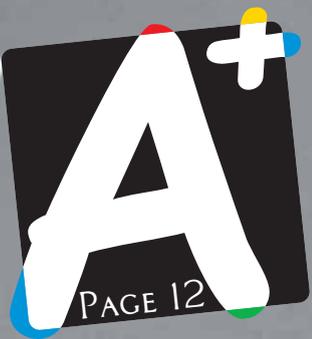


Great Falls CONNECTION

Lisa Sturtevant, an associate research professor at George Mason University's School of Public Policy, addresses The Great Falls Rotary Club on Thursday, Feb. 14. Sturtevant also serves as the deputy director of the Center for Regional Analysis.

Exploring Area's Economic Future

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Orchestra
Performs in Italy

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TD Bank
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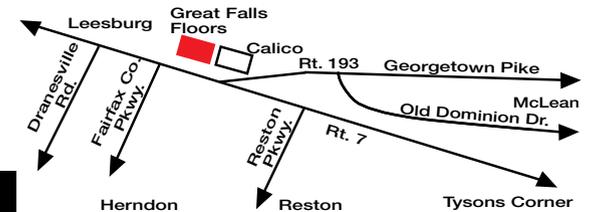
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The updated design for the proposed TD Bank that would be at the corner of Georgetown Pike and Walker Road.

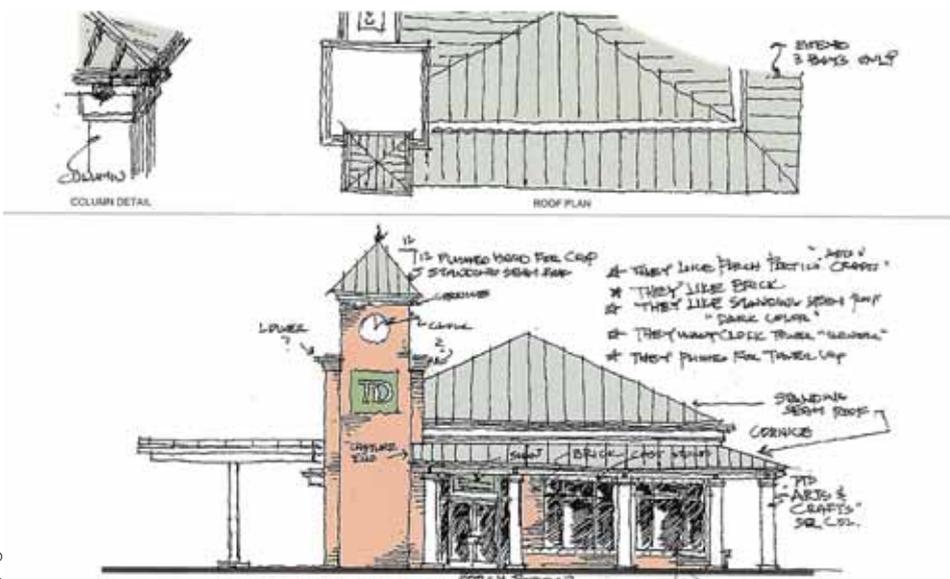


PHOTO CONTRIBUTED

TD Bank Provides Design, Environmental Update

Proposal for corner of Walker Road and Georgetown Pike submitted to county.

BY ALEX MCVEIGH
THE CONNECTION

TD Bank took the latest step toward opening a branch in Great Falls, submitting their application for a special exception for the lot at the corner of Georgetown Pike and Walker Road to Fairfax County.

Several design changes have been incorporated to the building in response to community suggestions, including a porch around the building and a small clock tower in one corner of the building.

The bank's drive through—which is the reason for requesting a special exception from the county—is currently being planned to accept 10 cars, with teller windows located on the south side. Cars can enter the lot from Walker Road on the east and Georgetown Pike from the north.

Some community members have expressed concerns about backups on Georgetown Pike as westbound drivers try to make a left into the bank.

"As you're driving westbound on Georgetown Pike, it would be difficult to make that left turn into the bank. We're not suggesting prohibiting it at this point, but it's not going to be an easy movement to make," said Ed Papazian, a traffic engineer with Kimley-Horn. "We think more drivers will chose to take a left on Walker Road and then take the right into the bank."

Papazian also said that their traffic study on the amount of car trips generated by the bank would be less than the trips used by the Exxon station that was previously open at the site.

PART OF THE PROCESS, though one separate from TD Bank's special exception efforts, will be environmental clean-up efforts designed to remove any contamination as the result of leaking underground petroleum tanks.

Testing of the soil done last year when the Exxon station's tanks were removed revealed soil with some petroleum contamination, which led to the Virginia



PHOTO BY ALEX MCVEIGH/THE CONNECTION

Engineer Mike O'Hara presents engineering information for the proposed TD Bank in Great Falls Tuesday, Feb. 12.

Department of Environmental Quality preparing a Corrective Action Plan to make sure that contamination was removed, or at least unable to move to other properties to contaminate groundwater.

"[The DEQ] is about to install a well in the VDOT right of way on Walker Road to take some test data, and from that data the plan will be prepared," said David Houston, a lawyer representing the landowner, Fairfax Petroleum.

The well is scheduled to be installed in March and the plan will be drafted in April and May, and it will then be submitted to DEQ, who will host public meetings in late spring or early summer about remediation plan.

Bill Harvey, co-chair of the GFCA's Land Use and Zoning committee, said that Exxon, who owned the underground tanks, has set aside funds to remediate contaminated sites.

Lori Murphy, a lawyer representing TD Bank during the process, said that the bank's current agreement with the landowner stipulates that the site be cleaned, so the bank may not be built until the cleaning process is complete.

MORE INFORMATION on the bank proposal, including the latest design, can be found at www.gfca.org.



Lisa Sturtevant, an associate research professor at George Mason University's School of Public Policy Thursday, Feb. 14.

PHOTO BY ALEX MCVEIGH/THE CONNECTION

Exploring Area's Economic Future

Great Falls Rotary hosts Lisa Sturtevant of GMU.

BY ALEX MCVEIGH
THE CONNECTION

The Great Falls Rotary Club hosted Lisa Sturtevant, an associate research professor at George Mason University's School of Public Policy Thursday, Feb. 14. Sturtevant, who also serves as the deputy director of the Center for Regional Analysis, presented a glimpse into the future of Northern Virginia's economy, and how it might look different.

