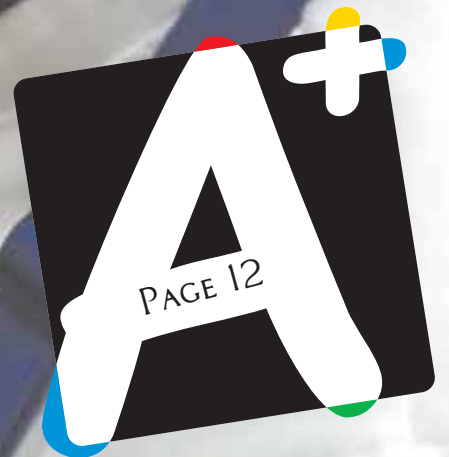




Marshall High Wins Culinary Challenge

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Officer
Saves Life,
Possibly
Twice

NEWS, PAGE 3

Fixing the
Unfixable

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Alex Cerda, of Marshall HS, and Brian Andrade, of McLean HS, plate their soba noodle salad for the Marshall Team during the third annual Feeding Academic Success Culinary Challenge sponsored by Real Food For Kids.

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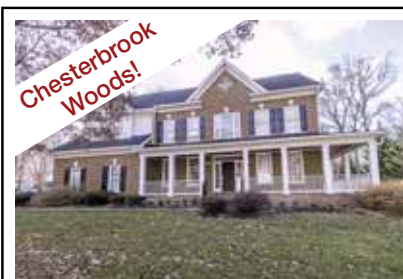
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NEWS



Suzanne Butterfield, a senior at George C. Marshall High School, helped carry out a campaign for kindness with posters aimed at raising awareness about bullying, depression and possible suicidal behavior.



Soobin Wang (right), a senior at McLean High School, has been the regional executive director of the Teaching Peace Initiative since she was a sophomore, working with elementary and middle school students to develop values of peace and nonviolence.

PHOTOS BY TIM PETERSON/THE CONNECTION



Jungman Shannon Suh (left), a senior at Langley High School, is congratulated by Vickie Shoap (center) and school board member Pat Hynes (right) at the Student Peace Awards of Fairfax County. Suh has participated in mission trips to Nicaragua and Honduras, and is co-president of her school's Junior Civitan Club.

Agents of Change

Students from around Fairfax County recognized for promoting peace.

BY TIM PETERSON
THE CONNECTION

After a friend of South County High School senior Sakira Coleman was sexually assaulted while running on a local public path, Coleman decided to take action and started the "Fight for Your Right to Run at Night" program.

"I don't like feeling helpless," Coleman said. "This is about raising awareness."

The senior has also served as president of the school service club "Stallions Lend a Hand" and volunteered at Greenspring Retirement Community, a workload that in addition to actual schoolwork requires "no sleep ever" to maintain.

Coleman and 22 other peace-promoting students and student organizations were recognized March 15 at the Student Peace Awards of Fairfax County, held at Mountain View Alternative High School in Centreville. From anti-bullying event organizers to student association presidents and volunteers in the community, the student leaders were chosen for exhibiting high moral and civic values.

"The number of ways to peace is limited only by the human imagination," said Dr. Margaret Fisher with the Peace Awards coalition as she opened the program. "Seemingly endless suffering in the world can give way when we join our strengths together."

The peace awards started in 2006 with one high school and faith-based sponsorship. The event has grown such that now each public high school and three private schools in Fairfax County may select students for the awards and there are 14 faith-based and secular sponsors.

This year schools were also able to select organizations to honor, including: the Anti-Bullying Committee of Cedar Lane School in Vienna, the Dare to Care anti-bullying group of Hayfield Secondary School in Alexandria and The Peer Mediation Program of J.E.B. Stuart High School in Falls Church.

As students were called to the stage in the Mountain View auditorium, they received a copy of Mark Andreas' book "Sweet Fruits from a Bitter Tree." Along with a monetary award, each student also chose a charitable organization to which \$100 would

be donated in their name.

Guest speaker Vickie Shoap, restorative justice specialist for Fairfax County Public Schools, addressed the audience once the students were recognized.

"When I looked at what these students have done," said Shoap, "I was humbled and lifted. There is hope for the future."

Shoap referenced the nonviolence and civil disobedience that characterized the work of the Rev. Dr. Martin Luther King, Jr, commenting that "We're all fighting for human rights."

"We're change agents," she continued. "It's hard to talk about things that are difficult in their communities." But, Shoap said, "You're connected to a growing global community of peacemakers."

Though mostly upperclassmen were recognized with peace awards, Seungmin Lee of Rocky Run Middle School represented the next wave of peacemakers. His artwork was featured on the back of the event's program and won first place in the Fairfax Lions Club 2014 Peace Poster Contest.

Lee used colored pencils to depict a red, white and blue dove flying over a globe and a peace sign, with hands of various skin tones reaching towards it.

"It's about people sharing, understanding each other, that peace is beautiful," said Lee.

Sakira Coleman commented that although the students receiving awards have done a lot for promoting peace and reducing violence, "There's always more to do. It's nice to see we've already started."

Award winners not present included Nimra Bilal, a senior at Mount Vernon High School; Hanna Shiferaw, a senior at Quander Road School in Alexandria; and Reem Mohamed, a senior at the Thomas Jefferson High School for Science and Technology.



PHOTOS COURTESY OF FAIRFAX COUNTY POLICE

McLean Police Officer Sharif Issa saved a man's life Friday, March 6. After striking a tree, the man's car caught on fire. Issa guided the confused motorist to safety.

Officer Saves Life, Possibly Twice

Car engulfed in flames when officer leads man to safety.

BY KEN MOORE
THE CONNECTION

Officer Sharif Issa "didn't run away from a fire, he ran into a fire," said Lucy Caldwell, public information officer with the Fairfax County Police Department.

Issa saved the life of a 38-year-old Maryland man on Friday, March 6.

Issa was returning to the McLean District Police Station when he was called to a report of a car on fire in the parking lot of the American Legion at 1355 Balls Hill Road in McLean at 3:30 p.m., according to Fairfax County Police documents.

"The man was in the car and seemed confused and wasn't reacting to the fact that his car was on fire," said Caldwell.

"He could have easily died," she said.

The car struck a tree next to the parking lot and flames were

quickly spreading, according to police reports.

"The officer was concerned himself," said Caldwell. Issa urged the man to get out of the car, but because he was confused Officer Issa grabbed him by the hand and led him to safety, Caldwell said.

Upon further interaction with the man, Issa became suspicious that he might be intoxicated and conducted a series of sobriety tests, according to police reports.

The Maryland resident was charged with DWI and taken to the Fairfax County Adult Detention Center, according to police reports.

Police generally don't release BAC levels, said Caldwell. "He was over the limit and was taken to jail."

Issa has been with the Fairfax County Police Department for nine months; he came from George Mason Police where he had worked for six years, she said.

"This is a reminder that officers are in dangerous situations," Caldwell said. "This is the life they have chosen."

Visit www.aa-dc.org for information about Alcoholics Anonymous and a search for meeting location and times in the Washington Metropolitan area.



This car fire happened Friday afternoon, March 6, in McLean at 1355 Balls Hill Road. The car was engulfed in shooting flames when Officer Issa escorted a 38-year-old Maryland driver to safety.

Leadership Fairfax Hosts Supervisors Breakfast

State of the County Address, supervisors' questions and an award ceremony top the agenda.

BY ANDREA WORKER
THE CONNECTION

The agenda and the speakers have to be of significant interest to get some 300 people to brave local traffic and attend a meeting that started at 7:30 a.m. Leadership Fairfax (LFI) apparently succeeded in offering both in the ballroom of the Fairview Park Marriott on Friday morning, March 13, hosting its 24th Annual Board of Supervisors Breakfast. This was a chance to hear in person the State of the County from Sharon Bulova, chairman of the Board of Supervisors, and to participate in an "Ask the Supervisor Questions" forum with all but one member of the board in attendance.

Before the supervisors took to the dais, there were the welcoming addresses and remarks of gratitude to supporters like Presenting Sponsor TD Bank and Coffee Sponsor Atlantic Realty Companies by LFI President and CEO Elizabeth Murphy. There was also a ceremony to honor Dean Klein, recipient of the 2015 Katherine K. Hanley Public Service Award. Now in its 12th year, the award recognizes sustained contributions by public-sector employees, nonprofits, or appointees to a public board, authority or commission and is intended to honor outstanding accomplishments and lasting contributions to the quality of life in the community.

Rodney Lusk, chair of the award Selection Committee, called the choice of Klein as the award winner a unanimous one, noting that since Klein's 2009 appointment to director of the Fairfax County Office to Prevent and End Homelessness, Fairfax County is now seen as a national leader in this effort. "Dean has spearheaded a 33 percent decrease in the number of homeless in the county," cited Lusk, "and a 288 percent increase in moving people out of emergency shelter and into permanent housing."

