



McLean CONNECTION



Monica Gibson of New Dominion Women's Club models at the 10th annual Spring Fling Fashion Show at Bloomingdale's.

Fashion Show To Help Local Charities

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McLean Community Center Closed For Renovation

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McLean Teen Goes to Maccabiah Games

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PHOTO BY ALINA LEMAY

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MCC Closed 18 Months For Renovation

BY FALLON FORBUSH
THE CONNECTION

Ground was broken for the 18-month renovation of the McLean Community Center on Wednesday, March 22. “The McLean Community Center is certainly a hub for McLean’s community, but that hub has been looking a bit tired lately,” Dranesville District Supervisor John Foust said at the groundbreaking. “But that is going to change very quickly.”

The Sorensen Gross Company will be doing the work for the renovation for \$5.1 million. The center’s budget for the renovation project and temporary relocation of all its programs is \$8 million, which has already been allocated and is ready to be spent.

The current building, built in 1975, is approximately 51,000 square-feet. The project will renovate approximately 33,000 square-feet of the original building.

The indoor work will improve the administration suite and bring the building up to compliance with the federal Americans with Disabilities Act. The work will allow the consolidation of all staff members into one administration office area.

“We have staff all over this building — in closets, in storage rooms — not really designed for an environment of being in an office area,” George Sachs, executive director of the center, said during the groundbreaking.

NEW MEETING ROOMS, a multipurpose room and an expanded lobby will also be added to the building, providing it with 7,700 square-feet of additional space.

“Our rehearsal hall that was downstairs is overbooked,” Sachs said. “It’s one of the only rooms that we really have access to that can do our dance programs.”

The multipurpose room will be outfitted with flooring and mirrors to accommodate the center’s dance programs, according to Sachs.



McLean Community Center staff members, Governing Board members, Virginia Delegates Richard “Rip” Sullivan, Jr. and Kathleen Murphy and renovation donors break ground for the work to begin.

PHOTOS BY FALLON FORBUSH/THE CONNECTION



George Sachs, executive director of the center, speaks to the long-awaited renovation project that was years in the making.

The Duval Art Studio, Alden Theater and recently-renovated kitchen will not be worked on during the project.

Exterior work includes an upgrade to the center’s existing stormwater management system, additional parking spaces, a new front entrance design and the enclosure of the existing outdoor courtyard.

The community center has been an investment for the McLean community ever since the residents voted to establish a special tax district to fund it more than 50 years ago.



Robert “Bob” Alden — whom the community center’s Alden Theater was named after — and his wife Diane Alden were were special guests at the groundbreaking ceremony.

“They agreed to a real estate tax surcharge so that the McLean Community Center could be built and funded,” Foust said. “Think about that, residents who were willing to agree to tax themselves. Aren’t we glad they did?”

DURING THE RENOVATION, most of the center’s classes will be held at 6645 Old Dominion Drive in the McLean Square Shopping Center. The temporary location has four classrooms and will also house the

center’s registration office.

However, all the center’s dance programs will need to be moved to a separate location in the Langley Shopping Center at 1374 Chain Bridge Road. Last week, the community center announced that these classes will be held at the Color Wheel, a paint store.

“Color Wheel was approached by the MCC to see if we might provide space for some of its classes,” Roberta Recor, the store’s spokesperson, said in a press release. “As our community has always been so good to us, we want to be a good neighbor in return.”

The paint store will be reducing the size of its showroom so that the community center can lease space for the dance classes.

The community center’s administrative offices will also be temporarily moved to the shopping center at 6631 Old Dominion Drive on the first floor of the Century 21 New Millennium building. This space will house the executive director, finance, facilities and public information offices.

“I can’t wait to present this facility to our community at our next grand event, which will happen here in we’re saying about a year and a half, and we’re going to stick to that,” Sachs said.

McLean Man Sentenced for Child Pornography Crimes

A McLean man was sentenced to five years in prison for collecting tens of thousands of images and videos of child pornography since 2004.

“For the last 12 years Seth Thornton visited depraved corners of the Internet to hunt for images and videos of young girls being sexually exploited and abused,” said Dana J. Boente, U.S. Attorney for the Eastern District of Virginia. “It is beyond dispute that child pornography trafficking crimes are grievous offenses that deserve serious penalties. The distribution and receipt of child pornography fuels a market for further production and abuse, while continuing the victimization of children depicted in the images. While these crimes can be very difficult to talk about, we must continue to

bring awareness to these prosecutions with the goal of protecting our children from sexual predators by deterring others from committing similar crimes, online and elsewhere.”

Seth Aaron Thornton, 43, pleaded guilty on Nov. 2, 2016. According to court documents, Thornton, an information technology consultant who has worked for prominent consulting companies as well as the federal government, had been using peer-to-peer networks to amass a collection of images and videos of minor girls, primarily aged approximately 8 to 14 years old, though many featured even younger children. Some child exploitation files in Thornton’s collection depicted sadistic, masochistic, or other violent imagery.

“Child pornography, in any form, haunts its victims for their entire lifetime,” said Patrick J. Lechleitner, Special Agent in Charge of U.S. Immigration and Customs Enforcement’s (ICE) Homeland Security Investigations (HSI) Washington, D.C. “Our special agents are dedicated to identifying and investigating individuals who prey on children, and we will ensure they’re prosecuted to the fullest extent of the law.”

Dana J. Boente, U.S. Attorney for the Eastern District of Virginia; Acting Assistant Attorney General Kenneth A. Blanco of the Justice Department’s Criminal Division; and Patrick J. Lechleitner, Special Agent in Charge of U.S. Immigration and Customs Enforcement’s (ICE) Homeland Security Investigations (HSI) Washington, D.C.,

made the announcement after sentencing by Senior U.S. District Judge Claude M. Hilton. Assistant U.S. Attorney Maya D. Song and Special Assistant U.S. Attorney James E. Burke IV prosecuted the case.

This case is part of Project Safe Childhood, a nationwide initiative to combat the growing epidemic of child sexual exploitation and abuse launched in May 2006 by the Department of Justice. Led by U.S. Attorneys’ Offices and the Child Exploitation and Obscenity Section (CEOS), Project Safe Childhood marshals federal, state and local resources to better locate, apprehend and prosecute individuals who exploit children via the Internet, as well as to identify and rescue victims. For more about Project Safe Childhood, visit www.justice.gov/psc.



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NEWS



PHOTOS CONTRIBUTED

On March 21, high school seniors from four Northern Virginia schools spent the day shadowing bankers at United Bank as part of Bank Day, a statewide effort sponsored by the Virginia Bankers Association. The purpose of the day is to expose students to the banking industry and provide them with an opportunity to learn about banking, financial services and the vital role United Bank plays in its community. The students toured United Bank's Tysons Corner branch and posted with branch staff.

Seniors Shadow Bankers

On March 21, high school seniors from four Northern Virginia schools spent the day shadowing bankers at United Bank as part of Bank Day, a statewide effort sponsored by the Virginia Bankers Association (VBA) Education Foundation and the VBA Emerging Bank Leaders. The purpose of the day is to expose students to the banking industry and provide them with an opportunity to learn about banking, financial services and the vital role United Bank plays in its community.

The third Tuesday in March was declared Bank Day by the Virginia General Assembly in 1991.

From their experience, participating students will write an essay for the chance to win a scholarship. Six regional scholarships of \$2,500 each will be awarded, and from those six winners an overall statewide winner will be chosen.

The statewide winner will receive an additional \$5,000 scholarship. There will also be six honorable mention scholarships of \$1,000 each. In all, 12 students will receive scholarships totaling \$26,000.

During their visit to United Bank, students met with senior representatives from the branch administration, loan, credit, human resources and marketing departments. After an introduction to the basics of banking and a tour of the branch, students learned about the loan process, the importance of good credit, the profile of a qualified borrower, tips on navigating a corporate hiring process, how United Bank is involved in the community and more. Students also spent time with United Bank President and CEO Jim Consagra, who shared career advice and insights into the industry.



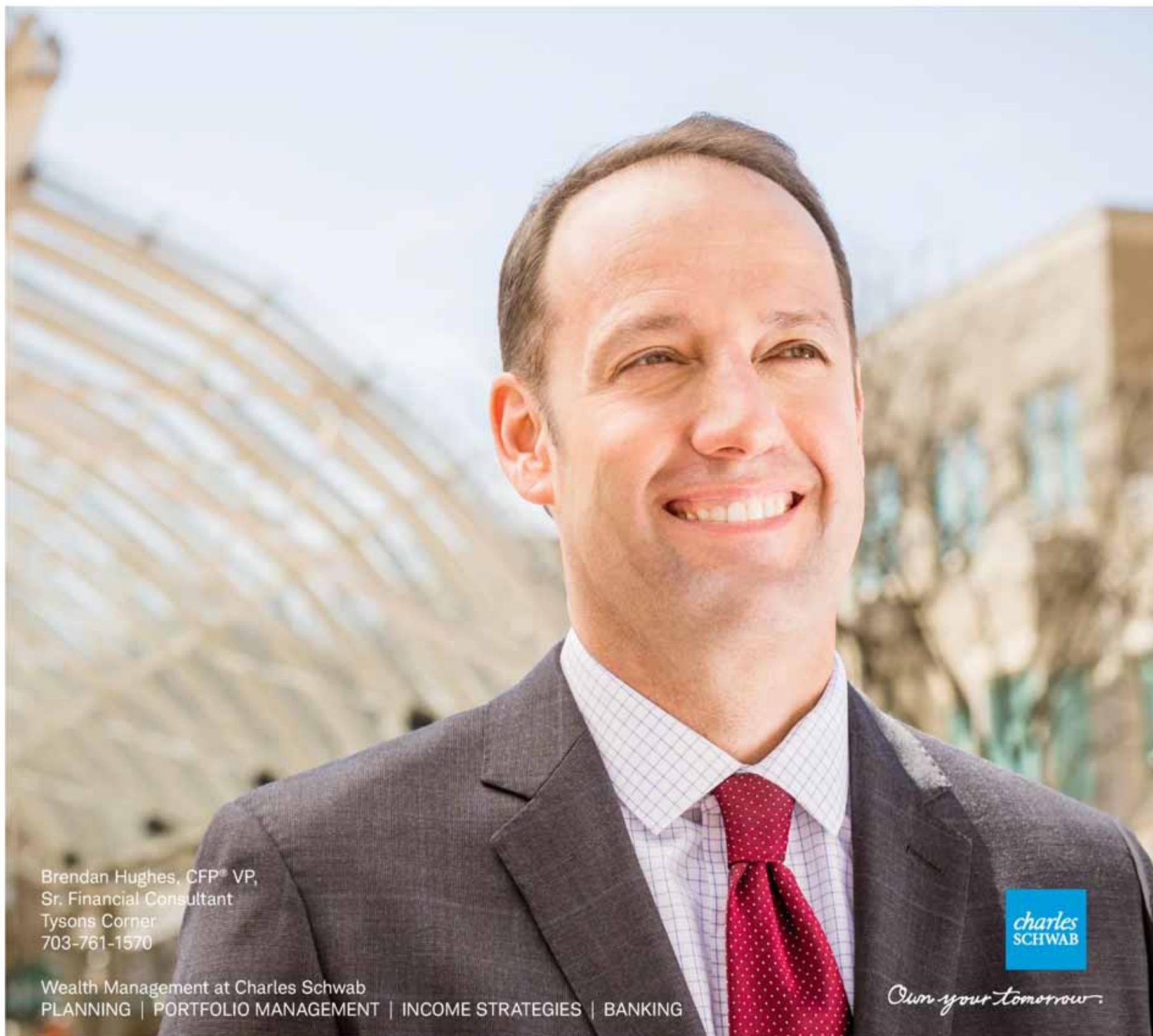
The students enjoyed hearing insights and career guidance from United Bank President & CEO Jim Consagra (pictured).