"Sequestration or no, the role of the federal government in Washington, D.C. has changed," she said. "There's this myth that we're immune to recession in the area, but that's not true. We're buffered from recessions to some degree, but we lost about 53,000 jobs here in the most recent recession, back in 1991 recession we had about the same number of losses ... but we did start adding jobs faster than a lot of other places."

The region, which consists of 22 different jurisdictions in Virginia, Maryland, Washington, D.C. and one in West Virginia, had 30,000 more jobs in December 2012 than it did in 2011.

"We're interested in not only the number of jobs, but the kinds of jobs," Sturtevant said. "In the near term, the jobs we have gotten are different than the ones in the past. They're lower wage, they're in different sectors and all of those say important things about a local economy. If you have new jobs coming in that are lower wage jobs, you have less spending power, which suggests a slightly slower growth of our economy

over time."

The area's job numbers included gains of more than 10,000 jobs in the professional and business services, education and health services and state and local government jobs, according to the Center for Regional Analysis. The federal government lost 3,000 jobs, retail trade lost 6,000 jobs, transportation and utility lost 2,000 jobs and information and manufacturing each lost 1,000 jobs over that time period.

"There are three major sectors that will drive our economy over the next five years: professional and business services, education and health services and construction. The residential construction sector is poised to really take off nationally and here in the region," she said. "We're going to have faster growth in the construction sector than anything else, even with the wind down of several major residential projects."

According to the center, the income pattern in the area has changed since 1990. While the same number of people (44 percent) earn between \$10,000 and \$49,000 in 1990 and 2010, those making more than \$90,000 have increased from 4 percent in 1990 to 39 percent in 2010.

Those making between \$50,000 and \$89,000 have fallen from 51 percent in 1990 to 16 percent in 2010, with all figures adjusted for inflation.

Sturtevant said that a few things play into those numbers, most notably the increasing age of baby boomers as they go further into their career, then to be replaced by lower-paid younger employees as they retire.

New Approach to Helping Chronic Homeless

County joins “100,000 Homes” effort as chronic homelessness rises.

BY VICTORIA ROSS
THE CONNECTION

The number of chronically homeless individuals in Fairfax County is on the rise. Currently, nearly 300 individuals are considered chronically homeless, many living in cars or sleeping in tents. In an effort to find permanent homes for these individuals, the Fairfax-Falls Church Community Partnership to Prevent and End Homelessness is joining the 100,000 Homes Campaign, a national movement to find permanent homes for 100,000 chronically homeless throughout the nation.

“While we have generated some exciting results by rapidly moving families and individuals into housing with services, those experiencing chronic homelessness have been harder to help,” said Dean Klein, director of Fairfax County’s Office to Prevent and End Homelessness (OPEH). The 100,000 Homes movement is designed specifically to help identify and address the needs of those who continuously struggle with finding a safe and consistent place to call home.

“The campaign provides concrete, innovative tools and infrastructure that will help us end homelessness in our community,” Klein said.

Klein said that while many may think the chronically homeless don’t want to leave the streets, the reality is that the majority of chronically homeless individuals endure serious illness, and physical and mental disability on a daily basis.

“Outreach to this community has shown that many would like to have a home, if all they needed to do was pay rent and be a good tenant,” Klein said.

The 100,000 Homes model provides homeless individuals with caring, individually tailored support services at each stage of their journey from homelessness to housed. As of Dec. 10, 2012, the national campaign has already housed 23,151 people, with more than 90 percent of those helped remaining stably housed.

100,000 Homes Fairfax: A Home for All

Fairfax County’s local campaign kicks off on Feb. 23 with Registry Week, when volunteers will create a registry, by name and photograph, of everyone experiencing homelessness in the county. The personalized stories about these individuals are designed to help the county and community partners make decisions about how to prioritize and allocate housing and support resources.

“This registry will be a first of its kind for Fairfax, putting a real face on homelessness,” Klein said. “Nearly 300 people are chronically homeless in our community. Through this campaign, we anticipate getting half of them in housing in three years.”

To help make Registry Week a success, a variety of volunteer opportunities are available. We need your help to make Registry Week a success. To learn more, go to:

- ❖ About Registry Week and Volunteer Opportunities at
- ❖ www.fairfaxcounty.gov/100khome/registry-week.htm

‘Art Night Out’ in Support of Great Falls Art Community

Great Falls artists and art enthusiasts will host a casual night out on March 7, 7-9:30 p.m. at the home of Mark & Molly Decker, 106 Falcon Ridge Drive, Great Falls. The residents are invited to enjoy drinks and appetizers as they view the Decker’s extensive art collection highlighting accomplished Ohio landscape artist Michael McEwan. They can also view the newly released plans and drawings for the proposed Great Falls Center for the Arts, discuss the project’s progress, and share their thoughts with GFFFTA Board members.

Tickets: \$75 for sponsors, \$200 for patrons, \$45

for Great Falls Studios members.

RSVP online for tickets:
www.greatfallsart.org/art-night-out-fundraiser

“Art Night Out” is an event coordinated by Great Falls Foundation for the Arts (GFFFTA) a local 501(c)(3) with a mission is to expand opportunities for art education, expression and professional development in the Great Falls community, and network with individuals and organizations that share these goals (www.greatfallsart.org).

Questions or RSVP by email to julie.casso@greatfallsart.org.



PHOTO BY ALEX McVEIGH/THE CONNECTION

From left, Interact Club members Brooks Laird, Austin Ward, Annabella Riccio of the USO of Metropolitan Washington, D.C., Katherine Burke and Michael Ryan. The Interact Club presented the USO with a check for \$1,600 Thursday, Feb. 14, \$800 that they raised themselves and a matching \$800 from the Great Falls Rotary Club.

Clubs Raise \$1,600 for USO

Great Falls Rotary matches Interact Club donation to service organization.

BY ALEX McVEIGH
THE CONNECTION

A chapter of Interact Club, the Rotary Club’s youth initiative, raised \$800 for the USO, which was matched by the Great Falls Rotary Club, making a total of \$1,600 raised for the organization that supports members of the U.S. armed forces all over the world. Students presented the check to Annabella Riccio of USO of Metropolitan Washington at the rotary’s Feb. 14 meeting.

“These kids are our future, and we couldn’t be more proud of the way they stepped up to support our troops,” Riccio said. “This will make a huge difference for local troops and their families, they’ll see a great benefit from these funds.”

