

From left, cutting the ribbon on the Candace Leyton Innovation Learning Lab at Wolftrap Elementary are sixth grader Leah DeFreitas, benefactor Chris Shumway, Peter Leyton, husband of the late Candace Leyton, Wolftrap Principal Teresa Khuluki, and sixth grader Will Hertzler.

# Teacher's Legacy Lives On

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'Stuff the Bus' Campaign  
Helps Feed the Hungry

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Vienna Veteran  
Campaigns for  
Commander of  
American Legion

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**Mardi Gras “Queen” Margaret Dellinger with guests Steve and Desiree Sedgwick of Vienna, at Dan Dellinger’s fundraiser on Feb. 2.**



PHOTO BY  
DONNA MANZ/  
THE CONNECTION

## Vienna Veteran Campaigns for Commander of American Legion

**Mardi Gras fundraiser benefits Dan Dellinger’s campaign.**

BY DONNA MANZ  
THE CONNECTION

Other than time he spent in the service of the U.S. Army, Dan Dellinger lived most of his life in Vienna. He went through Vienna schools, as his children did. He served as a Vienna Town Council member and as an officer of Vienna’s American Legion Post 180. He’s active in local civic clubs.

Now, Dellinger is stepping out into the national spotlight, traversing the country in his campaign to be elected the American Legion’s next national commander.

“I feel that, given my background in the American Legion for so long, and holding offices in it, that I know what we need to do to help our vets who served us,” said Dellinger, a 31-year-long American Legion member.

In his pursuit of the position, Dellinger visits American Legion members across the United States. He estimates that, in 2012, he traveled 80 to 90 days. He credits “very gracious bosses” with freedom to do so. But all this traveling requires money: Dellinger’s personal funds, contributions from supporters, and fundraising events.

On Saturday, Feb. 2, Post 180 ran a Mardi Gras fundraising celebration on Dellinger’s behalf, offering food, drink, live music and a silent auction. The Lions Club of Vienna reserved two tables on behalf of their fellow Lion Dan Dellinger. Most guests brought decorative masks to wear and



PHOTO BY TR COOK PHOTOGRAPHY

**Vienna’s own Dan Dellinger is running for national commander of the American Legion.**

some, such as Dellinger’s wife Margaret, wore costumes.

“Dan just exudes concern for everybody, active military, retired military, family, others,” said Lion Nancy Volpe. “He’s always there to help when asked.”

**DELLINGER MOVED TO VIENNA** from Washington, D.C., when he was 7 years old. He went through what was then Cedar Lane Elementary School, Thoreau Middle School and graduated from James Madison High School in 1967. After graduating from college commissioned as a 2nd lieutenant, Dellinger served at Ft. Benning, Ga., during the Vietnam War, and entered the Army Reserves in 1972, separating from service in

1984 at rank of captain.

In 2006, Dellinger was appointed by the Town Council to fulfill Syd Verinder’s remaining term. In the following election, Dellinger ran for a seat on Town Council and won. In 2010, Dellinger lost a seat by two votes but was appointed by the council to fill George Lovelace’s unexpired term that year.

“Having grown up in Vienna, such a great place to live, I wanted to make a difference in the community, give back to it,” said Dellinger.

Dellinger describes the national commander as a representative of 2.4 million U.S. veterans, a voice to Congress on veterans needs. American Legion representatives give testimony in front of Congress, and the national commander has a sit-down session with the commander-in-chief.

Delegates elected at the department [state] level vote for national officers.

Dellinger has held a diversity of offices at Post 180 over his long tenure there, as well as positions at the department and national level. At the Post’s monthly Sunday morning buffets, he is the custom-omelet chef.

“There’s a lot of factors that inspired me to run,” said Dellinger. “It’s what we need to do to support those that put on our uniforms to defend our great country.”

Longtime Vienna resident and Dellinger supporter Bob Dix said he could not think of a better candidate for national commander than Dan Dellinger. “Dan’s a humble man but a natural-born leader,” said Dix. “He exudes char-

SEE RUNNING, PAGE 4



PHOTO CONTRIBUTED

**McDonald’s of Greater Washington, D.C. donated \$4,200 to Fairfax County Public Schools. From Left to Right: Christine Donohue (chief of staff, FCPS), Jay Garant (coordinator, Business and Community Partnerships—FCPS), Jim Van Valkenburg (McDonald’s owner/operator), Ronald McDonald, Neva Van Valkenburg (McDonald’s owner/operator), Kyu Rhee (McDonald’s owner/operator). The owners/operators pictured own restaurants in Fairfax County and contributed to the total donation.**

## McDonald’s Supports County Schools

The McDonald’s Family Restaurants of Greater Washington, D.C., presented Fairfax County Public Schools with a check for \$4,200 on Friday, Jan. 18.

Fairfax County Public Schools is one of many school districts in the Greater Washington, D.C. area that will receive a monetary donation. This donation is from the first ever DMV-wide McTeacher’s Night Fundraising event that was held in late fall of 2012. To celebrate McDonald’s longstanding history of supporting local schools, teachers, school administrators, parents and students visited their local McDonald’s for dinner, where a percentage of the evening’s sales went back to local education.

The total amount raised through the donations from McDonald’s restaurants is \$45,000.

## WEEK IN VIENNA

### Community Volunteers to be Honored

Town of Vienna Mayor M. Jane Seeman invites Vienna area residents to nominate an outstanding volunteer in recognition of his or her service to the town. Mayor Seeman will honor these volunteers at a special ceremony on Tuesday, April 9, at 7:30 p.m. at the Vienna Volunteer Fire Department, 400 Center Street S.

Nomination forms for outstanding community volunteers are available at Vienna Town Hall, 127 Center Street S, online at [www.viennava.gov/index.aspx?nid=850](http://www.viennava.gov/index.aspx?nid=850) and in the January and February Town Newsletters. Completed forms must be submitted by March 1 to the mayor’s office.

For more information, call 703-255-6311 or email [mayor@viennava.gov](mailto:mayor@viennava.gov).

### Photo Contest and Exhibit at Community Center

The Vienna Parks and Recreation Department’s annual Photography Contest and Exhibit will be held Saturday, March 16, from 10 a.m. to 3 p.m. and Sunday, March 17, from noon to 3:30 p.m. at the Vienna Community Center, 120 Cherry Street S.E.

Entries will be accepted Thursday, March 14, from 5 to 8:30 p.m. and Friday, March 15, from noon to 3:45 p.m. at the Vienna Community Center. Photos will be judged by local professional photographers and ribbons awarded in eight categories: animals, architecture, digital, nature, pictorial, photojournalism, portraiture and scenic. There

SEE WEEK, PAGE 4





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## WEEK IN VIENNA

FROM PAGE 3

will be a separate contest section for middle and high school students.

The entry fee is \$10 per person. Entries are limited to four photos per person and a maximum of two in any one category. The contest is open to all metropolitan area amateur photographers. Photo contest and exhibit is assisted by the Vienna Photographic Society. For more information, call Vienna Parks and Recreation at 703-255-6360 or visit [www.viennava.gov](http://www.viennava.gov).

### Estate Planning Seminar

"Estate Planning Made Simple" will be presented on Monday, Feb. 11, from 10 to 11:30 a.m. at the Vienna Community Center, 120 Cherry Street S.E.

Attorney David Hoffman will explain the basics of estate planning in easy-to-understand terms.

This program is free of charge, and no advance registration is required. For more information, call

the Vienna Parks and Recreation Department at 703-255-6360.

### FY 2012 Financial Report Available

The Town of Vienna's Comprehensive Annual Financial Report for fiscal year 2011-2012 is now available online at [www.viennava.gov/Archive.aspx?AMID=39](http://www.viennava.gov/Archive.aspx?AMID=39). Hard copies may be reviewed in the Finance Department at Town Hall or purchased for \$5 each.

The report summarizes the town's financial position and the results of operations of the various funds and account groups. It also includes the auditor's report for FY 2012, information on internal controls for managing and safeguarding funds, and selected financial and demographic information covering the last 10 fiscal years.

For more information, call the Finance Department at 703-255-6322.

## Running For National Office

FROM PAGE 3

acter and integrity and supports the community.

"That's what qualifies someone to be the national commander," said Dix. "He's one of us, a regular guy. We couldn't have a better candidate to represent our men and women in uniform, and the community

couldn't be prouder of him."

**DAN AND MARGARET DELLINGER**, Margaret active with Auxiliary Unit 180, have two grown children, Anne and Scott. Anne is a 23-year member of Unit 180 and Scott is a 28-year member. Anne was enrolled as a 1-year-old toddler.

To contribute to Dan Dellinger's run for American Legion national commander, visit [www.teamvirginia.org](http://www.teamvirginia.org) or contribute directly at Post 180, attention to Post 180 Commander Ron Patterson. Dyer-Gunnell Post 180 is located at 330 North Center Street, Vienna. For more information, call 703-938-9535.

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# THE COUNTY LINE

## Making the Difference Between Struggle and Success

BY CARMEN JORDAN

All youth need stability and loving parents to give them the best chance for success in life. This is why finding adoptive homes and permanent traditional foster homes for our youth is so critical. Over the last six years, as a Fairfax Families4Kids mentor, I have seen foster youth struggle, especially when circumstance has caused them to be moved frequently from foster care placement to foster care placement (including traditional foster homes and foster group homes).

There is one 14-year-old youth in particular that I recall that was originally removed from his biological home, then lived with another biological family member for a time, then was moved into a traditional foster home, then to a group foster facility—all of this taking place over a few short years. This youth has been participating at group FF4Kids mentoring events for several years. I remember the poor behavior demonstrated at times by this youth at the group events, including not following the rules, speaking out of turn in an effort to gain attention, occasional physical outbursts due to not being able to control his anger, actually teasing other foster youth in an effort to get them to chase him around the room.

