

# Looking Forward: Great Falls 2015

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PHOTO BY ALEX McVEICH



Celebrate Great Falls Executive Director Erin Lobato believes fireworks will happen at Turner Farm for this year's Independence Day.

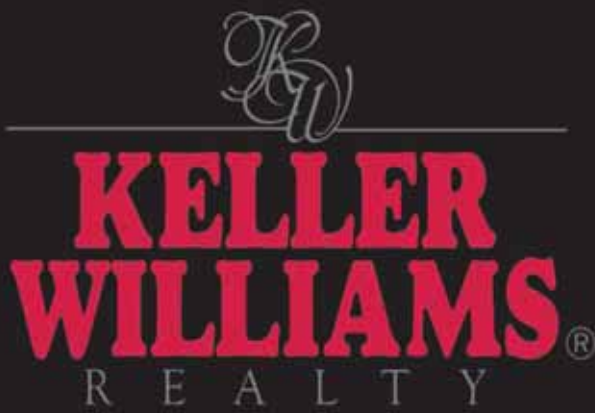
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Redesigned plans for Route 7 as presented in late 2013.



## Great Falls Residents Reflect on their Hopes for the New Year

— REENA SINGH

PHOTOS BY REENA SINGH/ THE CONNECTION



**Tanya Chalupa, published author, Great Falls:**  
“Stay healthy.”



**Hana Dajani, stay-at-home mom, Great Falls:**  
“I hope that there’s less violence, hunger and poverty in this country.”



**Nasma Doyle, student, Great Falls:**  
“I hope I will be able to create more stuff.”



**Lauren Ambrosini, kindergarten teacher, Great Falls:**  
“I hope for peace in the world wherever possible and happiness and fulfillment, in particular for my family.”

## Looking Forward: Great Falls 2015

### Plans to work with county on Route 7, curatorship program.

BY REENA SINGH  
THE CONNECTION

Great Falls has a lot to look forward to this year.

Community leaders said the biggest topics the village will discuss this year include deer management, the Route 7 expansion and possible Independence Day fireworks.

Erin Lobato, executive director for Celebrate Great Falls (CGF), said the lack of fireworks last year at Turner Farm Park may have sparked more volunteers for this year’s event.

“Sometimes it takes something like that to happen to galvanize people,” she said. “There have been a number of people who stepped up and said they want to help bring the fireworks back.”

Another problem CGF faced last year was the lack of volunteers, a problem that slowly is being resolved.

“We will continue to broaden the base of volunteers,” said Lobato. “We need some people to help direct traffic at events or just run the popcorn machine - just little things like that.”



PHOTO BY ALEX McVEIGH

**Celebrate Great Falls Executive Director Erin Lobato believes fireworks will happen at Turner Farm for this year’s Independence Day.**

**THE DEER MANAGEMENT** survey taken last year will be presented at Great Falls Citizens Association’s (GFCA) next meeting by Vice President Bill Canis. The survey, taken by residents, will show how locals feel

about various methods of deer population control, as described at a GFCA meeting last year.

“People will like to see the deer population controlled for various reasons,” said Canis.

Canis and GFCA Communications and Outreach Chairperson Phil Pifer also noted they will be working with the county on the proposed resident curatorship program.

The association plans to advocate the Turner Farm House

to be a first or pilot project for the program and will include a master plan on how the 3.5 surrounding acres will be designed.

To help solve the ever-growing traffic problem, Route 7 will continue to be redesigned for expansion. Two more lanes to a seven mile stretch is being planned - but is not finalized - to alleviate the growing number of cars that come through the area due to the Silver Line Metro stations that opened in July.

Construction is slated for 2018.

“It’s thought of by (Virginia Department of Transportation) as a tube that funnels people from Loudoun County to Tysons,” said Pifer.

However, he said, it affects traffic in Great Falls, including on historic byway Georgetown Pike.

GFCA plans to work on microdesigns of the intersections, including advocating for traffic lights for various neighborhoods to ensure speedy and safe exit points.

“It’s one of the biggest things affecting quality of life for our citizens,” said Pifer about the traffic congestion.

According to JMT-Design consultant Phitsuru Tanaka at a public information session last year, 2,117 cars travel towards Tysons during morning rush hour in the area being studied.

**DURING EVENING RUSH HOUR**, 2,000 cars travel westbound and 1,300 travel eastbound.

They are working with Reston Association and McLean Citizens Association to form a transportation coalition.

Although he did not comment about a particular instance, Pifer also said the association will continue to enforce Great Falls’ values, including “improper development.”

“We’ll continue to work on the environment and the safety of our citizens,” he added.

Pifer noted that the association plans to continue to advocate for their fair share of the county budget.

“We’re thinking of how to be more proactive,” he said.

He said he does not expect that the village will get as much as certain other areas of the county. However, he said the citizens need funding for items like parks and trails to increase local quality of life.

“Unfortunately, it’s especially important in this strained budget environment,” he said.



PHOTO BY KEN MOORE

**Deer management will be a hot topic for Great Falls this year.**



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# WEEK IN GREAT FALLS

## Art Lecture Series Kicks Off in Great Falls

The Arts of Great Falls (formerly known as Great Falls Foundation for the Arts) announced the kickoff of a new Art Lecture Series in 2015 open to the public starting on Monday, Jan. 12, from 7 to 8 p.m. at the GF School of Art (1144 Walker Road, Suite D, Great Falls). Art Lectures will be presented quarterly and admission is free. The first in the Series, John Francis McCabe's talk, titled "The Art of Portraiture – A Historic Look at the Greatest Works of Portraiture Art," will cover the great age of European fine art portraiture, from the late Renaissance to the genre's great achievements in the 19<sup>th</sup> century.