Katherine Burke, a past president and founder of the Interact Club in Great Falls, said she got the idea to help the USO after attending a Rotary meeting last year that featured Elaine Rogers, president of USO-Metro.

“I thought the cause was so great that we decided we had to do something to support the USO,” she said. “We were able to raise \$800 through fundraising car washes and snow cone sales.”

This chapter of the Interact Club is made up of students, some who attend public schools, some private and some home-schooled.

The USO has been partnered with the Department of Defense since 1941 to provide service members with programs, services and entertainment.

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AREA ROUNDUPS

Police Warn Public of 'Inheritance Scam'

Fairfax County Police (FCPD) has received numerous reports from residents across the U.S. involving a phony inheritance proclamation.

These typically arrive in the form of an unsolicited email announcing that the recipient has been awarded a multi-million dollar inheritance but they must contact a FCPD police investigator in order to claim the funds. Presently, the scammers are identifying themselves as authentic FCPD personnel and using official email addresses, phone numbers and street addresses in order to appear more convincing to the victim.

The Financial Crimes Unit is aware of at least a dozen reports that have taken place since Thursday, Jan. 10. Detectives warn residents that due to the potential international origin of this scam, there is little that can be done to re-claim funds that have already been wired: Do not wire money based on instructions received in unsolicited emails.

The FCPD does not send unsolicited emails concerning inheritance, monetary funds, or transactions. If someone receives these emails, they should delete them immediately and do not open any files associated with the email.

If anyone has questions concerning the validity of unsolicited, suspicious emails

requesting monies to be wired or personal information to be sent, that appear to be from the FCPD, contact police.

If someone within Fairfax County has already sent money involving this scam, report it through the Financial Crimes electronic reporting site.

Volunteers Needed to Help Count Homeless

Volunteers organized by FACETS and other local nonprofits will spread out across Fairfax County to count, photograph, and get names and histories for everyone experiencing homelessness for the county's first ever "Registry Week," a component of the 100,000 Homes Campaign," beginning on Monday, Feb. 25, at various locations around Fairfax County. Geo tracking will be used to help pinpoint where the homeless live so they do not get counted twice. The personalized data will help the nonprofits and local governments make important decisions about how to prioritize and allocate housing and support resources.

More than 200 volunteers are needed countywide.

Partners include: FACETS, Fairfax County Office to Prevent and End Homelessness, New Hope Housing, Pathway Homes, Reston Interfaith, Volunteers of America Chesapeake.

SEE ROUNDUPS, PAGE 7



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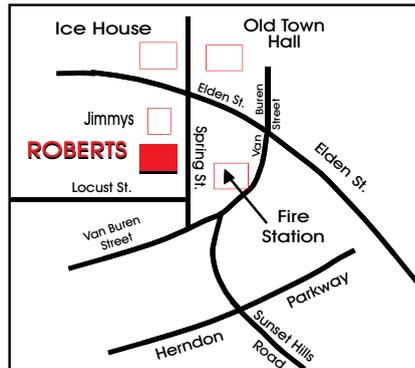
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AREA ROUNDUPS

FROM PAGE 6

Fairfax County has nearly 2,900 homeless—of these about 300 are chronically homeless. Supporting the county's 10-year plan to end homelessness, the 100,000 Homes Campaign is focused on building efficient local systems that target resources to the most vulnerable individuals quickly and predictably. An important part of the campaign focuses on creating profiles of

people to ensure that the homeless are counted as real people and that their progress in finding housing and services can be better tracked. By using the campaign's tools and metrics, the county's partners anticipate getting half of the most vulnerable, chronically homeless in supportive housing in three years—which will save money and possibly lives.

Interested volunteers should call 703-352-5090 or visit FacetsCares.org.

Sheriff's Office Announces Scholarship Opportunity

If you are currently enrolled in a Virginia college or university and are pursuing a degree in the field of criminal justice then you are eligible to apply for a college scholarship from the Virginia Sheriff's Institute (VSI) Scholarship program. Scholarships are available to both full and part-time students.

As part of the application process, Fairfax County Sheriff Stan Berry must submit a letter of recommendation on behalf of the applicant. A letter can be obtained by contacting Lieutenant Steve Elbert at shfpio@fairfaxcounty.gov or by calling 703-246-3250.

Founded in 1981, the Virginia Sheriff's Institute is a non-profit professional and educational organization. In May 2012, the VSI Scholarship Committee awarded 63 scholarships for a total of more than \$30,000. There are \$500 scholarships available for full-time students and \$250 scholarships available for part-time students. The number and amount of scholarships awarded each year varies depending on the number of eligible students and the amount of money that is raised.

For more information on the VSI Scholarship Program or to download an application, visit vasheriffsinstitute.org/scholarship/.



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OPINION

To 'Get That Vote We All Deserve'

From Fix Gun Checks tour to White House.

BY OMAR JOSEPH SAMAHA
BROTHER OF REEMA SAMAHA

GUEST EDITORIAL



After my sister Reema was killed at Virginia Tech on April 16, 2007, our lives changed forever. I say "our lives" changed forever because gun violence doesn't just affect the direct family of the person killed, but an entire community. As I learned more and more about gun violence, I found that on a daily basis, this ripple of pain and suffering is repeated 34 times in 34 communities around the country, that's a Virginia Tech massacre every day.

This all became even more apparent when I drove around the country on the Fix Gun Checks tour. The campaign promoted respect for the second amendment and fixing our background check system on gun purchases to prevent dangerous, prohibited purchasers from acquiring them.

The campaign began shortly after the Tucson, Ariz. massacre where U.S. Rep. Gabby Giffords was shot along with many other innocent Americans. For months I campaigned across the country, holding public events in small towns and big cities. When I made it to Tucson, Gabby was still recovering from her gunshot to the head, yet I had the opportunity

to meet her sister and those affected by the shooting. Her sister gave me a bright blue bracelet that had inscribed on it, "Gabby," along with a peace sign and a heart. I've cherished it and worn it ever since along with my "Hokie Hope" bracelet as I've hoped and prayed for her recovery and for all those affected by gun violence.

IN EVERY STATE I traveled to, I met with families and survivors of gun violence, mayors, congressional members, law enforcement officials, doctors, gun owners and NRA members. From the rural countryside, to the suburbs, to the inner cities, I witnessed the same thing; gun violence affects people in every community and from all walks of life. The resounding plea

from everyone I met along the way is that we must do more to prevent gun violence in our country while respecting our second amendment rights. This can and must be done in a comprehensive manner in order to have real results.