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Police Stations Turn To Their 'Nextdoor' Neighbors

Cops tout better community policing.

BY FALLON FORBUSH
THE CONNECTION

Fairfax County residents are major users of the Nextdoor social network and the Fairfax County Police Department has taken advantage of it to connect with the communities they patrol and protect.

Nextdoor spokesperson Joseph Porcelli joined the FCPD at the McLean District Police Station on Thursday, March 23, for a press conference to acknowledge the county's widespread adoption of its free service.

"Over the past year, we have seen the community embrace Nextdoor as a valuable and reliable communication tool," Deputy Chief of Police for Administration Lt. Col. Tom Ryan, said during the press conference. "In fact, resident adoption has been so strong that Fairfax County is now the fastest growing county using Nextdoor in the Mid-Atlantic and Northeast."

Adoption of Nextdoor by neighbors across Fairfax County has more than doubled over the past year. Now more than 100,000 residents, in more than 760 neighborhoods, are connected to each other and the police de-



PHOTO BY FALLON FORBUSH

A year after the Fairfax County Police Department started using Nextdoor, the social network thanked officers and community members for helping the county become one of its top user areas in the country.

partment.

These neighborhoods were acknowledged for their adoption of Nextdoor at the press conference:

- ❖ Most Members Enrolled – Fort Hunt-Stratford, Alexandria
- ❖ Most Talkative Neighborhood – Bentana Park, Reston
- ❖ Most Supportive Neighborhood – Hunters Green Cluster, Reston
- ❖ Most Social Neighborhood – Reflection, Herndon
- ❖ Most Helpful Neighborhood – Memorial Heights, Alexandria
- ❖ Most Generous Neighborhood –

Chantilly Highlands, Herndon

- ❖ Most Watchful Neighborhood – Old Trail, Reston
- ❖ Most Welcoming Neighborhood – WVPCA, Annandale
- ❖ Nextdoor Neighborhood Champions – Burning Bush, Fairfax

EVER SINCE the department started using Nextdoor a year ago, the social network has given them access to communicate with more people than ever before, according to Ryan.

"The residents need to understand that we work for them," Ryan said. "They do not

work for us, we do not control them. We work for them. We are your police department. I can't emphasize that enough and therefore you have a right to know what's going on in your neighborhood. You have a right to know what's going on in your community."

When crimes happen, crime prevention officers use the social network as another platform to post alerts and warnings that are intended to keep their communities safe and help officers locate suspects.

These crime prevention officers also monitor the social network for chatter to stay abreast of happenings in their communities.

"We could not do our jobs without the help of Fairfax County residents," Ryan said.

Ryan then told the audience that he would like to replace the term "community policing" with the term "community engagement."

"Nextdoor allows us to do that," he said. "Nextdoor allows us to get the word out to a multitude of neighborhoods and a lot of people in just a short amount of time."

"Being proactive is getting the word out quickly," Ryan said. "We can target information to certain neighborhoods that are more impacted [by crime or crisis]."

The department created an Instagram account in September and also uses Twitter and Facebook.

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WEEK IN MCLEAN

Fundraiser Supports McLean Little League

A fundraiser for McLean Little League has been announced by HBC Group's (Keller Williams Realty) Community Charity Champions. Come to dinner on Tuesday, April 4, from 5-8 p.m. at Pulcinella Italian Host in McLean to support McLean Little League. Enjoy dinner and know that approximately 70 percent of the proceeds from food and drink will go directly to McLean Little League, as long as the diner brings the flyer for the event.

Contact HBC Group at 703-734-0192 or visit www.HBCGroupKW.com to receive a flyer.

Sponsors of the event are: Karen Briscoe and Lizzy Conroy with the HBC Group of Keller Williams Realty; Marcus Simon with EKKO Title; Kevin Dougherty of Pillar to Post; Kathy and Justin Neal of The Neal Team/SunTrust Mortgage; Jim Harris of BOWA; The McLean Chamber of Commerce; and Moe Jebali with Pulcinella Italian Host.

Cooper Middle to Help Childhood Cancer Foundation

Cooper Middle School is hosting a Lip Sync Battle for Stillbrave, a childhood cancer foundation. Stillbrave's mission is to help the families of children with cancer while they are fighting battles of their own. They are not only there to support the children, but also their families. The event is on April 5, 2:30-4:30 p.m., at Cooper Middle School in McLean.

Tickets are \$5 and there are snacks for sale as well. The money earned goes to the Stillbrave foundation. You will be watching Cooper Middle School students and staff compete in the lip sync battle. Come to Cooper to support childhood cancer.

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Expand Medicaid Now

Virginia has missed out on \$10 billion, 30,000 jobs and care for 400,000 citizens.

Virginia's General Assembly has refused to accept one of the key provisions of the Affordable Care Act, expansion of Medicaid at almost no cost to Virginia that could have covered 400,000 uninsured Virginians and would have brought more than \$10 billion into the state. It has also cost lives.

Ironically, the failed bill to "repeal and replace" the Affordable Care Act included changes to Medicaid that would have penalized states, like Virginia, that did not expand Medicaid, permanently reducing federal funding.

On Monday, Gov. Terry McAuliffe proposed a budget amendment restoring his authority

to pursue planning for Medicaid expansion in the wake of the failed repeal effort in Congress.

Kansas and North Carolina are taking steps this week to expand Medicaid, hoping to join the 31 other states plus the District of Columbia that have already done so.

More than 140,000 residents of Fairfax County have no health insurance. More than 40,000 residents of Arlington and Alexandria have no health insurance. That's more than 12 percent of the people who live in one of the wealthiest areas in the nation.

A Harvard Medical School study determined that the decision by 25 states to reject the expansion of Medicaid coverage under the Affordable Care Act would result in between 7,115 and 17,104 more deaths than had all states opted in. In Virginia, the number of deaths due to failure to expand Medicaid: between 266 and 987.

From a practical perspective, declining federal money to provide healthcare to uninsured Virginians makes no more sense than declining federal funds for transportation or education.

In Virginia, 102,000 uninsured people with

a mental illness or substance use disorder could qualify for coverage if Medicaid were expanded under the Affordable Care Act.

As Virginia and the rest of the nation wrestles with heroin and opioid addiction, expanding Medicaid would allow for expanding treatment programs. One of the big obstacles to helping people who are fighting addiction is the availability of treatment when it is most needed.

"The time has come for us to bring our taxpayer dollars back to serve the individuals who need them the most," said McAuliffe. "With this amendment, I'm asking the General Assembly to work with me to pursue Medicaid expansion and put this funding to work for our most vulnerable Virginians."

Primaries for candidates for the House of Delegates plus governor, lieutenant governor and attorney general are in June, with all seats on the ballot in November. An important question as voters choose: What is their position on Medicaid expansion? How did incumbents vote?

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Friendly Conversations Needed

To the Editor:

Surrounded by all the dark news of hate crimes, anti-Muslim slurs, and anti-immigration racist attacks, like the ones at Tysons mall in November and against an Asian man in Reston earlier this month (www.youtube.com/watch?v=TWxKPhSTPIs), we are in desperate need of positive news and shining the spotlight on efforts to spread healthy understanding and create healing bonds. I met two young people in our community, part of a small, but engaging group called #AskAMuslim, who set up a table in front of the Great Falls Library on March 18, offering conversation, over donuts and coffee, in an effort to build understanding and start a dialogue about what it is to be a Muslim and answer questions about Islam.

#AskAMuslim seeks to tell you "Everything you wanted to know about Islam and Muslims but were embarrassed to ask." You can go to the website — www.AskAMuslim.net — air your questions/concerns, and someone will respond. NPR did a segment on AskAMuslim, on March 15, answering basic questions like: "What do Muslims believe?" "What is jihad?" "Are Muslims accepting of other religions?" (Here's

the link: the1a.org/shows/2017-03-15/ask-a-muslim).

I was surprised to hear that AskAMuslim was turned away by other venues in the area. Obviously, we need more such friendly conversations to dispel some of the Islamophobia in our society, create awareness, and close the gaps in our understanding of each other. The sticker I received says: "It's all good - I asked a Muslim today!" So, go ahead, ask your questions and talk to some of these wonderful people to see that it's not "all bad."

Shaila Muralidhar
Great Falls

Disappointing Virtual Town Hall

To the Editor:

For those of us who waited for U.S. Rep. Barbara Comstock's (R-10) highly-anticipated virtual Town Hall meeting — it was a disappointment. Her teleconference center connected me and many other constituents 20 minutes after the call had already started. I attempted to get into the queue to ask a question but was unable to do so.

Logistics aside, the call was dominated by questions about the repeal and replacement of Obamacare, a topic important to the 10th District. Unfortunately,

Ms. Comstock did not provide substantive answers to any of the questions of the call participants. Her responses about the GOP "Patient-Centered" were echoes from the past eight years such as selling insurance across state lines, tort reform, wellness programs, and, get this one — curing diseases.

None of these tactics have any chance of addressing the health care needs of working class folks in the near term.

Another constituent's question was related to why Comstock voted "yes" to implement the Holman Rule which gives Congress the power to reduce the salaries of individual federal workers to \$1.

Ms. Comstock responded to the inquiry claiming that the Holman Rule implementation was temporary for one year and she "hoped" it would not get abused. This is risky business when a member of Congress is casting votes in "hope" of things working out later.

After listening to the town hall, I now understand why Comstock was a no-show at two previous constituent meetings and then used a virtual forum that insulates her from serious questions of her accountability to her constituents. We deserve better representation in the 10th District. We can start now and demand more than virtual meetings and pre-screened questions. Given all the important issues before Congress this year we

want a representative who will engage face-to-face with her constituents.

Jalmeen Soni
McLean

The Bees Are Hungry

To the Editor:

In addition to pesticides and herbicides that kill bees, this year's late hard freeze has turned brown many of the nectar laden blossoms of our flowering trees. These flowers provide early food for our pollinators, think bees. Trees that are not adapted to this type of "Virginia Freeze Surprise," mainly non-native trees such as star magnolia and Japanese cherry had their blossoms turn brown in our area.

Bradford Pear trees, also suffered the brown blossom treatment. I was cheering these lessons for the people that plant the non-native and Bradford Pear trees until I remembered that if they are not sterile, these flowers have nectar accessible to our bee population and now they are useless. So, we have choices, continue to plant trees and plants that are not adapted to our environment and will not feed our pollinators, think bees, or plant the trees and plants that will feed our pollinators and can handle our climate.

Kathryn Fowler
Herndon





Kassi Elliot, who plays the Scarecrow, talks to the Tin Woodman, played by Alexander Vann of McLean, after she helped oil some of his stuck metal joints.

PHOTOS BY
FALLON FORBUSH
THE CONNECTION

Traveling Players Ensemble Finishes Winter Tour

BY FALLON FORBUSH
THE CONNECTION

Great Falls-based Traveling Players Ensemble put on two shows for its winter tour. The children started rehearsing in January, said Jeanne Harrison, producing artistic director for the organization.

“The Wizard of Oz” was performed by the group’s elementary and middle school students and “The Taming of the Shrew” was performed by its advanced high school Shakespeare group.

Both casts opened their shows on Saturday, March 11, at the Latin American Youth Center in Riverdale, Md. The kids also toured with their shows, performing for local retirement communities and schools.

The high schoolers performed for Vinson Hall in McLean and the Ring House in Rockville, Md. The younger children performed at the Burgundy Farm Country Day School in Alexandria and the School Without Walls at Francis Stevens in Washington, D.C.