McCabe has been painting in oil and watercolor, and drawing in charcoal and pencil, for over twenty five years. He has been a member of the Portrait Society of America since 1999. He has attended the Washington Studio School, Washington D.C., the Art League School in Alexandria, and the Grand Central Academy in New York, and has also studied in workshops with a number of nationally known portrait artists. McCabe's work has been shown in solo and group exhibitions in the Washington D.C. Metropolitan area. His website is: [www.mccabestudio.com](http://www.mccabestudio.com).

## 'January in Antarctica' at Katie's Coffee in Great Falls

It may be mid-winter in Great Falls, but January is summer in Antarctica. Experience a bit of what enjoying this can be like by coming to Katie's Coffee this month to enjoy a photography exhibit there by Bob Schroeder. All images were captured in January by Schroeder who is a member of Great Falls Studios and may be contacted for further information at [photos@schroederip.com](mailto:photos@schroederip.com). The exhibit will be on display during normal business hours at 760 Walker Road through January 2015.

## Correction

In the Dec. 24, 2014 Connection article "How Does She Do It?" the current executive director of The Foundation for Fairfax County Public Schools should be listed as Mike Infurnari.

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# OPINION

## Happy New Year

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If you know people or organizations doing important work, something newsworthy or something that might make a good feature story, let us know. We want to know if someone in your family or your community published a book, became an Eagle Scout, raised money for a good cause, accomplished a feat like running a marathon or having an art show.

We publish photos and notes of a variety of personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries. Send a photo and tell us about it in 200 words or so to editors@connectionnewspapers.com.

We are also interested in events at your church, mosque, synagogue, community center, pool, school, club, etc. To have the best chance of getting an event included in our calendar ahead of time, email us the details of the event (who, what, where, when, why) at least two weeks ahead of time. Email to north@connectionnewspapers.com. Events generally must be open to the public and either free or at nominal cost to be included in calendars.

After your events, email us a photo and a note so we can consider including it in our

coverage. Be sure to include the names of all the people who are in a photo, and say when and where the photo was taken.

We also publish notes about news and events from local businesses. Notes about openings, new employees, anniversaries are welcome.

In covering the issues, we strive to provide a voice for our readers. We look forward to hearing from you.

The Connection Newspapers are published by Local Media Connection LLC, an independent, locally owned company. The publications and websites include the Alexandria Gazette Packet, the Mount Vernon Gazette, the Centre View, the Potomac Almanac and individual Connection papers and websites serving McLean, Great Falls, Vienna/Oakton, Oak Hill/Herndon, Reston, Springfield, Burke, Fairfax, Fairfax Station/Clifton/Lorton, Arlington, Centreville, Chantilly/Fair Oaks, Alexandria and Mount Vernon.

The publications and websites have won hundreds of awards for news and community coverage just in the past few years, including the Virginia Press Association Award for Integrity and Community Service for coverage of efforts to prevent and end homelessness, and Best in Show for information/art for coverage of local parks.

The operation of these community-serving publications is entirely funded by advertising. The papers are delivered free to homes and businesses throughout Northern Virginia, and through free digital subscriptions, with more than 200,000 readers across the region. If you or your organization appreciate the Connection publications, please support them by patronizing our advertisers and by spending a portion of your marketing budget with us. For information about advertising, contact sales@connectionnewspapers.com,

### EDITORIAL

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— MARY KIMM,

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

### LETTERS TO THE EDITOR

## A Wonderful Article

To the Editor:

What a wonderful article you wrote, Kareese ("How I Left..." by Kareese Akinloba, grade 8, Irving Middle School, Children's Connection, January 1-7, 2015). Your writing ability is beyond your years. And reading it brought back so many memories. For someone at the beginning of life to someone at the other end, let me tell you to rejoice in what lies ahead. I was a happy 7-year-old when my father walked into the house in Berkeley, Calif., some 60 years ago...and announced that my mother and I were going to join him in a small town called Puerto Ordaz, Venezuela. I was not old enough to develop the ties to Berkeley that you had to Southern California but I had the 7-year-old's equivalent. This led me to a wonderful life in a new place, a new language, new friends, new experiences and while I still think at this late stage that Berkeley was "home" I know it is hardly that. The best part of every new experience is that so much of it stays

with you. And so many of your friends will become friends for life. So rejoice, young lady, for before you lies a great new world with people, ideas, values and customs that you can pick and choose from. A veritable buffet of life at your fingertips. And when you reach the other end of the journey, as have I, you will have a wonderful book of memories and a great host of friends to live with. I have only two pieces of advice. Keep in touch with your friends for when they are gone that opportunity is forever lost. And see as much of this wonderful world as you possibly can. It is full of wonder and will write your pages of life that you will read and reread many years from now.

**Michael Valentine**  
Fairfax Station

You can read Kareese's story on page 4 at <http://connectionarchives.com/PDF/2014/123114/Springfield.pdf>



# 497

**days since a still-unnamed Fairfax County police officer shot unarmed John Geer standing in the doorway of Geer's home in Springfield, then let him bleed to death on Aug. 29, 2013. No information has been released about the incident, officers involved not named, no explanation, no grand jury, no charges. (as of Jan. 7, 2015)**

## Great Falls CONNECTION

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Susan Falconer (Comstock's campaign manager), Jessica Goodman (Comstock's personal assistant), Vernell Strecker and Maricel Heeter (New PRWC Co-Presidents), Congresswoman-Elect Barbara Comstock, and Andrea DelVecchio (outgoing PRWC President).



PHOTOS CONTRIBUTED  
Barbara Comstock and her mother, Sally Burns.

## Comstock's Character Honored in McLean

In 1997, Barbara Comstock gave the first Character Does Count Award to The Honorable Ed Meese. At the time, Comstock was the first President of the Patriot Republican Women's Club. Fast forward to the present, and Barbara Comstock, Congresswoman-Elect for Virginia's 10<sup>th</sup> District, was herself honored with this year's 2014 Character Does Count Award. On Saturday, Dec. 13, 2014, the members and guests of the Patriot RWC gathered in McLean to honor the first Patriot RW Club President: Comstock embodies the ultimate mission of the state and national Fed-

eration of Republican Woman; to encourage Republican women to run for public office.

