

# Great Falls CONNECTION

## Saving Ponds, the Bay And Money

NEWS, PAGE 3

Amy Stephan, neighbor John Youngkin, and her sons Sam, Danny and Gabe Rodriguez await the first algae bloom on the pond behind their Great Falls house. Lawn fertilizers feed algae growth in ponds throughout the Chesapeake Bay watershed and the in the bay itself, damaging the marine ecosystem.

## Housing Market Looking Up

NEWS, PAGE 5

## Egg Hunt At Village Centre

NEWS, PAGE 12

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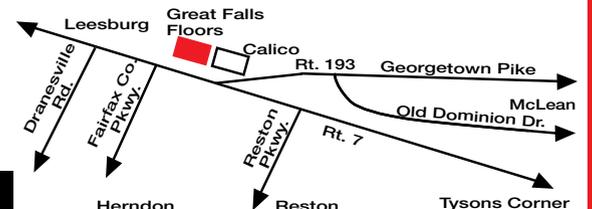
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## Saving Ponds, the Bay and Money

Skipping or properly applying fertilizers, especially organic alternatives, can lead to healthier lawns and watershed.

BY MIKE DICICCO  
THE CONNECTION

Since her family moved into a home on Innsbruck Avenue less than three years ago, Amy Stephan has become an amateur researcher in the field of lawn and garden care. "I've always loved gardening, but I didn't really understand how much fertilizer runs off until I was facing all this algae and this unhealthy lake situation," she said.

She learned that a pond in the area should experience about five algae blooms each summer, between July and August. In 2008, her family counted 44 algae blooms in the pond behind their house, beginning in the spring. Last year, they stopped counting. "It was pretty much solid algae," she said.

While the farmers in the Chesapeake Bay watershed have cut back on runoff of nutrients that feed excess algae growth in lakes and in the bay, and wastewater treatment plants have made improvements in removing such elements from their output, "We're going in the opposite direction when it comes to pollution from developed areas," said Kristen Hughes Evans, a staff scientist with the Chesapeake Bay Foundation.

**WHEN THE ALGAE BLOOMS DIE**, she said, they blanket the bottom of the body of water where they grew, preventing other plants from growing. Then, as they decay, the process sucks oxygen out of the water, creating "dead zones."

"Apparently, this happens all through Fairfax County," said Stephan. "I started to learn about it and got more excited about it as I learned, 'Oh my gosh, this is actually something we could do.'" She has become an advocate for the preservation of local lakes and the bay through the use of either organic fertilizers or none at all in Great Falls, which has some of the largest lawns in the county. She and her neighbors around the pond have stopped using fertilizers altogether. "Our lawn is amazing," she said. "We just have good topsoil because we're lower down by the lake, I think."

If a lawn is well established, Hughes Evans said, simply leaving the grass clippings behind when mowing will replace all the necessary nutrients. "I think the important thing is, don't fertilize your lawn unless you need to," she said.

"Why spend an extra 700 bucks on lawn care if you don't have to?" Stephan asked. One problem, she said, is that the use of synthetic fertilizers and pesticides feeds only the grass while killing off most of the organisms that would make the soil



**Mitch Baker, horticultural specialist with American Plant, poses with some of the company's organic lawn products.**

rich. "The minute you stop using those fertilizers, you don't have anything left," she said.

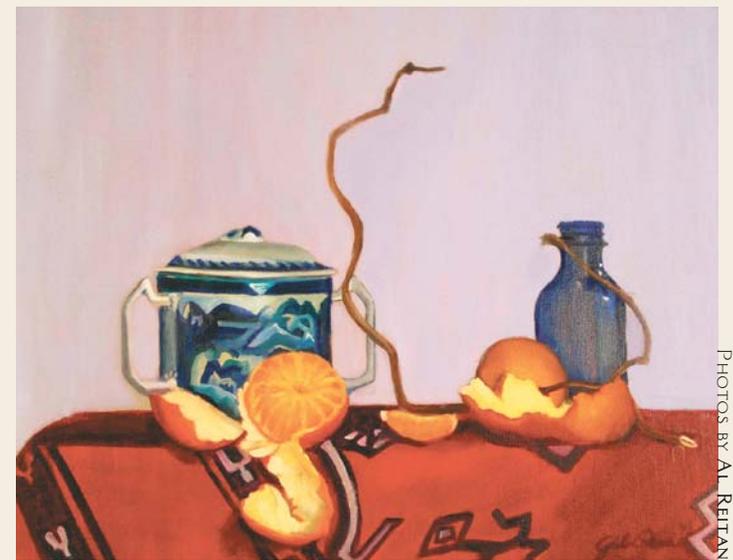
"You don't get any sustainable benefits from these synthetic fertilizers," said Mitch Baker, the horticultural specialist at American Plant.

By the time the company opened a location in Great Falls a couple of years ago, it only carried organic fertilizers and pesticides. American Plant had decided in 2000 to stop orders on all its synthetic lawn care products, Baker said. In addition to destructive environmental effects, he said, links had been established between health problems and long-term exposure to such chemicals. "We were concerned about our health, the health of our customers and the health of the overall environment."

"Ten years ago, the decision was not an easy one to make," Baker said. "We were prepared to take a real economic hit. But that has not been the case at all." He said longtime customers had been receptive to the change, and it had attracted a new customer base.

While synthetic fertilizers may appear to be cheaper, he said, they are highly soluble and can be washed off the lawn or into the water table and also can evaporate. "With most synthetic and chemical fertilizers, there is a great deal of waste or loss," he said, adding that they are also fossil fuel-derived, which adds another environmental cost. Meanwhile, most organic fertilizers are made from composted waste products, are more stable and less easily washed away, and create healthy soil and plants that are more resistant to disease and insect problems, Baker said. While many are manure-based, some are made with other products, such as alfalfa or chicken feathers. "There are many organic fertilizers that contain no manure for people who absolutely don't

SEE GREATER NEIGHBORS, PAGE 22



**Gail Pean, 'Still life with Clementines and Vine,' 16 X 20 inch oil on canvas.**

## 'First 1,000 Hours' At Great Falls Library

Gail Pean's solo exhibit to benefit Haiti earthquake relief.

The "First 1,000 Hours" is a first Solo Art Exhibit of oil paintings by artist Gail Pean to be featured April 15-June 30 at the Great Falls Library on Georgetown Pike. Twenty percent of all painting sales will be donated to the Vanessa Pean Foundation for earthquake relief in Haiti and ten percent of sales will be donated to the Great Falls Library.

A reception, with an opportunity to meet the artist, takes place Saturday, April 24, 3-5 p.m. Enjoy refreshments and art of Gail Pean and fellow artists of Great Falls Studios in a joint group show in the adjacent conference room. The exhibit includes images of Haiti, still life, people and places. Pean shows her art locally in Great Falls and Fairfax County venues and takes private portrait commissions. She paints from both live models and photographs.

Pean is a founder and treasurer of the Vanessa Pean Foundation, which honors the spirit and dedication of her daughter Vanessa Pean to provide scholarships to children in Haiti, clean water wells and aid to earthquake disaster relief. More than 120

scholarships have been provided in Haiti since 2005.

Pean studies oil painting with local artists Jill Banks, Michaela Mansuino and Adrienne Kralick through Great Falls Foundation for the Arts (GFFFTA). She has also studied watercolor and acrylic painting with other Washington, D.C. area artists in the past through the Corcoran Institute and Torpedo Art Student League in Alexandria. Pean has served as a judge of several art contests in Great Falls and for the Bethesda Children's Inn at NIH and is serving as Community Liaison on the Board of Great Falls Studios, a consortium of 85 artists in Great Falls.

Visit [www.gailpean.vpweb.com](http://www.gailpean.vpweb.com) or e-mail [painting@gailpean.vpweb.com](mailto:painting@gailpean.vpweb.com) or call 703-609-3092 for more information.



**Gail Pean, 'Vanessa Blowing Bubbles,' 12 X 16 oil on canvas portrait.**

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## WEEK IN GREAT FALLS

### Optimist Club Hosts Oratorical Contest

Contestants in the annual Great Falls Optimist Club Oratorical Contest will present their speeches Thursday, April 15 at 7 p.m., at the Great Falls Library. Members of the public are encouraged to attend. This year's topic is: Cyber Communication: Progress or Problem?

Each year, students from Great Falls, Reston and McLean, under the age of 16 may compete to win a college scholarship of \$500 from the club. Winners may then go on to compete at the Zone and District levels in May and June. Zone winners receive a plaque while District winners receive scholarships up to \$2,500. More than \$150,000 in college scholarships are awarded nationally by the Optimist International Foundation each year. First conducted in 1928, nearly 2,000 clubs now participate in this program each year.

### McLean Centennial Committee Seeks Historical Items

McLean & Great Falls Celebrate Virginia is looking for historical items circa 1910. The organization is currently planning the McLean Centennial Celebration, which will take place on June 26, at the McLean Community Center. They are seeking photographs, toys, clothing as well as other memorabilia for display purposes. Anyone with an item may contact Page Shelp at 703-450-3918. The next meeting of the planning committee takes place on Monday, April 26, at 5:30 p.m. at the McLean Community Center. For information contact Carole Herrick at 703-356-8223.

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## REAL ESTATE

# Housing Market Looking Up

Older homes and new townhouses selling well in Northern Virginia.

BY JULIA O'DONOGHUE  
THE CONNECTION

This is the third article in a series of three pieces about the local census data. To read more, please visit [www.connectionnewspapers.com](http://www.connectionnewspapers.com).

Home values in Northern Virginia, like most other places in the country, have declined, sometimes dramatically, since 2007. But, overall, the last decade was a time of unprecedented growth in local residential real estate, particularly in the very high-end house market.

Even accounting for the recent downturn, the median price of a home in Fairfax and Arlington counties still more than doubled over the last 10 years.

According to U.S. Census data, the median price of a single-family detached dwelling in Fairfax was \$233,300. Last January, Fairfax officials said previously-owned single-family homes in 2009 were selling for an average of \$521,050.

The market peaked in Fairfax from 2005 to 2007, when previously-owned, single-family homes had a median price of over \$600,000.

In Arlington, the price of a single-family detached home went from a median price of \$262,400 in 2000 to \$586,200 in 2008, according to census data.

"I don't think in the year 2000, anyone would have predicted their homes would be worth what they

SEE HOUSING, PAGE 23

## Fairfax Real Estate: Then and Now

The year 2000 was the last time the U.S. Census did a precise survey of Fairfax County residents but the federal government also collected information through an American Community Survey from January 2006 to December 2008 in order to determine how the county has changed.

Many of the trends found when comparing the 2000 Census data to the 2008 survey estimates are likely to also show up when the 2010 Census is completed.

