

Senior defenseman Brad Dotson and the Langley boys' lacrosse team lost to Robinson on March 28, but bounced back hours later with a victory against Chantilly.

Saxons Bounce Back

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Cooper Orchestra
Receives Straight I's

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Foundation Prepares to
Promote Mental Health

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Foundation Prepares to Promote Mental Health

Josh Anderson Foundation to sponsor events across county for mental health and depression awareness.

BY ALEX McVEIGH
THE CONNECTION

Before Fairfax County students finish the school year and head to summer break, they first must deal with exams, both final and for AP classes. This can lead to a lot of stress over the final two months of school, pressure the Josh Anderson Foundation is determined to relieve.

The foundation is named after Josh Anderson, a South Lakes High School student that committed suicide in March 2009, the night before a school disciplinary hearing.

"We all know too well that teenagers are often the last demographic to want to talk about their feelings," said Lauren Anderson, executive director and co-founder of the Josh Anderson Foundation, and Josh Anderson's sister.

"We want high school students to know that they have options; that there is no need to suffer alone or in silence. Suicide prevention is attainable, but youth need to know that it is okay to talk about what they are going through, especially at school where they have their peers, teachers, coaches, counselors and mental health professionals."

According to the 2011 Fairfax County Youth Survey, 15.8 percent of students have "seriously considered" attempting suicide and 3.8 percent of students have attempted suicide.

LAST YEAR the foundation raised \$35,000 to fund the week of "Stress Less, Laugh More." Activities took place at South Lakes, Langley, McLean and Thomas Jefferson High Schools last year. This year, the foundation will host activities at those schools, as well as Cooper Middle School and Patch High School in Stuttgart, Germany right before the start of AP exams.

"We're very pleased to be able to reach all the way to Germany. Their PTO president used to live in this area and heard about Stress Less, Laugh More," Anderson said. "These American schools overseas have students that have to face moving every few years, which adds additional stress to everything else."

The foundation has partnered with Active Minds, a Washington, D.C.-based nonprofit that creates chapters at schools to help promote mental wellness. Thomas Jefferson, McLean and Langley already have Active Minds clubs, and one is in the process of being created at South Lakes.

"One aspect about stress that isn't emphasized enough is that if you're overworking yourself, you're not going to learn or study as well," Anderson said. "Even just getting outside, taking a 10 minute walk will clear your mind and give you a new energy. These are the kind of techniques we want to teach students, hopefully at an early age."

Anderson said the key part of their approach is to get students involved with the process.

"The biggest factor is getting them involved, because not only do they come up with good ideas, but



Jordan Burnham, who speaks about his experiences with suicide and depression, will speak to students and parents at Lake Braddock Secondary School and Woodson High School this month, sponsored by the Josh Anderson Foundation.



Family, friends and supporters of the Josh Anderson Foundation participate in the Rock 'n Roll Half Marathon in Washington, D.C., Saturday, March 16. The foundation, which supports mental health and depression awareness, has had a team in the marathon for the last four years to fundraise for its activities.

ideas relevant to their school community and their peer group," Anderson said. "That way, ideas aren't coming from adults, but their fellow students."

Sue Stemetzki, a social worker at South Lakes High School, credited the school's leadership class with helping to come up with ideas to reach their peers.

"We know there are situations where students experiencing depression will turn to parents, teachers or other students," she said.

Speaker Jordan Burnham, who spoke at South Lakes last year, will be appearing at several county schools in April, part of the Josh Anderson foundation's efforts. Burnham attempted suicide during senior year, jumping out of a nine-story window. Now he travels around the country, speaking about his struggles with depression.

He will speak at Lake Braddock Secondary School and Woodson High School students and parents from April 16 to 18.

Greg Myers, psychologist at Thomas Jefferson High School for Science and Technology, called their part

SEE ANDERSON, PAGE 5



Suzette Steinhardt, executive director of Family PASS, with clients of the organization, which helps families facing homelessness. Family PASS will host a major fundraiser Tuesday, April 30, at Riverbend Country Club in Great Falls.

Family PASS To Host Soiree

Fundraiser will help serve families facing homelessness.

BY ALEX McVEIGH
THE CONNECTION

A mother of four children, Josephine Rivera didn't have many options after becoming a victim of domestic abuse. After her husband was arrested, she was forced to support those children, ages 8 to 18, on an \$8 an hour salary, and she soon found herself homeless.

That's where Family PASS (Preservation and Strengthening Services) came in. A nonprofit serving families around the county, Family PASS helps provide housing, and later training, education and other services designed to keep homelessness from happening again.

"Our goal is to help families find a better situation, which allows them to become productive, educated, trained members of society," said Erin Brahm, a volunteer with Family PASS. "More than 1,700 people in this county are homeless, with a third of them children under 12, and to get families out of those situations, it requires training and education."

Rivera was able to obtain stable housing after getting in contact with Family PASS. Soon she was able to enroll in English for Speakers of Other Languages and a GED program, and later personal care assistant training.

She currently works full time

at a nursing home as a personal care assistant, and works an additional 24 hours a week for another home care service agency, receiving health insurance for her family and receiving no welfare assistance.

Family PASS will host its first major fundraising event Tuesday, April 30, at Riverbend Country Club in Great Falls from 7 to 9:30 p.m. at The Spring Soiree and Silent Auction.

"We've done events like this before on a much smaller scale, but we have a lot of families on our waiting list trying to get into the program, and we're limited only by our funds," Brahm said.

The event's silent auction will include items such as a one-week villas rental in Tuscany, a golf threesome with former Redskins player Charles Mann at RTJ Country Club, a beach house rental in the Outer Banks, four seats in the owner's suite at a Washington Redskins game and more.

The soiree will also feature door prizes and goodie bags for the first 200 people to arrive.

Allan Steinhardt, board member and co-founder of Family PASS, said that in the six years since the organization's founding, they have served more than 200 clients from more than 70 families.

More information about Family PASS and the April 30 event can be found at www.familypassfairfax.org.

THE COUNTY LINE

Fairfax County's Homeless Population Declines 12 Percent

Emphasis on rapid re-housing, prevention keys to success.

BY VICTORIA ROSS
THE CONNECTION

Despite the developing impact of across-the-board sequester cuts, and the rising cost of rental housing, the homeless population in Fairfax County declined 12 percent in the past year, and 26 percent since 2007.

"It's a remarkable achievement," said Michael O'Reilly, chairman of the Fairfax-Falls Church Community Partnership to Prevent and End Homelessness, who released the figures Monday, April 1, along with Dean Klein, Fairfax County's director of the Office to Prevent and End Homelessness (OPEH).

According to Fairfax County's annual "point-in-time" survey, the number of homeless individuals decreased by 184 people, from 1,534 in 2012 to 1,350 in 2013. Since 2007, the number of homeless individuals decreased by nearly 500 people or 26 percent—from 1,813 in 2007 to 1,350 in 2013.

The U.S. Department of Housing and Urban Development (HUD) requires that jurisdictions across the nation conduct a statistically reliable and unduplicated count of the homeless over the course of one day in January. The survey covers only those who are literally homeless—in shelters, in time-limited transitional housing or those who are unsheltered and living on the street.

THE GOAL of the count is to identify the number of homeless people at a given point in time and to collect demographic information about those who are homeless to provide direction for future development of housing and services. It is also a requirement to qualify for state and federal funds.

"When we launched the 10-year plan in 2007, we fully expected to have some success," O'Reilly said. What Fairfax County did



Fairfax County Board of Supervisors Chairman Sharon Bulova speaks about her experiences interviewing some of the county's homeless population during "Registry Week," which kicked off the 100,000 Homes Campaign on Feb. 23. "This was something I will never forget. It was one of the most powerful experiences of my life," Bulova said.



Volunteers, elected officials and representatives from area organizations attended a community debrief on March 4 at the Jubilee Christian Center. The debrief was held to reveal the results of a countywide survey on homelessness held the last week of February.

not expect were economic hurdles such as the 2008 recession and this year's sequester. "I think with those challenges, if that number [1,813] had remained constant, and we managed to tread water, that would have been seen as a success. But we've managed to reduce those numbers."

Klein said Fairfax County's key initiatives, such as rapid re-housing and expanding the range and availability of prevention services and resources contributed to the decline in homeless individuals.

"These numbers are very encouraging and energizing for our community of nonprofit, government, business and faith community partners who are working day-in and day-out on behalf of some of our most vulnerable citizens," Klein said. "I am pleased to see that the strategies embedded in our 10-year plan are working."

O'Reilly said the OPEH's effective implementation of the Homeless Management Information System (HMIS), which prioritizes transparency and allows the county to analyze data from a number of nonprofit service providers, is an "often overlooked indicator" that provides a valuable big picture of homelessness in the county.

