



## Dance Team Brings Fun And Rhythm to School

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Forestville Elementary Dance Team: Front row (in splits, from left): Lauren Farfan (fifth grade), Sofia Baranovsky (fourth); Middle row (on knees) Alice Wigmore (fifth), Malory Kroeger (sixth), Maya Seymour (fifth); Back row (on top) Katie Merritt (fifth), Robin DeRosa Lundgren (Coach), and Meredith Lukas (fifth).

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are dust; and to dust  
you shall return.*

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Wednesday, February 14<sup>th</sup>

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### **Great Falls United Methodist**

*Service of Worship at 12:00 noon and 7:00 PM*

### **Dranesville Church of the Brethren**

*Service at 7:00 PM*

### **Andrew Chapel United Methodist Church**

*Service at 7:30 PM*

### **Christ the King Lutheran**

*Communion at 7:30 PM*

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## Forestville Storm Dance Team Brings Rhythm, Fun

A program at Forestville Elementary gives students self-confidence through dance.

BY ADRIENNE WEST  
THE CONNECTION

In 2007, a rising sixth grader wanted to do dance at her school, so her mother started the Forestville Storm dance team. Robin DeRosa Lundgren, whose three children have gone through Forestville Elementary School, knew she could use her own dance background to make something happen. She got approval to run with the idea from then-school principal, Matt Harris, and the team is still going strong.

Harris, who served as principal from 2003 until retiring in 2013, bought into the idea quickly.

Harris said, "She didn't have to be too persistent because I felt it was a fantastic idea. For [children of any age] it's important to have a variety of outlets. Lundgren is a determined, bright, and creative individual, and her program [came at a time when other after-school activities run by parents] were petering out." He also had a personal investment in the program because he encouraged his then-fourth grade daughter, Caroline, to join and "she just loved it."

Harris worked with Lundgren to find opportunities for the children to perform, like PTA meetings or the Night of Thousand Stars school program.

Shortly after the team began, the Great Falls basketball coach approached her about the team performing at the All-Stars half-



PHOTO BY ADRIENNE WEST/THE CONNECTION

**The Forestville Storm dance team program runs from early October to the end of April, with eight weeks in the fall session and 16 weeks in the spring session.**

time show. In addition to that performance, they also perform at school assemblies, bingo night, the talent show, and any other opportunities that Lundgren feels will highlight their talents.

**EARLY ON**, the program had more than 30 children at any given time; not surprising since it was – and still is – the only one of its kind in the school system. She designed it as an all-inclusive, noncompetitive team for boys and girls in fourth to sixth grades.

"I didn't want to just have a program that's fun, but create a team where they support each other and become good teammates, and become comfortable and confi-

dent performing in front of people," Lundgren added.

The program is welcoming to the children because Lundgren makes a point of asking for their feedback and ideas on the music and choreography. Using a hybrid of jazz, ballet, and hip-hop, she tries to stay on top of the latest trends and big hits to keep it fresh and fun. "I have a lot of fun helping these kids realize they can do it and they do a great job. It's really rewarding to see them [grow]."

Carrie Lukas, mother of two girls in the program last year, still has a fifth grader in the program. She shared how her family became involved: "We moved to Great Falls [in 2016], and my daughters wanted to get

involved in a dance program. This program has been a perfect mix of dance training and lots of fun with a great group of girls. Ms. Lundgren is such a positive coach and influence – she encourages them to work hard and creates real camaraderie among the girls."

Mary Merritt, mother of fifth grader Katie, added: "I love their creativity and enthusiasm. Robin does an amazing job not only with the actual dances, but also with focus, teamwork and imagination."

Her daughter, who has done dance since kindergarten and on the dance team since last year, agrees: "I love that I can dance in front of people and that I have friends at dance. We have a blast!"

**THE PROGRAM** runs from early October to the end of April, with eight weeks in the fall session and 16 weeks in the spring session. Practice is currently every Tuesday from 4:15-6:15 p.m. at Christ the King Lutheran Church due to the renovations at Forestville Elementary. The Forestville Storm dance team has a number of upcoming events: Feb 9 - Bingo Night at Forestville; March 9 & 16 - Talent Show at Forestville; and in early March - GF Basketball All Stars (location TBD). She also teaches separate dance classes at Great Falls Elementary when there is enough interest.

For more information, email Robin DeRosa Lundgren directly at [derosa320@aol.com](mailto:derosa320@aol.com) or visit the team's Facebook page.

## Pat Neuman Wins Raffle for Jill Banks' Painting

Funds raised to support the Celebrate Great Falls Foundation and Great Falls Garden Club Streetscape Project.

Pat Neuman of Great Falls has won the raffle for an original oil painting by local award-winning artist Jill Banks, who donated the artwork to support The Streetscape Project. Funds were used to help provide for the purchase, planting and maintenance of 18 native trees on Walker Road between Georgetown Pike and the Safeway. The project is a joint effort of the Celebrate Great Falls Foundation and the Great Falls Garden Club.

At the time Banks painted "Village Centre Walk," the trees had not yet been planted. "I was introduced to the Streetscape Project at a Celebrate Great Falls Wine Tasting where my art was on display. While the landscape plan didn't conjure up a clear vision, the enthusiasm of the folks behind the project drove me to want to help," said Banks, whose stu-

dio is at the Artists' Atelier in the Village Centre. "I painted what spring will feel like, strolling along Walker Road, with those once-just-imagined trees in place and matured, plus I offered the option of including the raffle winner in the scene."

Pat Neuman has elected to be painted into the scene with her husband and their dog, walking down the sidewalk in the spring-time setting.