	FAIRFAX COUNTY		VIRGINIA		USA	
	2000	2008	2000	2008	2000	2008
<b>Median Household Income</b>	<b>\$81,050</b>	<b>\$106,470</b>	<b>\$54,169</b>	<b>\$61,044</b>	<b>\$41,994</b>	<b>\$52,175</b>
\$50,000 to \$74,999	20%	14.1%	22.6%	19.3%	19.5%	18.8%
\$75,000 to \$99,999	16.9%	13%	13.4%	13.3%	10.2%	12.5%
\$100,000 to \$149,999	21%	27.4%	4.1%	14.7%	7.7%	12.2%
\$150,000 to \$199,999	9%	13.8%	3.7%	6.2%	2.2%	4.3%
\$200,000 and up	7.5%	17.7%	3.3%	6.1%	2.4%	4.2%
<b>Families Living In Poverty</b>	3%	3.3%	7%	7%	9.2%	9.6%
<b>Individuals Living In Poverty</b>	4.5%	5%	9.6%	9.9%	12.4%	13.2%
<b>Median Single-Family Home Price</b>	\$233,300	\$566,100	\$125,400	\$259,200	\$119,600	\$192,400
<b>Median Monthly Mortgage Payment</b>	\$1,669	\$2,551	\$1,140	\$1,690	\$1,088	\$1,508
<b>Home Values</b>						
\$100,000 to \$150,000	25,911 11.8%	1,700 0.6%	373,288 24.7%	218,153 10.8%	23.7%	15.4%
\$150,000 to \$199,999	49,959 22.8%	2,596 1%	233,999 15.5%	247,106 12.2%	14.6%	13.7%
\$200,000 to \$299,999	73,026 33.4%	16,830 6.2%	209,613 12.9%	383,416 18.9%	11.9%	17.1%
\$300,000 to \$500,000	48,157 22%	88,069 32.5%	107,093 7.1%	478,734 23.6%	6.5%	17.4%
\$500,000 to \$1 million	14,153 6.5%	136,449 50.3%	28,041 1.9%	353,049 17.4%	2.4%	11.4%
\$1 million and over	1,896 0.9%	21,424 7.9%	4,013 0.3%	55,808 2.7%	0.6%	2.6%
<b>Households With A Child Under 18 Years Old</b>	29.7%	33%	32.7%	30.9%	32.8%	31%
<b>Households With A Married Couple</b>	59.4%	56.3%	52.8%	50.7%	51.7%	49.6%
<b>One-person Households</b>	21.4%	25.8%	25.1%	27.4%	25.8%	27.5%
<b>Average Household Size</b>	2.74 people	2.72 people	2.54 people	2.54 people	2.59 people	2.61 people
<b>Average Family Size</b>	3.2 people	3.29 people	3.04 people	3.1 people	3.14 people	3.2 people
<b>Vacant Housing Units</b>	2.6%	6.5%	7.1%	10.3%	9%	12%
<b>Owner-occupied housing</b>	70.9%	74%	68.1%	69.3%	66.2%	67.1%

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## COMMUNITY

**Event Hostesses with Dr. Rachel Brem. Back row, from left, are Michelle Dawson and Rosemary Laphen. Front row, are Barbara Hawthorn, Laura Wheeler Poms, Beth Bejeck, Mariann Durante, Suzanne Motta and Dr. Rachel Brem.**



PHOTO BY SHARON ALLEN GILDER

# Mobilizing To Save Lives

**Great Falls event raises \$13,000 to fight breast cancer.**

BY SHARON ALLEN GILDER

The verdant greens of River Bend Golf and Country Club provided an elegant backdrop on Sunday, March 21, for a breast cancer awareness event that drew more than 100 women from the greater Washington, D.C. area and raised more than \$13,000 to help save lives. Lunch & Brem, underwritten by event sponsor, Rosemary Laphen, took place for Brem Foundation to Defeat Breast Cancer whose namesake, Dr. Rachel Brem, a radiologist and director of George Washington University Medical Center's Breast Imaging and Interventional Center, was keynote speaker. Statistically, the Washington, D.C. area has the highest death rate from breast cancer in the country.

Laphen met Brem for the first time last year in the pages of a grant application from Brem Foundation to an organization close to her heart, CharityWorks. Welcoming Brem to the podium, Laphen said, "In that application I learned about Dr. Brem's background and credentials but, not until I met her at a Brem event to present a \$10,000 check from CharityWorks did I really understand what an amazing woman Dr. Brem is. She provides compassionate care, recognizes our fears, our anxieties and, at times, our heartbreak."

Brem acknowledged the grant from CharityWorks helped expand efforts to assist women in need of biopsies. "You have truly saved a life," she said. "It's said, if you save one life you've saved the world." Ten women received the benefits of the grant to the foundation.

**INTEREST** in charitable causes comes naturally to Laphen. "It's a

passion for giving back," she said. "I've been very blessed in life. Giving back is a way of showing gratitude for all I have. There are a lot of physicians, clinicians and researchers that are outstanding with the medicine end, but it is so rare to find a physician who has the compassion. Dr. Brem tries to ease the fear and treat the person not just the problem. I'm giving to help somebody who considers the whole person."

Sue Apple, president of Brem Foundation, a grassroots non-profit, told the gathering: "Today you will be provided with the gift of empowerment so when you get that phone call from a mother, grandmother, sister or friend, you will know exactly what to do for them and for yourself."

Apple introduced the seven hostesses and said to the attendees. "I want you to look at these women and know that they invited you here today because they care about you," she said. Apple encouraged federal employees to designate Brem Foundation during the Combined Federal Campaign. Brem's CFC number is 33112.

The color orange is prominent at Brem events in tandem with the pink in the foundation's logo because, as board member and artist Ellen Gordon said, "Orange is a universal color of healing. In color therapy, orange is used to raise immunity and give energy."

"The best way to cure breast cancer is to find it early, so I decided to become a radiologist to find new and better ways for detection," Brem said. Success has come in meeting her goals to shorten the wait time for women to learn the results of biopsies and outfitting GW's interventional center with state-of-the-art equipment blended she said, "with compas-

sionate care that takes into consideration the emotional and medical components of breast cancer."

Due to Brem's protocols, GW's interventional center was one of the first in the country to have an MRI biopsy device. Brem is also director of GW's mobile mammography unit. The Mammovan visits low-income areas in the city to make early detection possible for underinsured and uninsured women.

Brem and her colleague, Dr. Jocelyn Rapelyea, perform minimally invasive biopsies at GW's Breast Imaging and Interventional Center. "No woman today, in 2010, should go to the operating room for a breast biopsy," Brem said. "Now we have a Band-aid and a needle. No one should be having analog mammography anymore. All mammograms should be performed digitally. If you think something's wrong, don't give up. Advocate for yourself."

**A RECENT** study released by the U.S. Preventive Services Task Force suggested women between the ages of 40-49 did not need to have mammography screening nor was self-examination necessary. "I can assure you their conclusions were wrong," Brem said. "This has to stop. This has been a travesty." Nationally, since the release of the study, the number of women ages 40-49 getting mammograms has decreased 25 percent and the number of state funded mammography programs has also decreased.

Heidi Holscherpryal was diagnosed with breast cancer 2 1/2 years ago at age 40. "I had one 2-millimeter tumor like a macad

SEE CHARITY, PAGE 7

## POETRY CORNER

BY DOROTHY ANNE SPRUZEN

### The Visit

Only four years before  
Upright and fit,  
Young for seventy-five,  
Middle-aged, really,  
Ferried me to Sicily,  
Drove around the island  
Halfway, then bisected it.

I visited again this summer,  
But it was someone else I saw,  
Someone else's brother  
Shuffling toward me  
At a dimly-lit bus stop  
At midnight in Pescara,  
The Italian town he calls home.

I knew of the heart attack,  
The cutting and sewing,  
The weary rehabilitation, but  
I knew nothing of the Parkinsons  
He was too proud to mention,  
Denying the aging and weakness  
I could not fail to see.

My big brother,  
Much, much, much older than me  
You understand.  
An old man.

### Snow Drifts

The neighbor's massive branch  
adds a certain pizzazz to  
my roofline.

Gutters moan and groan  
under three feet of snow  
and huge icicles beneath  
(stalactites in truth)  
strive to bring them  
down to earth where  
they belong.

My dog ploughs through  
but the little guy can only  
get so far before he must  
leave little yellow stains  
and worse  
on the pristine snow.

The road outside my house  
is a glorious drift of white  
easy on the eye but  
treacherous underfoot for  
my fragile bones.

I write, I watch TV when  
there is power and  
I read when there is  
sun or power  
and I talk on the phone  
but I long to talk  
face to face with someone  
although I talk to my dog  
he listens politely.

He doesn't talk back  
which I often appreciate  
although now  
a riposte from someone who  
is not on Facebook but  
faces me so I see their eyes  
and smiling lips would be  
a blessing  
so I would know I am  
not adrift.

### About the Author

Dorothy Anne Spruzen (Dorothy S. Hassan), a McLean resident, was born and brought up near London. She moved to the U.S. in 1966 and became a citizen in 1976. She lived first in New York and then in Virginia, and has spent significant periods of time in the Middle East and Europe. She earned her MFA in creative writing from Queens University of Charlotte and teaches creative writing for the Fairfax County Adult and Community Education Department.

# Charity Empowers Women, Promotes Awareness

FROM PAGE 6

amia nut and two 1-millimeter tumors like kernels of corn," she said. "If I had waited and followed the Task Force guidelines, my cancer might have been missed. Fortunately, it was detected early."

Brem, who has three daughters and one granddaughter said, "The incidence of breast cancer is flattening and the mortality rate has decreased by 4 percent nationally. You have to be vigilant with yearly screening and you want a radiologist that reads breast film at least 90 percent of the time, not knees and elbows. You must ask who is interpreting your exam. You must ask because your life is at stake. I want to use research and education to give my granddaughter many more options than even my daughters have today."

One guest asked about Hormone Replacement Therapy (HRT). "Regarding HRT, no one should take it period, exclamation point," Brem said. "It's a personal decision, but it increases your risk of breast cancer and heart disease, and it's a very significant increase of risk."



PHOTO BY SHARON ALLEN GILDER

**Dr. Rachel Brem and event sponsor Rosemary Laphen.**

Attendees Michelle Dawson and Suzanne Motta, were inspired to raise funds by planning clever galas. "My 81-year-old mother was diagnosed with a little touch of breast cancer last year," Dawson said. "Now she is cancer free. I think the work Dr. Brem is doing is just phenomenal and Suzanne and I want to plan a Black Tie & Bustier Gala for Brem Foundation."

The foundation pays no administrative salaries and 100 percent of funds donated go directly to foundation projects including the Biopsy Fund, research and purchase of the latest technology.

"When I received the invitation from Rosemary, my ears perked up and I asked myself, 'Why am I not involved in this yet?'" said local jeweler Wendy Adeler Hall, a guest

of Laphen's. "I want all the tools of knowledge in my arsenal should this be my diagnosis. I want to be well-equipped."

McLean Interior Designer and hostess, Barbara Hawthorn said she was happy to be a hostess. "Anything that can heighten women's awareness and use the wonderful network of friends to reach out to those who don't have the knowledge about breast cancer is very important. So many people think of health care issues as being alone. This is a way to make it less isolating and more personal."

"Knowledge is power," said Beth Bejeck. She and her sister Mariann Durante teamed up as hostesses "to bring more information to friends and neighbors and to find out about the latest research and diagnosis techniques," Durante said.

"My thought is, I think you hear lots of amazing information and I pick up something new every time," said Herndon resident Jackie Brentzel, who has attended numerous Brem events. "It's clearly a very important issue in this area and the country, and it's

nice to know we can help women who wouldn't normally get the help."

**RIVER BEND'S** Director of Catering Kathleen Piepenbrink was taken by the warmth of the group and inspired to make an appointment for a mammogram. "The women are so welcoming," she said. "This is a very close knit and outgoing group. I haven't had a mammogram yet, but I will go and get one as soon as possible. There is no history in my family, but you never know."

Hall echoed the mission in Brem Foundation's title. "I love the message of the foundation, the mantra 'defeat breast cancer,' she said. "I love the opportunity to network with women. You see all the benefits of women taking on this cause. That's why we're seeing such great results."

"Our \$10,000 saved 10 lives," said CharityWorks member Faye Morrisette. "That's your reward. The more you give, the more you get back. What more can you ask than to save a woman's life?"

For more information visit [www.bremfoundation.org](http://www.bremfoundation.org).

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## Cuccinelli Misleads on Costs

Perhaps we need a referendum to decide if and when Virginia will spend time, resources and image on challenging federal actions?

Some of us are probably prepared to admit that we are embarrassed, as two of Virginia's major newspapers warned we might be. But no one predicted that there would be so much to blush about so soon.

Suddenly, Virginia is in the national spotlight, not for being home of the Internet along the Dulles corridor, not for being the place for lovers (too many exceptions apply), not for being the mother of many presidents, not for its history, not for its wine.

No, Virginia is in the national spotlight because our newly elected Attorney General, Ken Cuccinelli of Clifton, Fairfax County, has taken to court declaring recently passed landmark health care legislation as unconstitutional. He also sued to stop the regulation of greenhouse gasses and now will challenge new federal standards for auto emissions (even though even the auto industry would rather have federal controls that a patchwork of state regulations).

He opened his administration telling Virginia's dramatically underfunded colleges and universities that they could not include sexual orientation in their anti-discrimination policies.

Last October, before the election, the Virginian Pilot warned: "Cuccinelli's election would bring embarrassment to Virginia." The Washington Post, a few days later: "Cuccinelli would drive away qualified lawyers from an office that

functions as the state government's law firm, and, given his bizarre ideas, he would very likely become an embarrassment for the commonwealth."

**ADDING INJURY TO INSULT**, Cuccinelli denies that these escapades are costing the Commonwealth anything, releasing a statement claiming, for example, that the only costs involved are the filing fees, \$350 in the case of the constitutional challenge to the health care.