"We also gained momentum from the re-

Highlights: 2013 Point-in-Time Count of Homeless

The PIT count was conducted on Jan. 30, 2013.

- ❖ Of the 1,350 people who were literally homeless in the Fairfax-Falls Church Community, 747 were people in families (55 percent of all homeless), and 603 were single.
- ❖ Thirty-three percent (452 people) of all persons who were homeless were children under the age of 18, the same percentage as last year.
- ❖ There were 19 fewer families who were homeless in 2013 compared to 2012, with 90 fewer people, including 53 fewer children and 37 fewer adults.
- ❖ Fifty-eight percent of adults in homeless families were employed. In 2012, 59 percent of adults in families were employed.
- ❖ In 2013, 27 percent of all persons in families were homeless due to domestic violence, a decrease from 40 percent in 2012. Thirty percent of families identified domestic violence as the reason for homelessness.
- ❖ Single individuals account for 45 percent of all homeless persons counted, a total of 603 people.
- ❖ Single adults decreased by 13 percent (94 adults) compared to 2012.
- ❖ Fifty-seven percent (341 people) of single adults who were homeless suffered from serious mental illness and/or substance abuse, a decrease from 64 percent in 2012, and many had chronic health problems and/or physical disabilities.
- ❖ Twenty-two percent (134 people) of single adults were employed, and nine percent (57 people) were identified as veterans.

cent 100,000 Homes Campaign, but we still need new resources, new partners, ideas and affordable housing," Klein said.

"Affordable housing continues to be a challenge," O'Reilly said. "Although we have seen success in the past four years, we have significant challenges ahead with sequestration and the rising rental housing costs."

A BRIEFING on point-in-time highlights from around the region is planned for the Metropolitan Washington Council of Governments board meeting on April 10. The highlights will be available next month through Fairfax County's website at <http://www.fairfaxcounty.gov/homeless>.

Bulova Appoints Mary Cortina, Faisal Khan to Park Authority Board

Fairfax County Board of Supervisors Chairman Sharon Bulova (D-at-large) recently appointed two new representatives to the Fairfax County Park Authority Board.

Faisal Khan, the first Pakistani-American member of the Park Authority Board, is a force in Fairfax County cricket circles and has been a strong advocate for the game. He is a founding member and current manager of the DC Metro Area Cricket League and is also the captain of his team, the Comets. Cricket—a bat and ball game—was first played in southern England in the 16th century. The expansion of the British Empire led to cricket being played overseas, and the first in-

ternational cricket match was held in Karachi in 1935. Although field hockey is the national sport of Pakistan, cricket is the most popular sport in the country, according to the National Cricket Association.

Khan's first official park events took place last year when he participated in a ribbon-cutting for two new turf fields at the Oak Marr RecCenter in Vienna. Both fields are striped for multiple sports, including cricket.

Khan, an advocate for all sports, said he believes that sports play a vital role in bringing together diverse communities.

"Mr. Khan is a local business owner and will bring a valuable perspective to the board," Bulova said. "In business, Mr. Khan is a great advocate for product quality and

excellent customer service, two attributes that our excellent park system embraces as well."

Mary Cortina has been an active and engaged member of the Fairfax Community. For nearly a decade, she worked for the National Wildlife Federation supporting their mission of wildlife preservation in a variety of different roles. As a member of the Burke Centre Board of Trustees, she played a leadership role in assisting with the design of a new parking garage in the Burke community.

In 2007, Cortina was appointed to serve on the Chesapeake Bay Preservation Ordinance Exception Review Committee, and continues to make contributions to the

county in this capacity.

"In addition to Mary Cortina's extensive volunteer background," said Bulova, "she also brings business acumen to the table, having served in a variety of positions dedicated to technical support, planning and budget."

Khan and Cortina will take the place of Jan Hedetniemi, who is now at-large planning commissioner and Marie Reinsdorf. Bulova said she is excited that these new appointees will be able to contribute "fresh enthusiasm and perspectives" to the mix of talent already on the Park Authority Board.

—VICTORIA ROSS

NEWS

Josh Anderson Remembered

FROM PAGE 3

nership with the school “absolutely invaluable,” and said that Stress Less, Laugh More is a highly popular and effective student outreach program.

“We are thrilled to have discovered such a powerful partner in JAF and very much look forward to collaborating on future efforts to promote mental wellness among our students,” he said.

Shari Bennett, mother of a freshman at George Mason University who graduated from Fairfax County school last year, said, “As parents, we can be as guilty as anyone when it comes to putting pressure on our kids when it comes to every aspect of school performance. When my son was just a freshman, I remember telling him that every grade could affect what college he got into, which effects the rest of his life,” she said. “I’m glad the Josh Anderson Foundation is

making it a point to blow off some steam, to have some fun. That’s an important part of life as well.”

MEMBERS OF THE FOUNDATION and their supporters have also made an annual tradition by “Running to Remember Josh.” The group comes together and runs the Rock ‘n Roll Half Marathon every year since 2010. This year featured 27 runners.

“The run coincides with the anniversary of his death every year, which is a sad day, but it’s nice to have people come together and do something positive together,” Anderson said. “We had people come from Georgia, Colorado and New York to run this year.”

The run is one of the major fundraisers for the Josh Anderson Foundation every year. More information about the foundation and its upcoming events can be found at www.joshafoundation.org.

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WEEK IN MCLEAN

Free Weekend on Express Lanes

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Now's your chance to check out your commute to the office. Explore new exits in Merrifield at Route 29 and in Tysons at Westpark and Jones Branch. Free travel available from Saturday, April 6 at 12:01 a.m. until Sunday, April 7 at 11:59 p.m. Vehicles with 3 or more axles are prohibited. E-ZPass required all other times.

Sara Fitzgerald to Speak at AAUW Author Luncheon

The McLean Branch of the American Association of University Women (AAUW) is holding its annual Author Luncheon gathering at 11:30 a.m. on Friday, April 12, at the McLean Community Center. The luncheon will be catered by The Gourmet Basket of McLean. This meeting will also serve as the April branch meeting. Make your luncheon reservations by April 5 by sending a check for \$25 made out to Angela Ehemann. AAUW will have Sara Fitzgerald as the

guest speaker. Her book, *Elly Peterson, "Mother" of the Moderates*, is an account of one of the country's first female political leaders.

McLean Orchestra To Host 'Midnight in Paris'

The McLean Orchestra's 2013 Gala, "Midnight in Paris," will be held on Sunday, April 21, 6 to 11 p.m. at the renovated Hilton McLean. Celebrate the orchestra's biggest night of the year with local celebrity Charles Mann, master of ceremonies. The night offers an open bar and gourmet hors d'oeuvres, dining on French cuisine and specialty chocolates, classical entertainment by live chamber ensembles and French songs by soprano Melissa Mino, having your photo taken next to the glittering Eiffel Tower, and dancing the night away to The Elegant DJ. A box auction, game prizes and a live auction conducted by Chicago showman David Goodman of Auction Results will offer something for everyone, including fine wine, fashion accessories, adventure experiences, and luxury travel to London, Mexico, Tuscany and Paris to name a few.

To reserve tickets call 571-332-5426 or visit www.mclean-orchestra.org/gala.

SEE WEEK, PAGE 7

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WEEK IN McLEAN

FROM PAGE 6

Langley High To Host Relay for Life

A group of students from Langley High School are organizing a Relay For Life fundraising event benefiting the American Cancer Society which will be held on April 27-28. The event is one of only two Relay For Life events in Northern Virginia that is completely planned and organized by students.

Almost 300 students, parents, and teachers from the Langley HS community have already signed up for the event and \$18,649 has been raised since the beginning of the year toward Langley's fundraising goal of \$30,000.

Twenty-seven teams, mostly consisting of students, have registered and are currently raising money to reach their personal fundraising goals. At the event, which lasts from 6 p.m. (April 27) until 6 a.m. (April 28), teams of students will pitch tents on the Langley HS football field and will have at least one member of their team walking on the track at all times, symbolizing the fact that

cancer never sleeps. To kick off the event, local cancer survivors walk the first lap around the track. Music, games, contests and activities will last throughout the night.

All donations from Relay For Life go to the American Cancer Society which is celebrating its 100th anniversary this year.

McLean Baptist Church Partners With SCAN

McLean Baptist Church and Stop Child Abuse Now (SCAN) of Northern Virginia are helping provide financial support and taking action in SCAN's public education campaign during April, national Child Abuse Prevention month. As part of the month-long awareness campaign, McLean Baptist will be hosting a "Parenting Beyond Your Capacity" class to help families increase their parenting capacity by connecting with available resources. This class will be held at the church, on Sunday mornings, beginning April 21 through May 19, from 9:45-10:45 a.m.