"I am absolutely delighted to win an original Jill Banks' painting," said Neuman. "I bought my raffle tickets as soon as the contest was announced. I love the fact that the painting shows a corner in downtown Great Falls, the town where we have loved living for over 30 years."

Rossen Landscape, a corporate sponsor of the Celebrate Great Falls Foundation, planted the trees and will be maintaining them in the future. In addition, as part of



PHOTO CONTRIBUTED

**From left: Erin Lobato, Winnie Frost, Pat Neuman, Jill Banks, Candice Burt, Candace Campbell.**

the Streetscape Project, they also lowered 20 unsightly white storm drain access pipes that dot both sides of the road so that they are no longer visible but still accessible.

"To me, what makes Great Falls so special is the vibrant volunteer community and the partnerships between organizations, businesses and individuals," said Erin Lobato, executive director of the Celebrate Great Falls Foundation. "We worked with

the Great Falls Garden Club to make this project a reality, and enjoyed terrific support from individuals and businesses in the community who made the generous donations that made this all possible. Great Falls is really a unique and special place."

"The Streetscape Project has been a wonderful community collaboration," agreed Winnie Frost, president of the garden club. "Not only have we added native trees to our downtown, we are also enhancing the beauty of our area. Jill has added a wonderful, generous spirit to this effort and been an important part of our successful venture."

The Celebrate Great Falls Foundation is a 501(c)3 nonprofit foundation that serves as the umbrella organization for many of our town's major annual events, including Concerts on the Green, Halloween Spooktacular, 4<sup>th</sup> of July Celebration, Celebration of Lights, Winter Wine Tasting and an annual charity golf tournament that supports local elementary schools. Visit [www.celebrategreatfalls.org](http://www.celebrategreatfalls.org).

## An Opportunity To Improve TJ

To the Editor:

The following open letter was addressed to state Sen. Steve Newman, chair of the Education and Health Committee.

**A**s graduates of Thomas Jefferson High School for Science and Technology (TJHSST), we were deeply troubled to read that the Education and Health Committee of the Virginia State Senate struck down Senate Bill 787, the proposal by state Sen. Scott Surovell to make the admissions policies at Governor's Schools such as TJHSST more equitable. While debates will continue about whether Senator Surovell's legislation is the right instrument, its intent to significantly alter Jefferson's admissions procedure to account for class is sound. No serious action has been taken on this issue at the state or local level since the school was designated as a magnet school and that has to change. Outreach efforts have had modest success in the past, but they are not enough to make Jefferson equitable. For this reason, we strongly support the intent of the senator's bill and ask the committee to work with Senator Surovell to draft legislation to make progress on this urgent issue.

All of us attended Fairfax County Public Schools. There's one among us who still has her yearbooks and class pictures from kindergarten through 12th grade. And in those images from schools like Saratoga Elementary School and Mark Twain Middle School are the smiling faces of friends and classmates of all races, as well as friends and classmates who lived in a nearby HUD housing development. None of the kids from that housing development made it into TJ, not one. And virtually none of the Black and Hispanic students in those other photos were admitted either.

The racial and economic composition of Jefferson has been an annual news story just about every year since it became a magnet school, and it's never good news. Last year, only 17 Black and Hispanic students were admitted — 3.4 percent out of 490 students. And only eight students (1.6 percent) eligible for free or reduced-price lunches (an indicator of students living in low-income or poor families). This despite the fact that Fairfax County Public School students overall are 25.4 percent Hispanic, 10.1 percent Black, and 29 percent are eligible for free or reduced-price lunches.

This disparity between Jefferson's enrollment and the racial and socioeconomic composition of Fairfax County is unacceptable and easily remedied. Countless elite institutions — especially elite colleges — have modified their admissions procedures and requirements in recent years because they have realized that their old criteria have long been leaving talent on the table. They have softened their standardized testing requirements, engaged in admissions outreach, and sought out partners in high schools and middle schools to create a pipeline of under-represented and low-income students to draw from. These students (who would never have been admitted under the old admissions protocols) have thrived at these elite institutions — often overperforming their standardized test scores. Yet Jefferson's admis-

sions policies proceed ignorant of these developments.

We live in a time when headlines and Twitter feeds constantly observe the pernicious effects of systemic inequality and racism in the daily lives of the poor and people of color. And the state of Virginia has a long legacy of racism that the world was reminded of last year during and after the events that took place in Charlottesville. White supremacy is not just Nazis marching in the streets; it also lies in maintaining a high school that excludes the poor, African-Americans, and Latinos, and then calls itself the greatest, most meritocratic high school in the country. You and the other 12 members of the committee who struck down this modest change to Jefferson's admissions policies have voted to maintain a blatantly racist and classist flagship school.

This is a shameful display when it would have been so easy for you to answer the impassioned requests of so many parents and alumni, as well as Senator Surovell. We understand that the committee has framed its objections to this bill in terms of local rights. While in many cases local school boards are best situated to make local educational decisions, when a board ignores a pressing issue affecting its most vulnerable and disempowered constituents over decades, the state has an obligation to step in and remedy the injustice.

The one way that Jefferson, with the help of the Fairfax County School Board and the Virginia legislature, could truly differentiate itself is by showing that it is working deliberately and intentionally to combat the structural and systematic racism and class privilege that feeds students into the school. Thousands of schools and nonprofits around the country have already made meaningful change in this area, it's time for Jefferson and those in charge to take responsibility for this problem and do the same.