THE NAMESAKE OF THE AWARD and a former chairman of the Fairfax County Board of Supervisors, Katherine Hanley, was next to praise Klein. She began by reading his lengthy job description. "I think the only more daunting positions one could hold would be Director to Achieve World Peace, or End Traffic Jams on I-66, but I am happy to say he's successful — and really good at it."

The final presenter was U.S. Rep. Gerry Connolly (D-11), who said that Klein was a true leader in his position because he brought a "clear sense of the mission, a passion for the work, and metrics — the abil-



Honoring the winner of the 2015 Katherine K. Hanley Public Service Award, from left: Rodney Lusk, chair of the Award Selection Committee, U.S. Rep. Gerry Connolly (D-11), award recipient Dean Klein, director of the Fairfax County Office to Prevent and End Homelessness, and the award's namesake and a former recipient, Katherine K. Hanley.

PHOTOS BY ANDREA WORKER/THE CONNECTION



The participants of the Board of Supervisors Question and Comment panel and their moderator are, from left, Linda Smyth (D-Providence), Cathy Hudgins (D-Hunter Mill), Michael Frey (R-Sully), Penelope Gross (D-Mason and vice chair), John Foust (D-Dranesville), Sharon Bulova (D-chairman), John Cook (R-Braddock), Gerry Hyland (D-Mount Vernon), Pat Herrity (R-Springfield), and moderator Casey Veatch, principal at Veatch Commercial Real Estate and LFI class of '99.

ity to measure our efforts." Klein then accepted his award, saying he was humbled by the honor. Likening his acceptance to the Oscars — "There are too many people to thank in too short a time" — Klein did single out Connolly "for his belief that we can end homelessness in Fairfax County," Elizabeth Klein "for bringing this group together," and "all of the individuals, our nonprofits, our partner businesses and our faith community who all work together."

After the award presentation, LFI Class of '99 graduate Casey Veatch took control of the proceedings, introducing the Board of Supervisors, and acting as moderator. Veatch informed the audience that the supervisors had been given a "homework assignment" to present an inspirational quote and explain their choice. The answers were varied. Retiring Supervisor Michael Frey (R-Sully District) chose words from "that great American philosopher, Garth Brooks." Also retiring, Supervisor Gerry Hyland (D-Mount Vernon) went for the more traditional with

the famous "Ask not what your country can do for you," quote from President John F. Kennedy. Supervisor John Cook (R-Braddock) echoed the sentiments of Clint Eastwood's 1970's Dirty Harry character, "A man's gotta know his limitations." "Getting out in the community helps us know our limitations and stay grounded," said Cook. Bulova said the past year had given her opportunities to make use of her quote: "Never let a good crisis go to waste." At the conclusion of Bulova's summary, moderator Veatch then began asking "the tough questions."

Supervisor John Foust (D-Dranesville) was asked to speak about the board's recent adoption of a Strategic Economic Success Plan. "There are several parts to the plan, but basically, we need to come up with ways to diversify our economy, rather than relying so heavily on Federal Government business. We need to review our systems and procedures to make them more business friendly and create spaces where

Memorable Achievements of 2014

Sharon Bulova's bullet points for memorable events and achievements for the county in 2014 included:

- ❖ The opening of the Silver Line Metrorail service from Wiehle-Reston East Station in Reston through Tysons and into the District, noting that the Wiehle Station is one of the busiest stations in the entire system.
- ❖ The implementation of the Express Lanes on I-95
- ❖ The major revitalization of Springfield Town Center
- ❖ Bicycle Master Plan — citing the addition of a heavily used Bike Room at the Wiehle Station.
- ❖ Additions and improvements to Fairfax County Parks and Recreation Facilities, with local trails that connect to national trails traversing the entire eastern seaboard from New England to Key West.
- ❖ Full Day Mondays — standardizing the school day for the entire week in elementary schools
- ❖ The opening of the first urban-style school in the district using a re-purposed abandoned commercial building

people want to be."

Supervisor Pat Herrity (R-Springfield) responded to a related question. "To fuel our growth, we need to leverage our resources, what's working well for us now. We need to develop and support centers of research. We need to work on our zoning and permitting and find a way for our people to say 'yes.' And we need to keep Dulles Airport strong."

Cook called for increased technical and skills training in our school systems. "We need to better connect the education with the job with the student. And that may sometimes be outside the traditional 4 year degree."

THE SO-CALLED "DAILY DOUBLES" were next on the questions agenda, and Veatch called on two supervisors to offer the pros and cons for each of several controversial topics.

On adding a Meals Tax in Fairfax County, Foust gave the opposing viewpoint stating that the public was against the additional tax and that it would hurt the local restaurant business. Hyland disagreed, citing similar taxes in Alexandria that have not harmed competition there. "We can't keep hitting the real estate stream for our revenue. We need to diversify," he insisted.

Bulova and Frey were handed the topic of the new Ad Hoc Police Practices Review Commission. "We can't rest on our laurels," said Bulova, "even though we are one of the safest jurisdictions for our size in the nation." Bulova contends that the commission can enhance and improve the police department and its relationship with the community. Frey's response was that the charge of the commission is too broad to be effective, and that its workings could be "wrapped up in elections."

Frey was immediately handed another hot potato; for or against the recent vote to increase the salaries of the board's members. "I have always supported higher compensation for the board. We are a \$7 bil

SEE PRO & CON, PAGE 6

WWW.CONNECTIONNEWSPAPERS.COM

WEEK IN MCLEAN

Filing Deadline for MCC Board Election

The filing deadline for the McLean Community Center's (MCC) 2015-2016 Governing Board election is 5 p.m. on Friday, March 27. Residents of Dranesville Small Tax District 1A who are interested in running for a seat can still enter the race. All residents of the Center's tax district are eligible to run for a seat on the 11-member board. Candidates are required to obtain the signatures of 10 (ten) McLean tax district residents in order to have their names placed on the election ballot. Nominating petition forms are available at the Center.

Three adult positions and two youth positions are open this year. Adult board members serve three-year terms. Youth members serve one-year terms. Adult candidates must be at least 18 years old as of McLean Day, Saturday, May 16. Youth candidates must be 15 to 17 years old as of McLean Day. One youth member who lives within the McLean High School boundary area will be elected; one youth member who lives within the Langley High School boundary area will be elected. Youth candidates are not required to attend either school; however, they must reside in the boundary areas served by one of the schools as defined by Fairfax County Public Schools.

For more information on the MCC Governing Board Election, call the Center at 703-790-0123, TTY: 711, send an e-mail to elections@mcleancenter.org or visit the Center's website, www.mcleancenter.org.

Comstock Announces Military Academy Day

U.S. Rep. Barbara Comstock (R-10) announced the annual 10th Congressional District Military Academy Day. This year's Military Academy Day will be held Saturday, April 11 from 10 a.m. to 1 p.m. at the

SEE WEEK, PAGE 9

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News

Pro & Con on Area Controversies

FROM PAGE 4

lion company with 11,000 employees. Our constituents rightly expect to see us at events on weekends and at night. The time has long since passed that we could be considered part-timers," he said. "And we need to be able to attract from the best to encourage competition for each seat." Supervisor Linda Smyth (D-Providence) voted against the proposed salary increase. "We are in tight financial times, facing cuts today, and projected harder times and cuts in 2017. In most cases we haven't been able to support 6 percent salary increases in total for the last several years for our employees. How can we justify an increase like this for ourselves?"

And the final "Daily Double:" Who should control local roads: The county or the state? "In 47 out of 50 states, local government controls local roads. We are better equipped to be more responsive," said Cook. "We certainly get all the complaints," he added. Cook warned, however, that taking control of roads would require a funding mechanism, or the consequences could be disastrous. For the opposition, Supervisor Penny Gross (D-Mason) noted that the start-up costs could be astronomical and that the liability issues were of great concern. "There's no proof available that local control would really improve the situation," she said, "and I am fairly certain that local taxes would have to go up significantly to cover the costs."

Leadership Fairfax (LFI) is a nonprofit organization founded in 1987 by the Fairfax County Chamber of Commerce whose goal "is to build a base of understanding about our community, educate and



PHOTO BY ANDREA WORKER/THE CONNECTION

Many attended the 24th Annual Leadership Fairfax Board of Supervisors Breakfast, held at the Fairview Park Marriott. Attendees came from all walks of life and included many alumni, as well as some current class members, from Leadership Fairfax's educational programs, aimed at "creating dedicated community trustees."

inform and to ultimately engage individuals to become agents of positive change in Fairfax County and the Northern Virginia region." LFI sponsors three programs, LFI Signature Program, The Emerging Leaders Institute, and the Lifetime Leadership Program for individuals who have recently retired or are preparing to retire, with a vision to "create community trustees." The LFI class year begins in September. For more information about Leadership Fairfax and the programs and services on offer, check its website at www.leadershipfairfax.org.

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NEWS

Fixing the Unfixable

Dynamic father-son duo contributes to educating families about Type I Diabetes.

