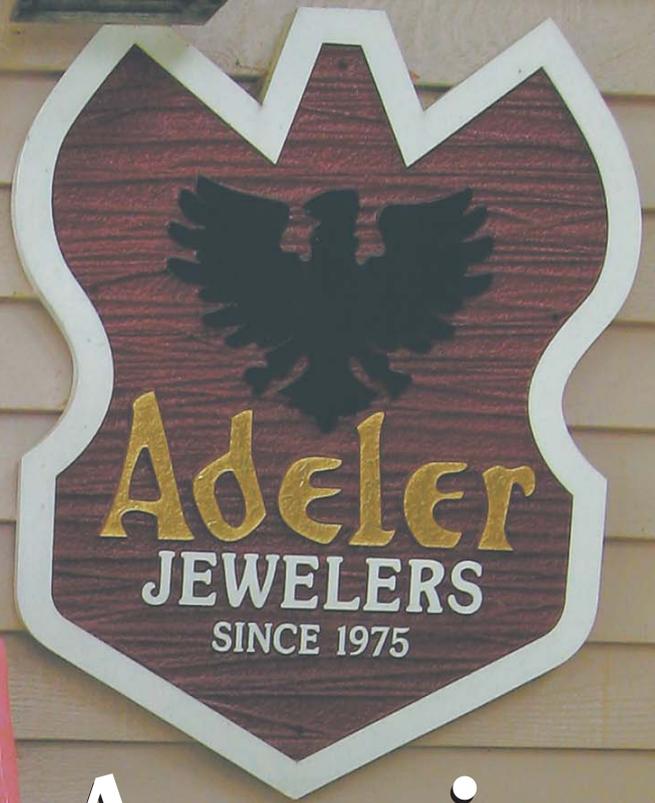


Great Falls CONNECTION

Jorge Adeler and one of his daughters, Valentina Adeler Armour, pose at the entrance to their shop. Adeler's daughters have become integral parts of the business, which he started after arriving in the country with virtually nothing and is now celebrating its 35th anniversary.



American Dream Fulfilled

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Higher Property
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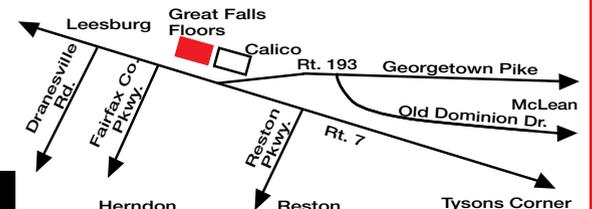
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NEWS

American Dream Fulfilled

One-time street vendor is now one of Great Falls' most prominent philanthropists.

Now celebrating its 35th anniversary, Adeler Jewelers is the longest-standing independently owned retailer in Great Falls. Thirty-five years ago, though, Great Falls Village Centre did not exist, and Jorge Adeler was selling crafts out of the back of his station wagon in Georgetown. He had arrived to the United States with a wife, two daughters and \$450. He didn't know English and he didn't have a plan. "OK, this is it. What are we going to do now?" he recalled saying.

Adeler's business now donates hundreds of thousands of dollars each year and is one of the most generous supporters of Great Falls organizations and activities. In 1990, he helped to found Great Falls Friends, through which he was involved in the creation of the Children's Festival, Taste of Great Falls, the Halloween Festival, Concerts on the Green and other activities. He stashes \$5,000 worth of gems in plastic eggs for the Easter Egg Hunt each year. The business also donates to Amadeus Concerts, Lift Me Up, the Great Falls Fire Department, local schools and churches, and other organizations.

"As long as they come and ask us and they're part of the community," he said, his family makes a point not to turn down any legitimate cause.

They also donate beyond Great Falls, giving to the American Cancer Society, the Make-A-Wish Foundation, St. Jude's Children's Hospital, Inova, the Washington, D.C. animal shelter and others. Adeler's photo album includes snapshots of himself and his family at charity events, posing with A-list celebrities from Ben Affleck and Robert Duvall to John McCain, various Redskins and Anna Kournikova.

ADELER explained his family's philosophy on giving in terms of food. Life is hard if one gets only a single identical dish each day, he said. Ten dishes to choose from each day is a luxury. "But if life gives to me 100 dishes a day, that, in my mind, is a waste," he said. "We all feel that life has given us our 10 dishes. Within our means, we would like to share some of those dishes before they go to waste."

The son of Dutch and Spanish parents, Adeler grew up in Argentina. After arriving in the United States, he began making a living as a craftsman. "My first products started with going to the mountains of Argentina and exchanging fish hooks and pocket knives for minerals and rocks," he said. Rather than capital, he started out with a line of credit at Woolworth's department store, where he bought items to trade. He made ornamental household items and the occasional pendant, which he sold on the street in

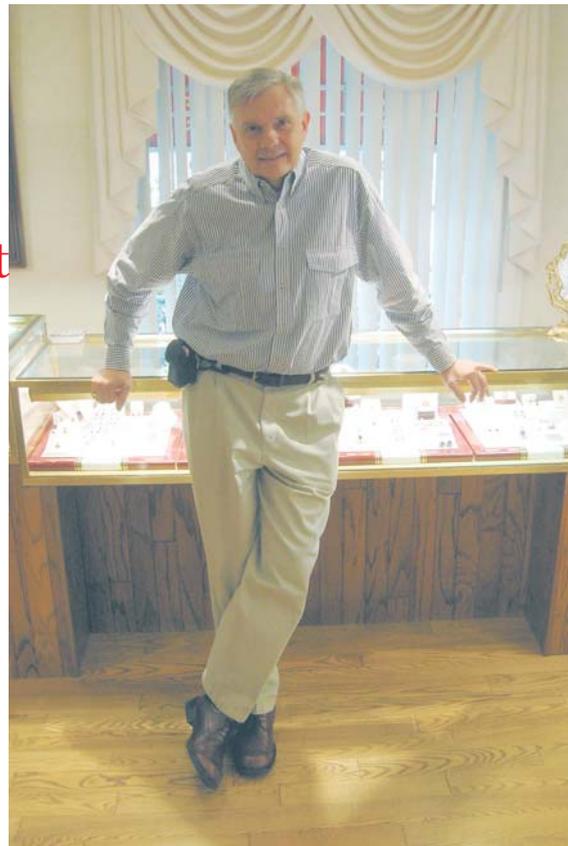


PHOTO BY MIKE DICICCO/THE CONNECTION

Jorge Adeler now owns the oldest independently owned retail business in Great Falls.

Georgetown and at craft shows all over the country. "I never knew anything about jewelry," he said. Within a couple of years, he rented space in Ocean City and opened a shop in order to be able to spend summers with his family. "And since I couldn't pay for vacations, that was equivalent to vacations," he said.

Gradually, he began making more and more jewelry. By the time he opened his shop as the fourth tenant in Great Falls Village Centre in 1980, he was making jewelry exclusively, and he gradually moved from semi-precious jewels and minerals to silver, gold, diamonds and precious jewels. He still makes all his jewelry by hand. "If you walk through the showcases, you won't find two of the same," he said.

Early customers often arrived on horses, which they tied to the oak tree by his door. Now, the trunk is too large for that, but no one shows up on horseback anyway, he said. The area had more farmland in those days, and the community moved at a slightly slower pace, Adeler said, but he added, "Personally, I think Great Falls still maintains very much of the same spirit. It's independent, private, but extremely friendly when you establish relationships with people."

Because residents are fond of their privacy, he said, there was a time when politicians had to go to the trash collection on Saturday to meet people. "That was the social point of Great Falls." This was why he and others had decided to establish a calendar of local events to bring the community together. And,

SEE ADELER, PAGE 6



PHOTOS CONTRIBUTED

At 8:15 a.m., hundreds of runners assembled at the center of Great Falls to prepare for the 1-mile run followed by a 5-kilometer (3.1 miles) run.

Running Tribute To Courtney Schilling

More than 300 participate in 1-mile, 5-kilometer runs.

BY HARRIS LA'EEF
COOPER MIDDLE

More than 300 runners participated in the First Great Falls Elementary School and Courtney Schilling 1-mile and 5-kilometer runs that took place on May 2. At 8:15 a.m., hundreds of runners assembled at the center of Great Falls to prepare for the 1-mile run followed by a 5-kilometer (3.1 miles) run. At 8:30 a.m., the runners dashed off in hopes to be the first to complete the mile.

Colter Carton, a fourth grader at Great Falls Elementary, was the first to complete the mile run. "It was very hard because I started behind a bunch of sixth graders, but when everyone

else got tired, I sped up and took the lead," said Colter.

"The event had a wonderful turnout for a wonderful cause," said Ernest Leighty, principal of Great Falls Elementary.

The 5-kilometer run followed. The runners assembled at the starting line and prepared for the large distance in front of them. Among the runners representing the Schilling family were Joanne Schilling, her husband John and their son Joe. The first person to complete the 5K was Andrew Street, a parent of a Great Falls Elementary student. All he could say was, "It was hard." The first student to complete the 5K was Warren Kahn, a fourth grader.

SEE RUNNING, PAGE 6



At 8:30 a.m., the runners dashed off in hopes to be the first to complete the mile.

THE COUNTY LINE

Higher Property Tax Rate, Car Fee Approved

Even with more money, schools, libraries and parks will still make program cuts.

BY JULIA O'DONOGHUE
THE CONNECTION

The Fairfax County Board of Supervisors approved a higher real estate property tax rate, new vehicle registration fee and increase in the quarterly sewer service charges in order to avoid deep cuts to services next year.

The supervisors voted 7-3 on a final version of the budget at an April 27 board meeting.

The county spending plan will restore several programs that were initially cut by Fairfax County executive Anthony Griffin. The supervisors have added money back in to keep bathrooms open at several county parks and athletic fields for example.