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# SPORTS

**Senior Parsa Yazdani-Arazi from Langley won 21-10 against Sophomore Roy McCoy of Washington & Lee in 220 pound weight class.**



PHOTO BY JENNIFER KAYE/  
THE CONNECTION

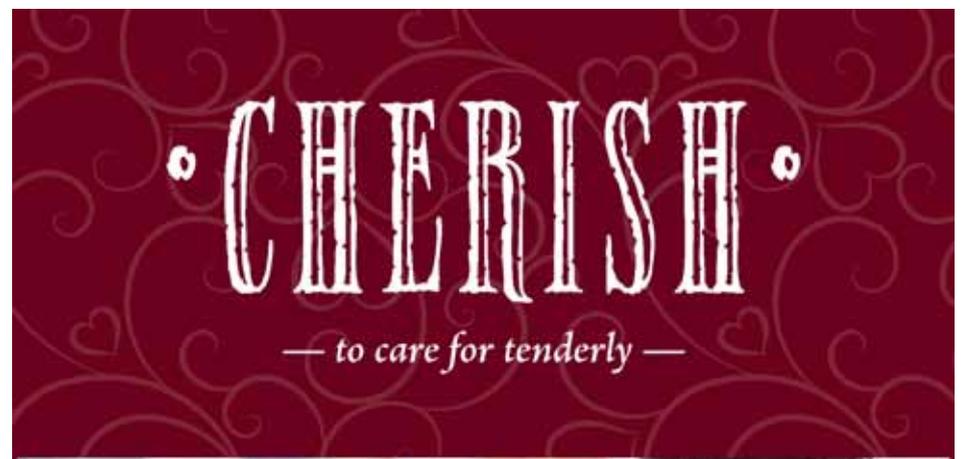
## Winning District Championships

**M**cLean High School hosted the Liberty District Wrestling Tournament Saturday, Feb. 3. The tournament featured 73 wrestlers from South Lakes High School, Herndon High School, Washington & Lee High School, Langley High School, McLean High School and Yorktown High School. With weigh-ins starting at 8 a.m. and 14 weight classes, from 106 pounds to heavyweight, it was a full day of wrestling. Each school took home at least one District Championship title, and Washington & Lee was the overall winner of the tournament

with a total score of 198 points. Washington & Lee also took home the awards for Head Coach of the Year and Assistant Coach of the Year. The Wrestler of the Tournament Award went to Senior Albert Mensah of South Lakes High School. Team scores for the top schools of the tournament are as followed:

1. Washington & Lee High School, 198 points
2. South Lakes High School, 151.5 points
3. Herndon High School, 113 points

— JENNIFER KAYE



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# Feeding the Flu

What to eat when fighting the flu.

BY MARILYN CAMPBELL

**F**lu season is in full swing and, according to the latest statistics from the Centers for Disease Control and Prevention, it's packing a powerful punch. According to the most recent CDC report, the flu is widespread in most states, and healthcare providers report an uptick in influenza-related hospitalizations and deaths.



COURTESY OF SARA DUCEY

**Turmeric, powdered ginger, honey and almond or coconut milk can create a soothing and healing drink for those who are battling the flu, says nutritionist Sara Ducey.**



PHOTOS BY MARILYN CAMPBELL

**Fresh ginger can be a soothing ingredient for those who have the flu.**



**Garlic is credited with having antibacterial properties.**

**“One of the best sources for protein when you have the flu is real, bone-based soup.”**

— Sara Ducey, Professor of Nutrition and Food, Montgomery College

While the thought of eating might be unappealing to someone who is battling the flu, nutritionists and health care providers say certain nutrients are essential for keeping up one's strength. Soothing and healing ingredients are key allies when fighting this season's virus.

“The thing you need most is water,” said Sara Ducey, professor of Nutrition and Food at Montgomery College. “You need sufficient water to bring nutrients to your cells and take away the waste. As you hydrate it gives your immune system more of a boost.”

Protein, says Ducey, will help one's body build and maintain strength. “It's important for supporting the immune system and for helping your body breakdown medicines like Tylenol,” she said. “One of the best

sources for protein when you have the flu is real, bone-based soup, not ramen noodles that have chicken flavoring.”

Bone broths, like those made from chicken or beef, offer hydration, protein and amino acids, added Ducey. Broth can be sipped or used as the base for a soup. “It's a natural healing and restorative food,” she said. “At this point, everyone can assume that they're going to get the flu and prepare some bone-based broth ahead of time and keep it on hand in the freezer. You can also buy boxes of it.”

Fresh ginger can work as an anti-inflammatory, soothe an upset stomach and boost one's immune system, says nutritionist

Debbie Hynes of Practical Ayurveda. “Warm water with grated ginger and honey can soothe a sore throat or upset stomach,” she said.

Foods that are high in Vitamin C like orange juice, particularly a variety that contains pulp, can boost your immune system, says Ducey. “It's a powerful antioxidant which is important for keeping your muscles strong especially when you're sick.”

Garlic is another ingredient that Hynes likes to include in flu-fighting recipes. “It has antibacterial properties, especially when it's raw,” she said. “I add it to chicken broth along with chili flakes to sip when someone in my family has a stuffy head. The combination can clear the sinuses. And if you can stand to eat it, raw garlic has the strongest antibacterial properties.”

Turmeric works as an anti-inflammatory and antioxidant, says Hynes. “It's been known for those properties in Chinese medicine for centuries,” she said.

Ducey uses the spice in a creamy drink she creates called Golden Milk. “I take a cup of milk, a teaspoon or two of honey and a little black pepper and put it in the microwave to warm it,” she said. “You can use almond or coconut milk if you can't tolerate dairy. Turmeric is very poorly absorbed by the body, so adding a little black pepper helps absorb it. It sounds bizarre, but it's strangely comforting.”

