

Sara Dabney Tisdale in 'When the Rain Stops Falling' at 1st Stage.  The show runs through Feb. 28 in Tysons Corner.

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Haunting Wounded Souls, Interconnected Lives

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McLean's Family Feud?

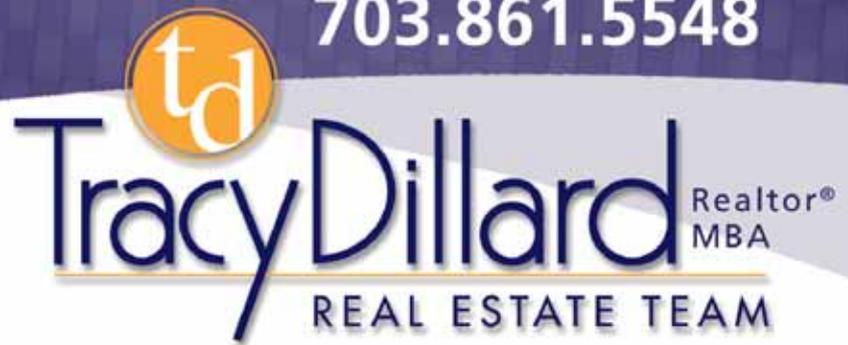
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McLean's Family Feud?

BY KEN MOORE
THE CONNECTION

By suspending discussion and asking the county attorney to intervene, chair Dennis Findley and the McLean Community Center's Capital Facilities Committee turned a possible happy ending about Center renovation into a family squabble.

"A lot of passion, a lot of late nights, a lot of hard work went into this," said committee member Laurelie Wallace. "I like what we came up with."

"We've been going at this for quite a number of years," said member Jay Howell.

McLean Community Center's \$8.1 million modernization project had been over budget, but with a little help from comptroller Ashok Karra, the committee was able to channel \$125,000 from the HVAC budget into the construction project and \$25,000 more into reserves for the center.

The moves allowed the committee and the community center's full Governing Board to save the beloved long and narrow community hall meeting room at its meeting two weeks ago.

And last Thursday, Feb. 4, the committee was poised to make its last controversial and critical decision; whether to preserve Maffitt Hall for meeting and programming space, or to turn it into administrative office area.

Construction on the center will take place in 2017 and 2018. Many details are still to be determined.

THE COMMUNITY CENTER'S executive director George Sachs and his staff came up with a plan to preserve the Maffitt Hall for community use, while still increasing administrative space.

"We can make it work. It's going to be better for everybody," he said.

Member Lathan Turner submitted his input by letter, after he suffered a fall during the blizzard. He reminded the committee of the center's overall mission:

"The mission of the McLean Community Center is to provide a sense of community by undertaking programs; assisting community organizations; and furnishing facilities for civic, cultural, educational, recreational and social activities apportioned fairly to all residents of Small District 1, Dranesville," according to the McLean Community Center.

"It's hard for me to vote against adding more program space," said Howell.

"You really have made the case for preserving the Maffitt. Maffitt is a quiet place," said Mark Zetts, a McLean citizen and member of the McLean Citizens Association's Planning and Zoning Committee, who attended the meeting until he needed to head to the Fairfax County Planning Commission.

Merrily Pierce has been in Maffitt every week since 1991; she called Maffitt a "historic room."

But staff has been working in cramped quarters, a fact that no one contests.



PHOTO BY KEN MOORE/THE CONNECTION

Many details of the McLean Community Center renovation remain to be determined. Dave Hallett, of the Lukmire Partnership, showed design plans to the McLean Community Center's Capital Facilities and Finance committees.

Votes of the members of the committee appeared possibly deadlocked at three each on whether to use Maffitt as community space or whether to use it as administrative space.

Kohlenberger, who supported the redesign to save Maffitt as community space, could have been the deciding vote.

BUT BEFORE KOHLENBERGER had the chance to speak, Committee member Debbie Sanders asked Kohlenberger, who is president of the Community Center's Governing Board, to recuse himself from the vote because he is also on the board of the McLean Citizens Association.

At the meeting two weeks ago, two members of the McLean Citizens Association came to the committee's meeting to advocate for saving the community hall.

Did they come as citizens or MCA Board members, the committee debated?

"McLean Citizens Association has been the most vocal about advocating for one of two opinions," said Findley.

Two MCA board members came to last week's meeting; 40 serve on the MCA Board.

"There is a conflict of interest. You're a member of the board, Paul," said Findley.

Kohlenberger mentioned numerous community leaders who have served both the MCC and MCA at the same time, including Pamela Danner, Joan DuBois, Gene Durman, Carole Herrick, Maya Huber and Cheryl Bell Patten, he told the committee.

Since February of 2015, Kohlenberger has left McLean Citizens Association meetings temporarily while MCC decisions are discussed.

"I have been 100 percent behind this community center the entire time," he said during the meeting. "I have recused myself from all MCA decisions."

But the three voters who wanted to use Maffitt as administrative space continued to claim he shouldn't be voting.

Member Merrily Pierce tried to restore order when she read verbatim from Robert's Rules of Order.

"I think I need to tell you, you're off base," she said. "This is not a conflict of interest."

"It seems like the conflict of interest is trying to boot Paul off," said member Jennifer Rossman, after Pierce read the rules

What could constitute conflict of interest where best interest of McLean community is at stake?

of order.

"I resent the questioning of my honor," said Kohlenberger.

"When MCC matters have come up that could potentially materially affect the MCA (such as the MCC's marketing support policy for local groups), I have not participated. When MCA matters have come up with an impact on the MCC, I have recused myself and left the room," he said.

FINDLEY REINED IN the discussion when numerous people started speaking simultaneously.

"Wait, wait, stop," he said. "I want an opinion of the county attorney."

After gathering himself, Findley said, "This portion of the meeting is suspended until we hear from the county attorney."

The project is already behind schedule and it was reported that this additional delay could set back the overall project by a couple of months.

The full MCC Governing Board is scheduled to convene on Feb. 24.

It is not known whether the full Governing Board would have upheld the committee's decision one way or the other.

Andrea Delvecchio, MCA's liaison to the MCC Governing Board, said she speaks as a citizen of McLean.

"I would encourage you all to remember that the common interest here is the citizens here that want to use this facility," she said. "Who takes priority here? The people of McLean who support this facility, or the staff who works here? Who takes priority here?"

THE FEEL-GOOD story does still remain.

McLean Community Center will get the modernization needed after serving the community the last 40 years.

The Center is attempting its best to limit closing of Alden Theatre from April through November.

Other activities will be relocated while construction takes place in 2017 and 2018.

The center's front facade and back facade will be glass, open and inviting.

There will be additional space for programming and administration.

The rooms will be modernized.

The courtyard will be landscaped.

There will be LED lighting.

And more.

McLean Community Center Seeks Board Candidates

The McLean Community Center (MCC), a Fairfax County Government special agency, is seeking candidates to run for seats on its 2016-2017 Governing Board. The board provides oversight and guidance for MCC programs and facilities, which include the Robert Ames Alden Theatre (The Alden) and the Old Firehouse Teen Center. The center is lo-

cated at 1234 Ingleside Ave.

To run for a seat on the 11-member board, a candidate must reside in the Center's tax district (Small District 1A-Dranesville). To have their names placed on election ballots, candidates are required to obtain the signatures of ten McLean tax district residents in their respective categories (either adult or youth).

Three adult positions and two youth positions are open this year. The three adult candidates who receive the three highest vote counts will serve three-year terms. Youth members will serve one-year terms. Adult candidates must be at least 18 years of age as of McLean Day

SEE MCC, PAGE 7

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All hearing times are 6-8 p.m., with a brief presentation beginning at 6:30 p.m.

Monday, March 7, 2016
Washington-Lee High School Cafeteria
1301 N. Stafford Street
Arlington, VA 22201

Tuesday, March 8, 2016
Eagle Ridge Middle School Cafeteria
42901 Waxpool Road
Ashburn, VA 20148

Wednesday, March 9, 2016
VDOT Northern Virginia District Office
4975 Alliance Drive
Fairfax, VA 22030

Visit Transform66.org to view a live stream of this presentation at 6:30 p.m.

