

and Oakton
Vienna CONNECTION

Leyna and Gaurave Batta of Fairfax opened their own Orangetheory Fitness in Vienna in September 2015. They first met at Cherry Run Elementary School, attended Lake Braddock Secondary School and went to senior prom together in 1996.

A+
PAGE 6

OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 9 ♦ SPORTS, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

PHOTO COURTESY OF GAURAVE BATTA

Riding the Orange Wave

NEWS, PAGE 12

Oakton Teen Gets the Nobel Experience

NEWS, PAGE 3

Vienna Athlete 'Slides' Towards 2018 Winter Olympics

NEWS, PAGE 3

Fairfax Water

NOTICE OF PUBLIC INPUT SESSION

February 4, 2016 at 6:30 p.m.

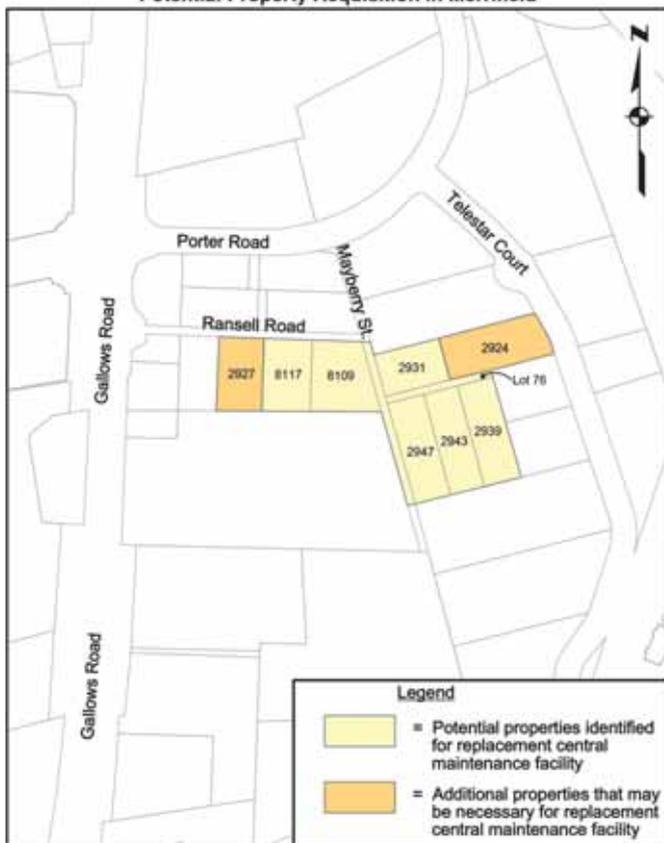
The Fairfax County Water Authority ("Fairfax Water") will hold a public input session at 6:30 p.m. on Thursday, February 4, 2016, to receive and consider public comments on the potential acquisition of properties.

These properties are located at 2931, 2939, 2943, 2947 and Lot 76, Mayberry Street and 8109 and 8117 Ransell Road, Falls Church, Virginia.

Fairfax Water is also considering acquisition of additional properties:

2924 Telestar Court and 2927 Gallows Road.

Potential Property Acquisition in Merrifield



Fairfax Water may seek to acquire some or all of these properties for public use to serve as the site for a replacement central maintenance facility that Fairfax Water must construct and operate to meet the existing and future public water service requirements of its customers.

This location was suggested by the Greater Merrifield Business Association and others as a feasible site for such a facility. Information on this meeting can be found on Fairfax Water's website at this address: http://www.fairfaxwater.org/notices/pis_2016_02_04.pdf

The public input session will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA 22031. Those wishing to speak at this session should call Eva Catlin at (703) 289-6017.

Interested parties also may submit written comments to PublicHearingComments@fairfaxwater.org or mail written comments to:

Fairfax Water
Public Input Session Comments
8570 Executive Park Avenue
Fairfax, VA 22031

All written comments must be received by close of business on **Wednesday, February 3, 2016** to be included in the record of the public input session.



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Advertising Deadlines are the previous Thursday unless noted.

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2/3/2016..Wellbeing – Nat'l. Children's Dental Health Month
2/10/2016.....HomeLifeStyle
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No member of a crew is praised for the rugged individuality of his rowing.

—Ralph Waldo Emerson





James Madison High School graduate and Olympics hopeful Veronica Day with her skeleton sled.



PHOTOS BY MOLLY CHOMA
Veronica Day takes off on her sled in training for the 2018 Winter Olympics.

Vienna Athlete 'Slides' Towards 2018 Winter Olympics

Veronica Day competes in skeleton, nationally and internationally.

BY DONNA MANZ
THE CONNECTION

While watching the 2010 winter Olympics bobsled and skeleton runs staged in Canada, James Madison High School graduate Veronica Day joked to her college roommate they they, too, should learn to bobsled. A track and field athlete herself in high school and college, Day learned from the television broadcast that many of the participants were track and field athletes like herself.

Her life changed when she "Googled" bobsled and skeleton U.S. Olympics and clicked the "recruitment" tab. Now, Day trains to represent the United States at the 2018 Winter Olympics in the Republic of Korea.

"I'm doing skeleton because it's fun and I'm good at it," said Day. "If I were not, I'd go out and get a normal job."

AFTER GRADUATING from Elon College in 2011, Day made her way to Lake Placid, N.Y., where she entered a combine.

"Because of my stature, skeleton was a better fit than bobsled," said Day. "The fitness test went well and I signed up for a sliding school in the fall."

Now, Day is vying for a spot on the U.S. Olympic skeleton team, and, at 26 years old, Day is currently ranked sixth nationally in skeleton competition.

Skeleton, referred to as "sliding," involves a one-person sled that zooms down an icy track. It appears similar to bobsledding or luge. The slider could reach speeds of up to 90 miles per hour.

Day is excited to compete in the national team try-outs in the fall of 2017. The top two competitors will compete in the World Cup circuit and are likely to be chosen to represent the U.S. in the 2018 Olympics.