That's like saying it didn't cost anything to close the Federal Government in the snow emergency in February. The actual cost was about \$70 million a day.

Cuccinelli owes his constituents a real accounting of the costs, the amount staff time devoted to the efforts. The Office of the Attorney General is Virginia's law firm, and there are established methods for billing and assessing costs.

Most important is admitting the opportunity costs. What is it that his office is not doing because of the time and focus playing national politics?

His two immediate predecessors, Gov. Bob McDonnell and Virginia Supreme Court Justice Bill Mims, both focused on consumer protection. McDonnell launched the "consumer alert of the month," a column which addressed real problems faced by ordinary Virginians in terms of financial fraud, identity theft and

other critical issues. Mims maintained the monthly effort. The columns appeared in media around the state, and served both as a warning and as a means of reaching out to people who had been victims.

The last such "alert" was filed the month before Cuccinelli took office, after monthly entries for four years through 2009. ([www.oag.state.va.us/CONSUMER/Consumer\\_Alert\\_Archive.html](http://www.oag.state.va.us/CONSUMER/Consumer_Alert_Archive.html))

Taking care of Virginian's interests is not at the top of the priorities of the current attorney general.

The 14 duties and powers of the Office of the Attorney General (see [www.oag.state.va.us/OUR\\_OFFICE/Role.html](http://www.oag.state.va.us/OUR_OFFICE/Role.html)) include providing information on identity theft and remediation, help Social Services collect child support, prosecute certain environmental and computer crimes, enforce laws that protect businesses and consumers, represent consumers in utility matters before the State Corporation Commission, in addition to providing legal advice and opinions to the Governor, General Assembly and other state agencies.

Ken Cuccinelli was elected state senator representing the 37<sup>th</sup> District, part Prince William and Fairfax counties, in a special election in 2002. The election drew 16.6 percent of registered voters after state Sen. Warren Barry (R) resigned to take a job with the Warner Administration. Cuccinelli was reelected in 2003 and then in 2007 held onto his seat by less than 100 votes.

— MARY KIMM,  
MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIAL

### LETTERS TO THE EDITOR

#### Well-deserved Honor

To the Editor:

I commend the Fairfax County Federation of Citizens Associations for its selection of Clark Tyler as "Citizen of the Year." Clark has devoted countless hours to the Tysons Land Use Task Force that has recommended major changes for Tysons Corner, which are now being evaluated by the Fairfax County Planning Commission.

While the McLean Citizens Association believes those recommendations are excessive and unsupported by existing and affordable additions to infrastructure, our disagreement does not extend to the extraordinary effort and time commitment made by Tyler. On behalf of the McLean Citizens Association, I offer him my heartiest congratulations on his well-deserved honor.

**Rob Jackson**, President  
McLean Citizens Association

#### Taking a Lead on Smoking Cessation

To the Editor:

During last year's General Assembly session, Virginia enacted its first significant anti-smoking legislation in history. The state law restricting smoking in restaurants went into effect Dec. 1, 2009. It is particularly important when taken in the context of Virginia's historic role in tobacco growing and manufacturing. While the legislation is not perfect, restricting smoking in restaurants is a positive step in addressing health-related illnesses associated with smoking.

However, more needs to be done.

Tobacco-related illnesses remain the #1 preventable cause of death in the United States. According to the American Lung Association, these illnesses equate to 393,000 American deaths each year and an additional 50,000 deaths from sec-

ondhand smoke. In Virginia, cigarette smoking claims about 9,000 smokers a year and an estimated 1,200 nonsmokers from exposure to second-hand smoke. From personal family experience, I can relate to the deadly consequences of tobacco use.

The next significant step that must be taken is for Virginia employers to take a leadership role in promoting smoking cessation through anti-smoking programs in the workplace and by eliminating the co-pay requirements for smoking cessation therapies. I am proud that the Commonwealth of Virginia and Norfolk Southern Corp. have taken a lead in this area.

Nicotine, smoking's addictive ingredient, is actually more addictive than heroin! Therefore, smoking is a tough habit to quit, with studies suggesting it takes up to six tries to be successful. Smoking cessation is most successful when medication and therapy are combined.

These treatments can be expensive, and the costs deter smokers

from taking a course of action that could lead to ending their habit. Cost barriers must be reduced or eliminated if we are truly to promote smoking cessation programs. In fact, the Center for Disease Control recommends that health plans:

- ❖ Cover at least four counseling sessions of at least 30 minutes each, including telephone and individual counseling sessions;
- ❖ Cover both prescription medication and over-the-counter nicotine replacement treatments;
- ❖ Provide counseling and medication coverage for at least two tobacco cessation attempts per year; and
- ❖ Eliminate or minimize co-pays or deductibles for counseling and medications.

What is the cost to Virginia and our country if we don't provide incentives for smokers to quit?

Smoking related illnesses cost our nation \$193 billion annually. In Virginia, estimated health-care

SEE CALLAHAN, PAGE 19

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# BULLETIN BOARD

To have community events listed in the Connection, send to [greatfalls@connectionnewspapers.com](mailto:greatfalls@connectionnewspapers.com). Deadline is Friday.

## THURSDAY/APRIL 8

**Shepherd's Center of Oakton-Vienna Spring Adventures in Learning Open House and Registration.** 10 a.m.-12 p.m. at the Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Classes will be 9 a.m.-2 p.m. Thursdays April 15-June 10. \$40 fee. Classes include Tai Chi, Bridge, World and National Affairs, Health, and Women in Religion. 703-281-0538 or [www.scov.org](http://www.scov.org).

## FRIDAY/APRIL 9

**McLean AAUW Author Luncheon.** 12 p.m. at the McLean Community Center, 1234 Ingleside Ave., McLean. Speaker, Anthony S. Pitch, author of "They Have Killed Papa Dead!", about the assassination of Abraham Lincoln. \$25. 703-448-9195 or [www.mcleanaauw.org](http://www.mcleanaauw.org).

## TUESDAY/APRIL 13

**NARFE Vienna-Oakton Chapter 1116 Monthly Meeting.** 1:30 p.m. at the Vienna Community Center, 120 Cherry St. S.E., Vienna. Speakers will be Vienna Town Council candidates Laurie Genevro Cole, Edythe Frankel Kelleher and Michael J. Polychrones. Contact Shirley Keyes at 703-698-1838.

## WEDNESDAY/APRIL 14

**Keep Tysons Moving: Capital Beltway HOT Lanes and Dulles Metrorail Construction.** 7:30 a.m. at Capital One, 1680 Capital

One Drive, McLean. Construction schedules and traffic impacts, resources for employers and commuters and more. Continental breakfast. Reserve at [outreach@virginiahotlanes.com](mailto:outreach@virginiahotlanes.com) or 877-959-5222.

## Multiple Sclerosis Support Group.

7 p.m. at Vienna Presbyterian Church, 124 Park St. N.E., Vienna. A group for anyone with multiple sclerosis and/or their family and friends. Sponsored by the National Capital Chapter of the MS Society. Free. 703-768-4841.

## THURSDAY/APRIL 15

**Park Authority Listening Forum.** 7 p.m. at the Great Falls Grange, 9818 Georgetown Pike, Great Falls. Talk to members of the Park Authority Board and Park Authority Director John Dargle Jr. 703-324-8662.

## VTRCC Annual Nonprofit

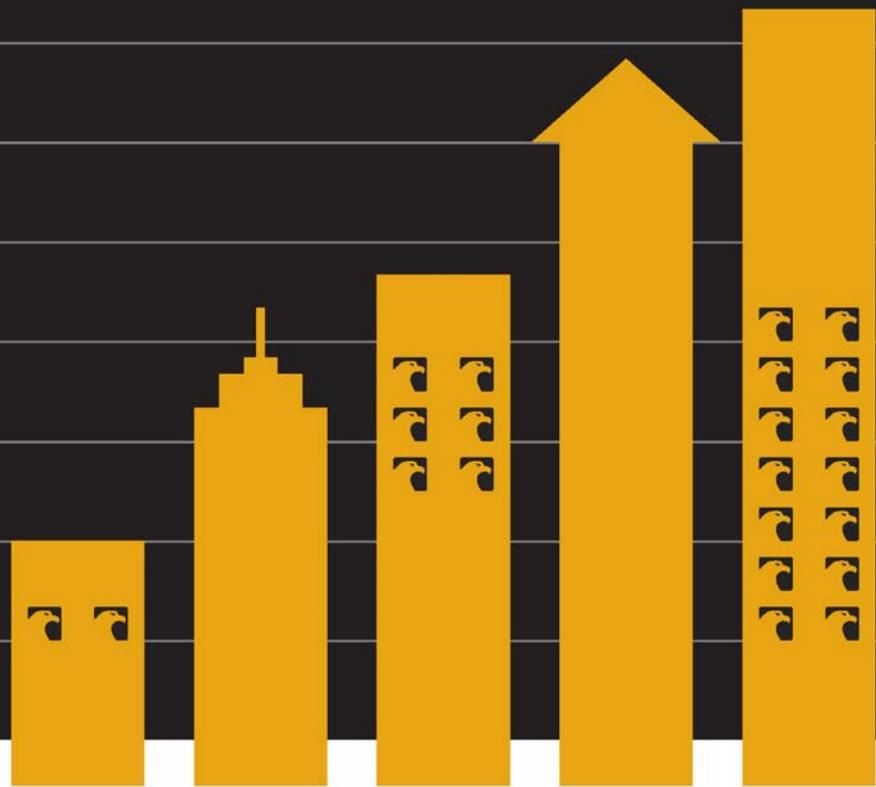
**Luncheon.** 11:30 a.m. at Morton's at Tysons Corner, 8075 Leesburg Pike, Vienna. Dr. Gerald Gordon President and CEO of Fairfax County Economic Development, will speak about the importance that nonprofits have in the economic health of our area and the significance of business and nonprofit partnerships. 703-281-1333 or [www.vtrcc.org](http://www.vtrcc.org).

## FRIDAY/APRIL 16

**VTRCC Brown Bag University.** 12 p.m. at Fairfax County Economic Development Authority, 8300 Boone Blvd., Suite 450, Vienna. Judy Rodda, President of Career-Life Changes and Steve Salley, Financial Planning Specialist, on how to turn dreams and ideas into actions for career satisfaction and financial security. 703-281-1333 or [www.vtrcc.org](http://www.vtrcc.org).

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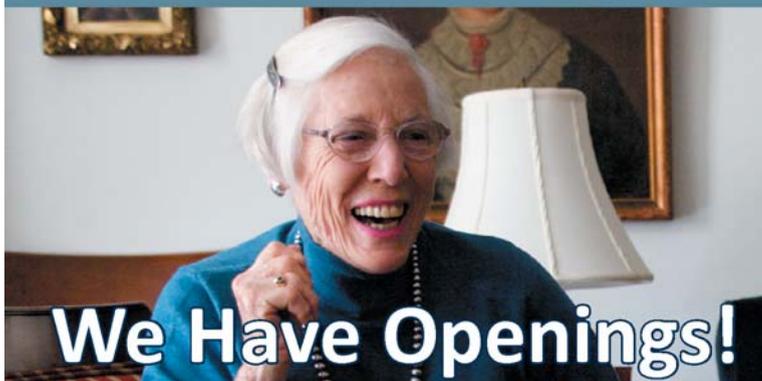


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## NEWS



**BePeace class on April 2 at Unity of Fairfax.**

CONTRIBUTED PHOTOS

# BePeace Comes to Area

**Course participants learn how to 'feel peace, speak peace and teach peace.'**

**W**ith participants from all over the U.S., Rita Marie Johnson, the founder of the Rasur Foundation, taught the BePeace Foundations Course for the first time on the East Coast at Unity of Fairfax from March 29 to April 2.

Volunteer Co-Chairs Donna N. Lee of Great Falls and Steven R. Marcom, a McLean resident since 1987, organized the BePeace Foundations Course. Lee is a peace minister and Marcom is a BePeace facilitator. Both said they were delighted to have had the opportunity to help bring BePeace to Northern Virginia.

"BePeace is an amazing class," said Patty Hagan of Reston. "The authenticity and integrity that its founder, Rita Marie, brought to the class made it a wonderful journey which I hope to share with others."

"BePeace is wonderful and effective tool for those who want to improve communication skills within oneself and in every form of relationships in work, family, friends, community and our world," said Sam Lee of Manassas. In this course, Johnson shared a practice she has termed BePeace. The course is a 40-hour experience where participants learn how to "feel peace, speak peace and teach peace."

