

Great Falls CONNECTION

Inside
SPRING FUN

FOOD & ENTERTAINMENT

Children's Spring Festival Returns to Great Falls

SPRING FUN, PAGE 10

Christine Gabriel and her son Christian, pose for a photo with the Easter Rabbit at the Great Falls Village Green during last year's Spring Festival. This year's festival is scheduled for Sunday, March 29, 1:30-4:30 p.m.

Community Debates Budget

NEWS, PAGE 3

Great Falls Church Hosts Hypothermia Shelter

NEWS, PAGE 4

OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 12 ♦ CLASSIFIEDS, PAGE 18 ♦ SPORTS, PAGE 16

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MARCH 25-31, 2015

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



PHOTOS BY TIM PETERSON/THE CONNECTION

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

Bulova Hosts Community Dialogues on Proposed Budget

Citizen ideas on budget and services sought.

BY TIM PETERSON
THE CONNECTION

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

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

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

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

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

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

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



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



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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

Denise Childers presents gift cards to Mario Wright for the homeless.



PHOTO CONTRIBUTED

Great Falls United Methodist Church Hosts Hypothermia Shelter

Throughout the winter in Fairfax County, many churches open their doors at night to house the overflow from the local homeless shelters. The main goal is to get the homeless off the streets and into a warm building during the dangerously cold nights. Great Falls United Methodist Church (GFUMC) signed on with Volunteers of America Chesapeake to act as a Hypothermia shelter for a week in January and then again in March. Each night, homeless individuals from Baileys Crossroads Community Shelter were brought by van to GFUMC to sleep for the night. In the morning, they were shuttled back to Falls Church. During the week of Jan. 25-31, GFUMC hosted between 25 and 30 guests each night. Members of the congregation and the United Methodist Men donated

money to purchase gift cards for CVS, McDonald's, and Dunkin' Donuts. Pastor Denise Childers presented Mario Wright of Volunteers of America with \$845 worth of gift cards to be distributed to the homeless during their stay at GFUMC.

The second Hypothermia week at GFUMC was March 8-14. The church hosted an Italian night on Sunday, March 8. Church members served dinner to 30 homeless people that night. The Youth Group at GFUMC collected 137 pairs of socks to be distributed to the homeless during the March shelter. Finally, the United Methodist Men hosted a movie and game night on Thursday, March 12. Dessert was provided for the homeless guests as they played board games and watched movies.

WEEK IN GREAT FALLS

Comstock Announces Young Women Leadership Program

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

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

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

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

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NEWS



PHOTO CONTRIBUTED

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

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

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

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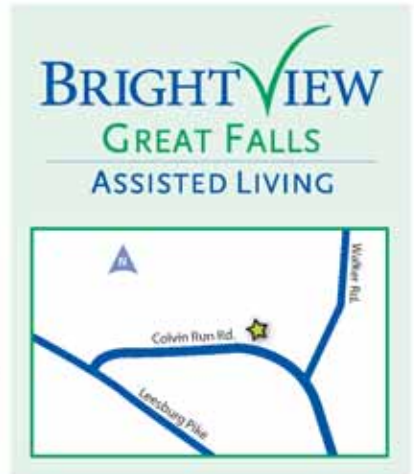
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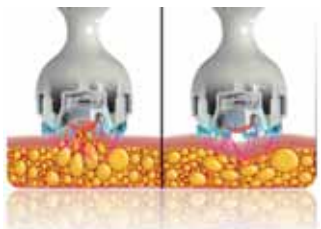


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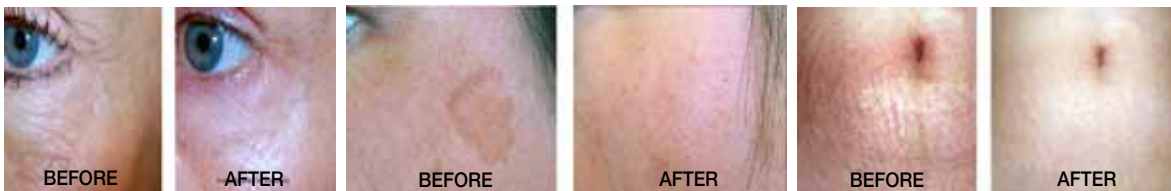
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OPINION

Housing and Health

BY DAVID LEVINE

EXECUTIVE DIRECTOR, GOOD SHEPHERD
HOUSING AND FAMILY SERVICES, INC.

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

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

COMMENTARY

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

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

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

So much depends on having a home.

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

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

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

LETTERS TO THE EDITOR

A Cornerstone in Danger

To the Editor:

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

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

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

Half of my teachers work mul-

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

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

Ben Press
Vienna

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

There is No 'Away'

To the Editor:

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

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

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

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

A child's dresser. Was it useable?