All United States athletes training for the Olympics are self-funded, and, Day said, it costs her about \$15,000 to \$17,000 a year to train. "You have to be good at tracks around the world, and I pay for ev-

Veronica Day: Olympic Training Career Highlights

2015-2016 North American Cup - BRONZE in Calgary #1 (11/15); BRONZE in Calgary #2 (11/15); 5th in Whistler #1 (11/15); 6th in Whistler #2 (11/15); •2014-2015 Intercontinental Cup - 10th in Calgary #2 (1/15); 9th in Calgary #1 (1/15); 11th in Whistler #2 (1/15); 10th in Whistler #1 (1/15); 18th in Winterberg (12/14); 18th in Koenigssee #2 (11/14); 20th in Koenigssee #1 (11/14); 12th Lillehammer #1 (11/14); 2013 National Championships - 8th in Lake Placid (3/13); 2012-2013 North American Cup - 11th in Park City #2 (11/12), 8th in Lake Placid #1 (3/13); 2012 U.S. National Push Champion

everything. There is no government support."

That is where the Optimists of Greater-Vienna come in. The local club pledged support for Day for four years, a partnership Day values.

"Veronica Day with her passion and dedication to achieving the goal of Olympic Gold, certainly represents the best of Vienna's young people," said Vienna Optimist, Tom Bauer. Bauer noted that "bringing out the best in youth" is an Optimist mission.

To support herself financially, Day works for the USA Olympic committee in Colorado Springs where she maintains an apartment. She trains, though, in Park City, Utah, and in Lake Placid, N. Y. Travel costs are her own.

Day is a three-time Southern Conference Champion, nine-time All-Conference honoree, Southern Conference Field Athlete of the Year and recipient of the Stein H. Basnight Most Outstanding Athlete Award by Elon University.

"You have one life to live," said Day. "If something piques your interest, go and try, go for it."

Day earns "points" at each of the four domestic races held in the fall, the national team trials. During the summer, when there is no sliding practice, Day concentrates on strength-training.

Sometimes, when sliding down a new, strange run, Day thinks, "what did I get myself into?" Once she has experienced the slide, though, she becomes comfortable with the run.

"If it wasn't worthwhile, I wouldn't be doing it," Day said.

TO LEARN MORE about Vienna's own Veronica Day or to support her, go to the Team USA website, <http://www.teamusa.org/usa-bobsled-skeleton-federation/athletes/Veronica-Day>.



Ekaterina Forkin, 15, of Oakton (front row, third from right), joins 23 members of the National Society of High School Scholars for Nobel Week in Stockholm, Sweden.

Oakton Teen Gets the Nobel Experience

Interest in science and medicine leads to Stockholm trip.

BY ABIGAIL CONSTANTINO
THE CONNECTION

Ekaterina Forkin, a sophomore at Oakton High School, spent several days in Stockholm, Sweden learning about how Nobel laureates are selected.

"I've always been interested in how they selected laureates," said Forkin, "And their expansive research and why it benefits society and why it should be recognized and rewarded."

Nobel Week was organized by the National Society of High School Scholars, NSHSS. Forkin applied to participate in September, writing an essay on why she wanted to go.

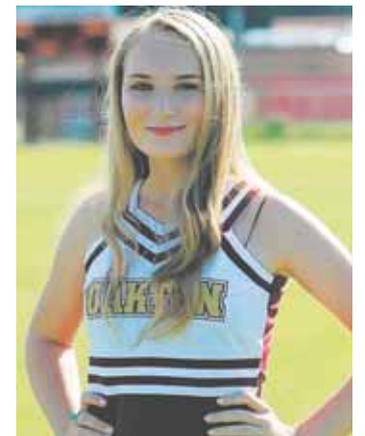
At 15, she was the youngest of 24 NSHSS members, from countries such as Sweden and India, to attend on Dec. 7 to 10.

Forkin learned that to win a Nobel Prize in science, research and discovery have to be groundbreaking, something that "no one has really discovered and researched before." Undaunted by the quality of research and accomplishment necessary to win, Forkin said the experience only strengthened and motivated her to pursue science and STEM.

Ellen Hussain, Forkin's math teacher said in an email, "Ekaterina is ambitious, diligent and naturally inquisitive. The types of questions she asks are indicative of her true interest in learning for its intellectual sake."

Aside from meeting the Nobel committee for chemistry and physics, who explained the criteria for choosing laureates, Forkin also attended college lectures at Stockholm University

PHOTOS CONTRIBUTED



Ekaterina Forkin, 15, a sophomore at Oakton High School, is one of 24 selected participants of Nobel Week in Stockholm, Sweden, where she learned about the work of the Nobel committee.

and experienced what it would be like to attend class in an exchange or study abroad program, something she wants to do when she goes to college.

She also got to do some sightseeing, going to the Skansen Christmas Market, Old Town Stockholm, city hall and several museums.

Nobel Week in Stockholm is a time in which the Nobel Prize Ceremonies and numerous other festivities occur. At a special reception, NSHSS scholars discussed the intricacies of the Prizes with the president of The Royal Swedish Academy of Sciences and members of the selection committees for the Nobel Prizes in Physics, Chemistry and Literature.

To learn more about the National Society of High School Scholars and Nobel Week, visit <http://www.nshss.org/>.

Pay Attention

The Virginia General Assembly began its 60-day 2016 session on Wednesday, Jan. 13. Here in Northern Virginia, residents are often far more cognizant of national politics and government than state and local government. But there are several reasons why, especially in Virginia, especially if you live in Northern Virginia, you should pay attention.

In Virginia, localities have only the power expressly given by the General Assembly. So living in Fairfax or Arlington or Alexandria, your local governments and regulations are often not able to reflect the values and preferences of residents.

For example, for Fairfax County to have any say about whether a gun store can operate adjacent to a school, where students can see customers coming and going with weapons, the General Assembly would have to vote to give the county that authority. While this has been a hot topic here, and several legislators have introduced "authorizing legislation," it would be remarkable if the currently constituted assembly would allow this to go forward.

Living in the wealthiest areas of the Commonwealth also raises concerns. Localities have very limited options for raising revenue. The revenue that is actually based on someone's ability to pay, income taxes, is only collected by the state; localities cannot claim any portion of income tax. Of course Northern Virginia is the economic engine of the state, and so it makes sense that a significant portion of the

state budget would be funded with Northern Virginia dollars. But it is unfair that the General Assembly limits localities ability to access other revenue choices to fund local necessities like schools.

There are dozens of other examples, and most are complicated. But local officials are elected, and if local government takes action not supported by local voters, they will be voted out.

Because of gerrymandering of districts in both the House of Delegates and the Virginia Senate, the makeup of the General Assembly is far more conservative than the Commonwealth overall, as evidenced by Democrats elected to all statewide offices. This makes the control from Richmond all the more egregious.