After the Newtown shooting, everything changed, and Americans could not bear the thought of inaction. We can see that a push from citizens could cause the president and Congress to finally act to prevent these tragedies from occurring.

I went to the White House last Tuesday to speak with the first lady and other policy advisors and on Capitol Hill I spent much of the day meeting with congressional members. Everyone is now committed to working on the

complex issue of gun violence prevention around our country while making sure our Constitutional rights are not infringed.

On Capitol Hill, U.S. Rep. Jim Moran has been a very strong vocal leader in gun violence prevention and has worked closely with us over the years. He invited me to be his guest to the State of the Union. I was honored to attend along with many others who have experienced gun violence in their lives and even more so when President Obama acknowledged our presence.

The president spoke strongly about how the time for talk is over and the time for action, to vote on gun violence prevention measures, is now. He reiterated, "They deserve a vote!" when referring to those who have been murdered in the growing number of massacres, for the 34 Americans killed every day, for the families and communities affected, and for the survivors who live their lives with permanent injuries and trauma.

SHORTLY AFTER the State of the Union address, as I was leaving, I randomly got to meet one of those survivors, Gabby Giffords. She was being escorted by her husband, Capt. Mark Kelly. I had the feeling that one day we would cross paths. I introduced myself to her and though I don't believe she knew who I was, when I showed her the bracelet with her name on it her expression changed to one of excitement and enthusiasm.

Although Gabby is still recovering and re-learning how to speak, the words we exchanged were enough to give us more hope and energy, to continue on until we get that vote we all deserve, for our safety, for our children, and for our families and communities.

LETTERS TO THE EDITOR

Time to Vote On Gun Control

To the Editor:

A powerful moment was reached during the State of the Union address when President Obama spoke of America's responsibility to survivors of gun violence. The president said, "they deserve a vote" — on gun reform. Representatives from Virginia should heed this call.

"They" also applies to the countless Americans who, like myself, remain concerned and disheartened by horrific gun violence. Though I was hundreds of miles away at school in Washington, D.C. on the day of the Virginia Tech massacre, just watching the images on television and knowing I had friends at Va. Tech at the time invoked a tremendous sense of shock and sadness that I still have to this day.

Congressman Bob Goodlatte (R-Va.) has the responsibility, in his capacity as chairman of the House

Judiciary Committee, to make a serious effort to find ways to make our communities safer. Our Congressman Frank Wolf (R-10) should, too, take this opportunity to strengthen our state's, and our nation's gun laws.

The time for a vote is now. It is time to close loopholes and increase preventative measures that were not, but should have been, in place.

These are just some of the meaningful reforms that will reduce gun violence.

Some lawmakers may declare that today's most pressing issue is the economy and looming sequester, but that should completely not rule out a plan for gun reform. Simply sweeping any chance for gun reform under the rug is foolhardy. It's time to tackle the issue head on, because we, as concerned citizens of Virginia and of the nation, deserve a vote.

Velginy Hernandez
Great Falls

Alarmed and Saddened

To the Editor:

I participated in the public hearing on school discipline last week and was alarmed and deeply saddened to view the document Students Rights and Responsibilities for K-12, which lists pages and pages of all the "bad" behavior a student could possibly have, and the consequences for each violation. The really big consequence is for marijuana use, which merits immediate 10-day suspension and a referral for consideration of expulsion on the first violation.

While the striving for clean, unbiased, and even-handed treatment of each specific offense is certainly well intentioned, the approach falls short of educational best practices. Schools have begun to move beyond a focus on "discipline" to a focus on "pedagogy."

Pedagogy comes from the Greek words "paidos" which means "child," and "ago" which means

"lead" — to have a "pedagogy" rather than a "punishment policy" means to lead the child somewhere — it aims to develop the humanity of the student in addition to developing cognitive skills.

We live in an increasingly diverse world made up of people from many religions and cultures. The religious values and cultural glue that bound members of community in the past can become scrambled these days. Behaviors of the "very different" among us can alarm. However, one leader, Stephen Covey, has a proven track record in applying his Seven Habits of Highly Effective People approach to professional development within major global corporations around the world with good effect. His approach is currently being brought to school systems including the public schools in Potomac, Md.

Schools where Stephen Covey's educational approach as described in *The Leader in Me*—

SEE MURPHY, PAGE 15

Great Falls
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NEWS

Langley Crew Team Rows to 'Stop Hunger Now'

The Langley crew team raised \$2,500 toward the Langley pyramid effort to support the Stop Hunger Now charity, which culminated in a meal packaging event that was held at Colvin Run Elementary School on Saturday, Feb. 9. The Langley pyramid effort raised \$19,000 total, which paid for 76,000 high protein meals that were put together or "packed" by volunteers. Langley crew held a fundraiser event at the Great Falls Safeway on Feb. 2 and also donated a portion of the proceeds from its annual indoor rowing competition—an "Erg-a-thon" against West Springfield High School that Langley won.

Established in 1998, Stop Hunger Now is a 501(c)(3) non-governmental, international relief organization with a worldwide mission to provide high protein meals to schools and orphanages in developing countries around the globe.



Pictured, from left, front row: Captain Thomas Marzol, Tucker Grimm; middle row: Coxswain Charlie Bavisotto, Ian Havesy, Alec Keiss; back row: Patrick McKee, Wyatt Child, Sam Child, Tommy Slade and Ryan Shaw at the Langley crew fundraiser event at the Great Falls Safeway on Feb. 2.



Check donation: From left, Principal Matt Ragone, crew captain Liam Fitzmorris, crew captain Thomas Marzol, Stop Hunger Now Coordinator Dominic Alexander, crew captains Ashley Doll and Tyler Seckar.

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ENTERTAINMENT

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.

WEDNESDAY/FEB. 20
Photography Competition Meeting. 7:30-9:30 p.m., at Thoreau Middle School, 2505 Cedar Lane, Vienna. Andrew Jezioro, digital photography lecturer at the Northern Virginia Community College, will judge Architectural photographs for the Vienna Photographic Society. www.vps-va.org.

THURSDAY/FEB. 21
Happy Giving Hour. 5:30-8 p.m., at Iris Lounge, 1524 Spring Hill Road, McLean. Mix and mingle with Northern Virginia networking groups to benefit Doorways for Women and Families; bring a guest. \$5. www.leadershipfairfax.org.