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

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

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

Kay Fowler
Herndon

EVENTS FOR OLDER ADULTS

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

Spring 2015 Free Seminars for Family Caregivers in Fairfax County:

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

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

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

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

Great Falls CONNECTION

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Great Falls Girl Scouts Honor Hometown Heroes

Girl Scout Cadettes from Great Falls Troop 778 chose as their Hometown Heroes local police and fire departments in appreciation for their service to the community. The troop asked customers to donate boxes of cookies to their Hometown Heroes during their recent annual Girl Scout Cookie Sale. Pictured sitting in the fire truck are, from left, Lizzie Holt and Dana Hamad, who delivered the cookies for their troop. Also pictured, are members of Volunteer Fire Station 12 in Great Falls. In addition, cookies were delivered to McLean District Police Station, Reston District Police Station and North Point Fire Station 39. The troop also collected donated boxes of cookies for its Troop to Troops program, which will be delivered to military men and women all over the world.

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~ At The Great Falls Village Centre ~

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31st Annual Children's Spring Festival
Sunday, March 29 • 1:30–4:30 P.M.
at The Village Centre**

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- "Halloween Spooktacular"
- "Celebration of Lights"
- "Cars and Coffee"
- "Farmers Market"



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**31st Annual
Children's Spring Festival**

**Games
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Fun!**



Sunday, March 29th

1:30 - 4:30 pm

Great Falls Village Centre

NEWS

Joe Cassella Foundation to Host 5K Run/Walk

The Joe Cassella Foundation will host the 2015 Joe Cassella 5K Run/Walk that will take place on Sunday, May 17, beginning at 8:30 a.m., at Great Falls Village Center. Participants of all ages and skill levels will gather together for a great cause and enjoy a day of fitness and fun. The Kids Fun Run will kick off this event followed by the competitive, ChronoTrack-timed 5K Run/Walk. The Joe Cassella Foundation will host a post-race celebration to include food, music, entertainment for kids, cash prizes, awards and giveaways.

The Kids Fun Run starts at 8:30 a.m. and the 5K Run/Walk starts at 8:45 a.m. on a USATF certified course. Participants include competitive runners, corporate teams, occasional joggers and even walkers with strollers and dogs are welcome. The top three male and female finishers overall will receive cash prizes. Every child 12 years of age and under who participates in the Fun Run will receive a goody bag and a commemorative ribbon. Registration fees to participant will be \$30/adult (\$35 after May 14th), and \$10/child 12 & under (\$15 after May 14th). Pre-registration and late registration will be available at www.JoeCassellaFoundation.org.

New for 2015, the Joe Cassella 5K will be introducing a Virtual Runner category for participants who are unable to attend the event in person. The virtual race allows anyone to run a 5K from a remote location in support of this great cause. The fee to register as a Virtual Runner is \$45, and you must register before April 17.

The foundation raised close to \$45,000 at the 2013 Joe Cassella 5K, with proceeds going to Gianna Hess, a one-year old baby battling Hepatoblastoma, a rare form of liver cancer. If you are thinking about making a tax-deductible donation this year, sponsorships



Runners start the fourth annual Joe Cassella 5K Sunday, May 19, 2013.

are needed for this worthy cause. All of the money, time, and race gifts donated will go entirely to a sick child in need. If you are unable to sponsor, consider making an in-kind donation or becoming a volunteer.

The Joe Cassella Foundation is based in Leesburg and its mission is to provide financial assistance for medical expenses to families of children who are ill in the Washington D.C. Metro area. This organization was born from the loss of an amazing man and inspired by the overwhelming support his family received throughout their journey.

To find out more, go to www.JoeCassellaFoundation.org.

CONNECTION FILE PHOTOS



Vinnie DeRocco crosses the finish line first at the fourth annual Joe Cassella 5K Sunday, May 19, 2013.



McKayla Peterson, 14, was the top women's finisher at the annual Joe Cassella 5K Sunday, May 19, 2013.