"I yearned all my life to be a peacemaker, but I was missing a solid 'how-to,'" said Johnson. "With the practice of BePeace, I improve every day in my ability to actually model peace. I am a different person than I was five years ago because of this skill. People are amazed at how quickly they can begin to have transformative experiences using BePeace."



**Co Chairs BePeace Fairfax, Donna N. Lee of Great Falls and Steve Marcom of McLean with Rita Marie Johnson, center.**



**Participant Kathryn Ashera, left, with BePeace founder Rita Marie Johnson.**

Over the last three years, BePeace has been taught to graduate students from 16 countries at the United Nations University for Peace and 48 participants from 10 countries at the Summit of the Global Alliance of Ministries and Departments for Peace. BePeace

has been initiated in nine states in the USA as well as Canada, Europe and Central America.

For more information on BePeace and the Rasur Foundation see [www.rasurinternational.org](http://www.rasurinternational.org). For more information on the local program see [www.bepeacefairfax.org](http://www.bepeacefairfax.org).

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# McLean Community Center 2010 Governing Board Election

The Governing Board and staff of the McLean Community Center strongly encourage all qualified residents to vote **for members of the McLean Community Center 2010-2011 Governing Board**. Your vote sends a very important message of your support of the Center's programs and services.

## When & Where:

Vote between the hours of **10:30 a.m. and 5 p.m.** at the McLean Day 2010 festival on **Saturday, May 15**, at Lewinsville Park, 1659 Chain Bridge Rd.

## Requirements to Vote:

1. You must be a resident of the McLean Community Center tax district (Dranesville Small District One); however, you need not be registered to vote in the general election.
2. You must be at least 18 years old (by McLean Day) to vote for adult candidates. Adults may vote for up to four candidates (since there are four seats to be filled in the election).
3. You must be 15 through 17 years old (by McLean Day) to vote for youth candidates. Youth voters have two votes, and may vote for one candidate in each of the two high school districts, or may vote for just one candidate in either district. Youth may not vote for more than one candidate in the same district.

4. You must bring identification and proof of residency, such as a driver's license. If you do not have identification, you may sign a sworn statement.

## Absentee Voting:

Any qualified resident may vote by absentee ballot.

Residents may pick up an absentee ballot package at the Center's reception desk, **Monday, April 12**, through **Wednesday, May 12**, or may call the Center at 703-790-0123, TTY: 711, or send a request by E-mail to "Ellen.Barial@fairfaxcounty.gov," to have the package mailed to their homes. Completed ballots must be received by the Center by 5:00 p.m. on Wednesday, May 12.

**Write-in candidates are allowed.**

## Meet the Candidates

### Adult Candidates—Four Positions Open



#### Sylvia Buckland

I have been a resident of the McLean district for the past 30 years. My children attended McLean schools and I was involved in many of the schools' activities. I also have been a volunteer in the theatre productions with my son at the Center. I have served 10 years as an employee at the Community Center and, therefore, am very familiar with the programs and the general functioning of the entire facility and would like to share that experience by serving the community as a member of the Governing Board.



#### Thomas M. Culligan, Jr.

Having previously served on the McLean Community Center Governing Board from 2000-2001 as the Langley High School representative, I keenly understand the important role the Center plays in our community. Last year, I returned to McLean and currently serve as a policy aide to Rep. Frank Wolf, who represents McLean in the U.S. Congress. As a Board member, I would work to bring new ideas, energy and accountability to the Center. I also would like to see the Center play a more active role outside of its building and have a more visible and regular presence in downtown McLean.



#### Kevin Dent

I am currently a member of the Governing Board of MCC, having been elected in May 2007. Last year, I served as vice chairman of the Board and chairman of the Finance Committee and the Capital Facilities Committee of the Board. I have spearheaded efforts to reduce the tax rate paid by the McLean community in support of MCC; in the last three years, we have reduced the tax rate by almost 15 percent. Further, I have been active in exploring the possibility of expanding MCC's presence in downtown McLean as part of the proposed redevelopment of downtown McLean.



#### Jay Howell

I am delighted to be a candidate for a seat on the McLean Community Center Governing Board. My wife, Betsy, and I have been McLean residents since 1985. I am self-employed in government relations consulting. I am interested in serving on MCC's Board to maintain and improve the many activities, events and programs that MCC offers. MCC is the heart of our community, and as the downtown McLean revitalization effort gets underway, we must plan for how MCC will be part of the new downtown McLean. I also see a role for MCC in improving opportunities for McLean youth sports.



#### Craig E. Richardson

My wife and I moved to McLean in 1998. We have two boys and are delighted to be raising them in McLean. I currently serve as commissioner of the McLean Mustangs youth football club and am on the Board of Directors of McLean & Great Falls Celebrate Virginia. I also was president of St. John Academy's PTO, where both sons attend, and I remain on the Board. I am committed to ensuring that McLean Community Center's quality programs are offered efficiently and at reasonable costs. I am dedicated to reducing the tax burdens and holding the line on any increases.



#### Robin Walker

It is with great interest that I submit my application to serve as a member of the Board of Directors of the McLean Community Center (MCC). As long-standing residents of McLean, my family and I have enjoyed many of the programs provided by MCC. I have a long history of serving as a volunteer in McLean in a variety of activities including both Girl Scouts and Boy Scouts and am a volunteer for the visual arts in many different community schools. My goal is to preserve and support MCC's programming and its ability to serve the interests of all residents.



#### Stanley A. Zuckerman

I have been a newspaperman for *The Columbus (Ga.) Enquirer* during the civil rights years, a reporter for *The Milwaukee Journal* covering labor unions, chief of staff to the governor of Wisconsin, for 30 years a foreign service officer and, after retiring from the foreign service, founder and chairman of Lives and Legacies Films that has produced three prime time documentaries for PBS. I have lived in McLean since my return from Brazil in 1989, and am impressed by the range of activities offered by the McLean Community Center. I hope to be able to contribute to its continued success.

### Youth Candidates—Two Positions Open

#### McLean High School Area



#### Craig McKenzie

As an honors student in the ninth grade, I wish to represent McLean High School students during Community Center board meetings to improve our community. I have gained insight by volunteering with the Old Firehouse Teen Center after school and with the Special Events and Youth departments on weekends. My volunteering history includes events such as McLean Day, Martin Luther King Jr. Day and the Storybook Festival. I will continue to work with staff to improve programs and boost attendance. I received the H. Gordon Randall Outstanding Volunteer Award in 2008 and the DAR Award in 2009 for my services.

#### Langley High School Area



#### Sun Park

I am a highly involved sophomore at Langley High School. I am the communications liaison in Model UN, play the tenor saxophone in the Wind Symphony and am in Student Government. The main purpose of this Center is to provide opportunities for students, like myself, to learn. I am running because I want to maintain and develop the tradition of excellence. I would be a great facilitator of student opinions, and I have creative ideas on how to improve the Center with more communication. Additionally, I have the perseverance and work ethic to make the upcoming year a success.

## Absentee Voting

Want to vote, but can't make it to the McLean Day festival on May 15? Vote by absentee ballot beginning April 12! Call the Center or send a request by E-mail to "Ellen.Barial@fairfaxcounty.gov" to have a ballot sent to your home. Or, stop by the Center and pick up an absentee ballot package. Completed ballots must be received by close of business on **Wednesday, May 12**, to be counted.



**The McLean Community Center**  
1234 Ingleside Avenue, McLean VA 22101  
703-790-0123/TTY: 711  
[www.mcleancenter.org](http://www.mcleancenter.org)



## Egg Hunt at Great Falls Village Centre

The Great Falls Optimist Club and Adeler Jewelers are once again teaming up to host the egg hunt at the Village Centre on Sunday, April 11, at 1 p.m. Check in begins at 12:30 p.m.

This will be the 26th year that the hunt has taken place. "This year, in light of the recession, we decided to bring the event to the community at no charge," said Joda Coolidge, club president. "The Optimist Club and Adeler Jewelers will be underwriting the cost of the event. Typically, this is a fund raiser for us, but we felt this would be a good year to do it just for fun." Donations will be gladly accepted.

The egg hunt includes more than \$5,000 worth of gemstones donated by Adeler Jewelers, mixed with candy and stuffed into 5,000 plastic eggs that are scattered around the Village Centre for children ages 1-10 to find. A giant bunny will be on hand to help the littlest ones and ensure that every child leaves with some eggs.

There will be no rain date for this event. Participants may call 703-759-4076 on April 11 after 9 a.m. to learn if inclement weather will force cancellation of the event, but the organizers plan to proceed unless the weather makes things unsafe or is too awful to carry on. The Village Centre will be divided into sections according to age, so children will need to check in at 12:30 p.m. and line up at the appropriate entrance.



A giant bunny will be on hand to help the littlest ones, and ensure that every child leaves with some eggs.

## CALENDAR

Send announcements to [greatfalls@connectionnewspapers.com](mailto:greatfalls@connectionnewspapers.com). Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit [www.connectionnewspapers.com](http://www.connectionnewspapers.com)

### THURSDAY/APRIL 8

**William M. Ferraro on 'George Washington's Mind, or, A General's Genius.'** 7:30 p.m. at the McLean Historical Society, McLean Community Center, 1234 Ingleside Ave., McLean. Ferraro is an assistant professor and assistant editor with the Papers of George Washington at the University of Virginia. [schulm@erols.com](mailto:schulm@erols.com).

**Swing Dance with Natty Beau.** 7:30 at The Old Town Hall, 3999 University Drive, Fairfax. 703-424-1745 or [www.headoverheelsdance.com](http://www.headoverheelsdance.com).

**Shane Hines (acoustic), Scott Simons and Bleu.** 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$12. 703-255-1566 or [www.jamminjava.com](http://www.jamminjava.com).

**Time Strategies for Life & Work.** 7 p.m. at The Women's Center, 127 Park St. N.E., Vienna. \$35 nonmembers, \$25 members. Register at [www.thewomenscenter.org](http://www.thewomenscenter.org) or 703-281-2657.

**Opening Reception for Reston: The Road and the Rail.** 6 p.m. Reston Museum, 1639 Washington Plaza, Reston. How transportation affected Reston's development. Through May 30. 703-709-7700 or [www.restonmuseum.org](http://www.restonmuseum.org).

**Irish folksinger, songwriter and harpist Moya Brennan.** 8 p.m. at Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. \$25. [www.wolftrap.org](http://www.wolftrap.org).

### FRIDAY/APRIL 9

**David L. Chewning Book Signing.** 1 p.m. at Vinson Hall Retirement Community, 6251 Old Dominion Drive, McLean. 89-year-old Chewning, a retired Air Force major, has just published his second novel, "A Life Worth Living," with the help of 'History Matters' project volunteers. 703-506-2133.

**Yu Wei Chinese Dance Collection.** 8 p.m. at the McLean Community Center, 1234 Ingleside Ave., McLean. Chinese dance, costumes and film. Rescheduled from Feb. 5-7. 703-790-9223.

**Rocknocoeros Family Happy Hour.** 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$10, age 1-under free. 703-255-1566 or [www.jamminjava.com](http://www.jamminjava.com).

**bob CD Release Show, The 5 L's and The Franchise Players.** 10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$12 in advance, \$12 at the door. 703-255-1566 or [www.jamminjava.com](http://www.jamminjava.com).

**Humble Boy.** 8 p.m. at 1st Stage, 1524 Spring Hill Road, Tysons Corner. A comedy about broken vows and bee-keeping. \$25 adults, \$15 students. 703-854-1856 or [www.1stStageTysons.org/humble](http://www.1stStageTysons.org/humble).

**Friends of the Great Falls Library Book Sale.** 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Used book sale. 703-757-8560.

**Amphibians After Dark.** 7:30 p.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. Learn to identify frogs and toads by their calls. Explore the ponds and pools bordering the Potomac River after dark. \$5 per person. Ages 7 and up. Register at 703-759-9018.

**The Discovery Series: the Los Angeles Guitar Quartet.** 8 p.m. at

Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. \$35. [www.wolftrap.org](http://www.wolftrap.org).

**The College of Visual and Performing Arts Impact 2010: 24-Hour Arts Festival.** Beginning at 7 a.m. and continuing through 7 a.m. Saturday, April 10. In the Art and Design Building, George Mason University, 4500 University Drive, Fairfax. This 24-hour art marathon is free and open to the public, and features an array of hands-on art activities, including a large-scale steamroller printmaking process, available to anyone who wishes to take part. Student-led and faculty explorations include music, dance, theater, film and visual art. 703-993-8898.