Last weekend, they finished their shows by performing on Sunday, March 19, at the Madeira School in McLean for friends, family and the community.

The Traveling Players Ensemble puts theater programs that last from one week to seven weeks, which range from \$475 to \$5,100 per student.

More students could participate this winter, thanks to a \$25,000 grant the organization received from the Jack Kent Cooke Foundation. The grant helped pay for 20 students from grades 5 through 12 from low- and moderate-income families in the D.C. metro area to participate in its theater programs last summer and this winter.

“While an individual scholarship is not a great deal of money, it can fund a transformative experience for students whose parents can’t afford to send them to a theater camp,” Harrison said. “Several of the kids who are in these shows are actually on scholarship.”

More than \$3,500 of scholarship monies were awarded to cast members of the



Isabella Jackson of Fairfax, who plays the Lion, is caged by the Witch of the West after the winged monkeys captured her, Dorothy, Scarecrow and the Tin Woodman.

shows.

Arts enrichment is happening outside of school more and more as school budgets are cut or decreased, according to Harrison, who said her organization is a way for more kids to participate in private programs, even if they don’t have the financial means.

Even if schools have drama programs, it may be hard to get cast without the training these types of camps provide.

“This is a way to increase and deepen their skills so that when they do go into their school auditions, they’re able to benefit from the public system that actually does exist,” Harrison said.

The Traveling Ensemble Players has more spots and more scholarship money to provide for its next summer program.

“We have not yet expended out all of our scholarship for this summer,” Harrison said.

The scholarship priority deadline is April 15.



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FAMILY CONNECTION

Backyard Adventure

Ideas for a spring break family staycation.

BY MARILYN CAMPBELL
THE CONNECTION

For Katie Wendel, a spring break vacation this year won't mean loading up the car and driving several hundred miles or waiting in long lines at the airport. While the Bethesda mother of five is planning to enjoy some relaxing downtime with her family, she won't venture far from home.

"We're going to be tourists this year and visit the monuments and museums in Washington. We're also going to try to find every avenue in the city that's named after a state," said Wendel. "If you think about it, there's so much to do in this area that we all take for granted. You really don't have to leave the area to feel like you're in another city."

From museum exhibits to adventure centers, a goldmine of family getaways abounds locally. There are even activities for family bonding available without leaving home.

"Ask the kids what they would like to do. Involve them and give [them] a choice. Whatever it is they suggest, come up with a plan to document their adventure so they can share it with grandparents or siblings away at college, said Lois Stover, Ph.D., dean, School of Education and Human Services at Marymount University. "Let them



PHOTO CONTRIBUTED

Local national parks like Theodore Roosevelt Island are ideal for family staycations, says Lois Stover, Ph.D. of Marymount University.

help plan the Metro route or just look at the Metro map and randomly pick a station and explore that area."

"A lot of adults assume that kids want a big trip, but a lot of times a kid will say, 'I want to blow bubbles in the backyard.' It's

important for children to have a say in how the family uses its free time," said Carolyn Lorente, Ph.D., professor of psychology at Northern Virginia Community College.

Among the recommendations that Stover offers are activities at one's neighborhood

library and trips to indoor public swimming pools. For animal-loving families the National Zoo offers beasts ranging from elephants and eagles to tigers and frogs.

SEE SPRING BREAK, PAGE 11

Excelling in Business and Labor

Commission for Women honors trailblazers.

BY TIM PETERSON
THE CONNECTION

Constance "Connie" Cordovilla remembers signing up for college courses in the mid-'60s and being interested in taking electrical engineering. "Nice girls go into English," her counselor told her. "What makes you think I'm a nice girl?" she said she responded.

Cordovilla is associate director, Human Rights and Community Relations, American Federation of Teachers (AFT), AFL-CIO. She was recognized as one of seven "Trailblazing Women in Labor and Business" for 2017 by the Fairfax County Commission for Women.

The recognition ceremony was rescheduled due to snow and held Wednesday, March 22 at the county government center.

Sondra Seba Hemenway, women's commission vice chair and at-large commissioner, said the evening was about recognizing how women had made significant contributions in labor and business, and had an impact on history and the lives of others.

"Women have always worked, and not always been paid the same, or at all," Seba Hemenway said. "This year we've



PHOTO BY TIM PETERSON/THE CONNECTION

Seven women from around Fairfax County were recognized March 22 as "Trailblazing Women in Labor and Business" by the Fairfax County Commission for Women. From left are Supervisor Cathy Hudgins (D-Hunter Mill), Siobhan Green, Ashley W. Chen, Connie Constance Cordovilla, Staci L. Redmon, Lovey Hammel, Patricia "Pat" Saah Bayliss, Board Chairman Sharon Bulova and Sondra Seba Hemenway.

identified seven truly remarkable women" to recognize.

This year was the first for which the commission accepted nominations for honorees.

Fairfax County Board of Supervisors chairman Sharon Bulova said her path for being elected and serving as both a supervisor and chairman — as a woman — was made easier by "strong women who came

before me." Previous chairs Jean Packard, Audrey Moore and Kate Hanley helped residents to be more comfortable with women representing them in local government.

"But there's still work to do," Bulova said. Supervisor Cathy Hudgins (D-Hunter Mill) added they need to "work to make certain, continue to see that everyone has the opportunity to excel."

"This year, women's rights and issues are front and center," said honoree Patricia "Pat" Saah Bayliss, former executive director, office manager and secretary, American Federation of State, County and Municipal Employees (AFSCME). "These are some things we need to be more aware of."

Bulova and Hudgins helped present a Board of Supervisors proclamation naming March 2017 Virginia Women's History Month.

In addition to Cordovilla and Saah Bayliss, the other award honorees include:

- ❖ Dolores Trevino-Gerber, First Vice President, NOVA Labor Federation; Secretary, Tenants-Workers United

- ❖ Staci L. Redmon, president, CEO and owner, Strategy and Management Services, Inc.

- ❖ Ashley W. Chen, president and CEO, ActioNet

- ❖ Siobhan Green, co-owner, CEO, Lead Technology and Open Data Strategist, Sonjara, Inc.

- ❖ Lovey Hammel, president, Employment Enterprises, Inc.

More information about the Commission For Women's 2017 honorees is available online at www.fairfaxcounty.gov/cfw.

FAMILY CONNECTION

Spring Break Ideas

FROM PAGE 10

“Get outside and take the family to one of the lesser known national parks, like Prince William, or walk the C&O Canal,” said Stover.

There’s also Gravelly Point Park near Reagan Washington National Airport in Arlington, which is ideal for family picnics, games of kickball or simply watching airplanes take off and land.

“If it’s warm, do a beach day in the backyard [or] set up an indoor mini-golf course with Nerf balls [or use] Wiffle balls and bats,” said Stover. “Have a dance party, a science day. Have a ‘Today is Blue, or whatever color works, Day,’ so everyone wears blue, all foods are blue, you ride the blue line Metro just to see where it goes, [for example].”

The U.S. Botanic Garden Conservatory on the National Mall is where Stephanie Kleinman is planning to take her twin daughters during spring break.

“The girls call it a museum for plants, and it’s neat to go from the desert to the jungle all within one building,” said Kleinman who lives in McLean. “We’ll probably check out some of the other museums while we’re downtown.”

There are times when a staycation can be more relaxing than travel, says Lorente. “If you look at the list of the top 100 stressors in life, taking a vacation is on the list,”

“Ask the kids what they would like to do. Involve them and give [them] a choice. Whatever it is they suggest, come up with a plan to document their adventure so they can share it with grandparents or siblings away at college.”

— Dr. Lois Stover,
Marymount University

she said. “A staycation, when done with purpose, can really be good.”

Advanced planning is a key to making that time spent together meaningful, advises Lorente. “A lot of times people say they’re taking a staycation and they end up doing chores around the house. And everybody is on their electronics,” she said. “But it’s really about family bonding and everyone coming together and creating shared experiences as a family.”



The Kensington Falls Church Presents Energized Fitness for Parkinson's

Announcing an Introductory Orientation with Laxman Bahroo, MD and Angela Onyekanne, DPT, GCS, CEEAA
Sunday, April 9, 2017 • 2:00pm-4:00pm

at The Kensington Falls Church
700 West Broad Street, Falls Church, VA

Refreshments served • RSVP to Karen Akers at 703-992-9868 or to kakers@kensingtonsl.com

The Kensington Falls Church is pleased to announce its collaboration with the Parkinson Foundation of The National Capital Area (PFNCA) and Genesis Rehab Services to offer Energized Fitness for Parkinson's. The program provides a high-energy fitness experience geared toward improving mobility and strength while participants share time with others facing Parkinson's.

Energized Fitness will be introduced by Dr. Laxman Bahroo, a neurologist who focuses on movement disorders, and Angela Onyekanne, a therapist who is trained in LSVT BIG (a therapy that involves large amplitude, exaggerated movements that lead to smoother, larger, safer movements). Dr. Bahroo and Angela are our allies in striving to maximize health and optimize independence for people with Parkinson's. **Please RSVP to join us.**



Dr. Laxman Bahroo is an assistant professor and co-director of the Neurology Residency Program at MedStar Georgetown University Hospital. He is a board certified neurologist and member of the Movement Disorders program. Primary areas of focus in movement disorders include the medical and surgical management of Parkinson's disease and essential tremor.



Angela Onyekanne, DPT, GCS, CEEAA has ten years of experience working exclusively with geriatric clients in a variety of settings. She is APTA Board-Certified in Geriatric PT and LSVT BIG certified for individuals with Parkinson's disease.



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Cooper Student to Star in 'Brighton Beach Memoirs'

Cole Sitalides, 14, participates in Theater J's Production of Neil Simon's "Brighton Beach Memoirs."

BY COLIN STOECKER
THE CONNECTION

This month, Cole Sitalides, 14, a Cooper Middle School student in McLean, will be starring in an off-Broadway production of Neil Simon's, "Brighton Beach Memoirs" at Theater J in Washington, D.C.

"I like to tell the character's story, to get up there and entertain everybody," said Sitalides.

Cole found out about the play while looking online for auditions in the D.C. Metro area. "I liked the idea of playing Eugene, because he was around my age and he also likes baseball," said Sitalides.

Laurie Levy-Page, Communications and Marketing Director at Theater J spoke to the difficulty of finding age appropriate actors for the roles in a play about coming of age in a cramped poor New York apartment.

"Using teenagers in actual roles is a new idea, audiences can tell, and there is a certain authenticity to these roles that will serve them well," said Levy-Page.

"This is the perfect show for kids 11 and up, middle and high schoolers can come and see the play with their parents, it is a great introduction to theater," she said. "And it's funny!"

Creative Director Adam Immerwahr, 34, is in charge of casting for the play, rehearsing, set design, and hiring. Currently, the play is still hiring actors. There are seven characters in the play, four teenagers and three adults.

"We are down to four or five people," said Immerwahr.

Cole Sitalides, 14, middle school student in McLean smiles for the camera.



He plays Eugene, the lead in Theater J's production of "Brighton Beach Memoirs." The play will run 30 times between April 5 and May 7.

Participating in the production of "Brighton Beach Memoirs" was actually Sitalides's idea. He had read the play in middle school and could identify with the lead character Eugene. Immerwahr had held informational sessions in the surrounding suburbs of Washington, D.C., and Sitalides attended and was offered a callback.

"Cole is a terrific performer. He really tapped into Eugene's humor, empathy, and depth with a combination of talent for acting and his own personality."

The set is also very complex and is undergoing final stages of construction. Theater J set designers Tom Howley and Kevin Laughon wield drills and work hastily with the help of assistants to put the final touches on the cramped New York city apartment.

