features a setting and story that is priceless.

Karen Briscoe and Lizzy Conroy and their team of agents at HBC Group at Keller Williams can be reached via: [www.HBCGroupKW.com](http://www.HBCGroupKW.com), 703-734-0192, [Homes@HBCGroupKW.com](mailto:Homes@HBCGroupKW.com).

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

NOW  
OPEN  
and  
Welcoming  
Residents



## Attend a FREE CarFit checkup and discover your perfect "fit"

**Friday, June 9, 2017 • 10:00am-4:00pm**  
**700 West Broad St, Falls Church, VA**  
*(garage entrance on Lee Street)*  
**RSVP to [kakers@kensingtonsl.com](mailto:kakers@kensingtonsl.com) or 703-992-9868**

Please join us for CarFit, a free, interactive and educational program that teaches you how to make your personal vehicle "fit." CarFit is not a driving test or mechanical inspection. Rather, it is a 20-minute fit checkup that will help increase safety and mobility when you hit the road.

- Review 12 key areas of your fit to your car, such as adequate space from the steering wheel, proper seat belt use, and properly adjusted head restraints.
- Learn how to use and adjust your safety devices.

RSVP to schedule your appointment. Appointment spaces are limited, so don't wait! For more information, visit [www.car-fit.org](http://www.car-fit.org).

CarFit is an educational program developed by AAA, AARP, and the American Occupational Therapy Association.



**THE KENSINGTON**  
*An Assisted Living Community*  
**FALLS CHURCH**

**703.992.9868 | 700 West Broad St, Falls Church, VA 22046**  
**[www.TheKensingtonFallsChurch.com](http://www.TheKensingtonFallsChurch.com)**







**Homer Johns, Treasurer, showing the history of the Great Falls Volunteer Fire Department.**



**Michael Moore, Master Technician, stands by one of the ambulances he drives.**

PHOTOS BY MAGGIE GIORDANO/THE CONNECTION

## Great Falls Volunteer Fire Department Celebrates 75 Years

**T**he Great Falls Volunteer Fire Department celebrated a milestone earlier this month. May 5 marked the 75<sup>th</sup> Anniversary of Fire Station 12. The fire department was first established on May 5, 1942 as the Forestville Volunteer Fire Department.

Today, the new station, opened in 2011, houses 21 career firefighters and 40 volunteers. It is home to various rescue vehicles including two 4-wheel drive ambulances and two fire trucks that can hold 3,000 gallons of water each.

The longest serving member, Homer Johns, is set to retire in July 2018. The member of 46 years has served multiple positions but now resides as treasurer.

"It's something that gets in your blood really. Giving back to the community," said Johns.

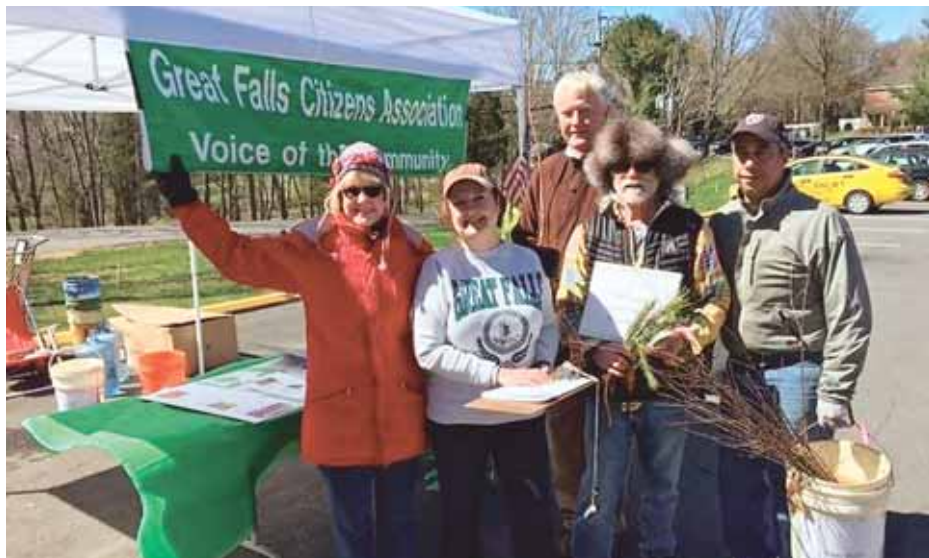
— MAGGIE GIORDANO



**A beam from the Twin Towers in the garage represents the 343 firefighters who lost their lives on 9/11.**



**One of the gardens on the roof that makes the building a LEEDS Gold.**



**From left: Karen Keegan, Beverly Geserick, William Denk, Darrell Beschen, Mike DeLuca, absent from the picture, Bill Canis and Bob Vickers.**