The Virginia Department of Transportation (VDOT), in partnership with the Virginia Department of Rail and Public Transportation (DRPT), will host Design Public Hearings for the Transform 66 Inside the Beltway Project. Improvements involve converting I-66 to dynamically-priced toll lanes in the peak direction during morning (eastbound) and afternoon (westbound) rush hours between I-495 (the Capital Beltway) and U.S. Route 29 in Rosslyn, along with implementing a series of multimodal improvements that will benefit toll users of I-66. Information related to proposed locations and design of toll gantries and signage will be available at the hearings, as well as a presentation on how the toll system will operate.

In accordance with the National Environmental Policy Act (NEPA) and 23 CFR 771, draft Categorical Exclusion (CE) documentation has been prepared in cooperation with the Federal Highway Administration and is available for review and comment. VDOT staff will be available to discuss the environmental studies underway and the coordination with appropriate regulatory agencies to obtain information about the resources in the project's vicinity. A public notice for review and comment on the final CE documentation will be posted at a later date. In compliance with the National Historic Preservation Act, Section 106 and 36 CFR Part 800, information concerning the potential effects of the proposed project on properties listed in or eligible for listing in the National Register of Historic Places is also provided in the environmental documentation.

Stop by to learn more about the project, discuss your questions with project staff, and attend the formal presentation.

Review project materials at the hearings, including the draft CE, traffic technical report, plans, project schedule, and right-of-way, environmental and civil rights information. Materials are available for review at www.Transform66.org, at public locations listed on the project website, or VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call 800-FOR-ROAD (800-367-7623) or TTY/TDD 711 to ensure availability of appropriate personnel to answer your questions.

Give your written or oral comments at the hearings or submit them to Amanda Baxter, Special Projects Development Manager, at the VDOT Northern Virginia District Office (address noted above). You may also e-mail comments at any time to Transform66@VDOT.Virginia.gov. Please reference "Transform 66 Inside the Beltway" in the subject line. Comments must be postmarked, emailed or delivered to VDOT by March 24, 2016 to be included in the public hearing record.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT's Civil Rights Division at 800-367-7623 or TTY/TDD 711.

State Project: 0066-96A-358, P101 UPC: 107371

NEWS

School Board Approves \$2.67 Billion 'No Cuts' Budget

Calls for general salary raises and additional \$40 million for teachers, lowering elementary class sizes.

BY TIM PETERSON
THE CONNECTION

Members of the Fairfax County School Board have taken the next step in realizing Superintendent Dr. Karen Garza's vision of no additional cuts in the Fiscal Year 2017 school system operating budget. The \$2.67 billion budget, a \$121 million or 4.8 percent increase over the FY 2016 approved budget was supported unanimously at the board's Feb. 4 regular business meeting.

Highlights of the new budget include a step and one percent market scale adjustment salary increase for all FCPS employees, as well as another \$40 million earmarked for making teacher salaries more competitive and reducing class sizes in elementary schools.

"The Superintendent's Budget Task Force spent many hours over several weeks last summer and fall developing a list of potential program cuts and new fees," Board Chairman Pat Hynes said in a statement. "Those cuts and fees are not in the Advertised Budget because they would fundamentally change the quality and character of FCPS. I did not leave the classroom to serve on the School Board so that I could preside over the dismantling of this world class school system. Potential cuts will, sadly, have to be considered should we not receive the revenue our schools need."

BUDGET COMMITTEE chair and School Board member Janie Strauss introduced the motion to approve the budget.

"This budget reflects the basic needs of our schools and is critical to maintaining an essential quality education for our children," she said in a statement. "Community support for this budget is critical to the future of our schools, our children, and the overall strength and reputation of Fairfax County."

At-large member Jeanette Hough, a new addition to the board, presented a lone amendment to the advertised budget. She proposed reducing the transfer request from Fairfax County by \$4.3 million, in part through recognizing additional funding from the Commonwealth of Virginia and also absorbing some employee living wage expenditures into the Food and Nutrition Services fund.

Increased funding from the state, a potential \$3.2 million, is part of Gov. Terry McAuliffe's proposed budget, which the General Assembly has yet to approve. This uncertainty caused most other board members to vote against the motion.

"It's still a proposal of the Governor's, not in hand by any means," said Vice Chairman and Mason District representative Sandy Evans. "It's also a best case scenario. These chickens are far from hatching."

There was also concern over the effect Hough's proposal would have on developing a higher quality food program.

"As we try to improve nutrition for our young people, I don't want to put more pressure on that fund right now," said Strauss.



PHOTO COURTESY OF FAIRFAX COUNTY PUBLIC SCHOOLS

Jeanette Hough, a newly elected at-large school board member, introduced an unsuccessful amendment that would have reduced the proposed Fairfax County transfer to the school system by \$4.3 million.

Though each member congratulated Hough on her effort to dig into the budget and make an attempt to improve it despite her short time on the board, Springfield representative Elizabeth Schultz and the new Sully member Tom Wilson were the only other members to vote in the amendment's favor.

"In the Virginia state code, there's a requirement for board members to run school systems with 'the utmost efficiency,'" said Schultz, who went on to address the Food and Nutrition Services aspect of the amendment: "This is an incredibly modest way to recognize a self-sustaining fund that numbers bear out over time is already provided for in the budget."

"The best face we can put forward is that we have done all the appropriate things to recognize savings when we can," Schultz added.

Hough defended her work, explaining with regards to the change in revenue from the Commonwealth, that based on comparing projected and actual funding, it wasn't unreasonable to reflect the Governor's proposal in the budget.

"The whole budget process is based on assumptions that may not come to fruition," she said. "I do think that when we look at what this \$3.2 million is, it's just another assumption we're basing our budget on."

In discounting the amendment, other board members explained that this preliminary approval vote is just the first part in a multi-step process. The board will present the budget to the Board of Supervisors on April 5. Once it's clear what will be revenue and transfer from the county and the state, the board will have another opportunity to make changes and cuts, Hynes said.

THE BOARD OF SUPERVISORS has scheduled public hearings on the budget on April 5-7. More information about participating and the complete budget calendar is available online at www.fcps.edu/fs/budget/budgetcalendar.shtml. Additional info on the FY 2017 budget can be found online at www.fcps.edu/news/fy2017.shtml.

Richmond Places Proffers in Danger?

BY KEN MOORE
THE CONNECTION

Approximately 2,681 bills and resolutions have been introduced in Richmond, said Lee District Supervisor Jeff McKay.

But Richmond caught the attention of the Fairfax County Board of Supervisors specifically this week with HB 770 (Gilbert) and SB 549 (Obenshain), bills Sharon Bulova says will place "significant restrictions" on development.

The Board of Supervisors drafted an emergency letter during its Board meeting Feb. 2 to the Fairfax County Delegation to the General Assembly opposing the two bills.

"Please oppose HB 770/SB 549, or seek amendments to safeguard Fairfax County's proffer authority," according to the Board of Supervisors.

"Virtually all development in the County is infill development. In these types of cases, proffers are critical in meeting infrastructure and compatibility needs of surrounding areas. If enacted, these

bills may require us to rewrite entire sections of our Comprehensive Plan and Zoning Ordinance," wrote Sharon Bulova, chairman of the Board and an at-large member.

The Board detailed the way the county works with developers to balance the impact of new development with "added demand for county services and public facilities that result from that development."

"We do that through the proffer system, which provides an opportunity for developers to work with the County to address community concerns related to the increased density of such development," according to the Board of Supervisors. "In Fairfax County, our collaboration with our partners in the development community has led to successful, innovative plans such as the redesign of Tysons, construction of the Mosaic District, and the revitalization of Springfield."

The Board approved drafting the letter during its regularly scheduled meeting on Feb. 2.

"It needs to get to Richmond in

an hour and a half," said McKay on Tuesday morning.

"We have to communicate how bad this bill is," said Dranesville Supervisor John Foust. "It flies in the face of everything we are trying to do for the economic success of Fairfax County."

"The more I thought about this bill, the worse it seems to get," said Providence Supervisor Linda Smyth, warning of profound effects on in-fill development. "We will no longer get proffer features on design issues."

"If enacted it may require us to rewrite our entire Comprehensive Plan. We will have to rewrite our entire ordinance," said McKay.

"This is major in terms of the repercussions we will face here in Fairfax County," said Smyth. "This will be huge, it will be time consuming, and it will be expensive to us."