The Board of Supervisors was able to avoid some of the more drastic budget reductions proposed by Griffin because Gov. Bob McDonnell (R) and the Virginia General Assembly restored \$61 million in funding to Fairfax County Public Schools, according to county Chairwoman Sharon Bulova (D-At-large).

"The process was helped tremendously by that additional state funding," she said.

But the supervisors were not able to restore all funding to county programs. Fairfax residents will still have to cope with some reductions to services, such as public libraries operating on a limited schedule.

ALL THREE SUPERVISORS who voted against the county budget were members of the Republican Party. They primarily object to the vehicle registration fee, which they said would increase the overall county tax burden on the average Fairfax resident.

And though all seven Democratic supervisors ended up supporting the budget, at least two considered voting against it because of disagreement with the school system over spending priorities.

Supervisors Cathy Hudgins (D-Hunter Mill) and Gerry Hyland (D-Mount Vernon) were upset with FCPS Superintendent Jack Dale and the Fairfax County School Board's plan to eliminate Project Excel, Focus and the year-round school calendar from several elementary schools. The three programs provide extra funding, in-

structional time and staff to schools with large minority and low-income student populations that traditionally struggle with academic achievement.

Dale has said he intends to replace the current programs with another initiative aimed at improving academic achievement among at-risk students but he could not provide Hudgins or Hyland with many details about what the program might look like. Several supervisors were also unable to confirm whether the challenged schools that currently received extra funding would get assistance through the new program designed by Dale.

"In all my years on the board, this was the first time I was prepared not to vote for the budget," said Hyland, who wanted more details about how challenged schools were to be assisted after the programs were eliminated.

At the request of Hyland and Hudgins, the supervisors passed a resolution April 27 indicating that the county might be willing to give the school system more money to help cushion the impact of losing Excel, Focus and the year-round calendar. The supervisors and School Board members will discuss why the School Board chose to eliminate the programs at a joint meeting in May.

"These programs or an alternative should have been the school board's first priority, not its last priority. These are core programs," said Hudgins.

AS PART OF the overall budget package, the Fairfax supervisors voted in favor of a five-cent increase in the local real estate property tax rate from \$1.04 per \$100 of assessed property value to \$1.09 per \$100 of assessed property value. The stormwater service district tax will also increase from \$0.01 per \$100 of assessed property value to \$0.015 per \$100 of assessed property value.

The two rate increases have been offset in a decline in home values for many Fairfax residents. The average property tax bill in the county is still expected to be \$26.93 less than it was last year.

As part of the budget, Fairfax would also charge a new vehicle registration fee, \$33 for most cars annually. County residents would also pay an increase on sewer ser-

vice fees from \$4.50 to \$5.27 per 1,000 gallons used, raising the average sewer bill by \$60.

According to Bulova, the increase in the sewer service charge is largely to help the county come into compliance with federal government mandates regarding clean water.

IN GENERAL, people and organizations have not objected to the increase in the property tax rate, especially since the average Fairfax taxpayer would owe less than they did last year. Even Republican supervisors supported a hike in the rate, though Patrick Herrity (R-Springfield) has objected to the amount of money dedicated to stormwater management in the past.

The Fairfax County Chamber of Commerce objected to the vehicle registration fee, saying it would hurt local businesses.

"It will have a huge impact on businesses that have a large fleet," said chamber chairman Stuart Mendelsohn, a Republican who used to represent the Dranesville District on the Board of Supervisors.

DEMOCRATS who supported the new fee said the county needs to diversify its tax base. Real estate taxes generate 62.1 percent of the funding for Fairfax's budget and several supervisors said renters and other residents should have to share the local tax burden with property owners.

"I don't think all of our revenue should be derived from property taxes. Cars are also an expense to the county. For example, police have to take time to deal with car accidents and car-related thefts," said Supervisor Linda Smyth (D-Providence).

But at least one Democrat, U.S. Rep. Gerry Connolly (D-11), also criticized his former colleagues on the Board of Supervisors for bringing back the vehicle registration fee. As county chairman, the congressman led the effort to abolish the fee a few years ago.

Fairfax County does not intend to bring back the decal that was attached to the vehicle registration fee, so there is no justification for the payment, said Connolly.

"There is no rationale for this fee. Without the decal, it is a fee on nothing. Why not tax us for the air that we breathe?" said Connolly, who is running for reelection this fall.

In public meetings and through e-mails, Bulova said Fairfax residents were overwhelmingly interested in expanding the county's sources of tax revenue.

"We heard from the public and they expressed support for bringing back the vehicle registration fee," said Bulova.

PUBLIC SCHOOL PARENTS may need to brace themselves for more out of pocket expenses.

The supervisors allocated approximately 53 percent of its \$3.3 billion general fund to Fairfax County Public Schools leaving the school system with about \$16 million less from the county than it received last year.

"It would have been my preference to at least get level funding, especially when we have seen an increase of 1,000 students this year," said Fairfax School Board President Kathy Smith (Sully).

The School Board is likely to vote to keep the elementary band and strings programs and not to increase the average class size at a time when some elementary school teachers are coping with groups of 30 or more children.

But the School Board, which will finalize the schools' budget in May, is also likely to implement a \$100 athletic fee per student per sport in high schools and a \$75 fee for each Advanced Placement or International Baccalaureate exam a student takes. An exception will be made for low-income families who cannot afford the extra charges, said Smith.

Parents who choose to enroll children in elementary school gifted and talented centers, when they have classes for gifted students — called "local level IV services" — offered at their base school may also lose transportation services, said Smith.

THOUGH FAIRFAX received an unexpected \$61 million in extra funding from Virginia, the money can largely not be used to cover school programs that are facing reductions this year.

Smith said \$45 million of the extra funding from the Commonwealth will have to be put aside to address future payments into the Virginia Retirement System for teachers and staff. McDonnell and the Virginia General Assembly managed to balance the state budget — and allocated Fairfax schools the extra \$61 million — largely by foregoing payments to the public employees' retirement fund over the next two years.

The governor has said the Commonwealth, as well as Fairfax County Public Schools, should expect to "make up" for the two years of missed payments by paying the owed money back into the system over the next decade.

COUNTY BRIEFS

Fairfax Housing Market Update

❖ There were 715 foreclosures in Fairfax County in February, down from 725 the month before. The county reports that 115 properties came out of foreclosure in February but 105 additional properties went into foreclosure during that month.

A foreclosure in Fairfax stays on the market for approximately four and half months before selling.

❖ The number of active home sales listing in Fairfax dropped approximately 25 percent from February 2009 to February 2010, when there were 4,456 homes on the market.

❖ During the first two months of 2010, a newly built townhouse sold, on average, for more than a newly built single-family home. The median price of a new townhouse during this time was \$738,073 and the median price of a single family home was \$723,567.

❖ New townhouses have seen a 30 percent increase in price during the first two months of 2010 when compared to 2009 figures. New single-family homes have continued to sell for less, dropping 8.6 percent at the beginning of 2010 when compared to 2009.

❖ The number of previously owned single-family homes and townhomes that have sold has increased more than 10 percent since 2009 while the number of newly constructed homes and townhomes has decreased.

Fairfax Draws Record-High Unemployment

Fairfax County's unemployment figures held at a record-high level of 5.5 percent in February. The locality's current unemployment has jumped 1.2 percent, when compared to the same month a year ago.

Fairfax County's unemployment rate is lower than both Virginia and the United States. Unemployment in the commonwealth is at 7.7 percent and unemployment in the country held at 9.7 percent in February.

NEWS

Guest Bartender Night a Success

Event tops last year's fund-raising for Cystic Fibrosis Foundation.

Guest Bartender Night at the Tavern at Great Falls last Thursday, April 29 raised \$4,625 for the Cystic Fibrosis Foundation. The money came primarily from generous tipping and a Tavern donation of 10 percent of the drink ticket sales.

The event brought well known Great Falls residents out to tend the bar and solicit generous tips from their friends and colleagues.

Karen Ehrensaal, coordinator of the event for the eighth year, said she was thrilled with the results, which exceeded last year's \$4070. "That's a big number when it comes in mostly in 10s and 20s, but luckily we get some 100s too."

Every \$10 tip bought a chance to win a raffle item. When a tipper placed their money in the tip jar, a bell was rung to thank them and encourage more tipping. This added to the fun of the evening.

Tavern manager Edwin Perez estimated that 300 people passed through the bar at different times during the evening, and he is thankful for everyone's support.

Returning for the third year running were popular guest bartenders Norma Ramsey and Ned Wheeler. Other guest bartenders included Great Falls locals Dr. Tom Schuler, Chad Fredrick, Deniz Johnson and Chuck Qureshi.

Guest Bartender Night is a prelude to the Great Falls Great Strides Walk, which also raises money for the Cystic Fibrosis Foundation. The event takes place Sunday, May 16, starting in the Wachovia Bank parking lot at Great Falls Village Centre, with registration at 8 a.m. and the walk/run beginning at 9 a.m.

Each participant who raises more than \$100 receives a Great Strides T-shirt. However, all walkers and runners are encouraged to come out and support the cause.

Anyone interested can sign up for the walk/run at www.cff.org/greatstrides.

"That's a big number when it comes in mostly in 10s and 20s, but luckily we get some 100s too."

— Karen Ehrensaal, event coordinator

PHOTOS CONTRIBUTED



Phil Simonides and Dawn Klein announce raffle ticket prize winners. Thirty raffle prizes valued at over \$1,400 were given out to the winning tippers. Raffle prizes were donated from Passport BMW, the Wine Cabinet, Romantica, Christie-Adam Salon, Chipotle, Washington First Bank and other local businesses.



Norma Ramsey and Ned Wheeler return for their third year of guest bartending for cystic fibrosis research. They always come dressed in costume and raise a lot of money from tipping friends, neighbors and business associates.



Great Falls Elementary School PTA President Karen Collazo and friend Peter Sherry, the 2003 Marine Corp Marathon winner, brought in a fan club willing to support them by tipping generously for cystic fibrosis research.