This behavior was his way of crying out for the love and attention he was not receiving at “home.” He wanted so desperately to be seen and heard by anyone in his life. This foster youth was just recently placed in a loving, adoptive home. The youth’s behavior at the group mentoring events has made a complete turnaround. He no longer needs to be the center of attention, always has a smile on his face, and demonstrates positive interaction with both mentors/volunteers and the other foster youth. This is due to him finally feeling safe and knowing that there are loving adults that he can trust to protect and take care of him. There is no amount of support from the county, school system, programs, and organizations that can replicate the day in and day out support that a child receives from a loving family.

**MY HOPE** is that as a community, we do more to seek out Fairfax County families that are willing to provide loving adoptive and long-term foster homes for foster youth. There is a reason that the name of our program is “Fairfax Families4Kids.” It is our mission to find Fairfax County families for these foster kids. Mentoring through the program helps prepare these youth for placement. The county’s ability to more effectively find long-term, loving homes for foster youth is the key to a foster youth’s ability to grow to become mature, responsible, independent adults.

I have mentored many foster youth both through their years in foster care and their transition out of foster care. Though many foster youth have positive transitions out of foster care into independent, adult lives, there are many foster youth whose outcomes are less successful.

I can tell you stories about Fairfax County foster youth that transition out and become homeless within weeks or months. They share with me the “life skills” they have learned to survive.

“The metro trains/buses run all night except 3 to 6 a.m., so if you have metro money, you can ride all day and night to stay warm. Then you just need to walk the streets during those hours.

\* Another youth said he sleeps on the floor of a



**Carmen Jordan, mentor for Fairfax Families4Kids: “My hope is that, as a community, we do more to seek out Fairfax County families that are willing to provide loving adoptive and long-term foster homes for foster youth.”**

### About the Author

Carmen Jordan of Reston has been a mentor for Fairfax Families4Kids for six years. She is considered one of the most experienced mentors in the program. In addition to working full-time as a marquee account manager at Deltek in Herndon, Jordan makes herself available to “trouble-shoot” for the children and families she mentors. In the following column, she details her experiences with the program, and at-risk foster youth.

friend’s motel room or catches a few hours of sleep at the 24-hour McDonald’s until the police ask him to leave.

\* They can tell you about their stays at the various community homeless shelters. “The crack heads and heroin addicts will steal from you so you need to keep your stuff with you at all times.”

\* They will tell you where they can find public computers where they can apply online for jobs. They can make enough money to feed themselves but not enough to find permanent housing. They live with health ailments because they no longer have health insurance.

**AT TIMES** it is painful to witness, but as mentors, our mentoring does not cease just because they transition out of foster care. Through FF4Kids mentoring, a trusting relationship is formed, allowing foster youth to be receptive to the advice and counseling that we have to offer. This is key: if there is no trust, it is difficult for foster youth to accept advice and counseling.

For many of these foster youth, the relationships they have with their mentor is the longest term relationship they have with a responsible adult. I can’t tell you how many times a social worker, case worker, life skills coach or foster parent has said “Carmen, you have known him longer. Talk to him and explain how important it is for him to stay in school, obtain his high school diploma.”

It has been an honor and privilege to mentor many of the foster youth within our Fairfax County community. They have taught me more about perseverance through adversity than I could ever teach them. Mentoring can be difficult at times, they will make missteps along the way but they will also surprise you with their ability to accomplish goals they have set for themselves in an effort to become mature, independent young adults. Mentoring is about being there for them through the ups and downs!

## Building Blocks for Success

Fairfax Families4Kids: a community of hope.

BY SUPERVISOR MICHAEL FREY

When it comes to building buildings or fixing things, Fairfax County does a great job. Schools, fire stations, parks—the county has a proven track record of exemplary projects.

Building or fixing families and people—that’s tougher to evaluate.

Fairfax is probably no better or worse than most local governments. Fixing people is hard. There is no plan that, if followed to the letter, results in a split family being made whole, or a person with mental illness or substance abuse issues being cured. People are different than buildings.

Maybe that’s why I was so excited about the Fairfax Families4Kids program when I was introduced to it, and became such a huge supporter of it immediately.

Kids in foster care really have the deck stacked against them. For whatever reason their family situation didn’t work and someone—typically the courts—stepped in and forced change. They are left looking to total strangers to do what their family should have done but couldn’t. That’s a lot to ask. They are dependent on government programs to find them temporary housing, maybe a permanent foster home, and for some of the luckier kids, a family.

FF4Kids is a partnership between the county and a whole lot of people who really believe these kids in foster care deserve more help. The program offers the kind of opportunities and experiences that the county can’t possibly provide by itself. Without the volunteers, who serve as mentors, friends, teachers and occasionally substitute parents, most of these kids would bounce from one temporary situation to the next, usually aging out of foster care with little skills, no love, and little chance for future success.

I have been so impressed with everyone I have met who is involved with the program. It has increased my sense of optimism about the chances that more of



**Supervisor Michael Frey (R-Sully)**

these kids will find forever homes with adoptive families. Clearly, there is a positive effect on the kids when they see the mentors devoting so much time and effort to them. Many of these kids have never had the love and attention they get within this program. Certainly they have never had the life education they get, and for the first time many of them begin to believe in themselves. Self-confidence and optimism are not qualities you find in many foster children. A program that gives them those two things, in my mind, can’t help but benefit them.

There have been success stories for kids in this program, including adoption of some of the children by some of the mentors. Of course, not every child has been so lucky. Some still age out of the system with no family back-up to catch them if they fall. But they do have the FF4Kids family, and that in itself is a confidence-builder. They also have life skills and social skills that they likely would not without the FF4Kids programs. There are no guarantees in life, but there is no doubt in my mind whether or not they find the adoptive family we all hope that they will, they will be much better prepared young adults.

As long as there are incredibly caring and dedicated people like the FF4Kids mentors and volunteers, I will be doing all I can to help support them.



# OPINION

# Homeless, Not Hopeless

BY PAM MICHELL  
EXECUTIVE DIRECTOR, NEW HOPE  
HOUSING, INC.

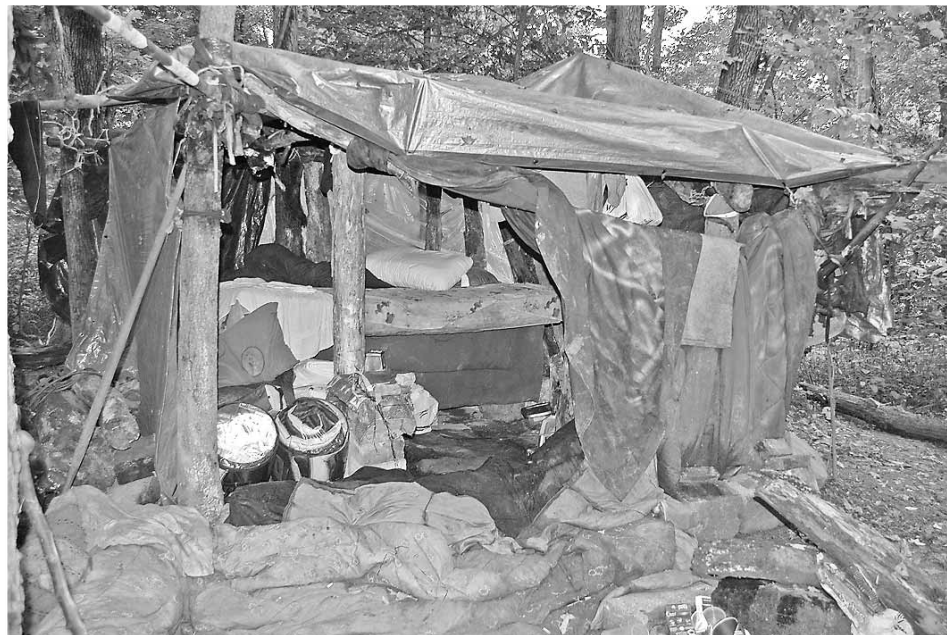
George and Mary spent many years homeless and unsheltered in Fairfax County. Yes, Fairfax County, one of the wealthiest counties in the country. But in Fairfax County, homeless persons such as George and Mary are generally hidden. They live in the woods, behind dumpsters, and in shopping centers. Out of sight, out of mind.

For many years, local non-profit partners have been working with county staff day in and day out to offer persons who find themselves homeless a chance to start anew. When given the stability of housing and the support of professionals and volunteers, homeless adults—including those who have lived many years on the streets and in the woods—can and do change and become stable, contributing members of our community. We non-profit homeless services providers can tell story upon story of what a difference stable housing and supports can make in a life of someone whom others have given up on, whom others have discarded as “hopeless.”

In January 2012, 697 single adults were counted as homeless in Fairfax County and 51 percent of them (353) were chronically homeless—12 consecutive months or four separate incidences of homelessness in the past three years; 24 percent of homeless adults were unsheltered. These numbers are going up.

This month you can help us find out who is “out there.” You can hear their stories and you can help provide them the housing they need.