Smyth and other Supervisors discussed the ability of developers to work with the community during the proffer process.

"There may be a unique opportunity, a community that may need a stream restored, and all that will

be gone, and we will have to rewrite our residential zoning," said Smyth.

"Our development community does not support this. What they are seeing is something set up in other parts of the state that will undermine what we are doing here," she said. "We have a very responsible development community."

Springfield Supervisor Pat Herry voted against the letter.

"I think we have gone too far with proffers," he said. "This will lower the cost of housing in Fairfax County."

"I agree with Supervisor Herry that we have to be careful about the requirements we put on builders. It is expensive to build in this county," said Braddock Supervisor John Cook.

"The answer to this problem is not asking Richmond to fix this problem for us," Cook said. "Going to Richmond for the answer is a bad bad bad idea."

The Board will meet again Friday, Feb. 5, at 4 p.m., to discuss General Assembly bills and resolutions.

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Creating a Multigenerational Home



It's becoming increasingly popular for several generations to live in one home. But before you start planning the perfect "in-law" suite or elevator, there are a few things you should consider.

Assess Your Home
Identify the areas of your home that are easily used by the people who need to be there and those that require modification.

Determine Your Budget
Figure out how much you would like to invest into the project, both your ideal and your maximum.

Keep Resale Value in Mind
While modifications to your home are made for your needs, it's also important to think about resale value. Universally designed space, which means flexible space that can be used for a variety of purposes, will oftentimes add to the value of your home.

Design for the Future
When planning your new space, think about not only how you will use the remodeled space now, but down the road as well. This will ultimately save you time and money.

Plan Ahead
You don't want to do things twice. Planning ahead and not rushing decisions will actually save time and money over the long run.

 Russ Glickman, founder of Glickman Design Build, is a Master Certified Remodeler and Certified Aging in Place Specialist. The award-winning Glickman Design Build team has completed thousands of general remodeling and accessible design projects in the Metro DC area and is passionate about the work they do. Their work has been featured in a variety of publications. Visit GlickmanDesignBuild.com or call 301.444.4663 to learn more.

WEEK IN MCLEAN

Rabid Fox in McLean?

A possibly rabid fox bit a McLean woman in her yard on Tuesday afternoon, Feb. 2.

Animal Control Officers are concerned that the fox may be rabid, according to Fairfax County police.

The fox was seen in the area of the 1400 block of Laburnum Street in McLean.

A woman was in her yard this afternoon around 12:40 p.m. when a fox approached her; bit and scratched her, according to police reports. "Animal control responded to the scene but was unable to locate the fox. The animal is described as a red fox, with bloody paws and nose, and acting lethargic. It was last seen on Copely Lane."

Contact animal control at 703-691-2131 if you see the fox or any wildlife with possible rabies symptoms.

Rabies can be transmitted through the bite of a rabid animal. "The vast majority of rabies cases reported to the Centers for Disease Control and Prevention (CDC) each year occur in wild animals like raccoons, skunks, bats, and foxes. Domestic animals account for less than 10 percent of the reported rabies cases, with cats, cattle, and dogs most often reported rabid.

Four things to do if bitten is to clean the wound thoroughly, seek medical attention, report the bite to animal control at 703-691-2131, and call the rabies coordinator at the Health Department at 703-246-2433.

More information on the rabies virus, exposure prevention tips, and what to do if an animal bites is available at <http://www.fairfaxcounty.gov/hd/rabies/>.

Vocal Interlude to the McLean AAUW Meeting

McLean branch of American Association of University Women (AAUW) will have Anne Hurley present a vocal interlude as part of the branch meeting on Saturday, Feb. 20, 10 a.m. at the McLean Community Center.

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OPINION

Limiting Local Authority

Assembly rushes bill limiting proffers without addressing who will pay for infrastructure.

In Virginia, a Dillon Rule state, local governments have only the powers explicitly granted by the General Assembly. And what the assembly gives, the assembly can take away.

It's the reason, for example, that localities have limited means of raising revenue and limited taxing authority. And those limited means are one reason localities have turned to proffers, payments and improvements to infrastructure agreed to by builders as part of approval and zoning changes for new development.

Members of the General Assembly, including many who represent only Fairfax County districts, agree with builders that in many places, the way local governments are using proffers is unfair, even out of control.

Many point to Loudoun County, where builders pay substantial cash proffers, as an example. And to other counties where large, off site intersection improvements were required.

Everyone seems to agree that the "abuses" are not taking place in Fairfax, Arlington and Alexandria. But the restrictions apply to these areas as well.

How are local governments supposed to pay for the costs of growth? Should the lion's share be paid by existing residents through increase

property taxes?

This is a complex question, not one that should be rushed.

But right now, the General Assembly is rushing to restrict proffers and to give developers and builders substantial clout in legal challenges to local government action. And they are doing this without any consideration to how localities will replace the resources they will lose.

EDITORIAL

It's time to slow this process down, and for a reasoned consideration. What exactly are the abuses that require action? Look at specific examples and address the specifics.

Local delegates voting in favor of the bill restricting local proffer authority included Dave Albo (R-42), Eileen Filler-Corn (D-41), Charniele Herring (D-46), Patrick Hope (D-47), Tim Hugo (R-40), Paul Krizek (D-44), Mark Levine (D-45), Ken Plum (D-36) and Vivian Watts (D-39).

Local delegates who voted against the bill included Jennifer Boysko (D-86), David Bulova (D-37), Mark Keam (D-35), Kaye Kory (D-38), Jim LeMunyon (R-67), Alfonso Lopez (D-49), Kathleen Murphy (D-34), Mark Sickles (D-43), and Marcus Simon (D-53).

The Virginia Senate was expected to vote for

an amended version of the bill on Tuesday, Feb. 9.

Reasonable action will fall to the conferees in reconciling the House and Senate versions, and to the governor, who would be able to amend the bill before signing or veto.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Pet Photos for the Pet Connection

The Pet Connection, a twice-yearly special edition, will publish on Feb. 24, and photos and stories of your pets with you and your family should be submitted by Feb. 17.

We invite you to send us stories about your pets, photos of you and/or your family with your cats, dogs, llamas, alpacas, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your home or yard with you.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

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LETTERS TO THE EDITOR

Helping Search for Best Solutions

To the Editor:

At its Feb. 4 meeting, the McLean Community Center Capital Facilities Committee (MCC CFC) deferred a vote on whether to retain Maffitt Hall as a community meeting room or turn it into office and administration space. While I was not present at the meeting, I have been told that an email that I had sent in support of retaining Maffitt as a meeting room was interpreted by some on the CFC as representing another McLean organization's official po-

sition on the issue and therefore as interfering in the process of the MCC's renovation. Nothing could be further from the truth.

My email communication represented my personal views and not an official position of the McLean Citizens Association, McLean's 100+ year-old unofficial town council for all residents of Small District 1, Dranesville.

According to the MCC website, "the mission of the McLean Community Center is to provide a sense of community by undertaking pro-

grams; assisting community organizations; and furnishing facilities for civic, cultural, educational, recreational and social activities apportioned fairly to all residents of Small District 1, Dranesville."

My understanding is that turning Maffitt into office and administration space as part of MCC's \$8.1 renovation would effectively reduce the number of meeting rooms available for civic, cultural, educational, recreational or social activities. This outcome would not serve the interests of McLean's residents or community organizations, who already find that there

are times when there are no rooms available at the MCC to meet.

Seems to me that the MCC's mission statement makes it clear that comments on MCC's renovation plans from both McLean residents and McLean organizations are part of, not an interference in, the public process of deciding what best serves McLean's residents and taxpayers.

Sally K. Horn
McLean

The views expressed herein are my personal views and should not be construed as representing the position of any other individuals or organizations.

VOLUNTEER EVENTS AND OPPORTUNITIES

Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, March 8, 7-8 p.m.** to discuss Incontinence Issues and Caregiving. Join us to discuss your concerns and learn more about making this issue more manageable. Register beforehand at www.fairfaxcounty.gov/OlderAdults and click on Telephone Caregiver Support Group. Call **703-324-5484**, TTY 711.