Immerwahr got his start at as an associate artistic director at a theater in New Jersey and has been the artistic director at Theater J for almost two years.

As this is a story of coming of age, Immerwahr wanted to cast an actor in the lead role who would



PHOTOS BY COLIN STOECKER/THE CONNECTION

From left: Theater J Director of Communications and Marketing, Laurie Levy-Page and Theater J Artistic Director Adam Immerwahr, 34, are excited about the upcoming production.



From left: Theater J set designers Kevin Laughon and Tom Howley pose for a shot in front of their set for Neil Simon's "Brighton Beach Memoirs." The set is in final stages of construction.

be the right age. "Getting an actor of the right age is better than having somebody else pretend," said Immerwahr.

Sitalides has been acting for three years, or since he was in the

fifth grade. Sitalides got his own start at the McLean Community Center where he took part in a musical called "13" with the McLean Community Players.

Sitalides is interested in acting,

entertainment, lighting and even directing in his career.

"I'm close with members of the cast, we came from the same training program, but this is my first time with Theater J," he said.

When asked if he ever gets nervous before going onstage, Cole said, "You get the off stage jitters sometimes, but once you get out there it goes away."

Immerwahr and his cast are optimistic about the debut of "Brighton Beach Memoirs."

"We are a family and we all support each-other in the cast," Sitalides said.

The show will run from April 5 to May 7 with 30 productions total. Tickets can be found on Theater J's website at edcjc.org. Theater J offers pay what you can, preview performance, Sunday night, and weekly matinee discounts. The production will take place in the 240-seat Goldman Theater in Washington, D.C. Theater J is located at 1529 16th St. NW, Washington, D.C. Call 202-518-9400 or visit edcjc.org.

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FAITH

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

FRIDAY/APRIL 14

Good Friday Services. Noon-3 p.m. at Oakton United Methodist Church, 2951 Chain Bridge Road, Oakton. The service will be the Seven Last Words of Christ featuring six half hour services with six local clergy. Visit oaktonumc.org/ or call 703-938-1234 for more.

First Baptist Church of Vienna located at 450 Orchard Street, NW Vienna. Sunday services are held at 7:45 and 10 a.m. weekly. Wednesday Night with the Family service is held at 6 p.m. followed by corporate singing at 7 p.m. Bible studies take place Tuesday's at noon.

Wesley United Methodist Church located at 711 Spring Street SE, Vienna, Virginia 22180, at the corner of Spring Street and Moore Avenue. 10:30 a.m. fellowship time in the fellowship hall; 11 a.m. traditional family worship in sanctuary. If you are seeking a church home which encourages: caring and supportive fellowship, an active and devoted prayer life and study of scripture, support for local and world missions, an open, responsive awareness to the presence and power of God's Holy Spirit.

St. Thomas' Episcopal Church at the intersection of Lewinsville and Brook Roads in McLean, just a mile west of Tysons, invites you for a casual Saturday Service at 5 p.m., followed by conversation and fellowship or for Sunday Services at 8 a.m. or 10 a.m. Sunday School for Youth and Children takes place during the 10 a.m. Service. Look for our Pumpkin Patch this October, and check www.stthomasmcleanva.org for Special Events and Services through the year. St. Thomas' Episcopal Church, 8991 Brook Road, McLean, 703-442-0330.

Church of the Holy Comforter, 543 Beulah Road, NE, Vienna offers a monthly Healing Eucharist with the Laying on of Hands and

Anointing for Healing (first Sunday of the month, 5 p.m. at St. Mary's Chapel. The Healing Ministry is led by the Rev. Valerie Hayes and Alexandra MacCracken and includes a team of lay healers who have gone through intentional training and formation. Contact the Rev. Valerie Hayes at vhayes@holyccomforter.com.

Yoga Class with a Christian Focus is held Saturdays, 3-4 p.m., McGill Hall or the Library at the Church of the Holy Comforter, 543 Beulah Road, NE, Vienna. This group is suitable for those with beginner and/or intermediate yoga experience. Dress comfortably and bring a mat. Feel free to bring a towel, block(s) or strap if you have them. Contact the Church Office at 703-938-6521.

Mom's Group meets second and fourth Thursday of the Month, 9:30-11:30 a.m. at the Church of the Holy Comforter, 543 Beulah Road, NE, Vienna. Join the group for coffee and fellowship. The group meets in the Lillian Croy Room, near the Church Office. Childcare will be available just across the hall in the Childcare Center. If you are interested in joining the group, contact the Church Office at 703-938-6521 so that we can plan for materials and childcare.

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, has Sunday services at 7:45, 9 and 11 a.m. with nursery care provided. In the summer, they offer musical, educational, outreach and fellowship ministries in addition to worship services, including an 8 a.m. worship service without music and a 10 a.m. worship service with nursery care. 703-759-2082.

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. 703-941-7000 or www.havenofnova.org.



Join The Kensington Falls Church at a Job Fair

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February 6, 2017
Letter to our Great Falls Residents and Business Community

Our State Farm Insurance Agency was established in Great Falls in June, 1979. (37 years ago) We have advertised in the Connection Newspapers for the best part of that time...developing a tremendous marketing partnership. Advertising in the Connection Newspapers has helped us gain exposure in the Great Falls Community where today am often recognized by our residents while visiting the local merchants.

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Stephen

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| • Chantilly Connection | • Mount Vernon Gazette | • Vienna/Oakton Connection |



PHOTO CONTRIBUTED

Sabrina Vazquez, Alex Mandanas, Emily O'Keefe, Anya Chen and Nick Monroy accepted the CSPA Gold Crown on behalf of The Highlander staff at Columbia University on March 17.

The Highlander Magazine Wins Gold Crown

The McLean High School's Highlander newsmagazine staff was presented with a Gold Crown at the Columbia Scholastic Press Association journalism convention at Columbia University in New York City on March 17. This is the second year in a row the McLean High magazine received this award. The Highlander is the only high

school newspaper/newsmagazine in the state of Virginia to win a Gold Crown this year. The Gold Crown is one of the highest honors in scholastic journalism. According to the Columbia Scholastic Press Association website, "publications are judged on their excellence as shown by their design, photography, concept, coverage and writing."

BASIS Independent McLean Earns First Place at MATHCOUNTS State Competition

The BASIS Independent McLean MATHCOUNTS team placed first in the MATHCOUNTS state championships in Richmond, its first time participating in the annual statewide MATHCOUNTS competition. BASIS Independent McLean MATHCOUNTS members include: Austin Feng (grade 8), Joshua Fu (grade 8), Pravalika Putalapattu (grade 7) and Ethan Zhou (grade 6), and are led by coaches Tyler Sullivan and Rikki McCullough, BASIS Independent McLean math teacher. MATHCOUNTS state champions head to the 2017 Raytheon MATHCOUNTS National Competition in Orlando, Fla., in May.

In the individual MATHCOUNTS competitions, Putalapattu and Zhou placed first and second, respectively, which places them on the four-person Virginia state team. Both were awarded a Disney Hopper Pass award and will be flown, with a parent, to the 2017 Raytheon MATHCOUNTS National Competition in Orlando. As coach of the winning MATHCOUNTS team, McCullough will also be flown to Orlando to coach the Virginia state team.

"As first-time competitors, we were thrilled to see our school win our regional MATHCOUNTS championship, but to see them succeed at the state level and have the opportunity to compete nationally is truly an outstanding achievement, and we're so proud of our student-teacher team that made this possible," said Sean Aiken, head of school of BASIS Independent McLean.

For more information on BASIS Independent McLean, go to mclean.basisindependent.com.



PHOTO BY JIA HONG

From left: BASIS Independent McLean students Austin Feng, grade 8; Ethan Zhou, grade 6; Joshua Fu, grade 8; Coach Tyler Sullivan (back); Pravalika Putalapattu, grade 7; Coach Rikki McCullough, BASIS Independent McLean Teaching Fellow in Math.



BY COLIN STOECKER/THE CONNECTION

Liana Keesing, 16, of McLean, sophomore at Thomas Jefferson High School, and her father Ron Keesing pose for a picture.

McLean Teen Goes To Maccabiah Games

Liana Keesing will join the junior under 20-year-old Women's foil fencing team.

BY COLIN STOECKER
THE CONNECTION

Liana Keesing, 16, of McLean, sophomore at Thomas Jefferson High School for Science and Technology was selected to take part in the 2017 Maccabiah Games in Israel this summer. She will be joining the junior under 20-year-old Women's foil fencing team.

"I am really excited but I'm not coming into it with big expectations," said Liana Keesing.

The Maccabiah games, which are referred to as the Jewish Olympics are in their 20th year.

The Maccabiah Games held by the Maccabiah World Union are intended to utilize sports as a way of bringing Jewish people of all ages closer to Judaism and Israel in addition to various informal educational activities in a manner that surpasses politics and sectarianism.

Her father Ron Keesing, 48, a computer researcher, has recently taken up the sport of fencing in support of his daughter. "Fencing over the last 5 years has really grown," said Ron Keesing senior.

Fencing is one of the oldest Olympic sports, up there with track and field, swimming, and wrestling. "Everything else has come and gone, but those sports have stayed," said Ron Keesing.

"When people think of fencing, they usually think of the sword fight in the Princess

Bride," said Liana Keesing. "I didn't consider myself an athlete, but my parents were always pushing us to try new things."

Liana Keesing has been training at the Virginia Academy of Fencing for the past five years with Russ Wilson. She started out in a beginner class and moved through the ranks.

"Russ told me 'I think you've got something for this.' He is a supportive coach. He really loves his students" said Liana Keesing.

Wilson also took part in the Maccabiah games in 1986, and is considered one of the best fencing referees in the world.

Liana Keesing likes to think of fencing more as a mental game when she is competing. "As a sport, fencing is very intellectual. It is like a physical game of chess, and it's about assessing what your opponent is doing." This weekend, Liana Keesing won the Cherry Blossom Open Women's Foil tournament. She earned her "B" rating, the second highest rating a fencer can hold.

She will be one of four women on the junior under-20 women's fencing team taking part in the Maccabiah Games this summer. She will arrive a week before the games start.

Liana Keesing is considering studying engineering in college and fencing is something she wants to stick with.

"People fence for their whole lives," said Ron Keesing.



From left: Monica Gibson, Lisa Lannin, Erika Keough, Laura Warren, Irene Tennant model at New Dominion Women's Club's Spring Fling Fashion Show.



From left: Jennifer Salopek, Co-Chair of fashion show; Bill DuBose; state Sen. Barbara Favola; Desi Woltman, president of New Dominion Women's Club.

Spring Fling Fashion Show to Help Local Charities

The New Dominion Women's Club hosted its 10th annual "Spring Fling Fashion Show" on Sunday, March 26 and raised money for community organizations. For the first time, the show was held at Bloomingdale's in Tysons Corner. Guests enjoyed watching models hit the runway wearing the latest trends for spring in casual, business, and resort fashion. There was also a raffle and lite fare served.

Groups benefiting from the event's proceeds were Friends of Pleasant Grove Church, McLean Project for the Arts, Safe Community Coalition, and SHARE, Inc.

"Our event Chair, Jennifer Salopek, did a remarkable job re-tooling the fashion show this year with Effie Elkorek and the rest of the crew at Bloomingdale's. We owe a special thanks to Bill Page Toyota this year for their extraordinarily generous Platinum sponsorship. I appreciate the community goodwill shown by the so many non-club members who simply want to help — like Bill DuBose, our master of ceremony," said Desi Woltman, president New Dominion Women's Club.

State Sen. Barbara Favola, who served as a model in the past, said, "It is wonderful to support causes

that help our community in areas that promote the arts, assist lower income residents, preserve history, or help our youth." After the show, Mariann Polito, Member of the Greater McLean Chamber of Commerce said, "It was a wonderful afternoon, the fashions were so spring-like, it was just so pleasant."