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SPRING FUN

Children's Spring Festival Returns to Great Falls

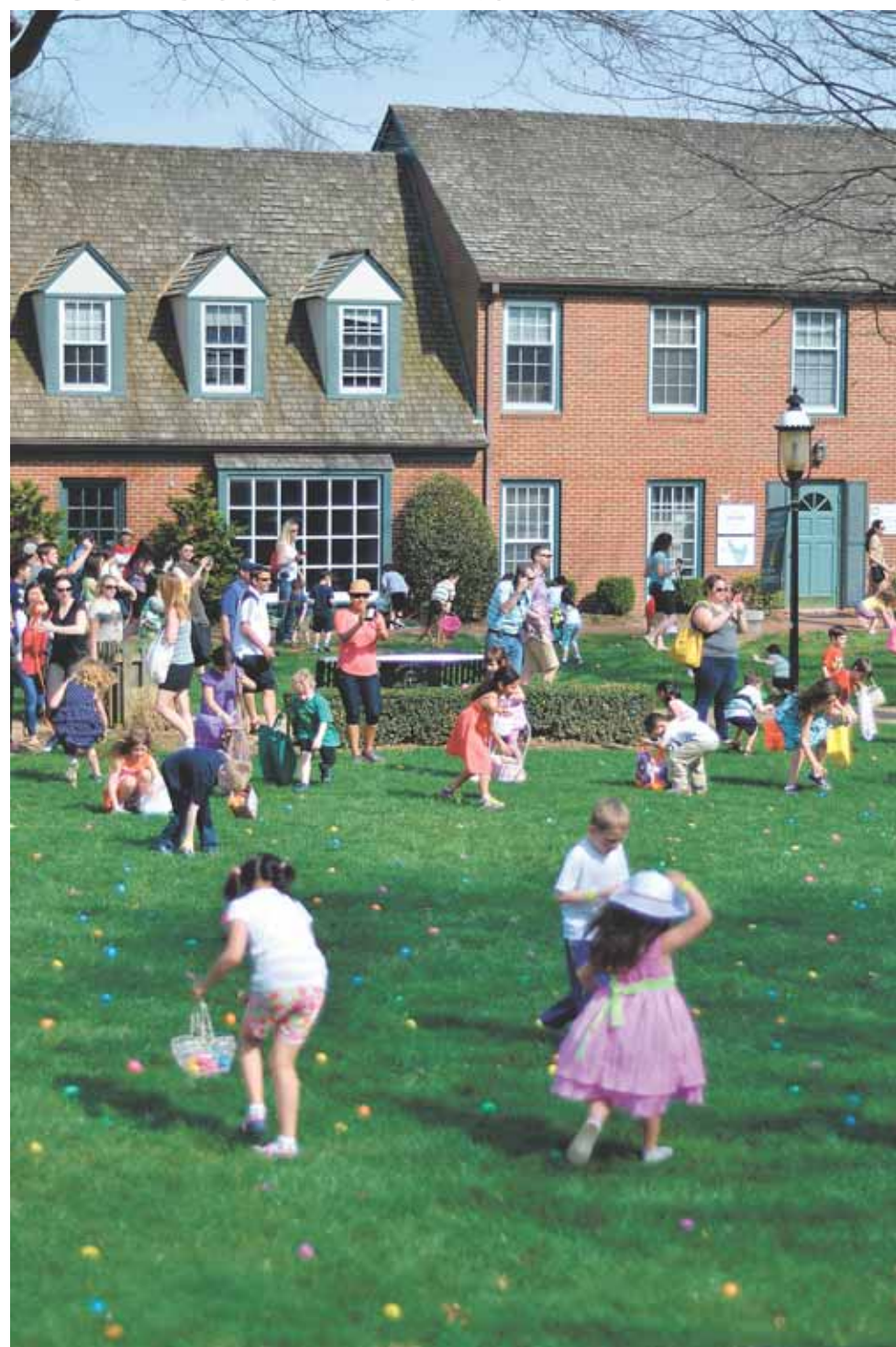
Annual event scheduled for Sunday, March 29, 1:30-4:30 p.m.

The Adeler Jewelers and Great Falls Optimist Club join forces with the Great Falls community to host the 31st annual Children's Spring Festival on Sunday, March 29, 1:30-4:30 p.m. at the Village Centre.

Welcoming the community to the Great Falls Egg Hunt 2015, Jorge Adeler, of the Adeler Jewelers, said: "Thirty years ago we invited children of the community to a small 'Egg Hunt' to show our gratitude to Great Falls for making us feel so welcome when we decided to open our doors in the Village Centre. Thirty-one amazing years later, and eventually with the wonderful partnership of the Optimist Club and the support of many, many local businesses, friends and neighbors, this event has become a tradition of this community."

The program of this year's Children's Spring Festival includes games, rides, food and fun, culminating with the Egg Hunt from 4-4:30 p.m. with more than \$8,000 worth of gemstones donated by Adeler Jewelers, mixed with candy and stuffed into 8,000 plastic eggs that will be scattered around Village Centre for children ages 1-10 to find.

TK Cook, president of the Great Falls Optimist Club, said the event has become a family tradition in Great Falls: "It is not unusual to see parents that previously participated as children now enjoying the festival with their children. We hope some day they may bring their grandchildren."



PHOTOS BY RYAN DUNN/THE CONNECTION

Parents cheer on their kids as they claim eggs at last year's Spring Festival at the Great Falls Village Green. The egg hunt is a major attraction of the festival hosted by the Adeler Jewelers and Great Falls Optimist Club.



Inflatables and other entertainment were available for children attending the 2014 Great Falls Spring Festival at the Village Green.



Participants in last year's Great Falls Spring Festival at the Village Green had the opportunity to enjoy good weather and refreshments.



Children and parents line up for the annual egg hunt, which is a major attraction of the annual Great Falls Spring Festival at the Village Green.



All of the models received roses after the fashion show.