### SATURDAY/APRIL 10

**Mad 5K Run and One Mile Walk.** 9 a.m. at James Madison High School, 2500 James Madison Drive, Vienna. The race will benefit the James Madison track team. Awards will be presented to the top 3 male and female finishers, as well as age group awards. T-shirts and refreshments will be available. \$15 students, \$20 adults at [www.active.com/framed/event/craig.chasse@cps.edu](http://www.active.com/framed/event/craig.chasse@cps.edu).

**bob CD Release Show, Almost Kings and Feed Dog Cabbage.** 7 p.m. and 10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$12 in advance, \$12 at the door. 703-255-1566 or [www.jamminjava.com](http://www.jamminjava.com).

**Humble Boy.** 2 p.m. and 8 p.m. at 1st Stage, 1524 Spring Hill Road, Tysons Corner. A comedy about broken vows and bee-keeping. \$25 adults, \$15 students. 703-854-1856 or [www.1stStageTysons.org/humble](http://www.1stStageTysons.org/humble).

**Great Falls Studios Fourth Annual Spring Art Festival.** 10 a.m.-5 p.m.

at Colvin Run Historic Schoolhouse, 10201 Colvin Run Road, Great Falls. Watercolor and oil paintings, pottery, weaving, traditional and digital photography, art quilts and more by Great Falls artists. Raffle, 5 p.m. Free admission. 703-442-9251.

**Garth Fagan Dance.** 8 p.m. at George Mason University Center for the Arts Concert Hall, 4400 University Drive, Fairfax. A blend of ballet, contemporary dance and Afro-Caribbean movement by the Tony Award-winning choreographer of 'The Lion King.' Pre-performance discussion, free to ticket holders, begins at 7:15 p.m. on the Center's Grand Tier III. Tickets are \$22-\$44, available at 888-945-2468 or [cfa.gmu.edu](http://cfa.gmu.edu).

**The Smart Split.** 10 a.m. at McLean Governmental Center, 1437 Balls Hill Road, McLean. \$45 nonmembers, \$35 members. Register at [www.thewomenscenter.org](http://www.thewomenscenter.org) or 703-281-2657.

**McLean Community Center Spring Community Garage Sale.** 9 a.m.-1 p.m. at the Business Bank parking garage, 1451 Dolley Madison Blvd., McLean. Household items, toys, electronics, glassware, clothing, collectibles and more. Free admission. 703-790-0123 TTY 711 or [www.mcleancenter.org/special-events](http://www.mcleancenter.org/special-events).

**Microsoft Word.** 2:30 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Learn the basics of word processing. Age 13 and up. 703-293-6227.

**Friends of the Great Falls Library Book Sale.** 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Used book sale. 703-757-8560.

**Claude Moore Colonial Farm Dairy Day.** 1-4 p.m. at The Claude Moore

Colonial Farm, 6310 Georgetown Pike, McLean. Help the colonial farm family churn butter and cheese. Find out what curds and whey are, and gain a new appreciation for these foods. \$3 adults; \$2 children and senior citizens. [www.1771.org/directions.htm](http://www.1771.org/directions.htm).

**Large-Scale Service Project with Tysons Corner Kiwanis.** 8 a.m. at Clemjyontri Park, 6317 Georgetown Pike, McLean. Help complete projects around the park to make it a better place for children of all abilities to play. Volunteers welcome. [www.tysonscornerkiwanis.org](http://www.tysonscornerkiwanis.org)

**Julie Murphy Wells: Sophisticated Lady.** 7:30 p.m. at Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. \$25. [www.wolftrap.org](http://www.wolftrap.org).

**SUNDAY/APRIL 11**  
**African Children's Concert: Journey of Hope.** 4 p.m. at George Mason University Center for the Arts, 4400 University Drive, Fairfax. Music and dance from across the African continent. A pre-performance discussion, free to ticket holders, begins at 3:15 p.m. on the Center's Grand Tier III. \$21-\$42, available at 888-945-2468 or [cfa.gmu.edu](http://cfa.gmu.edu). Youth through grade 12 half price.

**I Saw A Ghost, The Kindness Of Strangers, Lakeview, New Castle, A Sense Of Urgency and Freqontrol.** 5:15 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$10 in advance, \$13 at the door. 703-255-1566 or [www.jamminjava.com](http://www.jamminjava.com).

**Humble Boy.** 2 p.m. and 7 p.m. at 1st Stage, 1524 Spring Hill Road, Tysons Corner. A comedy about broken vows and bee-keeping. \$25 adults, \$15

SEE CALENDAR, PAGE 15



## Here's What's Happening at MCC



**Yu Wei Chinese Dance Collection**  
Friday, April 9, 8 p.m.  
\$28/\$10 McLean district residents

Experience Chinese culture through exhilarating dance and stunning film.

**Spring Community Garage Sale**  
Saturday, April 10, 9 a.m.-1 p.m.

Come out and find treasures as you browse through items from close to 50 sellers!

**Cantus**  
Sunday, April 11, 3 p.m.  
\$32/\$27 McLean district residents

Like a mash-up of Glee and Chanticleer, this knockout ensemble is not your grandma's a cappella choir!

**Absentee Ballots Available**  
Monday, April 12

Vote for your favorite MCC Governing Board candidates by absentee ballot!

**Barbados: Island in the Sun**  
Wednesday, April 14, 7:30 p.m.  
\$10/\$8 McLean district residents

Get a jump start on the summer with a trip to the beach!

**Harry the Dirty Dog**  
Saturday, April 17, 2 p.m.  
\$14/\$10 McLean district residents

For ages 4+. ArtsPower's new musical, based on the classic book by Gene Zion, captures both the whimsical humor and touching dedication to family found in Harry's story.

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

[www.mcleancenter.org](http://www.mcleancenter.org)

## MCLEAN SPRING COMMUNITY GARAGE SALE

Save the date!  
**Saturday, April 10**  
**9 a.m.-1 p.m.**

Business Bank Parking Garage  
1451 Dolley Madison Blvd.  
(Across from J. Gilbert's Restaurant)

Selling spaces are available on a first-come, first-served basis for \$40.  
Deadline to apply is Thursday, April 8.  
Activity No. 2002.410.

For more information call the Center, or register online.

**The McLean Community Center**  
[www.mcleancenter.org/special-events](http://www.mcleancenter.org/special-events)  
703-790-0123/TTY: 711

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**Casino Event Only | 8:00 to 10:30 p.m.**  
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**MCLEAN ORCHESTRA**

# SPORTS

## Focused Langley Girls Off to Fast Lacrosse Start

**Saxons' girls soccer also playing well early in this spring.**

BY RICH SANDERS  
THE CONNECTION

**T**he Langley High girls' lacrosse team is off to a good 2-1 start this season. But don't expect the Saxons or their head coach, Richard DeSomma, to be overly excited by their early success.

Make no mistake, DeSomma is pleased with the way his team has played overall through its first few games. But last year, when the Saxons started 7-0 before struggling down the stretch and finishing 8-6, is a reminder that a season is not made or broken over the first few weeks.

DeSomma wants his team's focus to be on the present.

"I don't want the girls to look ahead past the next game," he said. Langley was scheduled to play on back-to-back nights this week against Loudoun Valley on Monday, April 5 and Liberty District rival Stone Bridge the following night in Ashburn. The contest versus Loudoun Valley, a non-Northern Region opponent, is a makeup game from March 15.

Langley lost its first game this season, a close, 12-11 setback at district foe Madison on March 18. But the Saxons came right back with a district road game triumph over Marshall, 15-8, on March 22, then followed that up with an impressive 8-2 win at West Springfield two days later.

Those first three games for the Saxons were all played on the road. Langley will open its district home schedule Tuesday, April 13, at 7:15 p.m., with a contest versus Fairfax.

Langley's leadership will come from its senior team captains — Elspeth McGarry, who runs the team's offense; goalie Mary Riley Pembroke; and Natalie Dolan, the team's defensive leader.

DeSomma said he has a tightly-knit, cohesive unit. "They play well together as a team, and they are very coachable," he said. "This is a happy [group of players]."

**ANOTHER EXCITING LANGLEY GIRLS'** team to keep an eye on this spring is coach Gretchen Hamm's soccer team (2-0-1), which is scheduled to host Madison Thursday, April 8, at 7 p.m., in a Liberty District contest.

A .500 team last year, Langley saw its 2009 season end with a first round district tournament playoff loss to Madison.

"They are kind of like our arch rivals," said Hamm, of the Warhawks. "We're pretty evenly matched teams overall. [Both teams] play possession style with offensive breaks. We're similar in style and play good games against each other."

Langley won its first two games this season by 2-0 scores, road victories over Stuart on March 19 and South Lakes on March 23. The Saxons then tied Lee in their following game, 2-2, at home on March 25.

"We've played very well," said Hamm. "We've been trying since I took over 2 1/2 years ago to play a [short passing] possession style and getting [all] the girls involved. This year we have lots of team speed. I'm thrilled with the way things have gone so far."



PHOTO COURTESY OF LANGLEY LACROSSE

**Langley's Kelly Martin (5) moves with the ball during a recent game.**

Langley has received a solid early part of the season from sophomore goalie Lindsey Amador.

"She's been playing great," said the coach. "You definitely wouldn't think she's an underclassman. She's a strong, vocal leader who is very confident and aggressive. She has given a lot of stability to our back [defense]."

Another sophomore, Lizz Gentry (four assists), has been a key contributor at center midfield.

"It doesn't matter what grade you're in when you step on the field," said Hamm. "She's a brilliant playmaker who sees the field very well and works very hard on defense. She started last year [as a freshman] at outside midfield."

One of the team's top players is center back Meredith Doherty, a junior team captain who a year ago marked opposing teams' top players and earned Second Team All-District accolades. While being a defensive force, Doherty is also an offensive scoring threat.

"She's a very good playmaker, she is strong in the air and she can shoot the ball," said Hamm, of the versatile Doherty.

Langley's senior team captains are defender Brooke Gallagher, a versatile, fast and tenacious player; midfielder Haley Fowler, a team role model who has missed most of the last two seasons due to injuries; and center midfielder Amanda Digiammarino, a fourth-year varsity player and excellent ball distributor.

Langley is looking forward to the return of junior Courtney Kim, who is working hard to come back from an injury.

Hamm said that the Saxons will need to stick to their style of play in order to be successful against their tough district opponents.

"A lot of teams play a long ball [kick and run] style," said Hamm. "We want to stay true to our possession style and be creative."



KENT ARNOLD/HERO MOMENT IMAGING

**McLean High's Rummer Bershtein scored four goals for the Highlanders in their girls' lacrosse loss at Jefferson last Thursday.**

### SPORTS ROUNDUPS

**The McLean Highlanders girls' lacrosse** team lost, 7-4, at Liberty District opponent Jefferson on March 25. McLean sophomore Rummer Bershtein scored all four goals for the Highlanders. Nina Zegler, a junior, contributed an assist and had two forced turnovers. Highlander senior goalkeeper Hanna Longwell made 11 of her 18 saves in the first half.

"Rummer Bershtein played a near perfect game with a 100 percent shooting average, and McLean's defense saw a lot of action and played well as a unit, forcing seven turnovers," said McLean coach Anne Inzerello. "Hanna Longwell played an aggressive game in goal and was an additional defensive force. Although we had a tough loss tonight, I expect the team to learn from the experience and continue to improve their all-around play."

McLean traveled to ESPN Wide World of Sports in Orlando over last week's spring break. This week, the Highlanders were scheduled to play Liberty District games at Marshall on Monday, April 5, and at home this Friday night, April 9 against Stone Bridge. The Fri-

day game, set to start at 7:15 p.m., will be McLean's home opener.

**The George Marshall High girls' lacrosse** program will be hosting its first Chili Cook off on Friday, April 16, from 6-9 p.m. Go to [www.seen.itgo.com](http://www.seen.itgo.com) for more details and an entry form. Tasters tickets are \$7 and include unlimited chili samples and sides (cookies, cakes, pasta salad, etc). Cooks only pay \$5 with their four quart chili entry and also get unlimited chili and sides to sample. Best Chili (meat and veggie category) winners will receive a certificate and VISA gift card. Winner of Best Chili Name will receive a gift basket. Cook entry forms are due Tuesday, April 13.