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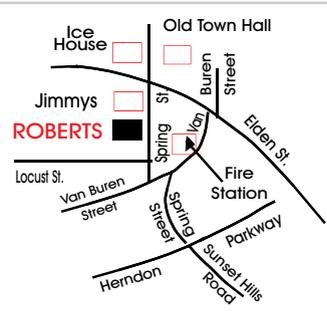
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GREAT FALLS CONNECTION ♦ MAY 5-11, 2010 ♦ 5

Adeler Celebrates 35 Years in Great Falls

FROM PAGE 3

he added, with so many houses on 5-acre lots, "On Halloween, it took the kids four hours to get half a pound of candy." Now, they can trick-or-treat at the Village Centre during the Halloween Festival.

Despite the wealth and power concentrated in Great Falls, Adeler said, "When you see the folks, they're as humble, simple and pleasant as you can imagine in Peoria or Kansas City." However, having worked with what he figures to be about half the households in the community, he said they have an eye for quality.

"It's a challenging community. It has extremely well educated people," he said, speculating that this might be a reason so many businesses have not lasted in Great Falls. For his part, he meets the community's high standards in part by custom-making jewelry without asking a deposit and then remaking it at no additional cost if a customer is not pleased with the result. "I only charge when my customer wants to buy it," he said.

Adeler has now closed his shops in Ocean City, where he and his family continued to spend summers until 1995, and his daughters have become integral parts of his business. The oldest, Valentina Adeler Armour, makes the shop one of only 5 percent of jewelers in the country with a gemologist certified by the American Gemological Society, and her younger sister, Wendy Adeler Hall,

is the public face of the business. "My two daughters are my right hand and my left hand," he said.

HE AND HIS WIFE have five grandchildren, who he hopes to also bring into the business one day. "Valentina made her first sale when she was 7-years old, and I hope the next generation is going to be equally involved," he said.

As he chatted on Saturday evening, he was about to head out to meet the grandchildren at the weekend farm in Waterford that he had bought with them in mind. "I was born on a farm, and I want my grandchildren to know what a blacksnake is and to play in the mud," he said.

Adeler said he gave thanks daily for his financial comfort and the opportunity to work at a job that allowed him to swap stories with some of the nation's most powerful players while working with his family in the company of his dogs. "I don't think that I could ask for more," he said. "This is what you call the American Dream."

Upon his arrival in the country he had been struck by the ubiquitous take-a-penny-leave-a-penny dishes next to convenience store registers, he said, adding that the same principle should be applied to society as a whole. "We came to a country that offered us all the pennies we needed. Now it's our turn to put pennies back, and we're trying to do that," he said. "Immigration brings good and bad. I want to be part of the good."



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Running Tribute To Courtney Schilling

FROM PAGE 3

All he could muster after 5 kilometers was, "It was very long."

Money raised from the event benefits the Great Falls PTA and the Kids R First Charity. Courtney Schilling, daughter of Joanne Schilling, a reading specialist at Great Falls Elementary, was an avid runner and ran track at Herndon High School and University of Virginia. She died at 24 after a fight with small cell carcinoma

of the ovary this past fall on Oct. 31. Her mother, Joanne Schilling, said: "Courtney would have loved it, she was an avid runner and this is a perfect tribute."

After the last runner had crossed the finish line, Joanne Schilling looked up at the sky, saw a rainbow and said, "That is Courtney looking down at us."

Harris LaTeef, 13, is a seventh grader at Cooper Middle School and is a writer for the Cooper Middle School Hawkeye Newspaper.

Colvin Run ES Students Head to World Championships

The Colvin Run Elementary School Odyssey of the Mind team captured the Virginia state championship on March 27 and will represent Virginia at the world finals over Memorial Day weekend. The Colvin Run team competed in the Column Structure division, which required teams to design and build balsa wood columns that function together to balance and support as much weight as possible. In addition to testing students' technical skills and knowledge, the competition also rewarded artis-

tic creativity, by requiring an original team-created performance to be included in the testing of its columns.

Colvin Run qualified for the state competition by placing first in the Region 13 competition on March 6 in Falls Church. Then on March 27, the team traveled to Newport News to compete against the winners of the other Virginia Regions for the State championship. The Colvin Run team won the State championship by collecting a total of 333.67 points out of a possible 350. The team's balsa

wood and glue structures, weighting only 18 grams, held 1,062 pounds.

Team members Aaron Granstedt, Annie Wang, David Loving, Derek Katalian, Gwendolyn Rak and Jessica Wang will now travel to Michigan State University to compete against entrants from across the world. Two of the students, Annie Wang and David Loving, are veterans of the World Finals, having represented Colvin Run at the World Finals twice previously, finishing in sixth place both times.



CONTRIBUTED

Colvin Run Odyssey of the Mind students won the Virginia state championship and will compete in the World Finals on May 26-29.

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OPINION

Police Power Demands Transparency

Local police departments should open their books, release original documents, welcome public scrutiny and involvement.

First, we should say that we appreciate and support the police officers who serve and protect our communities. These are remarkable men and women who have dedicated themselves to community service even in the face of danger. They are entitled to a special level of respect.

Police in all communities also wield power unlike any other entity — the power to detain and question, the power to arrest, the power to respond with force when necessary, sometimes deadly force.

With that power, comes responsibility — the responsibility to operate openly and with transparency, the responsibility to make available the greatest possible amount of information, especially the responsibility to provide the public with a full picture of what happened when something goes wrong.

Somewhere along the way, police leaders in Arlington, Alexandria and Fairfax have gone astray in their control of information.

The first paragraph of Virginia Freedom of Information Act, passed by the General Assembly in the 1968, states that all public records “shall be presumed open.” But the legislation includes an exception that allows police to withhold “complaints, memoranda, correspondence, case files or reports, witness statements and evidence.”

Police officials in Fairfax, Arlington and Alexandria have adopted what they call a “blanket” approach to using their exemption. That means they have decided to withhold any document they can. The actual reports filed by po-

lice officers about any incident, available to the public and the press in almost every jurisdiction in America, are never released in Northern Virginia.

“I don’t think we have to justify it,” said Alexandria Police Chief Earl Cook.

A Fairfax County spokesperson asserted that it was only a few “individual reporters” who were interested in more information from the police.

“Conscientious and dedicated judges, prosecutors, public defenders, and law enforcement officers work in a system which is as transparent as it needs to be,” wrote Alexandria Commonwealth’s Attorney Randolph Sengel.

EDITORIAL

Sengel is mistaken.

“Incident reports like the ones the Virginia law enforcement authorities are saying can’t possibly be released across the country every waking minute of every day,” Charles Davis, director of the National Freedom of Information Coalition, told reporter Michael Pope.

“In Florida, with the transparency level that we have, it helps law enforcement,” said Gerald Bailey, commissioner of the Florida Department of Law Enforcement. “It’s made us better agencies simply because we proceed knowing that our work product is going to be reviewed by the press, by the public and by the people who are actually involved in the cases we are working.”

This isn’t an academic exercise.

In the extreme example, Fairfax County police shot and killed an unarmed motorist in

Join the Debate

- ❖ Read Michael Pope’s story, “Transparency Blackout: Police departments in Northern Virginia refuse to release public documents,” at <http://connectionnewspapers.com/article.asp?article=338832&paper=59&cat=104>
 - ❖ Read Alexandria Commonwealth’s Attorney Randolph Sengel’s response, “Confidentiality Trumps Disclosure” at <http://www.connectionnewspapers.com/article.asp?article=339154&paper=59&cat=110>
 - ❖ Read an excellent rebuttal to Sengel’s letter, “Citizens Have Right to Know Details of Crimes,” by Ryan J. Donnemeyer <http://www.connectionnewspapers.com/article.asp?article=339781&paper=59&cat=110>
- Email your thoughts to mkimm@connectionnewspapers.com, and watch this space next week to find out how to request information about crime and police activities in your neighborhood.

November, and have said that the shooting was justified. But they have refused to release the name of the officer who did the shooting, refused to release video from the patrol car near the shooting, refused to release any document at all that might shed light on what happened or why.

In everyday examples, a scan of police incidents within a mile of a Tysons Corner address reveals multiple drug offenses and sex offenses. But that’s all the information that is available — the label of the offense, the time, date and block where it occurred. If you as a resident want information on crimes like this near you, you should be able to see for yourself if these are minor or isolated incidents or part of a more serious pattern.

Police should not use a “blanket exemption” from public information laws to refuse to provide specific information about any crime or police activity from the public.

Next week in this space, you’ll learn how to find incidents occurred in your neighborhood, and how to ask the police for more information.

LETTERS TO THE EDITOR

Facing Mental Health Challenge

To the Editor:

Those of us in Northern Virginia who care about children have two excellent opportunities to speak out on their behalf at the upcoming community forums on children’s mental health, Wednesday, May 12 at Loudoun Mental Health’s Aspen Room from 7-9 p.m., and Thursday, May 13 at

Inova Fairfax Hospital Physicians Conference Center Auditorium from 10:30 a.m. to 12:30 p.m. The forums are hosted by the Campaign for Children’s Mental Health, a major statewide advocacy initiative sponsored by Voices for Virginia’s Children, aimed at transforming the mental health system so that children get the services they deserve, regardless of where in Virginia they live.

As a psychiatrist, I am well aware of the many children in our region who suffer from mental health problems, as I see them in my [classroom, office, clinic, etc] every day. Too often, families are afraid to ask for help because of the stigma, or they do ask for help but get put on waiting lists. There are simply not enough mental health services available in our community to meet the demand.

The Campaign’s forums on May 12 and 13 are opportunities to share your views on how we can

do better by our children who suffer from mental health challenges. For more information and to sign up for the forum, go to www.lin5kids.org.

The addresses where the forum will be held are:

❖ Loudoun Mental Health, 906 Trailview Blvd., Leesburg

❖ Inova Fairfax Hospital Physicians Conference Center Auditorium, 3300 Gallows Road, Falls Church

Thomas N. Wise M.D.