PHOTOS BY STEVE HIBBARD/THE CONNECTION



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

A Spring Fling in McLean

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

BY STEVE HIBBARD
THE CONNECTION

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

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

"This organization represents the heart and soul of the McLean area," said state Sen. Barbara Favola (D-31). "I'm support-

ing this group because of the values it represents and the commitment they have to serving the community in the areas of the arts, children, and helping youth make healthy choices."

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

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

"I love the idea that this organization helps the nonprofit organizations in our commu-

nity," said Peggy Fox.

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

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

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

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

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



The models in a design from Bloomingdale's.

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If you like lots of help and guidance, then we are for you. If you like a small, comfortable place to work out with people just like you, then Koko is your gym. If other gyms have failed you and you felt lost in the crowd, we are here to make sure that this time -- with personal guidance and the proven Koko training methodology -- you will succeed.

Don't take our word for it, come see us for yourself. We offer a full 30-day membership, including full access to our training and coaching programs, for only \$30. Come experience what makes Koko so special. Meet our clients and our staff, and give us a chance to prove that this time you will succeed.

Fitness has to be part of your life; it shapes the way you live today and how you'll look and feel tomorrow. If you have failed before in fitness, remember that there is a place here in our community that is truly different and willing to prove it to you. This time, it is all about you. This time, you will change your life.

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Koko is all about family for us... it was my 17 year old who begged me to give it a try. I loved it at first because it was easy to fit into my schedule and was something fun for me



to do with my teenager. Now I love KOKO because I see the results and I feel so much better. KOKO is just a part of my life. KOKO is like no other fitness experience. It's not a regular gym (thank God -- no mirrors!). And it is an easy way to fit exercise into your schedule without it being a drag. I actually like working out now which was certainly not the case before. KOKO is fun because it challenges you individually, is efficient and gets results! I recommended it to my neighbors and now they're KOKO Nuts too!

~ Leesa Donner, Great Falls

I previously belonged to three other gyms in Reston, and I had never made it a full year before my attendance dropped off. With Koko, however, I recently passed my two year anniversary and am still going strong. I love that I can get a full body workout every time in less than an hour.

The cardio and strength workouts continue to push me to work harder than I ever did on my own at previous gyms. As a result, I'm in the best shape of my adult life. And the desire to keep feeling this healthy and strong keeps me coming back. Thanks Koko!

~ Watt H., Reston, VA

There is absolutely no way I would achieve what I do at this club ANYWHERE else. I've lost over 15 lbs, my blood pressure is lower, and I am looking and feeling better than I have in 10 years!



~ Scott Kreitz

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CALENDAR

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

WEDNESDAY-MONDAY/ MARCH 25-30

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

THURSDAY/MARCH 26

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

FRIDAY/MARCH 27

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

FRIDAY/MARCH 27

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

SUNDAY/MARCH 29

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

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

SUNDAY/MARCH 29 - SATURDAY/MARCH 30

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

MONDAY/MARCH 30

Spring Break Comedy Boot Camp. 10 a.m.-3 p.m. The Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Groundlings-trained Capitol Step Tracey Stephens will be

your (adorable) drill sergeant for an intensive day of comedy training. \$75/\$50 MCC district residents. Pre-registration by March 25 is required. Call 703-448-8336.

Treasured Threes to Fives. 10:30 a.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Join us for stories and songs. Ages 3-5 with adult. To register visit http://www.fairfaxcounty.gov/library/branches/ph/.

FRIDAY/APRIL 3

Jam Session. 7-9 p.m. 115 Pleasant St. NW, Vienna Acoustic musicians and fans are invited to join a jam session at the Vienna Art Center, playing acoustic instruments and singing in an environment featuring wood floors and surrounded by original art. Free and open to the public. 703-319-3971.

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

SATURDAY/APRIL 4

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

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

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

SEE CALENDAR, PAGE 15



What to Look Forward to This Spring

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



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

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



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April 4 - Easter Vigil
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CALENDAR

FROM PAGE 14

THURSDAY/APRIL 9

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

SATURDAY/APRIL 11

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

SATURDAY/APRIL 18

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

SUNDAY/APRIL 19

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

Mrs. McLean Runs for Mrs. Virginia

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

BY VALERIE LAPOINTE
THE CONNECTION

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

Becker and her husband were married in 2012 and have a blended family with six children, most of them in their teenage years. She got her start as a Washington Redskins Cheerleader during the 1995 season. After just one season she decided to pursue a career in mathematics, obtaining her bachelor's degree from James Madison University, her master's at Marymount University, and is currently a statistics

Ph.D. candidate at the University of Maryland. In addition to working as an adjunct professor at the University of Maryland, she spent many years as a statistician in the commercial space-flight industry.

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

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

“It's important for me to model the right behavior for my children,” stated Becker, “and to remind people that texting can al-



PHOTO BY VALERIE LAPOINTE/THE CONNECTION

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

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

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

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

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

ways wait.”

According to textfreedriving.org you are 23 times more likely to be involved in a car accident if you use your phone while driving. As

PHOTO GALLERY!

