

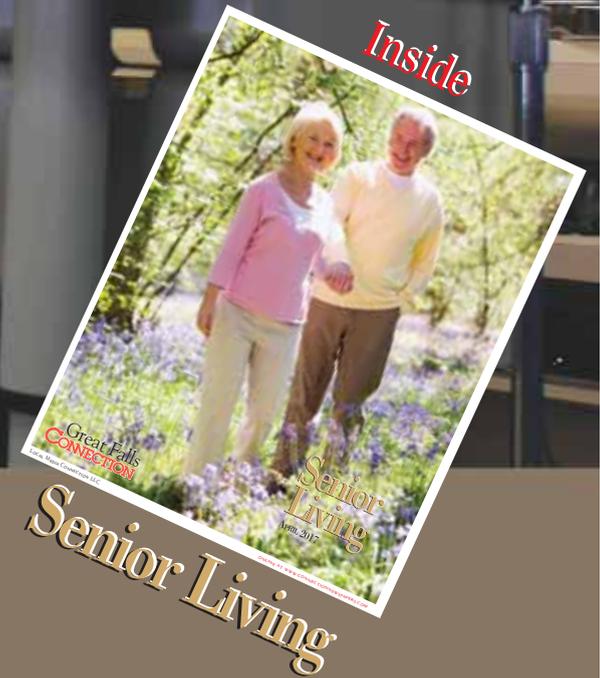
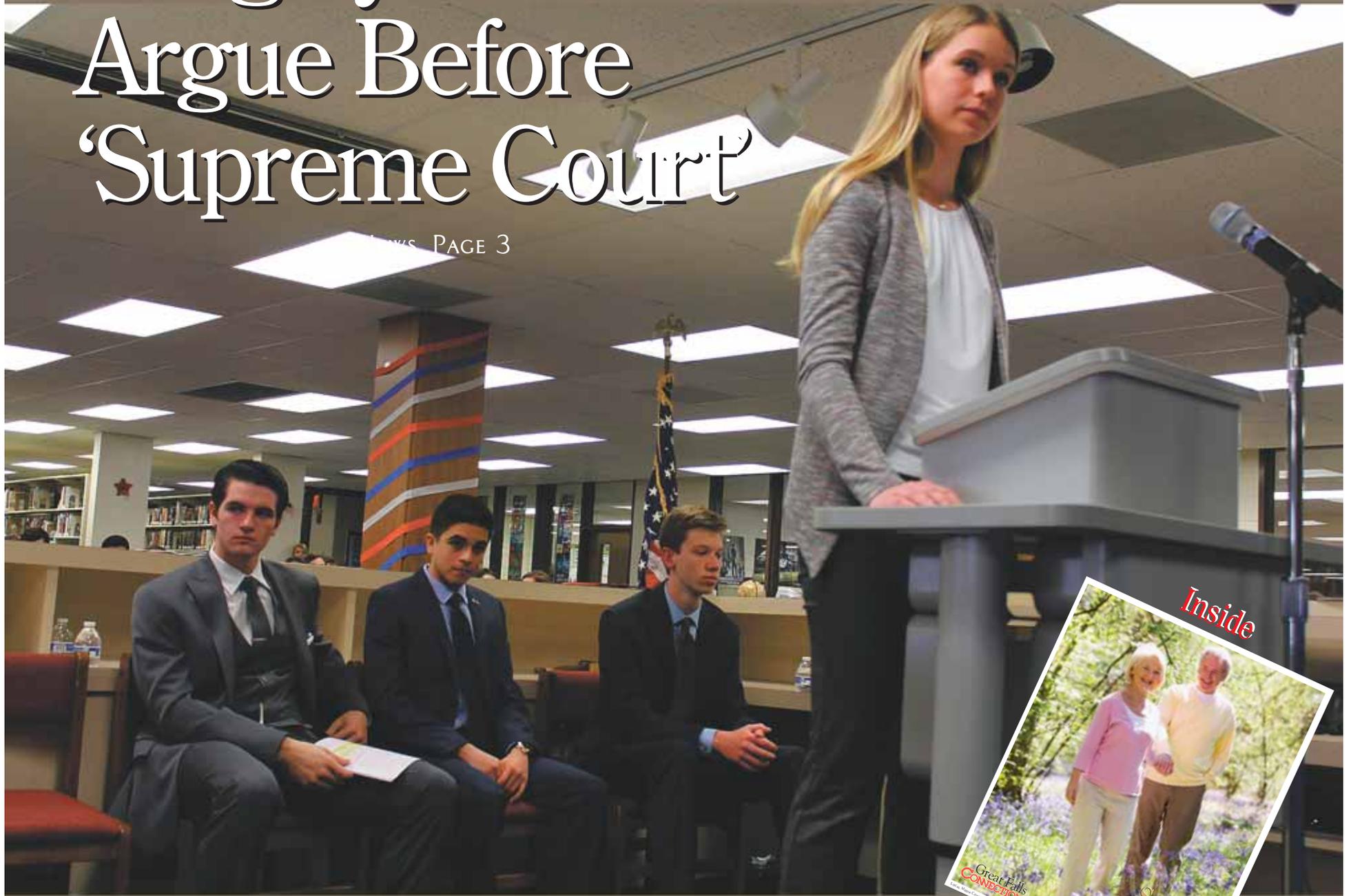


# Great Falls CONNECTION

Alyssa Czaban argues on behalf of the United States while her "co-counsel" Domenic Aulisi, left, and her opponents Kareem Al-Attar, middle, and Patrick Halm, right, listen during the Langley High School Case Day on Monday, March 27.

## Langley Seniors Argue Before 'Supreme Court'

NEWS, PAGE 3



## 'Best of Time' for Home Sellers

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PHOTOS BY FALLON FORBUSH/THE CONNECTION

**Kareem Al-Attar argues on behalf of the petitioner during the mock oral arguments.**



**“Supreme Court Justice” Jack Simmons asks a question of the “counselors” during the oral arguments as “Justice” Sanjay Beri, an attorney with DLA Piper, glances over.**

## Langley High Seniors Argue Before the ‘Supreme Court’

**“Case Day” has been held at the school for the past 25 years.**

BY FALLON FORBUSH  
THE CONNECTION

**T**he library at Langley High School was unusually busy at 8 o’clock in the morning. This was because Monday, March 27, was not an ordinary day. It was Case Day.

The annual event has been held at the school for the past 25 years by seniors who conduct a mock oral argument of a real case that is before the Supreme Court of the United States.

In this library that is transformed into a courtroom, students get to be the attorneys representing the petitioner and the respondent of the case as well as the judges deciding the case.

The real case that was selected for this year’s event was *Turner v. United States*, a case that sought justice for the murder of Catherine Fuller in 1984 in Northeast Washington, D.C.

This is because, years later, convicted defendants of the case appealed the trial court’s decision citing *Brady v. Maryland*, a case that set precedent for overturning convictions if evidence was withheld intentionally or inadvertently during a trial.

The Supreme Court has nine Justices, but Langley’s court only had eight members to reflect the reality of the Court, which has not yet filled the seat that Justice Antonin Scalia left empty when he died. While the empty seat was accurate, it was also meant to honor Scalia, according to Allison Cohen, who teaches Advanced Placement U.S. Government at the school and oversees the students who put on the event.

“Justice Antonin Scalia spoke to the students each year for 23 years,” Cohen said. “He took their questions and helped them to understand the Court and the role of oral arguments.”



PHOTO COURTESY OF NIK POPLI

**Langley High students and teachers pose with Supreme Court Justice Ruth Bader Ginsburg on Wednesday, March 29, the day the case’s oral arguments were made before the Court. From left: Lauren Malcolm, Assistant Principal Laura Moore, Simran Ahmed, AP U.S. Government Teachers Matt Kissling and Micah Herzig, Nik Popli, Shivani Iyer, Julia Tamantes, Julia Stucky, Mary Margaret Chalk, Jack Simmons, Lauren LaTeef, Domenic Aulisi, Maryam Madhi, Aamil Shah, Kendall Raymond, Gabby Sutton, Patrick Halm, Alyssa Czaban, Lindsey McKula, Zahra Hassan, Jacob Shapero, Marina Smith, Aria Zand, Elena Marcovici, Kaitlin Bonacci, Kareem Al-Attar, Olivia Augustini and AP U.S. Government Teacher Allison Cohen.**



**The yellow light indicates that Patrick Halm’s time arguing is almost up.**

While there are a limited number of spots for seniors to participate in the oral arguments, more students get to participate throughout the day through presentations and performances before the oral arguments begin.

“I’ve always loved the extent to which students take ownership of the planning of the day’s events,” Cohen said. “They decide which issues they want to talk about, who they want to bring in and plan the student presentations.”

**THE SIX STUDENTS** who participate in the main event had to try-out for their role by engaging in five-minute oral arguments. Of the top six, four are selected to serve as counselors and two as justices.