As part of a nationwide effort to put a name and a face to each



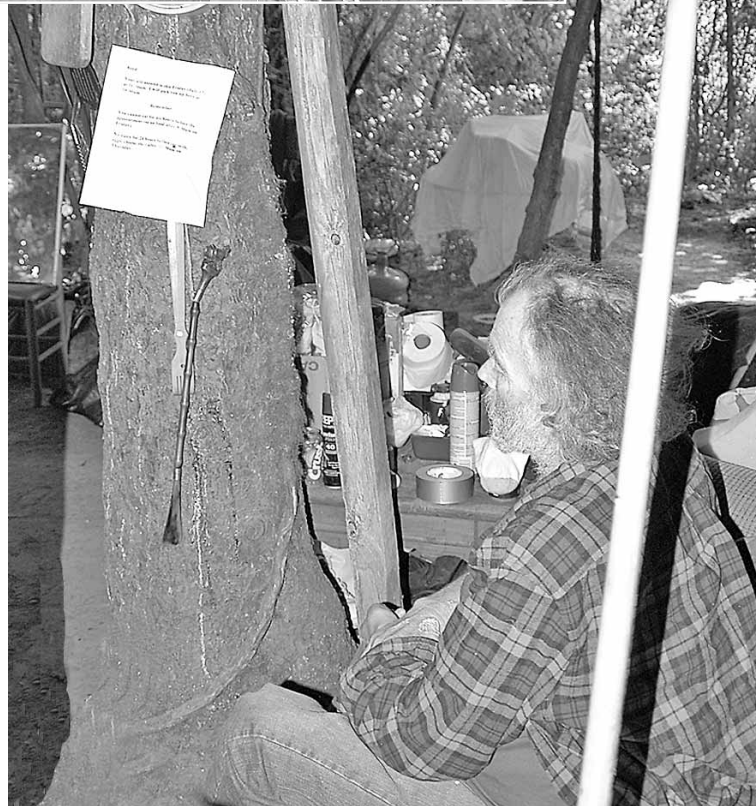
**Homeless camp: In January 2012, 697 single adults were counted as homeless in Fairfax County and 51 percent of them (353) were chronically homeless.**

number, the Fairfax-Falls Church community is participating in a national campaign—100K Homes—that will help us understand who is homeless, why they are homeless and how we can get them housed.

Join us on Feb. 25, 26, and/or 27, as a part of a volunteer team visiting campsites to interview homeless individuals. On March 1 we will give a detailed report to the community about who we found and where we go from here. See <http://www.fairfaxcounty.gov/homeless/100khomes/> for details.

Help us help everyone in Fairfax County find a way home.

For more information on New Hope Housing in Alexandria, go to [www.newhopehousing.org](http://www.newhopehousing.org).



**The Fairfax-Falls Church community is participating in a national campaign—100K Homes—that will help in understanding who is homeless, why they are homeless and how we can get them housed.**

PHOTOS  
CONTRIBUTED

## We Are a Family

To the Editor:

Thank you for the wonderful articles highlighting the positive impact of Fairfax Families4Kids and the relationships and families that have come about because of the program.

As a mentor, I know firsthand how important mentoring programs such as Fairfax Families4Kids can be in a child's life.

Initially I got involved with

FF4Kids because I wanted to give back. In other words, I wanted to be there for children because I have had adults in my life that have mentored me and helped to mold me into the person I am today.

Also, my grandparents and my mother have been foster parents and I have seen the impact on foster kids of hav-



**Shavonne Hayes**

PHOTO BY JOAN BRADY

ing loving/caring adults in their lives.

What I have realized is that spending time with the kids has had a tremendous impact on me. I think of the various experiences of the kids—multiple foster homes, aging out without a place to live or no job. It always reminds me to remember how truly blessed I am no matter what happens. If they can survive the

hand life has dealt to them then there is nothing I cannot overcome. I continue to be amazed and humbled by their resiliency.

To see the challenges they have aging out of the system makes me want to do all I can to ensure they have the support they need. We are more than mentors and mentees. We are a family.

**Shavonne Hayes**  
Sterling

Vienna & Oakton  
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## NEWS

The design of the new license plate features the Fairfax County seal, county map and the website of Visit Fairfax and county government.

CONTRIBUTED



# Civic Pride on the Road

## Fairfax County license plates available soon.

**Y**ou can flaunt your car and show off your civic pride, thanks to a customized Fairfax County license plate approved Tuesday, Jan. 29, by the Board of Supervisors.

The license plate features the county seal, county map and the website addresses of the government and Visit Fairfax. The plate will cost \$25 a year. By state law, \$10 is retained by the state while the other \$15 goes back to the license plate sponsor after 1,000 plates are ordered.

The Board of Supervisors voted to direct the initial proceeds toward the 2015 World Police and Fire Games that will be held in the county. The World Police and Fire Games are an international sporting event offering thousands of police officers, firefighters, customs and correction officers from

around the world an opportunity to showcase their athletic excellence in over 65 sporting events. These games are the second largest sporting event in the world after the Summer Olympics.

Before the Virginia Department of Motor Vehicles can proceed with plate production, it needs 350 commitments from the community. Visit Fairfax will soon allow you to sign up for one of the first license plates at [www.fxva.com](http://www.fxva.com).

Supervisor Pat Herrity (R-Springfield), who initiated the plan, noted the City of Fairfax has its own tag which generates roughly \$5,000 per year in revenues at \$15 per vehicle and is dedicated to the city's historical resources. Using Fairfax City's population as a benchmark, Herrity estimated that Fairfax County could generate roughly \$250,000 per year from its own license plates.

"I look forward to being one of the first residents to get my hands on a Fairfax County License plate," Herrity said.

—VICTORIA ROSS

## Free Remodeling & Design Seminars!



Sat, Feb 9th — 10am-2pm

**Where:** 5795B Burke Centre Pkwy, Burke, VA 22015 (behind Kohl's)

Thinking of remodeling? This event is the perfect opportunity to take advantage of free expert advice with no obligation. Learn about the hot topics you should consider when remodeling.

### Saturday's Seminars:

- From Concept To Completion
- Paint Colors Made Easy
- Opening Up Your Floor Plan

Seminars run from 10am-Noon.  
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Please arrive at 9:45am for check-in.

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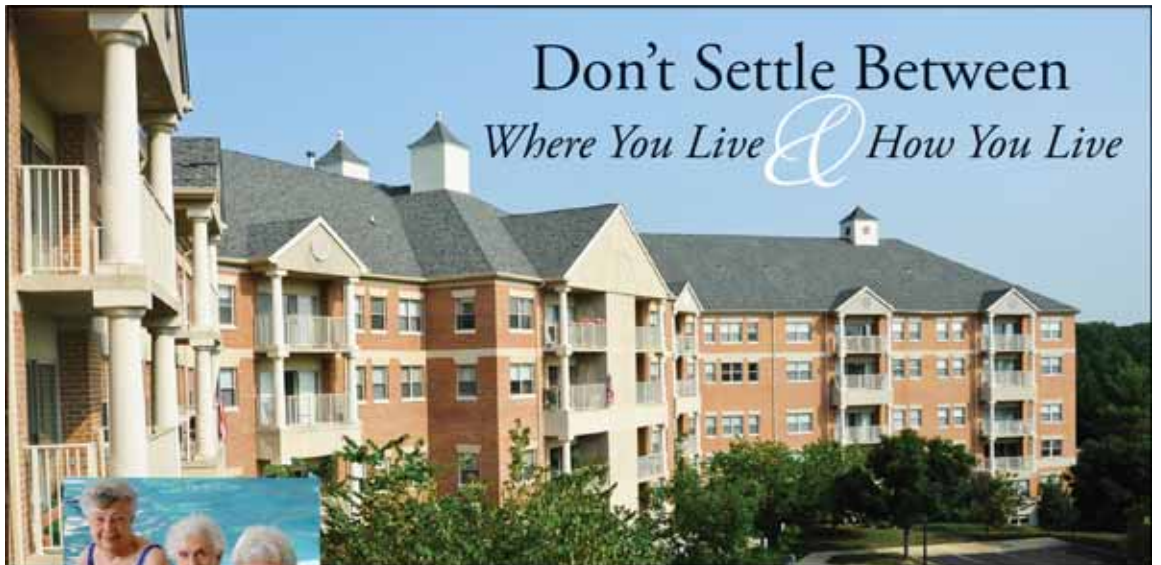
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From left, Anita Blain was the principal at Wolftrap when Chris Shumway visited his old elementary school with a desire to give back in memory of a beloved teacher. Current Principal Teresa Khuluki is excited by the opportunities for the future of her students that the Shumway Foundation's generous gift will provide.



PHOTOS BY ANDREA WORKER

The Wolftrap ES members of the All County Chorus chose the song "Discovery," by Teresa Jennings, which they performed at the dedication ceremony.

# Beloved Teacher's Legacy of Innovation Lives On

Candace Leyton Innovation Learning Lab opens at Wolftrap Elementary.

BY ANDREA WORKER  
THE CONNECTION

Talk about a lasting impression—and the impact that a great teacher can leave behind as her legacy. Chris Shumway didn't keep in touch with Candace Leyton, his third grade math teacher from Wolftrap Elementary School in Vienna, who passed away from breast cancer in 2003, but nearly 40 years later, Shumway was back at school to dedicate the Candace Leyton Innovation Learning Lab in honor of the woman whom he says "believed that I could be so much more." Leyton obviously saw something in the young boy who admits that, at the time, "I didn't really have any academic goals. I was all about sports. But in that one year, Mrs. Leyton, with her infectious ways of teaching, changed my life and set me on a whole new path."

In 2009 Shumway returned to his elementary stomping grounds and asked then Principal Anita Blain if he could donate something to commemorate the woman who had made such a difference in his life. Blain suggested a bench for the school's courtyard. Shumway made a counter-offer. "What about a building?" And from there



Jim Kacur, assistant superintendent cluster 2, Fairfax County Public Schools, Superintendent Dr. Jack Dale, and Deputy Superintendent Dr. Richard Moniuszko were among the attendees at the Learning Lab dedication. The three school district officials take a moment to congratulate Wolftrap ES Principal Teresa Khuluki and sixth grade students Leah DeFreitas and Will Hertzler, who both presented original works created for the ceremony.