Every resident is represented by one delegate and one senator in the Virginia General Assembly. You can visit the General Assembly website to find out who represents you, for contact information, for session livestreaming and more.

<http://viriniageneralassembly.gov>

Vote Now for Presidential Primary

Who will be the next President of the United States also matters.

In order to vote in either of Virginia's presidential primaries on March 1, voters must be registered by Feb. 8. Voting "absentee in per-

General Assembly action matters more in Virginia.

son" (early voting available for myriad reasons, including anyone who will commute to work on Election Day) is already underway.

In Virginia, voters do not register by party. In the primaries for President, you can vote either the Democrat or Republican ballot, but not both. If you choose to vote the Republican ballot, you will be required to sign the following statement first:

Section 24.2-545 of the Code of Virginia allows the political party holding a primary to determine requirements for voting in the primary. The Republican Party of Virginia has determined that the following statement shall be a requirement of your participation. STATEMENT: My signature below indicates that I am a Republican.

For More Election Information:

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For details on absentee voting in Fairfax County, see www.fairfaxcounty.gov/elections/absentee.htm.

EDITORIAL

Transportation Improvements Will Bolster Economy

Northern Virginia Business Transportation Coalition 2016 policy statement.

We, the undersigned Northern Virginia organizations representing the vast majority of businesses and employees of Northern Virginia's private sector and non-profit workforce, believe that a strong, efficient regional transportation network is essential to our region's future economic competitiveness, security, and quality of life. We believe that unlocking Northern Virginia's transportation grid requires a strategic regional approach.

We believe that achieving the best solutions to our transportation challenges requires a big picture perspective — regionally as well as statewide. Efforts to constrain, either by law or regulation, the Commonwealth Transportation Board's ability to determine the best investments for the state, are counter to the goals set forth in House Bill 2, 2014 legislation

designed to address the commonwealth's congestion reduction and economic development needs.

The focus of the Commonwealth Transportation Board and the Northern Virginia Transportation Authority, our region's designated transportation planning body, should be on the investment of regional, state, federal, and private sector transportation dollars for highway, transit improvements, and intelligent transportation systems that will:

- ❖ Move the greatest number of people throughout the region;
- ❖ Reduce congestion and travel time between major regional employment centers and communities;
- ❖ Increase reliability of the network region-wide while producing the best long-term return on investment;
- ❖ Promote regional economic

development and growth; and

- ❖ Enhance regional security.

We are concerned that the law requiring the long-term benefits of Northern Virginia's regional funds be distributed proportionally among jurisdictions impedes the ability of the regional body to address the region's most critical transportation needs.

We believe that regional transportation funds should be primarily focused and leveraged, where appropriate, with federal, state, and private funds on projects of large-scale regional significance. These include:

- ❖ I-66 — construct new lanes and enhance transit from US Route 15/Haymarket to Theodore Roosevelt Bridge.
- ❖ New Potomac River Crossing — constructed west of American Legion Bridge.
- ❖ American Legion Bridge — add new express/managed lanes in each direction.
- ❖ Metro — improve maintenance, operations, safety and rail fleet.
- ❖ Bi-County Parkway — construct between I-66/Route 234 Bypass in Prince William County

and Route 50 in Loudoun County.

- ❖ Route 28 — upgrade to eight lanes.

❖ Fairfax County Parkway — convert to limited access facility.

- ❖ I-395 — convert HOV lanes to express/managed lanes between the Capital Beltway and the 14th Street Bridge.

❖ Regional Express Bus network — implement in the I-66, I-95, I-395, I-495, Dulles and other major regional corridors.

We support performance-based statewide and regional transportation plans that focus on new and existing corridors of regional and statewide significance, the evaluation of highway and public transit projects utilizing the same criteria, and the prioritization of investments first and foremost on the ability to reduce congestion and improve travel time.

Brian M. Gordon, MPA, Apartment and Office Building Association
Leo J. Titus, Jr., PE, Committee for Dulles

Patricia Nicoson, Dulles Corridor Rail Association

Mark S. Ingrao, Greater Reston Chamber of Commerce Greater

SEE TRANSPORTATION, PAGE 11

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VIENNA CRIME REPORTS

Notable incidents from the Vienna Police reports: Jan. 8-14.

Arrest - Narcotics Violation - Church Street at Beulah Road, NE. Jan. 7, 10:50 p.m. While on patrol MPO Smith conducted a traffic stop. Upon his interaction with the driver he detected the odor of marijuana radiating from the vehicle. After further interaction with the driver and passenger he located a measurable amount of marijuana. Both the driver, an 18 year old man from Flagship Avenue in Herndon, and his passenger, an 18 year old man from Pinedale Court in Falls Church, were issued summonses for Possession of Marijuana. Both men were released after signing the summonses.

Police Service - Colin Lane at Lawyers Road, NW. Jan. 8, 3:47 p.m. Officer responded to the area after receiving the report of an elderly gentleman who had fallen and suffered minor injuries. Upon arrival she determined he was unable to provide her with his personal information or how he may have arrived at his location. Fairfax County Fire and Rescue personnel were summoned to the area and after evaluating him he was transported to an area hospital for treatment of his injuries sustained in the fall. Officer was able to locate the man's wife and informed her of his situation.

Grand Larceny - Giant Food Store, 359 Maple Avenue, East. Jan. 8, 4:30 p.m. A customer reported she left her wallet in a shopping cart, unattended, while she loaded bananas in her vehicle. When she returned to retrieve her wallet she discovered it was gone. This case is being investigated.

Undetermined Death - 200 Block Park Street, SE. Jan. 8, 10:45 p.m. MPO responded to a residence after receiving a request for a welfare check of an individual who was to be working at the residence. Upon his arrival he found a female, deceased, in the bathroom. There were no signs of foul play. A detective will follow up with this case.

Domestic Assault - Cedar Lane, SE. Jan. 10, 2:01 a.m. A resident reported she and her boyfriend became involved in a heated argument that escalated when he assaulted her. MPO Lyons responded and spoke with both individuals who gave similar accounts of the event. The boyfriend, however, stated his girlfriend attempted to assault him first. There were no signs of injury to either person. The girlfriend requested that her boyfriend leave and not return. He did so without incident. Both individuals were informed of the warrant process should they decide to pursue the case.

Lost Property - W&OD Trail. Jan. 10 between noon and 4 p.m. A resident reported she lost her Virginia Driver's License.