“I think that everyone who comes to see Case Day would agree that they wouldn’t otherwise believe that these were high school students,” Cohen said. “The process of preparing for oral argument builds so many skills that will serve these students well, no matter what they end up doing.”

While the majority opinion of the Langley Case Day Court decided to reverse the judgment and set aside the convictions of the petitioners, the real Supreme Court will make their decision later this year.

In fact, the real Supreme Court heard oral arguments for the case on Wednesday, March 29, just two days after Langley students conducted their mock arguments.

Justice Ruth Bader Ginsburg agreed to meet with the students at the court on that day.

“It was an experience these students will not soon forget,” Cohen said.

# REAL ESTATE

## 'Best of Time' for Home Sellers

2017 first quarter looking good for McLean and Great Falls real estate.

Karen Briscoe



BY KAREN BRISCOE  
HBC GROUP AT KELLER WILLIAMS

The year 2017 is off to a good start for real estate sales in McLean and Great Falls. The number of transactions was up 22 percent for first quarter 2017 over the same time period in 2016. Furthermore, compared to the 2007 market over one decade ago, it was up about the same amount. This is good news for the market area as we enter into the traditional spring selling season. Interesting to note that 2016 performed very similarly to 2007 market. All segments performed better or remained steady in 2017 over 2016 and 2007, with the exception of the over \$3 million price point.

The most significant increase occurred in the lower brackets, considered to be under \$1.25 million for the zip codes 22101, 22102 and 22066. The combined lower brackets were up in total sales by 30 percent year over year for the first quarter. The lower brackets represents three price ranges: under \$750,000; \$750,000 to \$1 million and \$1 million to \$1.25 million. The under \$750,000 is predominantly condos, townhomes, smaller single-family homes or lot/land where the existing home is torn down and a new home is constructed. The next two brackets

typically represents the move-up buyer.

The upper brackets also represents three price ranges: \$1.25 million to \$2 million; \$2 million to \$3 million and more than \$3 million. The market improved for the \$1.25 million to \$2 million price range in 2017. The other two segments though held steady or were softer. The number of buyers who qualify to purchase homes in this segment is considerably smaller and remains fairly constant.

Sellers in McLean and Great Falls are experiencing the "best of times" market conditions in early 2017. The number of transactions was up year over year and even greater than 2007, which experts consider to be one of the last peak years for the area. Heading into the spring 2017 market there are strong indications that homes in good condition and priced correctly should continue to sell for strong prices. Further there are some market segments that could experience price appreciation, provided demand continues to remain strong relative to supply.

*Karen Briscoe and Lizzy Conroy and their team HBC Group at Keller Williams are active and experienced Realtors® in the Northern Virginia, suburban Maryland and Washington, DC market place. Contact via the means most convenient for you: www.HBCRealtyGroup.com, 703-734-0192, Homes@HBCRealtyGroup.com.*

### McLean & Great Falls Annual Market Analysis of Home Sales (Based on Final Closed Price):

1 <sup>st</sup> Qtr. 2017 compared to 1 <sup>st</sup> Qtr. 2016 and 2007						
1 <sup>st</sup> Qtr. 2017 Sales: 234						
Zip Code	>\$3 Mil	\$2-3 Mil	\$1.25-2 Mil	\$1-\$1.25 Mil	\$750k-\$1 Mil	<\$750k
22101	1	6	30	19	33	19
22102	1	1	5	7	10	54
22066	1	2	12	9	17	7
	<b>Total: 3</b>	<b>Total: 9</b>	<b>Total: 47</b>	<b>Total: 35</b>	<b>Total: 60</b>	<b>Total: 80</b>
	<b>Combined Total Upper Brackets: 59</b>			<b>Combined Total Lower Brackets: 175</b>		
1 <sup>st</sup> Qtr. 2016 Sales: 192						
Zip Code	>\$3 Mil	\$2-3 Mil	\$1.25-2 Mil	\$1-\$1.25 Mil	\$750k-\$1 Mil	<\$750k
22101	5	6	21	14	22	16
22102	2	2	10	4	12	43
22066	1	2	8	6	12	6
	<b>Total: 8</b>	<b>Total: 10</b>	<b>Total: 39</b>	<b>Total: 24</b>	<b>Total: 46</b>	<b>Total: 65</b>
	<b>Combined Total Upper Brackets: 57</b>			<b>Combined Total Lower Brackets: 135</b>		
1 <sup>st</sup> Qtr. 2007 Sales: 190						
Zip Code	>\$3 Mil	\$2-3 Mil	\$1.25-2 Mil	\$1-\$1.25 Mil	\$750k-\$1 Mil	<\$750k
22101	1	3	17	9	22	32
22102	6	4	7	1	4	37
22066	1	2	18	5	12	9
	<b>Total: 8</b>	<b>Total: 9</b>	<b>Total: 42</b>	<b>Total: 15</b>	<b>Total: 38</b>	<b>Total: 78</b>
	<b>Combined Total Upper Brackets: 59</b>			<b>Combined Total Lower Brackets: 131</b>		

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## Another Step to Police Transparency

### Opening up records of “unattended deaths” to families.

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

#### EDITORIAL

As a result, many police departments around the Commonwealth, including Alexandria, Arlington and Fairfax, have adopted what they call a “blanket” approach to using their exemption. That means they have decided to withhold any document they can without any analysis of whether they should. Police chiefs and prosecutors from across the commonwealth have spoken out against any effort to undermine their broad power of exemption.

To its credit, the Fairfax County Police Department has committed to “release police re-

ports with redactions rather than creating a summary document,” and the new policy is in progress.

During the 2017 session of the General Assembly, state Sen. Scott Surovell’s bill, SB1102, passed both the House and Senate without any votes in opposition. The bill would require police to release the records of investigations of deaths by suicide to the closest family member.

The bill summary: “Virginia Freedom of Information Act; completed unattended death investigations; mandatory disclosure. Requires that records of completed unattended death investigations be released to the parent or spouse of the decedent or, if there is no living parent or spouse, to the most immediate family member of the decedent.”

Gov. Terry McAuliffe proposes to gut the bill by amending it to only require the police to provide a summary of the report.

Families deserve to have access to completed police reports about the death of a loved one. (This is also an issue for murder victims and other situations, but is not addressed by this bill.)

The General Assembly meets for its veto session Wednesday, April 5, and we urge every member who voted in favor of Surovell’s bill

### Tune into Budget Hearings This Week

❖ Tuesday, April 4, 4 p.m., Public Hearing before Fairfax County Board of Supervisors; School Board presents budget to Board. Fairfax County Government Center, Boardroom, 12000 Government Center Pkwy., Fairfax.

❖ Wednesday, April 5, 1 p.m., Public Hearing before Fairfax County Board of Supervisors.

❖ Thursday, April 6, 1 p.m., Public Hearing before Fairfax County Board of Supervisors. All meetings streamed live online and available to view on demand.

Residents can listen to any meeting live in the Board of Supervisors boardroom by calling 703-324-7700.

to vote to block the amendment.

We note that police departments do not have to withhold these reports; nothing in the current law prohibits their release. Police departments could choose the compassionate and transparent approach by releasing reports, redacting the names of witnesses and other information as reasonably necessary. This is what the FCPD is working towards.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

## Bidding Farewell to Circus ‘Big Top’

### Last chance to see it in Northern Virginia.

BY MICHAEL MCMORROW  
THE CONNECTION

Ringling Brothers and Barnum & Bailey Circus will close early next month and become a page in history. A few troupes will continue, some with specialties like Cirque du Soleil and others that are true circuses but small like Circus Flora. But the “Big Top” will be gone.

Attending the final few performances, nobody would guess that the end is drawing near. Performers, at the peak of their profession in “The Greatest Show on Earth,” are not about to ease up their routines or disappoint the audiences.

A blur of countless colors, music pouring from carefully positioned speakers, costumes alight with spangles and crystals, lions and tigers caged with a man and a whip, lights scanning the crowd and reaching high above the ring, horses with bareback riders, people climbing to and hanging from the rafters, everything one expects in a circus envelops each guest, young or old. Everything, that is, except the elephants that are retired to a conservation center in Florida.

Circuses can be measured by the members of clown alley, and Ringling always has some of the best. While facing disappointment as the company closes, the clowns have lost none of their energy and joy performing. In fact, they



Joan Fernandez Cabrera



Victor Rossi

PHOTOS BY MICHAEL MCMORROW

display optimism alongside professional pride.

Joan Fernandez Cabrera said he is happy to work with Ringling, but when it ends he will visit his family in Cuba and then journey to Europe with confidence of finding work. “There is always room for a good clown,” he said.

The story is much the same with Victor Rossi, originally from France and of a family with many generations in the circus.

Ringling has brought laughs and gasps to

countless millions during its 146 years crisscrossing the country. It could hold its own with moving pictures, but not with the hundreds of television channels in high definition and color.