Shumway and Blain came up with the idea of a dedicated space where students could develop their creative thinking. "This lab is

a place where the kids can innovate, not just be 'repeaters,'" said Blain. "It offers the opportunity to learn in a way that is geared

for today's environment but takes into account the individual gifts of each child."

**GOOD THING** no one was taking attendance at the dedication ceremony. The crowd was so large that it was standing room only in the lab. Using their new equipment, live streaming video was sent throughout the building so that all of the students, staff, parents and other visitors could watch the proceedings. Band Director Emily Morgan led a group of talented student musicians in several pieces as the ceremony began. Principal Teresa Khuluki called the classroom to order with her welcoming thanks and remarks. "Our school's theme is innovation, not just education," said Khuluki, "and this Learning Lab is a true example of that theme come to life." Khuluki gave numerous examples of how the room and its equipment will be used by all grades and for all subject matters before introducing two student presenters who were ready and willing to demonstrate Wolftrap innovation in action.

Leah DeFreitas recited her moving original poem, "Innovation." Fellow sixth grader Will Hertzler's stop-action film using Lego figures to depict the dedication was a real crowd-pleaser. Superintendent of Schools Dr. Jack Dale, who spoke after the student

SEE LEYTON, PAGE 9

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School Technology Specialist Matt Campet talks with Regina King and Kathy Manley about some of the amazing technology on offer in the lab. "With this equipment, we can take field trips to anywhere in the world, meet specialists from every discipline, without ever leaving the building," said Campet.

## Candace Leyton Remembered

FROM PAGE 8

presentations, couldn't praise their efforts enough. "This shows that sometimes we just need to get out of their way," said Dale, "and give them the space to collaborate and innovate."

The late Mrs. Leyton's husband Peter was also on hand to assist with the official ribbon cutting and to thank everyone who kept his wife in their hearts and memories. "Candy taught for 24 years at Wolftap. I always told her that she was making a difference," Leyton remarked. "And just look around you."

After the ribbon cutting, the school's All

County Chorus members treated the attendees to a performance of the song "Discovery." A luncheon followed the event, but quite a few of the visitors put dining on hold while they explored the lab and learned more about the technology from Matt Campet, the school's technology specialist.

**THE CANDACE LEYTON INNOVATION LEARNING LAB** was built with an \$800k grant from the Shumway Foundation. Peter Leyton has provided an additional amount to fund three years of staff development to allow the teachers to improve their own skills and talents.

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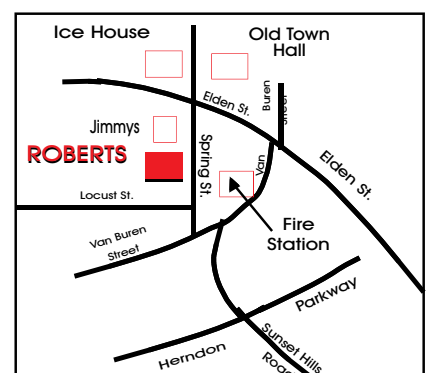


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Drew Kopas as Aldo in the 1st Stage production of "Italian American Reconciliation."

# A Pleasing Romantic Comedy

## 1st Stage presents "Italian American Reconciliation."

By DAVID SIEGEL  
THE CONNECTION

The pedigree of playwright John Patrick Shanley is top notch; he was awarded a Pulitzer Prize for his play "Doubt" and won an Oscar for the screen play for "Moonstruck." His "Italian American Reconciliation," now playing at 1st Stage in Tysons, will not disappoint. It is a pleasing romantic comedy with an opera-tinged take on the lives of young strivers learning about love the hard way, through some cartoon-like pain.

The production is directed by Michael Chamberlin who worked his magic for 1st Stage with last year's snow-driven, whispery-soft, new-age "Almost Maine."

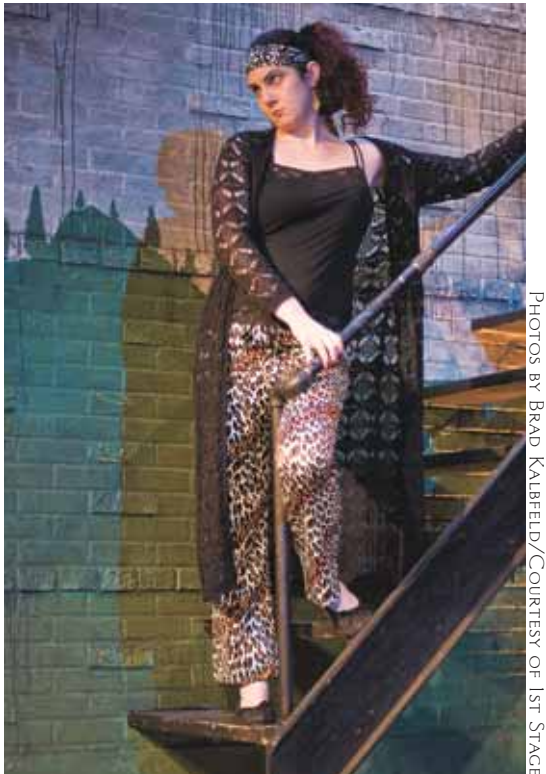
"Italian American Reconciliation" is quite the opposite in speech patterns, tone and location, yet in some ways similar. There are young people messing up as they try to find love and a committed relationship. Chamberlin has the touch. It works.

There is Huey Maximilian Bonfigliano (Matt Dewberry, playing confusion well to a fault) who wants to reconcile with his ex-wife Janice (a tantalizingly rough Anne Nottage). He has "no confidence" in himself and thinks

she took his "manhood." She believes that "flowers feel like flames in my hands." She even shot his dog and tried to kill him to make a point of her feelings.

Dewberry asks his best buddy, Aldo Scalicki (energetically positive Drew Kopas) to help him win her back, though Kopas admits that "women still amaze" him and he never wants to marry. And Huey must also break up with a decent young woman who loves him (appealing Dani Stoller).

There is also the all-knowing, mature Aunt May



Anne Nottage as Janice in the 1st Stage production of "Italian American Reconciliation."



From left: Drew Kopas as Aldo and Suzanne Richard as May in the 1st Stage production of "Italian American Reconciliation."

(wonderfully expressive Suzanne Richard) who provides wisdom whenever she speaks a line.

The technical design is a delight. The sound design of Derek V. Knoderer adds to the operatic feel,

## Where and When

"Italian American Reconciliation" at 1st Stage, 1524 Spring Hill Road, McLean. Performances: Now through Sunday, Feb. 24. Friday 8 p.m., Saturday 2 p.m. and 8 p.m., Sunday, 2 p.m. and 7 p.m. Tickets: \$15-\$25. Call 703-854-1856 or visit: [www.1stStagespringhill.org](http://www.1stStagespringhill.org).

urban brick wall in Manhattan's Little Italy, but with hidden openings, fire escape stairs and a sometimes hidden well-stocked diner. There is even a glowing pizza-like moon.

"Italian American Reconciliation" is a big and broad-shouldered offering with amusing dialogue, endearing in their-own-ways characters, and quiet insights within the posturing.

As Aunt May says, "the greatest and only success is to be able to love."

## ENTERTAINMENT

### THURSDAY/FEB. 7

**One-on-one Computer Tutoring.** 2 p.m., at Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel; call for appointment. 703-242-4020 or [www.fairfaxcounty.gov/library/branches/ok/](http://www.fairfaxcounty.gov/library/branches/ok/).

**Great Falls Trailblazers Meeting.** 7:30 p.m., at Great Falls Library, 9830 Georgetown Pike, Great Falls. Discuss trailblazing plans for the year, with concentration on the trail in progress on Colvin Run/Walker Road, Arnon Chapel, Springvale and Beach Mill/Jeffery Road.

**Solas.** 8 p.m., at Wolf Trap, 1635 Trap Road, Vienna. America's premiere Irish folk ensemble plays songs narrating the life of band leader Seamus Egan's great-great uncle in his immigrant struggle during the Industrial Revolution. \$22. [www.wolftrap.org](http://www.wolftrap.org).

### FRIDAY/FEB. 8

**Veal Parmesan Dinner.** 5:30-8 p.m., at the Vienna American Legion, 330 Center St. N, Vienna. Enjoy veal parmesan on spaghetti with salad and garlic bread with the community. \$10. 703-938-9535.

**Forgiveness Workshop.** 7-9 p.m., at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Sophy Burnham, author of the bestselling book, Book of Angels, holds a workshop on forgiveness.

**Italian American Reconciliation.** 8 p.m., at 1st Stage, 1524 Spring Hill Road, Tysons Corner. A romantic comedy from the author "Moonstruck" and "Doubt" follows Huey Bonfigliano as he takes to the arts after his divorce, but bad poetry isn't enough and he decides to try and win back his ex with the help of friends. \$25; \$15 for students. 703-854-1856 or [www.1ststage.com](http://www.1ststage.com).

**Solas.** 8 p.m., at Wolf Trap, 1635 Trap Road, Vienna. America's premiere Irish folk ensemble plays songs narrating the life of band leader Seamus Egan's great-great uncle in his immigrant struggle during the Industrial Revolution. \$22. [www.wolftrap.org](http://www.wolftrap.org).