**Trevor Dade**, son of Rodney and Teresa Dade of McLean, received the Most Valuable Player award for his participation on the Randolph-Macon Academy (Front Royal) varsity basketball team this past winter season. Dade is an 11th grader at the college-preparatory, coeducational boarding school.

# CALENDAR

FROM PAGE 13

students. 703-854-1856 or  
www.1stStageTysons.org/humble.

**Great Falls Studios Fourth Annual Spring Art Festival.** 10 a.m.-5 p.m. at Colvin Run Historic Schoolhouse, 10201 Colvin Run Road, Great Falls. Watercolor and oil paintings, pottery, weaving, traditional and digital photography, art quilts and more by Great Falls artists. Free admission. 703-442-9251.

**Old Dominion Chrysanthemum Society Meeting.** 2:30 p.m. at the Falls Church Community Center, 223 Little Falls St., Falls Church. A one hour slide program on cultivating and propagating garden mums. Free admission, open to the public. Jim Dunne, 703-560-8776.

## MONDAY/APRIL 12

**Family Abuse: What Is It?** 7 p.m. at The Women's Center, 127 Park St., N.E., Vienna. Free. Registration required at www.thewomenscenter.org

**Shannon McNally and Hot Sauce.** 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$12. 703-255-1566 or www.jamminjava.com.

**Preschool Storytime.** 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Stories, fingerplays and activities. Ages 2-5 with adult. 703-757-8560.

## TUESDAY/APRIL 13

**DC101's Last Band Standing.** 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$10. 703-255-1566 or www.jamminjava.com.

**Fairfax Bibliophiles Book Collecting Group.** 7:15 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Topic to be announced. 703-293-6227.

## WEDNESDAY/APRIL 14

**Matthew Perryman Jones and Joshua James.** 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$10 in advance, \$13 at the door. 703-255-1566 or www.jamminjava.com.

**Rascal Rabbits.** 10:30 a.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Stories and activities. Age 3-5 with adult. 703-293-6227.

## THURSDAY/APRIL 15

**Neil Innes (Monty Python, Rutles).** 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$15. jamminjava.com.

**Great Falls Optimist Club Oratorical Contest.** 7 p.m. at the Great Falls Library, 9830 Georgetown Pike, Great Falls. This year's topic is Cyber Communication: Progress or Problem? Students from Great Falls, Reston and McLean, under age 16 compete to win scholarships. sandjcoolidge@verizon.net or www.greatfallsoptimist.org.

## FRIDAY/APRIL 16

**American Legion Post 270 Citrus Sale.** 8 a.m.-6 p.m. at American Legion Post 270, 1355 Balls Hill Road, McLean. Seedless grapefruit, valencia oranges, Murcot tangerines and pure maple syrup. Proceeds support local community youth, patriotic activities, and veteran needs. 703-356-8259.

**Pianist Edvinas Minkstimas.** 7:30 p.m. at Saint Luke Catholic Church, 7001 Georgetown Pike, McLean. Music by Schumann, Liszt, Debussy and Piazzolla. Tickets \$25, seniors and students \$15. 703-356-0670, www.minkstimas.com or www.saintlukemclean.org.

**Humble Boy.** 8 p.m. at 1st Stage, 1524 Spring Hill Road, Tysons Corner. A comedy about broken vows and bee-keeping. \$25 adults, \$15 students. 703-854-1856 or www.1stStageTysons.org/humble.

**Moscow Festival Ballet: 'Giselle.'** 8 p.m. at George Mason University Center for the Arts, 4400 University Drive, Fairfax. The tragic tale of the heartbroken peasant girl. A pre-performance discussion, free to ticket holders, begins at 7:15 p.m. on the Center's Grand Tier III. \$27-\$54, available at 888-945-2468 or cfa.gmu.edu. Youth through grade 12 half price.

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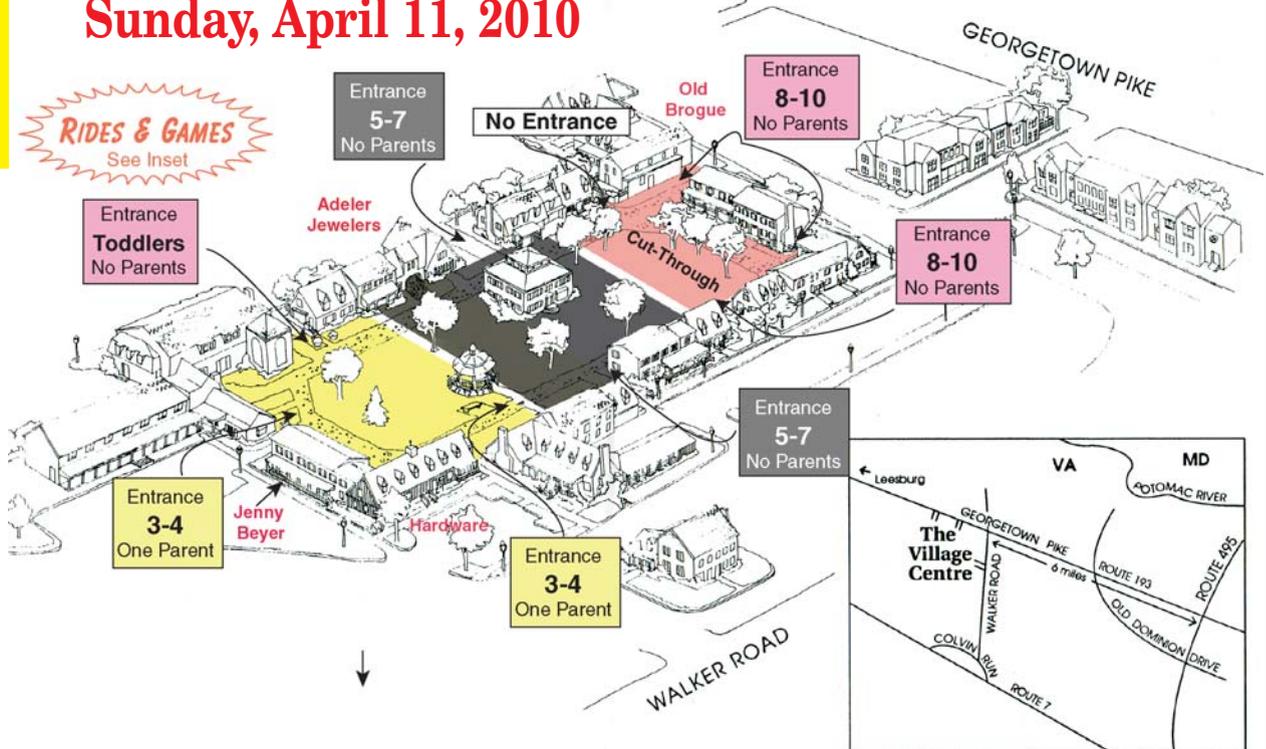
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## NEWS

# Empowering Children With Down Syndrome

**O**n Saturday, March 20, the Down Syndrome Association of Northern Virginia (DSANV) hosted the third of six monthly educational empowerment sessions for selected local families with children who have Down syndrome. Dubbed The Learning Program and adapted from a system pioneered in Orange County, Calif., the sessions enable parents — the “first teachers” of their own children — to implement teaching practices in line with the latest Down syndrome research. Now, DSANV is in competition for a “Pepsi Refresh” grant to ensure The Learning Program’s solvency and expansion.

“This innovative program enables kids and parents to learn new educational techniques that provide them with empowerment and confidence,” said Brian Ray, president of DSANV.

Made possible by funds raised by DSANV’s annual Buddy Walk, together with financial backing

and space donated from St. Thomas Episcopal Church in McLean, The Learning Program currently provides 16 families and their children an opportunity to spend time at four learning stations each month. Children rotate between literacy, math, speech therapy and occupational therapy centers in a classroom led by professionals.

Instruction focuses on techniques grounded in evidence-based research such as the match-select-name approach to developing vocabulary and reading skills, in which a child uses his or her visual strength to match pictures and is then prompted to select pictures in order to gain mastery of naming the items depicted.

While the children rotate between stations, parents learn how to utilize these same techniques in an adjacent room. By including parents in the instruction, The Learning Program bridges the gap between what the children learn in school and how parents can effectively reinforce the skills at home.



CONTRIBUTED

**Students work on number comprehension skills using Numicon.**

“This is one more way we are empowering children with Down syndrome — and their parents — with hands on learning techniques and information so that they can have the tools they need to thrive every day,” said Ray.

For more information about DSANV, contact Brian Ray at 202-832-7679, ext. 246 or [bray@dsanv.org](mailto:bray@dsanv.org), or visit [www.dsanv.org](http://www.dsanv.org).

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# "Choose Civility..."



By KENNETH B. LOURIE

...in Howard County." For some of you readers who may not make forays north into Howard County (think Columbia, Md.), perhaps you're unfamiliar as well with the ever-present, apparently popular and prideful green bumper sticker with the white printing adorned on many of its resident's automobiles promoting/advertising the civilized quality of life in this Maryland county: "Choose Civility in Howard County." As a resident in an adjacent county, I certainly am. And not because of any outreach to Montgomery County residents via radio, television or print (with which I'm familiar, anyway). No, the campaign, to the degree the production and dissemination/availability of these bumper stickers is concerted at all, seems to be a kind of passive-aggressive approach. Not exactly in your face, but likely within your sight, if you're driving behind a Howard County resident and paying attention, which I usually am. But the attention to which I'm now going to pay is somewhat unflattering. Isolated I'm sure, but certainly ironic given the image/brand-building going on through the appearance and presumptive token of their collective self-esteem.

However inadvertent it may have been, and however brief it was, I was nonetheless abruptly reminded, loudly and aggressively, that my driving delay in departing from a stop-light-having-just-turned-green was unacceptable. The driver behind me didn't just "lean" on his horn, if you know what I mean; he rested on it! Sorry, I thought, somewhat aggravated and nonplussed at the same time, as I pressed on the gas pedal and proceeded through the intersection. "Give me a break," (or something to that effect) as I reacted verbally to the tone and frequency of this horn o' plenty blaring directly behind me. "Cool it! Give me a second. Jeez." (I don't believe I swore, to tell you the truth.) And a few seconds later, this driver accelerated and passed me, but not before I noticed the familiar green bumper sticker on his car's rear bumper: "Choose Civility in Howard County." I didn't see whether the driver was a man or a woman, or whether the driver was in uniform or not (although the vehicle was not marked in any way); it simply appeared to be a regular passenger vehicle, not one on any kind of duty/in a hurry, but one proudly promoting the existence of civility in Howard County.

How ironic I thought. How rude I accused. How characteristic - or not, I wondered. I only wish I could have caught the whole episode on tape somehow; then found the Howard County employee/department responsible for this civility campaign; then found the actual driver whose behavior precipitated this pursuit and then presented it all to the County Executive for his/her approval/consideration. (Oh, I forgot to mention, this exchange occurred during the Blizzard of 2010, just to give the circumstances a little context.)

As an advertising consultant for 13 years with Connection Newspapers, I'm somewhat familiar with advertising campaigns. One of the old adages is, frequency matters; continuing exposure to the same message/promotion eventually wins the day (and the night, too). If consumers see/hear/read something enough times, they start to believe it. Previous to this incident, I had seen the Howard County bumper sticker many times, and had begun to wonder if in fact there was any truth/validity to its claim. Now I know better. This driver proved it.

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

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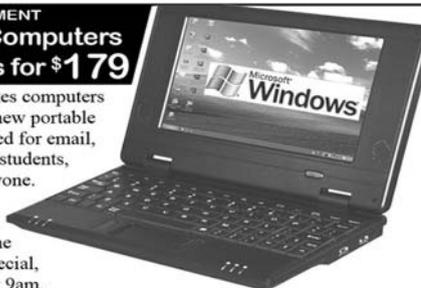
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## LETTERS

### Taking a Walk In the Park

To the Editor:

It is sometimes easy to lose track of time  
in this busy and bustling suburb of our  
Nation's Capital. It seems as if every day  
your "typical" family has numerous com-  
mitments that almost seem impossible to  
accomplish, we are constantly on the move.  
Great Falls is full of wonderful natural land-  
scapes and vivid imagery we, as locals tend  
to fail to take advantage of. Sure, we've all  
been to the park a handful of times. But,  
have most of us really been to the park?  
Have we really taken in all there is to see?

