

# Great Falls CONNECTION Home LifeStyle

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# Great Falls Spa Offers an Alternative

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Dr. Jeanette Coutin,  
owner of the  
Fontaine de  
Jeunesse medical  
spa in Great Falls,  
hosted an open  
house on Feb. 5.

## Langley High Orchestra to Present Spring Concert

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FEBRUARY 11-17, 2015

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# Combining Health and Mental Health

Community Services Board provides emergency services, prevention and treatment.

BY KENNETH MOORE  
THE CONNECTION

One teenager who attempted suicide revealed that if anyone had asked him before hand whether he was thinking of hurting himself, he would have said yes.

That message rang loud and clear to Teresa Gallahan, school nurse at a Catholic school in Chantilly. The teen was part of a training video for a course on Youth Mental Health First Aid, offered by the Fairfax-Falls Church Community Services Board.

Gallahan, from Herndon, was impressed that the instructor urged her to enter the phone number for the CSB Crisis Hotline into her cell phone on the spot.

"I'm trained to look for resources," said Gallahan, a Herndon resident, who has worked at St. Veronica School for approximately 7 years. Gallahan and her principal have now organized all teachers and staff to take the CSB training.

"Most parents appreciate that we keep an eye on their children," Gallahan said.

Since 2012, 1,750 have taken the CSB First Aid Mental Health Training. More than 10,000 people have taken the CSB online youth suicide prevention program.

Mental Health First Aid is one of the ways the Community Services Board serves all residents in the community.

**TRACEY PHILLIPS** was 24 weeks pregnant when her labor began.

She had three premature triplets; her second baby didn't survive, and her son and daughter spent five and four months in the neonatal intensive care unit.

"I had to recover from a C-section, we had to plan for my son's funeral, and we had two very sick children in the NICU," she said. "The human spirit finds a way."

Phillips' family was immediately helped by the CSB's Infant and Toddler Connection, which provides evaluations and early intervention services for infants and toddlers who might have developmental or in-



Fairfax County Community Services' Board opened its new facility in Merrifield.

tellectual disabilities or developmental delay.

"We would be looking at a very different picture had my family not been given early intervention," Phillips said. "When my daughter started to walk I was sure she was on the right track."

Phillips' children, now six, both have special needs. Phillips now works for the Infant and Toddler program and is grateful she can give back to other families who are beginning their special needs journeys.

"There's a whole movement of people with lived experience who have something to offer," said CSB Executive Director Tisha Deeghan, of hiring people like Phillips. "That voice is absolutely magical in helping."

"Even with all that happened to us, I have found other families that have been through much worse," Phillips said. "We have been through the worst of it, we can see a future."

During FY 2014, the CSB served 3,164 children through the Infant and Toddler Connection.

**THE COMMUNITY** Services Board plans, organizes and provides services for people who have mental illness, substance use disorders, and/or intellectual disability. The CSB served 21,249 residents during last year's fiscal year.

Most CSB services are primarily for people whose conditions seriously impact their daily functioning. But anyone with a related concern may contact the CSB for help in finding appropriate treatment and resources.

"We are here for everybody," said Deeghan, who moved to Fairfax for her new job in September. "We are the agency that deals with the most difficult and complex situations."

Deeghan took the helm at the Community Services Board in September 2014, coming from Michigan with 33 years of experience in mental health and substance use disorder treatment and prevention. Most recently, Deeghan was the senior vice president and chief operating officer for Genesee Health System in Michigan for 13 years.

Deeghan replaces George Braunstein who retired in 2014 after serving as executive director since 2008.

"I'm learning the Fairfax way, the Virginia way. There is so much wealth here, but there are two Fairfaxes," said Deeghan of her new home. "There is the wealth and the resources and the tremendous support from the Board of Supervisors. But there's another Fairfax, where people are very vulnerable, people who cannot find jobs, people who can't access services."

**CSB'S NEW MERRIFIELD CENTER** opened late last month at 8221 Willow Oaks Corporate Drive, and offers an integrated system of care, allowing people who are receiving services for mental health issues, substance abuse to receive other medical care at the same time.

"It's state of the art," Deeghan said. "It's the best example that I know of of an opportunity to bring integrated-care services to people."

Primary health care, pharmacy, dental clinic are available at the same location, as well as emergency services, entry and referral services, and more.

As one example, having a pharmacy onsite so patients are certain to receive their

**Sign Up for Mental Health First Aid**

[www.fairfaxcounty.gov/csb/events/mental-health-first-aid.htm](http://www.fairfaxcounty.gov/csb/events/mental-health-first-aid.htm)



Tisha Deeghan, a Fairfax resident, became executive director of the Fairfax County Community Services Board in September 2014.