Over the next few days, a man with a tall hat and wearing a military cut jacket of many colors will step into the spotlight and cry out “Ladies and gentlemen and children of all ages, you are about to see the most extraordinary performers and exotic animals one last time at The Greatest Show on Earth.” Older listeners will recall memories of years past, and the young will file away a memory to be recalled in years yet to come.

The bad news is that the circus is passing away. The good news is that it also is passing through Northern Virginia for a final time, right now.

### Details

#### Ringling Brothers and Barnum & Bailey Circus

Friday, April 7 through Sunday, April 16  
EagleBank Arena (formerly Patriot Center)  
George Mason University Campus, Fairfax  
See [www.ringling.com](http://www.ringling.com)

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# McLean Community Center

## 2017 Governing Board Elections

The Governing Board and staff of the McLean Community Center strongly encourage all qualified residents to vote for members of the **McLean Community Center 2017-2018 Governing Board**. Your vote sends a very important message of your support of the Center's programs and services.

### Requirements to Vote:

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

### Absentee Voting:

Want to vote, but can't make it to the McLean Day festival on May 20? Vote by absentee ballot April 10 – May 17! Call the Center at 703-744-9348 or send a request by email to "[elections@mcleancenter.org](mailto:elections@mcleancenter.org)" to have a ballot package sent to your home. You may also stop by one of three MCC's sites: Administrative Office at 6631 Old Dominion Dr., Program Office at 6645 Old Dominion Dr. (both in McLean Square Shopping Center), or at the Old Firehouse Teen Center, 1440 Chain Bridge Rd. Completed absentee voting affidavits and ballots must be returned to one of the sites by 5 p.m. on **Wednesday, May 17**, to be counted.

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

### When & Where:

Vote between the hours of **10:30 a.m. and 5 p.m.** at the McLean Day 2017 festival on **Saturday, May 20**, at Lewinsville Park, 1659 Chain Bridge Rd.

### Meet the Candidates

#### Adult Candidates—Three Positions Open



#### CECILIA DURAN

One of the truly remarkable things about getting together with my old friends, no matter what directions our lives have taken us, is that we can agree that we loved growing up in McLean. There may have been hardships and challenges—growing up is like that—but McLean, and all its resources, made it culturally rich, invigorating and nurturing. The McLean Community Center, through its classes, events and sponsored programs, draws those attributes together and offers them to all of us. Aren't we lucky?  
Email: [duanmccboard@gmail.com](mailto:duanmccboard@gmail.com)



#### ELIZABETH JOHN

I am a mother of three children under the age of five, who moved to McLean years ago so my family could be part of this incredible community and school system. I know firsthand the value MCC has brought to this community, and I'd like to play a central role in its advancement by strengthening and varying its programs for children and adults, and helping deliver the upcoming renovation. I'd love to use my experiences—as McLean resident, mother, engineer, buyer and management consultant—to pay it forward for all of us.  
Email: [lissyjohn@gmail.com](mailto:lissyjohn@gmail.com)



#### RAJ MEHRA

I am running for a seat on the McLean Community Center board because I care deeply about the community. My family has been residents of McLean since 2003 and my wife and daughters grew up in McLean. We are supporters of the McLean Project for the Arts, I have served for the last five years on the board of the Greater McLean Chamber of Commerce and when my children were younger, I was a coach for McLean Youth Soccer and McLean basketball. The charm of McLean is what I treasure most, and I want to help preserve this.  
Email: [rmehra123@yahoo.com](mailto:rmehra123@yahoo.com)



#### BRITTANY R. OATES

I am excited by the prospect of giving back to our beautiful community and serving on MCC's Board of Directors. I hope to both maintain and improve the Center's diverse activities, events and programs. As the very heart of our neighborhood, the Center inspires all of our families. For our three children, it's made McLean a marvelous place to grow up, explore and spread their wings. I want to continue to support its tradition of excellence and ensure that the MCC remains a beacon of our community that serves all of our residents. I respectfully ask for your vote!  
Email: [brittanyoates@gmail.com](mailto:brittanyoates@gmail.com)



#### ALICIA PLERHOPLES

I am an educator, nonprofit lawyer, wife and mother. My family regularly visits the McLean Community Center, where my daughters take dance classes and we attend performances at The Alden. I would like to contribute my legal expertise to the Governing Board. I am law professor at Georgetown Law, where I teach an experiential course. My students and I represent small businesses and nonprofits (including arts and community nonprofits) on legal issues, such as contracts, financing, leasing, employment law, licensing and permitting. If elected, I will use my expertise to steward the successful completion of the Community Center renovation.  
Email: [aplerhoples@gmail.com](mailto:aplerhoples@gmail.com)



#### JULIE WATERS

As a board member, I'll work hard to continue growing our community. I am an attorney and served in the active Army for 12 years. When I left active service, my husband and I were thrilled to find McLean and make it our long-term home. In the Army, I gained experience in leadership, criminal and administrative law and working with a team. I now stay home with our two children during the day, and serve in the Army Reserve. I would love to give back by representing the citizens of McLean in making MCC an even better resource for everyone.  
Email: [julie.waters8@gmail.com](mailto:julie.waters8@gmail.com); Website: [www.julieformclean.org](http://www.julieformclean.org)

### Meet the Candidates

#### Youth Candidates—Two Positions Open

##### Langley High School Boundary Area



#### ALEX CAMUS

I am running for the Board because I care about this community. I have spent the last seven years in McLean, and I am convinced of our area's responsibility to reach out to and provide for our residents. I serve on a leadership team at my church, and try to lead by example when I run for track or play in the band at Langley. My hope as a candidate for the MCC Governing Board is that I can improve upon the opportunities brought forth to McLean residents in any way possible.  
Email: [alexecamus@gmail.com](mailto:alexecamus@gmail.com)



#### BRIAN KIM

Hello, my name is Brian and I am a student at Langley High School. I am running for a position on the Governing Board to become an active member of my community. I have had previous experiences as a campaign organizer at the Fairfax County Democratic Committee and as an intern and advisor for the medical board at Sejong Geriatric Hospital. At Langley, I am a member of the Debate Team and Varsity Golf Team. Overall, I am not only interested in working with professionals and other students but also eager to participate in the administration of McLean.  
Email: [seoung315@gmail.com](mailto:seoung315@gmail.com)

##### McLean High School Boundary Area



#### CAROLINE BRUNNER

I'm a junior attending McLean High School and am proud to live in this community. I'm a student leader in marching and symphonic band, a track and field runner and a Girl Scout completing my Gold Award. I'd like to serve on the board to provide a youth perspective on the policies the board sets, keeping McLean and Langley kids' best interests in mind. I've used the community center for classes, acted in plays at The Alden and attended events at MCC. Vote for me and I will help to make it a better place for McLean kids and teens!  
Email: [carolinebrunner7@gmail.com](mailto:carolinebrunner7@gmail.com)



#### NOLAN FITZSIMMONS

My desire to serve on the MCC Board comes from wanting to help our community as much as possible. My community involvement includes volunteering for three years to help run Chess Clubs at Colvin Run Elementary School and Kent Garden ES; volunteering for Chesterbrook Assisted Living Home; and starting/running the McLean HS Chess Club. I earned the Presidential Gold Medal for Volunteering and am pursuing The Congressional Award. I'm a MHS Cross Country member and have a black belt in Taekwondo. Using the skills/experience I gained at starting the MHS Chess Club, I hope to start new MCC programs.  
Email: [nolanmva@gmail.com](mailto:nolanmva@gmail.com)



#### NIKHIL JIVAN

I look forward to this wonderful opportunity to serve on the Governing Board for McLean. I was born in Virginia and have lived in McLean since 2004. I currently go to McLean High School and I've attended Franklin Sherman Elementary, Haycock Elementary and Longfellow Middle School. I read that the McLean Community Center sets policies, approves budgets and provides general oversight for Center programs and facilities. I am truly interested in learning how all that is done and developing my leadership skills. I assure you that I will prove a sincere, honest and reliable team member if selected.  
Email: [nickjivan@gmail.com](mailto:nickjivan@gmail.com)



#### EMILY SIMONS

I have had the pleasure of growing up in this wonderfully supportive and friendly community, and have been a beneficiary of the shows, events and exhibitions that the McLean Community Center has so generously provided. Now, I feel that it is my time to give back. As a musician, I know firsthand the positive effects that the arts have on our community. I want to make sure that throughout the Ingleside renovation, the McLean Community Center institution will continue to educate, entertain and inspire us. It would be an honor to provide a youth perspective on the Board.  
Email: [emsimons4@gmail.com](mailto:emsimons4@gmail.com)



**The McLean Community Center**  
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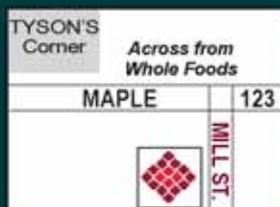


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**Julie Casso in Arts of Great Falls.**

PHOTO CONTRIBUTED

## Leading by Example

**Julie Casso: Volunteering has always been a big part of her life.**

BY ADRIENNE WEST  
 THE CONNECTION

The Great Falls community is made up of many people who give their time freely, and Julie Casso is a well-known member of that group. Born in Indiana and a Northern Virginia resident since 1988, she settled in Great Falls in January 1997. Her eye was always on this area. “It was always Great Falls; I always wanted to be in a rural setting, but not far out like Warrenton,” she said.