Medical Director, Behavioral Health Services
Inova Health System

Role Model At Madeira

To the Editor:

On April 24 students, faculty, alumni, friends and neighbors gathered for an afternoon tea to

bid a fond and appreciative farewell to Madeira’s Headmistress Betsy Griffith. For 22 years, Betsy has been not only a superb educator and administrator, but an inspiration and role model to over 1,500 young student ladies. The hundreds gathered on campus that day was not only a tribute to Betsy’s outstanding leadership, but a statement of how deeply her presence will be missed. We neighbors on the Pike thank her for what she has contributed to the community and wish her the very best in her future exciting plans.

John Adams

President of the Georgetown Pike & Potomac River Association

PS. I will personally cherish Betsy’s humor as I wear an earlier gifted “Madeira Football” sweatshirt declaring “Over 100 and Still Undeclared.”

Write

The Connection welcomes views on any public issue.

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314
Call: 703-778-9410.

By e-mail:
greatfalls@connectionnewspapers.com

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NEWS

Scout Collects Shoes for the Needy

Ryan Gilbert conducts shoe drive for Eagle Scout project.

For his Eagle Scout project, Ryan Gilbert of Great Falls Boy Scout Troop 55 conducted a shoe drive to collect new and gently used shoes for Soles 4 Souls, a nonprofit organization that distributes

shoes to people in need in more than 125 countries. Several Great Falls churches and schools collected shoes for the drive, and Gilbert held his final collection at the Great Falls Safeway last Sunday, May 2.

Contributing organizations

included Christ the King Lutheran Church, Great Falls United Methodist Church, St. Francis Episcopalian Church, Great Falls Elementary School, Cooper Middle School, Langley High School and the Great Falls Safeway.



PHOTO CONTRIBUTED

Ryan Gilbert of Boy Scout Troop 55 poses with just some of the shoes he collected for his Eagle Scout project.

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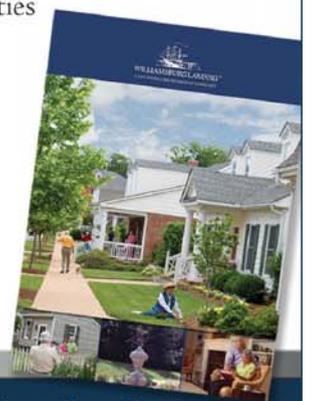
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The Great Falls Woman's Club selected nine Great Falls Elementary School students as winners of its annual poetry contest.



PHOTO CONTRIBUTED

Young Poets Honored

Woman's Club selects top poets from Great Falls Elementary.

Nine young poets were honored at the Great Falls Woman's Club's 28th annual Literary Luncheon on April 22 at Riverbend Country Club. The poets were winners of the annual poetry contest held by the woman's club in partnership with Great Falls Elementary School.

Fourth-, fifth- and sixth-graders submitted poems, which were reviewed by a panel of judges. The top three in each grade level were chosen as the winners. The young poets entertained their parents, teachers, administrators and club members when they read their winning poems.

"The talent of these young students is amazing and we were delighted to hear the poems," said Bootsie Humenansky, poetry chair for the woman's club.

Among the fourth-graders, first place went to

SEE FIRST-PLACE POEMS. PAGE 23



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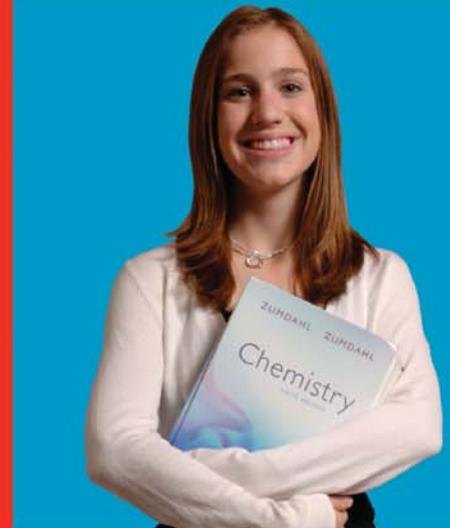


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CALENDAR

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

THURSDAY/MAY 6

Resilience: Master Change and Thrive Under Pressure. 8:30 a.m. at BAE Systems, 8201 Greensboro Drive, McLean. \$90. Register at 703-281-2657 or www.thewomenscenter.org.

FRIDAY/MAY 7

Jerry's Girls. 8 p.m. at the Alden Theatre, McLean Community Center, 1234 Ingleside Ave., McLean. Music by Jerry Herman from 'Hello Dolly,' 'Mame' and more. \$19 adults, \$17 seniors and students. 703-790-9223 or www.ticketmaster.com.

A Grand Night for Singing. 8 p.m. at the Vienna Community Center, 120 Cherry St., S.E., Vienna. A revue of hit Broadway show songs. \$14, \$12 for students and senior citizens age 65 and older. 703-255-6360 or www.viennava.gov.

Michelle Shocked and The Roadworks All-Stars. 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$20 advance, \$25 at the door. jamminjava.com.

Great Falls School of Art Student-Teacher Show. 7-9 p.m. at the Artists' Atelier and GFFFA Gallery, 1144-D and 1144-G Walker Road, Great Falls. A reception to celebrate the opening of "Spring Forward," an exhibit of works by students and teachers.

The Last Five Years. 8 p.m. at 1st Stage, 1524 Spring Hill Road, Tysons



Jennifer Burke, Maggie Allman and Caroline Kenney perform a routine from 'Jerry's Girls,' playing at the McLean Community Center's Alden Theatre.

Corner. A contemporary song cycle about a marriage, from meeting to breakup. \$30 adults, \$20 students. 703-854-1856 or www.1stStageTysons.org/years.

SATURDAY/MAY 8

McLean Orchestra Concert: Reformation. 8 p.m. at Oakcrest School, 850 Balls Hill Road, McLean. Brahms, Tragic Overture in D minor Op. 81; Mendelssohn, Violin Concerto in E minor featuring Concertmaster Nurit Bar-Josef of the National Symphony Orchestra; Mendelssohn, Symphony No. 5 "The Reformation." 703-893-8646 or www.mclean-orchestra.org.

Pleasant Grove 24th Annual Spring Fair. 10 a.m.-3 p.m. at Historic Pleasant Grove Church, 8641 Lewinsville Rd., McLean. Food, fun and history including a plant sale, live music, antique treasures and homespun crafts for sale, museum tours, barbecue and homemade baked goods. 703-893-9075 or www.historicpleasantgrove.org.

Jerry's Girls. 8 p.m. at the Alden Theatre, McLean Community Center, 1234 Ingleside Ave., McLean. Music by Jerry Herman from 'Hello Dolly,' 'Mame' and more. \$19 adults, \$17 seniors and students. 703-790-9223 or www.ticketmaster.com.

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Cherry St., S.E., Vienna. A revue featuring songs from hit Broadway shows. \$14, \$12 for students and senior citizens age 65 and older. 703-255-6360 or www.viennava.gov.

Audubon Bird Walks: Warblers at Riverbend Park. 12 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Meet in the upper parking lot. Register at info@audubonva.org or 703-256-6895.

Boys Will Be Boys, The Love Light and The Five One. 5:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$12. jamminjava.com.

Olympia Dukakis performs a concert version 'Rose.' 8 p.m. at George Mason University Center for the Arts, 4400 University Drive, Fairfax. Playwright Martin Sherman's portrait of an 80-year-old Jewish woman on a park bench. Pre-performance discussion, free to ticket holders, on the Center's Grand Tier III at 7:45 p.m. Tickets are \$22-\$44, available at 888-945-2468 or cfa.gmu.edu.

'The Last Five Years.' 2 p.m. and 8 p.m. at 1st Stage, 1524 Spring Hill Road, Tysons Corner. A contemporary song cycle about a marriage, from meeting to breakup. \$30 adults, \$20 students. 703-854-1856 or www.1stStageTysons.org/years.

The Grandsons. 5-7 p.m. outdoors at the Palladium Civic Place Green, 1445 Laughlin Avenue, McLean. Mixed rock. Free. 703-288-9505.

Church-family Yard Sale. 9 a.m.-3 p.m. at Charles Wesley United Methodist Church Sanctuary, 6817 Dean Drive, McLean. Household items, electronics, books, pictures, furniture, glassware, and jewelry. No clothes or automotive equipment. www.CharlesWesleyUMC.org.

The Smart Split: Legal Aspects of Separation & Divorce. 10 a.m. at McLean Government Center, 1437 Balls Hill Road, McLean. \$45 nonmembers, \$35 members. Register at 703-281-2657 or www.thewomenscenter.org.

Friends of Homeless Animals Variety Sale. 10 a.m.-5 p.m. at the Vienna Community Center, 120 Cherry Street, Vienna. Antiques, clothing, jewelry, art, china and crystal, silver, luggage, books, movies, small appliances, small furniture and more. Donations for the Variety Sale will be collected on 1-9 p.m. on Friday, May 7. www.foha.org.

SUNDAY/MAY 9

Washington Symphonic Brass in the Wild West. 4 p.m. at Saint Luke Catholic Church, 7001 Georgetown Pike, McLean. Music from Dances with Wolves, Copeland's Rodeo and Grand Canyon Suite, John Williams's Cowboy, and more. Adults \$20, seniors \$15, under age 18 free. 866-962-7277 or www.wsbrass.com.

Aqualung and Krista Polvere. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$20. jamminjava.com.

Keyboard Conversations with Jeffrey Siegel. 7 p.m. at the George Mason University Center for the Arts, 4400 University Drive, Fairfax. A free Young Artists Musicales will be at 6 p.m. in the Concert Hall lobby, with piano students grades 3-12, and winners of the Northern Virginia Music Teachers Association Honors Recitals, performing short pieces. \$19-\$38. Youth through grade 12, half price when accompanied by an adult. Charge by phone at 888-945-2468 or cfa.gmu.edu.