Life as the Daughter of a Vietnam War MIA Father. 7:30 p.m., at Neighbor's Restaurant, 262D Cedar Lane, Cedar Lane Shopping Center, Vienna. Pam Cain, daughter of Col. Oscar Mauterer, USAF, lost while flying over Laos during the Vietnam War in 1966, shares the story of her life as daughter of a missing-in-action father. 703-255-0353 or www.vva227.org.

The Wizard of Oz. 7:30 p.m., at the Madeira Chapel/Auditorium, 8328 Georgetown Pike, McLean. The Madeira Arts Department brings the classic with puppeteering, colorful misfits and a local wizard in their winter musical. \$10 for adults; \$5 for children. www.madeira.org/wizardofoz.

Chicago City Limits. 8 p.m., at Wolf Trap, 1635 Trap Road, Vienna. Improvisational parodies are the mainstay of New York City's longest running comedic act. \$24. www.wolftrap.org.

FRIDAY/FEB. 22
The Wizard of Oz. 7:30 p.m., at the Madeira Chapel/Auditorium, 8328 Georgetown Pike, McLean. The Madeira Arts Department brings the classic with puppeteering, colorful misfits and a local wizard in their winter musical. \$10 for adults; \$5 for children. www.madeira.org/wizardofoz.

Chicago City Limits. 8 p.m., at Wolf Trap, 1635 Trap Road, Vienna. Improvisational parodies are the mainstay of New York City's longest running comedic act. \$24. www.wolftrap.org.

SATURDAY/FEB. 23
Speed Stacking Tournament. 9

a.m.-1 p.m., at North Springfield Elementary School, 7602 Heming Court, Springfield. Single and double (parent and child) cup stacking competitions held concurrently with prizes; food for sale to benefit the school \$4. 703-658-5563 or semetz@fcps.edu.

Italian American Reconciliation. 2 p.m. and 8 p.m., at 1st Stage, 1524 Spring Hill Road, Tysons Corner. A romantic comedy from the author "Moonstruck" and "Doubt" follows Huey Bonfigliano as he takes to the arts after his divorce, but bad poetry isn't enough and he decides to try and win back his ex with the help of friends. \$25; \$15 for students. 703-854-1856 or www.1ststage.com.

Doc Scantlin and his Imperial Palms Orchestra. 8 p.m., at the McLean Community Center, 1234 Ingleside Ave., McLean. Wander into the 1930s and get into the swing of Calloway, Gershwin and Berlin with Doc, Chou Chou and the gang. \$30, \$20 for residents. www.aldentheatre.org.

SUNDAY/FEB. 24
Italian American Reconciliation. 2 p.m. and 7 p.m., at 1st Stage, 1524 Spring Hill Road, Tysons Corner. A romantic comedy from the author "Moonstruck" and "Doubt" follows Huey Bonfigliano as he takes to the arts after his divorce, but bad poetry isn't enough and he decides to try and win back his ex with the help of friends. \$25; \$15 for students. 703-854-1856 or www.1ststage.com.

28th Annual Black History Forum. 3-5 p.m., at the Flint Hill School, 3320 Jermantown Road, Oakton. Trivia Game which features black history related topics, including history, language, literature, the arts, the sciences, popular culture, geography and wordplay; light refreshments included. www.flinthill.org.

Sunday Soiree: My Funny Valentine. 3-5 p.m., at the McLean Community Center, 1234 Ingleside Ave., McLean. A themed, open dance session with casual dancing, practicing and live music from The Wayne Tympanick Trio. \$5. 703-790-0123 or www.waynetympanick.com.

MONDAY/FEB. 25
Anne Barber's Cape Town. 1 p.m., at Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna. Ayr Hill Garden Club will feature a presentation by world traveler and landscape designer Anne Barber, who will share photos taken at the gardens of Cape Town, South Africa. latripp24@gmail.com.

TUESDAY/FEB. 26
The Langley HS Orchestra in Concert. 7 p.m., at Langley High



Great Falls Columns, watercolor, by Jeff Gorrell, 24" X 30."
Great Falls State of Mind

On display with other original artworks of the Vienna Arts Society are Jeff Gorrell's large and small paintings featuring panoramas and close-ups of the nuances of Great Falls; open Tuesdays through Saturdays from 10 a.m.-4 p.m. through March 2, at the Vienna Arts Society Gallery, 513 Maple Ave. W., Vienna. 703-319-3220 or www.ViennaArtsSociety.org.

School in the auditorium, 6520 Georgetown Pike, McLean. The public is invited to hear music of Italian composers from the orchestra's recent trip to Rome—the Cooper Symphonic Orchestra will perform, as well as the Cooper Concert Orchestra with the Langley Chamber Orchestra. www.fcps.edu/LangleyHS/.

Cisco Adler at Jammin' Java. 7 p.m., at Jammin' Java, 227 Maple Ave. E., Vienna. \$15. Musician and entrepreneur Cisco Adler is scheduled to perform; also performing will be Mod Sun, Tayyib Ali, Choo Jackson and Pat Brown. <https://jamminjava.com/events/road-trippin-tour>.

WEDNESDAY/FEB. 27
Celtic Crossroads. 8 p.m., at Wolf Trap, 1635 Trap Road, Vienna. Foot-stomping Irish beats and literal step dancing under dramatic lighting at a bluegrass-gypsy-jazz performance. \$27. www.wolftrap.org.

THURSDAY/FEB. 28
Celtic Crossroads. 8 p.m., at Wolf Trap, 1635 Trap Road, Vienna. Foot-stomping Irish beats and literal step dancing under dramatic lighting at a bluegrass-gypsy-jazz performance. \$27. www.wolftrap.org.

FRIDAY/MARCH 1
Essay Contest: What freedom do I enjoy most? The American Legion Auxiliary Unit 180 accepts submissions from third through 12th graders through March 1; call for rules, prize amounts and info. 703-242-7082.

Parker String Quartet. 8 p.m., at Wolf Trap, 1635 Trap Road, Vienna. The Grammy Award-winning quartet plays Mozart, Britten and Dvorak. \$35. www.wolftrap.org.

Roald Dahl's Willy Wonka. 7:30 p.m., at Oakcrest School, 850 Balls Hill Road, McLean. Roald Dahl's timeless story of the world-famous candy man and comes to life in this stage adaptation of Charlie and the Chocolate Factory. \$10 for adults; \$5 for students. www.oakcrest.org/student-life/fine-arts/upper-school-show/index.aspx.