"Barbara has done that, and because of her tireless work ethic, personal appeal and, of course, her sterling character she has had a consistently successful political career which now brings her to the halls of the U.S. Capitol," the Club states in a press release.

In addition to honoring Comstock at this annual Christmas Luncheon event, the Patriot Club also honored a very special influence on Comstock's character- her mother, Sally Burns.

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# Top Fitness Trends for 2015

BY MARILYN CAMPBELL  
THE CONNECTION

The beginning of a new year is often a time when many resolve to begin a fitness plan or to ramp up their current routine. Officials at the American College of Sports Medicine rang in the New Year by releasing the organization's annual survey of the top fitness trends for 2015.

From push-ups to plank, bodyweight training tops ACSM's list of fitness trends. Low cost and mobile, this routine takes exercise back to the basics: think pull-ups and squats. "You really don't need equipment or a gym membership, and there's almost no cost involved," said Katrina Salum, a personal trainer based in Arlington. "It's effective because you can build muscle and burn fat simply by using your own body weight for resistance."

The popularity of bodyweight moves are due to the ease in which they can be incorporated into your daily routine, said Salum. "You can do three sets of eight squats while you're brushing your teeth and 10 pushups while you're waiting for your coffee to brew."

**THE PRACTICE** of alternating intense periods of aerobic activity with low intensity exercises, known as high-intensity interval training (HIIT), is number two on the list of trends. Varying exercises can stave off boredom, a factor that leads many people to abandon their fitness practice," said Scott Goldberg, a personal trainer in Potomac, Md. "Most HIIT routines can be done in 30 minutes," he said. "One simple routine is warming up by walking on a treadmill, then doing 10 squats, 10 push ups and 10 planks followed by a 30-second fast-paced sprint. Then walk slowly in place for four minutes to rest then repeat the entire routine five times."

Taking classes or training sessions from licensed, certified and educated fitness professionals is number three on the list. Traditional weight training is number four, followed by enlisting the help of a personal trainer and combining exercise and nutrition into a fitness plan, which are numbers five and six respectively.

"To be healthy you need to exercise, but also eat foods that are good for you," said Gretchen Juliano, a dietician in Old Town Alexandria. "Eating foods that are low in

carbs and high in protein before working out forces your body to burn fat and gives you energy."

Fitness industry pros say yoga is number seven. "The practice of yoga gives you muscular flexibility through the stretching involved in the yoga poses," said Dawn Curtis, East Meets West Yoga Center in Vienna.

**"It is like vitamins. The real affect is doing it over time and incorporating it into your life rather than just doing it once."**

— Sara VanderGoot

"Yoga also provides immune strengthening. A regular yoga practice will also help with your healthy tissue maintenance and healthy growth of new muscles, bones, tendons, and ligaments, which are essential body components for fighting disease."

Curtis points to the detoxifying effects

of yoga.

"A regular yoga practice will increase your blood circulation, which in turn helps flush out toxins from your body," she said. "As your body flushes out these toxins, to be released by the stretches of the muscle movement, they are replaced with new nourishing nutrients for a healthier body and mind...Students with a regular practice...report [having] long lasting results both physically and mentally, especially with reducing stress."

A commitment of practicing two to three times each week is necessary for noticeable results.

"Consistency is the key in yoga," said Sara VanderGoot of Mind the Mat Yoga and Pilates in Arlington and Alexandria. "It is like vitamins. The real effect is doing it over time, and incorporating it into your life rather than just doing it once."

Yoga is not a quick fix, but a very powerful transformative practice if done regularly over time."

Fitness programs for seniors make the list at number eight. "Even 30-minutes of strength training and 20 minutes of aerobics 2 or 4 times a week can help us fight

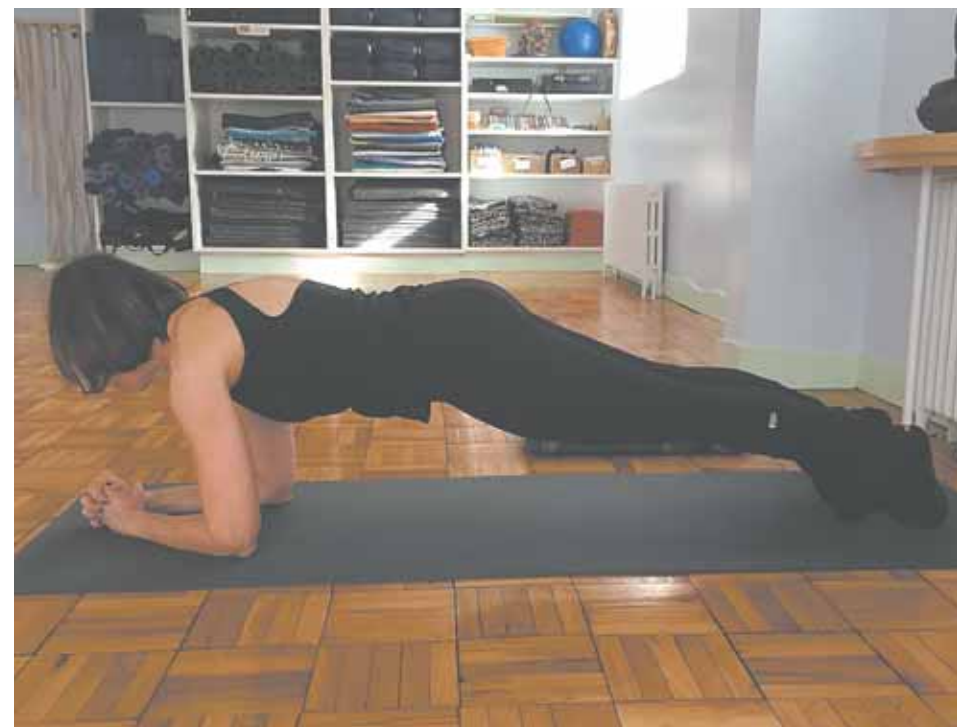


PHOTO BY MARILYN CAMPBELL

**Bodyweight training, which includes exercises such as plank, is the top fitness trend for 2015 according to the American College of Sports Medicine.**

diseases like diabetes and heart disease as we age," said Goldberg.