PHOTOS CONTRIBUTED

**The Fairfax ReLeaf free sapling distribution at the Farmer's Market was a popular event despite the chilly weather. Committed individual homeowners patiently wait in line to pick up the free tree and shrub saplings. As long as interest continues, GFCA will continue to partner with Fairfax ReLeaf for the community.**

## GFCA Distributes 500 Tree and Shrub Saplings

**G**reat Falls Citizens Association (GFCA) distributed 500 Fairfax ReLeaf tree and shrub saplings at the Great Falls Farmers' Market on April 8.

In the past two decades, more than 35 percent of Northern Virginia's urban forest has been bulldozed and chainsawed,

according to aerial photos from the Forest Service. The aim of Fairfax ReLeaf is to conserve, restore and promote sustainable urban forests in Northern Virginia by restoring large numbers of native trees on public commons land where funding for landscaping is lacking and nothing would otherwise be planted, and to educate the government

and the public about the values and benefits of the urban forests.

Fairfax ReLeaf is a non-profit organization and operates through enlisting volunteer workers and support from interested civic groups, youth, scouts, local businesses, churches and schools.

GFCA has partnered with Fairfax ReLeaf

to replace the trees the community is losing and to preserve the native habitat by providing saplings to individual homeowners.

GFCA had two successful distributions in fall 2016 and spring 2017; GFCA and ReLeaf are planning a fall 2017 distribution.



# Area Parks Offer Recreation Opportunities

FROM PAGE 4

Dustin Betthausen, a spokesperson for NOVA Parks. "That's the largest parcel that we have."

One of the most popular programs for the Northern Virginia Regional Parks is the Roving Naturalist Program, which leads visitors on guided nature walks, hikes, canoe and kayak tours, night explorations, stream and pond studies, as well as live animal programs. "We would like to increase the number of interpretive hikes," he said. "It's a wonderful resource and one that I think needs to get a little more attention."

He gave a plug to the Potomac Heritage Trail Association for those who are interested in getting more involved in volunteer work around the stewardship of the Potomac Heritage Trail.

Betthausen also told the crowd that he would be open for more Girl and Boy Scouts to come for cleanup days or to focus Eagle Scout projects around maintaining the park.

## Riverbend Park

"We've got over 400 acres and



**Dustin Betthausen, a spokesperson for NOVA Parks, talks to the crowd about the largest of the Northern Virginia Regional Parks, which is located in Great Falls: Seneca Regional Park.**

we're located right along the bend of the [Potomac] River, so we've got a really calm spot along the river with about 15 miles of hiking right along the river," said Julie Gurnee, spokesperson for the park. Though the bloom is past its peak, there are still many Virginia



**Adam Procell with the Living Classrooms Foundation tells the audience about his organization's programming for fifth-grade students at the Fraser Reserve in Great Falls.**

bluebells flowering throughout the park. "We're just carpeted in bluebells," she said.

She encouraged the crowd to come to the visitors' center to experience the new interactive children's area.

The Friends of Riverbend Park



**Brent O'Neill with the National Park Service spoke to the townhall about the Great Falls National Park.**

PHOTOS BY FALLON FORBUSH  
THE CONNECTION

will be hosting a barbeque benefit at the park's visitors' center on Saturday, June 3, from 6 to 9 p.m. Wine and beer will be served on the deck followed by a barbeque dinner catered by Mookies of Great Falls. Campfires for s'mores and boat rides on the river will also

be available. Tickets for the event are \$50 per adult (\$20 tax-deductible); \$25 per child (\$10 tax-deductible); and \$125 per family (\$50 tax-deductible). Registration is online at [www.forb.wildapricot.org](http://www.forb.wildapricot.org).

## Colvin Run Mill

The four-floor mill at Colvin Run was renovated in 2015 when it received grant funding from American Express and the National Trust for Historic Preservation, said Gene Bacher, vice president of the Friends of Colvin Run Mill. "With the park authority's money and the money from American Express, we were able to put the equipment in for the top two floors," he said.