**Proposals.** 8 p.m., at the Vienna Community Center, 127 Center St. S., Vienna. The Neil Simon comedy recalls the Hines family gathered at their retreat in the Poconos in the summer of 1953: romantic entanglements coalesce in one idyllic

## Author Sophie Burnham on Forgiveness

Author of the bestseller Book of Angels, Sophie Burnham, gives a Forgiveness Workshop on Friday, Feb. 8, from 7-9 p.m. and Saturday, Feb. 9, from 10 a.m.-4 p.m., at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Burnham's presentation is part of the Season for Nonviolence; get tickets at [www.forgivenessworkshop.brownpapertickets.com](http://www.forgivenessworkshop.brownpapertickets.com) and learn about the Season for Nonviolence at [www.unityoffairfax.org/season-nonviolence](http://www.unityoffairfax.org/season-nonviolence).



afternoon in the elegiac memory play. \$11 for students and seniors 65-plus; \$13. 703-255-6399.

### SATURDAY/FEB. 9

**Forgiveness Workshop.** 10 a.m.-4 p.m., at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Sophy Burnham, author of the bestselling book, Book of Angels, holds a workshop on forgiveness.

**Furnace Hills Coffee Tasting.** 11 a.m.-3 p.m., at Whole Foods, 143 Maple Ave. E., Vienna. The Westminster, Md.-based roasters are launching their Northern Virginia sales with a free tasting with owners Dave and Erin Baldwin on hand. <http://furnacehillscoffee.com/our-story/>.

**Italian American Reconciliation.** 2 p.m. and 8 p.m., at 1st Stage, 1524 Spring Hill Road, Tysons Corner. A romantic comedy from the author "Moonstruck" and "Doubt" follows Huey Bonfigliano as he takes to the arts after his divorce, but bad poetry isn't enough and he decides to try and win back his ex with the help of friends. \$25; \$15 for students. 703-854-1856 or [www.1ststage.com](http://www.1ststage.com).

**Southside Johnny & The Poor Fools.** 7:30 p.m., at Wolf Trap, 1635 Trap Road, Vienna. Front man of The Ashbury Jukes Southside Johnny Lyon joins forces with The Poor Fools and plays an ad hoc rock n' roll routine. [www.wolftrap.org](http://www.wolftrap.org).

**Proposals.** 8 p.m., at the Vienna Community Center, 127 Center St. S., Vienna. The Neil Simon comedy recalls the Hines family gathered at their retreat in the Poconos in the summer of 1953: romantic entanglements coalesce in one idyllic afternoon in the elegiac memory play. \$11 for students and seniors 65-plus; \$13. 703-255-6399.

## CELEBRATE VALENTINE'S

Here are some ways to wax romantic or celebratory on a Valentine's outing:

### SATURDAY/FEB. 9

**Balducci's Wine Day.** 8 a.m.-8 p.m., at Balducci's, 6655 Old Dominion Drive, McLean. Prep for the big day as you join professional winemakers, importers and aficionados as they sample various wines, trade recommendations and share stories; 25 percent off 12-plus bottle purchases. [www.balduccis.com](http://www.balduccis.com).

### TUESDAY/FEB. 12

**Martinis and Manicures.** 5-9 p.m., at the Day Spa at The Ritz-Carlton, 1700 Tysons Blvd., McLean. Celebrate friendship at the girls-only event with a cocktail, sweet treats from the pastry chefs, estheticians providing manicures, petite facials and mini massages. Reservations. 703-744-3924.

### WEDNESDAY/FEB. 13

**Sealed With a Kiss.** 10:30 a.m., at Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Valentine's

stories and activities for children ages 3-5 accompanied by an adult. [www.fairfaxcounty.gov/library/branches/dm/](http://www.fairfaxcounty.gov/library/branches/dm/).

### THURSDAY/FEB. 14

**Valentine's Day Dinner.** 5:30-9:30 p.m., in Bistro, at The Ritz-Carlton, 1700 Tysons Blvd., McLean. An elegant evening of gourmet culinary creations in an intimate setting with live music duo accompaniment—or eat at the Sushi Bar where chefs prepare a customized meal. \$125 per person for gourmet dinner. [www.ritzcarlton.com](http://www.ritzcarlton.com).

**Wildfire Valentine's Day Weekend.** 5-10:30 p.m., at Wildfire, 1714 International Drive, McLean. For a romantic dinner in a cozy booth or a special treat while celebrating with the family, the four course menu offers gourmet choices in the starter, salad, main course and dessert portions of the meal, offered every evening through Sunday, Feb. 17. Reservations. 703-442-9110.

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## Great Falls Blue Knights U12 Soccer Tryouts

The Great Falls Blue Knights, a U12 Boys Travel Soccer team, are looking to strengthen their squad for their 2012-2013 ODSL campaign.

Indoor tryouts will be held 6:30pm-8:00pm on February 20<sup>th</sup> at NZONE in Chantilly.

The Knights have several roster spots remaining for committed U12 players born 08/01/00 or after looking to take their game to the next level.

Training sessions are normally held on Monday, Wednesday & Thursdays 6:30-8:00 pm in the Great Falls/Reston area during the season.



If you are interested, have questions or would like to register for tryouts, please email the Team Manager at [GFBUEKNIGHTS@LIVE.COM](mailto:GFBUEKNIGHTS@LIVE.COM)



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## NEWS

# Ritz-Carlton to the Rescue

Tysons Corner hotel leaves "Footprints" in community.

By DONNA MANZ  
THE CONNECTION

It's not uncommon for Vienna-McLean businesses—from defense industry contractors to hospitality providers—to make themselves good neighbors, vital partners in the community in which their presence is known. They come into schools, they mentor, they support wounded warrior programs. They embrace the community spirit envisioned by their company's corporate philosophy.

Ritz-Carlton Tysons Corner goes beyond McLean and Tysons, extending its hand to local service clubs, nonprofit and humanitarian projects, and to the hotel's dedicated project, the Boys & Girls Clubs of Greater Washington, Fairfax County Region [Fairfax BGCGW Club].

"It's been a tradition to give back to the community," said Ritz-Carlton Tysons Corner General Manager Mark Sherwin. "Showing genuine care is what we do. It's our credo."

**EVERY RITZ-CARLTON PROPERTY** is charged with creating its own community "Footprints" program, to make and meet goals that support social responsibility. Local Ritz-Carlton partners are selected by the hotel's Employee Council, composed of staff from each hotel department.

"The core of 'Footprints' addresses children, poverty and the environment," Sherwin said. The Boys & Girls Clubs focuses on children and poverty, and it was a natural fit for Ritz-Carlton Tysons Corner community outreach. For about three years now, the hotel has partnered with the Fairfax County Region of the Boys & Girls Clubs of Greater Washington to enhance and improve the lives of high-risk children. Students in grades six to nine are the target participants.

Sherwin is chairman of the board of the Fairfax BGCGW Club, and a second Tysons Corner Ritz-Carlton staff member, Helen Kruger, sits on the Fairfax BGCGW Club Board of Directors as well.

The Fairfax region of BGCGW Clubs increased its special events revenue by 200 percent, thanks to fundraising activities promoted by Sherwin and Kruger, said Wonhee Kang, regional director, Fairfax BGCGW Clubs.

"We are ladies and gentlemen serving ladies and gentlemen," said Sherwin. "We want to work with kids in a positive way, to help them become responsible citizens, go to college, find jobs."

Once Sherwin became involved with the Boys & Girls Clubs, he and his staff came up with ways to fundraise and to enhance the clubs' physical presence. When the hotel's dining room was renovated, furniture that was to be replaced was delivered to the clubs.

Club facilities and resources are located in Culmore, Herndon and Murraygate in Alexandria. On occasion, the Tysons Ritz-Carlton hosts events for youngsters participating in the Fairfax BGCGW.

The hotel property hosts the "World's Fanciest Rummage Sale" in April. The rummage sale, held in the Ritz-Carlton ballroom, raised more than \$25,000 in 2012 for the Boys & Girls Clubs. Hotel volunteers reach out to McLean, Vienna and Great Falls "neighbors," collecting high-quality merchandise for resale. "We get a great response from the community," said Sherwin. "Someone bought a



PHOTO BY DONNA MANZ/THE CONNECTION

**Ritz-Carlton Tysons Corner General Manager Mark Sherwin sits as chairman of the board of Boys & Girls Clubs of Greater Washington-Fairfax Region.**

mink coat last year for \$125."

Ritz-Carlton employees volunteered more than 1,500 hours last year. "We're all very proud," said Sherwin.

"Footprints" does more than focus on one nonprofit. Employees held a bake sale to raise money to send to the Sandy Hook relief fund.

Volunteers work with the Children's Miracle Network Torch Relay, raising funds for local children's hospitals. The hotel partners with Jill's House, a retreat for local disabled children.

**HOTEL STAFF** participates in community outreach programs, such as the Marine Corps Toys for Tots project, and the Warm Coats drive. They host "Succeed through Service" seminars for children, focusing on career paths and opportunities in the hospitality industry, and, on a lighter note, enrichment events, from afternoon tea and etiquette to gingerbread house decorating.

The hotel hosts charity galas, helping nonprofits raise funds with discounted services.

"Our partnerships are consistent with Ritz-Carlton culture and consistent with the people we choose to work here," said Sherwin. "They have big hearts."

**"It's been a tradition to give back to the community. ... Showing genuine care is what we do. It's our credo."**

**— Ritz-Carlton Tysons Corner General Manager Mark Sherwin**



# LETTERS TO THE EDITOR

## Questioning Bus Route 432

An open letter to Supervisor Cathy Hudgins (D-Hunter Mill) and Vienna Mayor M. Jane Seeman.