BY KEN MOORE
THE CONNECTION

Michael Sevila shares the same field as Chicago Bears quarterback Jay Cutler. Like Cutler, who also has Type I diabetes, Michael is the one in charge.

"Almost overnight, I had been put in charge of things my body was supposed to do," he wrote, in the introduction to a book based on his personal experience with Type I diabetes.

Michael remembers being in the hospital Labor Day weekend when he was 12. "I said to my Dad, 'We have to fix this.'"

"Dads are really good at fixing things, so I thought we could figure this out," according to Michael, now a freshman at Langley High School. "Only this time, there was no fix."

Doctors told Michael and his father, Butch Sevila, that he had Type I diabetes, often called juvenile diabetes.

"We knew nothing about Type I diabetes, but the doctors recognized it," Butch Sevila said. "As parents were were completely taken aback."

SINCE THE DIAGNOSIS, Sevila, his son and family learned that there's nothing Michael can't do. He does need to remain diligent and focused on ensuring his blood sugars are at the right level.

"I have become really good at the math required to calculate how much insulin to do depending on the number of carbohydrates I plan to eat," he wrote, in the beginning of the book. "I tend to eat better than my friends."

"It's very important to manage, because it has negative consequences if you don't keep it in check," said Sevila.

Butch Sevila heard children's book author Cindy Chambers speak at the Rotary Club of Great Falls about her book series (Tell-Me-Town) on educating families about medical conditions.

Sevila contacted Chambers and asked if she would consider writing a book about Type I diabetes, according to Jeff Thinnies, chairman of the Rotary Club



PHOTO BY KEN MOORE/THE CONNECTION
Michael Sevila discusses how he copes with juvenile diabetes at the Rotary Club of Great Falls meeting on Thursday, March 12.

of Great Falls. The club presented Chambers and doctors with a check Thursday, March 12.

"I don't want any other kids to go through what we went through, not knowing what's going on," Sevila said.

Chambers wrote the book, "Beamer Learns About Type I Diabetes," as part of her Beamer Book Series. Michael is the main character, and his football coach, father, friends and teammates all make appearances.

His doctor, Dr. Otilia Neacsu, nicknamed Dr. Nachos, says the book "makes a huge impact on our families."

"It's a privilege to watch him grow," the Inova Fairfax doctor told the Great Falls Rotary on Thursday, March 12.

"The book will end up saving lives because families will know what they see when they see Type I diabetes," Chambers told the Rotary at their weekly breakfast at River Bend Golf and Country Club.

Michael's doctors attended the breakfast along with 30 Rotary members. Michael hopes it will help other children going through the same thing he did, especially at the hospital.

Sevila said four students in Michael's class at Langley have juvenile diabetes.

"It does seem hard at first, but I've managed," Michael said.

"It does have to be controlled," said his father.

Michael is pictured in the book wearing the same number as Bryce Harper, his favorite National on his favorite team.

"It's pretty cool," he said.

MICHAEL PLAYS junior varsity baseball at Langley, does a 100-mile fundraising bike ride with his father to raise money for juvenile diabetes research, helps with the Great Falls Car Show in October, another fundraiser, and surfs, "wherever I can," including Coco Beach, Fla.

"Michael, thank you so much for sharing your story," his doctors told him in front of the Great Falls Rotary last Thursday.

"Although there is no cure yet, I hope to one day say that I contributed to one," Michael said.

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OPINION

On Police Information and Secrecy

Time for change in public access to police information.

The first meeting of the Fairfax County Ad Hoc Police Practices Review Commission will take place next Monday, March 23, and it comes with hope for real change.

Police could take one step that would signal that they are serious about regaining public trust.

Police departments in Northern Virginia should let go of their relentless pursuit of secrecy. Police departments all over the country routinely allow access to police reports, incident reports, dashboard video and many other sources of information without harm, all things that police here refuse to allow the public to see.

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

case files or reports, witness statements and evidence.”

Police officials in Fairfax (and also in Arlington and Alexandria) have adopted what they call a “blanket” approach to using their exemption. That means they have decided to withhold any document they can without any analysis of whether they should, whether the case is open or closed, whether they are about a “police-involved shooting” or information requested by a family about a homicide victim.

It is only because of legal action by the family of John Geer, shot dead by a Fairfax County police officer in the doorway to his own home in August 2013, and the resulting court order that we know details of what happened that day. And what we now know confirms that the information released by police was incomplete and misleading at best.

We’ve learned that we cannot trust the leadership at the Fairfax County Police Department to tell the truth voluntarily on these matters. (See Editorial: “Not the First or Only Time,” Connection, Feb. 11, 2015.)

Repeating what we have said in this space many times: Police wield power unlike any other entity — the power to detain and ques-

tion, the power to arrest, the power to respond with force when necessary, sometimes deadly force.

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

Most Northern Virginia residents think very highly of their police. We are very safe here. People understand that sometimes mistakes happen, that sometimes force is needed, and that sometimes police will exercise deadly force. What they are unlikely to accept is secrecy that shrouds mistakes, and failure to take responsibility for explaining events of deadly force.

It’s clear that discretion about when to withhold information cannot be left up to the police department.

—MARY KIMM, EDITOR AND PUBLISHER

MKIMM@CONNECTIONNEWSPAPERS.COM

Mary Kimm is a member of the Ad Hoc Police Practices Review Commission; news coverage of police issues will continue to be the responsibility of reporters at the Connection.

EDITORIAL

Surrounded by History, Inspired by Legacy

Delegate reflects on freshman year in Richmond.

BY KATHLEEN MURPHY
STATE DELEGATE (D-34)

It has been scarcely two months since a snowy day in January when voters in McLean, Great Falls and Sterling chose me, in a special election, to represent them in the Virginia House of Delegates. Since then, everything has moved at warp speed! I won the election on a Tuesday and was in Richmond the following Thursday to be sworn in. The 2015 Session of the General Assembly began less than a week later. I am so honored to represent our community. When I stood on the floor of the Virginia House of Delegates, raised my right hand and swore to protect and defend the Constitution, it took my breath away. I was surrounded by history, by the legacy of delegates who have come before us: Patrick Henry, Thomas Jefferson, James Madison, James Monroe and so many more. These were the founders of our democracy. I continue to be inspired by their legacy. During the 45-day Session, we considered over 2,000 bills. I

was appointed to the Finance Committee and the Committee on Privileges and Elections. The pace was non-stop. However, I carved out time almost every day to meet in my office with constituents who had travelled to Richmond as citizen advocates on matters before the General Assembly. I joined two caucuses, groups of Delegates with a common interest in a particular issue. The Military and Veterans Caucus focuses on creating jobs and educational opportunities for veterans and their families. I also joined the Renewable Energy Caucus, which is focused on the best utilization of all our energy resources in Virginia to help us lower costs and protect our environment. One important accomplishment of the 2015 Session was passage of the Omnibus Ethics Reform Bill. I believe this is a major step forward in the effort to deliver an honest, open government for all Virginians. We also passed bills to help protect students from sexual assault on college campuses that will facilitate collaboration between college staff and law enforcement and provide victims with safe avenues for reporting an assault. At the beginning of the Session, Virginia government faced the need to reduce expenditures because of a shortfall in tax collections. I am pleased that Governor McAuliffe stepped

up to protect funding for K-12 public education. All Virginian children deserve access to a quality education, no matter what their economic background. I was disappointed when the House Education Committee refused to pass my bill calling for a plan to implement full day kindergarten in Loudoun County, one of only four Virginia jurisdictions that do not provide universal full day kindergarten. I was also disappointed that we were unable to break through the blockade in the House of Delegates that prevents any meaningful progress toward gun safety. I introduced a bill to bar any criminal convicted twice of violent domestic abuse from having access to guns for a period

of time, but even this common sense measure was defeated by the sub-committee that controls all such legislation. As a new delegate, I had a very rewarding and productive experience during my first session in Richmond. I found my colleagues in the General Assembly, whether Democrat or Republican, rural or urban, to be truly dedicated to pursuing the best interests of their constituents. I was pleased at how many of my fellow delegates reached out to help a freshman learn the ropes. I look forward to continuing to work with my colleagues to craft bills that will help create jobs, strengthen the middle class, and work toward building the new Virginia economy.

LETTERS

Another Honor

To the Editor:

With reference to the recent article about the Langley girls’ basketball team (“Langley Girls’ Basketball Team Has Bright Future,” Connection, March 4-10, 2015) I would like to point out that Lizzy Shamloo from Langley high school also re-

ceived First team all region honors from the Northern Virginia Women’s basketball league.

Lizzy is my granddaughter and I am very proud of her and the accomplishment of her team. Great season!

Joyce Scully
McLean

McLean CONNECTION

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News

Marshall High Wins Culinary Challenge

Edison and Chantilly culinary academies take part in contest.