For more information visit mcleanbaptist.org, or call the church office at 703-356-8080.

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Contact

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Funded partially by Virginia ABC, Virginia SPF-SIG, and federal STOP and Drug Free Communities grants

The Unified Prevention Coalition of Fairfax County (UPC) is a nonprofit organization with more than 50 community partners working together to keep youth and young adults safe and drug-free.

SATURDAY, APRIL 13, 2013

IDEAS AND RESOURCE FOR GIVEAWAYS

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OPINION

April Is Poetry Month

Send us your poems, your Mother's Day photos, and even your poems about mothers.

April is poetry month, and we invite our readers to share their poems with us. Some will appear in the print edition and some will appear online.

We'd love to have a note from you about what inspired your poetry, and an illustration, photo of you, etc., are welcomed as well. Include the text of your poem, your name and address (we will only print your name and town name, not your full address), email address and phone number to editors@connectionnewspapers.com.

Here are some poetry happenings from around the area:

Alexandria's new poetry society, based at the Duncan Library, will hold its second meeting at St. Elmo's Coffee Pub on April 8 from 8-10 p.m. and will explore beat poetry. For more, contact the Duncan Library at 703-746-1705.

At presstime, Alexandria was expected to announce the name of the new Alexandria Poet Laureate, replacing Amy Young.

Bernadette Geyer of Vienna was selected for the 2012 Hilary Tham Capital Collection for

her poetry manuscript, "The Scabbard of Her Throat."

The Iota Club and Cafe, 2832 Wilson Blvd., Arlington, holds an annual poetry event on Mother's Day. This year's event, Sunday, May 12, 6-8 p.m., will feature Bernadette Geyer of Vienna and James Arthur. Iota Club and Café is at 2832 Wilson Blvd., Arlington.

Virginia's current Poet Laureate, Sofia M. Starnes, has launched The Nearest Poem Anthology project, which will collect 50-100 poems submitted by Virginia residents "that are most meaningful to us and thus create a testimony to the immediacy of poetry and its closeness to everyday life." Submissions will be accepted through June, and should include the full text of the poem, the name of the poet and the source, including where you encountered the poem, and 200-250 words of persuasive explanation of why you selected the poem. "This should include some information about yourself and why you consider your selected poem 'nearest' to you," Starnes writes. "The compelling nature of your write-up — your story — will play an important role in the se-

EDITORIAL

LETTERS TO THE EDITOR

A Great First Step

To the Editor:

I am sharing my story to let our community know that Delegate Comstock's "Lyme Testing Disclosure," House Bill 1933, is a great first step. It was six years ago when I was first diagnosed with Lyme disease.

It was then that my life took a turn I wasn't expecting. I am writing the editor today because I want to share my story with other members of our McLean community to help spread awareness on this debilitating disease. I also would like to let our community know about issues regarding testing for Lyme disease.

One of the first steps towards a successful treatment is an early diagnosis. This is why Governor McDonnell's signing of this legislation sponsored by our McLean Delegate Barbara Comstock was both critical and necessary. The current Lyme Disease Test conducts an examination of anti-bodies and as a result this test frequently returns a high false negative result rate. This false negative result will delay a patient in receiving the medical treatment necessary to treat this disease.

In my personal experience, it became so difficult for me to get

treatment for Lyme disease here in Virginia. I was given the absolute runaround and had to travel all the way to New Jersey to seek necessary treatment to make a full recovery. I am most grateful to see Virginia's medical climate changing with respect to this serious illness and appreciate the governor's continued support of the Lyme disease community starting with his task force and continuing with his signature to put this law into legislation.

Nancy B.
McLean

Discussing Internet On Capitol Hill

To the Editor:

The Internet is an engine for significant economic growth and innovation in the United States and around the world, revolutionizing how we communicate with one another and how goods and services are purchased. However, as the Internet becomes a central part of our lives, attempts to regulate it oftentimes have been ill conceived and harmful.

That's why it's crucial for our elected officials to understand how the Internet works and the impor-



PHOTO BY ELIZABETH ENDE

Going Green on St. Patrick's Day

Chesterbrook ES sixth graders Jennie and Stephanie go green for Saint Patrick's Day.

tance of the free and open Internet.

Last month, the Internet Infrastructure Coalition (i2Coalition) spent time on Capitol Hill discussing with lawmakers, including Rep. Gerry Connolly, the Internet and important cyber issues facing the 113th Congress.

We would like to thank Rep. Connolly for taking the time to meet with us to deepen his understanding of the Internet. It's clear that he is committed to preserv-

Contrary to Popular Belief

Poem by Bernadette Geyer of Vienna

We are not even
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lection of the poems to be included." Visit <http://sofiamstarnes.com/NearestPoemAnthologyBrochure.pdf>.

Mother's Day Photos

Mother's Day is May 12 and every year at this time we call for submissions to our Mother's Day photo gallery. Send photos of you and your mother, grandmothers, great-grandmothers. Please name everyone in the photo, describe what is happening in the photo and include your name, address, email address and phone number. Send photos to editors@connectionnewspapers.com.

You can also submit poetry, poetry about mothers and photos celebrating mothers directly through our website at <http://www.connectionnewspapers.com/contact/letter/>.

McLean CONNECTION

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NEWS

Arleigh Burke Pavilion Opens for Medicare Part A Admissions

Vinson Hall Retirement Community has announced that Arleigh Burke Pavilion's Health Care Center is now open to Medicare Part A admissions.

Residents and incoming patients must be enrolled in Medicare A and have a three day minimum hospital stay. A doctor must certify that the patient will require daily skilled nursing or therapy after being discharged from the hospital.

Arleigh Burke Pavilion's Health Care center is licensed for 49 beds and can take most Medicare covered illnesses, injuries and rehabilitation. Medicare will cover days one through 20 for required services such as a semi-private room, meals, skilled nursing, rehabilitation services and other services and supplies that are medically necessary for a related illness or injury. For days 21 through 100, 80 percent of expenses will be covered by Medicare and the patient is responsible for the co-pay.

As a skilled nursing facility, Arleigh Burke Pavilion will be surveyed by both federal and state standards. With the expansion of Vinson Hall Retirement Community, due to open in mid-2014, there will be a rehabilitation unit in the new Community Building focused on short-term rehabilitation and skilled nursing services for Medicare-eligible patients.

As Vinson Hall Retirement Community continues with their mission through this new development, it has committed to renovating several apartments to serve as transitional housing for Wounded Warriors who stand to benefit from a supportive environment close to our nation's capital that can accommodate their unique needs. Donations to the Navy Marine Coast Guard Residence Foundation, a 501(c)(3) organization that raises funds to support the mission and vision of Vinson Hall Retirement Community, can be made in support of the Wounded Warrior Transitional Housing at Vinson Hall, via the website at www.vinsonhall.org.

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McLean Community Center 2013 Governing Board Election

The Governing Board and staff of the McLean Community Center strongly encourage all qualified residents to vote **for members of the McLean Community Center 2013-2014 Governing Board**. Your vote sends a very important message of your support of the Center's programs and services.

When & Where:

Vote between the hours of **10:30 a.m. and 5 p.m.** at the McLean Day 2013 festival on **Saturday, May 18**, at Lewinsville Park, 1659 Chain Bridge Rd.

Meet the Candidates

Adult Candidates—Three Positions Open



MARK A. BEHRENS

My experience in McLean bridges generations. I was raised in McLean (Langley '83) and returned with my wife to raise our two girls. Professionally, I co-chair a practice group for a national law firm in DC and would bring my legal experience to the Board. If elected, I will listen to the community to shape programming for diverse ages and interests. I will also ensure that our taxpayer dollars are spent wisely and I will be fiscally responsible. In addition, I will support exploring efforts to revitalize downtown McLean to help our teens and small businesses while preserving our culture.



CATHLIN A. BOWMAN-YOUNG

I possess a unique blend of knowledge, skills and attitudes that I believe would be beneficial to the board. I offer a solid business acumen with depth of experience in team leadership and organizational development, revenue growth, partnership development, not-for-profit and for-profit board management, and grant development. I'm also a lifetime resident of McLean, Virginia, who appreciates the arts having grown up in an artistic family. I have enjoyed watching the community evolve and am now looking forward to the opportunity to donate my time and talents to such a wonderful organization that is a focal point within the community.



KEVIN DENT

I've been a member of MCC's Governing Board since May 2007. During that time, I've spearheaded efforts to reduce the tax rate paid by the community in support of MCC. In the last five years, we've reduced this tax rate by almost 22%. I actively worked to provide the McLean community with greater transparency to Governing Board activities. If re-elected, I intend to focus on four issues: assure MCC provides high-quality programs; assure the ongoing fiscal integrity of MCC; the renovation of MCC's facility on Ingleside; and continue to explore opportunities for MCC to expand its presence in downtown McLean.