"Working with Bloomingdale's to introduce this new in-store format for our annual fashion show has allowed us to open up the event to a wider audience and to attract a new group of valuable corporate partners," said Jennifer Salopek, co-chair of the fashion show committee and former chair of the first fashion show fundraiser in 2007.

Models included Monica Gibson, Erika Keough, Lisa Lannin, Irene Tennant, and Laura Warren as well as Bloomingdale's models. The fashion show committee included Heather Ortiz, co-chair; Carol Brunner; Anne Deger; Kitty Gonzalez; Sherri Heile; Kim Marinus; Karen Martins; Mary Ann Miller; Marianne Polito; Carrie Sallaway; and Desi Woltman.

For more information, visit www.ndwc.org.



Model in cherry blossom design from Bloomingdale's.



Erika Keough models the latest off-the-shoulder trend.



Models showcased the latest trends to help raise money for charity.

ENTERTAINMENT

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From left: Edward Christian, Marquis D. Gibson, Elizabeth Pierotti, Laura Artesi, and Lolita Marie in "Well" at 1st Stage in Tysons.

PHOTO BY
 TERESA CASTRACANE
 COURTESY 1ST STAGE



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Wise, Comic Memory of Family Life

1st Stage at Tysons presents "Well."

BY DAVID SIEGEL
 THE CONNECTION

In a seductive confessional of a theater production, 1st Stage embraces the audience with a warm blanket of knowing insights about growing up and getting comfortable in one's skin. The delightful production is "Well," written by Tony Award-winner Lisa Kron.

Director Michael Bloom provides a loving touch for "Well," plumbing the depths of a complicated daughter-mother relationship over time. Bloom has a gift for keeping a topsy-turvy work on course even with its unconventional structure.

"Well" is a play-within-a play, with characters moving through time fluidly. At times characters even leave the confines of acting to stop being characters so as to address one another and the audience.

The play begins before any first words are uttered. A woman is quietly napping on a recliner in a cozy room. She is surrounded by books and shelves of knick-knacks. The eye-popping detailed realistic set design is by Luciana Steconi with props by Kay Rzasa and pin-point lighting by Catherine Girardi.

Enter a young woman named Liza (winningly portrayed by Audrey Bertaux as an angst-filled, bundle

of nervous energy, out to make her points to the audience). Lisa points to the napping woman identifying her as Ann, her mother. Reading from 3x5 note cards as if at a seminar she says, "this play is not about my mother and me." Needless to say, those words are far from the truth.

Over the course of "Well," Lisa is asking herself and the audience: "If I got better, why couldn't she?" How could her once energetic mother be so ill? With affection, Lisa even wonders if she could have been allergic to her own mother.

Other characters appear to provide recollections. Lisa's childhood friends pop-up with humorous and sometimes annoying perspectives. Doctors, patients and others appear with sharp-eyed views. Laura Artesi, Edward Christian, Marquis D. Gibson and Lolita Marie are terrific at portraying these multiple characters.

But the key to the wondrous nature of "Well" is that mother Ann asserts herself with her own memories. As Ann, Elizabeth Pierotti is a charmer; a likeable, decent, engaging soul. Moving from mere observer to active participant, Peirrotti's Ann with one mesmerizing monologue opens her daughter's grudging eyes to living life.

1st Stage's "Well" is fascinating and absorbing. It is chock-full of well-accomplished humanity and humor. It provides an audience plenty of reasons to recall their own childhoods, and perhaps wonder what their own children think.

Where & When

1st Stage presents "Well" at 1524 Spring Hill Road, Tysons. Performances through April 23, 2017. Thursday at 7:30 p.m., Friday at 8 p.m., Saturday at 2 p.m. and 8 p.m., Sunday at 2 p.m. Tickets: \$15-\$30. Call 703-854-1856 or visit www.1ststageatysons.org Note: Venue is wheelchair accessible.

CALENDAR

Send entertainment announcements to connectionnewspapers.com/Calendar/. Deadline is Friday at noon for the following week's paper. Photos/artwork encouraged.

ONGOING

"Birds Eye View" Exhibit. Through April 1, 10 a.m.-4 p.m. Tuesdays - Saturdays at Vienna Arts Center, 115 Pleasant St., NW, Vienna. 703-319-3971 www.ViennaArtsSociety.org

"No Place Like Home." Juried art show on exhibit through April 8. at ArtSpaceHerndon, 750 Center St,

Herndon. Great Falls Studios presents. Visit www.artspaceherndon.com/ for more.

Stuff-a-Bus Food Drive. Through April 15, various times at Christ the King Lutheran Church, 10550 Georgetown Pike, Great Falls. A food drive for non-perishable items to support Arlington Food Assistance Center. There will be drop off boxes for donations of non-perishable food throughout the church. Then, on April 1, look for the school bus parked in front of the church. Call 703-759-6068.

The Golden Girls of Northern

Virginia, a senior women's softball league, is looking for players. Any woman over the age of 40 is encouraged to join. All skill levels are welcome. Play on Wednesday evenings and Saturday mornings in Vienna. Visit www.goldengirls.org.

First Sunday Jazz Brunch 11-2 p.m. Recurring monthly on the 1st Sunday at Bazin's on Church 111 Church St N.W., Vienna. Enjoy brunch accompanied by the soft jazz sounds of Virginia Music Adventure. Visit www.fxva.com/listing/bazins-on-church/1686/

The Freeman Store & Museum

MCC is on the MOVE!

Due to the scheduled renovation of the Ingleside facility, on April 3, 2017, the McLean Community Center will temporarily relocate to the McLean Square Shopping Center.

Administrative Offices
 6631 Old Dominion Drive, McLean, Va. 22101

Class Programs/Registration Office
 6645 Old Dominion Drive, McLean, Va. 22101

ON THE MOVE Special Events and performances offered by The Alden will be held at select community venues.

Please check our website, www.mcleancenter.org, or call the Center at 703-790-0123, TTY: 711, for updates.

ENTERTAINMENT

Wednesday through Sunday noon-4 p.m. 131 Church St. NE, Vienna. The Freeman Store & Museum is dedicated to Preserving and promoting Vienna's heritage through the identification, preservation, and interpretation of history significant places, events, and persons. Historicviennainc.org

Weekly Storytime. Wednesday and Saturday. 11 a.m. Barnes & Noble, 7851 L Tysons Corner Center, McLean. Themes and titles vary. Free admission.

Bingo Night. Sundays. 4 p.m. Flame Room, Vienna Volunteer Fire Department, 400 Center St. S, Vienna. \$10. www.vvfd.org/bingo.html.

Gentle Yoga. Thursdays, 6:30 p.m. Emmaus United Church of Christ, 900 E Maple Ave. E., Vienna. Saturdays, 9:30 a.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Gentle Kundalini Yoga, one free introductory session, senior discounts. Increase flexibility, improve breathing and health, reduce stress. Ravi Kaur has 15 years experience teaching yoga. \$15 per session. www.edimprovement.org. 571-213-3192.

Tai Chi Beginners' Practice. Saturdays, 8-9 a.m. St. Luke's Catholic School Gymnasium, 7005 Georgetown Pike, McLean. Weekly Tai Chi practice. Group has met for over 20 years. Free. FreeTaiChi.org. 703-759-9141.

Fishing Rod Rentals 8700 Potomac Hills St., Great Falls. Rentals available during visitor center hours. Fishing tackle and live bait are available for purchase. Reservations required for group rentals. \$6/rental (2 hour max). Valid driver's license required. Rod/reel combinations are perfect for beginners and children. A Virginia or Maryland freshwater fishing license is required for those 16 years or older. The park does not sell fishing licenses. www.fairfaxcounty.gov/parks/riverbend-park/

Colvin Run Mill open 11 - 4 p.m. daily, closed Tuesday. 10017 Colvin Run Road, Great Falls. Fairfax County's operational 19th century water powered gristmill, offers recreational and educational activities for all ages through daily tours, school programs and special events. Fees: \$7/adult, \$6 students 16+ with ID, \$5 children & seniors. Admission to park is free except for some special events.

Fundamentals of Watercolors. Mondays 10 a.m.-1 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Artist Lorrie Herman will help students get comfortable working with watercolors and understanding this medium. Visit www.greatfallsart.org for more.

Still Life Painting. Tuesdays 10:30 a.m.-1 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Still life provides a great tool to hone skills. Recommended for students of all levels. Visit www.greatfallsart.org.

Evening Painting. Tuesdays 6:30 - 9:30 p.m. at The Arts of Great Falls, 756 Walker Road, Great Falls. Jill Banks focuses on oil painting fundamentals with two sessions each of still life, landscapes, and portrait/clothed figure from a live model. Visit www.greatfallsart.org for more.

Intro to Jewelry Design. Tuesdays 9 a.m.-noon at The Arts of Great Falls, 756 Walker Road, Great Falls. JJ Singh teaches a class for anyone interested in exploring the world of metal clay and its design possibilities. Visit www.greatfallsart.org for more.

FRIDAY/MARCH 31

Gluten Free Evening. 6:30 p.m. at Wildfire, Tysons Galleria, 3rd floor, 2001 International Drive, McLean. Chefs Moreno Espinoza and Edwin

CELEBRATE EASTER

SUNDAY/APRIL 9

Easter Spring Festival. 12:30-4:30 p.m. at Great Falls Village Centre, 776 Walker Road, Great Falls. Games, rides, food and egg hunt at 4 p.m., proceeds directly benefit the community through the Great Falls Optimist Club. Visit www.celebrategreatfalls.org/ for more.

SATURDAY/APRIL 15

Easter Egg Hunt. 9:30 a.m.-12:30 p.m. at Nottoway Park, 9537 Courthouse Road, Vienna. Bring a basket and hunt for candy and eggs filled with treats, win door prizes and visit the Easter bunny. \$10. Call 703-324-8569 for more.

Holy Saturday Silent Retreat. 9 a.m.-3 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Free. Spend a day in noble silence, meditating and creating a space to be still and listen. Our day will be spent alternating between sitting and walking meditation with some periods of stretching. Only a small fraction of meditation practices will be guided. Call 703-281-1767 or register online at unitysilentretreat.eventbrite.com.

Amaya will prepare a custom five-course menu, each paired with a gluten free wine to complement. \$80. Make reservations at 703-442-9110.

Family Fun Bingo. 7-9 p.m. at the Old Firehouse, 1440 Chain Bridge Road, McLean. Players will have free popcorn and winners will take their pick of prizes. Visit www.mcleancenter.org or call 703-448-8336 for more.

MARCH 31-APRIL 8

In Living Sound. Various times in the Flame Room at the Vienna Volunteer Fire Department, 400 Center St. S. Four short radio plays from early 20th century American entertainment. Friday tickets are \$14; Saturday tickets are \$25 and include the show as well as dinner at 7:15 p.m. Visit viennava.gov/webtrac for more.

SATURDAY/APRIL 1

2017 Vienna Town Cleanup Day. 8 a.m.-noon at the Town Green, 144 Maple Ave. E. For safety reasons, volunteers may wish to wear long pants. To sign up or for details, contact John King at jkking@viennava.gov or call 703-255-6336.

Great Falls Farmers Market. 9 a.m.-1 p.m. at Great Falls Village Centre, 778 Walker Road Parking Lot. Opening day. Visit greatfallsfarmersmarket.org.

Chance for Life Poker Event. MGM National Harbor, 101 MGM National Ave., Oxon Hill, Md. Brad Nierenberg, McLean, resident and President/CEO of RedPeg Marketing, is holding a poker fundraiser where 100 percent of all proceeds raised through CFL are donated to directly fund cancer research through Children's National Hospital Center and Alex's Lemonade Stand Foundation. Visit chanceforlife.net.