Casso has been the Executive Director of the Arts of Great Falls (formerly the Great Falls Foundation for the Arts) for the past four years. However, volunteering has always been a big part of Casso’s life here.

Two short years after relocating here, she became president of her neighborhood’s homeowners association and led the charge to get the permanent signage now found at Windermere off Georgetown Pike. Then she began helping out her child’s daycare, Village Green Preschool on Walker Road.

“I was [volunteering] and then became the co-chair of the parent advisory committee,” Casso said. During that time, she attended July 4<sup>th</sup> events and learned of the Great Falls Friends organization from a friend. After a few years of helping as needed, she and another woman stepped up to run the festivities. She recalls, “the event was going to go away due to no one wanting to take it on. So, since 2003, I’ve

been the chair of the July 4<sup>th</sup> parade and green festivities.”

Casso was among those who pulled many local organizations under the umbrella of the new Celebrate Great Falls Foundation.

“It was important to get the long-time residents involved in other groups to trust that we would keep the traditions alive,” she said.

One of those traditions is the July 4<sup>th</sup> celebration. “The July 4<sup>th</sup> parade, green activities, and the fireworks ... that tradition is our small town, hometown celebration. The parade is going to happen whether we’re there or not. The people know what to do. The same man is there every year, early in his car and everyone else just lines up behind him.” Casso enjoys all aspects of the event, especially the people watching. “The best part is running into your neighbors, seeing the familiar faces. I love seeing the older residents that come just to watch; they don’t have kids around anymore, but they still show up.”

One of Casso’s friends and a fellow volunteer, Claire Abbott, said Casso is a vital part of the community. “I have known Julie since our children were in preschool, and there are so many wonderful things [she] has done for our community. [It] seems she has been involved in something helpful since I have known her. She can really rally people to join in to help the community —

SEE VOLUNTEERING, PAGE 9

WWW.CONNECTIONNEWSPAPERS.COM

# NEWS

## Volunteering in Great Falls

FROM PAGE 8

always with her huge smile and unique laugh,” said Abbott. “Julie has a knack for engaging people and our youth, and knows everyone’s name and something special about them. She can add a sincere personal note to every greeting. Julie can make even hauling water and generators in a power outage or snow-storm seem like fun. Despite all the well-known organizations she has been a part of, I think she is especially proud of her Nike Park sports field recycling bins. She single-handedly emptied our local children’s multitude of water and sport drink bottles for recycling for years.”

Betty Swartz, a life-long resident and volunteer, has worked with



**Julie Casso**

PHOTO CONTRIBUTED

Casso in many local groups and agreed. “There’s not much we all haven’t done together over the years,” said Swartz.

You can join Casso’s team of July 4<sup>th</sup> volunteers by signing up at [www.celebrategreatfalls.org/4th-of-july-celebration-parade/](http://www.celebrategreatfalls.org/4th-of-july-celebration-parade/).

And check out the many classes, workshops, and exhibits given at the Arts of Great Falls at [www.greatfallsart.org/](http://www.greatfallsart.org/).

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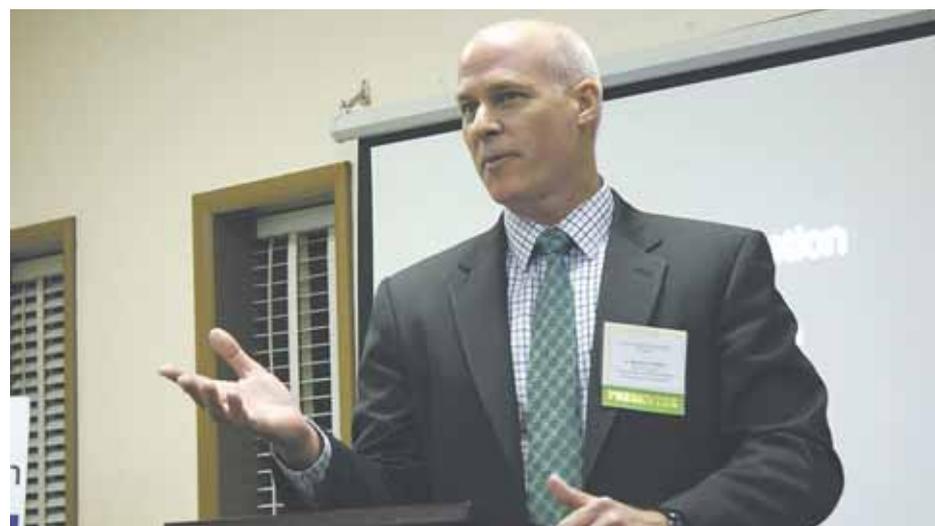
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**Rob Brown of the Virginia Department of Emergency Management tells the audience how to make an emergency preparedness plan with [www.ReadyNOVA.org](http://www.ReadyNOVA.org).**



PHOTOS BY FALLON FORBUSH/THE CONNECTION

**Special Agent J. Michael Talbot of the FBI Washington Field Office talks about the three options available to people in active shooter situations: evacuate, hide or take action.**

## Dranesville District Brushes Up On Safety Preparedness

BY FALLON FORBUSH  
THE CONNECTION

**P**eople gathered at the American Legion Post 270 in McLean on Wednesday, March 29, to learn how to prepare for emergency situations.

The Greater McLean Chamber of Commerce collaborated with the McLean Citizens Association, the Great Falls Citizens Association and the Fairfax County Federation of Citizens Associations to host the public safety preparedness program for the Dranesville District. Delegates Kathleen Murphy, D-34, and Marcus Simon, D-53, also attended.

The event convened a panel of experts including:

- ❖ Grelia Steele of the Fairfax County Office of Emergency Management
- ❖ Rob Brown of the Virginia Department of Emergency Management
- ❖ Special Agent J. Michael Talbot of the FBI Washington Field Office
- ❖ Maureen Scholz of the McLean Insurance Agency
- ❖ John Jewell of Jewell Technical Consulting
- ❖ Alex McLellan of Quality Business Coaching
- ❖ Ralph Petti of Continuity Dynamics, Inc.

**WHILE THE FIRST PORTION** of the panel focused on how to safeguard businesses, including investing in business continuity plans and insurance policies, the panel also discussed the realities that face the region.

“Because we’re right next to the nation’s capital, we are prone to terrorism,” Grelia Steele of the Fairfax County Office of Emergency Management, said during the panel.

Her agency, along with the Northern Virginia Hazard Mitigation Advisory Committee, which includes representatives from 21 jurisdictions, recently updated the Northern Virginia Hazard Mitigation Plan.

According to the plan, the potential hazards that could affect Northern Virginia include: flooding, winter storms, high winds, tornadoes, droughts, earthquakes, land-



**The Fairfax County Community Emergency Response Team (CERT) was recruiting for its next training class, which begins on Monday, April 24, at the Fairfax County Fire and Rescue Academy. Other safety organizations at the event were the Fairfax County Fire and Rescue Department, the Fairfax County Police Explorers, the Fairfax County Police Department and its Auxiliary Police Officer Program and its Citizen Advisory Committee.**

slides, wildfires, landslides, dam failures and extreme temperatures.

Since the area is a part of the national capital region, the group’s assessment also identified other threats: pandemics, cyber attacks, terrorism and chemical, biological, radiological, nuclear and explosive materials.

The plan identifies 448 critical and historic assets in Fairfax County alone that could be targeted.

“We’ve got a lot of things here,” Rob Brown of the Virginia Department of Emergency Management, said during the panel. “We’ve got a lot of critical infrastructure, not only our transportation systems but also our communication systems, server farms and a lot of federal agencies that have critical assets in Northern Virginia.”

The Fairfax County Board of Supervisors will vote on whether to adopt the updated plan at its next meeting on Tuesday, April 4, after deadline for this newspaper.

**AFTER BUSINESS AND GOVERNMENT** safety preparedness were covered, Steele urged the audience to take steps to safeguard their families during emergency situations. One thing families can do is create an emergency preparedness kit, she said.

“Make sure you have materials to keep you going for 72 hours, the materials you use every day,” Steele said.

Brown also urged the audience to use a resource his department helped create: [www.readynova.org](http://www.readynova.org).

“If you get on this website, it will actually walk you through building a plan,” Brown said.

The site features plans that are tailored for families, businesses and faith communities.

The audience was also encouraged to sign up for Fairfax Alerts at [www.fairfaxcounty.gov/alerts](http://www.fairfaxcounty.gov/alerts).



**Grelia Steele of the Fairfax County Office of Emergency Management talks to the crowd about creating an emergency preparedness kit.**

are getting is directly from the source. We obviously won’t give you all of the details, but the snippets will help you make your next decision.”