“Me and My Mom”

To honor Mom on Mother's Day, send us your favorite snapshots of you with your Mom and The Connection will publish them in our Mother's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To e-mail digital photos, send to: greatfalls@connectionnewspapers.com

Or to mail photo prints, send to:
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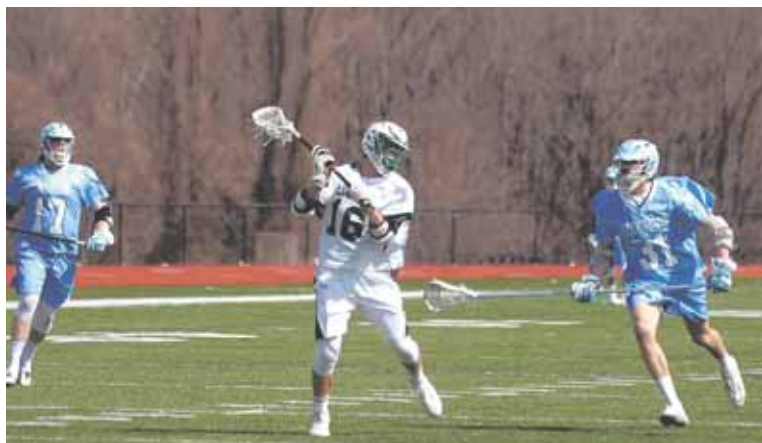
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SPORTS



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

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



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

Langley Boys' Lax Bounces Back From Historic Loss

Saxons beat Yorktown in home opener.

BY JON ROETMAN
THE CONNECTION

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

Langley Girls Lacrosse Has a Strong Debut

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

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

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



PHOTO CONTRIBUTED

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

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

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

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



PHOTO CONTRIBUTED

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

Madison Girls' Lax Wins Season Opener Against Marshall

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

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

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

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

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

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

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

PHOTOS BY RYAN DUNN/THE CONNECTION



Both Fairfax County School Board members and school principals attended the award ceremony held on Sunday, March 22 for the 60th Annual Fairfax County Regional Science And Engineering Fair at Robinson Secondary School.



Tim Harazin, science specialist at Fairfax County Public Schools, announced the winners at the 60th Annual Fairfax County Regional Science And Engineering Fair. Also attending the event were Fairfax County School Board member Ryan McElveen and Langley High School senior Harris LaTeef in addition to school principals and regional assistant superintendents.

Area Students Win Science Awards

Students from across the county recognized at 60th Annual Fairfax County Regional Science And Engineering Fair.

BY RYAN DUNN
THE CONNECTION

High school students from Fairfax County schools attended the annual regional science fair held at Robinson Secondary School in Fairfax, March 20-22, to compete for prizes and recognition. “This is the 60th Fairfax County Public Schools science fair, and I think that deserves a round of applause,” said fair director, Myra Thayer. “We are all proud of the job our students did at the regional science fair,” said Tim Harazin, Fairfax County Public Schools Elementary science specialist. “We also appreciate all of the volunteers that it takes to make a successful event like this. There were almost 400 judges between the category judges and the organization judges that volunteered time yesterday morning and afternoon to interview the students and provide encouragement. There were also many volunteers from teachers and other county staff that worked together to have the event come off so well.” The event was an opportunity to showcase and promote the science, technology, engineering and math (STEM) skills of Fairfax County schools.

More than 40 corporate and professional organizations helped support this year’s event, with patron support coming from Northrop Grumman. Presentation of special awards was conducted by Captain Dan Kelly with the Naval Science Awards Program and Northrop Grumman Corporation’s Dwight Yamada. Helping present awards were Fairfax County School Board member Ryan McElveen and Langley High School senior Harris LaTeef. Also attending the event were members of the Fairfax County School



Fair director Myra Thayer welcomed everyone to the 60th Annual Fairfax County Regional Science And Engineering Fair held at Robinson Secondary School in Fairfax. An awards ceremony was held on Sunday, March 22.

Board and regional assistant superintendents.

THERE WERE 600 students participating in the Fairfax County Public Schools (FCPS) regional science fair. Ten Fairfax County students will continue on to the May international science and engineering (ISEF) fair in Pittsburgh, Pa. Individual grand prize winners for the 2015 fair included Langley High School’s Kendy Li, Thomas Jefferson’s Prathik Naidu, Richard Oh, and Jung Yoon Kim, Oakton High School’s Stephanie Mui, Chantilly High School’s Aishwarya Nugooru and Neal Agarwal, and West Potomac High School’s William Makinen. Team Grand

Prize Winners for the fair were John Han, Jake Cui, and Lil Li from Madison High School for their biochemistry project titled “Development of a Novel Near-Infrared Fluorescent Theranostic Anti-Cancer Agent.” Thomas Jefferson (TJ) HS had a team grand prize winner for a project done on systems software. The TJ HS team winners consisted of Rohan Suri and Clarissa Scogins, and their project was titled “A Contact Tracing System Utilizing Intercellular Proximities.”