SATURDAY/MARCH 2
McLean Symphony Orchestra. 3 p.m., at McLean Community Center, 1234 Ingleside Ave., McLean. Songs from the latest generation of Broadway musicals and Hollywood hits presented with student compositions arranged for full orchestra in cooperation with the Northern Virginia Music Teachers Association. 703-790-0123 or www.mclean-symphony.org.

Buskin & Batteau. 7:30 p.m., at Wolf Trap, 1635 Trap Road, Vienna. The humorous folk-pop duo debuts tracks from their recently released album Love Remembered, Love Forgotten. \$22. www.wolftrap.org.

SUNDAY/MARCH 3
Golden Calidore String Quartet. 4 p.m., at St. Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. A concert of masterpiece quartets including Haydn's Op. 76 No.1 and Mendelssohn's Op. 13 No. 2. \$30; free for students 17 and under. www.amadeusconcerts.com.



Langley High School Orchestra at the Spanish Steps in Rome.



Dr. Scott McCormick conducts the Langley HS Orchestra in Genzano.

Langley High Orchestra Performs in Italy

Two concerts, memorable sites.

The Langley High School Orchestra performed two concerts during their recent trip to Rome, Italy. The trip was an opportunity for the orchestra students to share their music with Italian children and adults, and to experience the rich culture and history of Rome.

The first concert was in the quaint town of Velletri, population 2,000. Velletri has stunning views of the mountains and cobblestoned streets which led the students on an uphill walk to the theatre. The concert filled the 480-seat Teatro Artemisio, which re-opened last November after being closed for 25 years.

The concert was attended by the mayor of Velletri and the entire student population of Scuola Media Mariani, a middle school. Since it was an exchange concert, the Italian students sang and played for the Langley students, and then the Langley students performed several orchestral pieces. After playing



Langley HS Orchestra students visit the Trevi Fountain in Rome. Left to right: Rebecca Oh, Brandon Tran, Gene Kim, JT von Seggern, Alan Chiang, Sydney Kee, Justin Nguyen, Julia Pennington, Julia Hara.

"Ode to Joy" on their soprano recorders and band instruments, the Italian students were mesmerized by Langley's oboe soloist Christie Goddard, who was featured in "Gabriel's Oboe" from the motion picture, "The Mission." Other orchestral pieces performed included works by Italian composers Rossini, Morricone, Vivaldi, Respighi and Puccini.

Mayor Fausto Servadio of Velletri congratulated both the Mariani and Langley students for the beautiful performance. The concert con-

cluded with each student body singing their respective national anthems. Following the concert, the Langley students were invited to visit the classrooms. The Langley students were asked dozens of questions in English, and were even asked for autographs. The Italian students marveled at the violins and violas, because they do not have string instrumental instruction in their curriculum.

The second concert was held in the town of Genzano. It was the opening concert of a music festival, and many local residents turned out to hear the evening program at the Palacesaroni. The concert was streamed live and was also recorded for an Italian radio program which was aired five days later. Patrizia Mancini, the council member responsible for education, sport, and culture for the town, thanked the orchestra for traveling to Genzano and sharing their music.

While in Italy, the orchestra toured Assisi, Perugia, the famous chocolate factory "Perugina," and Pompeii. Highlights of Rome included the Colosseum, the ancient ruins of the Roman Forum, the Pantheon, Piazza Navona, the Trevi Fountain, and the Spanish Steps. On their visit to Vatican City, the students saw Michelangelo's Sistine Chapel, the Pieta, many works of art and tapestry, and St. Peter's Basilica.

The orchestra students are grateful to the travel company, Gateway, the school administrators, local sponsors, and especially the orchestra families for making the Rome concerts and trip possible.

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Choosing a Summer Camp

Region offers programs to tempt children with interests ranging from sports to drama to science.

BY MARILYN CAMPBELL
THE CONNECTION

While most of Washington is braving the winter weather, April Toman has been planning for summer. At the top of her list: choosing a camp for her two children, Claire, who is in fifth grade, and Will, who is a second grader.

"I start thinking about it in January," said Toman, who lives in Alexandria. "I talk to my kids about what they are interested in taking. There are so many options and the popular camps fill up quickly."

Education experts say summer camp is an important part of a childhood experience, and parents should start considering options well before the end of the school year.

"I think summer camps are wonderful for kids," said Tammy Davis, a doctor of education and a professor of psychology at Marymount University in Arlington. "Some-

times kids lose ground over the summer, especially with regard to their mental activity. Summer camp can continue brain development, especially with regard to creativity, mental activity, physical activity and social activity."

Davis, who is a former camp counselor, elementary school teacher and school counselor, said children who are not exposed to new social activities could become isolated.

"Choose a camp that expands your child's horizons and will be stimulating and engaging."

—Tammy Davis, Marymount University

"If your kids are only playing video games or going to the pool every day, they run the risk of cocooning themselves," she said. "Choose a camp that expands your child's



PHOTO COURTESY OF ST. STEPHEN'S & ST. AGNES SCHOOL

Students show projects that they made during a physics camp at SummerTimes Camp at St. Stephen's & St. Agnes School last summer.

horizons, that will be stimulating and engaging and where they will develop new friendships without the pressure of an academic environment."

Toman, whose children will attend summer camp at St. Stephen's & St. Agnes School in Alexandria, says that from traditional day camps to specialty camps, the options for children are plentiful. "My children have done junior veterinarian camp in the past, and this year we might try an eco-adventures camp."

FROM SPORTS TO SCIENCE, the Washington region is filled with camps that will suit almost every child. For example, Annie Moyer, director of the Sun & Moon Yoga Studio in Arlington and Fairfax, says yoga camps are options for children who have never practiced yoga. "No yoga experience is necessary," she said. "We do yoga games and poses, breathing, artistic expression and, weather permitting, outdoor playground time."

For youngsters with a passion for all things artistic, Jeanne Loveland, education director for the Greater Reston Arts Center, suggests art camp. "Our camps are based on the GRACE mission, which is contemporary art" she said. "There are some discussions and there are art projects. There is one camp of messy art projects that your mom would never let you do at home. The camps are educational, but also fun. We will bring in local artists."

Loveland added that during one session, students will learn about public art, and "will create a public art work that will be displayed publicly after the camp."