BY VALERIE LAPOINTE
THE CONNECTION

The tables have been set and the contestants wait eagerly as the judging begins, each judge moving carefully between courses, sampling and chewing and making notes. There's sweetness in the mix for the winner, a monetary prize and a chance to have their dish installed as a permanent fixture. It could be Top Chef, but it's the third annual Feeding Academic Success Culinary Challenge sponsored by Real Food For Kids.

Three teams of four culinary academy students, one each from Edison HS, Marshall HS, and Chantilly HS met Tuesday evening to prepare grab-and-go lunch items using skills they honed in the county's academy class program. Their entree had to fit into the FCPS lunch program profile in terms of cost and caloric guidelines so that the winning entree could be considered for inclusion into the county lunch program. Under the tutelage of their professional chef mentors, the students prepared every ingredient from scratch, in the professional grade kitchens on premises at Marshall HS.

"We had to really pay attention to the caloric guidelines," said Stephen Pungello of Langley HS on the Marshall team. "We ended up having to add more chicken to get the numbers up. We were a little healthier than the guidelines required, but I think that's a good problem to have."

Most of the student contestants were drawn to the academy program as a way of wetting their feet for future careers. Pungello hopes to one day attend The Culinary Institute of America, following in the footsteps of chefs like Anthony Bourdain and Duff Goldman. Grace Zirkel, of Lake Braddock, on the Edison team has already been accepted to Johnson & Wales and credits the academy program for really piquing her interest.

"Working with a real chef was definitely the best part of the program," said Zirkel. "They treat us like we are actual employees in a restaurant and that is really motivating."

The camaraderie between the chefs and students is palpable as the chefs stand behind their students



PHOTO BY VALERIE LAPOINTE/THE CONNECTION

Marshall Academy's winning team: Alex Cerda of Marshall HS, Brian Andrade of McLean HS, Stephen Pungello of Langley HS, and Anthony Panettaey of Langley HS.

offering helpful suggestions but generally letting them run the show. Clay Doubleday is the chef instructor for the Chantilly team and also one of the founders of the program.

"The reason I became a teacher was so I could be for them someone I didn't have. Kids have an idea of what they want to do, but no real way of exploring it and that is what we provide," said Doubleday, "give them options so they can make good choices, just like in the lunchroom."

Once all the votes were in, it was Marshall, the home team, who tasted sweet victory with their oriental grilled chicken salad with sesame ginger sauce and their soba noodle vegetable salad with sesame seeds.

"The real success here lies in putting students in a position to provide solutions for their peers," said Bonnie Moore, founding member of Real Food for Kids, "to use skills they have learned to solve real problems. It's that experience that makes this invaluable."

Representatives from all of the service academies – Army, Navy, Air Force, Merchant Marine and Coast Guard – will be in attendance. Also, representatives from the Marine Corps ROTC program, the Virginia Army National Guard, Virginia Military Institute, the Virginia Tech Corps of Cadets and the Citadel have also been invited. Additionally, the American Legion and Randolph-Macon Academy will be represented. Each of the academies will make a presentation from 10:30 a.m. to 12 with student networking lasting until 1 p.m. If you have additional questions, contact Mary Ann Cannon on Congresswoman Comstock's staff at 703-404-6903 or by email at maryann.cannon@mail.house.gov.



NEIGHBORHOOD CONCERNS SEMINAR
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Come learn how Fairfax County and VDOT can help you with common neighborhood problems.

Saturday, March 21, 8:30 a.m. to 1 p.m.
Luther Jackson Middle School
3020 Gallows Road, Falls Church



For more information or ADA accommodations, call the Department of Code Compliance, 703-324-1300, TTY 711.




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WEEK IN McLEAN

FROM PAGE 5

Loudoun County Public School Administration building located at 21000 Education Court, Ashburn. The event is free and open to all students, parents and guidance staff who are interested in learning more about the nation's military service academies.

"Our military service academies educate and train the future leaders of the greatest fighting force in the world," said Comstock. "I look forward meeting the young men and women from the 10th Congressional District who have an interest not only serving their country but enriching themselves with an education that will turn them into future leaders of our great country."

WWW.CONNECTIONNEWSPAPERS.COM

Call for Candidates

McLean Community Center 2015-2016 Governing Board Election

Candidate Qualifications

- Must be a resident of Small Tax District 1A-Dranesville
- Ten (10) signatures of tax district residents on candidate's petition

Petitions to Qualify

- Candidates must pick up an information packet, which are available now at the Center.
- Deadline: Petitions must be submitted no later than 5 p.m. on Friday, March 27.

Positions

- Three (3) Adult Seats - Three-year terms
- Two (2) Youth Seats - One-year term

Voting will take place at

- McLean Day
- Saturday, May 16, 10:30 a.m.-5 p.m.
- at Lewinsville Park in McLean

For more information, please contact the Center at 703-790-0123, TTY: 411, or write elections@mcleancenter.org.

PUBLIC NOTICE

Public Hearing on the McLean Community Center's FY 2017 Programs

Wednesday, March 25, at 7:30 p.m.

The Governing Board of the McLean Community Center is **seeking input from residents** of Dranesville Small District 1A at its Public Hearing on Programs for FY 2017, which runs July 1, 2016 through June 30, 2017.

The Board is interested in hearing residents' ideas for classes, community events, theatre programs, exhibits, tours and youth and teen activities.

If you would like to speak at the hearing, call the Center to have your name placed on the speakers' list. You also may submit comments in writing to: george.sachs@fairfaxcounty.gov

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

CALENDAR

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

THURSDAY/MARCH 12-SUNDAY/MARCH 22

Youth Art Exhibition I. MPA, 1234 Ingleside Avenue, McLean. Opening reception March 14 from 11 a.m. - 1 p.m.

SATURDAY-SUNDAY/MARCH 21 AND 22

"Totally RED!" 3 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. An Alden Production. Meet Red (who is nobody's fool) and the wolf (who tries to be cool). The story is told in classic storybook theatre style and the show will be performed by MCC tax district youth. \$12/\$10 MCC tax district residents. www.mcleancenter.org.

THURSDAY/MARCH 19

Artists Meet for Coffee. 8:30 - 10 a.m. Katie's Coffeehouse, 760 Walker Road, Great Falls. Local artists gather to get to discuss art while enjoying some morning coffee.

FRIDAY/MARCH 20

St. Paddy's Day Party. 7-9 p.m. The Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. These popular 5th and 6th grader parties include music, dancing, games, snacks, videos and more. \$35/\$25 MCC tax district residents. Advance registration is required. Call 703-448-8336.

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

SATURDAY/MARCH 21

New Artist Reception. 1-4 p.m. 212 Dominion Rd NE, Vienna. New Artist Reception for Thomas Xenakis.

Rummage Sale. 8 a.m. - 1 p.m. Epiphany United Methodist Church, 1014 Country Club Drive NE, Vienna. All proceeds go to "Stop Hunger Now."

SUNDAY/MARCH 22

Choral Splendor: Music of France. 4 p.m. Saint Luke Catholic Church, 7001 Georgetown Pike, McLean. The Reston Chorale presents works of Maurice Duruflé, Gabriel Fauré, César Franck, Louis Vierne and Charles-Marie Widor — including Vierne's magnificent *Messe Solennelle* as the composer intended: with two organs. Guest artist: Paul Skevington. Advance, online tickets \$20/Seniors, \$25/Adults; at door \$25/Seniors, \$30 Adults. Youth 17 and under admitted free with adult or senior. Tickets and information at www.RestonChorale.org.

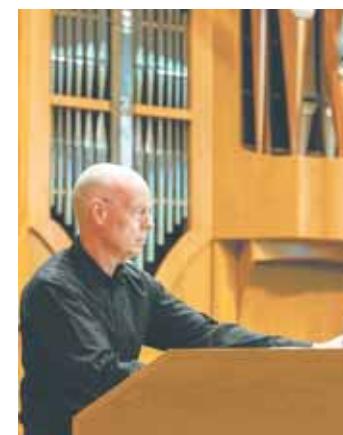
Music from Oberlin at Oakton. 7:30 p.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Music from Oberlin at Oakton is a musical outreach program that is designed to give the Conservatory students an opportunity showcase their musical talents for interested audiences beyond Oberlin. Different groups of students perform in Oakton three times a year and we are kicking off our 14th season. Local alums and community gets an opportunity to enjoy superb music from the Conservatory that has received the 2009 National Medal of Arts from the White House presented by the President Barack Obama. It is a free concert open to the public and is especially great for the whole family as there are Q&A session with the performers and reception at the end.

SEE CALENDAR, PAGE 11



PHOTOS BY MICHAEL OLSON

The Reston Chorale and Artistic Director David B. Lang will present Choral Splendor: Music of France at 4 p.m. on Sunday, March 22 at Saint Luke Catholic Church in McLean.



Organist Paul Skevington will join The Reston Chorale in performing works by French composers at 4 p.m. on Sunday, March 22 at Saint Luke Catholic Church in McLean.