'The Last Five Years.' 2 p.m. and 7 p.m. at 1st Stage, 1524 Spring Hill Road, Tysons Corner. A contemporary

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Here's What's Happening at MCC

Jammin' Juniors

Wednesday, May 5, 12:30 p.m.
McLean Central Park

Award-winning singer-songwriter Patricia Shih opens this series of free concerts for preschoolers.

Cinco de Mayo Festival

Friday, May 7, 7-9 p.m.
\$30/\$20 McLean district residents
Activity No. 4704.410

This 5th- and 6th-grader parties include music, dancing, games, snacks, videos and much more.

Old Firehouse Teen Center Open House for Rising 7th Graders

Wednesday, May 12, 7-9 p.m.

Now it's your turn. Come learn about OFTC dances, after school programs, summer camps and special events. OFTC's yearly membership can be purchased for 10 percent off.

McLean Day 2010: Celebrating Our Hometown
Saturday, May 15, 11 a.m.-5 p.m.
Free Admission

Vote in the MCC 2010 Governing Board Election, 10:30 a.m.-5 p.m.

McLean's biggest party in the park returns with more amusement rides, more carnival games, a business, nonprofit and crafter's expo, live entertainment, delicious festival food and much more!

Doug Berky's Gems: The World's Wisdom Stories

Sunday, May 16, 3 p.m.
\$14, \$10 district residents

Experience the wisdom of the people of the world. Performed with large masks, puppets, mime, drama, comedy, music and storytelling. Followed by a workshop with Berky at 4:30 p.m.

Macdonald Scholarship Competition

Tuesday, May 18, 8 p.m.
Free and open to the public

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Second-grader Kendall Kondraki recites a poem.

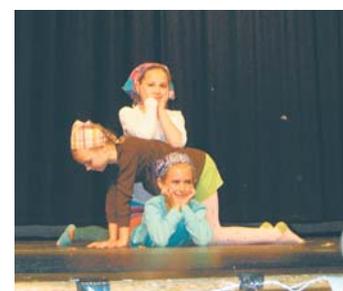


First-grader Ryan Kiser prompts the audience to ask why penguins are always the first ones to parties as his third-grade brother, Will, prepares the punch line. (They're already dressed.)

Stars Take the Stage

Great Falls Elementary's Stars on Stage variety show packs Langley auditorium.

A packed auditorium at Langley High School was treated to song, dance, comedy, poetry and even some kung fu fighting Friday evening, April 30, courtesy of the students of Great Falls Elementary School. The occasion was the elementary school's annual Stars on Stage variety show. Almost 150 students of all grade levels took to the stage to perform in 66 separate acts that ranged from heartfelt singing to lighthearted



Second-graders Ellie Scherping, top, Amelia Smith, middle, and Clara Nickles finish their dance routine to 'It's a Hard Knock Life.'



Second-graders Brenna Yaghmour, left, and Katie James sing 'Love Story' by Taylor Swift.

silliness. The music of Taylor Swift proved to be a popular choice.

— MIKE DICICCO



Vote on McLean Day

2010 MCC Governing Board Election

Saturday, May 15, from 10:30 a.m. to 5 p.m.

Lewinsville Park, 1659 Chain Bridge Road

Your Vote is Your Voice!

All qualified residents of the McLean Community Center district (Small District One Dranesville) are encouraged to vote for members of the 2010-2011 MCC Governing Board.

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The McLean Community Center

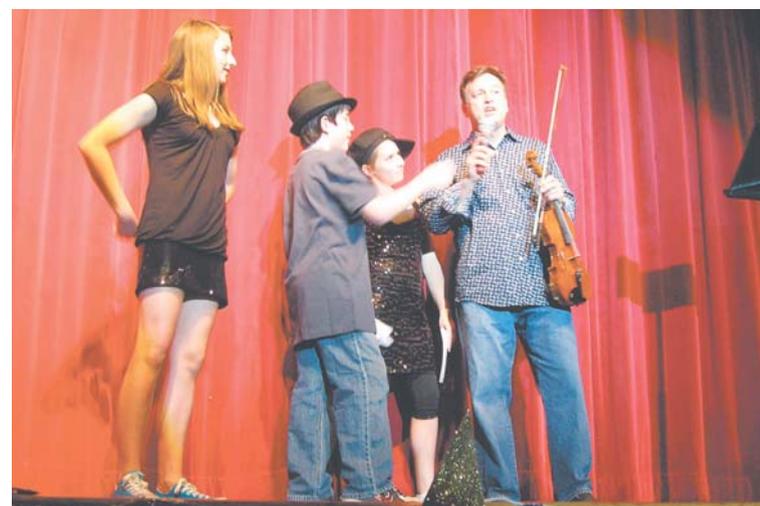
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Second-graders Emma Norris, left, and Megan Jungers perform 'I'm Only Me when I'm with You' by Taylor Swift.



Great Falls Elementary Principal Ernest Leighty brags about his violin skills — he 'practiced 30 hours a day when he was young' — as Alex Petras of Kilmer Middle School and Great Falls Elementary sixth-graders Jonathan Canfield and Jackie Petras ask whether he's going to play anything.

Langley High School's Madrigals pictured with their Heritage Festival trophies. Top row: Justin McKay, Zack Grey, Nate Bremer, Paul Goldberg, Ben Koppier, Sasha Guerin, Adam Check, Cameran Alavi, Matt Goudreau and Dr. Mac Lambert, director. Middle Row: Jackie Dinarte, Chelsea Raitor, Becky Card, Caroline Dunigan, Linsey Park and Paulina Drucker. Front row: Virginia Lee, Katie Scalia, Kelly Hubbell, Ariana Gover-Chamlou, Arianna Zell and Rachel Bumsted.



Langley High Choirs Sweep Top Awards at Heritage Festival

The Langley High School choral department returned triumphant from the Heritage Festival choral competition that was held April 16 and 17 in San Antonio, Texas. The four LHS choirs swept all of the top awards in the choral competition, arriving home with four large trophies and four plaques. The Choral Sweepstakes trophy was awarded to Concert Choir and Madrigals for having the highest combined score of all choirs in the

competition. The Madrigals received the Outstanding Choir Award for the score closest to a perfect score. Concert Choir, Madrigals, Women's Chamber Choir and Women's Select Treble Choir all received Gold ratings. Concert Choir and Madrigals received Adjudicator's Trophies for scores of 95 (out of 100) or higher. Senior Caroline Dunigan, a resident of Great Falls, received a Maestro Award for Excellence in Soprano for her solo.

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HOW TO GET YOUR ORGANIZATION'S SPECIAL EVENTS IN THE CONNECTION

Calendar Listings

The Connection Newspapers contain a Calendar of Upcoming Events every week. While we cannot guarantee that every event we receive information about will be listed, here is the information we need for your upcoming event to be considered for the Calendar. We welcome photographs of similar events held previously, which sometimes appear with Calendar items.

Name of Event:

Day of the Week, Date and Time:

Name of the Place Event will Be Held:

Address of the Place Event Will Be Held:

Name and Phone Number for More Information:

Three Sentences Describing the Event:

Please submit your calendar information at least two weeks before your event. Clear photographs from similar previous events are always welcome. All events should be open to the public. We give first priority to free events. E-mail listings to:

greatfalls@connectionnewspapers.com

or mail to:

Calendar, Connection Newspapers
1606 King Street
Alexandria, VA 22314.

For more information, call 703-778-9410.

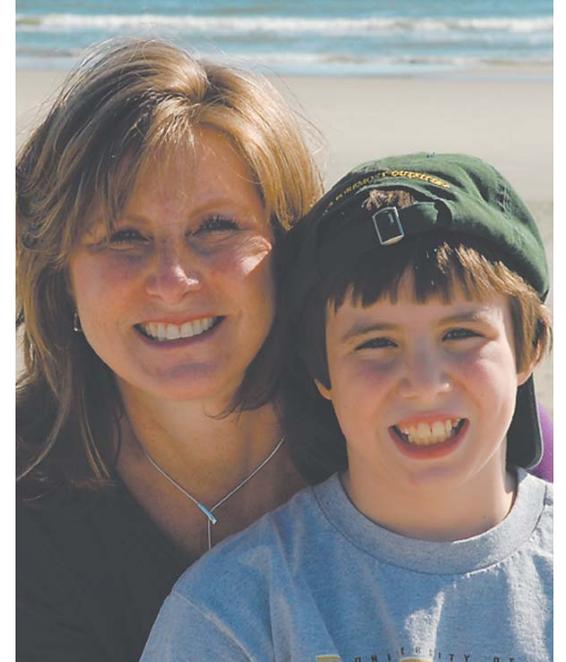
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MOTHER'S DAY PHOTO GALLERY



Aphrodite Hero, of Reston, and her son, Greg Hero, of Great Falls, at Kiawah Island, S.C. on Memorial Day 2009.



Susan Hero and son, Keenan Hero, of Great Falls, at Kiawah Island, S.C. Summer 2009.



Three generations in one photo: Athena Copper, Sofia DiFronzo and Anne Copper DiFronzo. Sofia is in preschool at Siena Academy in Great Falls.



Kate Berray, 13, with mom Margot of Great Falls. Taken in Paris, on a riverboat ride on the Seine, summer of 2008. Fantastique!



Mother Rebekah Bardwell and her son Zack, 5, February 2010. Mom said, 'Zack was a miracle baby. Doctors urged abortion because of severe back problems, we trusted God and he was born completely healthy. Since my back problems have disappeared. Zack's famous line is "You gotta believe." Every Mother's Day with Zack is a gift for me.'