### Callahan

FROM PAGE 8

costs related to tobacco use are \$2.1 bil-  
lion, including \$400 million in Medicaid  
costs.

A November 2008 American Lung Asso-  
ciation of Pennsylvania report revealed an  
average pack of cigarettes in that state re-  
tails for \$4.72 while the combined medical  
costs and productivity losses attributable to  
each pack of cigarettes is five times higher,  
or \$23.78. The report revealed that every  
dollar spent on smoking cessation results  
in cost savings of roughly \$1.28 to \$2.76,  
depending on the type of intervention.

It is clear from both an economic and

### MILITARY NOTES

To have community events listed in the Con-  
nection, send to [greatfalls@connectionnewspapers.com](mailto:greatfalls@connectionnewspapers.com).  
Deadline is Friday.

Air Force Maj. **Park D. Ashley** is returning to  
the U.S. after a

deployment in support of Operation Enduring  
Freedom. Ashley, a security assistance officer with  
18 years of military service, is normally assigned to  
the 82nd Aerial Target Squadron at Tyndall Air  
Force Base, Fla. He is the son of Clarence and Clara  
Sue Ashley of Beach Mill Road, Great Falls, a 1985  
from Langley High School, and a 1990 graduate of  
the Georgia Institute of Technology, Atlanta.

**Keith A. Tooley** has been commissioned as a  
second lieutenant in the U.S. Army after success-  
fully completing the Army ROTC program and  
graduating with a bachelor's degree from West  
Virginia University. Tooley is the son of Jean D.  
Reimers of Donmore Drive, Great Falls and is a  
2004 graduate of Langley High School.

**Constance Lynne Solina** was promoted to  
U.S. Navy Lieutenant Commander on Sept. 3. Cur-  
rently with the Functional Integration Management  
and Training Directorate for the Center for Seabees  
and Facilities Engineering, she previously served in  
Iraq with the 4th Naval Mobile Construction Battalion  
in 2007, earned a civil engineering degree from  
Purdue University and a masters of environmental  
engineering from the University of Texas, Austin.  
Solina is the daughter of Pamela Beck Danner and  
David L. Danner of McLean, and a 1996 graduate  
of Langley High School.

**Air Force Lt. Col. Nicholas E. Russo** partic-  
ipated in Proud Shield II/Giant Sword II, a  
bombing, navigation, weapons loading, and secu-  
rity forces competition conducted by the Eighth Air  
Force to demonstrate the military's readiness and  
ability to project airpower around the world, set up  
a strategic deterrent to threats to American inter-  
ests, and meet national defense objectives. Russo  
is director of operations assigned to the 2nd Bomb  
Wing at Barksdale Air Force Base, Bossier City, La.,  
and has served in the military for 16 years. He is  
the son of Vincent and Reeta Russo of McLean; his  
brothers are Brian Russo and Mark Russo, also of

Doubtful. I know I personally haven't. In a  
world unstable as the one we live in, some-  
times it can be not only relaxing, but thera-  
peutic to literally take a walk in the park. I  
cannot image many places in the world that  
have the potential to be as stressful as Wash-  
ington, D.C. That is why I encourage all your  
readers to really take advantage of our  
town's natural assets this spring, summer,  
and fall. Go to Great Falls Park, go to  
Riverbend Park, take an afternoon for your-  
self and your family. Enjoy the scenic beauty.

**Nathan Stires**  
Great Falls

health perspective, the Commonwealth and  
businesses have to do more to promote  
smoking cessation programs. I encourage  
employers to follow the lead of Norfolk  
Southern and the state government by  
eliminating the financial barrier for employ-  
ees to quit smoking. It will save employers  
money by reducing lost time to smoking  
related illnesses, but more importantly it  
will save lives.

**Vincent F. "Vince" Callahan Jr.**  
Alexandria

The writer served in the Virginia General  
Assembly for 40 years, representing the 34th  
District.

McLean. Russo received a bachelor's degree in  
1993 from Davidson College, N.C., and a master's  
degree in 2002 from Embry-Riddle Aeronautical  
College.

Army Pfc. **Eric Z. Reynolds**, a 2007 graduate  
of Oakton High School, has graduated from the  
Infantryman One Station Unit Training at Fort  
Benning, Columbus, Ga. He is the son of James and  
Susan Reynolds of Oakton.

**Michael Thompson**, of Vienna is among 10  
James Madison University students that trained for  
three days with Special Forces soldiers at Fort  
Bragg, N.C., as part of the Army ROTC Ranger  
Group.

**Army 2nd Lt. Roman A. Terehoff** has  
graduated from the Infantry Basic Officer Leader  
Course at Fort Benning, Columbus, Ga. He is the  
son of Alex G. and Irina P. Terehoff of Borge St.,  
Oakton, Va. Terehoff graduated in 2001 from  
Oakton High School, and received a bachelor's  
degree in 2008 from George Mason University.

**Jennifer E. Fulco** has graduated from the  
Army ROTC (Reserve Officer Training Corps)  
Leader's Training Course at Fort Knox, Ky. Fulco is  
a student at George Mason University, and a 2007  
graduate of James Madison High School. She is the  
daughter of Bruce R. and Judy A. Fulco of Podium  
Drive, Vienna.

**Jerard M. Paden** has graduated from the  
Army ROTC (Reserve Officer Training Corps)  
Leader Development and Assessment Course, also  
known as "Operation Warrior Forge," at Fort Lewis,  
Tacoma, Wash. Paden is a student at Norwich Uni-  
versity, Northfield, Vt., and is the grandson of  
Eleanor Clark of Carrhill Road, Vienna.

Air Force Airman **Kimberly J. Werman** gradu-  
ated from basic military training at Lackland Air  
Force Base, San Antonio, Texas. She is the daugh-  
ter of Frank Werman of Silverstone Court in  
Oakton, and sister of Kyle Werman of Plum Run  
Court in Fairfax. Werman is a 2005 graduate of  
James Madison High School.

## 21 Announcements

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# FAITH

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

**Great Falls United Methodist Church**, 10100 Georgetown Pike in Great Falls, will re-launch its ministry called "All Things New" beginning Sunday, April 18 at 5 p.m. The service will be a 45-minute contemporary-style service that includes praise music, prayer, and biblically-based messages supported by related multi-media programs. The service is geared to help the church fulfill its role as Christ's healing agent, and help people re-order their lives by putting Christ first. 703-759-3705 or [www.greatfallsumc.org](http://www.greatfallsumc.org).

**The Guyasamaja Buddhist Center** will host Glenn Mullin, an author, poet, translator, and teacher of Tibetan Buddhism. On Sunday, April 11, Mullin will teach two classes open to all-from beginners in Buddhist practice to advanced practitioners. 1-5 p.m. Location: The Unitarian/Universalist Church, 1625 Wiehle Ave., Reston VA 20190. Suggested donation: one class \$10; both \$15.

**Charles Wesley and Chesterbrook United Methodist Churches** invite the community to a

20-minute weekly service of prayer and Holy Communion in the Charles Wesley sanctuary, 6817 Dean Drive in McLean, at 12 p.m. Thursdays. At the conclusion of the service, there is a time of individual blessing, anointing and healing prayer. Contact Charles Wesley UMC's office, 703-356-6336.

**Epiphany United Methodist Preschool**, 1014 Country Club Drive, N.E. in Vienna, is now enrolling 3-4-year-old students for the 2010/2011 school year. Contact 703-938-2391 or [www.epiphanypreschool.com](http://www.epiphanypreschool.com).

**Chesterbrook United Methodist Church** is at 1711 Kirby Road, McLean. Worship service is at 11 a.m. Sunday school is at 9:30 a.m. for adults and children. Rev. Kathleene Card, Pastor. 703-356-7100 or [www.ChesterbrookUMC.org](http://www.ChesterbrookUMC.org).

**The Jewish Social Services Agency (JSSA)** offers a wide variety of support groups for those with emotional, social, and physical challenges. Contact Gary Axelrod, 301-610-8309 or [gaxelrod@jssa.org](mailto:gaxelrod@jssa.org), or [www.jssa.org](http://www.jssa.org).

**HAVEN of Northern Virginia** offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or

[www.havenofnova.org](http://www.havenofnova.org) for schedules and registration information.

**McLean Presbyterian Church**, 1020 Balls Hill Road, McLean, worship services are at 9:15 a.m. and 11a.m. The church also offers a variety of adult education classes, as well as children's ministry program, student ministries gatherings, and the informal Saturday Night Service in the Fellowship Hall at 5:30 p.m. The message is the same as Sunday morning but with more interaction with the pastor. Childcare and children's programs are provided for infants through 2nd grade. [www.mcleanpres.org](http://www.mcleanpres.org) or 703-821-0800.

**McLean Bible Church Fitness Class** at Body & Soul fitness. Balance is key, energy is renewed, strength is gained, and friendships are formed. Mondays 9:15 a.m. and Fridays 9:45 a.m. Childcare is free for registered students. E-mail [bodyandsoul@mcleanbible.org](mailto:bodyandsoul@mcleanbible.org) for more information.

**Vajrayogini Buddhist Center** offers ongoing classes on meditation and Buddhist philosophy, Mondays at 7 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. \$10 per class. 202-331-2122 or [www.meditation-dc.org](http://www.meditation-dc.org).

## SCHOOL NOTES

Send School Notes to [greatfalls@connectionnewspapers.com](mailto:greatfalls@connectionnewspapers.com). Deadline is Friday.

**Langley High School choral department** is holding a car wash on Saturday, April 10, at the Great Falls Exxon on Georgetown Pike, 9 a.m.-3 p.m. LHS choir students will wash your vehicle for a donation. Proceeds will help support the choral department's annual Spring Show, a song and dance gala of Broadway show tunes in early June.

**Cooper Middle School** will present a matinee of their spring musical "Beauty and the Beast" on Sunday, April 18. The matinee will be preceded by a character tea party hosted by Belle, Mrs. Potts, Chip and more. The tea party begins at 1 p.m. at Cooper Middle School, 977 Balls Hill Road, McLean. Cast members will serve punch and cookies and pose for pictures with students. The show starts at 2 p.m. Tea party and show tickets are \$8 per child. Adult show tickets, \$8. "Beauty and the Beast" is also being presented on April 16-17 at 7 p.m.

**Forestville Elementary School** grades 3-6 will become international treasure hunters on Wednesday, April 14, 6:30-8:30 p.m. during the school's History Night. Students will travel through time as they imitate Indiana Jones solving puzzles of Ancient Greece and Egypt, re-enact a Revolutionary War battle scene, race against the clock to locate states and capitals, challenge their friends and family to find out "Are you Smarter Than a 5<sup>th</sup> Grader?," experience the process of how a bill becomes a law and more. The school is at 1085 Utterback Store Road in Great Falls.

**Sierra Avil and Anika Sellier**, both of Great Falls, have been named to the fall 2009 dean's list at the College of Liberal Arts and Sciences at Villanova University, Villanova, Pa.

**Jessica Lauren Reber** of Great Falls has been named to the fall 2009 dean's list at Washington University in St. Louis. Reber is a graduate of Langley High School.

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Baha'i Faith for Northern Virginia ... 703-821-3345

**Baptist**  
Global Mission Church ... 703-757-0877  
Peace Baptist Church ... 703-560-8462  
Bethel Primitive Baptist Church ... 703-757-8134  
Cartersville Baptist Church ... 703-255-7075  
Fellowship Baptist Church ... 703-385-8516  
First Baptist Church ... 703-938-8525  
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Oakton Church of the Brethern ... 703-281-4411

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Light Mission Church ... 703-757-0877  
Our Lady of Good Counsel ... 703-938-2828  
St. Athanasius Catholic Church ... 703-759-4555  
St. Mark's Catholic Church ... 703-281-9100

**Charismatic**  
Christian Assembly ... 703-698-9777

**Church of Christ**  
Berea Church of Christ ... 703-893-7040

**Disciples of Christ**  
Antioch Christian Church ... 703-938-6753

**Episcopal**  
Church of the Holy Comforter ... 703-938-6521  
Church of the Holy Cross ... 703-698-6991  
St. Francis Episcopal ... 703-759-2082

**Jehovah's Witness**  
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Church of the Good Shepherd ... 703-281-3987  
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Great Falls United Methodist... 703-759-3705  
Oakton United Methodist ... 703-938-1233  
Vale United Methodist ... 703-620-2594  
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Wesley United Methodist ... 703-938-8700

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Christian Assembly Church ... 703-698-9777

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Grace Orthodox Presbyterian Church ... 703-560-6336  
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## MCA to Recognize Teens with Character

The McLean Citizens Association is accepting nominations for the 14<sup>th</sup> annual Teen Character Awards through Saturday, April 24. Jan Auerbach, a member of the MCA's Education Committee who helps to select recipients, said the idea of the awards was to recognize teens for work that might not otherwise be officially honored. "It's the unsung hero kind of award," she said.