The miller's house on the property is now being renovated.

"The park itself, at the moment, looks as spiffy as it has looked since I've been there," he said.

Grain grinding events occur the first and third Sundays of each month from noon to 3 p.m. There are also blacksmithing demonstrations the first Sunday of every month from 11 a.m. to 3 p.m.

**garai**  
ORTHODONTIC  
SPECIALISTS  
BracesVIP.com



**Dr. Allen S. Garai**

- Specialist in Orthodontics
- Diplomate, American Board of Orthodontics (Board Certified)
- VIP Invisalign Provider
- Attending Faculty – Orthodontic Department Children's/Washington Hospital
- Over 15 years of teaching orthodontics and private practice

"BEST ORTHODONTIST"  
Washingtonian Magazine  
Families Magazine

"TOP ORTHODONTISTS"  
Northern Virginia Magazine  
Virginia Living  
Health & Beauty Magazine

## Exceptional Smiles, Exceptional Service

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



Please call our office to set up your child's **Complimentary Consultation**

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



703.281.4868  
BracesVIP@gmail.com  
[www.BracesVIP.com](http://www.BracesVIP.com)

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



## Computers

### HDI COMPUTER SOLUTIONS

JENNIFER SMITH  
Serving the Area Since 1995



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

**571-265-2038**

Jennifer@HDIComputerSolutions.com

## Announcements

**We pay top \$ for STERLING,**  
MEN'S WATCHES,  
JEWELRY, COSTUME JEWELRY,  
FURNITURE, PAINTINGS AND CLOCKS.

**Schefer Antiques**

703-241-0790

theschefers@cox.net

For a free digital subscription to one or all of the 15 Connection Newspapers, go to [www.connectionnewspapers.com/subscribe](http://www.connectionnewspapers.com/subscribe)

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions? E-mail: [goinggreen@connectionnewspapers.com](mailto:goinggreen@connectionnewspapers.com)

**THE CONNECTION**  
NEWSPAPERS

## Announcements

### LIFETIME METAL ROOFING

**Storm Proof  
Metal Roofing**

Will your roof withstand another storm season?

Call us today for a free roof inspection!

**WE FINANCE!**

**CALL 800-893-1242**

[WWW.METALROOFOVER.COM](http://WWW.METALROOFOVER.COM)

SINGLE WIDES  
DOUBLE WIDES  
HOUSES

by VA CAROLINA BUILDINGS, INC

## Announcements

### WET BASEMENT??? CRACKED WALLS???

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

**800-772-0704**

**seal-tite**

**FREE ESTIMATES**

Serving you since 1972

Call Now! 10% Limited Time Coupon

Some Restrictions Apply

## Announcements

## SUMMER FUN



The Reston Chorale will hold A Star-Spangled Salute on Saturday, May 27, at the Reston Town Center.

PHOTO  
CONTRIBUTED

## A Star-Spangled Salute, Care Package Drive at Reston Town Center

The Reston Chorale and Brass of the Potomac will mark the beginning of Memorial Day Weekend with A Star-Spangled Salute, including a concert of patriotic music, entertainment by Al and Ellen Torzilli of the band Natural Selection, family activities and a care package drive for troops serving overseas. Slated for Saturday, May 27, 7-8:30 p.m., at the Reston Town Center's Pavilion, this free, family-friendly event will salute the men and women serving in the U.S. Armed Forces, and honor those who have made the ultimate sacrifice.

"This is one of the highlights of our season," notes Ruth Overton, president of The Reston Chorale. "There are moments when we sing the Armed Forces Salute — when a veteran, service member or their family hears 'their song' and gets to their feet or waves a flag — that bring home what this event is all about. It's a time and a way for us to say 'thank you for your service and sacrifice'—and to remember and honor those who gave their lives for our country." Thanks to support from Northrop Grumman, this year the Chorale will share the stage with Brass of the Potomac — a British-style brass band. Together, members of The Reston Chorale and Brass of the Potomac will present a concert of patriotic music and songs that celebrate America.

The event also offers ways to directly thank ser-

vice personnel: a creative station where children and adults can make thank you cards for troops, and a Care Packages for the Troops drive.

The Reston Chorale and Reston Town Center have teamed up to collect donations of care package items — from snack foods and sports equipment to supplies for a Fourth of July celebration — that will be sent to a platoon serving overseas.