Warrior Chorus at Alden. 8 p.m. at The Alden in McLean, 1234 Ingleside Ave. Area premiere of "The Trojan War: Our Warrior Chorus," a production that features American combat veterans. \$35, \$25 for veterans and current military and \$20 for McLean Community Center tax district residents. Visit www.aldentheatre.org or call 703-790-0123.

APRIL 1-2

Potomac River Convention. 10 a.m.-3:30 both days at the Great Falls Grange, 9818 Georgetown Pike, Great Falls. 28th annual Potomac River Shape Note Convention, with singing, bring a dish to share both days. Sponsored by the Folklore Society of Greater Washington. Visit visitfasola.org or shenandoahharmony.com for more.

Organ Music. 7 p.m. Vienna Presbyterian Church, 124 Park St. NE, McLean. The Organ, the Orchestra, and the Youthful Originals

show. Call 703-938-9050 for more.

APRIL 1-30

Ed Behrens' Photographs. Various times at Katie's Coffee House, Village Centre, 760 Walker Road, Great Falls. The showing will celebrate Ed's ten years as a member of Great Falls Studios, his very active 80th birthday. Call 703-759-0927 for more.

SUNDAY/APRIL 2

Tours of Marie Butler Leven Preserve. 1-4 p.m. at Marie Butler Leven Preserve, 1501 Kirby Road, McLean. Tour guides Matt and Earth Sangha; volunteers have been doing invasive management and planting native plants there for 10 years. Free. Call 703-324-8702 for more.

MONDAY/APRIL 3

Tyson's Girls Night Out. 5-8 p.m. at Eddie V's Prime Seafood, 7900 Tysons One Place, McLean. Meet-up and networking social sponsored by Medical Aesthetic Center and Northern Virginia Housewives. Email www.novahousewives.com for more.

SATURDAY/APRIL 8

Becky Love Foundation Run. 8 a.m. at Turner Farm Park, 925 Springvale Road, Great Falls. Run supports a family bereavement camp, which follows the run from noon-4 p.m. at St. Mark Catholic Church, 9970 Vale Road, Vienna. Visit www.beckylovefoundation.org.

Notable Women Speakers. 8:30 a.m.-6 p.m. at Madeira School, 8328 Georgetown Pike, McLean. Headliners include MSNBC's Brzezinski and Elle Décor's Julia Reed. \$100. To register, visit www.madeira.org.

Tree Giveaway. 9 a.m.-1 p.m. at Great Falls Village Centre, 778 Walker Road, parking lot. Fairfax ReLeaf is giving away trees, including River Birch, Sugar Maple, Virginia Pine, Redbud, Black Chokeberry, and Red Osler Dogwood. First come, first served. Visit greatfallsfarmersmarket.org/ for more.

The Great Falls Garden Club. 9 a.m.-1 p.m. at the Great Falls Farmers Market, 778 Walker Road. Accepting donations to fund the STREETSCAPE Project along Walker Road. The Garden Club will fund and coordinate the entire project. Visit greatfallsfarmersmarket.org/ for more.

SUNDAY/APRIL 9

Easter Spring Festival. 12:30-4:30 p.m. at Great Falls Village Centre, 776 Walker Road, Great Falls. Games, rides, food and egg hunt at 4 p.m., proceeds directly benefit the community through the Great Falls Optimist Club. Visit www.celebrategreatfalls.org.



McLean
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Here's What's Happening at MCC

Old Firehouse Family Event Family Fun



Friday, March 31, 7-9 p.m.
\$10/\$5 MCC district residents



Onstage @ The Alden Aquila Theatre "The Trojan War: Our Warrior Chorus"

Saturday, April 1, 8 p.m.
\$35/\$25 veterans and current military
\$20 MCC tax district residents

The Old Firehouse Spring Break Trips

Climbzone Indoor
Monday, April 10, 8 a.m.-6 p.m.
\$50/\$40 MCC district residents



Autobahn Manassas

Tuesday, April 11, 8 a.m.-6 p.m.
\$75/\$65 MCC district residents

Dave and Busters

Wednesday, April 12, 8 a.m.-6 p.m.
\$70/\$60 MCC district residents

Pev's Paintball

Thursday, April 13, 8 a.m.-6 p.m.
\$60/\$50 MCC district residents

AMC Double Feature

Friday, April 14, 8 a.m.-6 p.m.
\$55/\$45 MCC district residents

Rockin' Jump & Movie

Monday, April 17, 8 a.m.-6 p.m.
\$55/\$45 MCC district residents

Spring fest

Saturday, April 15, 10 a.m.-noon
\$5 per person; infants - 36 months free.
Registration is required.
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www.mcleancenter.org
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www.aldentheatre.org



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OBITUARY
Abraham Tsu-hsing Shen, age 67, died peacefully in his sleep at his home in Great Falls, VA on March 25. He is survived by his beloved wife of 37 years, Sharon; his son Aaron; his daughter Jennifer; two older brothers; and two older sisters. Abraham was born on December 6, 1949 in Taipei, Taiwan, the son of G.V. and L.F. Shen. He graduated from Jen-Guo High School and National Taipei University of Technology. After university, Abraham met his wife, Sharon, at the Chinese National Petroleum Corporation where they both worked. He and Sharon married in 1979 in Taipei. In 1977 Abraham came to the United States to study at Worcester Polytechnic Institute in Worcester, MA, where he received his master's degree in computer science. Abraham moved his family to Monroe, CT, where he worked as a software engineer for ITT and General Datacomm. In 1995 he joined Alcatel and later moved with his family to Great Falls, VA, where he resided for 20 years and worked for several companies. Abraham was a Christian. He was saved while in high school by the Church in Taipei. In Virginia, he attended church services at the Church in Dunn Loring. Besides attending church meetings and services on Lord's Day, Abraham greatly enjoyed traveling and working on do-it-yourself projects around his home. He was a devoted husband and father and was always diligent and responsible when dealing with others. Throughout most of his life Abraham was in good health. In the spring of 2016 his health unexpectedly began to decline. His family sought treatment from several doctors but he was unable to recover, and in the early morning of March 25, 2017, Abraham went to be with the Lord. A celebration of Abraham's life will be held at Adams-Green Funeral Home in Herndon, VA on April 1 at 10:00 AM. Memorial contributions may be made to the Church in Dunn Loring.

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How Do I Know Then What I Don't Know Now?



By KENNETH B. LOURIE

Recently I went online to book a trip to Topeka, Ks. to meet our new niece, Sabella Rey. I went to Trivago for the hotel reservations and Expedia for the plane/rental car reservations. That's what I'm supposed to do, right? The process seemed simple enough and without too-much further adieu, I was able to make all the arrangements, including renting a car for the four days we'd need one. And I even booked my father-in-law's hotel reservations as well, almost as if I knew what I was doing. Subsequently, I received all my email confirmations indicating that I had in fact succeeded in one of my least favorite endeavors: computing my way to safe and secure travel plans.

For a few days, especially after receiving the site's emails and reviewing them for accuracy, I thought all was right in my travel-plan's world. Then I started receiving multiple emails and pop-up ads from sites promoting their hotel and flight reservations/rates. Expedia, the site on which I made my plane reservations began bombarding me with flight and rental car deals. Trivago, the site on which I made our hotel reservations, began bombarding me with hotel and rental car deals. None of which I needed. All of which had been completed when I went on their sites originally and made my hotel, flight and car rental reservations.

Given the way in which the Internet has changed the world and provided computerized access to almost everything, I was only slightly surprised by the bombardment. I'm clear on the concept, just not confident in the process. Nevertheless, I realize there really isn't any alternative these days to researching goods and services — and prices. My dilemma arose after the fact when I received all these offers on the exact goods and services I had ALREADY booked. What had I done, and how much extra money — and hassle had I done doing it?

I thought I was solving a problem (travel plans which involved coordinating our flight arrival in Kansas City from Baltimore, with my father-in-law's flight arrival from New York City), not creating one. After receiving all these offers and inducements from Expedia, Trivago and others, I'm now wondering if I missed an opportunity to simplify our travel plans and spend less for having done so? Obviously, I don't have an answer since I never clicked through the ads/opened the emails to see what the solicitation was all about. I didn't have the patience and besides, certainly concerning the airlines, wouldn't there be penalties for changing/canceling a flight? And what about my father-in-law's airline reservations? It was all too much to juggle so I stood pat. Soon, the ads and emails slowed down to a trickle and I was no longer remained — regularly, about my presumptive incompetence.

But I'm thinking about the next trip now, and perhaps that was the point. Maybe there is a better way to minimize travel expenses and maximize benefits? But how do I accomplish that, really? It's not like I can fake hotel/plane/car rental reservations in hopes that the site's artificial intelligence will think I'm still a potential buyer rather than one who's already bought. What good would that do? The solicitations are designed for current action not for a definite maybe sometime in the future, aren't they?

I'm certainly more aware now of how the process sort of works. But I'm less certain how I could actually change my behavior in order to become less of a victim and more of a beneficiary. I imagine it has to do with making my computer more of a friend, which doesn't interest me in the least. Of course, I want to pay less for my travel plans, but I'm not sure if the cost of doing business that way is worth the pain and suffering it inevitably will cause.

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

To have community events listed in the Connection, visit connectionnewspapers.com/Calendar/. The deadline for submissions is noon on Friday.

WEDNESDAY/MARCH 29

Public Safety Preparedness Program. 7 p.m. at American Legion McLean Post 270, 1355 Balls Hill Road, McLean. Public Safety Preparedness Program, co-sponsored by the Greater McLean Chamber, the McLean Citizens Association, the Great Falls Citizens Association and the Fairfax County Federation of Citizens Associations. Visit www.mcleanpost270.org for more.

THURSDAY/MARCH 30

Caregiver Seminar. 6:30-8 p.m. at Kensington Falls Church, 700 West Broad St., Falls Church. "A Caregivers Guide to Behavior and Communication Issues in Dementia." Learn what happens when a loved one passes through each stage of dementia. Topics to be covered: Understanding changes in the brain, How to address behavioral and communication difficulties that commonly occur, drawing boundaries that honor loved ones while preserving a caregivers well-being and more. RSVP to kakers@KensingtonSL.com or 703-992-9868.

VOLUNTEERS NEEDED

Shepherd's Center of McLean-Arlington-Falls Church, 1205 Dolley Madison Blvd., McLean continues to have an urgent need for new volunteers to help area senior citizens get to and from their medical and therapy appointments. To find out more about the Shepherd's Center and how you can volunteer to provide transportation and other services, call the Center at 703-506-2199 or e-mail the Center at info@scmaf.org. The Center's website is www.scmaf.org

THROUGHOUT MARCH 2017

Free Public Service Seminars. March 1, 8, 15, 21, 29, at 7 p.m. on Selling Your Home, Aging in Place, Downsizing, Retirement Communities Seminars. Free public service seminars on Selling Your Home (March 1, McLean High School, 1633 Davidson Rd., McLean), Working With Builders (March 8, Falls Church HS, 7521 Jaguar Trail, Falls Church), Financing Your Retirement (March 15, Marshall HS, 7731 Leesburg Pike, Falls Church), Tax & Estate Planning (March 21, Madison HS, 2500 James Madison Dr., Vienna), and Decluttering & Organizing (March 29, Oakton HS, 2900 Sutton Rd., Vienna). For more information and seminar registration go to RetireeRealEstate.org, or call 703-772-3033.

ONGOING

Master Gardener Training. The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit fairfaxgardening.org or call Dora Lockwood at 401-864-4778.