To qualify, teens aged 13 to 19 must have engaged in self-initiated work not organized by their school, church or other institution. "We really are looking for kids with very strong character," Auerbach said.

Recipients will be honored onstage during McLean Day, May 15. The award is not a competition, and the number of recipients is determined only by the number of nominees who qualify, Auerbach said.

Often, nominees have volunteered regularly with local organizations, but Auerbach said one recipient who came to mind was a track star who gave up the opportunity to go out for the track team in order to help support his

family. His father was disabled and his mother had cerebral palsy.

Last year's winners were Sarah Mendelsohn, a junior at Langley High School who had volunteered for the previous two years at the therapeutic riding center Spirit Open Equestrian, and Chloe Yazdani, who taught Spanish and computer classes, along with other volunteer work, at Lewinsville Senior Center.

"I think the award is great because it encourages volunteering," Yazdani said. Volunteer work, she said, was not only a way to help others but also provided avenues for teens to figure out what they wanted to do in the future. "I loved my volunteer work at the senior center, and I actually was hired by Fairfax County to work in the geriatric center where I volunteered as a teacher," Yazdani said.

She said she was now considering working on geriatric issues as a career option. However, she is also thinking of making education part of a double major, so she will volunteer for the last two months of the school year in her first-grade teacher's classroom to see whether she enjoys it. "I think you get a lot out of [volunteering] — more than most people

### Nominate a Teen with Character

Nomination applications for the McLean Citizens Association's Teen Character award are available in the McLean Community Center, 1234 Ingleside Ave., and in the guidance offices of Cooper and Longfellow middle schools and McLean and Langley high schools. Applications must be mailed to the McLean Citizens Association, P.O. Box 273, McLean, VA 22101, and must be postmarked no later than Saturday, April 24. To learn more, call Laura Kayser at 703-629-2676.

would expect," she said.

Nomination applications are available at the McLean Community Center and in the guidance offices of Cooper and Longfellow middle schools and McLean and Langley high schools. Nominees must live in a McLean ZIP code or in an area served by the McLean Citizens Association or a neighborhood that feeds into McLean or Langley high schools. They must be nominated by two adults, one of whom may be a family member.

"We're sure there are more kids out there doing good stuff than we know of," Auerbach said.

— MIKE DiCICCO



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6. BLAMES OTHERS FOR PROBLEMS OR MISTAKES: It's always someone else's fault if something goes wrong.
7. MAKES OTHERS RESPONSIBLE FOR HIS OR HER FEELINGS: The abuser says, "You make me angry," or "You're hurting me by not doing what I tell you."
8. HYPERSENSITIVITY: Is easily insulted, claiming hurt feelings when he or she is really mad. Rants about the injustice of things that are just a part of life.
9. CRUELTY TO ANIMALS OR CHILDREN: Kills or punishes animals brutally. Also may expect children to do things that are far beyond their ability (whips a 3-year-old for wetting a diaper) or may tease them until they cry. Sixty-five percent of abusers who beat their partner will also abuse children.
10. "PLAYFUL" USE OF FORCE DURING SEX: Enjoys throwing you down or holding you against your will during sex; finds the idea of rape exciting.
11. VERBAL ABUSE: Constantly criticizes or says blatantly cruel things; degrades, curses, calls you ugly names. This may also involve sleep deprivation, waking you with relentless verbal abuse.
12. RIGID GENDER ROLES: Expects you to serve, obey and remain at home.
13. SUDDEN MOOD SWINGS: Switches from sweet to violent in minutes.
14. PAST BATTERING: Admits to hitting a mate in the past, but says the person "made" him (or her) do it.
15. THREATS OF VIOLENCE: Says things like, "I'll break your neck," or "I'll kill you," then dismisses them with "Everybody talks that way," or "I didn't really mean it."

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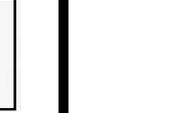
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## NEWS

### Greater Neighbors to Come Online

FROM PAGE 3

want to be putting any manure on their lawn or in their garden,” he said. Almost all organic fertilizers are made with a blend of ingredients in order to include a variety of nutrients.

**PESTICIDES** made with plant products like concentrated sesame oil or canola oil or derived from soil organisms can spare beneficial insects while targeting specific pests, Baker said, adding that they were also safe for people and pets.

However, Hughes Evans said the use of organic fertilizers could still result in an overabundance of phosphorous, which creates water quality problems, and she said even plant-based pesticides should be kept out of the watershed. “It’s not like a cut-and-dry case where organic is always better than commercial,” she said.

More important, she said, was applying products properly and only if necessary. For example, any grass fertilization should be done in the fall, when grass roots do most of their growing, not in the spring. “You want to apply fertilizer when the plant is taking it up,” she said, adding that this prevented both waste and pollution. Many ornamental plants, meanwhile, should be fertilized in the spring.

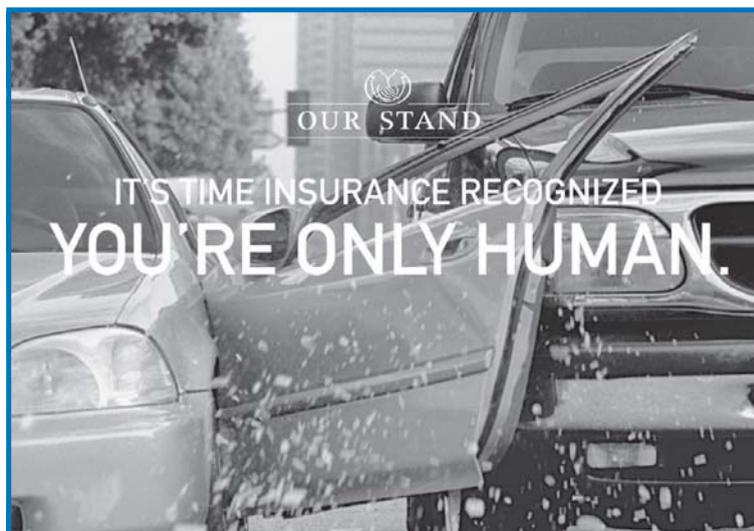
And there is a tendency to over-apply lawn and garden products. Hughes Evans said the health of the watershed and the bay could be greatly improved if residents simply followed the directions on their fertilizers and pesticides.

She said residents should also watch how water moves through their properties and make sure there is a buffer of space between the area where they apply products and not only any body of water but also any storm drain or other conduit. If storm water runoff courses over bare ground, some vegetation should be established there, which might require adding some organic material to the soil, she said.

Hughes Evans said local offices of the Cooperative Extension System, which is sponsored in part by the National Institute of Food and Agriculture, could offer guidance on pest control, fertilizing and other management of land resources.

“Get your soil tested before you do anything,” Stephan advised, noting that some soils can’t absorb fertilizers, while others don’t need it.

Stephan is also working on creating an resource for information about lawn and garden care with a local focus — a Web site called Greater Neighbors, which she said should be online any day.



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# REAL ESTATE

## Housing Market Starts to Rebound

FROM PAGE 5

are today, particularly if they were living in that home at the time," said Fairfax County Supervisor John Foust (D-Dranesville).

Foust's district, which includes Great Falls and McLean, has one of the concentrations of high-end housing in Northern Virginia. During the real estate boom from 2005 to 2007, several parts of the Dranesville District saw the value of their homes increase by 20 percent or more in one year, said Foust.

**IN PARTICULAR**, Fairfax and Arlington saw an explosion in the number of very expensive homes that came onto the market.

Fairfax was home to 1,896 single-family detached houses worth \$1 million or more in 2000. By 2008, that number had sky rocketed to 21,424 and the million-dollar-plus homes share of the Fairfax's housing stock had gone from just 1 percent to nearly 8 percent, according to data provided by the U.S. Census.

Arlington County had an even greater increase. In 2000, the locality had about 123 single-family homes worth \$1 million or more. By 2008, that number had increased to 4,721 homes, or about 10 percent of overall stand-alone homes in the jurisdiction overall.

Much of the growth in \$1 million homes, particularly in Fairfax, can be attributed to new construction, said Stephen Fuller, chair of the Center for Regional Analysis at George Mason University.

"It wasn't the old housing. The brand new housing was the much more expensive housing. There were a lot of \$2 million and \$3 million houses being built during that period," said Fuller.

According to Fairfax County's "Economic Indicators" report, the average newly constructed home in the county sold for more than \$1 million in 2007, compared to just over \$600,000 for a "pre-existing" Fairfax home at the same time.

"Land has gotten so expensive to buy that is hard to build a new home for less than \$600,000 or \$700,000," said Fuller.

**NORTHERN VIRGINIA'S** real estate market has started to rebound over the last few months, according to Fuller, who has been studying housing market trends in the region for years.

Historically, Northern Virginia

home values have appreciated at a rate of 7 percent per year. During 2008 and the first half of 2009, however, the average sales price for a home in Virginia plummeted, sometimes by as much as 30 percent from one month to the next.

Yet, in the last four months of 2009, the growth in home values had turned a corner and returned to an average appreciation rate of seven percent annually, Fuller said. In the first few months of 2010, Fairfax homes were appreciating at a rate even faster than seven percent, said Fuller.

**In 2000, Fairfax had 1,896 homes worth \$1 million or more. By 2008, that number had sky rocketed to 21,424. Million-dollar-plus homes grew from just 1 percent to nearly 8 percent of Fairfax County homes.**

"The market has come back much faster than I expected," he said.

Northern Virginia is poised to recover more quickly from the housing downturn than other parts of the country, in part because of its unusually strong economy, said Fuller.

At 6.9 percent, the Washington region has the lowest unemployment rate of the 15 largest job markets in the United States. Fairfax and Arlington, which have unemployment rates of 4.6 percent and 4 percent respectively, have even stronger economies.

**IN SPITE OF** the rebound, homebuyers are not necessarily behaving the way that they had in 2006 and 2007. Even as the market picks up, sales data shows that prospective buyers appear far more interested in buying a modest house than they were before.

In Fairfax, the number of sales of pre-owned single-family homes and condominiums has increased significantly since 2008, almost reaching 2007 levels. Sales of brand new townhouses are also up, though not nearly as high as in 2007.

The sales of brand new single-family homes, which cost an average of \$270,000 more than a pre-

viously-owned house in 2009 and tend to be much larger, still lag behind.

Fuller said that more first-time home buyers, people who don't own property already, are in the marketplace than there have been in recent years. These buyers tend to be younger and either can't afford or don't have a need for larger houses with big yards and more than three bedrooms.

Younger people are also more interested in being closer to work and in pedestrian-friendly communities near transit, said Fuller.

Newly constructed housing tends to be where land is cheap, farther from job centers and urban areas, and therefore less appealing to some young people.

"New homes tend to be farther out and younger people are looking at used housing that closer in," he said.

The habits of these new buyers may offer one reason why Arlington and the City of Alexandria have fared better in current housing downturn than their suburban neighbors. When Fairfax saw a double-digit percentage drop in the value of single-family homes last year, Arlington saw a decline of less than five percent in the same type of real estate.

**BUT FAIRFAX** residents who may have bought property — even a large, newly constructed house — at the height of the real estate boom should rest easy, according to Fuller.

Fuller said he expects a Fairfax house that has lost approximately 20 percent of its value to regain its worth in approximately three years.

"Fairfax houses will gain more value. Even retirees should not sell for a few years so they can get their money back," said Fuller.

Fairfax is more suburban and may not fit the traditional model of an urban community like Arlington or Alexandria but it is also the largest job center in the Washington, D.C. region. Local residents, including younger people, will continue to want to live in Fairfax, not only for the excellent public schools and amenities, but also to be close to work, said Fuller.

Fairfax is also the only regional locality with two major transportation projects under construction, the "high occupancy toll" [HOT] lanes on the Capital Beltway and a new Metro line, which will continue to make it attractive, he added.

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