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Louise Krafft
FIRST PLACE, Pictorial photo, *Arlington Connection*

Louise Krafft
FIRST PLACE, Business and financial writing, *Arlington Connection*

Louise Krafft, FIRST PLACE, Pictorial photo, *Alexandria Gazette Packet*

Michael Lee Pope, FIRST PLACE, Breaking news writing, *Alexandria Gazette Packet*

Michael Lee Pope, FIRST PLACE, Feature series or continuing story, *Alexandria Gazette Packet*

Michael Lee Pope, FIRST PLACE, Personal service writing, *Alexandria Gazette Packet*



Julia Sheehan O'Donoghue, FIRST PLACE, Education writing, *Springfield Connection*

Julia S. O'Donoghue, FIRST PLACE, General news photo, *Herndon Connection*



Mike DiCicco, FIRST PLACE, General news writing, *Herndon Connection*

Mike DiCicco, SECOND PLACE, Pictorial photo, *Arlington Connection*

Michael Lee Pope, SECOND PLACE, Government writing, *Arlington Connection*

Steven Mauren,
Geovani Flores,



Michael Lee Pope



Robbie Hammer



Steven Mauren



Laurence Foong,
Louise Krafft,
Jean Card,
Michael Lee Pope,



Laurence Foong, SECOND PLACE, General Makeup, *Alexandria Gazette Packet*



Jean Card, SECOND PLACE, Education writing, *Alexandria Gazette Packet*

Michael Lee Pope, SECOND PLACE, General news writing, *Alexandria Gazette Packet*



Jason Mackey, SECOND PLACE, Sports writing portfolio, *Centre View North*

Mary Kimm, SECOND PLACE, Editorial writing, *Mount Vernon Gazette*

Julia Sheehan O'Donoghue, SECOND PLACE, In-depth or investigative reporting, *Mount Vernon Gazette*

Laurence Foong, **Louise Krafft**, **Mary Kimm**, **Julia Sheehan O'Donoghue**, SECOND PLACE, Specialty pages or sections, *McLean Connection*

Julia Sheehan O'Donoghue, SECOND PLACE, Business and financial writing, *McLean Connection*



Geovani Flores



Mary Kimm

THE
CONNECTION
NEWSPAPERS



Ken Moore

Ken Moore, THIRD PLACE, Picture story or essay, *Alexandria Gazette Packet*

Michael Lee Pope, THIRD PLACE, Government writing, *Alexandria Gazette Packet*

Michael Lee Pope, THIRD PLACE, In-depth or investigative reporting, *Alexandria Gazette Packet*

Louise Krafft, THIRD PLACE, Picture story or essay, *Great Falls Connection*

Louise Krafft, **Laurence Foong**, **Mary Kimm**, **Julia Sheehan O'Donoghue**, **Donna Manz**, **Mike DiCicco**, THIRD PLACE, Specialty pages or sections, *Great Falls Connection*

Mike DiCicco, THIRD PLACE, Education writing, *Great Falls Connection*

Mike DiCicco, THIRD PLACE, Education writing, *Great Falls Connection*

Louise Krafft, THIRD PLACE, General news photo, *Mount Vernon Gazette*

Gerald Fill, THIRD PLACE, Public safety writing, *Mount Vernon Gazette*

Julia Sheehan O'Donoghue, THIRD PLACE, Business and financial writing, *Fairfax Station/Laurel Hill Connection*



Bonnie Hobbs



Gerald Fill

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FROM PAGE 13

song cycle about a marriage, from meeting to breakup. \$30 adults, \$20 students. 703-854-1856 or www.1stStageTysons.org/years.

MONDAY/MAY 10

Our Daily Bread Charity Golf Tournament. 1 p.m. at South Riding Golf Club, 43237 Golf View Drive, South Riding. \$125 registration fee includes a full round of golf, driving range, golf cart, drink cart, hors d'oeuvres and dinner and a silent auction. All proceeds will benefit Our daily Bread's programs to assist low-income families in Fairfax. Contact 703-273-8829 or www.our-daily-bread.org.

'The Last Five Years.' 2 p.m. and 7 p.m. at 1st Stage, 1524 Spring Hill Road, Tysons Corner. A contemporary song cycle about a marriage, from meeting to breakup. \$30 adults, \$20 students. 703-854-1856 or www.1stStageTysons.org/years.

Open Mic Showcase hosted by Ron Goad. 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$2. 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.

Lighters and Matches are for Grownups Only. 10:30 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. A puppet show by the Fairfax County Fire and Rescue Department on fire safety. Age 4-7 with adult. 703-938-0405.

TUESDAY/MAY 11

Joey Ryan, Ian Axel and Matt Duke. 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$10 advance, \$13 at the door. jamminjava.com.

WEDNESDAY/MAY 12

The Mick Taylor Band. 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$25 advance, \$30 at the door. jamminjava.com.

The Roller Coaster of College Admissions. 6 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. How to identify schools that fit individual students, build strong student resumes, and work with admissions officers. Age 13 and up. 703-790-8088.

THURSDAY/MAY 13

Robert Ames Alden: McLean Remembered. 7:30 p.m. at the McLean Historical Society, McLean Community Center, 1234 Ingleside

Ave., McLean. Alden has been a community leader in planning a green, central park, library, outdoor stage, community center and theater for McLean. schulm@erols.com.

Swing Dance with DeJa Blue Blues Band. 7:30 at The Old Town Hall, 3999 University Drive, Fairfax. 703-424-1745 or www.headoverheelsdance.com.

Jason Castro. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$15. jamminjava.com.

Art Talk. 7 p.m. in the Emerson Gallery, McLean Project for the Arts, 1234 Ingleside Ave., McLean. Artist Jeremy Drummond will discuss his current exhibition, Everybody Knows This is Nowhere: A Photographic and Video Installation. 703-790-1953.

FRIDAY/MAY 14

Summer on the Green: Bill Emerson and Sweet Dixie. 6:30 p.m. at the Vienna Town Green, 144 Maple Ave. E., Vienna. Bring chairs or blankets for seating. No alcoholic beverages allowed. It is recommended that pets be left at home. 703-255-6360 or www.viennava.gov.

English Conversation. 10 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Group for adult non-native English speakers of all levels. 703-938-0405.

To have community events listed in the Connection, send to greatfalls@connectionnewspapers.com. Deadline is Friday.

THURSDAY/MAY 6

Seminars for Family Caregivers: When Do I Step In? 7 p.m. at Sully Governmental Center, 4900 Stonecroft Blvd., Chantilly. Free. Register at www.fairfaxcounty.gov/dfs/olderadultservices/ or 703-324-7948.

Training on Personal Care for Older Adults. 7 p.m. at Falls Church High School, 7521 Jaguar Trail, Falls Church. Family caregivers can learn the proper way to provide physical and emotional care to an older adult from a nurse educator including bathing, turning, assisting with movement and feeding. \$30. Sponsored by the Fairfax County Department of Family Services' Fairfax Area Agency on Aging. 703-324-5432 or caregiver@fairfaxcounty.gov.

TUESDAY/MAY 11

Tysons Corner Kiwanis Club Meeting. 7:30 p.m. at George C. Marshall High School, Room 229A 7731 Leesburg Pike, Falls Church. Clare Kiley, Deputy Director of the McLean Community Center, will speak about volunteer opportunities. Meeting is public.

www.tysonscornerkiwanis.org
Body & Soul Strength & Flexibility class. 12 p.m. at McLean Presbyterian Church, 1020 Balls Hill Road, McLean. Exercise led by ACE certified instructor Dana Elsnick. Tuesdays and Thursdays through June 24. Register at 703-847-9814 or great314dane@yahoo.com.
Telephone Support Group for Caregivers of Older Adults. 7 p.m. Discussion topic: Working with Home Health Agencies. Share experiences, gain support and get important information without having to travel. Sponsored by Fairfax County Department of Family Services' Fairfax Area Agency on Aging. www.fairfaxcounty.gov/dfs/olderadultservices or 703-324-7948.

WEDNESDAY/MAY 12

Great Falls Historical Society Meeting. 7 p.m. at the Great Falls Library, 9830 Georgetown Pike, Great Falls. General meeting and election of officers. Stuart Raphael of Hunton & Williams LLP will speak on 'How Virginia Won Its 2003 Lawsuit Against Maryland to Protect Its Rights in the Potomac River'. 703-757-8560

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Bethel Primitive Baptist Church ... 703-757-8134
Cartersville Baptist Church ... 703-255-7075
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St. Athanasius Lutheran Church... 703-455-4003

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Church of the Good Shepherd ... 703-281-3987
Dunn Loring United Methodist ... 703-573-5386

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Oakton United Methodist ... 703-938-1233
Vale United Methodist ... 703-620-2594
Smith Chapel United Methodist ... 571-434-9680
Wesley United Methodist ... 703-938-8700

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Christian Assembly Church ... 703-698-9777

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Fit Is Fun

McLean teacher operates weight loss camp in Massachusetts.

BY DONNA MANZ
THE CONNECTION

Meghan Roman grew up in McLean, an overweight child with few friends and little self-confidence. At age 13 and 196 pounds, Meghan was teased and picked on by her peers and did not fit in with them. Her mother understood the importance of losing weight and gaining self-confidence before Meghan entered high school. The miracle Meghan's mother found was a camp in Amherst, Mass. that focused on both weight loss and building self-esteem. During that first summer, Meghan lost 35 pounds, gaining confidence to try new things and making long-term friendships. In high school, she played field hockey, basketball and soccer.

Roman, now 26 and a teacher at Churchill Road Elementary School, said that camp saved her life.

"I had no confidence while I was in middle school," said Roman. "After this camp, I found who I was."

She spent four seasons as a camper, then a counselor and eventually a division director and operations director. In 2007, the then-owners decided to sell the camp and they approached Meghan who was, at that time, working as director.

"I couldn't imagine Kingsmont not being there for kids who needed it," said Roman. "In camp, for the first time, I felt like I belonged. I fit in."

TODAY, Meghan Roman and her father, a McLean businessman, own Camp Kingsmont, a 40-year-old, summer, weight-loss camp for children and teens, dedicated to the physical and emotional well-being of overweight children.