Telephone Case - 700 Block Kingsley Road, SW. Jan. 13, 10:24 a.m. A resident reported he had been receiving threatening telephone calls for several months. He stated the voice on the telephone sounded like a Middle Eastern male. The resident decided to report the calls after they became more threatening. This case is being investigated.

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Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

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THE CONNECTION
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Seniors Who Sing

Improving and preserving the quality of life through music education.

BY MARILYN CAMPBELL
THE CONNECTION

When musician Jeanne Kelly was asked to be a part of a study on creativity in the aging, she readily accepted. She was a natural to be tapped for the job, since she was running a program for older adults at the Levine School of Music's Arlington campus. She was tasked with helping to measure the impact of professionally conducted cultural programs on older adults.

"The study found that artistic excellence has huge benefits, physically, mentally and socially. Out of that study, I decided to start Encore," said Kelly, referring to a group of singers, all seniors, who are part of one of the 18 Encore Chorales that make up Encore Creativity for Older Adults.

Encore is a non-profit organization that offers arts education and performance opportunities for seniors. The chorales are currently accepting new members through the end of January. There are no auditions and all levels of musical experience and ability are accepted.

CHORALE MEMBERS pay a fee which covers sheet music and the cost of the performances. In exchange, members receive music education and training from professional musicians, a chance to make social connections and an opportunity to perform challenging choral music. Participants learn proper breathing techniques and ways in which they can improve their voice, all under the guidance of a conductor.

"We don't dumb things down for our older adults," said Kelly. "Our members really appreciate the respect they get."

Adjustments are made, says Kelly, to accommodate the needs of some seniors. For example, rehearsals are held during the day

out of consideration for those who don't drive at night, and members with mobility issues are not required to stand during rehearsals or performances. Encore focuses on offering a classical music repertoire. Choral works such as Giuseppe Verdi's "Messa da Requiem" are chosen to pair well with seniors' voices.

"Our voices do change as we age," said Kelly. "Soprano voices aren't as high as we age, for example, so we choose wonderful music that really shows them off and will challenge them to the max."

"What they're doing is beautiful because they're not only making healthy social connections, they're also challenging their brains which helps maintain their cognitive flexibility," said Carolyn Lorente, Ph.D, assistant professor of psychology at Northern Virginia Community College in Alexandria.

"To be able to memorize a piece of music is impressive."

Encore Chorales travel and perform at venues around the globe. Janet Hansen, the choral master for the Langston Brown

"Singing is challenging for me, but I always come away happy and relaxed after an hour and a half rehearsal."

— Joan Thayer

Encore Chorale in Arlington, traveled to Cuba last year. "It was a marvelous experience that I wouldn't have had if I hadn't been in Encore," said Hansen, who is a retired education policy researcher. "I wanted to try new things that were different than I did when I was working. This one has been very rewarding." Chorale masters are singers who assist the conductor with administrative duties, serve as contact for singers with questions, etc.

The chorales are open to everyone over the age of 55, regardless of musical experience or ability. Members range from beginners to accomplished musicians. Joan and Ted Thayer are members of the George Mason University Potomac Arts Academy Encore Chorale in Fairfax. Ted Thayer has been a musician for most of his adult life, majoring in music at the University of Illi

Encore Chorales

Singers accepted through the end of January. For more information: <http://encorecreativity.org>, call 301-261-5747 or email info@encorecreativity.org.

Five weekly rehearsals are underway at the following locations:

Alexandria Encore Chorale – Rehearsals on Mondays at 10:30 a.m. at Convergence, located at 1801 N. Quaker Lane, Alexandria. Fee is \$150 for 15 weekly rehearsals, sheet music and performances.

GMU Potomac Arts Academy Encore Chorale – Rehearsals on Tuesdays at 11 a.m. at St. George UMC, 4910 Ox Road, Fairfax. Fee is \$150 for 15 weekly rehearsals, sheet music and performances.

Langston Brown Encore Chorale – Rehearsals on Tuesdays at 1:45 p.m. at Langston Brown Senior Center, 2121 Culpeper St., Arlington. Fee is \$150 for 15 weekly rehearsals, sheet music and performances.

Encore Chorale of Reston – Rehearsals on Tuesdays at 2 p.m. at RCC Hunters Woods in Reston. Fee is \$160 for Reston residents/\$320 for non-residents for 15 weekly rehearsals, sheet music and performances. Registration is through Fairfax County/Reston Community Center.

Lansdowne Woods Encore Chorale – Rehearsals on Wednesdays at 2 p.m. in the auditorium of Lansdowne Woods at 19375 Magnolia Grove Square, Lansdowne. Fee is \$150 for 15 weekly rehearsals, sheet music and performances. Pre-registration is required for non-residents.



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PHOTOS COURTESY OF ENCORE CREATIVITY FOR OLDER ADULTS.



Ted Thayer is a member of the George Mason University Potomac Arts Academy Encore Chorale in Fairfax.

Lee Lipsey is a member of and chorale master for the Encore Chorale of Reston.

nois and spending more than 30 years in the National Symphony Orchestra. Joan Thayer, however, had no musical experience. Both participate fully in their chorale.

Joan Thayer says she has enjoyed learning and sharing one of her husband's passions. "Singing is challenging for me, but I always come away happy and relaxed after an hour and a half rehearsal," she said. "It's a great group of people, and it's nice to be

able to talk with someone about something that happened in the 1940s or about things that seniors are going through now, and actually be understood."

Being challenged through musical performance is one of the things that Lee Lipsey, a member of and chorale master for the Encore Chorale of Reston, appreciates. "It's energizing and stimulating on a lot of different levels," she said. "It requires focus,

hard work and practice to do it well, but there is a satisfaction in doing it well. You're part of a team, so your pursuit of excellence isn't an individual effort, it's for the team."

ENCORE has more than 1,200 members in 17 Chorale locations in the Washington, D.C. area and six Chorales in other cities. Opportunities for performance and travel for 2016 include a French Riviera cruise and

intensive summer training at college campuses around the country. The season concludes with combined performances with other Chorales as well as local concerts at most Chorale locations.

For more information or to register for an Encore Chorale, visit <http://encorecreativity.org>, call 301-261-5747 or email info@encorecreativity.org.

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SPORTS

Langley Beats Madison for First Place in Conference 6

Saxons' Tarpley comes up clutch in victory over Madison.

BY JON ROETMAN
THE CONNECTION

The Langley boys' basketball team dominated Madison in the first half of Friday's showdown for first place in Conference 6, using its size advantage and on-point perimeter shooting to build a 13-point lead.