Suggested donations include protein bars, powdered drink mixes and water flavorings; non-aerosol, unscented toiletries; small electronics, such as hand-held games, fans, misters and non-lithium batteries; playing cards, puzzle books and lightweight sports equipment. Donations can be dropped off during the event on May 27, or on weekdays through Friday, June 2, in the lobby of 11951 Freedom Drive, Reston, as well as other Reston Town Center office buildings. "This event is about honoring and giving back to the men and women who serve our nation," notes Overton. "Thanks to the heartwarming response to the Chorale's care package drive, in just two years we have shipped 650 pounds of donations for troops serving far from home."

For more information about A Star-Spangled Salute and The Reston Chorale's care package drive, please visit [www.restonchorale.org](http://www.restonchorale.org) or call 703-834-0079.



Sticking to United States Postal Service tradition, antique mail truck braves the weather for the main parade for Great Falls' July 4 celebration last year.

### Concert on the Green, July 4 Highlight Summer in Great Falls

Celebrate summer in Great Falls, visit [www.celebrategreatfalls.org](http://www.celebrategreatfalls.org) for more July 4



Last year, Great Falls singer-songwriter Mary Ann Redmond performed a mix of classic covers and her own music at the Concert on the Green. The lawn was full of people from all over the area.

events, the Concerts on the Green schedule and Movies on the Green selections.

PHOTOS BY NIKKI CHESHIRE/THE CONNECTION



# BULLETIN

To have community events listed in the Connection, visit [connectionnewspapers.com/Calendar/](http://connectionnewspapers.com/Calendar/). The deadline for submissions is noon on Friday.

## VOLUNTEERS NEEDED

Contact Volunteer Solutions at 703-324-5406, [VolunteerSolutions@fairfaxcounty.gov](mailto:VolunteerSolutions@fairfaxcounty.gov) or [www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm).

❖ **The Lewinsville Senior Center** in McLean needs instructors for the following classes: Art, Self-Defense, Chair Exercise, Indoor Gardening, Basic Spanish, Basic French, Ballroom Dance and Basic Guitar.

## THROUGH SUMMER

**Vienna Street-sweeping Program.** The Town of Vienna began its annual street-sweeping program beginning March 20. The Town is divided into eight sections for purposes of the sweeping program. During the first pass through Town, the Public Works Department asks that residents not park on the street. Find the "sweeping" sections at [viennava.gov/sweeping](http://viennava.gov/sweeping). Additionally, signs will be placed on streets marking a window of 7-10 days during which the truck will come through. Contact public works at 703-255-6380.

## THURSDAY/MAY 25

**Public Meeting.** 7 p.m. at the Great Falls Grange, located at 9818 Georgetown Pike, Great Falls. The Fairfax County Park Authority will hold a project information meeting regarding the upcoming installation of synthetic turf and athletic field lighting on rectangular field #7 at Great Falls Nike Park. This is the field closest to the corner of Leesburg Pike and Utterback Store Road in the park. Call 703-324-8662, email [parkmail@fairfaxcounty.gov](mailto:parkmail@fairfaxcounty.gov) or visit [www.fairfaxcounty.gov/parks/press/html/ir077-17.htm](http://www.fairfaxcounty.gov/parks/press/html/ir077-17.htm).

## THURSDAYS/MAY 25-JUNE 29

**Chronic Disease Self-Management.** 9-11:30 a.m. at Kaiser Permanente - Tysons Corner, 8008 Westpark Drive, McLean. Fairfax County is offering a free Chronic Disease Self-Management program. Register at [www.fairfaxcounty.gov/dfs/olderadultservices/chronic-disease.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/chronic-disease.htm) or call 703-324-5489, TTY 711.

## SATURDAY/JUNE 3

**Flea Market.** 8 a.m.-1 p.m. at the Oakton Church of the Brethren, 10025 Courthouse Road, Vienna. Vendors needed. Call 703-281-4411, email [office@oaktonbrethren.org](mailto:office@oaktonbrethren.org) or visit [www.oaktonbrethren.org](http://www.oaktonbrethren.org).

## VOLUNTEERS NEEDED

**Shepherd's Center of McLean-Arlington-Falls Church,** 1205 Dolley Madison Blvd., McLean has an urgent need for volunteers to help area senior citizens. To find out more about the Shepherd's Center and how you can volunteer to provide transportation and other services, call the Center at 703-506-2199 or email [info@scmafc.org](mailto:info@scmafc.org), visit [www.scmafc.org](http://www.scmafc.org).