The Reston Chorale to Present 'Choral Splendor: Music of France'

On Sunday, March 22, The Reston Chorale will present Choral Splendor: Music of France, featuring Louis Vierne's *Messe Solennelle* in its rarely heard original form: With mixed chorus and two organs. The performance — taking place at 4 p.m. in Saint Luke Catholic Church of McLean — will be accompanied by Saint Luke organist Paul Skevington and The Reston Chorale's keyboard artist, Tordis Fahringer.

Just as Vierne intended, the mass will be performed with musical forces at opposite ends of the church. At the front, Skevington will be at the keyboard of Saint Luke's 61-rank Steiner-Reck organ. With 3,169 pipes, it is one of the largest pipe organs in Northern Virginia. The Reston Chorale will sing from the rear, accompanied by Fahringer on a two-manual Roland choir organ.

"The audience will literally be surrounded by this grand musical dialogue between the pipe organ and the Chorale," said Artistic Director David B. Lang. "It's extremely rare for this composition — one of the most unique masses ever written — to be heard in its original form. We are very grateful to R.A. Daffer Church Organs, Inc., for providing the Roland organ, enabling us to present Vierne's masterpiece as the composer intended: with two organs."

Choral Splendor: Music of France will also feature *Notre Père* and *Four Motets* by Maurice Duruflé, *Cantique de Jean Racine* by Gabriel Fauré, *Psalm 150* by César Franck and a choral arrangement of Charles-Marie Widor's magnificent "Toccata" from *Organ Sym-*

phony No. 5.

Concert tickets may be purchased online, in advance, at www.restonchorale.org, or at the door one hour before the performance at Saint Luke Catholic Church, 7001 Georgetown Pike, McLean, Virginia. Online tickets are \$20/Seniors (62+) and \$25/Adults (18-61); ticket prices at the door will be \$25/Seniors and \$30/Adults. Youth 17 and under will be admitted for free when accompanied by an adult or senior ticket holder. (Youth tickets are required.)

Established in 1967, The Reston Chorale is an auditioned, mixed-voice chorus with a full repertoire including choral masterworks, American classics, pops and new compositions. In March 2014, the Chorale presented the world premiere of Donald McCullough's *The Essential Life*, which commemorated the 50th Anniversary of Reston and the 100th birthday of founder Robert E. Simon, Jr. The Chorale performs signature events throughout the year in Reston and at a variety of venues including the Kennedy Center, Wolf Trap, George Mason University Center for the Arts, and the Rachel M. Schlesinger Concert Hall and Arts Center. The Reston Chorale is a nonprofit 501(c)3 organization and supported in cooperation with the Arts Council of Fairfax County, the Virginia Commission for the Arts, the National Endowment for the Arts, corporate grants, and individual donors.

For more information about this performance or The Reston Chorale, visit www.restonchorale.org or call 703.834.0079.

CALENDAR

FROM PAGE 10

Spring Fling Fashion Show, Luncheon and Raffle. Assaggi Osteria, 6641 Old Dominion Drive, McLean. The New Dominion Women's Club is pleased to announce the annual "Spring Fling Fashion Show, Luncheon and Raffle" fundraiser. Bloomingdale's will showcase the latest fashion trends. Community leaders and teens will serve as models. All proceeds benefit Claude Moore Farm, McLean Project for the Arts, Safe Community Coalition, and SHARE, Inc.

TUESDAY/MARCH 24

Annual Children's Printmaking Workshop. 4-5 p.m. Patrick Henry Library, 101 Maple Avenue E, Vienna. The Vienna Arts Society invites children ages 7 - 12 to create prints using fish, vegetables, and more at a workshop. To register, call the Children's Librarian at 703-938-0405.

Berlin Then, Berlin Now. 7:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Bill Rapper, author of "Tears of Innocence" and "Berlin Breakdown" discusses the attraction Berlin continues to hold 70 years after the fall of the Nazis. Adults.

"Living the Savvy Life." 7 p.m. Caffè Amouri, 107 Church Street, SE, Vienna. Learn how to look at your day-to-day finances from a lifestyle perspective and discover the power of purposeful spending. How to "find" that additional money for retirement, for that vacation in Italy or for your crucial emergency savings account.

WEDNESDAY/MARCH 25

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Northern Virginia Restaurant Week March 23-30

The 2nd Annual Northern Virginia Restaurant Week, being held from March 23-30, is a week-long, value priced dining experience taking place at a variety of establishments, ranging from fine dining to fast casual.

Building on the success of last year, which included more than 20 participating restaurants, the event once again brings together some of the area's favorite and new restaurants, including: American Tap Room, Big Bowl, Captain Mas Crab House, Il Fornaio, Tavern 64, McCormick & Schmick's - Reston Town Center, Mon Ami Gabi, Morton's - Reston Town Center, The Melting Pot - Reston, Mellow Mushroom - Herndon, M&S Grill, Paladar Latin Kitchen & Rum Bar, The Zone, JALEO by Jose Andre's, Mum Mum, Naked Pizza, Europa Herndon, Seasons 52, Trummer's on Main.

For more information about Northern Virginia Restaurant Week or the partnership with VHTA please contact Latraniecseca (LJ) Wilson at 703-707-9045, ljw@restonchamber.org or visit restonchamber.org/northern_virginia_restaurant_week.aspx.

Creatures of the Night. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Learn about the animals of the night and how they adapt to night life. Ages 3-5 with adult.

Creatures of the Night. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Learn about the animals of the night and how they adapt to night life. Presentation by Riverbend Park. Ages 3-5 with adult. <http://www.fairfaxcounty.gov/library/branches/dm/>.

Toddlin' Twos. 10:30 a.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Join us for an early literacy enhanced storytime featuring stories and songs. Ages 2 with adult. To register visit <http://www.fairfaxcounty.gov/library/>

branches/ph/.

SUNDAY/MARCH 29

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

MONDAY/MARCH 30

Spring Break Comedy Boot Camp. 10 a.m.-3 p.m. The Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Groundlings-trained Capitol Step Tracey Stephens will be your (adorable) drill sergeant for an intensive day of comedy training. \$75/\$50 MCC district residents. Pre-registration by March 25 is required. Call 703-448-8336.



Choral Splendor: Music of France

David B. Lang, Artistic Director
Allan Laino, Associate Director
Tordis Fahringer, Keyboard Artist



Presenting Louis Vierne's *Messe Solennelle* for chorus and two organs, plus works by Duruflé, Fauré, Franck and Widor.
Featured Artist: Organist Paul Skevington

Sunday, March 22, 4 p.m.
Saint Luke Catholic Church
7001 Georgetown Pike
McLean, Virginia

Tickets and Information:
www.RestonChorale.org
703.834.0079





McLean
Community
Center
The Center of It All



Here's What's Happening at MCC



An Alden Production
"Totally RED!"

Sat. & Sun. March 21-22, 3 p.m.
\$12/\$10 MCC district residents

OFTC Teacher Work Day Trip Bazooka Ball Sports

Monday, March 16
\$35/\$25 MCC district residents

Midday Thrillers "The Manchurian Candidate" (1962)

Wednesday, March 18, 1 p.m.
Free. Reservations are not required.

OFTC 5th and 6th Grader St. Paddy's Day Party

Friday, March 20, 7-9 p.m.
\$35/\$25 MCC district residents

Concert @ The Alden

Sunday, March 29
Free Admission

OFTC Spring Break Trips

Mon.-Fri., March 30-April 3, 8 a.m.-6 p.m.
For 5th-9th Graders
Prices vary

Adult Spring Break Comedy Boot Camp

Monday, March 30, 10 a.m.-3 p.m.
\$75/\$50 MCC district residents.
Register by 3/25.

Midday Thrillers "Rear Window" (1954)

Wednesday, April 1, 1 p.m.
Free. Reservations are not required.

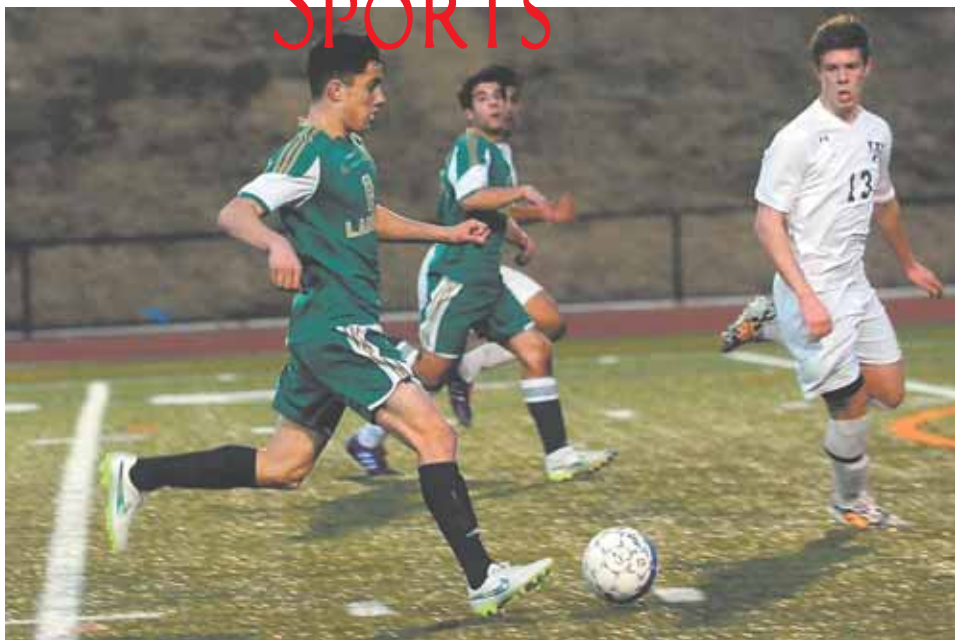
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SPORTS



Langley sophomore striker Jacob Labovitz scored two goals during the Saxons' season-opening 3-0 win over Wakefield on Monday.