While the Saxons appeared in control, head coach Scott Newman sensed the second half wouldn't be easy.

"I said at halftime that I thought we were going to have to take a punch from them in the second half," Newman said. "They were going to make adjustments to their press. They did, they rattled us a little bit ..."

Pressure defense and an aggressive mentality helped Madison reduce its deficit to as little as two points in the fourth quarter, but an alert defensive play by leading scorer Tavon Tarpley helped the Saxons hold off the resilient Warhawks.

Down by three, Madison had a chance to tie with less than 30 seconds remaining, but Tarpley stepped in a passing lane and snagged the steal. Langley made 2 of 4 free-throw attempts in the final 15 seconds and pulled out a 62-57 victory on Jan. 15 at Madison High School.

"I slid to the gap, I saw him throw the ball," Tarpley said, "I ran at it and I got it."

The victory improved Langley's record to 10-4 and gave the Saxons sole possession of first place in Conference 6 with a 6-0 mark. Madison dropped to 11-2, including 5-1 in the conference, and had its 11-game win streak snapped.

"It really boosts our confidence, but mentality-wise, we're still hungry," Langley se-



Langley's Jay Goettman made a trio of 3-pointers against Madison on Friday.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

nior Nate Shafer said. "We know it's not even close to where we want to be at the end of the season. We're still hungry. We're going to go into every game like we're the underdogs."

While Tarpley's defensive play helped Langley secure the win, the 6-foot-3 senior guard was also a force at the offensive end. Tarpley, who transferred from Forest Park to Langley prior to his junior season, led the Saxons with 22 points, doing most of his damage in the paint.

"It's starting to click for Tavon," Newman said. "He is a special player when he's attacking the basket and he can be one of the best perimeter defenders in the region when he wants to. He's come so far, he's matured, and his approach has improved. If he gets his defense going and he does what he does best, which is attack the basket, we're dangerous."

Shafer, a 6-foot-5 senior forward, finished

with nine points and 12 rebounds for Langley. Junior guard Jay Goettman made a trio of 3-pointers and finished with nine points. Sophomore guard Colter Carton made a pair of 3-pointers and scored eight points, and junior guard Grant Hughes made two from behind the arc and finished with seven points.

Langley made eight 3-pointers.

"We played great in the first half, I thought, because not only did we pound the ball inside, but when [Madison] collapsed, we kicked the ball out and we were sticking shots," Newman said. "I think we're dangerous when we've got the inside and the outside game going."

Taiga Walker led Madison with 24 points, including 18 in the second half. The senior guard showed emotion on several occasions, letting out passionate screams after multiple and-ones.

"I just think that we played with more



Senior guard Taiga Walker led Madison with 24 points against Langley on Friday.

passion and aggression as a team," Walker said about the Warhawks' second-half performance.

Madison opened the third quarter with an 8-0 run and trailed 45-37 entering the fourth. A 3-pointer by Brett Wellde pulled the Warhawks within five at 45-40, early in the fourth quarter, and a jumper by Walker cut the Langley lead to 57-55 with 1:51 remaining. Another Walker bucket cut Madison's deficit to 59-57 with 46.3 seconds left, but the Saxons scored the final three points.

Galiani led Langley with 15 points. Sophomore guard Jordyn Callaghan scored eight points junior guard/forward Ariana Aulisi added six.

McWeeney led Madison with eight points.

Langley Defense Stifles Madison in Conference 6 Matchup

Saxons hold Warhawks without field goal for nine-plus minutes.

BY JON ROETMAN
THE CONNECTION

Members of the Langley girls' basketball team realized their defense stifled Madison during the opening quarter of Friday's matchup, but the Saxons knew there was more work to be done.

Langley held Madison without a field goal for the first nine-plus minutes of the contest and limited the Warhawks to just one point in the first quarter. The Saxons' defense held strong for the final three quarters, as well, and Langley bounced back from its second loss of the season with a 38-27 victory at Madison High School.

Aidan McWeeney produced Madison's

first field goal when she dropped in a layup with less than 7 minutes remaining in the second quarter, cutting Langley's lead to 6-3. The Saxons led for the remainder of the contest.

"We noticed, but we're trying to keep our defense up," Langley senior Paige Galiani said about the Saxons' defensive effort in the first quarter. "We're not really trying to give ourselves credit yet. We still have three more quarters left."

Madison twice cut the Langley lead to one, including when Megan Miskell's bucket with 7:37 left in the fourth quarter trimmed the Saxon advantage to 24-23, but Langley scored 14 of the game's final 18 points.

The win improved Langley's record to 12-2, including 5-1 in Conference 6. Three days

earlier, the Saxons lost to undefeated Fairfax, 51-39, in a battle for first place in the conference.

Fairfax was the first team this season to score more than 45 points against Langley, which is allowing an average of 37 per contest. The Saxons have held opponents under 40 nine times and under 30 three times.

Langley excelled using the 2-3 zone Friday.

"It was good to be back in 2-3," Galiani said. "We played a lot of 2-3 last year, so we knew how to go about it, but this year we have been playing a lot of man. It was great to be back in 2-3. Two-three is my favorite defense, so I was really excited."

Langley senior Stephanie Sipple said the



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION
Paige Galiani led Langley with 15 points during the Saxon's 38-27 victory over Madison on Friday.

Saxons take pride in their defense.

"Especially when [opponents are] usually up in the 50s and 60s and we manage to keep them to half of that," Sipple said. "That's a really big thing."

CALENDAR

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

WEDNESDAY/JAN. 20

Along The Way EP Release Show + The Starless + Wild Love + Dear Spring. 7:30 p.m. Jammin Java, 227 Maple Ave E, Vienna. Enjoy music from Along the Way, The Starless, Wild Love and Dear Spring. \$10-\$18. <https://jamminjava.com/>. 703-255-1566.

THURSDAY/JAN. 21

Here, Now and Forever + Eric King & The Thin Line. 7:30 p.m. Jammin Java, 227 Maple Ave E, Vienna. Formed in 2014, HNF brings a modern twist to original vocal and instrumental progressive rock composition; plus, arranging some of their personal favorites, from the artists they truly respect, giving audiences an exceptional approach to concert performance. \$20. <https://jamminjava.com/>. 703-255-1566.