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# OBITUARY

## Alison Dovel Crews

Alison Dovel Crews, 93, died on Saturday Jan. 27, 2018. Born in New Jersey Feb. 10, 1924, she was the daughter of Margaret Paul Dovel and John Adam Dovel, and was predeceased by her husband Louis MacFarland Crews, M.D., as well as her brother and sister-in-law, Jack and Millie Dovel of Vienna.

Alison spent formative and teen years in New York, New Jersey, Virginia and Panama. Her varied professional life began with a nursing degree from the University of Virginia. For several years she worked in that capacity, then returned to school to earn a B.S. in physics from the University of Cincinnati. Subsequently she married and moved to Northern Virginia where she became a computer programmer/analyst for several companies in McLean. Later her attention turned to real estate development. She entered into partnership with her neighbor to oversee development of a portion of her land.

The Great Falls community has appreciated Alison's active participation. As a Master Gardener she helped residents address their very specific tree problems. Her work interfaced with the local library and with the Virginia Cooperative Extension program. She embraced the ventures of the Great Falls Historical Society because local history was a particular delight. In recent years Alison served as President and devoted considerable energy to the Home and Community Club, the

oldest continuously active organization in Great Falls.

Throughout life Alison harbored an endless thirst for knowledge making her a voracious reader and an informed traveler. Biking and swimming supported her zest for discovery. Her profound intellect lived in tandem with a strong spirit of growth and survival. When a close friend or family member faced adversity, her presence and wisdom became the trusted port in a storm, the voice of reason in a torrential world. As a talented listener, being nonjudgmental and welcoming were her greatest assets.

With personal depth and quiet dignity Alison naturally strengthened the lives of those she loved. She kept a sense of humor as well. Ironically she was called "Stupe," a nickname from childhood. As the family grew she became "Aunt Stupe," a name affectionately adopted by the next generation of family and their friends. Her kitchen holds a tiny sign which says "Aunt Stupe you continue to amaze us."

Alison is survived by her sister Paula Dovel Fuller and husband Bob, one niece and five nephews, great nieces and nephews, cousins, and a host of heartfelt friends. A visitation to honor Alison's life is planned for Feb. 10, 2018, 2-4 p.m. at Adams-Green Funeral Home, 721 Elden St., Herndon.

In lieu of flowers donations can be made to Great Falls Firefighters Fund, 9916 Georgetown Pike, Great Falls, VA 22066.

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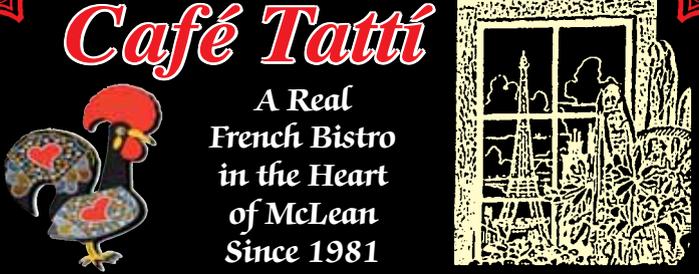
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MCC's Mission is to provide a sense of community by undertaking programs; assisting community organizations; and furnishing facilities for civic, cultural, educational, recreational, and social activities apportioned fairly to all residents of the MCC District.

To serve on the Board, submit a *Petition signed by at least 10 teens* living in the MCC District and in your high school boundary area – Langley or McLean – regardless of where they go to school.

**Key Dates:**

- January 22: Petition Packets available at MCC's Administrative Office.
- March 16: Completed Petitions due to MCC's Administrative Office.
- March 19: Orientation for Board Candidates.
- April 9-May 16: Absentee Voting.
- May 6: Meet the Candidates Reception – sponsored by the Friends of MCC.
- May 19: Voting on McLean Day.

For more information visit the Center at:  
8631 Old Dominion Dr., McLean, VA 22101  
call: 703-790-0123, TTY: 711  
or go to: www.mcleancenter.org/about/candidates



## CALENDAR

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

### ONGOING

**"Jazz It Up!"** Through March 3, Tuesday-Saturday, 10 a.m.-4 p.m. at Vienna Art Center, 115 Pleasant St., NW, Vienna. Art exhibit. Free and open to the public. Call 703-319-3971 or visit [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org).

**Art Exhibit.** Through March 31 at Great Falls Library (Small Conference Room), 830 Georgetown Pike, Great Falls. View an exhibit of watercolors by Artist Betty Ganley featuring her love of nautical scenes. Visit [bettyganley.com](http://bettyganley.com).

**Art Exhibit.** Through April 7 at Village Green Shopping Center, 513 Maple Ave. NW, Vienna. Vienna Arts Society presents First 100 Weeks, paintings by Deborah Schneider. Free and open to the public. Visit [viennaartsociety.org](http://viennaartsociety.org)

**The Golden Girls** of Northern Virginia, a senior women's softball league, is looking for players through April. Any woman over the age of 40 is encouraged to join. All skill levels are welcome. Games are on Wednesday evenings and Saturday mornings in Vienna. Visit [www.goldengirls.org](http://www.goldengirls.org).

**Great Falls Farmers Market.** Saturdays, 9 a.m.-1 p.m., 778 Walker Road, Great Falls. Music, vendors, fresh produce, fresh prepared food, delightful bakery, spices from around the world, wild-caught fish, grass-fed, free-range meats, organic-fed poultry and eggs. Email [kathleen@greatfallsfarmersmarket.org](mailto:kathleen@greatfallsfarmersmarket.org) for more.