**TO FINISH THE PANEL**, Special Agent J. Michael Talbot of the FBI Washington Field Office talked to the gathering about how to respond to active shooters.

“I do not like that word anymore or that name: active shooter,” Talbot said during the meeting. “If I had anything to do with it, I would change it to active killer.”

His reasoning for his terminology is that perpetrators of these incidents are killing people with knives, cars and bombs and not just guns.

“Their intent is to kill as many people as possible and they usually don’t care if they live or die,” Talbot said.

Talbot said that people dealing with these situations have three options: evacuate, hide or take action. While the third option is of last resort, he says it is better than negotiating.

“I don’t care who you are, you actually now have advantage over the shooter because the shooter is not going to expect any one of you to take the fight to him,” he said.

## SCHOOL NOTES

Send school notes to [north@connectionnewspapers.com](mailto:north@connectionnewspapers.com) by noon on Friday.

**Amanda L. Whaley**, of Great Falls, a senior at Randolph-Macon Academy, earned a place on the dean's list for the second quarter of the 2016-17 school year. Amanda is the daughter of Richard Whaley and Laura Hoernig of Great Falls and Gretchen Gray of Stafford, Va.

**Gabrielle Rita Van Volkenburg**, of Great Falls, has been named to the president's list at Clemson University (Clemson, S.C.) for the fall 2016 semester. Van Volkenburg is majoring in psychology.

**Allison Cochran**, of Great Falls, has made the dean's list at High Point University (High Point, N.C.) for the fall 2016 semester.

**Mitchell Cochran**, of Great Falls, has made the dean's list at High Point University (High Point, N.C.) for the fall 2016 semester.

**Parker Golden**, of Great Falls, has made the dean's list at High Point University (High Point, N.C.) for the fall 2016 semester.

**Maria Kehrli**, of Great Falls, has made the dean's list at High Point University (High Point, N.C.) for the fall 2016 semester.

**Jason Wood**, of Great Falls, graduated from Miami University (Oxford, Ohio) in December 2016.

**Nicole Carroll Dunne**, of Great Falls, who is majoring in marketing, was named to the dean's list at Clemson University (Clemson, S.C.) for the fall 2016 semester.

**Alicia Nicole Giezen**, of Great Falls, who is majoring in political science, was named to the dean's list at Clemson University (Clemson, S.C.) for the fall 2016 semester.

**Kathleen Norton**, a member of the class of 2017 from Great Falls, has been named to the fall 2016 dean's list at Loyola University Maryland (Baltimore, Md.).

**Etta Davis**, of Great Falls and a senior at Oakcrest School, has signed on to play Division III lacrosse at the U.S. Coast Guard Academy in Connecticut.

**Rebecca Weil**, of McLean, was named to the dean's list for fall 2016 at Georgia State University (Atlanta, Ga.).

**Caroline Dilorenzo**, of McLean, was named to the honors list for fall 2016 at Mary Baldwin University (Staunton, Va.).

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**7:30 pm GOOD FRIDAY LITURGY AND MUSIC**  
*Dies Irae* from *Requiem*  
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sung by the St. John's Choir  
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**April 15 - Easter Vigil**  
**8:00 pm THE FIRST EUCHARIST OF EASTER**

**April 16 - Easter Day**  
**7:30, 9:00, 11:15 am HOLY EUCHARIST**  
Music with brass and timpani accompaniment

**5:30 pm - HOLY EUCHARIST**  
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**10:25 a.m.** Sunday School Grades 3 to 6  
Music 4 years to 2nd grade  
**11:15 a.m.** Holy Eucharist, Rite II  
**5:00 p.m.** Come Just as You Are Contemporary Service  
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# ENTERTAINMENT

Send entertainment announcements to  
[connectionnewspapers.com/Calendar/](http://connectionnewspapers.com/Calendar/).  
Deadline is Friday at noon for the follow-  
ing week's paper.

## ONGOING

**"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](http://www.artspaceherndon.com).

**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](http://www.goldengirls.org).

**Bingo Night.** Sundays. 4 p.m. Flame  
Room, Vienna Volunteer Fire  
Department, 400 Center St. S,  
Vienna. \$10. [www.vvfd.org/  
bingo.html](http://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  
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stress. Ravi Kaur has 15 years  
experience teaching yoga. \$15 per  
session. [www.edimprovement.org](http://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  
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703-759-9141.

**Fishing Rod Rentals** 8700 Potomac  
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## EASTER EVENTS



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## Eggs-Stravaganza

**On April 8-9 and again on April 15-16, it's the Easter  
Eggs-Stravaganza, 9 a.m.-6 p.m. at Roer's Zoofari, at  
the corner of Hunter Mill Road and Baron Cameron  
Drive in Vienna. Egg hunts, safari tours, and more.  
Participants in the Easter Egg hunt are asked to  
bring their own basket. Call 607-757-6222, or visit  
[www.roerszoofari.com](http://www.roerszoofari.com) 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.  
[www.celebrategreatfalls.org](http://www.celebrategreatfalls.org) for  
more.

**Handel's Messiah, parts 2 & 3.**  
6 p.m. at Vienna Presbyterian  
Church, 124 Park St., Vienna.  
The Easter story in music by the  
Vienna Presbyterian Church  
Sanctuary Choir, with  
commentary by Pastor Pete  
James. Visit [viennapres.org/](http://viennapres.org/) or  
call 703-938-9050 for more.

### FRIDAY/APRIL 14

**Good Friday.** noon-3 p.m.  
meditations with organ  
accompaniment; 7:30 p.m. mass  
at St. John's Episcopal Church,  
6715 Georgetown Pike, McLean.  
Call 703-356-4902 or visit  
[www.stjohnsmclean.org](http://www.stjohnsmclean.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.

**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. Day  
will be spent alternating between  
sitting and walking meditation  
with some periods of stretching.  
Only a few meditation practices  
will be guided. Call 703-281-  
1767 or register online at  
[unitysilentretreat.eventbrite.com](http://unitysilentretreat.eventbrite.com).

### SUNDAY/APRIL 16

**Easter Sunrise Service.** 6:30  
a.m. at Great Falls Park, 9200  
Old Dominion Drive, McLean.  
Hosted by Great Falls Area  
Ministries. Contact Andrew  
Chapel United Methodist Church  
703-759-3509 for more.

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# ENTERTAINMENT

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](http://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](http://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](http://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](http://www.greatfallsart.org) 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 20<sup>th</sup> 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](http://viennava.gov/webtrac) 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 80<sup>th</sup> birthday. Call 703-759-0927 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.beckyllovefoundation.org](http://www.beckyllovefoundation.org).

**Notable Women Speakers.** 8:30 a.m.-6 p.m. at Madeira School, 8328 Georgetown Pike, McLean.

## Car & Bike Show

**Pastor Eric Song with his wife Heather Weger at last year's Spring Car and Bike Show, which is on Saturday, April 8 this year, from 10 a.m.-3 p.m. at The Church of the Good Shepherd (United Methodist) parking lot, 2351 Hunter Mill Road, Vienna. Benefits So Others Might Eat and the church's youth missions. Entry fee for those who wish to show car or bike is \$20 (or \$15 plus five canned goods). Registration opens at 10 a.m.; judging at 12:30 p.m. Visit [www.GoodShepherdVA.com](http://www.GoodShepherdVA.com).**

Headliners include MSNBC's Brzezinski and Elle Décor's Julia Reed. \$100. To register, visit [www.madeira.org](http://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/](http://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/](http://greatfallsfarmersmarket.org/).

## THURSDAY/APRIL 6

**From Sundials to Satellites.** 7-9 p.m. at Great Falls Library, 9830

Georgetown Pike, Great Falls. Stephen Malys, National Geospatial-Intelligence Agency, "Journey to the Center of the Earth - Status of the Terrestrial Reference Frame." Call 703-757-8560 for more.

## TUESDAY/APRIL 11

**McLean Historical Society.** 7:30 p.m. at the McLean Government Center, 1437 Balls Hill Road, McLean. Historian Mary Lipsey who will discuss five First Ladies in her address "How Well Do You Know Your First Ladies." Free. Call 703-356-8223 for more.

## THURSDAY/APRIL 13

**Adventures in Learning Open House.** 10 a.m.-noon at Shepard's Center Oakton-Vienna, 541 Marshall Road SW. Using laughter and entertainment in learning. Visit [www.scov.org](http://www.scov.org) or contact the office at

703-281-0538, [office@scov.org](mailto:office@scov.org).  
**Passover Celebration.** 7-8:30 p.m. at Charles Wesley United Methodist Church, 6817 Dean Drive, McLean. Rabbi Stephanie Bernstein of Temple Rodef Shalom speaks to the meaningfulness of the Passover and the Seder meal. Call 703-356-6336.  
**Cory Branan in Concert.** 7:30 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. \$15. Visit [www.jamminjava.com/](http://www.jamminjava.com/) for more.  
**Hanna Emrich Demo.** 7:30 p.m. at the Vienna Art Center, 115 Pleasant St. NW, Vienna. The Vienna Arts Society presents Hanna Emrich, who will demonstrate how she alters magazine pages with CitraSolv to create images. Free and open to the public. Call 703-319-3971 or visit [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org).