To the Editor:

I just received an email regarding the proposed Bus route 432 that will come through Old Courthouse Road to Trap then Wolf Trap.

1. I am very surprised by this proposal of a "park and ride" route for the Silver line. I went to the Planning Commission meetings from 2009 to 2011 on Comprehensive Plan for Tysons re-development. This concept of "park and ride" and our community, specifically Old Courthouse Road, were not part of Tysons re-development. I believe it is misleading or even a misrepresentation for Fairfax County to advertise, promote, market to the public the whole concept of "imagine people not cars" when it will be bringing and routing more buses in the surrounding communities of Tysons. Is this the result of poor planning? Poor design?

2. On May 6, 2011, I spoke with Mr. Randall White from Countywide Transit Services Coor-

dinator, Transit Services Division, at Fairfax County Department of Transportation. During this conversation, he said that Old Courthouse Road is not a good bus route, he "added several more concerns to that list based on recent observations of field conditions." Mr. White also stated missing infrastructure, geological (yes, this community sits on a large slab of stone so when a FEDEX truck passes by, the entire house shakes) as well as sight distance issues on the curve going down the hill from Gosnell, which has a blind spot (dog leg right) before the intersection of Old Courthouse Road and Westbriar Court/Road. Another is the upward hill/curve on Old Courthouse Road and Creek Crossing.

3. Our community has started and is pursuing VDOT's Safe Routes to School, a federally-funded, state conducted program to bring safety to children who walk and bike to Westbriar ES, at the same time reinforcing healthy habits to battle obesity. I have already spoken with SRTS coordinator Robert Williams in Richmond. Research shows traffic pollution has adverse effects on public health specifically on children, elderly, and people with pulmonary, respiratory, and cardiovascular

diseases.

Below is an excerpt from Safe Routes to School and Traffic Pollution, Get Children Moving and Reduce Exposure to Unhealthy Air, published in June 2012, page 6:

a. "Common types of traffic pollution include particle pollution, such as fine and ultrafine particulate matter; nitrogen oxides (NOx); hazardous air pollutants (HAPs), including carcinogens such as benzene and formaldehyde; volatile organic compounds (VOCs); carbon monoxide (CO); and polycyclic aromatic hydrocarbons (PAHs). In addition, two of these types of traffic pollutants, nitrogen oxides and volatile organic compounds, produce ozone (O3) when they mix in the presence of sunlight. [See page 8 for additional information.] Results of scientific studies have shown that short- and long-term exposure to these emissions may cause adverse health effects, particularly in sensitive populations, such as children, the elderly, low-income populations and individuals with pre-existing medical conditions including asthma or cardiovascular disease."

I do not want my family as well as children and families of this community to be breathing carcinogens from traffic pollution re-

sulting from additional traffic.

Lastly, I am challenging all of our elected officials to join me in investing in the safety, health, and wellbeing of the families, specifically children, in this community. Help Vienna BAC transform Vienna to a bike and pedestrian friendly community by making common sense improvements around Westbriar ES, i.e., completing missing sidewalks, adding speed tables, improving signage, and creating more visible crosswalks that prevents injuries and saves lives."

If we can make it safe for children to be able to walk or bike anywhere, research show that it benefits their health and overall performance in school, their minds are more open to absorb and learn more.

My goal for the May 4 WOD Safety and Bike Rodeo is to have 200 children attend the Bike Rodeo (70 in 2012) and provide them with 200 free bike helmets by raising the money through sponsoring businesses—I have six very enthusiastic small as well as large businesses so far that are on board and I plan to add more. I am extending this challenge to all the elected officials on this list—what is your contribution to our children's future—the health,

safety, and wellbeing of the children in this community?

PS. I would like to see the data research which shows traffic volume will decrease when the Silver Metro is constructed. What is the anticipated workforce and demographics of the 100,000 people living and working in Tysons? What is the cost of housing for each of these segment markets?

**Cris Janoski**

16-year resident of Old Courthouse Road

The writer is a member of Healthy Kids Steering Committee, Safe Kids Worldwide, Safe Kids Partnership, a CTCOCR Committee member, and on the Vienna Bicycle Advisory Committee.

## Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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# WELLBEING

Geriatric experts say healthy lifestyle habits like regular exercise, eating a nutritious diet and brain challenges can help preserve mental health as we age.



PHOTOS  
CONTRIBUTED

## Preserving Mental Health as We Age

Experts say diet, exercise and mental stimulation are key.

BY MARILYN CAMPBELL  
THE CONNECTION

**R**andy Weadon walks six miles each day around the perimeters of his retirement community, Greenspring in Springfield. He also does crossword puzzles daily.

"During tax season, I walk around the halls and mentally do my income taxes in my head," said Weadon, a retired Coast Guard officer. "If I had not started walking, I don't know if I'd be alive. I am 86-and-a-half years old, but I don't feel that age at all."

Geriatric experts say healthy lifestyle habits like regular exercise, eating a nutritious diet and brain challenges can help preserve mental health as we age.

"The one thing that I always tell my patients is that if you don't use it, you lose it. I recommend crossword puzzles, mentally challenging games and reading, especially about current events," said Dr. Lisa Calusic, a psychiatrist at Inova Behavioral Health Services in Alexandria, and an Arlington, resident.

Researchers Pamela Greenwood and Raja Parasuraman, professors at the Department of Psychology at George Mason University in Fairfax, have spent more than 20 years studying the way the human brain ages with a focus on Alzheimer's disease. The two wrote a book, "Nurturing the Older Brain and Mind," in which they explore ways middle-aged people can stave off mental deterioration.

"We know that if we can put off dementing illnesses, even by a year or two through lifestyle changes, that will reduce the number of people with Alzheimer's disease, which is reaching epidemic proportions," Parasuraman says.



**Randy Weadon, 86, does crossword puzzles and walks six miles each day.**

The duo says that preventing and staving off mental deterioration is more important than ever now that workers are staying employed longer for economic reasons. Physical activity is an important tool as well.

"Exercise [is] the 'lifestyle' factor with the strongest effect," said Greenwood. "A number of different research groups have found benefits of aerobic exercise on both brain structure and function, and on cognitive performance."

Joel Martin, a professor of kinesiology at George Mason, agrees: "Regular exercise has been proven to slow the aging process," he said. "People have their actual age, which they can't do anything about, and their biological age. Someone could be 40 years old, live a very inactive lifestyle and not eat very well, which may cause them to be closer to 60 in terms of their biological age. Vice versa: Someone who is 60 could be very active and eat a healthy diet and feel like they are much younger, perhaps a biological age closer to mid-40s."

As an octogenarian, Weadon credits his sharpness to regular mental challenges. Martin agrees. "Regularly engaging in activities requiring cognitive function is important," said Martin. "Most tissues in the body respond to stress placed on it by becoming stronger or adapting to handle the stimulus you place on it. If you lift weights, your muscles get bigger and stronger. If you don't do any sort of physical activity to stimulate your muscles, then they get smaller and become weaker. The brain is the same way, it needs regular stimulation to maintain its function."

Experts also say not to rule out the importance of good nutrition. "The antioxidants in foods, especially fruits and vegetables, can help to preserve and protect tissues from damage that occurs as part of the natural aging process," said Martin.



PHOTO BY MARILYN CAMPBELL

A study published last month in *Journal of the American Heart Association* showed that eating three or more servings of blueberries and strawberries per week may help women cut their risk of a heart attack by as much as one-third.

## February is Heart Month

Diet and fitness experts offer suggestions for maintaining a healthy heart.

BY MARILYN CAMPBELL  
THE CONNECTION

**W**hen Mary Elizabeth O'Conner enters a supermarket, she is careful to stay within the outer perimeters of the store. "Most grocery stores are designed so that the healthiest and non-processed food, like fresh vegetables and meat are kept on the outer edges," she said. She looks for heart-healthy foods like whole grains and fresh fruit.

O'Conner has two good reasons for being tuned in to nutrition: "Both of my parents died unexpectedly from heart attacks," she said. "My father died 15 years ago in February."

February is American Heart Month and health experts are encouraging diet and exercise changes that will lead to better heart health.

Joel Martin, Ph.D. an assistant professor of kinesiology at George Mason University in Fairfax, says the Dietary Approaches to Stop Hypertension (DASH) eating plan is often recommended for people who are at risk for heart disease.

"The diet has been proven by numerous research studies to lower blood pressure. High blood pressure is a major risk factor for serious heart problems, [like] heart attacks for example," he said. "The diet emphasizes fruits, vegetables, whole grains and lower amounts of sweets, red meat, and sodium. It especially emphasizes lower amounts of sodium to decrease blood pressure."

Two good options are strawberries and blueberries. In fact, a study published last month in the *Journal of the American Heart Association* showed that eating three or more servings of the berries per week may help women cut their risk of a heart attack by as much as one-third.

Consuming more Omega-3 fatty acids—found in fish, flaxseeds and nuts—has also been shown to lower the risk of heart disease.

There are some foods that should be avoided, say some experts. "[Foods that are] bad for hearts include cholesterol rich foods, like foods from animals. The current recommendation is beef once per week with a serving size the size of a deck of cards," said Laura Evans, assistant professor, George Mason University School of Nursing. "Avoid trans-fats. These are modified fats found in processed foods, cheese, all processed foods and salt."

Andrew Meade of the Reston-based National Association for Sports and Physical Education, says that the average person can reduce his or her risk of heart disease by exercising for at least 30 minutes each day.

"That is the only way to realize any heart-health benefit," he said. "Exercising for 30 minutes most days of the week builds your cardiovascular endurance."