DENNIS FINDLEY

I'm a 24-year resident of McLean, an architect and widowed father of twin, 17-year-old boys. I've been an instructor, a class participant and enthusiastic supporter of MCC for years and I now seek your support in joining the board to offer my time and talent to help it thrive into its bright future. I hold a Bachelor of Architecture from Auburn University and a Master in Architecture from Harvard University. As a special needs parent, I was appointed by former Governor Tim Kaine to the Virginia Board of People with Disabilities in 2009 and re-appointed by Governor McDonnell in 2012.



JAY HOWELL

I'm excited to be a candidate for re-election. My wife Betsy and I have been actively involved in the community since 1985, our three boys attended Fairfax County schools and participated in McLean Youth Sports. I'm self-employed, having formed a government relations consulting firm after 30 years in the public and private sectors. I'll continue to work in a fiscally responsible manner to improve MCC activities and programs. As Program Committee Chair, I've supported programs for seniors and adults with lifelong disabilities. I'll continue to pursue options for a new downtown facility as well as improvements to our existing facility.



MARSHAL J. HYMAN

I began working in McLean in 1975 and have lived, worked and/or played here since. I am currently active in several organizations around McLean; service officer and board member of the McLean American Legion, treasurer and board member of Chesterbrook Residences, Inc., board member of the McLean Orchestra and member of the Rotary Club of Tysons. I enjoy the programs currently available at the community center but feel they can be improved, especially for active seniors. My legal and accounting background can be put to good use with the expansion and remodeling of the facility. Your vote will be appreciated.



PAUL KOHLENBERGER

A resident since 1986 and president of the McLean Historical Society, I care deeply about McLean and am actively involved in the community. I'm a local small business owner and happily serve on the boards of Friends of Pleasant Grove, McLean & Great Falls Celebrate Virginia, and the alumni association of The Potomac School. MCC is a catalyst for engagement within McLean, one from which I have personally benefited for 25 years. I would be honored to have the opportunity to protect and extend the wonderful legacy of the MCC in a fair-minded manner. I respectfully ask for your support.

Youth Candidates—Two Positions Open

McLean High School Area



STEVEN PARDO

I'm a freshman at McLean High and am running for the student position on the board. I was born and raised in McLean and MCC has played a significant role in my life. As a child, I took computer, cooking and art classes and participated in summer camps. In middle school, I went to the Old Firehouse and participated in school break trips. For four years, I've been a cast member in Alden Theatre's productions. MCC plays a valuable role for youth in our community and I'm interested in serving on the board to maintain and broaden its quality programs.

Langley High School Area

No petitions were submitted for the Langley High School Boundary Area; however, write-in candidates are allowed.

Qualifications to Vote:

1. You must be a resident of the McLean Community Center tax district (Dranesville Small District 1A); however, you need not be registered to vote in the general election.
2. You must be at least 18 years old to vote for an adult candidate. Adults may vote for up to three candidates.
3. You must be 15 through 17 years old by McLean Day to vote for youth candidates. Youth voters have two votes, and may vote for one candidate in each of the two school districts, or may vote for just one candidate in either district. Youth may not vote for more than one candidate in the same district.
4. You must bring identification and proof of residency, such as a driver's license. If you do not have identification, you may sign a sworn statement.

Absentee Voting:

Want to vote, but can't make it to the McLean Day festival on May 18? Vote by absentee ballot! Call the Center or send a request by E-mail to "ellen.barial@mcleancenter.org" to have a ballot package sent to your home. Or, stop by the Center and pick up an absentee ballot package. Completed ballots must be received by close of business (5 p.m.) on **Wednesday, May 15**, to be counted.

Write-in candidates are allowed.

Write-in candidates must have at least 10 votes from 10 residents of the Center's tax district in order to have their votes counted. For youth write-in candidates, the 10 votes must come from teens who live within the same high school boundary area as the candidate.



The McLean Community Center
1234 Ingleside Avenue, McLean VA 22101
703-790-0123/TTY: 711
www.mcleancenter.org



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/APRIL 3

Home Buyer Seminar and Wine Tasting. 6-7:30 p.m., at Total Wine, 1451 Chain Bridge Road, McLean. Review today's market, the home buying process and sample wines while you learn. www.totalwine.com.

THURSDAY/APRIL 4

Rent, School Edition. 7 p.m., at the McLean High School Burke Theater, 1633 Davidson Road, McLean. The award-winning musical about young artists facing AIDS, HIV, the throes of love and the struggle to find their voice. \$12 for students and seniors; \$15 for adults. www.brownpapertickets.com/event/346908 or www.mcleandrama.com.

FRIDAY/APRIL 5

2013 Asian American Chamber Gala. 6-10 p.m., at The Westin Tysons Corner, 7801 Leesburg Pike, Falls Church. AACCC Chamber Award Gala recognizing businesses and leaders of Asian & Pacific Island descent who have made outstanding contributions to the D.C.-area business community and economy; cocktails, dinner, auction and cultural performances included. www.asian-americanchamber.org/2013gala.

Rent, School Edition. 7 p.m., at the McLean High School Burke Theater, 1633 Davidson Road, McLean. The award-winning musical about young artists facing AIDS, HIV, the throes of love and the struggle to find their voice. \$12 for students and seniors; \$15 for adults. www.brownpapertickets.com/event/346908 or www.mcleandrama.com.

Mason Symphony and the Virginia Chamber Orchestras Concert. 7:30 p.m., at Vienna Presbyterian Church, 124 Park St. N.E., Vienna. \$20; free for students through grade 12 and Wounded Warriors and their families; \$15 for college students and seniors. 703-993-1380 or <http://music.gmu.edu>.

"Never the Sinner." 8 p.m., at 1st Stage in Tysons, 524 Spring Hill Road, Tysons Corner, McLean. Playwright John Logan's riveting first play about the 1924 "crime of the century." General: \$25; students: \$15. or 703-854-1856 or www.1ststageTysons.org.

A Night of Music with Peter Kolkay. 8 p.m., at The Barns, 1635 Trap Road, Vienna. The Wolf Trap National Park presents the bassoonist and first-prize winner of the Concert Artists Guild Competition, Peter Kolkay. \$35. http://purchase.tickets.com/buy/TicketPurchase?agency=WOLF_TRAP&pid=7295869.

SATURDAY/APRIL 6

"Never the Sinner." 2 p.m., 8 p.m., at 1st Stage in Tysons, 524 Spring Hill Road, Tysons Corner, McLean. Playwright John Logan's riveting first play about the 1924 "crime of the century." General: \$25; students: \$15. or 703-854-1856 or www.1ststageTysons.org.

Freeman Store and Museum Dedication Celebration. 10 a.m., at the Freeman Store and Museum, 131 Church St. N.E., Vienna. Celebrate the placement of the store on the Virginia Landmarks Register and in the National Park Service National Register of Historic Places; the Civil War 150 HistoryMobile, a nation-wide, mobile artwork display and interactive exhibit, the "Roads to



PHOTO BY ALEX McVEIGH/THE CONNECTION

McLean High Presents 'Rent'

From left, Camila Alfonzo, as Mimi, connects with Damian Leverett, as Roger, in McLean High School's production of "Rent." [See listings Thursday through Saturday, April 4-6.]



"Erika and Bluebells," encaustic painting, by Nick Deff.

'It's a Spring Thing' At Vienna Art Society

"It's a Spring Thing" is The Vienna Art's Society's annual member-judged show, through April 29 from 10 a.m.-4 p.m. Tuesday through Saturday at the Vienna Art Center. Meet the artists at the Award Reception for the best artist, held Sunday, April 14, from 2-4 p.m. The Vienna Art's Center is located at 115 Pleasant St. N.E., Vienna, and is free and open to the public.

Rails to Trails" exhibit and the Little Library and Caboose are open while the James Madison Madrigals and the Vienna Community Band play until the 2 p.m. dedication, to be followed by an old-fashioned picnic. www.vienna.gov/index.aspx?NID=1024.

Gustafer Yellowgold's Rock Melon Tour. 10:30 a.m., at the Jammin' Java, 227 Maple Ave. E., Vienna. Equal parts pop rock concert and animated storybook, Gustafer Yellowgold concerts are a truly different multimedia experience. \$10. 703-255-1566 or <https://jamminjava.com/events/gustafer-yellowgold-april6>.

Tour of the Bluebells in Memory of Eleanor Weck. 11 a.m., at Riverbend Park, 8814 Jeffery Road, Great Falls. A guided tour of the bluebells in the park in memory of Eleanor Weck, founder of the Great Falls TrailBlazers; light refreshments follow. www.fairfaxcounty.gov/parks/riverbend/visitorcenter.htm.