## APRIL 14-23

**A Midsummer Night's Dream.** Various times in Vinson Hall's Community Building Ballroom, 1735 Kirby Road. The McLean Community Players' production of William Shakespeare's comedy. \$18-\$20. Visit [www.McLeanPlayers.org](http://www.McLeanPlayers.org) or call 1-800-838-3006 for more information.

## MONDAY/APRIL 17

**Landscape as Habitat.** 1:30-3 p.m. at Patrick Henry Library, 101 Maple Ave. East, Vienna. Join Laura Beaty and Donna Murphy of the Virginia Native Plant Society for a presentation on why conversion of lawn into wildlife habitat, using locally native plants, is an increasingly popular movement. Adults. Free. Call 703-938-0405 or visit [www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library).

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Saturday, April 15  
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[www.mcleancenter.org](http://www.mcleancenter.org)

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McLEAN COMMUNITY PLAYERS

Opens Friday, April 14!

# A Midsummer Night's Dream

By William Shakespeare

Directed by Rosemary Hartman  
Produced by Bunny Bonnes and Jean Matich

Prepare to be enchanted by this delightful tale composed of elves, mistaken identities, and wild fantasies!

## April 14-30

Fridays and Saturdays at 8:00 p.m.  
Sundays at 2:00 p.m.; there will be no matinee on Apr. 16

*A Midsummer Night's Dream* will be performed at  
Vinson Hall Retirement Community  
Community Building Ballroom  
1735 Kirby Road, McLean, VA 22101

Tickets: Brown Paper Tickets 1-800-838-3006 OR [www.McLeanPlayers.org](http://www.McLeanPlayers.org)

Audio description for the visually-impaired will be offered by the Metropolitan Washington Ear at the matinee performance on Sunday, Apr. 23, 2017. See the Accessibility page on MCP's website for more details.  
The McLean Community Players, Inc. is funded in part by the Arts Council of Fairfax County.

CONNECT WITH MCP: [FACEBOOK.COM/MCLEANPLAYERS](https://www.facebook.com/McLeanPlayers)

# Sick & Tired



By KENNETH B. LOURIE

Man o' man was I sick last weekend (that was not a question). It began as a runny nose, followed by an annoying hacking cough, compounded by sneezing and watery eyes, an occasional headache, with zero interest in food and hardly any energy to get myself out of bed where I spent practically the entire two days. I haven't been that sick/incapacitated since, I don't know when. Thankfully, there was no temperature, sore throat or nausea to further complicate my inability to move off the bed. And most thankfully, there was no urgency to visit the bathroom (I don't know if I would have had the wherewithal to even get there). Otherwise, I might have actually had to call/email the doctor and/or make an appointment at the Emergency Room. After all, I do have cancer so I really shouldn't ignore — totally — the times when I'm feeling uncharacteristically bad. This past weekend, had I gone from bad to worse, I would have called.

However, my symptoms, as miserable as they were, especially for two days, didn't meet the this-is-it threshold as set forth by my oncologist. Though the symptoms were new and different versus the everyday norm, they certainly weren't uniquely different (lung cancer related) for a seasonal-type cold. Moreover, the pain/discomfort/cough wasn't coming from my lungs, and the symptoms had only lasted a few days, not a few weeks. I therefore determined that unlike Babe Ruth who felt "just as bad" as he sounded in his famous Babe Ruth Day farewell speech at Yankee Stadium on April 27, 1947, I wasn't dying. I was just sick with a bad cold, one that was worse than any I remember (although maybe I've forgotten. See column titled "I Can't Forget What I Don't Remember" published 3/22/17).

Nevertheless, since I'm not a doctor, just a patient, presumably I should know what my body is telling me. However, I may not be so inclined to listen (fear mostly). Though my life may occasionally be at stake, I still struggle with the facts of my case. I delude myself into thinking that if I don't give in to the pain and suffering — as rare as they usually are, then I won't suffer the consequences: dying before my time. I don't want to believe the worst so I don't. I wouldn't attribute my above-average life "unexpectancy" since diagnosis (eight years — AND ALWAYS COUNTING) as the power of positive thinking since I never read the book written by Norman Vincent Peale. But I try not focus too much on my diagnostic reality.

I mean, it's not as if I laugh in the face of death; heck, I cry more than ever, especially while watching programs on television when heartstrings are pulled. Somehow though, I try not to take my cancer personally, if that makes any sense? I try to take it the same way Curly Howard of The Three Stooges took his many slapstick pratfalls: "I'm a victim of soycomstance."

But when I get sick, whether or not I feel anything in my chest/lungs, I cross over into an entirely new realm. No more am I able to talk/humor myself into or out of things, no more am I able to deny my cancer reality and no more am I able to pretend that all is right in my world. It's during these situations when the metaphorical/proverbial you know what hits my emotional fan that I suffer the most. Unfortunately, there's not a shut-off button. I just have to ride it out, as bumpy as it typically is, and hope I come out the other end in better shape than when I went in.

So far, so good. Although I'm still coughing a bit and blowing my nose, all the other symptoms have subsided and no more do I feel worse for the wear. I don't suppose it's cancer-related, but of course, what do I know? What I do know is this: if the remaining symptoms linger, I'll worry, and on Wednesday, April 19 — and for the following week, I'll worry even more awaiting the results from the CT Scan and lower abdomen MRI I have scheduled that day (it's a special: two for one). Granted, these tests are not any newer than catching a cold, but still, I can't help wondering: since I was diagnosed as "terminal," this can't keep going on forever, can it?

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

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# SCHOOLS



PHOTO CONTRIBUTED

**Members of the Longfellow Middle winning team: Reevu Adakroy, Varun Chilukuri, Joaquim Das, Tammy Ding, Michelle Du, Pulak Dugar, Julia Feldhaus, Jessica Feng, Pratyush Jaishankar, Vishal Kanigicherla, Julia Kao-Sowa, Elaine Li, Kari Naga, Marian Qian, Sahana Ramesh, Neil Shah, Rupa Siva, Caroline Sun, Alison Wan, and Gabriel Witkop. Not pictured, and part of the larger team, are: Mallika Charagundla, Ryan Chou, Evans Chun, Kevin Fan, Stephen Huan, Anoushka Sarkar, Alex Talamonti, Jason Wang, Miranda Xiong, and Eric Yin. Susan Boomer is the teacher sponsor and coach; Rajee Viswanathan is the co-coach; and Madhu Kanigicherla and Billie Feldhaus are assistant coaches.**

## Longfellow Middle Win State Science Olympiad

Longfellow Middle School won first place at the Virginia State Science Olympiad tournament on March 25 at the University of Virginia, Charlottesville. They achieved a 51-point victory over the second place

middle school team.

They will now go on to represent Virginia at the National Science Olympiad tournament at Wright State University in Ohio on May 20.

### BULLETIN BOARD

To have community events listed in the Connection, visit [connectionnewspapers.com/Calendar/](http://connectionnewspapers.com/Calendar/). The deadline for submissions is noon on Friday.

of Easter  
 ❖ **Easter Day, April 16:** 7:30, 9:00, 11:15 a.m. and 5:30 p.m. Holy Eucharist – Music with brass and timpani at each morning service.

### THROUGH SUMMER

**Vienna Street-sweeping Program.** The Town of Vienna began its annual street-sweeping program beginning March 20. The Town is divided into eight sections for purposes of the sweeping program. During the first pass through Town, the Public Works Department asks that residents not park on the street. Find the “sweeping” sections at [viennava.gov/sweeping](http://viennava.gov/sweeping). Additionally, signs will be placed on streets marking a window of 7-10 days during which the truck will come through. Contact public works at 703-255-6380.

### APRIL 9-16

**Holy Week and Easter Worship.** St. John's Episcopal Church, 6715 Georgetown Pike, McLean. Call 703-356-4902 or visit [www.stjohnsmclean.org](http://www.stjohnsmclean.org).  
 ❖ **Palm Sunday, April 9:** 7:45, 9:00, 11:15 a.m. and 5:30 p.m. Holy Eucharist  
 ❖ **April 10 and 11:** 6:30 p. m. Holy Eucharist  
 ❖ **April 12:** 11:00 a.m. and 6:30 p.m. Holy Eucharist  
 ❖ **Maundy Thursday, April 13:** 7:30 p.m. Holy Eucharist and Stripping of the Altar  
 ❖ **Good Friday, April 14 – Meditations and Music** – noon-3 p.m. – Meditations by the Rector on The Seven Last Words of Christ and music on the Seven Last Words of Christ sung by the St. John's Choir with organ accompaniment. All are welcome for any part of the service.  
 ❖ **Good Friday, April 14 – Liturgy and Music:** 7:30 pm – *Dies Irae* from *Requiem* by Charles Villiers Stanford sung by the St. John's Choir and the Choir of St. Francis Church, Great Falls with organ and string quartet  
 ❖ **Easter Vigil, April 15:** 8 p.m. First Eucharist

### 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/](http://oaktonumc.org/) or call 703-938-1234 for more.

### SUNDAY/APRIL 16

**Easter Sunrise Service.** 6:30 a.m. at Great Falls Park, 9200 Old Dominion Drive, McLean. Presented by Great Falls Area Ministries. Contact Andrew Chapel United Methodist Church 703-759-3509 for more information.