The **Fairfax Commission on Aging** meets on **Wednesday, March 16** at noon at the Hunter Mill District Office, 1801 Cameron Glen Dr., Reston. The public is wel-

come to attend and join in the comment period that begins each session. Find out more at www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm. Call **703-324-5403**, TTY 711 for meeting access needs.

The **Lewinsville Senior Center** in **McLean** needs instructors for the following classes: **Line Dance, Zumba Gold, Certified Arthritis Exercise, Square Dance, Basic Guitar, Art, and Basic Spanish**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Bailey's Senior Center in Falls Church** is in need of a **Volunteer Trip Assistant**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

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

The **Mott Community Center Se-**

nior Program in Fairfax is looking for volunteer instructors for the following classes: **Tai Chi** and **Art**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

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

McLean CONNECTION

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McLean Woman's Club: Discussing Senior Nutrition

Dr. Lewis Suskiewicz, M.D., a distinguished local internist retired from Inova Fairfax and Fair Oaks Hospitals, spoke about senior nutrition to the Woman's Club of McLean at its meeting on Feb. 2. He addressed the nutritional adjustments that seniors often must make because of physical changes that occur during aging.

Much of the doctor's talk focused on weight control. Older people, he said, generally need to reduce the number of calories they consume because they are less active than previously and have less muscle mass and lower hormonal levels. Moreover, overweight can cause increased stress on joints and the back and also can affect medications.

The number of calories a person takes in should be determined by their optimal weight. A rule of thumb is to consume 10 calories per pound per day. Ideally, 30 to 40 percent of caloric intake should occur at breakfast, with the same general amounts at lunch and dinner. Carbohydrates should make up 50 to 60 percent of total calories, and these should be complex carbohydrates. Proteins, preferably from non-animal sources, should



PHOTO BY LAURA SHERIDAN/WOMAN'S CLUB

Dr. Lewis Suskiewicz, M.D., speaks to the McLean Woman's Club on senior nutrition.

make up 20 to 30 percent of total calories, and another 30 to 40 percent can be fats, ideally unsaturated fats. Restricting your diet in these ways can reduce cardiovascular risk by 2 percent for each point of lowered cholesterol, and cholesterol itself can be reduced 5 to 15 points by diet restrictions.

Vitamin and mineral supplements are generally not needed, according to Dr. Suskiewicz. Some vitamin supplements in large amounts, for example, Vitamins E and A, can damage the liver. On the other hand, calcium is often recommended for bone porosity,

and there can be indications for other minerals and for vitamins in certain situations. Water intake should be 1-1/2 to 2 quarts a day, according to the doctor, including the 4/5 of a quart that often comes from food.

Dr. Suskiewicz has lived and practiced in northern Virginia since 1975 and has received numerous professional awards and appointments. He has served on professional committees and hospital staffs, taught in medical schools and practiced privately.

—LAURA SHERIDAN

MCC

FROM PAGE 3

(May 21). Youth candidates must be 15-17 years of age as of McLean Day. One youth member will be elected from the McLean High School boundary area and one will be elected from the Langley High School boundary area. Youth candidates are not required to attend either school, but they must reside in the boundary areas served by one of the schools as defined by Fairfax County Public Schools.

Key Election Dates:

❖ Jan. 25: Petition Packets are available.

❖ March 25: Completed Petition Packets are due at MCC by 5 p.m.

❖ April 11: Absentee Voting begins at MCC and the Old Firehouse Teen Center.

❖ April 13: Candidates' Orientation.

❖ May 1: Meet the Candidates reception sponsored by Friends of the McLean Community Center from 2 to 4 p.m.

❖ May 18: Absentee Voting ends at MCC and the Old Firehouse Teen Center at 5 p.m.

❖ May 21: Elections at McLean Day from 10:30 a.m. to 5 p.m.

For more information on the MCC Governing Board Elections, call the Center at 703-790-0123, TTY: 711, or logon to: <http://ow.ly/WUaGf>.

McLEAN CRIME REPORTS

Notable incidents from the Fairfax County Police blotter from Feb. 1-4.

Animal Control Officers are concerned about a possible rabid fox seen in the area of the 1400 block of Laburnum Street in McLean. A woman was in her yard one afternoon around 12:40 p.m. when a fox approached her; bit and scratched her. Animal control responded to the scene but was unable to locate the fox. The animal is described as a red fox, with bloody paws and nose, and acting lethargic. It was last seen on Copely Lane.

Please be aware of your surroundings and keep close watch of your

children and pets. If you see this animal or others with possible symptoms, please contact animal control at 703-691-2131. If there is an imminent threat, call 911 immediately.

Larcenies

6900 block of Arbor Lane, property stolen from vehicle 1700 block of Baldwin Drive, phone from vehicle 7500 block of Savannah Street, wallet from vehicle 8300 block of Leesburg Pike, merchandise stolen from business

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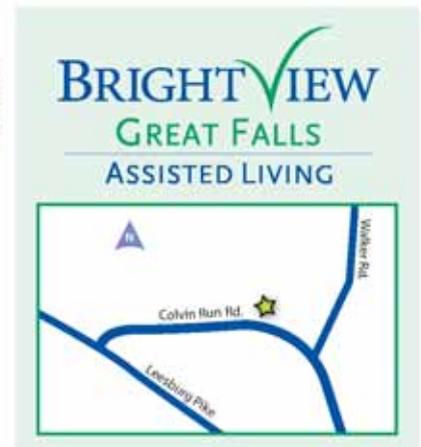
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HomeLifeStyle

While red is often the go-to floral color for Valentine's Day, shades of pink, peach and purple can offer elegance and romance.

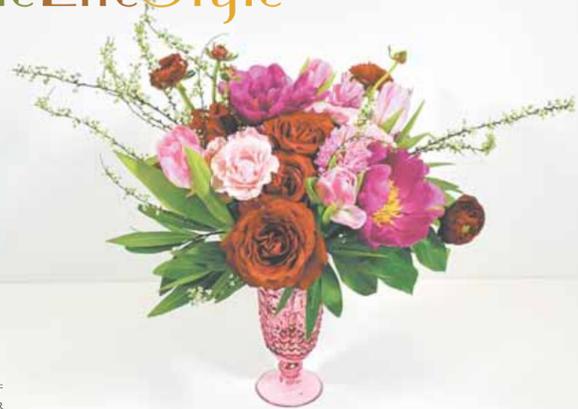


PHOTO COURTESY OF MERRIFIELD GARDEN CENTER

"As you're planning a romantic dinner at home, think about incorporating china, vases, candle votives, trays and glassware with a gold trim for a stunning table."
— Angela Phelps of Le Village Marche

Stylish Valentine's Day Table Settings

Flowers and candles create romantic designs.

BY MARILYN CAMPBELL
THE CONNECTION

Fresh flowers and candles are an easy way to add elegance and romance to a Valentine's Day table. From dramatic to understated, local tastemakers offer suggestions for setting the mood for a memorable dinner.

"Candles are key to set a romantic atmosphere," said Marika Meyer of Marika Meyer Interiors in Bethesda, Md. "Soft lighting is flattering to all of us and creates a sense of intimacy for conversations."

The ambience is enhanced, says Meyer, when the candlelight glints off of metallic accessories like candlestick holders. "You can use silver, mercury, glass or even gold or brass to help move the light," she said.

In fact, gold accents are a current trend, says Angela Phelps of Le Village Marche in Arlington. "They pair well with pinks, reds, and fuchsias," she said. "So, as you're planning a romantic dinner at home, think about incorporating china, vases, candle votives, trays, and glassware with a gold trim for a stunning table."

Metals combined with a few pops of a soft color help create an elegant setting. "White and silver tables can be very romantic—for example, a white tablecloth, mirrored or silver placemats, silver flatware and crystal stemware," said Fay Johnson, an interior designer with J.T. Interiors in Potomac, Md. "The centerpiece [could be] a silver ice bucket with white and blush colored roses and a



PHOTO COURTESY OF IVY LANE

A table setting by Alexandria-based Ivy Lane's Alex Deringer and Courtney Cox incorporates fresh flowers.

array of assorted size candles and votives."

For a more traditional table, Johnson stated that "a black, white and red table can be very dramatically romantic. A black and white tablecloth [such as] a houndstooth or herringbone ... pattern with red, glass stemware, white dinner plate, a ruby-red glass salad plate and silver flatware."