**Free Tai Chi.** Every Saturday, from 7:55-9 a.m., Introduction and Beginners' Practice, meet on the outdoor basketball court located directly behind the Dolley Madison Public Library, 1244 Oak Ridge Ave. in McLean Central Park, McLean. Call 703-759-9141 or visit [www.FreeTaiChi.org](http://www.FreeTaiChi.org)

**Bingo Night.** Sundays, 4 p.m. Flame Room, Vienna Volunteer Fire Department, 400 Center St. S, Vienna. \$10. [www.vvfd.org/bingo.html](http://www.vvfd.org/bingo.html).

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

**MCC Summer Camps.** Plan now to register children for MCC's enriching summer camp programs for children ages 3 through 18. Summer Camp Registration begins Monday, Feb. 5, for MCC district residents and Monday, Feb. 12, for all others. Visit [www.mcleancenter.org](http://www.mcleancenter.org).

**The Arts of Great Falls School** offers winter classes for adults and children of all skill levels. Visit [www.greatfallsart.org](http://www.greatfallsart.org) for more.

### WEDNESDAY/FEB. 7

**"Dining with Dorothy."** 12:30 p.m. at Lotus Garden Restaurant, 224 Maple Ave W, Vienna. Shepherd's Center of Oakton-Vienna's "Dining with Dorothy" – join friends or make new ones at another "Dining with Dorothy" socializing/dining event. To reserve a space contact Dorothy Flood at [dflood1706@gmail.com](mailto:dflood1706@gmail.com).

### THURSDAY/FEB. 8

**Membership Meeting and Demo.** 10 a.m. at Vienna Art Center, 115 Pleasant St. NW, Vienna. Artist Robert Dowler will demonstrate how to make a simple pamphlet type of



## Chinese New Year Festival

The 11th Annual Chinese New Year Festival, presented by the Asian Community Service Center, will feature live performances, including DRAGON and LION dances, Han costume fashion show, Asian food, the writing of Chinese names, language, craft and business booths, children world, and also a lunar new year dragon parade. Saturday, Feb. 10, 10 a.m.-6 p.m. at Luther Jackson Middle School, 3020 Gallows Road, Falls Church. Call 703-868-1509 or visit [www.ChineseNewYearFestival.org](http://www.ChineseNewYearFestival.org).

## KGB Dead or Alive?

An evening with Jack Dziak — learn about the history of the KGB and Putin's Russia. Dziak has had a career in intelligence, counterintelligence, counter-deception, national security affairs and technology transfer. Free. Email [bfoio@gmail.com](mailto:bfoio@gmail.com) for more. Thursday, Feb. 22, 7-9 p.m. at St. Catherine of Siena, 1020 Springvale Road, Great Falls.



Jack Dziak

sketchbook. He will also do a show and tell of how to make more complicated books. Free and open to the public. Call 703-319-3971 or visit [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org)

**Adventures in Learning.** 11 a.m. at UUCF, 2709 Hunter Mill Road, Oakton. "How the Culinary Scenes for Downton Abbey were Filmed" — a talk by food and travel writer CiCi Williamson with photographs about the researching, styling and filming of the food scenes for "Downton Abbey." Guests may sample this class for free. Visit [www.scov.org](http://www.scov.org)

### FRIDAY/FEB. 9

**Mardi Gras Celebration.** Noon-2 p.m. at Vienna Community Center, 120 Cherry St. SE, Vienna. Hosted by SCOV and the Vienna Parks & Recreation, includes Cajun lunch, trivia and prizes, mask making. To register, call 703-281-0538 or visit [www.scov.org](http://www.scov.org).

**Improv Competition.** 7 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. Join the Unruly Theatre Project for its first improv competition for high school students. Six teams will compete in four rounds of improv games and short-form styles for 1st, 2nd, and 3rd place bragging rights as well as prizes. Free admission. Call 703-448-8336 or visit [www.mcleancenter.org/teens](http://www.mcleancenter.org/teens).

### SATURDAY/FEB. 10.

**Summer Camp and Enrichment Fair.** 10 a.m.-noon at McLean High School, 1633 Davidson Road, McLean. Join the Fairfax County Association for the Gifted for its Summer Camp and Enrichment Fair. Visit [www.fcag.org](http://www.fcag.org)

**Chinese New Year Festival.** 10 a.m.-6 p.m. at Luther Jackson Middle School, 3020 Gallows Road, Falls Church. The 11th Annual Chinese New Year Festival, presented by the Asian Community Service Center, will feature live performances, including DRAGON and LION dances, Han costume fashion show, Asian food, the writing of Chinese names, language, craft and business booths, children world, and also a lunar new

year dragon parade. Call 703-868-1509 or visit [www.ChineseNewYearFestival.org](http://www.ChineseNewYearFestival.org).

### SUNDAY/FEB. 11

**Maple Syrup Boil-Down.** Noon-2 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. The sap is rising and the maple trees are tapped. Now it's sugaring time at Colvin Run Mill. Watch and learn as sap is boiled down into sweet syrup over an open fire. This is an outdoor program, dress for the weather. \$5 per person. No reservations required. Call 703-759-2771 or visit [www.fairfaxcounty.gov/parks/colvin-run-mill/maple-syrup](http://www.fairfaxcounty.gov/parks/colvin-run-mill/maple-syrup).

**Amadeus Orchestra.** 4 p.m. at Saint Luke Catholic Church, 7001 Georgetown Pike, McLean. Amadeus Orchestra with Silver-Garburg Piano Duo. Pre-concert lecture by Music Director A. Scott Wood will begin at 3:15 p.m., 45 minutes prior to the start of the concert. A reception will follow the concert. \$35 at the door or [www.amadeusconcerts.com](http://www.amadeusconcerts.com). Students 17 and under and active military admitted free.