Riverbend Park Nature Center Open House. Noon-2 p.m., at the Nature Center, 8814 Jeffery Road,

Great Falls. Hands-on demonstration of the Nature Center's wildlife collection including a new outdoor turtle habitat. www.fairfaxcounty.gov/parks/riverbend/visitorcenter.htm.

Runway Fashion Presentation. Noon-2 p.m., at Saks Fifth Avenue Tysons Galleria, 2051 International Drive, McLean. Lafayette 148 New York Design Director Edward Wilkerson and Teri Agins, fashion journalist and author, discuss the inspiration behind the spring 2013 Lafayette Collection, a free-spirited marriage of eclectic detail with city style. www.saks.com.

Our Town. 2:30 p.m., at the McLean High School Burke Theater, 1633 Davidson Road, McLean. Thornton Wilder's play centered on the small town of Grover's Corners, in which the Webb and Gibbs families watch their children fall in love, marry, and in a famous scene, die. \$12 for students and seniors; \$15 for adults. www.brownpapertickets.com/event/347032 or www.mcleandrama.com.

SEE CALENDAR, PAGE 19

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NEWS

Cooper Orchestra Receives Straight I's

The orchestra performs at the highest level in the state assessment.

Cooper Symphonic Orchestra, under the direction of Ms. Bo-Min Son, received straight I's, the highest level of achievement in the Virginia State Middle School Orchestra Assessment on March 9 at Kenmore Middle School.

The orchestra performed pieces at Grade IV level, the level that is typically performed by advanced middle school/young high school groups throughout the county. Their performance included Lullaby by Hofeldt, Toccata by Frescobaldi, and The Dance of Iscariot by Moiser. The orchestra participated in the sight-reading session, where they were given seven minutes to look through a new piece of music that they had never seen before without playing it on instruments, then performed it for a judge, receiving an overall of a "Superior" rating (the highest).

Cooper Middle School is a member of District XII of the Virginia Band and Orchestra Directors Association,



PHOTO BY NINA GROSSMAN

Cooper Symphonic Orchestra, directed by Ms. Bo-Min Son, performs Grade IV musical selections at the District XII Orchestra Assessment.

which includes schools from the northern region of Fairfax County and neighboring Arlington County. At the annual assessment, a panel of three professional adjudicators is assembled to critique the participating ensembles and judge them against state standards for excellence in performance, sight-reading, musicianship and orchestral skills.

Annalise Ajmani Wins Young Choreographers Competition

Annalise Ajmani of McLean received a \$500 cash scholarship and the opportunity to set her choreography on BalletNova's Diamond Summer Intensive Performance Workshop dancers (presented at the August performance) at the Saturday, March 16, BalletNova Spring Gala. Her prize included free tuition to BalletNova Diamond Summer Intensive, and a beautiful engraved trophy sculpture of a dancer.

In second place was Renee Lanarque, who received a \$250 scholarship and Molly Sternberg, of Alexandria, won third place, receiving a \$100 scholarship.

The goal of the BNYCC is to provide young dancers/choreographers between ages 14 and 18 with an opportunity to stretch artistically by developing their art beyond performing; to showcase their work; and offer performance opportunities for local young dancers. This opportunity is usually only offered to older choreographers over 18—there are very few programs in the country to address the needs of this younger constituency.

This year, choreographer and dancer Rasta Thomas of Bad Boys of Dance joined the judging panel along with Carolyn Carattini, Royal Academy of Dance, Tauna Hunter, dance chair at Mercyhurst



PHOTO CONTRIBUTED

2013 BNYCC winner Annalise Ajmani, with her dancers.

College and Marilyn York, founder and artistic director of Dancin' Unlimited. After the finalists were chosen by the judges, then the public voted for their favorite choreographer via Facebook and YouTube with the popular vote counting 20 percent toward the total score.

Finalists performed at the "Shining a Spotlight on Dance" Gala for BalletNova on Saturday, March 16, where the winners were announced.

The competition was open to

residents of Northern Virginia—Fairfax, Arlington, Loudon and Prince William Counties, the cities of Alexandria, Falls Church, and Fairfax. Entries must be 3-5 minutes in length and with three to eight dancers, in the genres of ballet, modern, contemporary, hip-hop or jazz dance.

Anyone interested in applying for the 2014 BalletNova Young Choreographers Competition can contact BalletNova at info@BalletNova.org. Applications will be available in August 2013.



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21 Announcements

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Finnegans-IV, Inc trading as Finnegan's Pride, 8150 Leesburg Pike, Suite #160-A, Vienna, VA 22182. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer and Wine on Premises and Mixed Beverage on Premises license to sell or manufacture alcoholic beverages. Bhuvanewar Boojala, President
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

ABC LICENSE
Tom Yum Rosslyn, LLC trading as Tom Yum District, 1515 Wilson Blvd, Suite 102 Arlington, VA 22209. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises license to sell or manufacture alcoholic beverages. Supat Oursinsiri, Managing member.
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

ABC LICENSE
Samira Safi trading as Kabob Tavern, 523 Maple Ave W, Vienna, VA 22180. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Mixed Beverage license to sell or manufacture alcoholic beverages. Samira Safi, owner.
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

ABC LICENSE
YOLO VA, LLC Trading AS Bracket Room, 1210 N. Garfield St, Arlington, VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises, Mixed Beverages Premises license to sell or manufacture alcoholic beverages. Jeffrey Greenberg, managing member
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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21 Announcements

Joan Mesimer Sanders, Rock Hill, SC

Joan Mesimer Sanders, 91, of Rock Hill, SC, passed away Thursday, March 14, 2013.

A memorial service will be held on March 18 in South Carolina. Graveside services will be held at Andrew Chapel Cemetery in Vienna VA (cmr of Trapp Rd and Leesburg Pike, Rt 7) on April 13 @ 11am. A reception will follow in the "new" social hall at Trinity United Methodist Church, McLean, VA (1205 Dolley Madison Blvd)

Joan was born and raised on a small farm in Polo, Missouri, the daughter of John Perry and Grace Brown Mesimer. She was preceded in death by her loving husband Vern, her parents, her sisters Verle Williams, Mary Lillian Cook, Gertrude Burns, and her brother, Woodrow Mesimer. Surviving are her children Dale Sanders of Washington, DC, Joyce Sanders of York, SC, and Wade and Sarah Sanders of Fleetwood, NC., brother-in-law, Raymond Morales of Sterling, Virginia, nieces and nephews.

She was employed by the FBI in Kansas City, MO where she met her husband-to-be, Special Agent Charles Vernon Sanders. Following their marriage in 1949, they resided in McLean, VA until their retirement to Whispering Pines, NC in 1980. In 2009 they moved to Park Pointe Village, Rock Hill, SC. Joan was a lifelong volunteer, giving of herself and her time, beginning as a Red Cross Nurse's Aide in Kansas City during World War II and continuing to serve those in need wherever she lived.

Joan was a beautiful woman, inside and out. A Christian in heart and deed, she loved life but was unafraid of death. She was committed to her God, her family and her friends. She will be remembered for her love, her kindness, her encouragement, and her lifetime of service. Well done, good and faithful servant.

In lieu of flowers, memorial gifts may be made to York Place, Episcopal Church Home for Children, 234 Kings Mountain Street, York, SC 29745.

21 Announcements

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Selfless or Selfish



By KENNETH B. LOURIE

Just in case anybody is paying attention, and my behavior plays some kind of role/has any effect on my outcome whatsoever, I'd just as soon be one more than the other. However, receiving a terminal cancer diagnosis (stage IV and let me remind you there's no stage V) out of the blue at age 54 and a half, less than three months after burying your widowed mother, tends to upset this delicate balance. If I've heard it once – since my diagnosis – I've heard it multiple times, and from trusted, respected sources: "It's all about you, Ken." And when the oncology nurse sticks that needle in your arm for the first time and then hooks you up to a six-hour I.V. drip containing chemotherapy drugs "cocktailed" to poison you (kill your tumor-carrying white blood cells actually), the decision about whom to care about most, you or someone else, begins to take on a life of its own.

Controlling that other life has become one of my biggest challenges. It's very easy to lose yourself in the midst of a metastatic malignancy when your oncologist gives you "13 months to two years" to live. For all anybody knows, it's your attitude or even your personality that keeps you alive as your treatment ramps up. However, thinking and doing for others is extremely difficult at this time, a time when you can barely get out of bed. Chemotherapy has a way of leveling the playing field: You can't do anything for anybody, least of all for yourself. As you begin to bounce back after your treatment (if there is an interval), you semi-regain your composure in anticipation and preparation for the next infusion. Nevertheless, before too long, the mental demons begin to take hold yet again, attempting to tear down every emotional underpinning you've devised. No one said it was going to be easy. In fact, one of our best friends, Lynne, a recent breast cancer survivor said quite the opposite: "Ken, this is going to be the hardest thing you've done." Of course, she was 100 percent correct.