Johnson suggests completing the look with a crystal or silver vase filled with red roses and accented with few red glass votive candles.

Johnson believes that not all centerpieces need to be flowers. She suggests filling three compote dishes, graduating in size, with chocolates and red and pink rose petals for table design with a touch of whimsy.

A vase can add a powerful style impact. "A vase is like a frame for



PHOTO BY ANGIE SECKINGER

Kelley Proxmire created an intimate table setting with a variety of glasses, candles and fresh flowers.

a picture," said Linda Wilson-Vertin, floral designer with Merrifield Garden Center in Fair Oaks. "A clear vase is like not having a frame on the picture."

Instead, choose a vase that has visual interest or one that is meaningful on a personal level. "I like using things that are special to the individual," said Wilson-Vertin. "I ask clients to bring in a container that they like so that I can create an arrangement that works with it."

While red is often the go-to floral color for Valentine's Day, Wilson-Vertin says that shades of pink, peach and purple can offer elegance and romance. "Go with what works for you and what works in your home," she said. "For example, red doesn't work in my home, so I use watermelon and apricot."

Consistency adds an unexpected touch of enchantment. A monochromatic palette conveys more ro-

mance than contrasting colors," said Wilson-Vertin. She recommends using "red roses with deep burgundy mini carnations to vary the size of the flower head and texture. Mini carnations have ruffled texture."

For the ultimate in texture and color variety, "think English garden, like roses, hydrangeas, lisianthus and snapdragons," said Wilson-Vertin. "Add berries and eucalyptus" to complete this elegant floral arrangement."

Linen napkins offer a finishing touch to an elegant table setting, says Kelley Proxmire of Kelley Interior Design in Bethesda, Md.

"Use pretty salt and pepper shakers, festive napkin rings, and if you have fancy water or wine glasses, now is the time to use them," she said. "And don't forget the champagne bucket nearby for cooling white wine or champagne."



PHOTO BY RON BLUNT

Wentworth designed and built an entertainment system around the TV that includes pullout cabinets for electronics.



PHOTO BY JAMIE CORBEL

Rill Architects designed this butler's pantry in Potomac, Md., with pocket doors.

Bringing Order to Household Chaos

Clever design solutions for hiding clutter.

BY MARILYN CAMPBELL
THE CONNECTION

Wires, cable boxes, soccer cleats, pet bowls and other items are life's necessities, but they can be unsightly and disrupt the aesthetic of an elegant living space. From textured baskets to custom-made furniture, local architects and designers believe that everyday items can be concealed, maintaining the design integrity of a space while incorporating the household items that make daily life run smoothly.

For pet owners, a kitchen renovation is an ideal time to consider adding a custom space for pet bowls and beds. Hidden drawers near the bottom of a kitchen cabinet can keep pet supplies out of sight.

"When designing kitchens and baths, we always consider the best ways to store essentials in a neat, aesthetically pleasing way," said Jim Rill, principal of Rill Architects in Bethesda, Md.

The kitchen is also an ideal room for carving out storage space for electronics and charging stations. "Add an outlet to a small drawer in the kitchen for charging phones so the cords ... are not all over the countertop," said Michael Winn, principal of Winn Design Build in Falls Church. "Use flip, pop-up and other types of hidden outlets in kitchen countertops, like those used in some offices."

Winn says outlets can be hidden in spaces such as fake drawer fronts, under cabinet lighting or a countertop edge. "Use a built-in wireless phone charger on a table," he said. "The Holy Grail is wireless electricity. It's not a stretch to imagine that the homes we'll be

building a decade or so from now will have this technology."

Interior designer Molly Bruno, owner of Molly Bruno Interiors, suggests choosing one area as the "hot zone" for high-tech devices. "A specific place where your family's phones, iPads and tablets can all charge together. A central spot is key ... someplace away from bedrooms, possibly a corner of the kitchen or a designated tray on your desk."

Mudrooms have evolved into an essential space for inclusion in

home design, says Rill. "[They] provide a drop-off spot for coats, hats, keys, and [more] when entering a home and [are] often hidden from view," he said.

Interspersing closed storage with open is a design strategy that Bruce Wentworth, president of Wentworth, Inc. uses to hide frequently used household products. "Closed storage to conceal the necessities of life that are not always so attractive and open shelving to display personal treasures and books," he said.

From soccer cleats and shin guards to basketballs, corralling clutter becomes less daunting with textured baskets, says Bruno. "Pottery Barn's beachcomber baskets are great placed at the end of a couch for extra blankets and pillows or by the back door for shoes or sporting equipment."

These also work in a linen closet or bathroom. "Roll up several clean towels, place them vertically in the basket and you'll have fresh towels at the ready" for family and guests.

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Haunting Wounded Souls, Interconnected Lives

1st Stage presents
'When the Rain
Stops Falling,'

BY DAVID SIEGEL
THE CONNECTION

For those seeking out a singular achievement into unapologetic mature themed theater, 1st Stage's production of "When the Rain Stops Falling" will etch itself into audience thrall. Written by playwright Andrew Bovell, "When the Rain Stops Falling" is a deftly crafted, dense family saga named the best new play of 2010 by TIME Magazine

"When the Rain Stops Falling" begins with the sound of heavy rain falling. Eight people scurry and weave about the stage with umbrellas open trying to dodge raindrops. A man stops. A fish mysteriously falls out of nowhere with a loud thud. The man screams to the heavens. The audience is soon hooked into mystery and an unusual production structure. Characters, young and old, male and female, try to make sense of their jumbled lives. The play crisscrosses the geography of Great Britain and Australia while zigzagging from the future to the past and back again in the period between 1953 to 2039.



PHOTO BY BRITTANY DILIBERTO/COURTESY OF FIRST STAGE

From left — Scott Ward Abernethy, Kari Ginsburg, Sara Dabney Tisdale, Amy McWilliams, Dylan Morrison Myers and Teresa Castracane in "When the Rain Stops Falling" at 1st Stage.

Under Michael Dove's penetrating, textured direction the audience experiences the attempts at emotional intimacy of each character as they journey into what makes them tick. Each is trying to decipher why so little honest information has crossed their path. What could be so dreadful that it has to be totally obliterated from view? What leads some to drink, others to be caustic

and some to disappear?

The eight-member ensemble provide genuinely moving performances. They inhabit their characters. Before the audience's eyes, actors become a strikingly blended family. As a cast they have emotional wallop, whether speaking the most fraught words or in silences at a table eating together. The poetic cadence of their dialogue

Where and When

1st Stage presents "When the Rain Stops Falling" at 1524 Spring Hill Road, Tysons. Performances through Feb. 28. Fridays at 8 p.m., Saturday 2 p.m. and 8 p.m., Sundays 2 p.m. and 7 p.m. Tickets: Adults \$30, Seniors (65+) \$26, Students and Military \$15. Call 703-854-1856 or visit www.1ststageoftysons.org. Note: Wheelchair accessible.

has recurring motifs that become hypnotic.

The compelling performances are by actors well-matched so they thoroughly echo one another. The cast members are Scott Ward Abernethy, Mark Lee Adams, Frank Britton, Teresa Castracane, Kari Ginsburg, Amy McWilliams, Dylan Morrison Myers and Sara Dabney Tisdale.

Luciana Steconi's set design, Kelsey Hunt's costume design, sound by Sarah O'Halloran with lighting by Brittany Diliberto are seamlessly top-notch. The audience is plunked down into various worlds just with a barely transparent gauze-covered frame that provide the appearance of living spaces with minimal furnishings, a window to scan the world from and ever present rain.

There is ultimate forgiveness and some understanding as the production reaches its final curtain. "When the Rain Stops Falling" is a beautifully rendered, intermission-free 1st Stage production especially for the discerning.

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All performance materials are also supplied by MTI, 421 West 54th St. NY, NY 10019

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

FEBRUARY

2/24/2016..... Pet Connection

MARCH

3/2/2016..... Wellbeing

3/9/2016..... HomeLifeStyle Real Estate Pullout

3/16/2016..... A+ Camps & Schools

3/23/2016.... Spring Fun, Food, Arts & Entertainment

FCPS Spring Break 3/21-3/25

APRIL

4/6/2016..... Wellbeing – Senior Living Pullout

Easter Sunday is March 27

4/13/2016..... Real Estate Pullout – New Homes

4/20/2016..... A+ Camps & Schools

4/27/2016..... A+ Camps & Schools Pullout

4/27/2016..... Mother's Day Celebrations,
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- Reston Connection
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- Vienna/Oakton Connection

CALENDAR

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

ONGOING

McMurry Artist Showcase. Feb. 1-24. Broadway Gallery Fine Art and Framing, 1025-J-Seneca Road, Great Falls. Local artist Richard McMurry's stylized landscape paintings will be on display. www.broadwaygallery.net. 703-450-8005.