### 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](mailto:info@scmaf.org). The Center's website is [www.scmaf.org](http://www.scmaf.org)

### 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](http://fairfaxgardening.org) or call Dora Lockwood at 401-864-4778 for more.

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The Vienna/Oakton Connection  
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### 21 Announcements

**ABC LICENSE**  
 HBC Market Common Corp. trading as Heritage Brewing Co. Market Common Brewpub & Roastery, 2900 Wilson Blvd, Ste 104, Arlington, VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On and Off Premises and Mixed Beverage license to sell or manufacture alcoholic beverages.  
 Sean Arroyo, CEO  
 NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

### 21 Announcements

**ABC LICENSE**  
 The Beer Lot, LLC trading as The Lot, 3217 10th Street North, Arlington VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises; Mixed Beverage license to sell or manufacture alcoholic beverages. Michael Bramson and Naeem Mohd, Managing Members NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 dates from the publishing date of the first of two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

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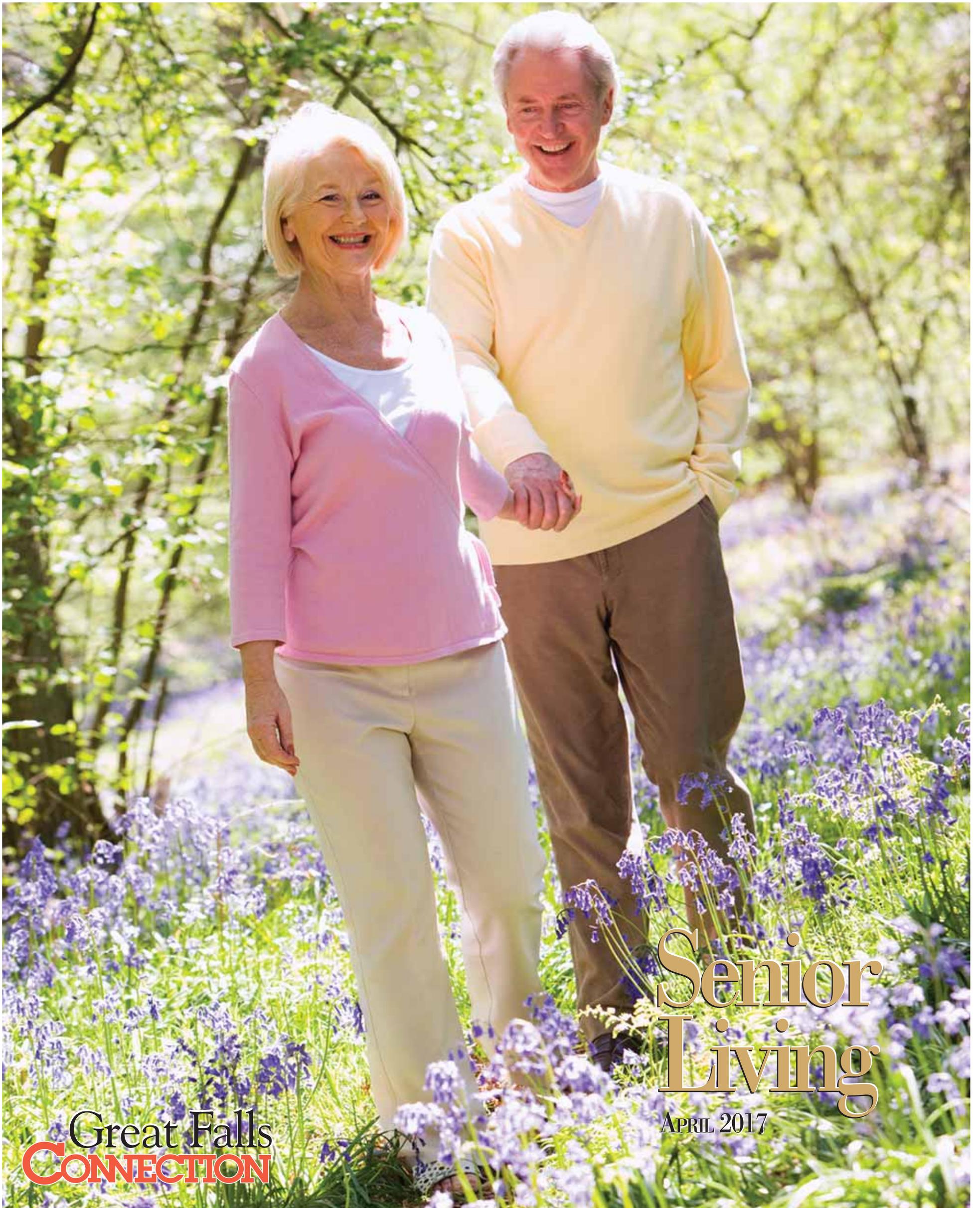
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Monday, May 15 at 7 pm

## Movie Under the Stars

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Friday, May 18 at 7 pm

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## Smoothies at the Lake Ann Community Center

1609-A Washington Plaza, Reston

Tuesday, June 6 at 11 am

## Ice Cream Social at the Lake Ann Community Center

1609-A Washington Plaza, Reston

Thursday, June 8 from 1:30 to 3:30 pm

## Tall Oaks Community Yard Sale

Saturday, June 10 from 9 am to Noon

## Alzheimer's Support Group

Monday, June 12 at 7 pm

## Fourth of July Celebration

Enjoy a chef-prepared lunch and a tour. Reservations required.

Tuesday, July 4 from 11:30 am to 1 pm

## Sip and Paint at Tall Oaks

Thursday, July 13 from 4 to 6 pm

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## Senior Living



Members of the Potomac Community Village attend a workshop on the Go4Life program, which was designed to help those who are over 50 incorporate exercise and physical activity into their daily lives.

## Fit for Golden Years

Exercises for strength, endurance, balance and aerobics are key.

BY MARILYN CAMPBELL  
THE CONNECTION

At 7 a.m. each weekday, a group of Del Ray seniors meet at Starbucks to embark on a brisk, 45-minute walk. The women return to their starting point for coffee and conversation. Their goal is to stay active and socially engaged.

"Even those of us who've never exercised and aren't necessarily fit enjoy our walks," said Joyce Herrington, one of the group members. "It's mostly social and we enjoy it. The fact that we're getting some exercise is a bonus."

Late last month, representatives from Go4Life, a program created by the National Institute on Aging (NIA), held a pilot workshop in Potomac, Md., that was designed to test methods for motivating older adults to increase their physical activity. Workshop participants were from Potomac Community Village, one of several Go4Life partner organizations of seniors who are helping to design strategies to engage seniors in exercise programs.

Sheila Moldover, Potomac Community Village Communications Chair believes that local seniors can benefit from Go4Life.

"We're going to include some easy and simple flexibility, balance and strength exercises at each of our Potomac Community Village meetings, and distribute Go4Life materials to our members, including to those who are already exercising," she said. "We want to encourage everyone to pay attention to their balance, flexibility and strength as well as to endurance. We see that as enabling us to age in place, to thrive in place, and be healthy and active."

Go4Life, an exercise and physical activity campaign from the National Institute on Aging (NIA) at the National Institutes of Health (NIH), is designed to help those who are over 50 incorporate exercise and physical activity into their daily lives.

"We want people to know that it's never too late to start an exercise program, and we focus on four types of exercise: strength, endurance balance and flexibility," said Stephanie Dailey of the Go4Life program at the NIA. "It's important that they're doing all four components. Older adults can gain a lot from exercising. In fact, people have a lot more to lose by not exercising than by starting exercising."

**WHEN BEGINNING** an exercise program, Dailey recommends guidelines established by the Centers for Disease Control and Prevention.

"About 150 minutes per week of moderate activity is recommended for adults," she said. "If you are going to start a fitness program, see your doctor first."

For older adults exercise is important for maintaining function, physical strength and fitness, managing and preventing diseases, improving your mood and giving you more energy.

In spite of a popular misconception, older adults can gain strength and improve their muscles with these exercises, says personal trainer Christian Elliot, CEO, Founder TRUE Health and Wholeness in Arlington, Va. "I work with people who are in their 60s, 70s, 80s and 90s and I've never met a person who couldn't improve their fitness," he said. "We're not going to stop aging, but you can certainly slow it."