Over time and over treatment, you begin to assimilate the demands: the infusions, the frequency, the doctors' appointments, the diagnostic scans, the lab work, the side effects, the straight-on effects, the highs, the lows, the hopes, the prayers, the statistics; until it becomes, at least for me it has, sort of mundane and part of a process that takes over your life – for some very unfortunate reasons. You accept it because: it appears there are very few exceptions. Cancer rules and thinking it doesn't is disrespectful almost and incredibly naive.

Giving respect to such a dreaded – but previous to my diagnosis, not a part of my family's history – disease, helped guide me back to becoming more selfless and less selfish; understanding that reclaiming that dignity and integrity in this context anyway, can have a powerful effect on both myself and those around me, which in turn works back to me (the old what goes around comes around-type karma) and ultimately benefits and enhances my life. The longer I've survived with this diagnosis, the more characteristic of the pre-Kenny-with-cancer I've become. That's not to say that I don't occasionally slip and fall – emotionally, but now, getting up is not nearly so difficult. I've been there, and I've done that. Besides, I'm happier being me, and happiness can work miracles.

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

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FAITH

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

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, offers three Sunday services and a host of musical, educational, outreach, and fellowship ministries to enrich spiritual growth: 7:45 a.m. Worship Service without music; 9 a.m. Worship Service, Children's Chapel and Children's Choirs; 10 a.m. Sunday School and Adult Forum; and 11 a.m. Worship Service with Adult Choir. 703-759-2082.

Redeemer Lutheran Church, 1545 Chain Bridge Road, McLean, offers a 9 a.m. traditional service and a 10:30 a.m. contemporary service on Sundays. Also offers two services during the summer—both of which will include children's sermons. 703-356-3346.

Redeemer Lutheran Church, 1545 Chain Bridge Road, McLean, at the intersection with Westmoreland Street, has Sunday worship with Holy Communion at 8:30 a.m., traditional style worship; 9:45 a.m., contemporary style worship; and 11 a.m., traditional style worship. Sunday School and Adult Forum is at 9:45 a.m.

Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton, offers a rich and unique Religious Exploration (RE) program for all children, from pre-K toddlers through high school seniors, emphasizing exploration of all religious traditions while developing a personal spiritual path. Registration for the RE program, which offers classes on Saturday afternoons and Sunday mornings, is now open by calling 703-281-4230.

Trinity United Methodist Church, 1205 Dolley Madison Blvd.,

McLean, Sunday worship services are at 8:30 and 10:30 a.m. Sunday School for adults is at 9:30 a.m. and for children during the 10:30 a.m. worship service. Youth Group for grades 7-12 meets Sundays at 6 p.m. A 20-minute service of Holy Communion is held each Wednesday at noon. 703-356-3312 or umtrinity.org.

The Jewish Social Services Agency (JSSA) offers a wide variety of support groups for those with emotional, social, and physical challenges. www.jssa.org/growth-learning.

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 Bible Church Fitness Class at Body & Soul Fitness. Balance is key, energy is renewed and strength is gained. 9:45 a.m. Mondays and Fridays. Free childcare for registered students. bodyandsoul@mcleanbible.org.

Vajrayogini Buddhist Center offers ongoing classes on meditation and Buddhist philosophy, Mondays at 7 p.m. at the Unitarian Universalist Church, 1625 Wiehle Ave. \$10 per class. 202-331-2122 or www.meditation-dc.org.

St. Dunstan's Episcopal Church, 1830 Kirby Road in McLean. The third Sunday service every month at 10:15 a.m. allows children to play active roles in the music and as greeters and ushers. Traditional services are every Sunday at 8:15 and 10:15 a.m.

MILITARY NOTES

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

Navy Seaman Recruit Malcolm Dixon, of McLean, completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill. He is the son of Novella Dixon of Reston. During the eight-week program, Dixon completed a variety of training which included classroom study and practical instruction on naval customs, first aid, firefighting, water safety and survival and shipboard and aircraft safety. An emphasis was also placed on physical fitness. Dixon is a 2011 graduate of Herndon High School.

Army National Guard Spec. Sri V. Iyer has graduated from basic infant

try training at Fort Benning at Columbus, Ga. He is the son of Viji Iyer of Lewinsville Road, McLean. Iyer is a 2005 graduate of Langley High School and a 2009 graduate of Boston University in Mass.

U.S. Army PFC **Bo Buffkin** has completed Army Boot Camp at Ft. Jackson, S.C., as well as Advanced Individual Training—Cannon Crew-member (13-B) at Ft. Sill, Oklahoma. In May 2010, he reported for duty in Schweinfurt, Germany with the 77th Field Artillery Regiment. Buffkin is the son of Beverly and Mark Buffkin of McLean, and a 2008 graduate of Langley High School.

Nolan A. Bader has entered Basic

Cadet Training at the U.S. Air Force Academy, Colorado Springs, Colo., in preparation to enter the first academic year at the academy. He is the son of Dan Bader of Barbee St., McLean. Bader is a 2010 graduate of Thomas Jefferson High School.

Navy Seaman Apprentice **Alexander C. Heinz** of McLean recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill. Heinz is a 2009 graduate of McLean High School and a 2010 graduate of Northern Virginia Community College, with a AA degree. The seaman is the son of Heidi Shamloo of McLean.

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NEWS

McLean Kitchen and Garden Tour Planned for May 1

Woman's Club schedules tour to benefit local Wounded Warrior project.

On Wednesday, May 1 (rain date: May 2), the Woman's Club of McLean will launch the community's first Kitchen and Garden Tour. The hours of the tour will be 10 a.m. to 3 p.m. Set in Countryside Estates in west McLean (the same area that was featured in the club's 2010 Holiday Homes Tour), the event will focus on the kitchens and gardens of six large homes situated on one-acre lots.

Each lot has enough space, often in front as well as in back, for extensive gardens, along with decorative arbors, borders and winding paths; small and large pools; patios; and decks. In many cases, professional landscapers have helped to design the layout and content of the gardens. The tour booklet will list in detail the varieties of plants, shrubs and trees present, as well as other landscape features. The Countryside area is known as one of the most beautiful neighborhoods of McLean when the gardens are in bloom.

The tour houses are located on Holyrood Drive and Countryside Court, near Balls Hill Road and Georgetown Pike. Woman's Club organizers hope that the closeness of the area to the Beltway (Exit 44) will make it easily accessible. Parking will be available on the street. Visitors can then walk from house to house, as indicated in the tour booklet, which will also serve as a ticket.

After entering each home, visitors will pass through the kitchen before going out into the garden area. The kitchens of the six homes tend to be large, and many have recently been redesigned and updated. The homeowners, as well as Woman's Club hostesses, will be on hand as guides.

Tickets for the Kitchen and Garden Tour will be \$25 if purchased before the day of the tour and \$30 if purchased on the tour day. Tickets are for sale at three local businesses: Flowers and Plants, Etc. (1378 Chain Bridge Road, McLean), Karin's Florist of Vienna (527 Maple Ave., E., Vienna) and Great Dogs of Great Falls (9859 Georgetown Pike), in addition to Vinson Hall Retirement Community (6521 Old Dominion Drive, McLean). On the day of the tour,



Col. Pete and Kay Burnell's garden.

PHOTOS CONTRIBUTED



Pool garden at the home of Jill and Dave Paul.



Brigitte Duces and John Strawhorn's garden.

tickets will also be available at the tour houses.

All proceeds of the tour will go to the Wounded Warrior Transitional Housing Project at McLean's Vinson Hall Retirement Community. The project is supported by the Navy-Marine-Coast-Guard Residence Foundation and is de-

signed to provide young wounded veterans of the Afghanistan and Iraq wars with the special living conditions their situations require.

For more information, contact a McLean Woman's Club member at 703-556-0197 or sheridan2@cox.net.

—LAURA SHERIDAN

OPEN HOUSES SATURDAY/SUNDAY, APRIL 6 & 7

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link. Call Specific Agents to Confirm Dates & Times

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All listings are due by Monday at 3 P.M.

WELLBEING

A total of 844 low-income and uninsured patients received dental care during the Northern Virginia Dental Society's 10th Annual Mission of Mercy (M.O.M.) project.



PHOTO COURTESY OF MOLINA HEALTHCARE

Hundreds of Low Income Residents Receive Free Dental Care

Event was part of The Northern Virginia Dental Society's 10th Annual Mission of Mercy.

Several hundred low income and uninsured residents of Arlington, Alexandria and Fairfax County received free dental care recently when the Northern Virginia Dental Society (NVDS) hosted its 10th Annual Mission of Mercy (M.O.M.) project.