**FUNCTIONAL FITNESS EXERCISES**, those that make your body stronger for everyday activities like doing laundry, lifting small children or simply using good posture

when sitting at a desk, come in at number nine on the ACSM list while group personal training sessions are number ten.

"One of the benefits of working out with a group is accountability," said Salum. "It's also less expensive than hiring a personal trainer and can be more fun."

## VOLUNTEER OPPORTUNITIES

**Volunteer Solutions of Fairfax County Division of Adult and Aging Services** provides meaningful volunteer opportunities to improve the lives of older adults and adults with disabilities in Fairfax County. To volunteer for any of the following positions, please complete an online registration form at <http://www.fairfaxcounty.gov/dfs/volunteer/VolReg/VolunteerRegistration.aspx>. For more information please call 703-324-5406, TTY 711, email [VolunteerSolutions@FairfaxCounty.gov](mailto:VolunteerSolutions@FairfaxCounty.gov) or visit <http://fairfaxcounty.gov/olderadults> and follow the link to "Volunteer Solutions".

❖ **The Lewinsville Senior Center in McLean** needs an office assistant on Tuesdays and Thursday from 10 a.m. to 2 p.m. and instructors for the following classes: Current Events, Knitting/Crocheting, Certified Arthritis Exercise, Ballroom Dance, Square Dance, and Tai Chi.

❖ **The Kingstowne Center for Active Adults in Alexandria** needs a Van Driver to take participants on outings and instructors for the following classes: Mosaic Art or Jewelry Making and Belly Dancing.

❖ **The Gum Springs Senior Center in Alexandria** needs a Spanish teacher for a beginner's class one hour on Tuesday, Wednesday, or Thursday between the hours of 10 a.m. to 1 p.m.

❖ **Korean Meals on Wheels** needs Korean-speaking volunteers to deliver meals 11 a.m. to 1 p.m. Monday, Wednesday and Friday in Centreville, Reston and Annandale.

❖ **Meals on Wheels** - Transport meals to older adults or adults with disabilities Monday, Wednesday and Friday, midday. Program also needs driver coordinators and group coordinators. Commitment: two hours/month and longer. Volunteer opportunities are available near where you work or live. Employee groups are welcome to share a delivery commitment. Check us out on YouTube now!

❖ **The Annandale Adult Day Health Care Center** in Annandale needs Spanish-

speaking social companions Monday-Friday from 3 p.m. to 5 p.m.

❖ **Fairfax County** needs volunteers to drive older adults to medical appointments and wellness programs; urgent need in Reston area.

❖ **The Hollin Hall Senior Center in Alexandria** needs a DJ to provide a wide array of music from ballroom to line dancing, Wednesdays from 2 p.m. to 4 p.m., a Ballroom Dance Instructor to teach a class on Thursday afternoons and an Italian Instructor.

❖ **The Wakefield Senior Center** in Annandale needs Bilingual English/Spanish Activity Leaders, Tuesday-Friday, 10 a.m. to 2 p.m. to assist in engaging Spanish-speaking and English-speaking participants in center activities. They also need certified instructors for classes in Ballroom Dance, Pilates, Chair Exercise and Ballroom Dance. Volunteer instructor positions could lead to part-time employment.

❖ **The Sully Senior Center** in Centreville needs a certified personal trainer, preferably with experience working with older adults, for one hour, twice a week.

❖ **Volunteers, who are fluent in American Sign Language**, are needed in Reston, Herndon and Vienna to provide clients with direct assistance (not interpretation) with computers, grocery shopping, or social visiting.

❖ **Respite Care volunteers** give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact Emmy Thompson at 703-324-7404, TTY 711, or [Maura.Thompson@fairfaxcounty.gov](mailto:Maura.Thompson@fairfaxcounty.gov).

❖ **Adult Day Health Care and Senior Centers** - Visit centers to assist with fitness activities, arts and crafts, meal time, entertainment and much more.

❖ **Grocery Shopping** - Shop for an older adult or accompany them to the grocery store. Commitment: two hours every other week.

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# CALENDAR

Send announcements to [north@connectionnewspapers.com](mailto:north@connectionnewspapers.com). Deadline is Friday for the following week's paper. Photos/artwork encouraged.

## THROUGH SATURDAY/JAN. 31

**Exhibit of Colorful Nutcrackers.** 11 a.m. - 4 p.m. Closed on Tuesdays. Sully Historic Site, 3650 Historic Sully Way, Chantilly. See an amazing array of nutcrackers, both old and new, in a colorful case exhibit. Did you ever wonder where the craze for collecting nutcracker dolls came from? Nutcrackers have a fascinating history. The first nutcrackers were produced to crack nuts more effectively and the oldest known metal example, on exhibit in Tarent, Italy, is from the third or fourth century B.C. The Leavenworth Nutcracker Museum in Leavenworth, Washington, shows a bronze Roman nutcracker dated between 200 B.C and 200 A.D. German nutcrackers, made as decorative pieces, were developed around 1500. Early nutcrackers were in the shapes of animals, birds and people. Later, they were made in the likeness of kings, soldiers, church leaders and ruling class figures. Fine wood carved nutcrackers were created across Europe, especially in France and England by the 15th and 16th centuries. Admission: \$7/adult, \$6/student, \$5/senior or child.