Macdonald Fine Arts Scholarship Deadline. Friday, Feb. 12. Each year, the McLean Community Center recognizes the hard work and talent of young performing artists through the James C. Macdonald Performing Arts Scholarship Competition. Following a preliminary audition and a final round of competition, prizes are awarded in each of four categories: Dance, Instrumental Music, Vocal Music and Theatre. High school students who reside or attend school in the McLean tax district (Small District 1A-Dranesville) are eligible to apply. mcleancenter.org. 703-790-0123.

"When the Rain Stops Falling." Feb. 4-28. 1st Stage Tysons, 1524 Spring Hill Road, Tysons Corner. Epic in scope and poetic in language, this beautiful, haunting play crosses continents and challenges the boundaries of time to tell the story of one family and the events that bring them together and drive them apart. \$15-\$30. www.1ststagetysons.org. 703-854-1856.

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.

"1776." Fridays and Saturdays, 8 p.m. Sundays, 2 p.m. Through Feb. 21. Alden Theatre, 1234 Ingleside Ave., McLean. The founding fathers who participated in the creation and signing of one of the most important documents in our nation's history are presented in a humorous way, with their human foibles and failings. Directed by Annie O'Neill Galvin; produced by Jerry Gideon and Jean Match. \$23-\$25. mcleanplayers.org. 866-811-4111.

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.

THURSDAY/FEB. 11

Valentine Making and Champagne Tasting. 7:30-9:30 p.m. McLean Project for the Arts, 1234 Ingleside Ave., McLean. The Valentine Making workshop will be led by one of McLean Project for the Arts' experienced faculty members, and the tasting will be special curated selections of champagne and prosecco provided by The Vineyard. \$35/\$30. 703-790-1953.

Gallery Talk. 7 p.m. McLean Project for the Arts, 1234 Ingleside Ave., McLean. Join us for storytelling and poetry. Artists, Nasrin and Nahid Navab, will share stories behind their collaborate exhibit "Hushed Revolt." Poetry reading by Safia Elhillo from Split This Rock. Free. www.mpaart.org. 703-790-1953.

Valentine's and Champagne. 7:30-9 p.m. McLean Project for the Arts, 1234 Ingleside Ave., McLean. Put the

Puppeteer Jim West performs at the McLean Community Center on Saturday, Feb. 20.



PHOTO CONTRIBUTED

ART in HEART this Valentine's Day. Create one-of-a-kind Valentines while tasting special champagnes and proseccos from The Vineyard. Workshop led by one of our experienced instructors. \$35/\$30. www.mpaart.org. 703-790-1953.

SATURDAY/FEB. 13

Coffee and Roses. 9:30-11 a.m. StarNut Gourmet, 1445 Laughlin Ave., McLean. Coffee discussion, "Selection, Sources and Rose Care." Hosts Frank Polk and Pam Powers. arlingtonrose.org. 703-371-9351.

Great Falls Farmers Market. 9 a.m.-1 p.m. Great Falls Grange, 9818 Georgetown Pike, Great Falls. Valentine's Market. www.greatfallsfarmersmarket.org.

Chinese Lunar New Year Celebration. 11 a.m.-2 p.m. Tysons Corner Center, 1961 Chain Bridge Road, McLean. Showcasing unique cultural performances from The Jow Ga Shaolin Institute continuing with more fun family festivities, crafts and entertainment. Free. 703-997-0977.

SUNDAY/FEB. 14

Smooth Jazz Brunch. Noon-2:30 p.m. Maggiano's Little Italy, 2001 International Drive, McLean. Join Tony Craddock, Jr. & Cold Front and Ken Navarro as they touch hearts through music. Ticket prices include Brunch Buffet and a \$10 gift certificate to Maggiano's. \$60. www.tonycraddockjr.com/jazzbrunch. 703-398-6171.

Grain Grinding Demonstrations. Noon-3 p.m. Colvin Run Mill, 10017 Colvin Run Rd., Great Falls. \$7 for adults, \$6 for students, \$ for children and seniors. 703-759-2771.

MONDAY-TUESDAY/FEB. 15-16

Graham Nash. 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Singer/songwriter and founding member of iconic bands Crosby, Stills and Nash and The Hollies, Graham Nash is a two-time Rock and Roll Hall of Fame and Songwriter Hall of Fame inductee, a Grammy Award winner, a New York Times bestselling author, and an Officer of the Order of the British Empire. \$80-\$90. www.wolftrap.org.

FRIDAY/FEB. 19

Kevin Griffin of Better than Ezra. 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Frontman of the alt-rock band Better Than Ezra, this prolific singer/songwriter has penned numerous hits for Train, Sugarland, James Blunt, Howie Day, Missy Higgins, Blondie, and more. \$25-\$27. www.wolftrap.org.

FRIDAY-SUNDAY/FEB. 19-21

Hope on Ice. 3-8 p.m. Tysons Skate Rink, 1961 Chain Bridge Road, McLean. Community ice skating extravaganza benefiting American Cancer Society and honoring cancer survivors. DJ Civil, live music, entertainment and Luminaria on ice ceremony. First 50 cancer survivors receive commemorative T-shirt. \$12. skatetysonscorner@gmail.com. 703-673-8044.

SATURDAY/FEB. 20

Puppetry Festival. 10 a.m.-1 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Jim West Puppets and Crabgrass Puppets will present and perform. Children can enjoy two puppet shows and learn how to make their own puppets. \$15/\$10. http://ow.ly/WLmhq. 703-790-0123.

Winter Wine Tasting. 7-10 p.m. River Bend Golf and Country Club, 375 Walker Road, Great Falls. Mingle with and join your neighbors for a delicious selection of hors d'oeuvres, cheeses and fine wines. \$75. http://www.celebrategreatfalls.org/winter-wine-tasting/.

SUNDAY/FEB. 21

Hula Dance Master Class. 3 p.m. The Center for Education, 1645 Trap Road, Vienna. Take a trip to the fascinating Hawaiian islands in this fun-filled hula dance master class. Learn the beautiful footwork and graceful hand motions of a hula 'auana, modern hula, to a special mele, Hawaiian song. Ages 13 to adult. \$20. www.wolftrap.org.

FRIDAY/FEB. 26

Itamar Zorman, Kwan Yi. 7:30 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Violin and piano pieces by Mozart ("Sonata in B-flat Major K. 378"), Crumb ("Nocturnes"), Brahms ("Sonata in A Major"), Bartok ("Sonata no. 1 for Violin and Piano"). \$35. www.wolftrap.org.

SATURDAY/FEB. 27

Scott Miller. 6:30 p.m. Jammin Java, 227 Maple Ave., E, Vienna. Staunton, Va. native, singer songwriter and farmer. www.jamminjava.com.

John Eaton, The Swingin' '30s. 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Join renowned pianist and vocalist John Eaton as he interprets the Great American Songbook. \$25-\$27. www.wolftrap.org.



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SPORTS

Langley Boys' Swim and Dive Wins Region Championship

Saxon girls finish region runner-up.

BY JON ROETMAN
THE CONNECTION

The Langley boys' swim and dive team entered the season hoping for a top-three finish at regionals and states.

After a championship performance last week, the Saxons' goals have shifted.

The Langley boys won the 6A North region championship on Saturday, Feb. 6 at Oak Marr Recreation Center. The Saxons finished with a score of 229.5, holding off runner-up Patriot (215).

Langley head coach Ryan Jackson said the Saxons put themselves in position to win with a strong performance on Friday during prelims.

"It sunk in last night when I went home and scored out how we did in prelims," Jackson said. "We did well last night. We put ourselves in position, event after event in prelims, to be in the place to score points. We had all three relays in the top eight. We had swimmers come back in every event. We had points coming from diving from Wednesday. We really had a complete team show up and we swam great."