During the two-day event, which was held at Northern Virginia Community College's Medical Education Campus in Springfield, area dental care professionals donated their time and expertise to help those in need.

"It really is an incredible initiative and I truly believe in the work that the Northern Virginia Dental Society does. There were so many volunteers especially dentists helping hundreds and hundreds of patients. This was my second year helping out," said

Jenny Del Carpio, of Molina Healthcare, one of the event's sponsors.

A total of 844 low-income and uninsured received dental care. "The M.O.M. Project ... was a wonderful event," emailed Cathy Griffanti, Executive Director, Northern Virginia Dental Society. "Many of the area legislators stopped by the Project and witnessed the dedication of the oral health care providers in Northern Virginia and what we do to give back to the community."

Griffanti said that patients were pre-screened and pre-registered for the MOM Project through local social service agencies, and estimated that the value of services provided was approximately \$355,000.

— MARILYN CAMPBELL



PHOTO COURTESY OF CREATIVE SERVICES/GEORGE MASON UNIVERSITY

Researchers in George Mason University's College of Education and Human Development (CEHD) joined the Advancing Healthcare Initiatives for Underserved Students (ACHIEVES) project to offer concussion education.

Local Researchers Address The 'Concussion Culture'

Education and proper health care are keys.

BY MARILYN CAMPBELL
THE CONNECTION

With the impending warmer weather comes an increased number of children participating in outdoor activities. Some local health care professionals and researchers are issuing words of caution.

"More children will be outside playing with friends, riding bicycles and engaging in contact sports. These activities and others where impact is a possibility place children at risk for a concussion," said Dr. Faith Claman, who holds a doctor of nursing practice and is an assistant professor in the Malek School of Health Professions at Marymount University in Arlington.

Local educators say it is important to know the facts. "A concussion is a brain injury, which often occurs as a result of a fall or blow to the head or body," said Dr. Dalila Birem, associate medical director of Molina Healthcare of Virginia and Fairfax Community Health Care Network. "Normally, the brain is cushioned by fluid, but when jolted violently, the brain crashes into the skull, resulting in damage to the soft tissue."

Birem says that while some people may lose consciousness, more common symptoms of a concussion include headache, blurred vision, fatigue or irritability.

"Others may experience no symptoms at all [and] with

rest, most people fully recover from a concussion," said Birem. "However, severe concussions or repeated incidents may lead to more serious consequences, such as problems with speech, mobility or learning."

Researchers at George Mason University in Fairfax are taking action. "Concussions are running rampant across the country right now and it seems that no one, from middle school student athletes to professional players, are exempt," said university spokeswoman Catherine J. Probst. "As a result, some states are enacting new laws to change this concussion culture. Virginia's General Assembly [passed legislation] that requires student athletes and their parents to receive annual concussion education. ... The law also states that schools form concussion management teams to provide and document concussion education for students, staff, coaches and parents."

Implementing the legislation presents challenges, however. "Many Virginia public schools lack the necessary resources to properly deliver concussion education," she continued.

To address the dearth of resources, researchers in Mason's College of Education and Human Development (CEHD) joined the Advancing Healthcare Initiatives for Underserved Students (ACHIEVES) project to offer effective medical care and concussion education.

"The project has already reached more than 80,000 student athletes, staff, coaches and parents to deliver more effective medical care and concussion education," Probst said.

Area Jazzercise Holds 'Dance for a Cure'

Local Jazzercise students will participate in a three-hour dance fitness marathon at Jazzercise of McLean and Tysons Corner's under the auspices of Dance for a Cure, a fundraiser benefiting the Leukemia and Lymphoma Society. Both members of the center and members of the community are invited to participate.

Dance for a Cure runs from 8 a.m. to noon on Saturday, April 20, featuring a raffle, a silent auction, and three different hour-long dance fitness classes, the last of which will be led by professional choreographer Tim Roberts.

Register by emailing mcleanjazzercise@gmail.com. Information is also available on the event fundraising page: <http://nca.lls.llsevent.org/mcleanjazzercise>.



The McLean and Tysons Corner Jazzercise students and dancers.

SPORTS

Senior defenseman Brad Dotson and the Langley boys' lacrosse team lost to Robinson on March 28, but bounced back hours later with a victory against Chantilly.



PHOTO BY CRAIG STERBUTZEL/
THE CONNECTION

Saxons Bounce Back

Langley boys' lax overcomes missing players, loss to Robinson.

BY JON ROETMAN
THE CONNECTION

With its top attackman sidelined due to injury and a standout midfielder out for disciplinary reasons, the Langley boys' lacrosse team took the field hours after losing to Robinson during the Ram Slam spring break tournament.

The Saxons' opponent: Chantilly, which Langley defeated in three of the previous four state championship games.

While the odds were in favor of the Chargers knocking off Langley, the Saxons instead issued a reminder of their standing as four-time defending state champion.

Langley defeated Chantilly 8-5 on March 28 at Robinson Secondary School. The Saxons built a 5-1 halftime lead, survived a Chantilly comeback attempt and held on for the victory.

THE WIN came hours after the Saxons lost to Robinson, 9-6. After the game, senior midfielder Luke Salzer was ejected for swearing at an official, forcing him to miss the Chantilly contest. Injured junior attackman J.T. Meyer was also unable to play.

With Salzer and Meyer out, junior attackman Brian Orme stepped up with three goals against Chantilly.

"That was an ugly game the first game," Langley head coach Earl Brewer said about the loss to Robinson. "I'll take some blame for that. I didn't coach a good game [and] we definitely didn't play a good game. ... It said a lot about our kids to be able to bounce back like that. That was some very good lacrosse we played [against Chantilly]. You can't play two lacrosse games in one day — it ain't baseball — but we did and I'm very happy with that."

Nick Guglielmo, Sean Kacur, Jon-Michael Duley, Brian Ochoa and Luke Brugel each scored one goal for Langley. The Saxons also

received a strong defensive effort.

"My defense is just outstanding," Brewer said. "They're big — they look like a basketball team. [Brad] Dotson at [6 feet 7], [Robby] Byrne [is] 6-4, the other guy [is] 6-3; that's a front line for some small college."

Langley defeated Chantilly in the 2012, 2011 and 2009 state championship games. The Saxons also beat the Chargers in last year's Northern Region final.

"It's fun to come out and play them," Dotson said. "The target is always on our back and they're always trying to get us. It means a lot to both teams and it's a big game every time."

Dotson said the Saxons might have benefited from hanging out together inside Robinson Secondary School between games during the spring break tournament.

"We have a lot of new guys this year and the chemistry is kind of bad, and that leads to us coming out slow a lot of the time," Dotson said. "We definitely came out slow [against Robinson]. We went down early and it's just hard to fight back from that. ... I think [spending time together] actually helped a lot. We haven't really had a time for everybody to come together and pal around. I think that really helped us."

Three consecutive Chantilly goals cut the Langley lead to 5-4 in the fourth quarter, but the Chargers couldn't complete the comeback.

"I don't think that we played good team defense," Chantilly head coach Kevin Broderick said. "... Langley dictated what they wanted to do. They're a very skilled group of players, they took advantage of it."

Mike Marson led Chantilly with three goals.

EARLIER IN THE DAY, the Chargers defeated Highland, 15-10.

Langley improved to 3-3 with the win over Chantilly. The Saxons will travel to face McLean at 6 p.m. on Friday, April 5. Chantilly dropped to 4-1. The Chargers host Yorktown at 7:15 p.m. on Wednesday, April 3, and Hamburg (New York) at 1 p.m. on Saturday, April 6.

"Not having Luke this game and after losing to Robinson," Dotson said, "we definitely had a chip on our shoulder and we wanted to come out and win this game."



Madison senior Kyle Mancini scored two goals against Yorktown on March 28.

PHOTO BY CRAIG STERBUTZEL/
THE CONNECTION

Madison Edges Yorktown

Madison goalie Hayden, Yorktown keeper Pollack play well.

BY JON ROETMAN
THE CONNECTION

The Madison Warhawks and Yorktown Patriots each have talented goalkeepers. During the teams' spring break matchup on March 28, the Warhawks and their senior netminder bested the Patriots and their up-and-coming freshman.

The Madison boys' lacrosse team beat Yorktown 6-5 during the Ram Slam tournament at Robinson Secondary School. The Patriots led 3-2 at halftime and 4-3 with 8:08 remaining in the third quarter, but the Warhawks scored three straight goals to close the third and held on to win.

Yorktown freshman goalkeeper Mason Pollack finished with 14 saves. Head coach Greg Beer said it was the best Pollack had played all season, but he also said Madison senior goalkeeper Matt Hayden was the difference.