Jim Supple, director of summer programs at St. Stephen's & St. Agnes School, encourages parents to consider specialty camps as well as traditional day camps. "Specialty camps are great ways to try new things, to expand horizons, and to challenge yourself," he said. "Children are naturally curious and specialty camps provide a way for children to learn more about their interests. If a child is not the most athletic and would rather learn about fashion or photography, acting or magic, specialty camps provide that outlet. They allow children to find things that they are

good at and lets them be proud in that activity."

While the thought of academic camps might cause some children to cringe, Mollianne Logerwell, Ph.D., director of science education at George Mason University's Virginia Initiative for Science Teaching and Achievement, says that does not have to be the case. George Mason hosts science camps, and "students frequently tell us that camp was not only fun, but also increased their interest in science," she said. "Additionally, classroom teachers have told us that students who attended a VISTA camp ask higher-level questions and are more engaged in science lessons than students who did not attend camp."

Logerwell said VISTA camps are geared toward low-income students. "It's also a great way to expose families with limited knowledge to the possibility of attending and affording college."

WITH SO MANY OPTIONS for summer camps, choosing the best camp for your child can be overwhelming. "When parents are looking for a camp, they should try to find a camp where they're comfortable with the facility, the programming, and counselors and staff," said Kevin Rechen, camp director for the Norwood School in Bethesda, Md.

Gabrielle Summers, who is planning to send her children to summer camp at the Norwood School, says that she considers safety first. "Second, [I consider] the qualifications of counselors and leadership and their love of the children. [Then] I look at cost, early bird discounts, payment due dates and cancellation policies."

For those who may not be able to afford the cost of summer camp, Rechen suggests that parents do a little research. "Many summer camps offer financial aid," he said. "There are also foundations that give grants for camps."

No matter which camp a child attends, however, Davis has one caution: "Be careful about over-scheduling camps, doing back-to-back camps and not giving children down time," she said. "Some people use camp as day care and that is not always a good thing."

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Definition of "Slippery Slope"



By KENNETH B. LOURIE

Figuratively speaking, of course. That definition being: a late stage cancer patient/survivor previously characterized as "terminal" awaiting the results of their most recent diagnostic scan. A scan that will indicate whether the tumors have grown, moved or God forbid, appeared somewhere new. If your life hung in the balance before the scan, waiting for results of this however-many-months-interval-scan will most assuredly loosen your figurative grip on your equilibrium and your most literal grip on your sanity. This is a domain, unlike the one referred to in one of the more infamous Seinfeld episodes, that one cannot master. To invoke and slightly rework Dan Patrick's "catch" phrase: You can't stop it, you can only hope to contain it.

Unfortunately, for many of us cancer patients, cancer is the big dog, and if it wants to get off the porch, it will. Our staying put on the porch, however, won't likely protect those of us inflicted with this most insidious disease. In fact, standing pat – on or off the porch, isn't likely to have much effect, either. In many cases (make that individuals) cancer is in control. In the medical profession, as much as it has researched and studied, and as many dollars as it has committed in the pursuit of eradicating cancer, the reality is there is much work yet to be done. Though many improvements in diagnosis and treatment have occurred, thereby lengthening life expectancies (I'm living proof of that); still, in many (make that most, let's be honest) instances, "cancer" is the last word anyone wants to hear associated with whatever symptoms manifested themselves that led to their seeking a medical evaluation in the first place.

I wouldn't say that a terminal patient's day-to-day existence is chaotic, but neither would I characterize it as the most predictable set of circumstances. I imagine it's a bit like living in the wild, where you have to live by your wits and trust your instincts. Moreover, I don't know of any Living with Cancer for Dummies-type book full of wit and wisdom that exists for the newly diagnosed cancer patient. Being there – diagnosed and treated for cancer previously – and currently, and having already done that (lived/evolved with a terminal prognosis), certainly helps moving forward, but it's hardly a desirable location and certainly not a cure-all (I wouldn't mind if it were a cure-this-one, though). However, given the choices, I'd rather have the experience (meaning I've survived) than not (the definition of DUH). Avoiding it altogether is the goal. However, as this lifelong non-smoker with no immediate family history of cancer can attest: that is much easier written than realized.

But as you regular readers know, I don't complain. It's a miracle/amazing/extremely fortunate/inexplicable almost, that I am still sitting here – upright and fairly productive, four years into a "13-month to two-year prognosis." I wouldn't describe my diagnosis-to-date, Kenny-with-cancer life as having been a walk in the park; more like a series of mini challenges, akin to crossing a stream dotted with stepping stones. Still, it is life, and I am living it, and I'm certainly not going to let a few stones – figuratively or literally, get in my way. Cancer be damned.

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

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OPINION

Murphy

FROM PAGE 8

How Schools and Parents Around the World Are Inspiring Greatness, One Child at a Time has been applied have had a tremendous reduction in school incidents, and a tremendous increase in remarkable performance and accomplishments by students.

Working from the virtues we

wish to inculcate, rather than the vices to be punished, will go a long way toward creating the positive spirit of community that so many children, parents, and educators long for. The proposed encouragement of personal leadership as defined in "The Leader in Me" program engages school administrators, teachers, parents and students in a united purpose of cultivating the virtues of leadership, integrity and compassion-

ate character in each individual child. Such a shift in focus would transform the spirit of community in our public schools. I would like to see the contract document between school and student be an inspirational document that celebrates the school community and defines the child's leadership role in being a valued contributing member.

Kathleen J. Murphy
Great Falls

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NEWS

A Lesson in Stomach Flu Survival

The ABCs of recognizing, treating and preventing stomach flu.

BY MARILYN CAMPBELL
THE CONNECTION

Maeve McGrail couldn't leave her home for more than a week last month. She spent most of that time dragging herself between her bed and the bathroom.

"It was horrible," said the Oak Hill resident. "I was so nauseous and I couldn't keep any food down. Plus I had to quarantine myself so that I wouldn't get anybody else sick."

McGrail had the stomach flu, an illness medical experts say comes from a virus that causes swelling or inflammation in the stomach and intestines. The good news is that while it is highly contagious and causes severe discomfort, it is generally not serious.

Dr. John Symington, an internist and infectious disease specialist at Inova Hospital, says the most common type of stomach flu for adults

is Norovirus, while Rotavirus is most often seen in children.

"The viruses are transmitted by fecal and oral contact," said Symington. "People don't always wash their hands or wash them thoroughly, and then they bring their hands to their mouths."