FRIDAY/JAN. 22

American Shakespeare Center on Tour's Shakespeare Weekend at The Alden: "Julius Caesar." 8 p.m. McLean Community Center, 1234 Ingleside Ave. McLean. In this profoundly moving, breathtaking and deeply human play, Shakespeare shows us a world on fire; a world turned upside down; a world where some of history's most famous men commit horrific crimes in the name of patriotism and honor. "Julius Caesar" is a dazzling thrill ride of betrayal, violence and perhaps most surprisingly, love. \$20-\$35 (three plays for \$50-\$88). <http://www.mcleancenter.org/> or 703-790-0123.

Robyn Hitchcock. 8 p.m. The Barnes, Wolf Trap, 1645 Trap Road, Vienna. One of England's most enduring contemporary singer/songwriters, Robyn Hitchcock began his career performing folk rock in Cambridge. Come enjoy his performance with Emma Swift, who is an alt-country songstress and award-winning radio broadcaster. \$25-\$28. <http://www.wolftrap.org> or 703-255-1900.

SATURDAY/JAN. 23

American Shakespeare Center on Tour's Shakespeare Weekend at The Alden: "The Importance of Being Earnest." 2 p.m. McLean Community Center, 1234 Ingleside Ave. McLean. Oscar Wilde's brilliant and wicked comic masterpiece defines wit and style. This "trivial comedy for serious people" is at once blissfully silly and outrageously shrewd. One-hundred twenty years after its first performance, "The Importance of Being Earnest" continues to delight audiences with its playful language, charming characters and biting look at contemporary society, and ASC on Tour's production will have you in absolute hysterics. \$20-\$35 (three plays for \$50-\$88). <http://www.mcleancenter.org/> or 703-790-0123.

American Shakespeare Center on Tour's Shakespeare Weekend at The Alden: "The Life of King Henry V." 8 p.m. McLean Community Center, 1234 Ingleside Ave. McLean. The story of England's hero-king and the greatest upset in European military history is Shakespeare's finale to his great history plays. More than that, Henry V — at once touching, heroic, savage and comic — explores the nature

Copy of Marcelle Lender Dancing the Bolero by Toulouse Lautrec from the National Gallery of Art, 35x36" oil by Richard Neff will in the Poetry in Motion exhibit by the Vienna Arts Society from Feb. 2-27.

PHOTO CONTRIBUTED

of greatness and its connection to theatre; and, perhaps more than any other of Shakespeare's works, it makes the audience part of the story. \$20-\$35 (three plays for \$50-\$88). <http://www.mcleancenter.org/> or 703-790-0123.

An Evening with Eric Brace & Peter Cooper. 6:30 p.m. Jammin Java, 227 Maple Ave E, Vienna. Grammy nominees Eric Brace and Peter Cooper have created a body of work that reflects their journalistic sensibilities, a love of harmony and wry humor, and their deep respect for the masters they've played with. Their most recent project, the Grammy-nominated I Love: Tom T. Hall's Songs of Fox Hollow, was featured in media, including, NPR, USA Today and Chicago Sun-Times. \$15. <https://jamminjava.com>. 703-255-1566.

The Trews + The Project. 10 p.m. Jammin Java, 227 Maple Ave E, Vienna. Enjoy music from the two performers, The Trews and The Project, as they bring to the audience rock and other genres of music. \$10-\$15. <https://jamminjava.com/>. 703-255-1566.

Marcia Ball. The Barnes, Wolf Trap, 1645 Trap Road, Vienna. Grew up in Vinton, La., she began playing piano at age five and debuted with the country rock album Circuit Queen in 1978. Since then, she has released more than a dozen records, including her Grammy-nominated collaboration with blues stars Irma Thomas and Tracy Nelson, Sing It! (1998). \$35-\$40. <http://www.wolftrap.org> or 703-255-1900.

SUNDAY/JAN. 24

Crys Matthews. 7 p.m. Jammin Java, 227 Maple Ave E, Vienna. DC's Crys Matthews blends Americana, folk, jazz, blues, bluegrass and funk into a bold, complex performance steeped in traditional melodies and punctuated by honest, original lyrics. Matthews' eclectic infusion of genres has won her honorable mentions at the 2013 and 2014 Mid-Atlantic Song Contest and extensive radio play from Woman of Substance radio to WTJU-Charlottesville and WMRA-Harrisonburg to KBOO-Portland. \$15. <https://virginiageneralassembly.gov> to assist citizens in taking an active role in the legislative process.

Historic Vienna Announces 2016 Used Book Sale

The Historic Vienna, Inc. (HVI) Annual Used Book Sale will be held from Friday, April 1, through Sunday, April 3, at a new location. This year's venue will be Patriot Hall, on the second floor of Dyer-Gunnel American Legion Post 180, 330 Center Street, N, Vienna. Hours for the event are 7-9 p.m. on the 1st, 9 a.m. till 7 p.m. on the 2nd, and noon until 5 p.m. on the 3rd. Friday evening will be a special reception and pre-sale for Historic Vienna members only. Those wishing to attend the pre-sale who are not members of Historic Vienna

will be able to join at the door.

Collection of the thousands of books that will be available at the sale will begin on Feb. 1. Persons wishing to donate books are asked to leave them on the front porch of the Freeman Store and Museum, 131 Church Street, NE, Vienna. Please do not donate magazines, text books, condensed books or sets of encyclopedia. All proceeds from the book sale are used to support the operation of Historic Vienna and the Freeman Store and Museum. HVI is the nonprofit 501(c)3 organization established by the Vienna Town Council in 1976, to preserve and promote Vienna's heritage through the identification, preservation, and interpretation of historically significant places, events, and persons; educate the public through permanent and revolving exhibits, outreach programs, special events and publications; and enhance a spirit of community through an awareness of Vienna's past.



Ongoing

Pigments of My Imagination. Jan. 4-March 31. Great Falls Library, 9830 Georgetown Pike, Great Falls. Long time Great Falls resident Donna Barnako, has created over a dozen colorful and whimsical small works. Her subjects are varied, from pigs to puppies and cowboy boots.

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

"The Blues" Exhibition. Jan. 5-23. Vienna Art Center, 115 Pleasant St., NW, Vienna. Exhibition of VAS members paintings with the theme, "The Blues." Free. 703-319-3971. www.ViennaArtsSociety.org.

53rd Annual James A. Bland Contest. Through Monday, Feb. 15. Vienna Lions Club invites elementary and high school vocalist and instrumentalists to present a song or piece for cash prizes. For information and application, contact Susan Stiles at sandcs89@yahoo.com or 703-938-1142.