**Winter Traditional Celtic Concerts.** 4 and 6 p.m. at The Old Brogue Irish Pub, 760-C Walker Road, Great Falls. Beth Patterson: Bouzouki Queen from New Orleans performs fireside. Tickets must be purchased in advance through the link at [oldbrogue.com](http://oldbrogue.com): \$18 general admission/\$12 children under 12. Call 703-759-3309.

**Capitol Steps.** 7-9:30 p.m. at Langley High School Auditorium, 6520 Georgetown Pike, McLean. The DC-based comedy troupe will perform a show based on songs from their current album "Orange Is the New Barack." Proceeds from the show benefit the Class of 2018 All-Night Grad Party. Tickets are \$35 at the door, online at [lhs18capitolstepsfundraiser.brownpapertickets.com](http://lhs18capitolstepsfundraiser.brownpapertickets.com) or [www.ptsalangley.org/all-night-grad-party](http://www.ptsalangley.org/all-night-grad-party). Email [annette.bellino@verizon.net](mailto:annette.bellino@verizon.net).

SEE CALENDAR, PAGE 9

# CALENDAR

FROM PAGE 8

## WEDNESDAY/FEB. 15

**The Unruly Theatre.** 7 p.m. at MPA@ChainBridge Gallery, 1446 Chain Bridge Road, McLean. Sponsored by The Alden, the area's hottest professional teen improv troupe offers a night of comedy. Free admission. Call 571-296-8385 or visit [www.mcleancenter.org](http://www.mcleancenter.org).

**Penny University.** 7-8 p.m. at Caffe Amouri, 107 Church St. NE, Vienna. A Penny University about international and adventure travel basics hosted by REI at Caffe Amouri. Free. Call 703-938-1623 or visit [www.caffeamouri.com](http://www.caffeamouri.com).

## FEB. 15-MARCH 11

**"The Farnsworth Invention."** Thursdays-Sundays, various times at 1st Stage in Tysons, 1524 Spring Hill Road, Tysons Corner. Writer Aaron Sorkin's signature style lends itself to the story of the invention that changed our lives. In 1929, two ambitious visionaries race against each other to invent a device called "television." Who will unlock the key to the greatest innovation of the 20th century: the ruthless media mogul, or the self-taught Idaho farm boy? \$33 general admission, \$30 seniors (65+), \$15 students and military. Purchase at [www.1ststage.org](http://www.1ststage.org) or 703-854-1856.

## FRIDAY/FEB. 16

**"Bridesmaids."** 8 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. Join The Alden staff as they quote along with the dialogue from "Bridesmaids" (R), recreating scenes with the help of props, onscreen subtitles and cues. There will be plenty of fun, including an ugly bridesmaid dress contest. Call 703-448-8336 or visit [www.mcleancenter.org/teens](http://www.mcleancenter.org/teens).

## SATURDAY/FEB. 17

**Eya: Marian Meditation.** 7:30-8:30 p.m. at Holy Trinity Lutheran Church, 3022 Woodlawn Ave., Falls Church. Award-winning early music vocal ensemble Eya will perform A Marian Meditation, a restorative program featuring medieval chant and polyphony from England, France, Italy and Spain. Free. Visit [www.holytrinityfallschurch.org/music/](http://www.holytrinityfallschurch.org/music/).

## SUNDAY/FEB. 18

**Breakfast Buffet.** 8 a.m.-noon at Vienna American Legion Post 180, 330 Center St., N. Vienna. Get omelets, scrambled eggs, blueberry pancakes, bacon, sausage, biscuits and gravy and more. Adults \$9, children 12 and under \$3. Call 703-938-6580.

**Winter Traditional Celtic Concerts.** 4 and 6 p.m. at The Old Brogue Irish Pub, 760-C Walker Road, Great Falls. Moch Pryderi, together for 19 years, the band performs traditional Celtic music from Wales, Ireland, Scotland, Brittany and Galicia as well as Appalachia, performs fireside. Tickets must be purchased in advance through the link at [oldbrogue.com](http://oldbrogue.com): \$18 general admission/\$12 children under 12. Season ticket: \$96/\$60 children. Call 703-759-3309.

## TUESDAY/FEB. 20

**Sally Ride History Event.** 10 a.m. to 1 p.m. at the St. Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. Mary Ann Jung will recreate Sally Ride Email Polly Fitzgerald at [pollyfitz1@verizon.net](mailto:pollyfitz1@verizon.net), call 703-759-4345, or visit [gfseniors.org](http://gfseniors.org).