Martin, who agrees, said, "In terms of exercise habits for a healthy heart, just getting regular aerobic exercise is a good idea ... to ensure a healthy cardiovascular system."



## A Complicated Answer

By KENNETH B. LOURIE



And a further explanation and corollary to last week's column: "A Simple Question," which attempted to sort through my reactions to being asked an extremely innocent, appropriate, well-intended and always appreciated courtesy: "How are you?" and the problem that it sometimes causes me. That problem being: a question which had it not been asked would then not require an answer. An answer that I'll always give, but not before I've given it some thought, which if I hadn't thought about, wouldn't have bothered me in the least. And in the most, it doesn't really bother me, but after four years, a sort of cancer-fatigue has set in. I'm tired of talking about it. "Not that there's anything wrong with that"; being asked the obvious question. Still, if I'm going to keep pretending that my coast is semi-clear, I'd rather not be reminded that five hundred years ago, that coast/horizon represented the end of the world.

This first paragraph was yet another attempt by yours truly to offer some insight into the thought process of a cancer survivor (OK, maybe just this cancer survivor; or a person with some issues, although I would deny that). The related point being that there are the obvious problems being a cancer patient (need I elaborate?) and then there are the less-than-obvious, almost subliminal-type problems which can just as easily ruin your day – and night, as much if not more than a chemo-cocktail infused straight into your body for six hours every three weeks can.

And just like the Philadelphia-born comedian, David Brenner, used to joke about mosquitoes: "It's not the ones you hear you should worry about, it's the ones you can't hear." So too with cancer. There's plenty to worry about that you know – or think you know or have heard about, or maybe have even anticipated: lab work, diagnostic scans, biopsies, surgery, chemotherapy, radiation, doctor's appointments, etc. But it's the down time, the private time alone and away from all the people, places and things with which you've grown familiar and dare I admit, accustomed, that becomes cherished. Then, when you least expect it, a courtesy question inquiring about your overall health, not even one particularly cancer-centric. Still, the question takes you (at least it does to me), right back to cancer central. The one place – for me, I try to avoid. The one place I never imagined I'd be, and now that I'm there often, the one place where I'd rather not be reminded that I semi-reside.

Four years post diagnosis, I realize this jack-pot I find myself in is hardly a winning hand, and it's more than a bad dream. It's a reality. Yet avoiding the nightmare directly – and indirectly, as often as possible, has been my M.O. I can't say I've been particularly successful doing so, but I've had my moments and have made my peace. However, it's the random nature of the spoken and written word that occasionally has undercut my emotional foundation. A foundation built on a lifetime living and learning, trying not to make a bad situation worse; and one striving to not be irrational, unreasonable, illogical and ill-prepared for all that life throws at you. I ceded control four years ago and now when I'm asked, 'How I'm doing?', I'm always reminded how fragile and unpredictable life can be; "the slings and arrows of outrageous fortune," as Cerphe used to say back in the day, on the original WHFS.

I know – and appreciate – that you have to ask. Please understand that sometimes, I might not feel like answering.

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

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# SPORTS

**Marshall senior Grant Leibow scored 16 points against South Lakes on Feb. 1.**

PHOTOS BY  
CRAIG STERBUTZEL/  
THE CONNECTION



## Marshall Boys' Basketball: Doormat to District Contender

**Statesmen have more wins this season than previous two combined.**

BY JON ROETMAN  
THE CONNECTION

**G**rant Leibow moved up from the JV to join the Marshall varsity boys' basketball team near the end of his sophomore season, becoming part of a group that finished the 2010-11 campaign with a 3-20 record and a first-round exit in the Liberty District tournament.

The following year, Leibow played his entire junior season with the varsity, during which the Statesmen went 7-15 and again lost in the first round of districts. In two seasons under head coach Dan Hale, Marshall managed a 2-28 record against Liberty District opponents.

"We've been through tough times," Leibow said recently.

Now a senior, Leibow is a key member of a Marshall team that

has evolved from district doormat to second place in the standings. Hard work in the off season set the transition in motion. On Friday, the Statesmen displayed the other key component of their turnaround: sharing the basketball.

**SIX MARSHALL PLAYERS** scored at least eight points and the Statesmen defeated South Lakes 65-46 on Feb. 1 at Marshall High School. On Monday, Marshall lost to Langley 39-38 but remained alone in second place in the Liberty District standings with one game remaining. The Statesmen, who are 13-7 overall and 8-5 in the district, are assured of a home game in the first round of the district tournament.

Leibow, a 6-foot-1 guard, led the way with 16 points against South Lakes. His third 3-pointer of the evening gave the Statesmen a 34-26 lead with 5:07 remaining in the third quarter and sparked a 13-4 Marshall run.

"He's our leader, he's the guy we want [with] the ball in his hand facilitating," Hale said. "... He's one of those guys that really worked hard."

Junior forward Towner Hale scored 13 points for



**Marshall freshman Tyler White scored 11 points during a win against South Lakes on Feb. 1.**

gether and they work really hard and it's paying off."

While Leibow (three 3-pointers) and Cameron (two 3s) shot the ball well from behind the arc, White provided offense in the paint. The 6-foot-4, 250-pound freshman scored with post moves and had a key fourth-quarter tip-in that started a 17-3 run.

"He's adjusted to the varsity game—that's not an easy thing to do as a freshman," Hale said. "He's definitely looking nice and comfortable out there and he had some big plays tonight."

White said opponents at times will get physical with him and engage in trash talk. He tries to block it out, but sometimes he "just [gets] more angry, [gets] more physical."

"He's been able to push a few guys around down low when we need him against teams with bigger guys," Leibow said. "That's something we haven't had in quite a few years."

**MARSHALL WILL CLOSE** the regular season with a road game against Thomas Jefferson at 7:30 p.m. on Friday, Feb. 8, before entering the district tournament.

Marshall. Freshman center Tyler White finished with 11 points, senior forward Doug Turpin scored nine, and senior guard Connor Barrand and junior guard Christian Cameron each added eight.

"I think our teamwork and our togetherness have really helped us," Leibow said. "It seems like when we pass the ball we play better [and] that's what happened tonight."

Dan Hale, who coached in Hawaii prior to taking over at Marshall in 2010, credited his players' work ethic for helping the program improve. Marshall's 13 victories this season are more than the previous two seasons combined (10).

"This is a group of guys that really kind of committed themselves to doing all the hard work in the off season," Hale said. "We always preach that it's the off season that is the [time] you've got to work hard. There's not enough time in the season to really improve your game. ... This is a group that has been very tight and has worked to-



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

**Marshall senior Amanda Denny scored nine points against South Lakes on Feb. 1.**

## A 'Learning Year' For Marshall Girls

**2012-13 was projected as a rebuilding year.**

BY JON ROETMAN  
THE CONNECTION

**T**he Marshall girls' basketball program went 3-11 in district play during the 2011-12 season, but managed to qualify for regionals by upsetting No. 2 Stone Bridge in the opening round of the Liberty District tournament.

Last season ended on a positive note for the Statesmen's five senior starters, but with that much experience leaving the program, 2012-13 projected as a rebuilding year.

Marshall returned three athletes from last year's team—junior Lexi Stalcup, and seniors Elyse Smith and Amanda Denny—and had nearly as many freshmen (two) as seniors (three) on the roster. The result so far: a 4-17 record, including 0-13 in the district.

But while Marshall has struggled, the losses didn't stop

the Statesmen from giving first-place South Lakes a run for its money.

Marshall was within eight points in the fourth quarter, when a 3-pointer by Stalcup cut the South Lakes lead to 39-31 with 3:38 remaining, but the Seahawks scored six of the game's final seven points to pull out a 45-32 victory on Feb. 1 at Marshall High School.

"They responded very, very well tonight," Marshall head coach Chad Scott said. "This is obviously a rough season. We replaced a lot of seniors from last year, so it's kind of a learning year. At times that's tough when you're losing games after games, but tonight they really responded. They took it right to South Lakes. I was very proud of them for that."

Denny led Marshall with nine points. Stalcup finished with eight points, freshman Megan Kenny scored six, Smith finished with five and junior Mariah Raskin added four.

On Monday, Marshall lost to Langley, 52-37. The Statesmen will close the regular season with a road game against Thomas Jefferson at 5:45 p.m. on Friday, Feb. 8.



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## FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to [mclean@connectionnewspapers.com](mailto:mclean@connectionnewspapers.com). Deadline is Friday.

Beginning Sunday, Feb. 3, the **Antioch Christian Church** will explore the purpose for every person's life, answering the question, "Why am I here?" The church is located at 1860 Beulah Road in Vienna and worship service times on Sundays are at 9:30 a.m. and 11:00 a.m. Child care is provided. 703-938-6753 or [www.antiochdoc.org](http://www.antiochdoc.org).

**Great Falls United Methodist Men** invite you to their annual pancake dinner Tuesday, Feb. 12, from 5:30-7:30 p.m. at 10100 Georgetown Pike, Great Falls. Dinner is free and all donations will be sent to The Society of St. Andrew to help feed the hungry. For more information call the church at 703-759-3705.

**Emotions Anonymous**, a 12-step recovery program, offers weekly step meetings in Vienna for recovery for couples from a wide range of problems. Join on Mondays from 8-9 p.m. at Emmanuel Lutheran Church, 2589 Chain Bridge Rd., Vienna. 703-209-0658.

**St. Francis Episcopal Church**, 9220 Georgetown Pike in Great Falls, offers three Sunday services and a host of musical, educational, outreach, and fellowship ministries to enrich spiritual growth. 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.