Senior captain Max McKee (9) and the Langley boys' soccer team opened the 2015 season with a 3-0 win over Wakefield on Monday.

Labovitz's Goals Push Langley Past Wakefield

Saxons have sights set on state championship.

BY JON ROETMAN
THE CONNECTION

The 2014 Langley boys' soccer team squandered a stellar regular season by losing to McLean in the opening round of the Conference 6 tournament and failing to qualify for regionals.

On Monday, the Saxons opened the 2015 campaign on a much more pleasant note.

Langley traveled to South Arlington and blanked Wakefield 3-0, taking the first step in what the Saxons hope is a state championship season. Sophomore striker Jacob Labovitz scored a pair of goals for Langley, and sophomore Sam Golan added an insurance goal late in the match.

"Coming in, we're very optimistic," Langley head coach Bo Amato said. "... We're young, but we're good."



PHOTOS BY LOUISE KRAFFT/THE CONNECTION
Senior midfielder Daniel Levetown is a captain for the Langley boys' soccer team.

After starting the 2014 season with a loss to Yorktown and a scoreless tie against Wakefield, the Saxons went 10-0-1 in their final 11 regular-season matches. But Langley's season came to a crashing halt in the conference quarterfinals, when the Saxons lost to McLean, 1-0.

Labovitz said the loss drives the Saxons.

"It makes us [hungrier] for this year, to win it," he said. "It's always in our back pocket [as motivation] to keep winning. We're going to come back stronger this year, definitely."

What did Labovitz learn from the loss?

"I learned no matter what seed you are, no matter where you are in the tournament," he said, "anyone can beat anyone any day."

Labovitz helped Langley get off to a strong start against Wakefield on March 16, scoring the team's first goal of the season in the 24th minute. In the second half, the sophomore gave Langley a 2-0 lead with a goal in the 54th minute.

Amato said he's looking for Labovitz to score 20 goals this season.

"He's a good player," Amato said. "... He just works so hard away from practice. He wants to be a better athlete. He goes and does things to make himself a better soccer player. He has no ego whatsoever. He just wants to get better and better and better."

Amato described the team's mindset in a similar fashion.

"They're hard-working," Amato said. "One of the beauties of this group versus some of the other Langley teams is there's really no egos, which is terrific. Typically, we've got some guys that think they're better than everybody else [and] that ends up being more of a cancer than [a benefit]."

Langley's senior captains are midfielder Daniel Levetown, striker Max McKee and goalkeeper Cole Stinger.

Langley will travel to face Yorktown at 7 p.m. on Wednesday, March 18. The Saxons' home opener is Tuesday, March 24 against Chantilly.

"[Our goal is] definitely win states, [it] has always been our minds," Labovitz said. "But [we need to] get past districts, I'd say, first."

Madison Suffers Overtime Loss to Cosby in State Semis

Warhawks senior Koshuta finishes with 32 points, 11 rebounds.

Madison senior Kelly Koshuta stepped to the free-throw line with 4.3 seconds remaining in regulation on Friday night, needing to make a pair to keep her high school career alive.

First attempt: good.

Second shot: good.

Koshuta's clutch moment at the charity stripe forced overtime against Cosby in the 6A state semifinals and was part of yet another big-time performance from the 6-foot-2 Virginia Tech signee. On this night, however, a double-double wasn't enough to lift the Madison girls' basketball team to victory.

Cosby opened overtime on a 7-0 run, outscored Madison 20-10 during the extra period and earned a berth in the state final with a 70-60 victory on March 13 at VCU's Siegel Center.

Cosby will face Bethel in the 6A state championship game at 9 p.m. tonight.

Koshuta scored nine points in the fourth quarter, helping the Warhawks overcome a six-point deficit, and another five in overtime. She totaled 32 points on 13-of-29 shooting and grabbed 11 rebounds.

Koshuta finished her high school career second on Madison's all-time scoring list and first in rebounding. She missed her entire sophomore season with a torn ACL.

"Playing at Madison my entire high school career has been great," Koshuta said. "This season was definitely something different. We made it further than we have ever, so that was awesome. I'm definitely going to miss it a lot."

— JON ROETMAN



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION
Madison senior Kelly Koshuta scored 32 points and grabbed 11 rebounds in the final game of her high school career, a 70-60 overtime loss to Cosby on March 13 in the 6A state semifinals at VCU's Siegel Center.

The Right Fit: Choosing a Summer Camp

How parents can ensure positive summer experiences for their children.

BY MARILYN CAMPBELL
THE CONNECTION

Though the official start of spring is still days away and the fridity of winter is still recent on the minds of many, Janelle Wright, a Potomac, Md., mother of two, has already mapped out the summer for her children.

Wright did research before signing up her 13-year-old daughter, Corrine, in an academic camp geared toward boosting her English composition skills, and enrolling her 12-year-old son, Teddy, in a camp for children whose needs fall just outside the norm.

Indeed, experts say social interactions, a chance to have fun and an opportunity to fill the time between family trips are just some of the benefits of summer camps.

There are camps for every child, no matter their needs.

"I spoke to the camp and shared with them up front that my son might need help socializing with other kids," said Wright. "He might need directions repeated to him. I did that so I could drive away in peace knowing that he'd be fine. It's different for my daughter because she doesn't have any challenges. I don't have to call the camp and talk to them like I do with my son."

WHETHER A CHILD is typical or falls slightly outside the norm, doing a bit of research and exercising forethought are good ideas when selecting summer programs. In fact, advanced planning and registration for summer camp is essential in the Washington, D.C., region, say educators.

"It's important to find an activity that kids already like to do. It's summer so kids should have fun," said Linda Gulyn, Ph.D., professor of psychology at Marymount University in Arlington.

"Choose a camp where they won't feel lonely. It helps to sign them up with a buddy, especially in late elementary and middle

school so they'll have one or two people at camp they already know. That really does matter."

If choosing a specialty camp, summer might not be the time for embarking on a new activity, however. "Summer camps may not be a time to have kids do something completely new," she said. "For example, if a child has never played golf, you might not want to invest money in a golf camp if you aren't sure your child will enjoy it. A child needs to feel like this is not school where they are struggling to learn a new activity."

The most important thing is for parents to do their research.

"Interview the camp director, said Lois McCabe, head of school for The Diener School in Potomac. "What does the day look like? How structured or unstructured is it? It is good to have a mix of both."

This is particularly true for children with special needs. "You want to make sure the camp understands the needs of special needs children," said McCabe. "You don't want to throw them in this big unstructured environment with other kids and hope for the best. You want to make sure your child's peer groups understand your child."

"Parents should consider a camp that taps into their child's strengths, the size of the groupings during the day," said Susan J. Johnson, Ph. D., of Commonwealth Academy in Alexandria. "Consider the length of time for each activity."

Johnson advises that parents try coordinating their child's attention span with the camp's schedule. "Match camp schedule with body clock of the child," she said. "Schedule afternoon camp for children who naturally sleep late in the mornings, for example."

INFORM THE CAMP'S STAFF if a child has allergies, medical needs or phobias. For special needs children, Johnson says camp



PHOTO COURTESY OF SUMMER AT NORWOOD

When choosing a summer camp, parents should consider signing up their children with friends to decrease the chance of loneliness.

"It's important to do something that kids already like to do. It's summer, so kids should have fun."

— Linda Gulyn, Ph.D.,
professor of psychology,
Marymount University in Arlington

counselors and directors should be "aware of a child's specific learning disabilities, and trained in how to teach children with learning disabilities, present directions, teach multiple strategies for learning new skills and always incorporate hands-on learning activities."

For children who are prone to feeling anxious about going to camp, Johnson suggests parents do a practice run to camp and visit the campus or building. "This will ease first day anxiety and give the camper self confidence that he or she knows his way around," she said. "Meet the counselors if possible."

There are also options if parents want their children to enjoy typical camp activities like swimming and arts and crafts combined with academics. For example, Wright chose an English program at St. Andrew's Episcopal School in Potomac for her daughter.