“The thing I love about the science fair is that it gives kids a chance to talk about something that they have created with a really authentic audience, our fantastic

judges,” said Charley Sabatier, High School science specialist with Fairfax County Public Schools. Sabatier worked with Myra Thayer and volunteers to make the event possible. “We are so thankful for the support that we receive for the FCPS regional science fair from the school board, the leadership team, and our amazing school principals. The science fair is a wonderful example of a truly authentic STEM event.”

SOME OF THE PARTICIPANTS won several awards for their scholastic work at the science fair. This included Chantilly HS student Aishwarya Nugooru, who in addition to being a grand prize winner for the ISEF fair, won awards including the Youth Inspire Award^o 1st Place Award and American Statistics Association, Honorable Recognition. Nugooru’s project entails a novel therapy for HIV, an infection that does not currently have a cure. “I basically took seronegative (HIV-negative) blood from donors at blood banks and genetically engineered T lymphocytes from the blood and made it resistant to HIV,” said Nugooru. “My approach is a safe, accessible and targeted therapeutic for HIV... Many have discouraged me from continuing my research and they described a cure for HIV to be “impossible” but I always thought: ‘Shoot for the stars and you never know where you’ll end up.’ In this case, my perseverance as a researcher has led me to discovering a potential cure and paradigm shift in HIV/AIDS research.”

“I’m always amazed by the ingenuity and creativity of our student researchers and I was very glad to be a part of this year’s fair. Many of my classmates presented their projects ranging from cancer research to electrical engineering and I am sure the next generation of scientific pioneers are among those who participated in our Fairfax County Regional Fair,” said Harris LaTeef, Langley High School senior and student representative to the Fairfax School Board.

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Health Matters More



By KENNETH B. LOURIE

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

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

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

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

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

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OBITUARY
Don Major, age 73, of Vienna, went to be with his Lord and Savior on March 14, 2015. He inspired others with his strength and dignity, especially through his two-year battle with cancer.
Don was born on May 29, 1941, to Frank and Ida Major. He married Gretchen, his wife of fifty years, in 1965. Don loved his country and served valiantly during the Vietnam War. He enjoyed a successful career, spanning 38 years, working in the global communications arena with American Telephone and Telegraph Co., retiring in 1999. Don was an avid outdoorsman. He was passionate in all he did, whether that was pursuing an interest in astronomy, taking classes to expand his knowledge, or serving others in countless ways. However, his strong faith in God, devotion to family, and faithfulness to friends were his life's greatest calling.
Don's legacy will live on through his wife, his two sons, one daughter, and eight grandchildren.
A celebration of life service will be held for Don on Saturday, March 28, at Vienna Presbyterian Church at 1 p.m., followed immediately by a reception hosted by family and friends at the church. All friends are welcome to attend. In lieu of flowers, please consider a donation in memory of Don. Gifts may be directed to World Venture (designated for Ron and Edita Baltzer at account 6375-996), Vienna Presbyterian Church (Mission Fund), or Johns Hopkins Kimmel Cancer Center.

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-JORGE ADELER



President Message

Great Falls Optimist Club

31st Year

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

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

Since The Great Falls Optimist

Club Chartered **March 25, 1981** Your Support Has Helped Sponsor Programs Include Halloween Family Portraits At The Gazebo, Contests For Deaf And Hard Of Hearing, Helping Hands Program, Essay Contest, Oratorical Contest, Respect For Law, Youth Appreciation Week, Bicycle Safety Rodeo, Child Identification, Children And Family Holiday And Week End Meals, Clothing And Scholarships.

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

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

*The Old Brogue is located in the corner of Cornerstone Place and William St. in Great Falls. Call 703-759-4707 to reserve your table starting the 5:00 on the 7:30 seating. (Dish and beverage covers will each make a 10% matching donation of your dinner total)

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- ♥ To be just as enthusiastic about the success of others as you are about your own;
- ♥ To forget the mistakes of the past and press on to the greater achievements of the future;
- ♥ To wear a cheerful countenance at all times and give every living creature you meet a smile;
- ♥ To give so much time to the improvement of yourself that you have no time to criticize others;
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The Great Falls Village Centre is located around the lovely village green in the heart of Great Falls, Virginia. We have been part of Great Falls, Virginia throughout its extensive growth and development and have worked hand in hand with the residents of Great Falls to enhance and build the sense of community that is prevalent today. We offer boutique shopping, delicious restaurants and quality services right in the center of town.

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



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



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



Postmodern Foods is an organic food & drink company offering seasonal, wholesome, health-supportive, plant-based foods and drinks, inspired by



culinary traditions, influenced by progressive nutrition, and made with the best possible, organic ingredients! Postmodern serves mostly raw, gluten-free items, cold-pressed juices, smoothies, salads, savorys, and desserts. Located next to Katie's Coffee house.