**Redeemer Lutheran Church**, 1545 Chain Bridge Road, McLean, at the intersection with Westmoreland Street has Sunday worship with Holy Communion at 8:30 a.m., traditional style worship; 9:45 a.m., contemporary style worship; and 11 a.m., traditional style worship. Sunday School and Adult Forum is at 9:45 a.m.

**Unitarian Universalist Congregation of**

**Fairfax**, 2709 Hunter Mill Road, Oakton, offers a rich and unique Religious Exploration (RE) program for all children, from pre-K toddlers through high school seniors, emphasizing exploration of all religious traditions while developing a personal spiritual path. Registration for the RE program, which offers classes on Saturday afternoons and Sunday mornings, is now open by calling 703-281-4230.

**HAVEN of Northern Virginia** offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or [havenofnova.org](http://havenofnova.org) for schedules and registration information.

**Trinity United Methodist Church**, 1205 Dolley Madison Blvd., McLean, Sunday worship services are at 8:30 and 10:30 a.m. Sunday School for adults is at 9:30 a.m. and for children during the 10:30 a.m. worship service. Youth Group for grades 7-12 meets Sundays at 6 p.m. A 20-minute service of Holy Communion is held each Wednesday at noon. 703-356-3312. or [umtrinity.org](http://umtrinity.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](http://www.jssa.org/growth-learning).

**McLean Bible Church Fitness Class** at Body & Soul Fitness. Balance is key, energy is renewed and strength is gained. 9:45 a.m. Mondays and Fridays. Free childcare for registered students. [bodyandsoul@mcleanbible.org](mailto:bodyandsoul@mcleanbible.org).

**Vajrayogini Buddhist Center** offers ongoing classes on meditation and Buddhist philosophy, Mondays at 7 p.m. at the Unitarian Universalist Church, 1625 Wiehle Ave. \$10 per class. 202-331-2122 or [www.meditation-dc.org](http://www.meditation-dc.org).

**St. Dunstan's Episcopal Church**, 1830 Kirby Road in McLean. The third Sunday service every month at 10:15 a.m. allows children to play active roles in the music and as greeters and ushers. Traditional services are every Sunday at 8:15 and 10:15 a.m.

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### Baptist

Global Mission Church ... 703-757-0877  
Peace Baptist Church ... 703-560-8462  
Bethel Primitive Baptist Church ...  
703-757-8134  
Cartersville Baptist Church ... 703-255-7075  
Fellowship Baptist Church ... 703-385-8516  
First Baptist Church ... 703-938-8525  
The Light Mission Church ... 703-757-0877  
Vienna Baptist Church ... 703-281-4400  
New Union Baptist Church... 703-281-2556

### Buddhist

Vajrayogini Buddhist Center... 202-331-2122

### Church of the Brethren

Oakton Church of the Brethren ...  
703-281-4411

### Catholic

Our Lady of Good Counsel ... 703-938-2828  
St. Athanasius Catholic Church ... 703-759-4555  
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### Charismatic

Christian Assembly ... 703-698-9777

### Church of Christ

Berea Church of Christ ... 703-893-7040

### Disciples of Christ

Antioch Christian Church ... 703-938-6753

### Episcopal

Church of the Holy Comforter ... 703-938-6521  
Church of the Holy Cross ... 703-698-6991  
St. Francis Episcopal ... 703-759-2082

### Jehovah's Witness

Jehovah's Witnesses ... 703-759-1579

### Lutheran

Emmanuel Lutheran Church...703-938-2119  
Christ The King Lutheran Church...703-759-6068  
St. Athanasius Lutheran Church... 703-455-4003

### Methodist

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Great Falls United Methodist... 703-759-3705  
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### Non-Denominational

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## OPEN HOUSES SATURDAY/SUNDAY, FEBRUARY 9 & 10

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com) and click on the "This Week in Real Estate" link. Call Specific Agents to Confirm Dates & Times

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To add your FREE Realtor represented Open House to these weekly listings, please contact Don Park at 703-778-9420, or [donpark@connectionnewspapers.com](mailto:donpark@connectionnewspapers.com). All listings are due by Monday at 3 P.M.



# NEWS



PHOTO BY KEITH CONWAY

From left, George C. Marshall High School Theater Director Jason Tamborini, GC Marshall Theater Award-winner Walter Bobby McCoy, and Theater Booster President Jim Campbell.

## Marshall Theater Honors Walter Bobby McCoy

The George C. Marshall High School Theater Boosters have awarded Walter Bobby McCoy the GC Marshall Theater Award for his contributions, which included musical director for GC Marshall's musical "Drowsy Chaperone." His most recent credits include the professional theater musical

comedy hit, "Altar Boyz" (1st Stage in Tysons) and "Legally Blond" (McLean Community Players).

McCoy has performed internationally as a soloist, chamber musician, and collaborative pianist and is looking forward to using the award when he attends The Berklee College of Music in January 2013.

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**Irene Bak, with FastTran, and Glenn Padeway, with Fairfax County's Neighborhood and Community Services Department, brave chilly weather on Saturday, Feb. 3, to promote Fairfax County's "Stuff the Bus" campaign at the Fairfax Wal-Mart.**



**Juliet Reyes of Herndon, a Wal-Mart employee, donated to help restock Our Daily Bread's pantry shelves during a "Stuff the Bus" stop on Saturday, Feb. 3, at the Fairfax store.**



**(From left) Angie Carrera of Op3; Chris Garris, Our Daily Bread's food program manager and volunteer coordinator; Sharon Bulova, Chairman of the Fairfax County Board of Supervisors and Wendy Lemieux of OP3 encourage shoppers to purchase gift cards.**

PHOTOS BY VICTORIA ROSS/THE CONNECTION

# ‘Stuff the Bus’ Campaign Helps Feed the Hungry

**Donations continue to increase as campaign enters third year.**

BY VICTORIA ROSS  
THE CONNECTION NEWSPAPERS

**L**ocal grocery stores were packed this weekend with shoppers stocking up on Super Bowl snacks for the annual football fan party. At the Wal-Mart in Fairfax, shoppers were greeted with colorful displays of chips, dips and other party favorites.

They were also greeted by volunteers from Our Daily Bread (ODB), who were handing out flyers and encouraging shoppers to donate gift cards or specific items to restock ODB's pantry shelves. A Fairfax nonprofit for nearly 30 years, ODB provides food and other critical services to the working poor, the elderly and the disabled. More than half of ODB's clients are local children.

Dianne Hon, a Vienna resident, said "Stuff the Bus" makes it easy to donate. "I am already here for groceries and other items, especially since it's the day before the Super Bowl, so it's very convenient to pick up a few extra items for a worthy cause," Hon said.

"Thank you for doing this," Hon said to the volunteers. "You made this so easy."

Jonathan and Roxanne Daley of Fairfax donated a gift card to the campaign. "It's too easy to forget that there are people in Fairfax County who go hungry," Roxanne Daley said. "I love the gift card idea. It's easy and you know you're helping someone get what they want."

**FAIRFAX BOARD OF SUPERVISORS CHAIRMAN** Sharon Bulova, who greeted shoppers and encouraged them to donate on Saturday, Feb. 2, said gift cards are especially helpful for a number of reasons.

"There's a dignity about it," Bulova said. "You don't stand out from other shoppers with a gift card, and you can purchase what you want for a special recipe, or if you have specific dietary needs."

Chris Garris, ODB's food program manager and volunteer coordinator, said they are encouraging more people to donate gift cards, particularly because they help clients purchase fresh food. "A \$20 gift card

helps families supplement our pantry's non-perishable food with milk and meat."

Garris said the timing of the Stuff the Bus campaign—which is intentionally scheduled between Martin Luther King Day in January and Presidents Day in February—is important for local pantries because it occurs after the seasonal dose of good will.

"During the fall and holiday season, Our Daily Bread's food pantry is overwhelmed with donations from the community," she said. "But by February, our supplies are often running low even though the need for food is greater than ever."

"Stuff the Bus is an important component in restocking pantries after the holidays," Bulova said. "The need for healthy food is ever growing and the interest for Fairfax County residents to help is there, so we are happily providing the bridge to bring them together."

**THE CAMPAIGN**, now in its third year, is a partnership between Fairfax County Office of Public Private Partnerships (OP3); MV Transportation Inc., which operates the FASTRAN buses and provides volunteers; local nonprofits; and grocery store chains. All donations go directly to local nonprofit organizations that help feed needy families and individuals in the Fairfax-Falls Church Community.

"The residents of Fairfax and our partners, like MV Transportation and Frank & Co., have really come out in support of Stuff the Bus this year. Each year, we get more donations," said Michael Artson, chief planner with the county's Neighborhood and Community Services (NCS) Department, one of the food drive's organizers.

"Food pantries address a critical need which is especially acute after the holidays, the Stuff the Bus campaign helps us help our community. Its importance to helping stock the shelves can't be overstated," said Roxanne Rice, executive director, Food for Others.

Last year, more than 25,000 lbs. of food was collected for local pantries, all benefiting local nonprofits that help feed needy families in the Fairfax community.

At the end of Saturday's Stuff the Bus campaign, Juliet Reyes of Herndon, a Wal-Mart employee, who was in the middle of her shift as a cashier, asked ODB volunteers if she could donate cash. "I've been listening to people talk about this, and I want to help too. People here shouldn't go hungry."



**Dianne Hon, of Vienna, donates a bag of food items to restock Our Daily Bread's pantry shelves during a "Stuff the Bus" stop on Saturday, Feb. 3, at the Fairfax Wal-Mart. Fairfax County's "Stuff the Bus" campaign is a partnership between Fairfax County Government, local grocery stores and nonprofits.**