Langley's victory came one week after the Saxons took home the Conference 6 title on Jan. 30 at Washington-Lee High School.

Sophomore Casey Storch had a strong regional meet, winning the 200 IM with an All-American-qualifying time of 1:49.29.

"I feel that was a strong race," he said. "Going into it, I was a little scared of all the other guys coming back. I ended up going out really fast in the first half but I felt strong the whole time."

Storch also placed third in the 100 breaststroke with an All-American time of 56.1, which also bested the previous meet record of 56.5, and helped the 200 medley and 400 free relays finish third.

"He's just so talented," Jackson said about Storch. "It looks effortless, but he just gives 100 percent. He anchored the [400] free relay right after the breaststroke, he split a 45 low — just incredible. That's right up there with the big boys in the 100 free — and right after swimming the breaststroke. He's definitely talented and he has a lot of poise, as well."

The Langley 200 medley relay (Ryan Ha, Storch, Devin Truong, Carter Bennett) finished with a time of 1:33.92 (All-American) and the 400 free relay (Chase Bradshaw, Truong, Justin Rose, Storch) posted a time of 3:09.14 (All-American consideration). The 200 free relay (Bennett, Adam Fischer, William Wingo, Justin Rose) also took third, finishing with a time of 1:26.46.

Rose, a senior, placed fifth in the 100 butterfly (50.99) and 100 backstroke (51.12, All-American consideration).

Bennett, a senior, tied for fifth in the 50 free with a time of 20.99 (All-American consideration) and finished 10th in the 100 free (47.26).



The Langley boys' swim and dive team won the 6A North region championship.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



The Langley girls' swim and dive team finished runner-up at the 6A North region meet.

After Saturday's region championship, Jackson, who announced to the team earlier this season that he will take a break from coaching after 12 years with Langley, said the Saxons' outlook for states has changed.

"I think our goals have shifted a little bit in terms of a top-three finish," he said. "Maybe we're going to try to take a sweep."

The defending state champion Langley girls' team finished runner-up at regionals with a score of 194. Robinson won the title with a score of 222.

Langley junior Isabella Rongione placed second in the 500 free with an All-American time of 4:46, finishing four-tenths of a second behind Oakton senior Megan Byrnes. Rongione placed fourth in the 200 free (1:49.87, All-American consideration) and helped the 200 free and 400 free relays place third.

The 200 free relay (Micaela Grassi, Celeste Pace, Rongione, Michelle Owens) turned in a time of 1:37.79, and the 400 free relay (Grassi, Joanne Fu, Owens, Rongione) recorded an All-American-consideration time of 3:30.28.

The 200 medley relay (Grace Gent, Pace, Fu, Kendall Heebink) finished eighth (1:51.01).

Fu, a junior, placed second in the 100 butterfly (56.03) and eighth in the 200 IM (2:08.4).

Owens, a junior, placed fourth in the 500 free (4:53.01, All-American consideration) and fifth in the 200 free (1:50.46, All-American consideration).

The 6A state diving championship is scheduled for Feb. 19 at Oak Marr. The 6A state swimming championship meet will be held Feb. 20 at George Mason University.



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Carolyn Brown-Kaiser and the McLean gymnastics team qualified for regionals during the Conference 6 championship meet on Feb. 5.

McLean Gymnastics Qualifies for Regionals

BY JON ROETMAN
THE CONNECTION

The defending state champion McLean gymnastics team earned a regional berth with a runner-up finish at the Conference 6 meet on Feb. 5 at Washington-Lee High School.

McLean finished with a score of 139.6. Yorktown won the team championship with a total of 146.225, snapping the Highlanders' streak of four consecutive district/conference titles.

While McLean is used to finishing atop the Liberty District/Conference 6, the Highlanders

managed to qualify for regionals despite the graduation of multiple key contributors from last year's state championship team, including Lizzy Brown-Kaiser and Jacqueline Green.

"It's really great," head coach Courtney Lesson said. "I feel

like this year we have a younger team, so [we had to get] them understanding the concept of how things go."

McLean sophomore Carolyn Brown-Kaiser qualified for regionals in the all-around with a score of 35.825. She placed second on vault (9.3), sixth on

floor (9.2), seventh on bars (8.75) and tied for 12th on beam (8.575).

"She's really motivated," Lesson said. "She knows what she was to do to get the job done. ... She's really good at motivating the team."

McLean's Calista Pardue qualified for regionals in two events, tying for fourth on beam (9.025) and plac-

ing fifth on floor (9.225). Anna Brower qualified for regionals on vault with a third-place finish (9.25), and Aliyah Chevalier tied for seventh on floor (8.9).

The regional meet will be held Saturday, Feb. 13 at Patriot High School.

"She knows what she was to do to get the job done. ... She's really good at motivating the team."

—Head coach Courtney Lesson on Carolyn Brown-Kaiser

Virginia Cigarette Tax Remains Lowest in Nation

Opportunity for increase in cigarette tax blows up in smoke.

BY KEN MOORE
THE CONNECTION

Dale Stein and the McLean Citizens Association couldn't even raise a match before legislators in Richmond extinguished a possible increase in the cigarette tax for Fairfax County.

This week, Sen. Barbara Favola's proposed legislation to increase the cigarette tax failed to pass committee. McLean Citizens Association was poised to vote on its resolution to support her bill and increase cigarette tax on Wednesday, Feb. 4.

"Virginia imposes a state cigarette excise tax of 30 cents per pack — the lowest of all states," according to the resolution that McLean Citizens Association would have voted on if the General Assembly hadn't already killed Favola's legislation. "The federal government imposes a cigarette excise tax of \$1.01 per pack."

Maryland's tax is \$2 per pack, the national aver-

age is \$1.61 and New York imposes a \$4 per pack tax, according to Stein's research and MCA documents.

Favola's bill would have increased the cigarette tax in Fairfax and Arlington from 30 to 60 cents. With the increase, Virginia still would have ranked 46th of the 50 states on the amount of tax charged on a pack of cigarettes.

"Under state law only two counties are permitted to have cigarette taxes, Fairfax and Arlington," said Stein. But taxes can be no higher than the state tax.

Favola requested the change so funds raised could be dedicated to education. McLean Citizens Association wanted to establish a precedent for giving public schools an additional source of revenue and to "diversify the tax base."

"The benefits of such legislation, if approved, would encourage healthier lifestyles," according to MCA's proposed resolution.

Similar legislation is almost always killed in committee, said Stein.

"I contacted her after this happened to get her read on why this was killed.

"They consistently veto tax increases," said Stein.

"I asked, 'Should we nonetheless go with another resolution,'" said Stein, committee chair of McLean Citizens' Association's budget and taxation committee. "I think I got a very tactful 'no.'"

Potomac School Senior Commits to Wellesley for Soccer

Emily Tran, a senior at The Potomac School, has committed to play Division III soccer for Wellesley College. "I wanted to play soccer at the collegiate level, but Wellesley's academics were the key to my decision," Tran says. "I'm thrilled to attend such an excellent liberal arts college."

Tran was a varsity starter and standout forward at Potomac her freshman and senior years, helping the Panthers win an Independent School League A Division co-championship this past fall. During her sophomore and junior seasons, Tran played forward and midfield for FC Virginia, an elite women's club soccer team; last year, the team qualified for the



Emily Tran

PHOTO CONTRIBUTED

Elite Clubs National Playoffs. "Emily is a true leader and has a great work ethic," notes Potomac Girls Soccer coach Claire Bordley. "She's going to be a great addition to Wellesley's soccer program."

Tran is eager to bring her skills to a Wellesley team that finished 8-6-3 last season. "I was attracted to the team's up-tempo style of play," she says. "I'm looking forward to contributing next season."



Carole Herrick, chair of McLean and Great Falls Celebrate Virginia handing residual funds to Paul Kohlenberger, president of the McLean Historical Society.

PHOTO CONTRIBUTED

McLean and Great Falls Celebrate Virginia Merges with McLean Historical Society

McLean and Great Falls Celebrate Virginia, a statewide community organization organized by Del. Vince Callahan in 2003 to help with the commonwealth's 400th anniversary of the founding of Jamestown by promoting its local history, has merged with the McLean Historical Society.