## LETTERS

FROM PAGE 6

like pigeons, you feed one with money and more will flock in" and "You don't want homeless people in your neighborhood because they create trash." It seemed that many people were more hung up on the negative image they feel homeless individuals create for the county instead of their plight. Some of the comments were difficult for us to read, while others were heart-felt and inspiring.

My classmates and I learned a lot through our project on homelessness, but mostly I think it is that we (even college students) all have the ability to assist those in need.

**Giovonny Bland**  
Communications/Public Relations  
George Mason University

# BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

TO ADVERTISE YOUR BUSINESS, CALL KAREN AT 703-778-9422

<b>ELECTRICAL</b>	<b>ELECTRICAL</b>	<b>LANDSCAPING</b>	Good is not good, where better is expected. <b>-Thomas Fuller</b>
<b>K &amp; D ELECTRIC</b> <b>COMMERCIAL / RESIDENTIAL SERVICE</b> 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 <a href="mailto:lektrkman28@gmail.com">lektrkman28@gmail.com</a>		<b>A&amp;S CONSTRUCTION</b> SOD, Mulch, Clean-Up Leaf Removal Hauling. <b>703-863-7465</b>	
<b>GUTTER</b>	<b>GUTTER</b>	<b>LANDSCAPING</b>	<b>LANDSCAPING</b>
<b>GUTTER CLEANING</b> Gutters and Downspouts Cleaned Small Repairs • Gutter Guards <b>PINNACLE SERVICES</b> lic/ins 703-802-0483 free est. email <a href="mailto:jamie@lawnsandgutters.com">jamie@lawnsandgutters.com</a> web: <a href="http://lawnsandgutters.com">lawnsandgutters.com</a> Friendly Service with a Friendly Price!		<b>Patios &amp; Drainage</b> Your neighborhood company since 1987 <b>703-912-6886</b> <b>J.E.S. Services</b> 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 <i>All work Guaranteed</i>	
<b>IMPROVEMENTS</b>	<b>IMPROVEMENTS</b>	<b>LANDSCAPING</b>	<b>LANDSCAPING</b>
<b>Power Washing</b> Go from green to clean, do you have mold on your siding rotten wood that's a hoar violation? We do houses, decks, fences, side walks, etc. Deck and fence repair, deck staining and sealing. Licensed & Insured • Free Estimates email: <a href="mailto:jnave@comcast.net">jnave@comcast.net</a> <b>703-987-5096</b>		<b>GOLDY BRICK CONSTRUCTION</b> Walkways, Patios, Driveways, Flagstone, Concrete FREE ESTIMATES Licensed, Insured, Bonded <b>703-250-6231</b>	
<b>A&amp;S Landscaping</b> • All Concrete work • Retaining Walls • Patios • Decks • Porches (incl. screened) • Erosion & Grading Solutions • French Drains • Sump Pumps • Driveway Asphalt Sealing <b>703-863-7465</b> LICENSED Serving All of N. Virginia		<b>BATHROOM REMODELING</b> by Brennan Bath and Tile Partial or Full. Kit. Floors, Backsplashes. Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp. <b>www.brennan-tile.com</b> <b>703-250-2872</b> Licensed • Bonded • Insured	
<b>RN. CONTRACTORS, INC.</b> 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 <b>Phone: 703-887-3827</b> <b>E-mail: <a href="mailto:rncontractorsinc@gmail.com">rncontractorsinc@gmail.com</a></b> <b>www.rncontractors.com</b>		<b>Quality Tree Service &amp; Landscaping</b> Reasonable prices. Licensed & insured. <b>Summer Cleanup...</b> Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience - Free estimates <b>703-868-5358</b> <b>24 Hour Emergency Tree Service</b>	
<b>Alfredo's Construction Company, Inc.</b> • Concrete Driveways • Patios • Sidewalks • Stone • Brick <b>Phone:</b> <b>VA: (703) 698-0060 • MD: (301) 316-1603</b> <b>www.alfredosconstructioncompany.com</b>		<b>Find us on Facebook and become a fan!</b> <b>www.Facebook.com/connectionnewspapers</b> <b>THE CONNECTION</b> Newspapers & Online The Connection to Your Community <a href="http://www.connectionnewspapers.com">www.connectionnewspapers.com</a>	
An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. <b>-Werner Heisenberg</b>			

## Woe Is Not Me



By KENNETH B. LOURIE

When I think about being diagnosed with lung cancer, I don't think, why me. I might think, why not me, but I definitely think, now what. The idea/strategy being: moving forward, not recriminating or regretting backward. As Popeye the Sailor man so often said: "I y'am what I y'am." Although I doubt he was talking about having lung cancer. How could he? He ate all that spinach, canned though it was. Besides, he's a cartoon character.