"We've seen the two best goalies in the region already — the kid from Westfield (Tucker Winfrey) and Hayden," Beer said. "Those are the two best goalies in the region by far. Offensively, we got the shots we wanted, (but Hayden) made more plays. He made the plays and that's why they won."

MADISON HEAD COACH Rich Hodge said Hayden's performance rescued the Warhawks from some selfish play.

"We're happy with the win," he said. "[Yorktown is] a good team. Their goalie played very well. ... I thought they played a very good game. I think sometimes when we play too much as individuals, some of our guys try to do too much and it just kills us. ... Luckily, Matt was awesome in cage tonight. ... He just has ice in his veins. He's never too high, never too low."

Yorktown senior attackman Joe Crawford solved Hayden for a game-high three goals. Crawford scored back-to-back goals in the second quarter, giving

the Patriots a 3-2 halftime lead.

"He's fantastic," Beer said. "He's just one of those kids; he does everything. He can pass, he can shoot, he's just the consummate leader on the field (and) off the field."

Junior midfielder Kyle Harwood and senior midfielder Andrew Liddle each scored a goal for Yorktown. Crawford, Harwood, junior attackman Nico Pollack, sophomore long-stick midfielder Tim Aldinger and defensemen Jonathan Shears (senior) and Conor Shears (freshman) are some of the team's top players, along with Mason Pollack in the net.

"He's going to be a stud," Beer said about his freshman goalkeeper. "... He's only going to get better."

Senior Kyle Mancini had two goals for Madison. Senior Kyle Rowe had one.

With the loss, Yorktown fell to 2-3. The Patriots will travel to face Chantilly at 7:15 p.m. on Wednesday, April 3.

"We just want to compete with (defending district champion) Edison and try to get the National District back," said Beer, whose Patriots last won the district title in 2011. "... We play all these [tough] games early. ... We want to play Concorde [District teams and] we want to play the Madisons, the Langleys, because it gets us battle tested. I feel it helps us down the road."

MADISON DEFEATED ROBINSON 15-9 on Monday to improve to 3-0. The Warhawks are looking to take the Liberty District title away from four-time defending state champion Langley. Madison lost to the Saxons in the district final each of the last two seasons.

"Our goal all year is we want to compete for a district title," Hodge said. "We've been there the last couple years. The boys have really focused on how do we get over that hurdle, how do we beat Langley. They put a lot of work into it."

Madison will face Hamburg (New York) at 7:15 p.m. on Thursday, April 4, at Shenandoah University.

Langley High School Hosts 'Thon'

Saturday, March 9, proved that communities are still as unified and as giving as ever. Langley High School's second Dance-a-thon, best known as Thon, is to thank for fleshing that out. Langley seniors Brittany Gallagher and Natalie Rasmus, along with other students, put forth extended effort in a successful fundraising campaign to raise money for the Joe Cassella Foundation. That success was measured in numbers, over \$15,500, which has been donated to JCF to ease the financial burden families may have while their children battle illnesses and/or injuries.

More than 150 high school students danced the day away from noon to 8 p.m. for a great cause. If you stopped in the gym you would have noticed endless food, beautifully decorated tables for eating and mingling, a stage with a DJ, live performances by students, a yoga and Zumba class, and a student leading all participants through dance routines from the Macarena to modern hip hop choreographies.



Students danced the day away at Langley High School's fundraising campaign, "Thon." The dance-a-thon benefited the Joe Cassella Foundation with over \$15,500, which helps families with large financial burdens who are battling their children's illnesses and injuries.



Student organizers of Langley High School's Saturday, March 9, fundraising event, "Thon," a dance-a-thon benefiting the Joe Cassella Foundation.

SCHOOL NOTES

Send School Notes to mclean@connectionnewspapers.com. Deadline is Friday.

Forty-four undergraduate researchers at the University of Virginia have been selected for the Harrison Undergraduate Research Awards, which allow them to conduct independent research projects during the summer of 2013. The research awards support students who present detailed plans for projects that have been endorsed by a faculty mentor. A faculty senate committee selected the winners, who receive up to \$3,000.

Among the award recipients are is **Matt Lycas**, 20, of McLean, a third-year neuroscience major in the College, who is researching the mechanism for a potential neuropharmacological treatment for alcoholism, examining why Topiramate is able to reduce ethanol consumption in rats.

Jason Jain Miller, of McLean, joined Sigma Alpha Lambda, a national leadership and honors organization at the University of Virginia. The organization is dedicated to promoting and rewarding academic achievement and providing members with opportunities for community service, personal development and professional opportunity.

The Virginia Foundation for Independent Colleges (VFIC) 14th annual statewide collegiate Wells Fargo Ethics Bowl will be held at Randolph College in Lynchburg, Va.

The debate involves ethics and social media. Participating from Bridgewater will be seniors **Gillian Eiserman** of McLean.

ENTERTAINMENT

FROM PAGE 11

Rent, School Edition. 2:30 p.m., 7 p.m., at the McLean High School Burke Theater, 1633 Davidson Road, McLean. The award-winning musical about young artists facing AIDS, HIV, the throes of love and the struggle to find their voice. \$12 for students and seniors; \$15 for adults. www.brownpapertickets.com/event/346908 or www.mcleandrama.com.

Chamber Music Evening. 7:30 p.m., at Vienna Presbyterian Church, 124 Park St. N.E., Vienna. An ensemble including Danielle Talamantes, soprano, Kristen Berthelotte, harp, Marian Rian Hays, harp, Igor Zubkovsky, cello, and Diane Winter Pyles, piano presents music of Ravel, Debussy, Schumann, Dussek and others. Donations accepted. 703-421-9211.

Asphalt Orchestra. 8 p.m., at the Alden Theatre at McLean Community Center, 1234 Ingleside Ave., McLean. The street band that plays processional music from Frank Zappa, David Byrne, Annie Clark, Tatsuya Yoshida and the like performs in their Virginia debut. \$25; \$18 for MCC residents. 703-790-0123, www.asphaltorchestra.com or www.aldentheatre.org.

SUNDAY/APRIL 7

Run & Remember 5K Corporate Challenge. 8:30 a.m. (7 a.m. day-of registration), at Tysons Corner Center, 1961 Chain Bridge Road, McLean. Run to benefit TAPS, the Tragedy Assistance Program for Survivors, which honors fallen military heroes by caring for those who they loved and left behind; call for info on sponsorships. 703-281-1333 or www.tysonschamber.org.

Food for Others Power Pack. 11 a.m.-1 p.m., at 7925 Jones Branch Drive, McLean. NOVA Terp Alumni group hosts a food-packing event to give to Food For Others to distribute to children in Fairfax County who might otherwise have to often skip meals. Jeff@AfenKnowsHomes.com.

"Never the Sinner." 2 p.m., at 1st Stage in Tysons, 524 Spring Hill Road, Tysons Corner, McLean. Playwright John Logan's riveting first play about the 1924 "crime of the century." General: \$25; students: \$15. or 703-854-1856 or www.1ststagetysons.org.

Joni Chan. 3 p.m., at the Alden Theatre, McLean Community Center, 1234 Ingleside Ave., McLean. University of Indiana's award-winning pianist plays Ravel's Valses nobles et sentimentales, Prokofiev's Piano Sonata No. 6 in A Major, and works by Chopin; sponsored by the Music Friends of the Fairfax County Public Library. 703-620-9535.

TUESDAY/APRIL 9

Coffee & Conversation with Unified Prevention Coalition. 10-11:30 a.m., at Unified Prevention Coalition Office, 2970-B Chain Bridge Road, Oakton. UPC hosts an event with Fairfax County coalition leaders and PTSA/PTSO/PTA leaders from middle school and high schools. www.fccepta.org/content/coffee-conversation-unified-prevention-coalition.

HBC Realty Group Fundraiser Dinner. 5-8 p.m., at Pulcinella Italian Host, 6852 Old Dominion Drive, McLean. HBC Realty Group's Community Charity Champions host a fundraiser for Kent Gardens PTA; bring a flyer for the fundraiser and 60 percent of dinner and drink proceeds go to the charity (call or visit website to receive flyer). 703-734-0192 or www.HBCRealtyGroup.com.

Civil War History of the Mill. 7:30 p.m., at the McLean Community Center, 1234 Ingleside Ave., McLean. Mike Henry, site administrator at Colvin Run Mill since 1988, will deliver a lecture on its Civil War history to the McLean Historical Society. PaulKohl@msn.com.

Non-profits Organizations Meeting. 7:30 p.m., at the Great Falls Library Conference Room, 9830 Georgetown Pike, Great Falls. Fairfax County provides information on databases, resources, and other assistance available from the Office's Grants Research and Training Center for non-profits and other grant seekers. <http://gfca.org/>.



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