Following a large-scale event "Celebrate Virginia Today in 2007," its major contribution toward Virginia's 400th anniversary celebration, the group voted to continue in order to bring before the public the historic nature of McLean and subsequently produced three large-scale events such as "The McLean Centennial Celebration," "McLean Remembers the Civil War," and "An Afternoon with the Madisons."

As part of the "McLean Centennial Celebration," the organization commissioned local artist Erik Hottenstein to develop a logo for McLean. A rail car of the Great Falls and Old Dominion Railroad was selected for the design because a rail stop along this route gave McLean its name.

With funding from Friends of the McLean Community Center and the McLean Historical Society, Celebrate Virginia presented the McLean Community Center with 64 framed photo-

graphs of early McLean that members had researched and captioned. The photos are on permanent display and are the largest such collection in Fairfax County.

The James Madison Trail through the grounds of Chesterbrook Elementary School was refurbished by Matt Hinton of Boy Scout Troop #128 as an Eagle Scout project. This trail is thought to be part of the route President James Madison took the night he fled into the Virginia countryside as the British burned the nation's capital city. The organization later assisted Chesterbrook's sixth grade Class of 2014 with its graduation gift of a marker commemorating Madison's route through the school grounds.

Other projects included a collection of oral histories that resulted in two books: "100 Recollections of McLean and Great Falls, Virginia" and "Additional Recollections of McLean and Great Falls, Virginia." This was followed by an original play, "Captain John Smith: History;" the identification and marking with bronze plaques 46 historic properties and trees; a walking trail map of the Langley Fork Historic District; and sponsorship of trips, lectures and tours of historic properties

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Not Snow Fast



By KENNETH B. LOURIE

As an originally diagnosed-as-terminal, lung cancer patient, I try not to panic or worry unnecessarily or be a harbinger of doom or a purveyor of gloom. Unfortunately, the providers of the news/weather reports of "accumulating" (that seems to be the popular phrase of late) snow in the forecast currently and in general, apparently are of the opposite opinion. Rather than make light of the inches predicted, the common (as if they're all reading from the same script) presentation is typically fraught with inferences of impending disaster and/or catastrophic loss. Not only is the message tiresome, its redundancy is downright distressing, as if the goal is to strike such fear into the local population that toilet paper, bread, water, and batteries aside; it's the media that will be the most important must-have.

Do you know what my most important "must-have" is? Sanity, and calm in the face of adversity; logical and rational behavior in the midst of over-the-top reporting of events (maker that snow/weather predictions) destined to change lives – of the media, for the most part. Granted, there's lots of valuable information that must be disseminated when a storm of generational proportions smothers the area. Nevertheless, don't burden us with emotional baggage in the interim. The weight of the snow, especially for us manual shovelers, will do more than enough to keep us "sheltered in place." Sometimes, the message is lost in the hyperbole, or in the "emergency" programming as seen on the non-stop, 'round the clock reporting. The sheer volume of it diminishes its impact. Quite frankly, less is more, and more manageable, too.

What us viewers and listeners endure in the Metropolitan Washington, D.C. Area, or what it has increasingly become known as: "The D.M.V.;" (yet another media creation forced upon us residents) is above and beyond the call of citizen duty. Being called as a juror appeals to me more than being subjected to the media maelstrom that precedes (and of course, follows), these "weather events."

Yet here I sit and write, approximately two weeks after the "Blizzard of 2016," trying to filter out fact from fiction concerning next week's "snowcast." And even though the two-plus feet of snow is mostly long gone (but not forgotten), I fear its effect on our preparations and predictions will inhibit us for years: fueled in no small way by the media's fascination with itself and its presumptive place in the world as well as its presumptive place in the lives of thousands of local residents for whom they feel uniquely responsible.

Not that I totally understand many of the ulterior motives behind the means and methods of communication when snow is in the atmosphere, but the pattern seems familiar: create the fear, report the fear, and then cover the effects of the fear; and then in another occasional adjunct: the after-the-fact self-analysis of the fear that was created, the reporting of that fear, and then a post-mortem on all the fear and its consequences.

I have to tell you; as a cancer patient, I can't live my life this way. Every day, I have to buck up and not look for trouble – and not make any trouble, either; not exactly the mission of the media. Ergo, I don't need to make matters any worse than they might otherwise be, nor can I presume and anticipate the worst, or create consequences in advance of them being consequential. Since I'm a great believer in context, having an incurable form of cancer (NSCLC, stage IV) may make me less tolerant of the snow coverage by the media. Then again, maybe I'm just a victim of circumstance, tired of being made to feel like the victim.

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

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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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LEGAL NOTICE
NOTICE TO John Doe, father of Zikell (male) born on 5/16/05 to M.P. in parts unknown.

A petition has been filed seeking: Commitment of minor child of the above named or vested custody and care of said child of the above named in a lawful, private or public agency or a suitable and worthy person.

The petition, whereby the courts decision can affect your personal rights, if any, regarding minor child will be heard on 2/11/2016 at 9:45am at 20 Franklin Sq. 3rd Fl. New Britain, CT 06051.

Therefore it is ordered, that notice of the hearing of this petition be given by publishing this Order of Notice once, immediately upon receipt, in the Arlington, VA, a newspaper having a circulation in the city of Arlington, VA.
Hon. Stephen F. Frazzini,
Signed Melissa C. Lapent 1/15/16

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WEDNESDAY/FEB. 10

"Dwelling Detective: Researching the History of Your Fairfax County House." 7 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Presented by Susan Hellman, Architectural Historian, Great Falls Historical Society Program. She is the Historic Site Manager for the Carlyle House Historic Site in Alexandria. 703-757-8560.

Monthly Meeting Advisory Committee for Students with Disabilities. 7:30 p.m. Gatehouse Administrative Center, 8115 Gatehouse Road, Falls Church, Room 1600. Guests welcome to observe, comment. <http://www.fcps.edu/dss/ACSD>.

SATURDAY/FEB. 13

Great Falls Farmers Market. 9 a.m.-1 p.m. Great Falls Grange, 9818 Georgetown Pike, Great Falls. Valentine's Market. www.greatfallsfarmersmarket.org.

WEDNESDAY/FEB. 17

McLean Newcomers and Neighbors Monthly Luncheon. 11:30 a.m. Nostos, 81 Boone Blvd., Vienna. Vienna. Ruth Robbins, senior program coordinator of the Smithsonian Associates, will describe programs she has organized with luminaries like Sonia Sotomayor, Henry Kissinger, Tom Brokaw and Martin Sheen. RSVP by Feb. 12 to mfskelly@verizon.net. \$38. Non-members welcome. www.McLeanNewcomers.org.

ONGOING

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

FAITH NOTES

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

Christ the King Lutheran Church, 10550 Georgetown Pike, Great Falls: Experience Lent in a New Way. Each Thursday, Feb. 18 through March 17, partake of a free supper of native foods, discuss how those who lack food, money, or resources in five countries are coping and how the Evangelical Lutheran Church in America is assisting, and join in prayer and remembrance of those in need. Visitors are welcome to come for one or all meals: 6 – 7:15 p.m. Thursdays, Feb. 18 (Bolivia), Feb. 25 (Cambodia), March 3 (Colombia), March 10 (Costa Rica), and March 17 (Egypt). For information: 703-759-6068 or <http://www.gflutheran.org/>

Emmanuel Lutheran Church, 2589 Chain Bridge Road in Vienna will hold a drive-thru service that quickly provides ashes and prayer to Christian observers of Ash Wednesday in the church parking lot on Wednesday, Feb. 10 from 6-8:45 a.m. For more information, go to www.elcvienna.org or call 703-938-2119.

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, offers musical, educational, outreach and fellowship ministries in addition to worship services, including a 7:45 a.m. worship service without music; 9 a.m. worship service, children's chapel and children's choirs; 10 a.m. Sunday school and adult forum; and 11 a.m. worship service with adult choir. 703-759-2082.

The Antioch Christian Church offers a time of Prayer and Healing on Wednesday evenings at 6:30 p.m. for anyone wanting encouragement and healing through prayers. People are available to pray with you or for you. Antioch Christian Church is located at 1860 Beulah Road in Vienna. www.antiochdoc.org

The Jewish Social Services Agency (JSSA) offers a wide variety of support groups for those with emotional, social, and physical challenges. www.jssa.org/growth-learning.



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