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Birthstones

January - Garnet

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

February - Amethyst

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

March - Aquamarine

The two birthstones for March are aquamarine and bloodstone. The name aquamarine is derived from the Latin word aqua, meaning water, and marina, meaning the sea. This gemstone was believed to protect sailors, as well as to guarantee a safe voyage. The serene color of aquamarine is said to cool the temper, allowing the wearer to remain calm and levelheaded. Its pale, cool color beautifully complements spring and summer wardrobes. Aquamarine is most often light in tone and ranges from greenish blue to blue-green; the color usually is more intense in larger stones.

The second birthstone for March is bloodstone, a dark-green jasper flecked with vivid red spots of iron oxide. This ancient stone was used by the Babylonians to make seals and amulets and was believed to have healing powers - especially for blood disorders. It is sometimes called the martyr's stone as legend tells that it was created when drops of Christ's blood stained some jasper at the foot of the cross.

April - Diamond

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

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

May - Emerald

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

June - Pearl and Alexandrite

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

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

Alexandrite

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

Moonstone

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

July - Ruby

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

SEE BIRTHSTONES, PAGE 8



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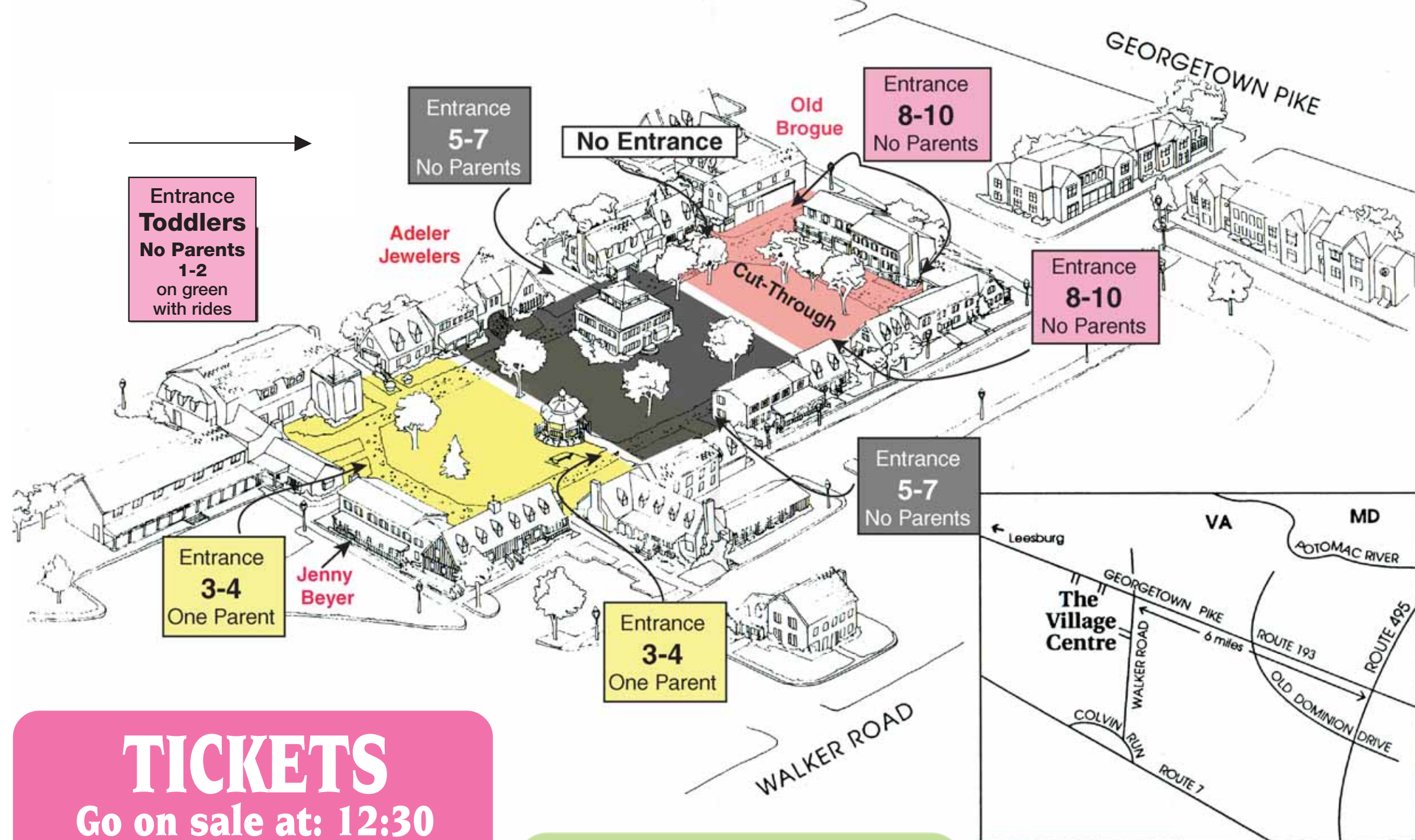
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31st Annual Egg Hunt brought to you by Adeler Jewelers and the Great Falls Optimist Club at the Village Centre



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

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

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

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

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

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

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Birthstones

FROM PAGE 5

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

August - Peridot

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

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

Sardonyx

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

September - Sapphire

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

SEE BIRTHSTONES, PAGE 10

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Children's Spring Festival

March 26 - 29, 2015
We Need Your Help

Stuffing Eggs Thursday
6:30-9:00pm
Rides, games, Etc
Sunday Approx. 12:00
To 4:00pm
Egg Hunt 4:00pm

Hello Again

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

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

Opportunity For All Ages

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

We Hope That You Will Celebrate With Us.