Elliot recalls a client who was in her late 50s who didn't have a history of physical fitness, but wanted to get in shape. "She has hit some of the most phenomenal milestones, like being able to hold a 12-minute plank, do 50 push-ups and five push-ups on one arm," he said.

**FOR THOSE WHO** are new to fitness, there is good news. "There's a lot of evidence that middle age is a great time to get

SEE FIT, PAGE 3

# Senior Living

## It Takes a Village: Supporting Seniors

### What Is a Village?

The Village concept is a growing grassroots movement that aims to provide the support that older adults may require when choosing to age-in-place. The idea is simple: neighbor helping neighbor. Villages help older adults stay in their communities by helping to coordinate and deliver services and support within their communities.

### How Does It Work?

Village organizers, who are typically ages 50 and older, create volunteer programs for seniors in their communities as well as vet and negotiate with service providers to assist older adults in their homes. A broad range of services may be available, includ-

ing rides to medical appointments, discounts at local theaters, reliable home repair services, and home health care. Many Villages also offer social activities and informational seminars for their members. Visit [www.fairfaxcounty.gov/hd/lccec/villages.htm](http://www.fairfaxcounty.gov/hd/lccec/villages.htm).

### Local Village Organizations

- ❖ Herndon Village Network (HVN) — [www.herndonvillagenetwork.org](http://www.herndonvillagenetwork.org)
- ❖ Lake Barcroft Village — [www.lakebarcroftvillage.org](http://www.lakebarcroftvillage.org)
- ❖ McLean Community: A Village for All Ages (MCVA) — [www.McLeanCVA.org](http://www.McLeanCVA.org) or email [info@McLeanCVA.org](mailto:info@McLeanCVA.org)
- ❖ Reston for a Lifetime — [www.restonforalifetime.org](http://www.restonforalifetime.org)
- ❖ Reston Useful Services Exchange — [www.restonuse.org](http://www.restonuse.org)

## Centers Without Walls

The Fairfax County Center Without Walls program is a public/private partnership that brings local government together with residents, businesses and houses of worship to provide all the benefits in programming and activities for older adults in communities where a senior center facility is not located. The Center Without Walls program currently serves older adults in the Burke/West Springfield and Great Falls communities.

### Burke/West Springfield Center Without Walls

Programming focuses primarily on exercise and fitness for older adults, including Tai Chi and Zumba classes.

For information about registration and programming, please contact the Pinn Community Center at 703-250-9181, TTY 711 or email

[burkewestspringfieldcwow@fairfaxcounty.gov](mailto:burkewestspringfieldcwow@fairfaxcounty.gov). For activity details and schedules, visit the community-based website at [www.scwow.org](http://www.scwow.org).

### Great Falls Senior Center Without Walls

Programming focuses primarily on social gatherings and continuing education for older adults, including technology workshops, trips, current events discussions and guest speakers/lecturers on a variety of topics.

For information about registration and programming, please contact the Human Services Region 3 Office at 703-787-4962, TTY 711.

For activity details and schedules, visit the community-based website at [www.gfseniors.org](http://www.gfseniors.org).

## Fit for Golden Years

FROM PAGE 2

fit," said Julie Ries, Ph.D, professor of physical therapy at Marymount University. "You want to be active and healthy in your middle age so that will keep dementia at bay in your old age. Exercise is not only for your physical health, but also your cognitive health."

A well-rounded exercise program should include exercises that focus on aerobic exercise, flexibility, muscular strength and muscular endurance, and balance, says Susan P Thompson, Ph.D., assistant dean, Health Physical Education at Northern Virginia Community College.

"Cardiovascular exercises should be done most days of the week for a minimum of 20-30 minutes," she said. "Walking, swimming, cycling, dancing, hiking and any activity that uses your large muscles in a continuous movement will increase your heart rate and improve circulation."

Stretching and moving your joints through their range of motion will keep the joints lubricated and less stiff. "Stretching will also help decrease pain and stiffness in the back, neck, hip and feet," said Thompson. "For the sportsman it will increase your power and ability to improve your follow

through motion. For the hiker, it will let you lift your arms and legs higher. You can stretch daily. Yoga and dance are activities which focus on stretching."

Improved muscular strength and endurance will allow you to do everyday tasks with less energy with less chance of injury, advises Thompson. "Leg strength will enable you to walk faster, get up and down from chairs with more ease," she said. "For resistance, [you can use] hand weights, resistance bands, weight machines, water walking and exercise or your own body weight. Resistance training should be done two-three times a week working the major muscles. Pilates and other floor work focus on the core muscles."

Balance training is important to prevent falls, one of the leading causes of death and disability in the senior population. "Although muscular strength, muscular endurance, flexibility and cardiovascular exercises contribute to better balance, specific balance training is focused on body awareness, controlling your center of gravity, being able to navigate your environment and react quickly," said Thompson. "The most important thing is to find an exercise or activity that you enjoy. If you enjoy what you are doing, you will be more likely to continue.



## 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](mailto:kakers@kensingtonsl.com)

The Kensington Falls Church is pleased to announce its collaboration with the Parkinson Foundation of The National Capital Area (PNCA) 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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## Senior Living

# Mid-Century Classic for Artful One-level Living

BY JOHN BYRD

Two years ago, Jeff and Jenny Herre, both retired, were living in a five-level townhouse in Old Town Alexandria with a view of the river. Long-term residents, they were satisfied with all the house had to offer. They collected art and fine furniture and their periodic renovations over several years had extended all the way to the attic.

As they approached their 70s, however, they questioned how much effort they wanted to expend getting from room to room.

“We were wondering aloud whether we’d still want to be climbing five flights of stairs in 10 years,” Jeff Herre said. “That’s when we began thinking about downsizing, and ways we might concentrate our primary living needs on one level.”

After assessing available northern Virginia properties for several months, a Realtor introduced the Herres to a home in Hollin Hills, a community of some 450 houses in Hybla Valley. Hollin Hills is renowned in architectural circles — even listed in the historic record as one of the first communities in the U.S. to feature modern architecture exclusively.

“In the 1950s, most progressive modern homes were owner-commissioned,” said Roger Lataille, a design consultant at Sun



At slightly over 900 square feet, the primary living area the Herres remodeled home in Hollin Hills is comparatively small but designer wall elevations employ texture and color that make the space feel expansive.

Design Remodeling. “But Hollin Hills was an entire development focused on the advanced architectural concepts that emerged after World War II.”

Part of the enduring appeal was that architect Charles Goodman and landscape architect Dan Kiley had sited each Hollin Hills residence to maximize privacy. Even though

lots are seldom more than one acre, it’s difficult for your neighbor to see you from their house, and vice versa.

“We loved the wooded setting right away,” said Jeff Herre. “The problem was, the house itself didn’t look like anything we’d want to live in.”

Herre’s question for Lataille from the start was right to the point: “Can you make the changes we want within our budget?”

“There have been significant developments in open floor plan design in recent years,” Lataille said. “Part of this is driven by demand: more people want spaces that allow for both privacy and easy interaction.”

Enter Jon Benson, Sun Design’s lead designer, master craftsman with several published books on woodworking to his credit.

“This really feels like our home now,” said Jeff Herre. “We’ve made the transition we wanted, and are pleased with it.”

*Sun Design Remodeling frequently sponsors design and remodeling seminars as well as tours of recently remodeled homes. Headquartered in Burke, the Sun Design also maintains an office in McLean. Sun Design will be sponsoring an open house in a recently remodeled home on April 29 and 30 from 11 a.m. to 5 p.m. daily. For more information: [www.SunDesignInc.com](http://www.SunDesignInc.com)*

*John Byrd ([byrdmatx@gmail.com](mailto:byrdmatx@gmail.com)) has been writing about home improvement for 30 years.*

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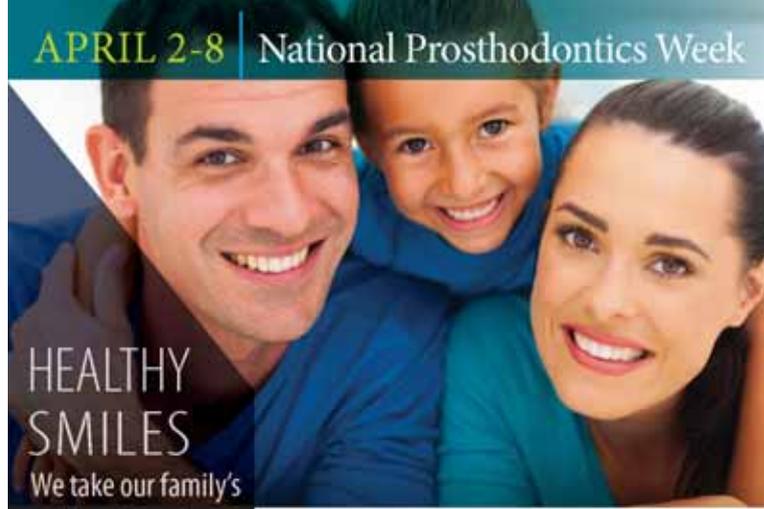
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