## THROUGH WEDNESDAY/MARCH 11

**Ice Skating at Tysons Corner Center.** Monday-Thursday, 11 a.m. - 9 p.m.; Friday-Saturday, 11 a.m. - 11 p.m.; Sunday, 11 a.m. - 7 p.m. Tysons Corner Outdoor Center, 1961 Chain Bridge Road, Tysons. Adults, \$10; Child/Senior/Military, \$9; Skate

**"Boy," oil on paper by Anna Watson, Peoples' Choice winner at Treasury of Art. Meet the artists as the Vienna Arts Society celebrates winners from the 45th annual Treasury of Art juried show and sale on Jan. 16 at the Vienna Art Center, 115 Pleasant Street, NW, Vienna.**



Rental, \$6; Group of 10+, \$12 and includes skates

## THURSDAY/JAN. 8

**Artist Demonstration.** 12:30 p.m. Vienna Art Center, 115 Pleasant St., NW, Vienna. Springfield artist Anabela Ferguson ([www.anabela-artist.com](http://www.anabela-artist.com)) will present her style of painting as well as her skill in the craft of restoring and presenting fine art at the Vienna Arts Society's January meeting. Free and open to the public.

**Dobet Gnahoré.** 8 p.m. The Barns Wolf Trap, 1635 Trap Road, Vienna. Discover delicate ballads and sensuous African grooves from this Grammy-winning vocalist, percussionist, and dancer praised as one of contemporary African music's most charismatic talents. \$25-30. 703-255-1900. <http://www.WolfTrap.org/Barns.aspx>.

## FRIDAY/JAN. 9

**Winter Wonderland.** 7-9 p.m. Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Fifth and sixth grader party. \$35/\$25 MCC district residents.

**The Ying Quartet.** 8 p.m. The Barns Wolf Trap, 1635 Trap Road, Vienna. Ying Quartet occupies a position of unique prominence in the classical music world, combining brilliantly communicative performances with a fearlessly imaginative view of chamber music in today's world. \$35. 703-255-1900. <http://www.WolfTrap.org/Barns.aspx>.

**Playdate Cafe.** 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Toys and play space for children, coffee and conversation for grownups.

## SATURDAY/JAN. 10

**Cars and Coffee.** 7-9 a.m. 760 Walker Road, Great Falls. Early on Saturday mornings you'll find an amazing gathering of cool cars at Katie's Coffee House in Great Falls, Virginia. Antique, custom, hotrods, exotic, sports cars, they're all here.

**The Sweet Side of Tea.** 1-3 p.m. Colvin Run Mill, 10017 Colvin Run Road, Great Falls. This interactive tasting seminar explores the many flavors of honey and maple syrup and how they can enhance a variety of green, black and herbal teas. Learn what creates these different styles and taste treats made with these three straight from nature ingredients. Advance reservations and payment (\$30 each) required through the Mill at 703-759-2771.

**Science Workshop for Kids.** 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Hands-on science workshop presented by the iSchool, using unique STEAM SEL (science, technology, engineering, arts, math, and social and emotional life skills) approach. Ages 6 & up.

**Lego Club.** 2 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and build with LEGOs. Ages 3 & up.

## TUESDAY/DEC. 13

**Lego Club.** 2 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and build with LEGOs. Ages 3 & up.

## WEDNESDAY/JAN. 14

**Art Lecture Series.** 7-8 p.m. GF School of Art, 1144 Walker Road, Suite D, Great Falls. The first in the Series, John Francis McCabe's talk "The Art of Portraiture - An Historic Look at the Greatest Works of Portraiture Art," will cover the great age of European fine art portraiture, from the late Renaissance to the genre's great achievements in the 19th Century.

**McLean Photography Club.** Meet



PHOTO BY DAVID SEGAL PHOTOGRAPHY

**Actors Allison Shelby, Casey Bauer, Daddy Issa and John Barclay Burns rehearse a scene from Vienna Theatre Company's upcoming production of Ken Ludwig's romantic comedy, "Be My Baby," opening Jan 23.**

and greet: 7:15 p.m.; Program: 7:30 p.m. McLean Community Center, 1234 Ingleside Avenue, McLean. Noted photographer, Steve Gottlieb, will speak on flash photography: "Miracles with One Hot Shoe Flash." Everyone is welcome. <http://www.mcleanphoto.org/>

love. Tickets: \$14. To reserve tickets email [vtcshows@yahoo.com](mailto:vtcshows@yahoo.com). Additional performances: Jan. 24, 30, 31, Feb. 6, 7: 2 p.m.; Feb 1, 8: 8 p.m.

## ONGOING

**LRA Displays "Changing Colors."** Through Friday, Jan. 9. Parkridge 5 Building, 10780 Parkridge Blvd., Reston. This League of Reston Artists' show includes original painting, mixed media, two-dimensional hangable art, and photography. Free. [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org).

**Tai Chi Beginners' Practice.** Through March 21. Free Tai Chi beginners' practice. Open to all. Every Saturday, 8-9 a.m. St. Luke's Catholic School Gymnasium, 7005 Georgetown Pike, McLean.

**Free Comedy Showcase.** Thursdays 8:30 p.m., at Kalypso's Sports Tavern, 1617 Washington Plaza N., Lake Anne Village Center, Reston. Kalypso's hosts weekly comedy shows that feature some of the best national touring and local comedians in the area. Free of charge.

**Family Fun Entertainment Series.** Saturdays 10-10:45 a.m., at Reston Town Square Park, 11990 Market St., Reston. Every Saturday enjoy live shows, children's music and other child-friendly entertainment. 703-476-4500.

**Movies and Mimosas.** Saturday and Sunday 11 a.m., at Reston Town Center, 11940 Market St., Reston. Showings in the morning; look up showings online. [www.bowtiecinemas.com](http://www.bowtiecinemas.com).