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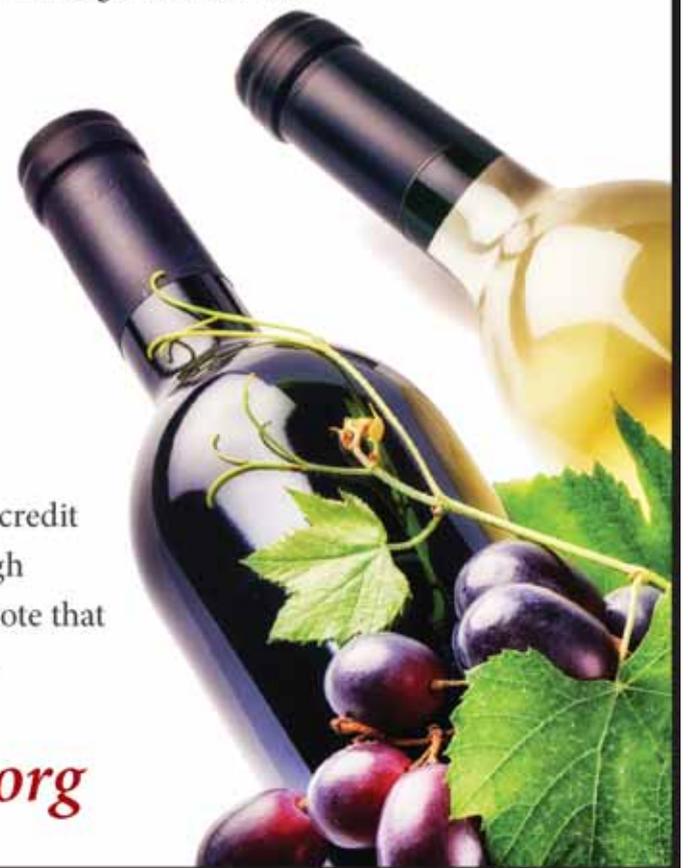
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**Announcements**

**NEWS**

**Area Students Advance to State Science Olympiad**

Students from eight Fairfax County public schools have received an invitation to the 2018 State Science Olympiad Tournament based on their results in the Charlottesville Regional Science Olympiad tournament held last weekend.

In regional competition, in Division B, the Kilmer Middle School Blue team finished in first place overall, capturing top honors in six categories. Finishing second was the Cooper Middle School Omega team, followed by the Kilmer Middle Green team in third, the Cooper Middle Alpha team in fourth, the Louise Archer Elementary Sunshine team in sixth, the Colvin Run Elementary Blue team in seventh, and the Mantua Elementary Raccoons in eighth place.

In Division C, Thomas Jefferson High School for Science and Technology's (TJHSST) White team finished in first place overall, capturing top honors in four categories. Finishing second was the Fairfax High

School Blue team, followed by the TJHSST Blue team in third place, the TJHSST Red team in fourth place, the Fairfax High Gray team in fifth place, the Oakton High Burgundy team in sixth place, the Fairfax High Silver team in seventh place, and the Oakton High Gold team in eighth place.

Science Olympiad is a national program that emphasizes teamwork and a commitment to excellence while improving the quality of K-12 science education; increasing male, female, and minority interest in science, creating a technologically-literate workforce; and providing recognition for outstanding achievement. Students are challenged in a variety of categories, including anatomy and physiology, astronomy, chemistry, coding, ecology, hovercraft, optics, remote sensing, thermodynamics, the solar system, and meteorology.

**VOLUNTEER EVENTS & OPPORTUNITIES**

Fairfax County is offering a Free **Caring for You, Caring for Me** for caregivers of older adults. **Mondays, Feb. 26-March 26, 1-3 p.m.** at Insight Memory Care Center, 3955 Pender Dr., Ste. 100, Fairfax. Find out more at [www.fairfaxcounty.gov/OlderAdults](http://www.fairfaxcounty.gov/OlderAdults) (under Hot Topics). Call 703-324-7577, TTY 711.

The **Fairfax Commission on Aging** meets on **Wednesday, Feb. 21, 1-3 p.m.** at the Mount Vernon Government Center, Rooms 2 & 3, 2511 Parkers Lane, Mount Vernon. The public is welcome to attend and join in the comment period that begins each ses-

sion. Find out more at [www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-commission-on-aging](http://www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-commission-on-aging). Call 703-324-5403, TTY 711 for meeting access needs.

Fairfax County's **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, Feb. 13, 7-8 p.m.** This month's topic is Maintaining Relationships While Caregiving. Call 703-324-5484, TTY 711 to register.

**VOLUNTEER OPPORTUNITIES**  
**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](mailto:Lisa.Callahan@fairfaxcounty.gov).

Meals on Wheels needs **Drivers, Coordinators, and Co-coordinators** for routes throughout the county. Apply online at [volunteer.fairfaxcounty.gov](http://volunteer.fairfaxcounty.gov).

Fairfax County needs **Respite Care** volunteers to visit and oversee the safety of older adults. Support and training provided. Contact 703-324-5374, TTY 711. Apply online at [volunteer.fairfaxcounty.gov](http://volunteer.fairfaxcounty.gov).

**Announcements**

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**Obituary**

**Alison Crews, 93**, passed away on Saturday January 27, 2018. Born in New Jersey February 10, 1924, she was the daughter of Margaret Paul Dovel and John Adam Dovel, and was predeceased by her husband, Louis M. Cruz, as well as her brother Jack Dovel and wife Millie. Survivors include her sister Paula Dovel Fuller and husband Bob, four nephews, great nieces and nephews, cousins and a host of heartfelt friends. Visitation February 10, 2018 at Adams-Green Funeral Home, 721 Elden Street, Herndon, VA, 2-4pm. See website for full obituary: [www.adamsgreen.com](http://www.adamsgreen.com) In lieu of flowers contributions can be made to Great Falls Firefighters Fund, 9916 Georgetown Pike, Great Falls, VA 22066.

**Announcements**

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# WEEK IN GREAT FALLS

## Kickoff Meeting for Fireworks 2018

Great Falls 2018 Fireworks will hold a Committee Kickoff Meeting, Monday, Feb. 12, 6-7 p.m. at The Old Brogue. Great Falls residents are invited to meet-and-greet and learn about volunteer opportunities. The fireworks event only happens because of people in the community, so help is needed. Visit [www.celebrategreatfalls.org](http://www.celebrategreatfalls.org).

### BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

#### KINDERGARTEN REGISTRATION

**Child turning 5 years old by Sept. 30?** If so, contact your child's school to make arrangements for kindergarten enrollment. Most schools begin getting information together now for parents of incoming kindergartners, and many host an orientation or open house. All kindergarten programs are full-day and located in FCPS elementary schools. Check your school's webpage or contact the school directly for specific enrollment information and dates of orientation or visit [www.fcps.edu/registration/kindergarten-registration](http://www.fcps.edu/registration/kindergarten-registration).

#### GOVERNING BOARD CANDIDATES

**The McLean Community Center (MCC)** is seeking candidates to run for seats on its 2018-2019 Governing 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 10 McLean tax district residents in their respective categories (either adult or youth). Three adult positions and two youth positions are open this year. Key Election Dates:

- Friday, March 16: Completed Petition Packets are due at MCC by 5 p.m.
- Monday, March 19: Candidates' Orientation, 7 p.m., The Old Firehouse Center, 1440 Chain Bridge Rd.
- Monday, April 9: Absentee Voting begins at the MCC Administrative Office, 6631 Old Dominion Dr., and The Old Firehouse Center, 1440 Chain Bridge Road.
- Sunday, May 6: Candidates Meet and Greet, 2-4 p.m. Sponsored by the Friends of MCC, at the Old Firehouse Center, 1440 Chain Bridge Road.
- Wednesday, May 16: Absentee Voting ends at the MCC Administrative Office and the Old Firehouse Center at 5 p.m.
- Saturday, May 19: Elections at McLean Day from 10:30 a.m.-5 p.m.

For more information on the MCC Governing Board Elections, call the Center at 703-790-0123, TTY: 711, or visit the Center's website: <http://bit.ly/2ix7qc1>.

#### WEDNESDAY/FEB. 7

**Group Coffee.** 11 a.m.-12:30 p.m. in the Tysons/Pimmit Regional Library (Room #1), 7584 Leesburg Pike, Falls Church. McLean Newcomers and Neighbors will host a coffee for members and those who might be interested in joining. Visit [www.McLeanNewcomers.org](http://www.McLeanNewcomers.org).

#### THURSDAY/FEB. 8

**McLean Police District Station Citizens Advisory Committee Meeting.** 7 p.m. at McLean Governmental Center, 1437 Balls Hill Road, McLean. The February McLean Police District Station Citizens Advisory Committee (CAC) program will focus on the Independent Police Auditor. Richard G. Schott, who was appointed Fairfax County's first Independent Police Auditor in February 2017 will discuss the role and answer questions. Visit [www.fairfaxcounty.gov/policeauditor/](http://www.fairfaxcounty.gov/policeauditor/) or [www.fairfaxcounty.gov/police/getinvolved/citizenadvisorycommittee](http://www.fairfaxcounty.gov/police/getinvolved/citizenadvisorycommittee).

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## "Chronic Ken"



By KENNETH B. LOURIE

Nearly nine years into a "13 month to two-year" prognosis, I can hardly believe my good fortune. And though I rarely look a gift-oncologist in the stethoscope, I am happy nonetheless to count my blessings as I continue to look ahead rather than stress behind, and try not think about what was said and when.

At the initial "Team Lourie" meeting with my oncologist, I was told that there was no cure for lung cancer. I could be treated though. As to whether I might live beyond two years, I remember my oncologist responding to our desperate query by saying: "Could you be the one? Sure." Reassuring it wasn't, but hopeful? It sort of was.

As the years have passed and research into lung cancer has grown, an interim step to a cure has evolved: treating lung cancer as a chronic (has opposed to acute/dire) disease, similar to diabetes, as an example. Not as yet curable, but manageable over a longer period of time. A disease with which, I'm fond of saying, one can live. Live beyond the applicable word because, I have to tell you, at the beginning of my treatment, based on what my oncologist had described, living was a long way from what he was anticipating my outcome would be. Nevertheless, I began treatment the following week and the rest is history you regular readers have been privy to since June of '09 when I first published a "cancer" column (as I call them).

Feb. 20, 2018 will be nine years since my internal medicine office called me at work with the results of my previous week's biopsy. He said the tumor was malignant. I remember asking him what that meant. (Duh!). He said he'd rather let the oncologist answer any questions and referred me to the doctor, the same doctor with whom I've been a patient all these years. Sure enough, a week later we heard the news: non-small cell lung cancer, stage IV. And I've been up to my whatis in real or imagined anxiety ever since.

And I'm still present and accounted for as are more and more of us previously-characterized-as-terminal, non-small cell lung cancer "diagnosees." We are not just patients any more. We are survivors, surviving longer than ever before. We are not cured but neither are we dying. Our treatments are modified when the results warrant it and life continues to go on. As much as a cure would be, and continues to be, the goal, life continues, relatively normally, for many of us. It's unlikely however, that we'll ever get out from underneath the weight of our cancer diagnosis. Rather than dying from it though, we're now able to live with it months/years longer than many patients previously diagnosed within the disease.

So what's the next step? Maybe a bigger, bouncier, longer step than before, but more than likely, more of the same, moving forward, one step at a time. To one whose present was hardly a given nine years ago and whose future seemed like a taken-away, being able now to actually live in the present without fearing/forfeiting the future is the opposite scenario many of us lung cancer patients, especially those of us staged as IV, ever imagined. Day by day was the best we could muster.

Now we're mustering months and years and living longer more fulfilling lives. We're not victims anymore nor are we victimized by our circumstances. We're advocating and being advocated for. We don't exactly have lung cancer on the run, but we may have it on the trot. I don't know if I'll live to see a cure but I have lived long enough to have given myself a nickname, one which I'm most proud to have earned.

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

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