"[Our] summer programs encompass academics for credit or enrichment and the arts [including] visual, performing and culinary," said Monique McMillan-Jackson, di-

rector of summer programs. St. Andrews also offers sports and technology camps.

Campers who attend Summer at Norwood in Potomac can expect to "camp outside the lines," said Kevin Rechen, director of auxiliary programs at Norwood School. The school's camps run the gamut from art, science, technology and adventure to academics, dance, sports and theater.

SOME DAY CAMPS are structured to allow parents to choose the week their child will attend camp based on the camper's interests.

"We have a theme for every week that is packed with field trips and special events" said Fred Lowery, owner of Kiddie Country in Burke, which is running 11 weeks of camp this summer. "All of the camp activities are related to the theme. There are field trips to the Maryland Science Center, a Washington Mystics game, Reptiles Alive and Hershey Park. On site, we have everything from mad science to jugglers to swimming."

Traditional camp experiences, like opportunities for socializing with peers, are still found in specialty camps.

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AT&T proposes a modification to an existing facility with tip heights of 81.3 feet and 91 feet on a building at 4501 Arlington Blvd in Arlington, VA (Chatham). In accordance with federal regulation 37CFR 1.1307, the NEPA and the ACHP 36 CFR 800, parties interested in submitting comments or questions regarding any potential effects of the proposed facility on Historic Properties may do so by contacting Scott Horn (856-809-1202, scotthorn@acerassociates.com) at ACER Associates, LLC at 1012 Industrial Dr., West Berlin, NJ 08091.

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LEGAL NOTICE

Cellco Partnership and its controlled affiliates doing business as Verizon Wireless (Verizon Wireless) proposes to collocate wireless communications antennas at a top height of 94 feet on the rooftop of an existing 76-foot building at the approx. vicinity of 5539 Columbia Pike, Arlington, Arlington County, VA 22204. Public comments regarding potential effects from this site on historic properties may be submitted within 30 days from the date of this publication to: Trileaf Corp, Samantha, s.collier@trileaf.com, 8600 LaSalle Road, Suite 301, Towson, MD 21286, 410-853-7128."

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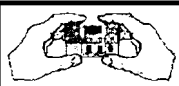
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By KENNETH B. LOURIE

It always does, and there always are; especially if you have to work for a living and cancer is a part of that living. Granted, I'm extremely happy to be able to still make a living, cancer diagnosis notwithstanding, but a cancer diagnosis, particularly a "terminal" one, is hardly "notwithstanding." In fact, it is almost impossible to withstand. Oh sure, there are good days, and of course bad days, but mostly - for me, anyway, there is a daze in between. And that "between" is what's rocky about this hard place.

Since most things cost money, and money doesn't grow on trees (nor is it made from trees by the way); allocating it, when you have cancer, is complicated. Do I spend it now (whether I have it or not), as a means of reinforcing a positive but premature end? Or do I not spend it and plan for a longer-than-predicted life expectancy while depriving myself of the pleasure in the interim? Or do I rationalize the expenditure and reward myself for good behavior - so to speak, figuring that the high will be more beneficial than the low and create exactly the kind of energy my body needs to combat the cancer? Or do I minimize all of it and live my life as normally as possible? If only it were that simple.

"Normally as possible" left the building on February 27, 2009, the date I received my stage IV, non-small cell lung cancer diagnosis (my ground zero) with its "13-month to two-year prognosis." At that point, your brain stops functioning as it has for the entirety of your previous life (54½ years for me). Life, as you knew it, is sort of over; not done, but most assuredly, it will be different, and your perspective and emotional underpinnings will be changed forever - whether you expect them to be or not.

It doesn't mean, as an example, that you'll never laugh again or make self-effacing jokes, but neither can you look at, or live, life as naively as you have. Living forward becomes way more complicated, and viewing it all, planning for it all, can only be considered through the prism of cancer. And though certainly I can boast of some success surviving six-plus years post-diagnosis, it really has been mind over matter. Even though cancer is constantly on my mind, I've tried not to let it matter. (Much easier written about than actually managed.)

Juggling emotions has been difficult enough, but managing money, allocating resources and planning a financial future while living a precarious present, is all it's cracked up to be. Yet, if I don't find a way to maintain my status quo/balance emotionally, I may very well become a victim of my own circumstance. As much as I'd like to invoke Curly Howard (while looking in the mirror): "I'm too young to die, too handsome; well, too young, anyway" as an arbiter of reason, the reality is: cancer is the big dog and I'm just sitting here on the porch.

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

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WOW...30 years ago we invited the children of the community to a small “EGG HUNT” to show our gratitude to Great Falls for making us feel so welcome when we decided to open our doors in the Village Centre. Look where we are now!!! 31 amazing years later and eventually with the wonderful partnership of the Optimist Club and the support of many many local businesses, friends and neighbors, this event has become a tradition of this community.

We feel honored and proud to be able to bring this to the families of Great Falls and we hope that through this festival we are able to show our tremendous gratitude and appreciation for your continued support of our family and our business. We would not be here were it not for your loyal patronage. Enjoy the day and Happy Hunting!

**Just as a reminder, 100% of the ticket sale proceeds are collected by, and benefit the Great Falls Optimist Club Youth Fund and stay in Great Falls too!

-JORGE ADELER



President Message

Great Falls Optimist Club

31st Year

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

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

Since The Great Falls Optimist

Club Chartered **March 25, 1981**

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

The Optimist Childhood Cancer Program

Optimist Sponsor And Fund A

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We Invite You, Your Family And Friends To Become A Member Or Supporting Volunteer Or Investor In The Youth Today For A Better Tomorrow

TR Cook, President
GreatFallsOptimist.org
TRcookphoto@aol.com
703-938-1609



The Optimist Creed

Promise Yourself:

- ♥ To be so strong that nothing can disturb your peace of mind;
- ♥ To talk health, happiness and prosperity to every person you meet;
- ♥ To make all your friends feel that there is something in them;
- ♥ To look at the sunny side of everything and make your optimism come true;
- ♥ To think only of the best, to work only for the best, and to expect only the best;
- ♥ To be just as enthusiastic about the success of others as you are about your own;
- ♥ To forget the mistakes of the past and press on to the greater achievements of the future;
- ♥ To wear a cheerful countenance at all times and give every living creature you meet a smile;
- ♥ To give so much time to the improvement of yourself that you have no time to criticize others;
- ♥ To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

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

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

*The Old Brogue is located on the corner of Cornerstone Pike and William R. Feltz Lane, Falls Church, VA 22044. We will have your table set up for you at 7:30 am. (Dish and beverage sponsors will each make a 10% matching donation of your dinner sale)

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Visit the Great Falls Village Centre!

The Great Falls Village Centre is located around the lovely village green in the heart of Great Falls, Virginia. We have been part of Great Falls, Virginia throughout its extensive growth and development and have worked hand in hand with the residents of Great Falls to enhance and build the sense of community that is prevalent today. We offer boutique shopping, delicious restaurants and quality services right in the center of town.

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



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



unique and casual dining with indoor and outdoor seating. Located next to Postmodern Foods.

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

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



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Birthstones

January - Garnet

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

February - Amethyst

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

March - Aquamarine

The two birthstones for March are aquamarine and bloodstone. The name aquamarine is derived from the Latin word aqua, meaning water, and marina, meaning the sea. This gemstone was believed to protect sailors, as well as to guarantee a safe voyage. The serene color of aquamarine is said to cool the temper, allowing the wearer to remain calm and levelheaded. Its pale, cool color beautifully complements spring and summer wardrobes. Aquamarine is most often light in tone and ranges from greenish blue to blue-green; the color usually is more intense in larger stones. The second birthstone for March is bloodstone, a dark-green jasper flecked with vivid red spots of iron oxide. This ancient stone was used by the Babylonians to make seals and amulets and was believed to have healing powers - especially for blood disorders. It is sometimes called the martyr's stone as legend tells that it was created when drops of Christ's blood stained some jasper at the foot of the cross.