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

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

If You Have Not Attended This Party. Stuffing Eggs

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

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

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

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

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Sunday 3-29-2015 9 to 5

Please Let Us Know What Hours Available. some Preparing

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

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Birthstones

FROM PAGES

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

October - Tourmaline and Opal

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

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

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

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

November - Topaz and Citrine

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

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

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


December - Tanzanite, Zircon, and Turquoise

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

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

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

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



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Through The Years

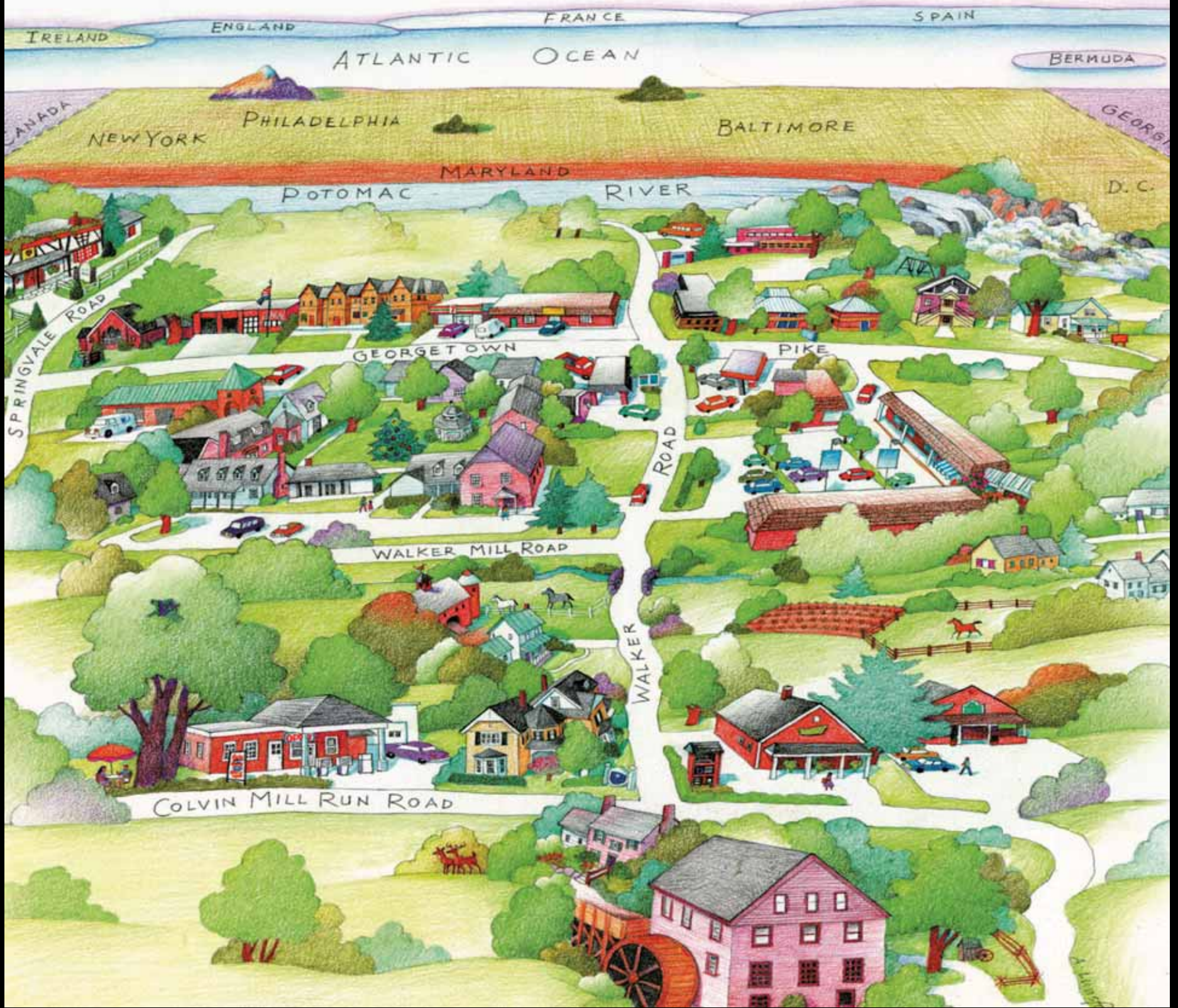




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