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 your flexibility, improve your breathing and health, reduce your stress. Ravi Kaur has 15 years experience teaching yoga. \$15 per session. www.edimprovement.org. 571-213-3192.

"Poetry in Motion" Exhibit. Tuesdays-Saturdays, 10 a.m.-4 p.m. From Feb. 2-27. Exhibition of VAS members paintings with the theme "Poetry in Motion. Free.

Trail and Ales with Caboose Brewing and Grass Roots Fitness. Mondays through Jan. 31. Caboose Brewing Company, 520 Mill Street, NE Vienna. Come Run with us every Monday night. \$1 Off All Pints! All paces welcome. We will run between 3-5 miles with options to go shorter or longer. You can walk or run. Dog and stroller friendly. Contact Joann Meginley at joannandfrancine@grassrootsfitness.org.
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.

FRIDAY/JAN. 29

Garland Jeffreys & The Coney Island Playboys. 7:30 p.m. Jammin Java, 227 Maple Ave E, Vienna. Brooklyn Native Garland Jeffreys' rock hits include "R.O.C.K." and "Wild In The Streets" plus his smash covers of "What Does It Take (To Win Your Love)" and "96 Tears." He released a dozen albums that featured an amazing list of guest artists like Lou Reed, Dr. John, Sly & Robbie, David Johansen, Phoebe Snow, Luther Vandross and Duncan Sheik. \$25. <https://jamminjava.com/>. 703-255-1566.

The Later Late Show: Main Stage Comedy Showcase. 10:30 p.m. Jammin Java, 227 Maple Ave E, Vienna. The greatest and funniest comedy show of all time. \$5-\$8. <https://jamminjava.com/>. 703-255-1566.

WEEK IN VIENNA

Public Invited to Town Hall Meeting

State Sen. Chap Petersen (D-34) and Del. Mark Keam (D-35) will discuss Vienna's 2016 Legislative Agenda at a public Town Hall meeting from 9-11 a.m. Saturday, Jan. 23, at Town Hall, 127 Center Street S. Citizens are invited to attend the meeting to learn more about the Town's legislative goals and to share feedback with government representatives.

Transportation, water quality, and community development are among the issues that the Town Council has requested that local state representatives address during the 2016 General Assembly session, which started Jan. 13.

A number of online resources are available at

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21 Announcements

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Pills A-Poppin'



By KENNETH B. LOURIE

I ingest between 40 and 50 pills per day. It's the first thing I do before breakfast, an occasional thing I do before/during/after lunch, and the last thing I do before dinner and sometimes before bedtime as well. To say I'm pill-centric would be an overstatement; I will admit to be pill-mindful though. Either I'm arranging them, organizing them, counting them or ordering them. Whether it matters or not to my health, I try never to be off my schedule too much or be too many days without my normal pill allotment/inventory. If I leave the house at pill time, I will take pills with me and swallow them accordingly. If people ask for any details, I offer as few as possible and move on. Not that I'm uncomfortable with any of the questions, it's more that there are infinitely more interesting topics of conversation.

Being away from home and routine does present some problems, however, especially if the trip involves planes. Trains and automobiles are not the problem. Not having a dedicated travel case, like the "train" case my mother had for her cosmetics, I simply stuff my 25-plus bottles into a plastic shopping bag and knot the handles at the top. No fuss, no muss. Planes, or rather the carry-on rules about such things are another matter entirely. I have never inquired – or gone on the TSA Website, to determine pill procedures. Certainly I'm aware – post-9/11, of the limits concerning toiletries, etc., and the plastic bags into which it all must fit. Not wanting to risk having hundreds of dollars of expensive pills confiscated at the airport, I've always preferred checking my bags (containing the pills) and avoided the potential nightmare. As to the alternative solution of segregating 40-odd pills (into three-times-a-day packets) times however many days into some kind of daily packaging – and leaving the bottles home instead – that has not been a solution I've been able to conjure. Not that any of this is an impediment, more like a challenge and inconvenience. And most definitely a consideration.

Still, it's a small price to pay – so to speak, to incorporate/assimilate a pill plan into my everyday life. I mean, for all I know, and I know very little, these pills might actually be responsible for my life-expectancy odds having been so badly beaten. Accordingly, I see no reason to stop now, especially considering that the majority of the drugs I take are designed to build up my immune system. Which, when one understands that at its core, cancer treatment weakens one's immune system, enhancing its resilience is crucial.

Recently, an entire new class of drugs called Immunotherapy ("OPDIVO") have been introduced. They have been designed – among other reasons, to stimulate the body's own immune system to fight the cancer. Rather than the process occurring externally and unnaturally as before, these new drugs will fight the cancer internally and naturally. It's an extremely encouraging and exciting evolution in the cancer treatment world, and holds great promise for many of us cancer patients burnt out (no pun intended) on the toxic chemotherapy drugs of our past.

In the interim, since I am not now on Immunotherapy, as a prudent and logical adjunct, I will continue to give myself and my body every opportunity, dare I say advantage, in its efforts to keep the cancer at bay. The pills are never really a problem, more so a piece of the puzzle. And the longer I live, the more convinced of it I become.

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

To have community events listed in the Connection, send to north@connectionnewspapers.com. The deadline for submissions is the Friday prior to publication.

WEDNESDAY/JAN. 20

Fairfax Commission on Aging.

Noon. Oakton Regional Library, 10304 Lynnhaven Place, Oakton. The public is welcome to attend and join in the comment period that begins each session. www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm. 703-324-5403, TTY 711 for meeting access needs.

McLean Newcomers and

Neighbors Monthly Luncheon.

11:30 a.m. Ristorante Bonaroti, 428 Maple Ave., East, Vienna. Eileen O'Grady, a nurse practitioner and wellness coach, will speak about the Science of Flourishing. \$29. For further information on the club, visit www.McLeanNewcomers.org. RSVP Ann Skelly at mfskelly@verizon.net by Jan. 13. Prospective members invited.

Dyslexia, An Overview for Parents.

7-8:30 p.m. Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1, Dunn Loring. Workshop presented by specialists from FCPS Office of Special Education. Register www.fcps.edu/dss/osp/prc or 703-204-3941.

THURSDAY/JAN. 21

Model Investment Club. 6-9 p.m.