April - Diamond

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

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

May - Emerald

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

June - Pearl and Alexandrite

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

Alexandrite

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

Moonstone

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

July - Ruby

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

SEE BIRTHSTONES, PAGE 8



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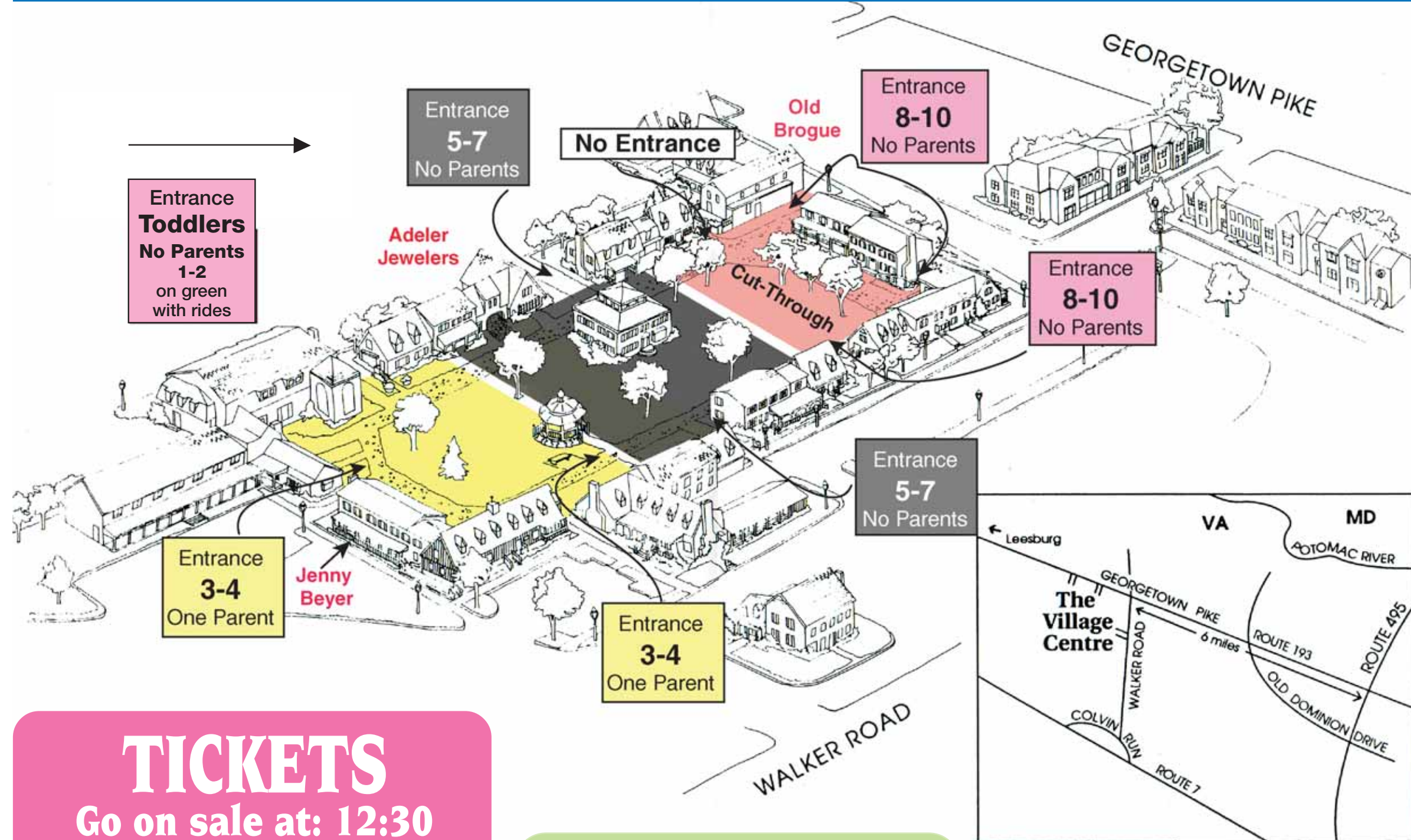
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31st Annual Egg Hunt brought to you by Adeler Jewelers and the Great Falls Optimist Club at the Village Centre



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

Tickets go on sale at 12:30
Games and rides are from 1:30-4
The egg hunt from 4:00-4:30

The egg hunt includes over \$8000 worth of gemstones donated by Adeler Jewelers, mixed with candy and stuffed into 8,000 plastic eggs that will be scattered around the Village Centre for children ages 1-10 to find. All Rides at own risk.

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

Important Information

*** PLEASE NOTE: Candy in the Egg Hunt may contain nuts! We do our best to avoid this, but we cannot guarantee it because even nut-free candy MAY HAVE BEEN MADE on machines that previously processed candy that did contain nuts.

NO RAIN DATE: Due to the size of this ever-popular event, and to

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

VOLUNTEERS NEEDED: We can always use more volunteers to help with a range of

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

Thank You to Our Sponsors

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Birthstones

FROM PAGE 5

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

August - Peridot

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

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

Sardonyx

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

September - Sapphire

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

SEE BIRTHSTONES, PAGE 10

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Children's Spring Festival

March 26 - 29, 2015

We Need Your Help

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

Hello Again

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

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

Opportunity For All Ages

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

We Hope That You Will Celebrate With Us.

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

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

If You Have Not Attended This Party. Stuffing Eggs

It Really Is Like A Happy Family Party That Ever One Enjoys.

Another Person Described As A Party At Each Table.

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

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

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

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

Plastic Egg Shells. We Appreciate Your Help And Truly Believe You Will Enjoy Participating (opportunity To See Friends Meet (New Ones)

Sunday 3-29-2015 9 to 5

Please Let Us Know What Hours Available. some Preparing

Some Will Start Around 9:00am Some Will End At 5:00pm

You Will Be Participating On The Official Opening Of Spring In Great Falls, VA.

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We May Cut A Ribbon And Blow A Horn & The Sun May Shine.

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

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Birthstones

FROM PAGES

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

October - Tourmaline and Opal

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

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

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

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

November - Topaz and Citrine

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

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

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

December - Tanzanite, Zircon, and Turquoise


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

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

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

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

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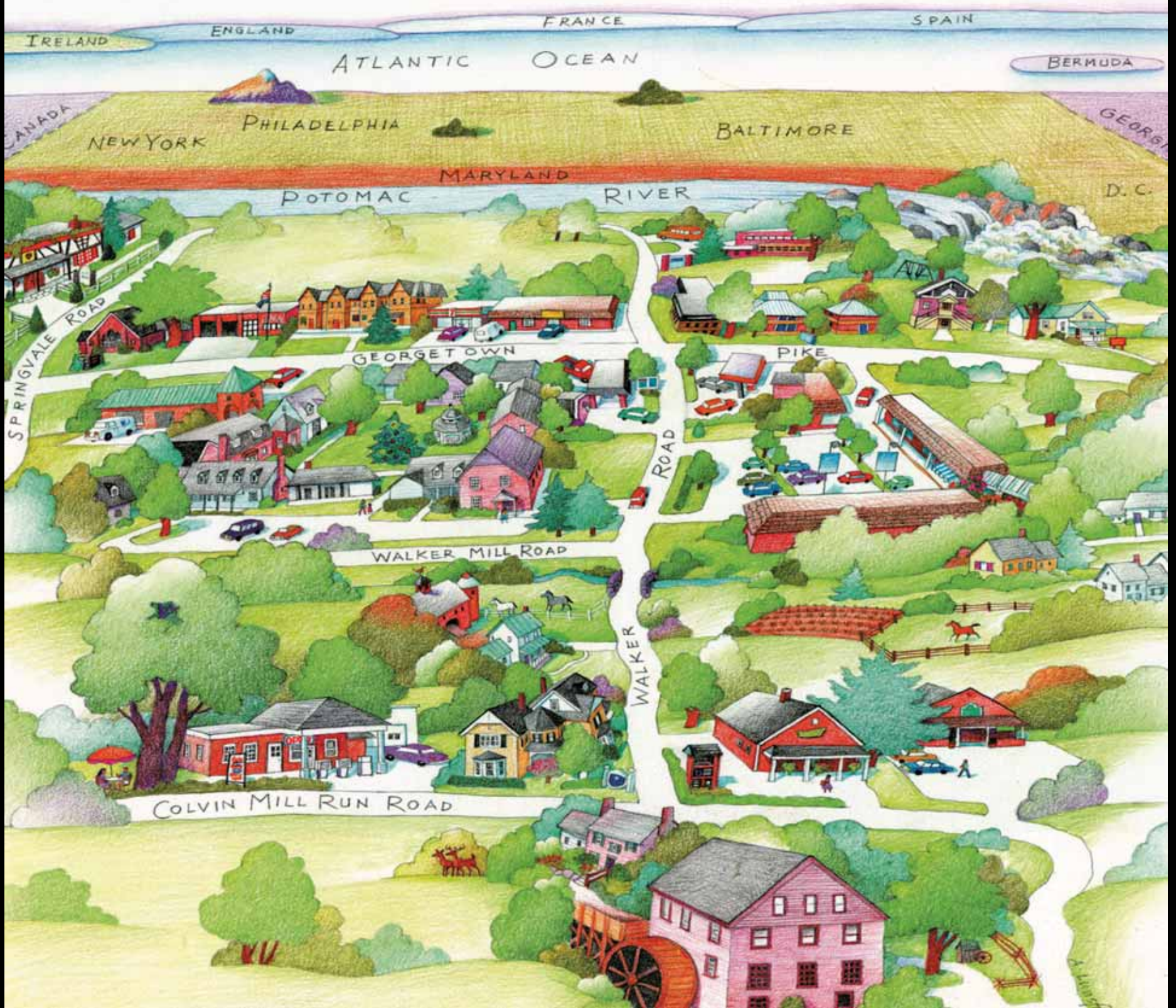




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