**Smart Markets.** Wednesdays 3-7 p.m., Smart Markets at 12001 Sunrise Valley Drive, Reston. Smart Markets is a producer-only farmers' market that offers food and live music from local jazz group, devoted to supporting local economy and a healthier environment. For more information visit, [facebook.com/smartmarketsreston](http://facebook.com/smartmarketsreston), [twitter.com/smartmarkets](http://twitter.com/smartmarkets) and [www.smartmarkets.org](http://www.smartmarkets.org).

**Open Mic Night.** Wednesdays 9:30 p.m.-1:30 a.m. Jimmy's Old Town Tavern, 697 Spring St., Herndon. Register your band at [BluesSlide@aol.com](mailto:BluesSlide@aol.com) or 703-593-5206. [www.jimmystavern.com](http://www.jimmystavern.com).

**TGIF Free Fridays.** 5-7 p.m., at Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. An evening of family art making and storytelling. 703-471-9242 or [www.restonarts.com](http://www.restonarts.com).

**Insomnia Theater.** Friday and Saturday 11:30 p.m., at Reston Town Center, 11940 Market St., Reston. Look up showings online. [www.bowtiecinemas.com](http://www.bowtiecinemas.com).

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# Bollywood Bistro Finds Home in Great Falls

**Restaurant adds spice to shopping center.**

BY REENA SINGH  
THE CONNECTION

Great Falls loves lamb - at least according to Bollywood Bistro owner Pankaj Sharma.

The restaurant has been open for two months and already has regular clientele, he said.

"The people here are so nice. We have a lot of repeat customers," said Sharma when asked why he decided to open the location at the Safeway shopping center.

This is Sharma's third location for Bollywood Bistro. Other locations include Fairfax and a catering wing for parties and weddings.

Before Bollywood Bistro, however, he worked at hotels and restaurants around the nation's capital and his hometown New Delhi.

The inside of the restaurant - which is self-designed - has black and white photos of bygone Bollywood actors and elegantly set tables. Set against exposed brick, the slogan "contemporary Indian cuisine: colors you can taste" is

realized visually. The menu, created by restaurant partner and self-taught head chef Sunil Bastola, is yet another way the restaurant makes northern Indian dishes - food that has been made for centuries - into masterful, contemporary meals.

Items like sweet and savory garlic shrimp incorporate both honey and white wine to create a memorable glaze. Tender tandoori lamb chops - under the menu as "Champe" - comes with a nontraditional berry chutney.

Bastola moved from Nepal to the U.S. in 2001 and specializes in northern Indian fare.

"I'm always looking for new ingredients for the taste and presentation," he said. "I'm always researching."

Although there are plenty of contemporary dishes, Bastola made sure to incorporate Indian staples like potato-stuffed samosas, fiery and tender lamb shank vindaloo and tandoori chicken.

Since the opening two months ago, Sharma noticed what Great Falls residents prefer to order over Fairfax-area restaurant goes.

"They are more fond of lamb," he said. "They like spicy lamb curries and shanks. They also really love seafood."

Bollywood Bistro is located at 9853 Georgetown Pike. Visit [www.bollywoodbistrofairfax.com](http://www.bollywoodbistrofairfax.com).



REENA SINGH/ THE CONNECTION  
**Bollywood Bistro owner Pankaj Sharma and head chef Sunil Bastola.**

## Here's What's Happening at MCC

**Guess Who's Coming to The Alden?**  
**Chita Rivera:**  
**"A Legendary Celebration"**  
Tuesday, Feb. 24, 7:30 p.m.  
\$75/\$45 MCC district residents

**Martin Luther King Jr. Day Celebration**  
**Theatre IV's**  
**"I Have a Dream"**  
Sunday, Jan. 18, 2 p.m.  
\$15/\$10 MCC district residents

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**5th and 6th Grader Party**  
**Winter Wonderland**  
Friday, Jan. 9, 7-9 p.m.  
\$35/\$25 MCC district residents

**Spring Kid's Show Auditions**  
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Wednesday, Jan. 14 & Thursday, Jan. 15  
7-8:30 p.m.  
Call to reserve an audition time.

**Family Fun Bingo**  
Friday, Jan. 16, 7-8:30 p.m.  
\$10/\$5 MCC district residents; children up to 36 months are free.  
Registration is required.

**Midday Thrillers**  
**Jurassic Park**  
Wednesday, Jan. 21, 1 p.m.  
Free admission

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CONNECTION FILE PHOTO

Joey Sullivan helped the McLean baseball team reach the 2014 state playoffs.



CONNECTION FILE PHOTO

Langley running back Tyler West concluded the 2014 regular season with a four-touchdown effort against McLean.

## Top Moments in 2014 McLean/Great Falls Sports

### Highlights of 2014 and what lies ahead in 2015.

The following is a look at some of the top moments in McLean/Great Falls sports during 2014 and what lies ahead in 2015.

#### McLean baseball qualifies for states

The McLean baseball team struggled during the regular season under first-year head coach John Dowling. But thanks to a change in focus and the right arm of senior pitcher Joey Sullivan, the Highlanders made a run in the postseason that ended with a state tournament berth.

After closing the regular season with a 10-9 record, Sullivan propelled McLean to states with three dominant postseason outings. He shut out South Lakes in the Conference 6 tournament quarterfinals, earning the Highlanders a trip to regionals. Sullivan threw a one-hit shut-out against Oakton in the opening round of regionals, and held perennial power Madison to one run in the regional semifinals, earning McLean its first-ever trip to a region championship game.

"Joey did a great job," Dowling said after beating Madison in the region semifinals. "It's been the same story all year long — when he commands his fastball, he's extremely difficult. When he keeps his fastball down, he gets a ton of groundballs and he was able to locate three pitches today, pretty effectively until the storms came. When he does that, he's tough because he's got the velocity. He always throws strikes, but it's those quality strikes that make the difference for him."