Meeting Room, Dolley Madison Library, 1244 Oak Ridge Ave, McLean. Learn about investing following an investment club model. New visitors welcome. Adults. 703-356-0770.

Transportation

FROM PAGE 4

- James C. Dinegar**, Greater Washington Board of Trade
- Anthony Howard**, Loudoun County Chamber of Commerce
- Virgil Frizzell**, Northern Virginia Association of Realtors
- Jim Corcoran**, Northern Virginia Chamber of Commerce
- Mark Looney**, Northern Virginia Transportation Alliance
- Lori Y. Lopez**, Tysons Regional Chamber of Commerce
- Pat Dean**, Associated Builders and Contractors, VA
- James N. Larsen**, Dulles Area Transportation Association
- Eileen D. Curtis**, Dulles Regional Chamber of Commerce
- Nancy-jo Manney**, Springfield Chamber of Commerce,
- Ken Garrison**, Heavy Construction Contractors Association
- Martha D. Marks**, NAIOP, Northern Virginia Commercial Real Estate Development Association
- Jon Lindgren**, Northern Virginia Building Industry Association
- Bobbie Kilberg**, Northern Virginia Technology Council
- Deborah Jones**, Prince William Chamber of Commerce
- Keith Merlin**, Washington Airports Task Force

The Northern Virginia Transportation Coalition is a group of chambers of commerce and industry organizations throughout Northern Virginia that share a common belief that greater investment in regional transportation infrastructure is essential to sustained regional prosperity.

21 Announcements

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ABC LICENSE
BVP Exxon, Inc. trading as BVP Exxon, 4746 Lee Hwy, Arlington, VA 22207. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer off Premises license to sell or manufacture alcoholic beverages. Arpit Sethi, President
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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21 Announcements

21 Announcements

21 Announcements

An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

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Riding the Orange Wave

Childhood friends become married partners, fitness center owners.

BY TIM PETERSON
THE CONNECTION

Gaurave Batta and his wife Leyna have always been into sports and fitness. But with two small kids at home and Gaurave running his own business intelligence consulting company, they needed a solution that was efficient, above all else.

When the new gym Orangetheory Fitness opened in the Greenbriar Shopping Center across from their Fairfax home in 2013, Gaurave went to a free trial workout. It promised exactly 60 minutes from warm-up to cool-down, with coach-led interval training on treadmills and rowing machines, as well as strength training with weights, step platforms and body-weight exercises.

"Neither of us had time to go work out for hours and hours on end," Gaurave said. "I really liked it, it was what we needed: efficiency." The workout stressed constant heart-rate monitoring, keeping beats within a certain range of the metabolic zone. The goal is a state of "Excess Post-Exercise Oxygen Consumption," where the body continues to burn calories even after the workout is completed.

Gaurave convinced Leyna to go the next day. She loved it, and they both joined as members.

But it didn't stop there. The couple had also been interested in owning their own business "outside of corporate America," and Gaurave thought, "Hey, it would be pretty cool to open one of these."

THE BATTAS got to know the area representative of the Florida-based fitness franchise and started talking to other owners around the country.

"We decided it could be a profitable venture if executed right," Gaurave said.

With roots and ties to the Fairfax area, Leyna said they also wanted to emulate and spread the experience they first had at Orangetheory. "It was a community that cared about you and your results," she said. "It's a team, with everyone rooting for you."

The Battas first met at Cherry Run Elementary School in Burke, where Gaurave's mother still resides. They both attended Lake Braddock Secondary School and began dating their senior year, attending prom together in 1996.

Leyna attended Northern Virginia Community College and then James Madison University, while Gaurave went to Virginia Tech. After graduating in 2000, they were married in 2005.

Just past their ten-year anniversary, Leyna and Gaurave completed an 18-month process to open their own Orangetheory Fitness in the Dunn Loring area of Vienna, walking distance from the coincidental Orange Line Metro stop.

Thanks to membership pre-sale, they opened on Sept. 14 with 200 members and friend Janna Ellen managing the studio. Since then, they've more than doubled to 540, Gaurave said.



PHOTOS COURTESY OF GAURAVE BATTIA

The Vienna location of Orangetheory Fitness opened in September 2015 and is owned by Fairfax couple Leyna and Gaurave Batta, who first met at Cherry Run Elementary School in Burke.



Leyna and Gaurave Batta of Fairfax attended Lake Braddock Secondary School and went to senior prom together in 1996.

Despite a lot of competition in the area with other, larger gyms and fitness centers within apartment complexes, the Battas believe the workout experience is entirely unique, as is the sense of community they build into weight loss challenges and other contests.

"We want you to want to come in, we care about you, you matter," Leyna said, "and it's based on science."

With machines bathed in a dim orange glow and bass-heavy dance music competing for sonic domination with the steady stream of directions from the workout leader-coach, it's easy to turn off the mind and focus just at the task at hand. Am I at my base, push or max heart rate? How's my rowing form? How many weighted lunge reps do I have left?

THAT FORMULA attracted Cathy Allen of Annandale, who was the first member at the Battas' Vienna location to hit 100 classes — within the first 120 days they were open. She goes once a day, every day, 6:15 a.m. during the week and 8:15 a.m.



Leyna and Gaurave Batta of Fairfax first met at Cherry Run Elementary School. They celebrated their tenth wedding anniversary in August 2015.

on weekends.

"I used to work out at home," Allen said, "but I wasn't satisfied, I needed accountability." As a breast cancer survivor, losing weight, getting fit and staying healthy were vital parts of her new life.

Allen likes that no two workouts are identical and different days have different foci, like endurance, power, strength and a blend of all three.

She also has "my workout peeps," girlfriends she met at Orangetheory and with whom they've built a support crew together.

Though she has not weighed herself since workout number one, Allen said she's noticed changes. "I feel better, run better, my clothes fit better," she said. "All in all, a good healthy outlook."

Gaurave said other Orangetheory Fitness locations have sprung up in Arlington, and Washington, D.C., with more coming in Alexandria, Sterling, Gainesville and Potomac, Md. There are around 400 open nationwide. As to whether the couple will invest in an additional location in the future, he's cautiously optimistic.

"Are we riding a hot wave right now, or something that's sustainable and will continue to grow?" he said. "If we end up only doing one, that's our little baby. We're in the community, smiles on our faces, always trying to go above and beyond for our clients."

Orangetheory Fitness Dunn Loring is located at 2672 Avenir Place Q in Vienna. For more information visit www.orangetheoryfitness.com.