The Romans' first order of business was to re-establish the camp as a 501(c)(3) nonprofit. At a cost of approximately \$7,000 for an eight-week session, at the low end of cost for specialty camps, Kingsmont offers several scholarships and grants to eligible youngsters. Roman's hope for the future is to create a program accessible to populations of all financial means.

"Next to working with the kids, I love to hire staff," Roman said.

Roman receives 150 applications a year for the camp's 35 positions. Those she hires are mostly college students majoring in nutrition, education or psychology. Many of her staff members are former campers who understand the experience of the campers. "That's what the camp is all about, understanding what the campers are going through," Roman said.

"In camp, for the first time, I felt like I belonged. I fit in."

— Meghan Roman

A certified nutritionist oversees the daily diets of the campers. Choices within calorie frames — portion control — are offered to campers within gender and age brackets called divisions. Healthy eating and simple cooking classes are offered weekly. One of the goals of Camp Kingsmont's program is to teach its campers to make healthy food choices.

THE CAMP provides exercise opportunities throughout the day and Roman said the camp tailors programs to demand. Zumba, she said, is a big hit, introduced shortly after Roman took over the camp.

In cooperation with the University of Massachusetts — Amherst psychology department, Kingsmont includes a behavioral therapy program called Connections. Classes are conducted by U.Mass. — Amherst graduate students under the direction of the program's designer, a licensed clinical psychologist on the faculty of U.Mass.

"My whole theory and philosophy of the camp is that we need to socialize these kids and get them into a comfort zone where they can be who they want to be," Roman said. "When they raise their self-esteem, they're not as focused on food."

Yorktown High School junior Ethan Gould called his participation at Camp Kingsmont one of the greatest experiences of his life. His father researched weight loss camps when Gould was 13. Like Roman's mother, Gould's father found Kingsmont. At first, the middle-schooler was reluctant to attend the camp. After giving the



McLean resident and Churchill Road Elementary School teacher Meghan Roman owns and operates Camp Kingsmont in Massachusetts, a residential weight loss camp for children.

PHOTOS COURTESY OF CAMP KINGSMONT



At Camp Kingsmont learning, fun and self-esteem intersect.

prospect some thought, Gould agreed to go because he thought it would be a good experience and his weight was not where he wanted it to be. He wanted to change his attitude about weight. In five weeks, Gould lost 25 pounds. He returned to Kingsmont two years after that because he wanted to lose more weight and because his previous experience there was "a lot of fun."

At 6 feet tall and weighing 220 pounds, Gould plays for Yorktown's football team. "I learned a lot about nutrition, and I made friends I'm still friends with now. I learned things like instead of going for junk food, go for an apple. I can honestly say Camp Kingsmont changed my life."

CAMPERS come from all over the United States, from Mexico and Canada, and as far away as Dubai. Florida and Texas send many campers to Kingsmont.

Roman sees several elements that contribute to childhood obesity.

One is the environment the family puts them in, whether it's stress from family situations or simply having too much junk food in the

home. It's being behind a computer or television screen daily and not getting outside for exercise. Some youngsters suffer from low self-esteem and eat more to compensate. Other children have no problems and are active but still cannot control their weight.

Parents are pulled into the equation with guidance on instilling a healthy lifestyle in their children. "It's not a problem that kids fix on their own," said Roman. "It's a problem a family fixes together. I would tell parents to find something their kid loves to do outside, something active, that the parent can enthusiastically support."

In her work as a teacher, Roman said it pains her to see children going down the same road she went down. "I want to be able to help kids go down a different road so they don't have to go through what I did." In every camper, Roman sees a bit of her former self.

"Teaching is something I'll always do," said Roman. "Working with kids is something I was born to do."

Visit www.campkingsmont.com for further details and application for registration, or call Meghan Roman at 877-FIT-CAMP.

FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to greatfalls@connectionnewspapers.com. Deadline is Friday.

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, will host a community prayer breakfast sponsored by the Great Falls Ecumenical Council (GFEC) 10 a.m.-12 p.m. on Saturday, May 15. The theme for the prayer breakfast, which will include a presentation by the Rt. Rev. Shannon S. Johnston, Bishop of the Episcopal Diocese of Virginia, is "Rebuilding with Faith." The cost per person is \$10. Contact 703-759-2082 or www.stfrancisgreatfalls.org.

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.

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.

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, or www.jssa.org.

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. 703-356-6336.

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 for schedules and registration information.

McLean Presbyterian Church, 1020 Balls Hill Road, McLean, worship services are at 9:15 a.m. and 11 a.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 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 for more information.

SPORTS

Saxons Improving in Girls' Softball

Young Langley team goes up against top notch district foes.

BY RICH SANDERS
THE CONNECTION

Jessica Roche, the Langley High second year girls' softball coach, can not help but be somewhat proud of her young team's modest accomplishments this spring.

No, the Saxons do not have a winning record and they are not at the forefront of peoples' thoughts when the conversation turns to Liberty District softball. Getting the brunt of the attention are more seasoned Liberty teams such as McLean, perhaps the top team in the entire Northern Region, Madison, which is giving the Highlanders a run for their money in the district standings, as well as talented Marshall and Stone Bridge squads. All four were ranked in the latest Region Top 10 Coach's Poll.

Playing in the region's toughest district is not an easy thing, especially when 75 percent of your 12-member varsity squad is made up of freshmen or sophomores. That has been the scenario this season for Langley, which, all things considered, was a pretty respectable 7-11 going into this week's play.

"The girls have been playing real well all season," said Roche, a former head coach of the Thomas Stone High School softball team in Waldorf, Md. before coming to the Langley program in 2009. "We are a young team," she said. "We're freshmen and sophomore dominated. It's not an easy [district] schedule by any means. I think we've passed some peoples' expectations."

Langley, 3-7 in district play, has beaten South Lakes twice and Jefferson once to account for its district wins. Against the elite teams of the district, the Saxons have not been able to come out with any victories so far. Langley played Fairfax tough in a 4-3 district home loss on April 6. The Saxons also played first place McLean well in a 6-0 home loss on April 16.

With just a couple more weeks remaining in the regular season before the start of the district tournament, set to begin on May 18, Langley hopes to earn a couple more district wins. Going into this week, the Saxons had four more games remaining — home affairs against Marshall (Tuesday, April 4) and Stone Bridge (Friday, April 7) this week, and games versus McLean and Jefferson next week. The Friday, May 14 contest versus Jefferson will be Langley's Senior Night.

Coach Roche said her team has hit the ball well at times against some of the



The Langley High girls' softball team (pictured) will be at home against Stone Bridge Friday, May 7, at 6:30 p.m. On Tuesday, May 11, at 6:30 p.m., the Saxons will play a game at cross-town rival McLean.

district's better pitchers. But she also said the Saxons need to hit better on a more consistent basis. That will likely come over the final portion of the season and on into next year.

"We need to get our bats going," said the coach.

Several Langley players are putting together solid seasons. The team's lone senior, Adrienne Engel, has been one of the district's most versatile players. Her main position is catcher, but she has also seen time in the outfield as well as the infield corner positions at first and third base. Where ever Roche has put her, Engel has played hard and well.

"For a player to be that flexible on the field, she's been a role model," said Roche, of her lone 12th grader. "She's a key batter for us, a kid you want up to hit when you have a runner on third. She has confidence."

Mandy Moll, one of two juniors on the Langley roster, has given the Saxons good defensive play at the shortstop position.

"She's an excellent softball player and comes up with big plays and big hits," said Roche. "She's quite a trooper, leader and role model."

Courtney Conklin, Langley's other junior, is one of the team's three pitchers and also plays first base. She only in recent years learned the nuances of playing first base.

"She's been phenomenal there," said her coach.

Conklin has also proven to be a steady hitter and a terrific bunter.

Langley has utilized three pitchers this season — Conklin, sophomore Julia Weeks

and sophomore Jenna Dunn. Weeks, when she is not on the mound, gives Langley stellar play at the hot corner.

"She plays an almost flawless third base," said Roche, of Weeks. "At the plate she's a force to be reckoned with."

Dunn also plays in the infield when she is not pitching.

"All three pitchers [Conklin, Weeks and Dunn] play other positions as well," said Roche, of her pitching trio. "The advantage [to using three pitchers] is that if one person is not throwing well, I can put another pitcher in. They are all always ready to go."

Other key members of this year's team have been freshmen Ashley Panetta and Kaitryn Evans. Panetta has seen action both at catcher position and in the outfield. She is a stellar presence both at backstop and at the plate with a bat in her hand.

"She can bunt and slap the ball, and she has power," said Roche, of Panetta's game. "She can just do everything. Behind the plate, she is very quick on her throws."

Evans, a .350 hitter, has played a steady second base in her first year with the high school team.

"She is such a solid second baseman and hardly ever makes an error," said Roche. "She's had at least one hit every game."

Roche loves the makeup of her team and the fact that her players are willing to put the Saxons as a team ahead of individual accolades or goals. The fact that so many of her players play several positions is an indication of the selflessness mindset of Langley softball.

"They understand it's a team," said the

coach. "We're not self-serving. We're trying to do the best we can for the team."

Langley will hope to be a successful underdog at the upcoming districts. A first round win would advance the Saxons to the 16-team Northern Region playoff field.

"If we play our best game and do everything we're supposed to, we should go on to regionals," said Roche, who growing up played high school softball under her dad in southern California. "The district tournament is such an electrifying time. You don't know which way [a game] will go."

THIS PAST SATURDAY saw the Saxons play their parents and other family members in a fun-filled exhibition on the Langley ball diamond. The event, known as the "100 Inning Game Fund Raiser," helped raise money for new nets needed for the softball program's batting cages. Langley players, both varsity and JV team members, had raised donations on a per innings basis.

The day's softball, played under sunny, hot conditions, went from 9 a.m. to 3 p.m. About 40 innings in all were played with numerous water breaks taken throughout the day. There were volunteer umpires, an open concession stand and, for the most part, lots of terrific softball. A pitching machine was used in order to save the Saxon pitchers from wearing out their arms.

