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# Java Town

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GREAT FALLS • MCLEAN • RESTON • POTOMAC FALLS ▼ MAY/JUNE 2010 ▼ PUBLISHED BIMONTHLY ▼ ENJOYED WITH COFFEE



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mvandergrift@washingtonfirstbank.com

### PROFILE

#### Julia MaInnis: Talented Photographer and Dedicated Local Volunteer



Photographer Julia MaInnis, a native of Alexandria.

Julia MaInnis is a local mom, noted photographer and lovely lady with a heart of gold. Read on to learn more about how Julia uses her talent to help those in need.



**Q.** Tell us a little bit about your background.

**A.** "I was born and raised in Alexandria. I attended college at Indiana University of PA, where I got my B.S. in Marketing and Spanish, and studied photography at a local community college for fun. I never intended it to be a profession but am so happy it turned out that way! I am married to a musician and we have two boys, ages seven and nine."

**Q.** What type of subjects do you like to photograph?

**A.** "I shoot mostly portraits of children and families along with doing maternity and newborn a bit too. I shoot about a dozen weddings a year throughout the metro area. I generally take my camera with me everywhere. For fun, I'll shoot our family destinations, or friends' kids. I look forward to traveling to Europe sometime again where I can have a stab at landscapes and shooting architecture for a change. My shooting style is relaxed and I try to find moments that really pull from emotion. I shoot a lot in order to get those split-second reactions or feelings from parents or children. I also like to shoot tight with my portraits so that I can capture the eyes . . . whether it's a bride or a toddler!"

**Q.** How are you involved with "Now I Lay Me Down to Sleep?"

**A.** "NILMDTS is a charity that offers professional photography for families that unexpectedly lose a baby. It is one of the darkest days in their lives. My job is to create beautiful images of the parents and their baby to help them move through the grieving process a bit easier. In September of 2006, I joined NILMDTS as a volunteer photographer, and about six months later decided to become an area coordinator. The charity was formed in 2004, so it was really very new. No hospitals had heard of it. I've been a coordinator since 2007. We now have a team of 30 volunteers and are in about 13 hospitals throughout Virginia, D.C. and Maryland. I spend time recruiting and training photographers as well as educating hospitals on our services."

**Q.** What are your future goals?

**A.** "Right now I am juggling working and being a mom to two elementary school aged kids with very busy schedules. I love being able to work from home so I can be present for them as much as possible. I scale back in the summer when my boys are off and I love that perk of having my own business."

For more information, visit [www.JuliaMaInnisPhotography.com](http://www.JuliaMaInnisPhotography.com).

### AROUND TOWN



Members of Great Falls Woman's Club enjoyed a fabulous Spring High Tea and Fashion Show at Saks Fifth Avenue in Tysons.

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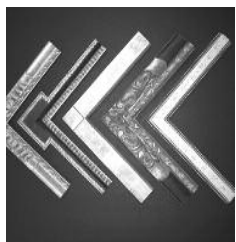
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## A WORTHY CAUSE



### The First Annual Joe Cassella 5K Run/Walk in Great Falls

The First Annual Joe Cassella 5K Run/Walk will take place on Sunday, May 23rd on Columbine Street in Great Falls. This event will honor the memory of local legend Joe Cassella, celebrate his life, and push forward to keep his dreams alive.



Joe Cassella

Joe was a devoted father, husband, son, brother and friend of the Great Falls community who passed away surrounded by his family and friends on July 11th, 2009 after a heroic ten-month battle with mesothelioma. Joe grew up in Frankfort, New York and moved to Virginia in 1993, most recently settling in Waterford. He is survived by his wife and children.

Words are not enough to describe Joe. He was more than an outstanding personal trainer and owner of Elite Fitness Concepts in Great Falls. He was a superhero. Joe was the epitome of strength, health, fitness, family and a well-balanced life — a friend who always made you smile and feel special.

Join Joe's family, friends and the community in this 5K Run/Walk. To register, visit [www.EliteFitnessConcepts.com](http://www.EliteFitnessConcepts.com). All proceeds will benefit The Cassella Children's Education Trust and The Miracle League.

The Kids' Fun Run will begin at 8:30am, and the 5K Run/Walk will begin at 9:00am. Race day registration will be held from 6:45-8:45am.

## QUOTE OF THE MONTH

“When we are no longer able to change a situation, we are challenged to change ourselves.”

—Victor Frankl

## ASK THE EXPERTS



Dawn O'Day Foster, owner of Pampered Pets, holds Yorkie Gesso after his monthly mobile grooming in Potomac Falls.

### Pampered Pets Are Happy Pets!

Fairfax resident Dawn O'Day Foster started Pampered Pets Curbside Grooming Salon and Spa in March 2007 after graduating from Canine Clippers School of Petgrooming in Dumfries. Dawn had been an Executive Director managing several non-profit associations and foundations for 25 years and decided to change careers and start a business of her own. "I wanted a mobile grooming business because it offered flexibility and would be a business I could take anywhere," says Dawn.

What exactly does a mobile groomer do? Upon arrival at the client's home or office, Dawn starts the generator to get the salon up and running. The salon is equipped with a full-sized bath tub with hot and cold water, high velocity hair dryers, electric grooming table, clippers, etc.

Dawn goes to the door, greets the client and discusses grooming needs for the day's session. If it's a first time grooming, any health issues, behavioral issues, and client expectations are reviewed.

Mobile grooming works so well because there is personalized attention, reduced level of stress and less time needed by both client and pet. Typical groomings take 1 to 1 1/2 hours so the pet is only out of the client's care for a short time compared to the 5-8 hours they have to spend at a groom shop.

For more information, visit [www.pampered-pets.us](http://www.pampered-pets.us).

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