The Golden Girls of Northern Virginia, a senior women's softball league, is looking for players. Any woman over the age of 40 is encouraged to join. All skill levels are welcome. The games are on Wednesday evenings and Saturday mornings in Vienna. For more information, visit www.goldengirls.org

Passages DivorceCare If you are experiencing the pain of separation or divorce, the caring community at Vienna Presbyterian Church invites you to attend Passages DivorceCare. This program offers a path toward healing. The next 15-week DivorceCare series will be held Tuesdays from 6:45 to 9 p.m. beginning on Feb. 21. Vienna Presbyterian Church is located on the corner of Maple Avenue (Rt. 123) and Park Street in Vienna. Cost to cover materials is \$20, scholarships available. For more information or to register call 703-938-9050, go to www.viennapres.org, or send an email to Passages@ViennaPres.org.

Are You A Caregiver? Shepherd's Center of Oakton Vienna Caregivers' Support Group takes place first & third Thursday of each month. February 2nd and 16th, 2017 from 10:00 a.m. to 11:30 a.m. Join us at the Unitarian Universalist Congregation of Fairfax (UUCF) - Program Building, 2709 Hunter Mill Rd, Oakton, VA. For more info contact facilitator, Jack Tarr, 703-821-6838 jtarr5@verizon.net.

Volunteers Needed. PRS is looking for

empathetic and caring volunteers to make phone calls to older adults who may be feeling socially isolated. The commitment is one 3-hour shift per week for one year. Located in Arlington. Ages 21 & up. Intensive training provided. Learn more and apply: <https://prsinc.org/caring-volunteering/>. Questions? Email lpadgett@prsinc.org.

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/.

Fairfax County needs volunteers to **drive older adults to medical appointments and wellness programs.** For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Respite Care volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

The **Lewinsville Senior Center in McLean** needs a **Certified Arthritis Exercise Instructor.** For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Shepherd's Center of Oakton-Vienna** has an urgent need for volunteer drivers to take area seniors to medical appointments and other activities. Opportunities to volunteer for other services are also available. No long-term commitment and hours are flexible to fit your schedule. Visit www.scov.org or contact the Volunteer Coordinator at 703-281-5086 or email volunteer@scov.org.

Vienna Toastmasters. 2nd and 4th Wednesdays from 7:30-9 p.m., at the Vienna Community Center on the 2nd floor room opposite the elevator, 120 Cherry St., S.E., Vienna. A friendly place to get comfortable with public speaking and impromptu speaking for new and experienced speakers. Open to the public.

Run With the Doctor. Every other Saturday at 7 a.m. 8230 Boone Blvd., Tysons Corner. The Center for Orthopedics and Sports Medicine offers its services in a convenient format to runners at this running event. Free. [facebook.com/runwiththedoctor](https://www.facebook.com/runwiththedoctor).

Virginia Sheriffs' Institute Scholarship Program. Those enrolled in a Virginia college or university who are pursuing a degree in the field of criminal justice are eligible for the Virginia Sheriff's Institute Scholarship Program; recommendation letter needed. 703-246-3251, shf-pio@fairfaxcounty.gov or <http://vasherriffsinstitute.org/scholarship/>.

Volunteers for Change. A program for adults which offers more than 50 weekend and evening volunteer opportunities per month. www.volunteerfairfax.org.

Haven of Northern Virginia Support Group. 703-941-7000, www.havenofnova.org or havenofnova@verizon.net.

Brinker Toastmasters. 2nd and 4th Saturday, 9:30 a.m. at Vienna Presbyterian Church, 124 Park St. N.E., Vienna. Brinker.wordpress.com.

Pauline Shirley Toastmasters Club Meeting. 2nd and 4th Tuesday, 7 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Develop better speaking and presentation skills, learn to think quickly and clearly on your feet. 703-893-5506 or paulineshirley.freetoasthost.info.

Virginia Chronic Pain Support Group Meets from 1:30 - 3 p.m. the 2nd Wednesday of each month at Kaplan Center for Integrative Medicine, 6829 Elm St., Suite 300, McLean. Group leader, Jodi Brayton, LCSW. 703-532-4892.

Potomac Paddlers Volunteer Corps. The Potomac Paddlers Corps is a volunteer group with the National Park Service under shared management between Great Falls Park and the C&O Canal national Historical Park. The primary mission of the Corps is to have trained, uniformed park volunteers on the Potomac River to assist the park in identifying and reporting incidents, watch out for risky park visitor behavior, and to deliver safety messages to the public about the dangers of the Potomac River in the Potomac Gorge. Contact: Volunteer Coordinator 703-285-2965 ext. 225 or visit www.nps.gov



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THIS SATURDAY! JD's Annual Community Clean-Up!

When: **Saturday, April 1st, 2017 8am-12pm**

Where: **Chesterbrook Elementary School/Parking Lot**

Bring your unwanted oversized furniture/trash items and we'll have them hauled at no charge! A great chance to jump start your spring cleaning!



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Sun. 4/2
2-4pm

6005 Copely Lane, McLean
ABSOLUTELY STUNNING 4BR/3 full BA home in sought-after Chesterbrook Woods! Flowing light & bright floorplan; Chef's kitchen w/ SS top-of-the-line appliances & granite counters; Spacious owner's suite w/ updated luxury BA; LL w/ spectacularly updated rec room, fplace & wet bar seating plus BR & BA; Amazing backyard w/ sports court, patio & gorgeous hardscaping; Chesterbrook, Longfellow, McLean Schools!



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2-4pm

7314 Yates Court, McLean \$1,125,000
LUXURIOUS home featuring 4BR/3.5BA with open and welcoming floorplan in ideal McLean location! Kitchen w/ granite counters, SS appliances, butler's pantry & eat-in dining w/ bay window; Sep. formal dining room w/ wainscoting; Kit is open to family room w/ Palladian windows & walkout to screened-in porch & backyard; Upper level w/ 4 BR incl master suite w/ walk-in closet & attached bath; Lower level with huge rec room, media rm & storage; Langley Schools!



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Sun. 4/2
2-4pm

903 Parker Avenue, Falls Church \$925,000
STRIKING home in Falls Church City! Featuring 4BR/3 full BA-this home is inviting! Living room w/ elegant touches such as wainscoting, fireplace & tray ceiling; Sep. dining room w/ picture window; Gorgeous kitchen w/ granite counters, vaulted ceiling, breakfast area and walkout to side porch & large, level backyard w/ patio; Owner's suite w/ vaulted ceilings, walk-in closet & luxury BA; LL w/ rec room, full daylight windows, fplace, BR & BA; Hardwood floors!

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8007 Greenwich Woods Dr. McLean 22102 \$2,249,000



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1571 Maddux Lane McLean 22101 \$1,795,000



1415 Lady Bird Drive McLean 22101 \$1,589,000



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Sunday, April 9th

1:30 - 4:30 pm

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Jorge Adeler, Founder/Designer

772 Walker Road, Great Falls, Va, 22066, 703.759.4076
www.AdelerJewelers.com

Call For Store Hours

Welcome!!

Great Falls

“Egg Hunt” 2017

WOW...33 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!!! 32 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



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.



Walt Lawrence



Commission Accredited. AHCP specializes in Skilled Nurses (RN), Physical Therapists (PT), Mental Health Nurses and Home Health aides. They are providers of medicare/medicaid and all major insurances. The company provides a comprehensive, patient-centric model inclusive of: Home Health, Telehealth, Mobile Health, Global Health, and Wellness Programs. AHCP's expert staff also serves as great resource concerning health care needs for you or your family.



Your most reliable choice for computer repair in Great Falls Village Centre and surrounding northern Virginia. At GeekABC Computer Repair, fixes Windows and Mac desktop and laptop computers, and provides network support for homes and businesses. They understand that computers are a vital part of your life, and they know how everything can come to a standstill even if the slightest problem occurs in your computer or network. GeekABC technicians are experienced in repairing both PC and Mac computers, upgrading and replacing memory, addressing issues with operating systems, hard drives, motherboards, power supplies, viruses, spyware, and malware, and configuring software, data backups, data recovery, network security, wireless networks, and more with in-shop, on-site, and remote tech support. Services provided at a low price and no hidden fees.



River Nails & Spa is a new kind of neighborhood nail salon founded on the idea that getting a manicure and pedicure should be downright lovely. River is your new luxury nail care destination that will redefine what a mani/pedi means to you. Sanitation and satisfaction is our priority. Collaborations with our favorite beauty companies ensure our signature services and exclusive products deliver results. Get River Nails & Spa treat you!

Professionals (AHCP), for over 20 years has provided home health care and hospice for all of Northern Virginia. Founded in 1995, AHCP is a Community Based Organization (CBO) and is Joint

Commission Accredited. AHCP specializes in Skilled Nurses (RN), Physical Therapists (PT), Mental Health Nurses and Home Health aides. They are providers of medicare/medicaid and all major insurances. The company provides a comprehensive, patient-centric model inclusive of: Home Health, Telehealth, Mobile Health, Global Health, and Wellness Programs. AHCP's expert staff also serves as great resource concerning health care needs for you or your family.

River Nails & Spa is a new kind of neighborhood nail salon founded on the idea that getting a manicure and pedicure should be downright lovely. River is your new luxury nail care destination that will redefine what a mani/pedi means to you. Sanitation and satisfaction is our priority. Collaborations with our favorite beauty companies ensure our signature services and exclusive products deliver results. Get River Nails & Spa treat you!

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President Message

Great Falls Optimist Club Foundation 36th Anniversary And Great Falls Childrens Festival 33rd Anniversary

What a great time to reflect and be thankful to Jorge Adeler of Adeler's Jewelers, The business community, and the multigenerational families that have continued to come and contribute to what has become an annual tradition at this time of year in our community.

Adeler Jewelers hides 500-800 gemstones in the 8000 plastic eggs stuffed with candy in the exciting egg hunt at the end of the festival to the delight of children and parents alike! All profits are contributed to Great Falls Optimist Club Children's Fund to give back to the community.

The Great Falls Optimist Club continues to sponsor programs such as Scholarships for winners of Oratorical and Essay contests among teens including deaf and hard of hearing, Respect for Law, Bicycle Safety, and Child identification programs.

Youth Groups such as ROTC High School Programs, Great Falls Rugby, and Great Falls Little League have received contributions to help the youth of our com-

munity learn discipline, commitment and Community.

The Helping Hands program recognizes youth who have acted above and beyond in their schools and are given funds to be used as they please for their schools.

We deliver Holiday and Week End Meals and holiday gift cards to those families who are struggling to make ends meet. We have paid for equipment that allows home bound cancer students to remain audio/visually in touch with their peers at school. The Optimist International has a huge Childhood Cancer Research Initiative with John Hopkins. We Invite You and Your Friends to Join Us in our efforts to support the youth of today in an effort to invest in a Better Tomorrow! The more members we have, the more youth can be supported!

Please contact Linda Thompson, membership chair at 703-850-5676 for inquiries into membership.

Call Wendy Adeler at 703 759 4076 to volunteer for the Children's Festival.



Alexandria - Quaker Hill Townhouse - \$550,000

New Flooring, Kitchen, and Bathroom Priced to sell quickly, this 3br + den, 3ba End unit Two Sides Brick TH in perfect location for commuting and escaping is move-in ready with privacy and great floor plan. Open House Sunday - April 2nd.



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Lovingly and Tastefully Updated, this stately all brick home has been meticulously redone inside and out from Kitchen to Baths to Flooring, Fixtures, and Doors to Fenced Heated Pool. From two story covered front Porch, Witness Soccer, LAX, or Football games every day on expansive lawn and Enjoy Al Fresco Dining Poolside or extended Dining Area. Walk to Riverbend Park or Quick drive to the Village for shopping and Community Events!