"It was important for the kids to spend time with their families," said Roche. "We had a great time. It was wonderful and it was hot. We turned on the sprinklers every few innings."

OBITUARY

Ross DeWitt Netherton

Ross DeWitt Netherton, 91, died peacefully in his Arlington home early Friday morning, April 30, 2010. He was born in Chicago, Ill. Nov. 6, 1918, to parents Ross Dewitt Netherton and Orra Faxon Netherton. Growing up, he attended the University of Chicago's Lab School. He attended the University of Chicago, earning degrees in history, political science and a JD; University of Michigan and SJD from University of Wisconsin both for law degrees. He taught law at Chicago-Kent College of Law and American University's Washington School of Law (Professorial Lecturer 1950-1959).

A WWII Army veteran, Netherton served for years of active duty, part of his time spent in the China, Burma, and India theater, (931st Signal Battalion) followed by 27 years in the Army Reserve, retiring as a colonel in 1973. He was an active member in the Burma Star Association, organizing the First American Branch in 2000. More recently, Netherton organized and conducted a semi-monthly Military History Forum in Falls Church.

Netherton was retired from a career of conducting and administering research and writing programs in academic, governmental, private sector, and consultative organizations. His main fields of expertise had been in transportation and land-use planning law, environmental law, historic preservation, and local history. He has published, lectured, and consulted in a professional career of more than 40 years. He has designed and managed scholarly and applied research and writing programs for national organizations, the U.S. Departments of the Interior and Transportation, the National Research Council, The American Bar Association, and Congressional study commissions; and he has served as an advisor for the National Conference of Commissioners on Uniform State Laws.

In Northern Virginia, he and his wife, Nan Netherton, had co-edited the first Fairfax County Directory: A Civic-Government Handbook in 1957. Later, they co-authored histories of Arlington County and Fairfax County. Individually, he had written monographs published by the Fairfax County Planning Department on the Fairfax Courthouse, the Colvin Run Mill, and Green Spring Farm. Most recently he has co-authored a regional history of Virginia between the Rappahannock and Potomac Rivers titled In The Path of History. He was an honorary life member of the Falls Church Historical Commission, a member of the Northern Virginia Association of Historians, and he had received awards and professional recognition for his research and writings and lifetime contributions to the preservation of history.

He is survived by his sons, David Netherton (Concord, Mass.), and Richard Netherton (Falls Church), and daughter, Nancy Netherton Stelling (Richmond), five grandchildren and four great-grandchildren. A memorial service will be planned for early June 2010.

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21 Announcements

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LEGAL NOTICE

Notice of Availability: Finding of No Significant Impact
(FONSI) for the Environmental Assessment (EA),

Pentagon Emergency Response Center

Agency: Department of Defense

Summary: Pursuant to the National Environmental Policy Act of 1969 (NEPA), as amended (42 USC 4321 et seq.), the Council on Environmental Quality (CEQ) Regulations for Implementing the Procedural Provisions of NEPA (40 CFR parts 1500-1508), and Department of Defense (DoD) Instruction 4715.9, Washington Headquarters Services (WHS) gives notice that an EA has been prepared and an Environmental Impact Statement (EIS) is not required for the construction of a new Pentagon Emergency Response Center (PERC).

The overall purpose of the proposed action is to provide a new facility for 54 personnel associated with three divisions of the Pentagon Force Protection Agency (PFPA). PFPA personnel are currently located in temporary facilities within the Pentagon Reservation. The proposed action would provide consolidated, long-term PFPA facilities within a two-story building to be constructed in the southeastern corner of the Pentagon Reservation. The planned location of the building is currently a gravel lot within the Pentagon's Heating and Refrigeration Plant.

The No-Action Alternative would not construct the new facility and would leave the site as a gravel pad. The PFPA employees would continue to work at temporary facilities on the Reservation until the trailer leases expire in 2012. At that time WHS would need to locate alternative temporary facilities to house emergency response operations.

Based on the analysis presented in the EA and coordination with state and local regulatory agencies, the proposed project is not expected to result in any significant adverse effects or impacts on the natural or human environment.

Where FONSI May Be Reviewed: The FONSI can be reviewed at the following location:

Safety and Environmental Management Branch (SEMB)
Washington Headquarters Services
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Salad Daze



By KENNETH B. LOURIE

The dictionary defines "salad days" as the "time of youth, innocence and inexperience." For a cancer patient (yours truly), who has changed his eating habits, almost entirely (I give myself a B-) to incorporate fruits and vegetables, greens in general, and salad in particular, instead of merely consuming his daily bread, there is no more ironic characterization of time than this column's title. And I'm eating salad because my "time of youth, innocence and inexperience" is long gone. It left March 5, 2009, when my oncologist explained to me (and Team Lourie) exactly what my stage IV lung cancer diagnosis meant, statistically speaking: I was now life-expectancy-challenged, to put it mildly; that is, with a "p.c." spin on it.

And "correct," with respect to my consumption, is what I've tried to be. I'm attempting to follow a PH-balance-changing regimen to consume a great deal more alkaline foods than acidic foods, thereby altering (hopefully) my blood chemistry; the theory being that cancer cells, which we all have as part of our DNA, figuratively speaking (maybe even literally for all I know/understand), cannot exist in an alkaline environment. In effect/theory, making one's internal combustion engine a less hospitable environment/host to these life-threatening cells, and to extend my prognosis/life in the process, beyond its current 13-months-to-two-years time frame.

And so, salad, sometimes days, more so nightly and on the weekends, is now a primary part of my food for thought. These days, I spend more time in the produce section of the supermarket than I do in any other aisle. Not that I've become the least bit knowledgeable (actually I have become the least bit knowledgeable), but I have become more inclined and quite frankly, likely, to wander through this section first (and foremost) to take in the sights – and smells – and to see if there are any items that meet my still extremely narrow window of eating opportunity. (Organic is even better, I've been advised.)

No more can I cookie-cake-candy-ice cream-soft drink my way through the supermarket. In fact, I haven't had an Oreo Cookie (Double Stuf) in so long, that I'm no longer sure how to spell "Stuf." Still, I wander through those aisles, too (I'd be lying if I said, occasionally), taking inventory, so to speak (sort of as a peculiar way to motivate/discipline myself) and to semi dip my toe back in the sugar-consuming water. But I have enough intestinal fortitude now, to not indulge in my former eating fantasies. (To be honest, I'm not a saint, but neither am I the sinner I once was.) It's extremely difficult, though. Almost all the foods (or the category of foods) that I misspent my youth – and life – eating, and love still: sugar, dairy, pasta, potatoes, rice, bread, beef/veal/pork/turkey are acidic and thus, out, at least to the extent/percentage theorized (30 percent of your calories) in this alkaline/acidic, cancer-affecting discussion/debate.

As my new consuming passion then, no longer am I eating/drinking all the friendly-to-cancer "ingestibles" that I have been for the past 50 years (certainly nowhere near the frequency or ferocity, that's for sure). Is it helping? I don't think it's hurting. Is it proactive? Yes, in a reactive-to-my-diagnosis kind of way. Am I doing better than my oncologist expected? Yes! (See column titled "Between a Rock and a Hard Place," 4/21/2010 for comparison.) Is my prognosis different now in year two? No. Can I live with the consequences of these most recent actions? Happily so, and hopefully for years beyond the original diagnosis. Are there any guarantees? Just one: "No one gets out of this life alive." So said, Ceil Lourie, my mother, many times. (For her sake, thank God she died before my diagnosis.)

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

NEWS

First-Place Poems

FROM PAGE 11

Mhairi Cadenazzi, second place to Michael Sevila and third place to Keenan Hero. First place for fifth-graders went to

Jessica Lewis, second place to Christina Hara and third place to Lauren Richardson. At the sixth-grade level, first place went to Julia Steffy, second place to Caroline Wildman and third place to Antonia Marquez.

"The Night"

BY MHAIRI CADENAZZI, FOURTH GRADE

The moon it shined above me.
The moon that was so bright.
It poured down through the treetops,
Through streams of simple light.
The water shone like crystals
In a pond clear in the night.
It was very beautiful
So simple but so bright.
The grass was at a twinkling.
The grass was like the stars.
The grass was like the metal that makes silver bars.
The forest is at a distance
The forest like a light.
I thought it very pretty.
Like a star that twinkles bright.
The night ended so quickly.
The night ended so soon.
And I thought about the next time
That I would see the moon.
The night was gone so quickly.
The daytime came so soon.
And I thought about the next time
I would see the moon.

"Friend"

BY JESSICA LEWIS, FIFTH GRADE

I hear your voice inside my head,
It says, "come to my side, my friend."
And you know I will, no matter what.
But will you please stop that arrogant strut?
You're unpredictable, like the ocean,
And now you've got this crazy notion.
That whatever you do, I'll come through.
And it's true; I'll carry your banner.
If you quit that selfish manner!
I see your frightened face.
Abandoned of all grace.
I think, "Be true"
And rush off to help you.

"The Ship"

BY JULIA STEFFY, SIXTH GRADE

I'm off to go a-hunting, a-hunting for some gold,
But not the type that you might think of, this one's rather old.
This ship sunk 40 years ago, now neglected by all,
But this ship's tall mast, its pride and glory, still stands tall.
I've brought my mask and snorkel, I'm ready to dive down,
The waters seem so blue at first, and then a murky brown.
Schools of fish and coral are brilliant to the eye,
The sponges seem to bob and sway as I am swimming by.
I spot the ship, I'm here at last, to seek the undiscovered,
I spy a room, a chair, a desk, all seaweed-smothered.
I grasp the handle of the drawer, oh what will be inside?
I spy a book, a thick book, oh is it ruined by the tide?
I pick it up gently, my lungs are about to burst,
I'm back on shore, I'm sitting down, but I fear the worst,
As I open the book, I'm relieved to see,
All the captain's secrets, revealed to me.



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