The Highlanders finished region runner-



CONNECTION FILE PHOTO

McLean quarterback Brian Maffei set a single-game state record for completions against Herndon on Oct. 2.

**"I'm not going to lie, it felt pretty good knowing I set a new state record, but I was still pretty upset because of the loss."**

— McLean quarterback Brian Maffei

up to Chantilly before losing to Western Branch in the state semifinals.

#### Langley boys' lacrosse returns to state final

The Langley boys' lacrosse program won four consecutive state titles from 2009-2012. After failing to reach the state final in 2013, the Saxons returned in 2014, but

lost to Robinson, 9-7.

Langley got off to a rough start and was 5-5 after a loss to Chantilly on April 16. But the Saxons responded with nine straight wins and qualified for states with a 7-6 overtime win over Chantilly in the region semifinals.

#### Langley football rallies to make playoffs

The Langley football team started 2-4 in 2014, but closed the regular season with four straight wins to finish with a winning record and earn a playoff berth.

Running back Tyler West rushed for 276 yards and four touchdowns during a 36-13 win over McLean in the regular season finale. The week before, the Saxons came from behind to beat Madison 21-20.

"It's a young group that we had this year," West said after the McLean game. "We kind of knew it would take a little while and it did. We started slow and [head] coach [John] Howerton and everyone worked together. ... Probably around the time of the Fairfax game is when the line started to get everything going."

Langley lost to Westfield in the first round of the playoffs.

#### McLean QB Maffei sets state record for completions

Brian Maffei and the McLean football team fell short against Herndon on Oct. 2, but the quarterback etched his place in history.

Maffei set a single-game state record with 42 completions against the Hornets. The senior completed 42 of 71 passes for 415 yards and four touchdowns, with two interceptions.

McLean lost to Herndon, 51-35.

"I'm not going to lie, it felt pretty good knowing I set a new state record," Maffei said, "but I was still pretty upset because of the loss."

#### A look ahead to 2015

\*The Langley girls' basketball team entered 2015 with an 8-1 record, having won five in a row.

\*The Langley boys' lacrosse team will look to make its sixth trip to the state final in the last seven years.

\*The McLean baseball team returns several key players from a team that reached the state playoffs.

\*The Langley softball team returns much of its roster from a team that fell one win shy of reaching the state tournament.

— JON ROETMAN





Mark Turner with John Stitzer others.

# Uncovering Family History

A note of warm greetings from Mark Turner III.

I would like to thank everyone who attended last Wednesday's Great Falls Historical Society program. It was great to see new & old faces and be able to share the history of my family who resided at the Turner Farm property on Georgetown Pike and Springvale Road from 1840 until the time the last five acres with the farmhouse was sold to the Fairfax County Park Authority in 2011. In September, I was asked to put the program together and I immediately joined Ancestry.com to make the family tree. I also dug through old photos and scanned them on the computer. The research took me back to my childhood on the farm and old memories of my parents and grandparents and the community. My grandfather, Mark Turner, Sr. was involved with the Grange, the Masons, the state Dairymen's Commission, and was a former District Supervisor and Bank President. Grandmother was a former schoolteacher and was involved with the Grange, the Eastern Star, the Garden Club and Bridge Club besides raising her chickens, having a large garden, canning vegetables, curing fresh hams in the fall and completing both the Post and the Star crossword puzzles everyday. My father, Mark Turner, Jr., and my uncle, Edwin Lewis Turner, were both Veterans of WWII. Dad was also on the Board of Directors of the Herndon Bank along with Buck Werner. They would ride together to the bank's monthly meetings. Mother was active with Trinity Presbyterian Church in Herndon as the church Secretary, a Deacon and an Elder. She also was active with the PTA at Great Falls Elementary School and was a Den Mother for Pack 673. I also remember the community back then was very involved with the 4 -H. My sister was in the Pony Club across the street at Grace Dawson's. Grace's daughter Phyllis went on to be an Olympic



Mark Turner III at Great Falls Historical Society meeting.

PHOTOS CONTRIBUTED

## The Historic Preservation of the Mark Turner House

If you are driving past the Turner Farmhouse on Georgetown Pike the last few days you will have noticed that it is looking better and better by the day. The grass has been cut, the falling porch has been removed and exterior repair of the siding has begun. The Fairfax County Park Authority reports that the interior mold remediation work is now complete. The work to stabilize the outside of the house started last week. The work will include sealing and painting the outside of the house and stabilizing the front porch. The Fairfax County Park Authority Cultural Resources staff has reviewed the methods being used to repair the property to ensure that the work complies with national historic preservation standards. The public hearing to consider the adoption of Chapter 125 - the Resident Curator Program Ordinance - to the Code of Fairfax County is scheduled for Tuesday, Nov. 18 at 5 p.m. If it is approved, the next step will be to prepare a request for proposal so that a Resident Curator may be pursued to preserve the property over the longer term.

Champion. Going over one's past can be surprisingly rewarding and it is great to be able to share it with others. The family tree has turned out to be an on-going project with no defined end. At the meeting last Wednesday, I even found a cousin I never knew I had! - We share the same early-American ancestor. Thanks again, Mark.

## SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

### JANUARY

1/7/2015 ..... Wellbeing, Renewal, Resolutions  
 1/14/2015 ..... HomeLifeStyle  
*Martin Luther King Jr. Day is Jan. 19*  
 1/21/2015 ..... A+ Camps & Schools  
 1/28/2015 ..... Neighborhood Outlook  
 1/28/2015 ..... Winter Fun, Food, Arts & Entertainment;  
 Valentine's Preview

### FEBRUARY

2/4/2015 ..... Valentine's Dining & Gifts I  
 2/4/2015 ..... Wellbeing - National Children's Dental Health Month  
 2/11/2015 ..... HomeLifeStyle  
 2/11/2015 ..... Valentine's Dining & Gifts II  
*Valentine's Day is Feb. 14 • Presidents Day is Feb. 16*  
 2/18/2015 ..... A+ Camps & Schools  
 2/25/2015 ..... Pet Connection Pullout

### MARCH

3/4/2015 ..... Wellbeing  
 3/11/2015 ..... HomeLifeStyle Real Estate Pullout  
 3/18/2015 ..... A+ Camps & Schools  
 3/25/2015 ..... Spring Fun, Food, Arts & Entertainment  
*FCPS Spring Break 3/30-4/3*

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lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known



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# Down and Not Out, Yet



By KENNETH B. LOURIE

Thankfully (so far as I know, which isn't very far), after a five-week interval between infusions, which included two additional weeks of pre-chemotherapy lab work and an out-of-the-ordinary 24-hour urine collection ("creatinine clearance") to boot – to more accurately measure my kidney function in hopes of meeting a 1.6 threshold – muster was finally passed, and I was subsequently infused without any further adieu. Planning forward, Ron, my oncology nurse, said that we should return to our usual-and-customary three-week interval for chemotherapy as well as the normal pre-chemotherapy lab work – with no "creatinine clearance." And given that I'm alive and reasonably well six years post-diagnosis by following a similar protocol, I'd be hesitant to get off the horse I've been riding so successfully – mostly – since early 2009, so I'm prepared to saddle up once again.

However, I do wonder if this five-week interval, which ultimately showed my creatinine level/kidney function returning to normal, might suggest that a rest-for-the-chemotherapy-weary might not be all bad. My Certified Holistic Health and Fitness Coach, Rebecca, feels that after six years of nearly non-stop chemotherapy, its toxicity has probably caused enough internal organ damage; "shrinkage" and all notwithstanding. Chemotherapy is hardly a non-corrosive additive. It does what it does, but there are consequences/side effects to be sure, many of which are not pretty and hardly worth waiting for. The question is: Is stopping and/or delaying any kind of conventional treatment, with which I have become most familiar during my six years of treatment, a new beginning or a tragic end? Generally speaking, I feel fine. Still, I'm not Alfred E. Neuman from Mad Magazine, so "What, Me Worry?" Yes. Cancer is not for the faint of heart, so challenges persist, whether the circumstances are good, bad or indifferent. It is impossible to leave well enough alone – for me, anyway.

As a result, I have a present that in the past was a future not promised. Initially I was told by my oncologist that he could treat me but that he couldn't cure me. Oddly, at the time, I didn't really grasp the obviousness of his statement, nor I imagine, did team Lourie. They were words with which we were familiar certainly, but their meaning sort of escaped us. Soon thereafter however, we learned what it all meant, and over the proceeding years, have become a little bit better at comprehending what the medical staff has been telling us. Now, our regular and seemingly recurring conversation is about creatinine and kidney function. It's likely my body is indeed under stress – after six years of chemotherapy. Nevertheless, given my most recent CT Scan result, as well as my eventually-reducing-to-normal creatinine level, I am going to continue to roll the dice. Perhaps I'm being penny-wise/pound foolish or just plain foolish and not too wise. Unfortunately, nobody really knows for sure, and besides, when you're life hangs in the balance, it's seems whatever decisions are to be made, should be made by the patient. So I will continue to employ Rebecca's advice in hopes that the supplements and all that she has advised I take over the last six years continue to strengthen my immune system enough to offset the likely damage the chemotherapy is causing along its cancer-cell-killing way. I realize it's not perfect, but it's a living. THANK GOD.

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

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not be worth  
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PHOTOS CONTRIBUTED

McLean Children's Academy's youngest class, The Carebears, lead the group in a pledge of allegiance, with teacher Jamila Essa.

## Holidays Celebrated at McLean Children's Academy

The preschool students from McLean Children's Academy performed for their families at the McLean Community Center singing and acting out holiday songs and decorating the tree with child made ornaments. Students are from McLean, Great Falls, Arlington and Falls

Church. After the performance, families gathered for a potluck lunch, always a favorite.

The students' families are from many different countries and tasting treats from other nations is always a favorite part of the celebration.



McLean Children's Academy staff gather with the children after the Holiday Program held at the McLean Community Center. Pictured left to right are Jacqueline Vargas, Marina Sarakinis, Executive Director Barbara Touchton, Meredith Karam, Jamila Essa, Director Sarah Bowlen, Cristina Rosas, Tarah Mauzy & Lydia McGrath. Wishing you all Happy Holidays.

**BULLETIN BOARD**

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

**TUESDAY/JAN. 13**

**The Parent Encouragement Program (PEP)** will present an 8-week class titled "PEP I: Parenting 5 to 12 Year Olds," which teaches parents the skills they need to handle challenging behavior in their children while raising them to become respectful, confident individuals. 12 - 2 p.m. \$255 per person. Starbucks Conference Room, 9863 Georgetown Pike, Great Falls. [PEPparent.org](http://PEPparent.org) or 301-929-8824 to register.

**The Great Falls Citizens Association**

**Townhall Meeting.** 7:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. The community's first survey on deer issues will be released, including residents'

experience with deer/vehicle collisions, Lyme disease, the impact of rising deer herds on local forests, and residents' views on steps to manage deer in the area. Two local residents who have developed deer control measures through bow hunting will discuss the impact on their neighborhoods and ways in which other residents can be involved.

**THURSDAY/JAN. 15**

**Chapter 227, Vietnam Veterans of America Inc. Meeting.** 7:30 p.m. Neighbor's Restaurant, 262D Cedar Lane, Cedar Lane Shopping Center, Vienna. All veterans, friends, and the general public are invited to attend the chapter meeting. Mike Walsh, Vietnam War veteran, will discuss his quest to document every Vietnam War Memorial in the United States. Free. For more information, call Len Ignatowski at 703-255-0353 or visit [www.vva227.org](http://www.vva227.org).





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