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For those who don't yet live here:

Please call for an insider tour of our great little town.

For those of you who are sadly leaving:

Please call for a Consult to make your move as seamless, stressless, and financially productive as possible!



Linda



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Other homes Coming Soon

Two Reston Condos Coming Soon:

Ivy Oak - 3 Br 2.5 Ba, 2 lvl TH with updated kitchen and lovely oasis backyard
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Edgewater at Town Center: Top Lvl One bedroom with
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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 be 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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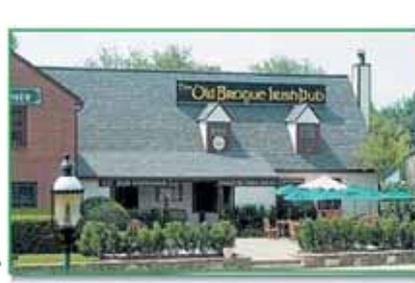


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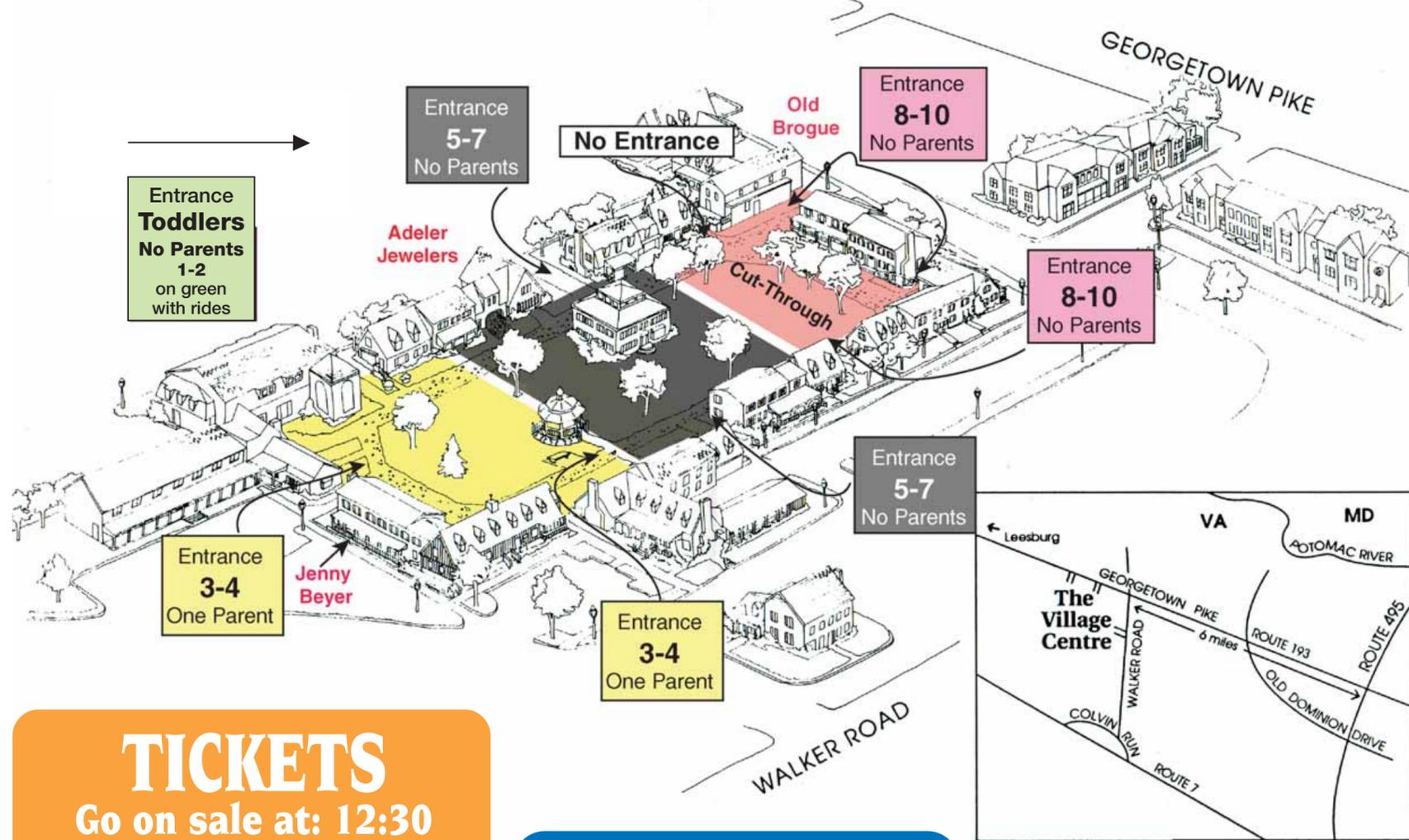
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33rd Annual Egg Hunt brought to you by Adeler Jewelers and the Great Falls Optimist Club at the Village Centre



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.*

- ### Thank You to Our Sponsors
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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 April 9th 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!

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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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The Great Falls Optimist Club and Adeler Jewelers Invite You, Your Children, Your Grandchildren to: The Grand Opening of Spring with the 33rd Annual Children's Festival Sunday, April 9th, 2017 1:30 – 4:30 PM at the Village Centre in Great Falls

Hoping the weather will be fantastic, the Great Falls Optimist Club and Adeler Jewelers are ready for the annual Children's Spring Festival to take over the Village Centre Sunday, April 9th, a sure sign Spring is here in the community.

We'll have rides and games and end with the Easter Egg Hunt, eggs filled with candy and gems.

The Children's Festival is the largest fund raiser for the Great Falls Optimist Club with proceeds benefitting children locally. This is a great inexpensive family outing!

THE GREAT FALLS OPTIMIST CLUB provides Thanksgiving and Holiday Meals and Gifts for those less fortunate; in the past we've provided school supplies, equipment, word processors, LCD projectors, etc for special education classes, as well as children's cancer, private injured parties, and many more.

This year, we are supporting, the Little League, the Great Falls Rugby teams, the local HS ROTC program, and our Junior Optimist Club of Langley High School. They are currently working on blankets for the homeless.

Sometimes we have oratorical and essay contests to compete for Scholarships and help them gain leadership skills.

Linda thanks the many volunteers who come out every year to help with the festival, whether it's stuffing eggs on Thursday, Apr 6th or setting up, and cleaning up the day of the Festival! These are the ones who make it a success!

"The festival began as a way for SEE GRAND OPENING, PAGE 11

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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.

Through The Years



The Grand Opening of Spring with the 33rd Annual Childrens Festival, April 9th.

FROM PAGE 9
Adeler Jewelers to thank the community for its support”, said Wendy Adeler Hall, whose father began the celebration over 30 years ago. “He’s very community minded” she said.

There are four age groups for the egg hunt at 4 PM: 8-10 Years to the north of the green, 5-7 years in the middle, 3-4 years to the south of the green. The Toddlers and younger are free to pick up eggs near the Festival rides and games during the festival 1-4. The children 4 and younger can have

one parent with them, the older ones will be only allowed on the green by themselves. Parents can watch behind the ribbons.

The eggs contain candy, but some of the 8,000 eggs will contain gems donated by Adeler Jewelers. “We usually hide about \$8000 of gems mixed in”, Adeler said. “Typically the gems include amethyst, garnet, peridot, blue topaz, citrine, some rubies and emeralds, all the typical birthstones”, she said.

In addition local vendors have sponsored rides, like a moon

bounce, a maze and a giant slide for the children to enjoy. The \$10 per child admission gives each child a bracelet that’s good for unlimited rides and the egg hunt. “We don’t charge the parents admission, but they’re free to make donations”, she grinned!

The event will take place rain or shine, and parents can call 703-759-4076 starting at 9 AM on that Sunday if the weather is poor to find out details. Tickets will become available to purchase at 12:30 behind the village center where the rides will be set up.



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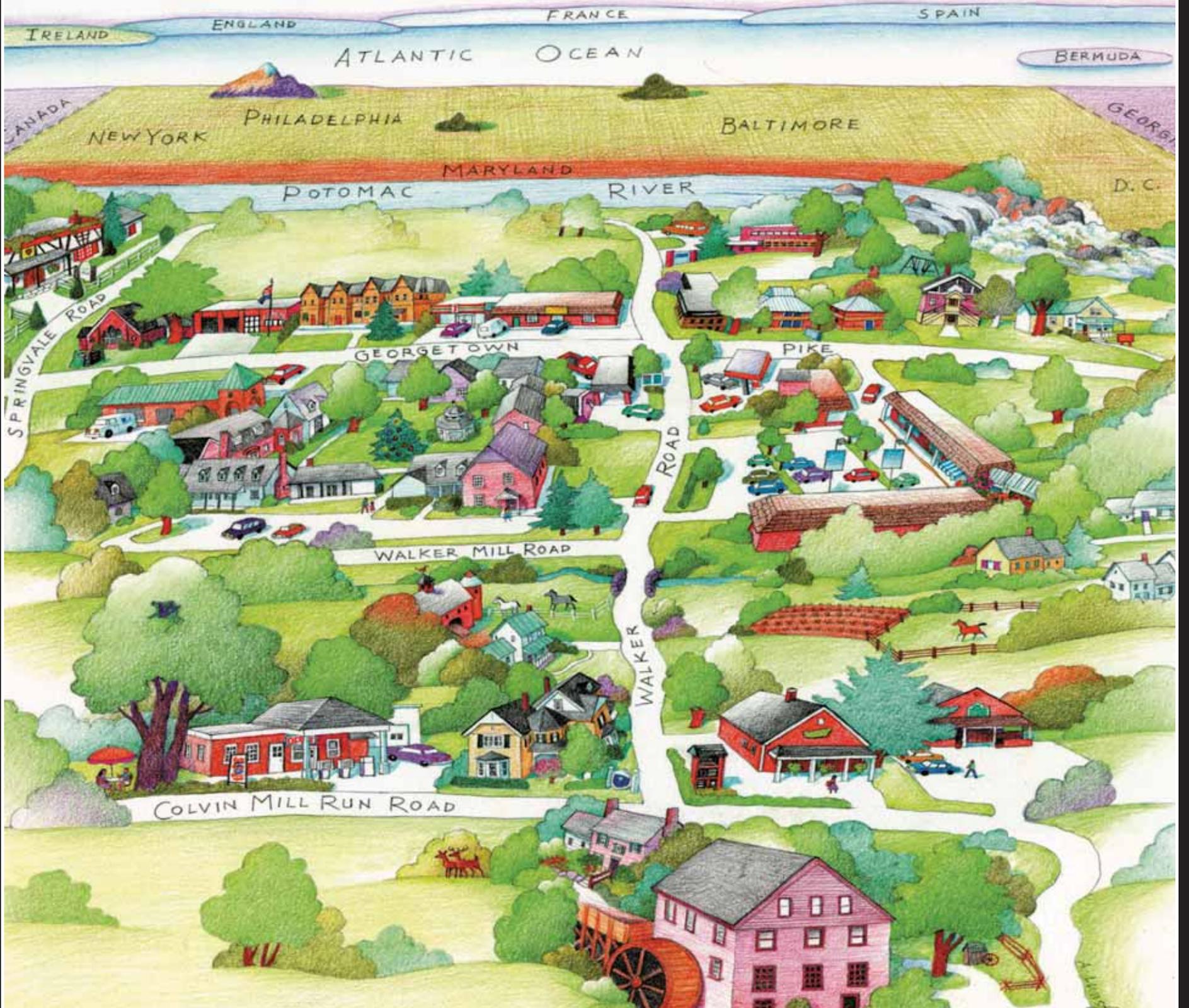


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