And as much and as often as he ate it — and it always helped him overcome whatever predicament Brutus had put him in, is as little and infrequent as I ate it. Perhaps that was because my mother cooked vegetables in a pressure cooker so by the time I saw them on my plate, they no longer resembled a vegetable nor were they the least bit appetizing. To say the vegetables were limp and lifeless does a disservice to all things characterized as 'limp and lifeless.' In fact, I can still remember the first time I ate a vegetable that was not d.o.a. It was at my mother-in-law's house; she was a wonderful cook. She made asparagus for this memorable meal and served it in a beautiful antique china serving dish. When the dish came my way, I stuck my fork in the asparagus to serve myself and heard a sound, a poof. I was taken aback, sort of. It was a sound I had never heard before — from a vegetable. As I learned that night, it was the sound of a vegetable that had not been cooked beyond its edible life.

That's not to imply that avoiding vegetables contributed to my diagnosis. Hardly. It simply says that vegetables were not a part of my childhood. Meat and potatoes were, as was my standard go-to meal: cream cheese and American cheese on bread. It was the sandwich of my youth and it has remained very much a part of my adulthood as well. It may not sound appetizing to you; to me, it represents all the comforts of home — heaven on Earth between two slices of bread or open-faced on a bagel or English muffin. Simple but oh so effective — and delicious.

Not to be totally oblivious to my underlying medical condition, I do realize that modifying my eating habits is a prudent and sensible consideration. However, I rationalize that need-to-feed with the explanation that, as a cancer patient (and anyone else, really), if I am to continue to attempt to thrive while I survive, I need to be happy, positive and relatively stress free. After all, this cancer business: characterized as "terminal" by my oncologist; chemotherapy (and its well-known side effects) every five weeks, C.T. Scans quarterly, M.R.I.s every six months, P.E.T. and Bone scans every so often, face-to-face quarterly appointments with my oncologist and all the associated fears and anxiety surrounding this rather unpleasant experience, and you can imagine, even agree perhaps, that living in the trenches as us cancer patients do, we need help — in any number of ways; personal and professional.

And though I am mindful of what I eat, I don't want to abuse the privilege of survival I've been given. I never want to take it for granted, especially considering my original "13-month to two-year" prognosis. By the same token, life is for living. As Andy Dufresne (Tim Robbins) said to "Red" (Morgan Freeman) in the movie "Shawshank Redemption:" "Get busy living or get busy dying." Since I'm in no hurry to die, I need to find a balance in how I live. Being miserable because of what I can't eat won't work for me. I'm just not flexible/mature enough in my eating choices; never have been. I still eat like a child, but now I have a man-sized problem.

I imagine the longer I live with cancer, the more vigilant I have to be. Then again, if it ain't broke, is there any reason to fix it? Do I leave well enough alone or do I try to grow up and eat my age, not my shoe size? I mean, I am eligible for Social Security.

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





www.GreatFallsGreatHomes.com

# JAN & DAN DIANNE

#1 Realtor and Home  
Sales in Great Falls

Call Us Today to Help You Buy or Sell Your Home!



Great Falls \$1,149,000



Great Falls \$1,399,000



Great Falls \$1,350,000



Great Falls \$1,125,000



Great Falls \$2,299,000



Great Falls \$1,495,000



Great Falls \$1,699,000



Great Falls \$1,999,000



Great Falls \$1,088,000



Great Falls \$1,350,000



Great Falls \$2,699,000



Vienna \$1,280,000



Great Falls \$1,049,999



Great Falls \$1,249,000



Great Falls \$2,399,000



Susan Canis  
Associate Realtor



Sally Marvin  
Associate Realtor

Jan & Dan Laytham, Dianne Van Volkenburg  
Office: 703-757-3222  
9841 Georgetown Pike,  
Great Falls, VA 22066 • 703-759-9190



LONG & FOSTER  
REAL ESTATE  
CHRISTIE'S  
INTERNATIONAL REAL ESTATE