When the virus is contracted, the symptoms are often distinct "It comes on very suddenly with diarrhea, nausea, vomiting, maybe a fever and body aches," said Kathleen Dickman, who holds a doctorate in nursing and is an assistant professor of nursing at George Mason University in Fairfax, as well as a clinical practitioner at the Jeanie Schmidt Free Clinic in Herndon.

Dickman says the stomach flu is highly contagious. "When these symptoms occur, a child or person should stay at home. Classes and day cares have been known to close it down because it can be epidemic. They should not expose other children."

Experts say soap and water are the strongest defense against the illness. "The best way to prevent the stomach flu is by washing your hands, especially after using the restroom," said Dr. Jean Glossa, medical director for Molina Healthcare and the Community Health Care Network of Fairfax County. "Most viruses and bacteria are passed from one person to another by unwashed hands. Also, it's important to handle food properly."

IF ONE CONTRACTS the stomach flu, what is the best course of treatment? "If a child is vomiting, then you really want the child to rest their stomach," said Dickman. "Just taking small sips of clear liquids like popsicles, Jell-O and Pedialyte until the stomach begins to settle." Dickson also recommends the BRAT Diet: "Bananas, rice, applesauce and toast are helpful if a child has diarrhea."

For adults, Symington adds, "Try to keep up with fluids that have salt and sugar in them. Chicken soup is a classic. It has protein and is something that many people can keep down. Sleep is an important factor in people getting better."

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LeDuc's Buzzer Beater Gives Madison District Title

Warhawks hold on to beat No. 2 seed McLean

ALEX VAN REES
FOR THE CONNECTION

The Madison girls' basketball team repeated as Liberty District champion on Feb. 15, beating McLean 48-46 on a Megan LeDuc layup in the closing seconds of the district championship game at South Lakes High School.

Madison was in control the entire first half and led 30-20 at halftime. It looked as if the Warhawks were headed toward their eighth title in the last 13 years without a fight. However, McLean fought back and pulled to within eight points by the end of the third period, 37-29.

WITH 27 SECONDS LEFT in the game, Madison senior guard LeDuc sank two free throws to give the Warhawks a 46-43 lead. Seconds later, McLean senior post Lisa Murphy dropped the first 3-pointer of her high school career and she tied up the game at 46-all. Murphy finished with a season-high 27 points, leading the team.

"I feel like we showed a lot of heart out there tonight," said Murphy, who was named the player of the year in the Liberty District after the game. "It proves how far we have come this season as a team and I'm very proud that we are making a name for McLean girls' basketball. We had a great season and I'm proud to be a Highlander."

However, for the second night in a row, with time dwindling, LeDuc came to the rescue as she made a layup with less than five seconds left, fueling the Warhawks to the 48-46 win.

Madison won back-to-back Liberty District championships for the third time since 2001.

"I need to score," said LeDuc. "We have to win right now and there's no other option. I don't want to have to go into overtime."

Like the night before, LeDuc took control of the game and ended it the way she wanted to; it was a picture-perfect way to end an unlikely season for the Hawks.

Madison lost their two leading scorers, Kelly Koshuta and Megan Henshaw, to anterior cruciate



Madison's Megan LeDuc cuts off a piece of the net after the Warhawks won the Liberty District girls' basketball championship.

ligament injuries last summer, making it unlikely the Warhawks would reach the district championship game, let alone win the title.

"I think we played really well tonight and the entire season," said LeDuc. "No one expected us to be here at this point in the season. I knew we could win the district and I'm glad we got the chance to go out there and prove it."

Freshman guard Aidan McWeeney led Warhawk scorers with 15 points, while LeDuc finished close behind with 13. After sealing the deal two nights in a row for Madison, LeDuc was named the MVP of the tournament after the game.

"It's nice being named the MVP of the tournament," said LeDuc. "But, I'm more happy that we won the game and are advancing to the regionals."

"We started off not really knowing our particular roles on the team," said head coach Kristen Stone, who was named the Liberty District coach of the year for the girls. "They've really learned what they are supposed to do individually and what they need to do if they are going to win as a team."

OF THE TOP FOUR TEAMS in the tournament, three of them (Madison, McLean and Fairfax) sported 12-4 conference records. So, although the Highlanders were technically the second seed and the Warhawks were ranked fourth, both teams were very evenly matched on paper, and that proved to be the case Friday.

McLean senior guard Shellie Kaniut and Madison junior guard Katie Kerrigan were named second-team all-district.



Madison's Megan LeDuc, left, made a layup in the closing seconds to lift the Warhawks to a 48-46 victory over McLean in the Liberty District championship game.



McLean's Lisa Murphy scored 27 points against Madison in the Liberty District championship game on Feb. 15. Murphy was named the player of the year in the Liberty District after the game.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Langley Hockey Completes a Historical Undefeated Season

On a night when six Langley Saxon senior hockey players were honored for their four years of participation on the team, Langley completed the first 10-0 season in team history.

Langley beat Osbourn Park 8-1 on Feb. 15 behind the strong play of those six seniors on both offense and defense. Langley's senior captain Evan Sterling, who was recently named to the NVSHL all-star team along with senior assistant captain Kevin Diner and junior Drew Schneider, had a massive game, with a hat trick and four assists. Not to be outdone, Schneider had one goal and five assists while Diner had his own hat trick along with one assist. The other seniors all registered

points with Derick Paxton having the other goal while the three defensemen, Peter Nam, Logan Pontell and Zach Shames, all had one assist.

Langley enjoyed a large supportive crowd that came out to cheer on the team and its senior class. Each senior has been a member of the team since his freshman year. Sterling (15 goals and 12 assists) and Schneider (14 goals and 13 assists) both finished the season with 27 points, while Diner had 17 points and Paxton 15. Langley will be seeded No. 2 in the NVSHL playoffs, behind Stone Bridge, which also had a 10-0 record but took a few less penalties than Langley to lock up the top seed. Langley will get a bye in the first round this Friday and will have its first playoff game in the quarterfinals on Monday, Feb. 26.



Langley's Drew Schneider brings the puck into the offensive zone with Evan Sterling in front of the supportive crowd.

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Great Falls \$2,999,000



Great Falls \$875,000



Great Falls \$2,099,000



Great Falls \$1,399,000



Reston \$189,000



Great Falls \$1,075,000



Great Falls \$13,500,000



Great Falls \$1,699,000



Great Falls \$2,850,000



Great Falls \$925,000



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