## What Is the CSB?

The Fairfax-Falls Church Community Services Board is the public agency that provides services for people who have mental illness, substance use disorders, and/or intellectual disability. The CSB also provides crisis intervention and suicide prevention services.

The Community Services Board serves three major populations: people with mental illness, people with substance abuse disorder, and people with intellectual disability and/or developmental disability. <http://www.fairfaxcounty.gov/csb/>

medications as soon as they are prescribed is a major advantage.

"It's exciting to me to see this system and all the creative community-based services in place," said Deeghan. "We're seeing much less need for high-end or restrictive services, such as hospitalization or residential placement, because we are getting so good at providing community-based services."

Providing integrated services is a national movement, Deeghan said. She cited a study a few years ago that showed that people with serious mental health issues often die 25 years or more earlier than others from treatable illnesses, because they didn't have access to health care.

Of the people served at the CSB last year, only 40 percent said they had a primary health care provider.

One in every five people live with a mental health problem, according to CSB documents. Two-thirds go without treatment. "Mental illness and substance abuse disorders impact every single layer of economics," said Belinda Buescher, of the CSB.

**"The human spirit finds a way."**

— Tracey Phillips

## Who To Call for Help

In emergency situations (24/7)  
❖ CSB Emergency Services, 703-573-5679, TTY 711  
❖ Fairfax Detoxification Center, 703-502-7000, TTY 703-322-9080  
❖ CrisisLink suicide hotline, 703-527-4077  
❖ CrisisLink suicide text hotline, 703-940-0888  
❖ Call 911 for a life-threatening emergency  
During business hours:  
❖ CSB Entry & Referral Services, 703-383-8500, TTY 711  
❖ Infant & Toddler Connection, 703-246-7121, TTY 703-324-4495  
For basic needs: food, housing, medical care, etc., 703-222-0880, TTY 711  
Staff at all of the numbers listed above can take calls in English and Spanish and can access other languages when needed.



PHOTO BY CHI PHAM

In preparation for their concert at Carnegie Hall, Dr. Scott McCormick will conduct the Langley HS Orchestra in a concert on Feb. 17.

## Langley High Orchestra to Present Spring Concert

BY MARIA MCQUADE  
LANGLEY HS JUNIOR

The Langley High School Orchestra presents their “Start Spreading the News” concert on Tuesday, Feb. 17, at 7:30 p.m. Due to the undergoing renovations at Langley High School, the concert will be held at the nearby Oakcrest School at 850 Balls Hill Road, McLean. The music performed during the concert will feature famous New York composers, including many who performed at Carnegie Hall during their lifetime. Some of the renowned composers include Copland, Dvorak, Bernstein, and Bloch. Incidentally, the Langley HS Orchestra will also be performing at Carnegie Hall on March 30.

The Langley HS Orchestra will also be hosting a Silent Auction before and during the intermission of the concert. Gift certificates and merchandise from business sponsors include: Maggiano’s, L’Auberge Chez Francois, The Tavern, Seasons 52, Georgetown Learning, Jeff Lubin Fine Portraits, Old Dominion Animal Hospital, Astoria Laser Clinic and Med Spa, and Music Masters. From doggie day care to delicious cultural meals, attending the silent auction will allow one to support local businesses and the Langley HS Orchestra simultaneously. Funds raised from the silent auction will enable the orchestra to defray over-all expenses. Detailed information about the silent auction is available at [www.langleyorchestra.org](http://www.langleyorchestra.org).

### WEEK IN GREAT FALLS

## Supporting CIA Officers Memorial Foundation

This month’s Military Appreciation Monday event is on Feb. 16 in support of the CIA Officers Memorial Foundation. Make your reservation early for either the 5:30 or 7:30 seating at The Old Brogue by calling 703-759-3309. Visit: CIA Officers Memorial Foundation to learn more about this organization and the help it provides to Agency families.

Last month the event for the Navy SEAL Foundation raised a little over \$7,000.

For those unfamiliar with the MAM events, you simply come enjoy a dinner at

the Old Brogue in Great Falls, The Brogue, Bob Nelson of Keller Williams Realty and co-sponsors each make a contribution to the foundation based on 10 percent of whatever you spend. Door prize entries are also sold as a means of raising additional funds.

## Starshine Theater Announces Upcoming Events

Starshine Theater of Great Falls is celebrating its 22nd year of Performing Arts Programs for young people, with the following events:

SEE WEEK, PAGE 5

## Spelling Bee Champion

Great Falls Elementary fourth through sixth grade students took the stage at the school’s annual Spelling Bee on Feb. 4. After 33 rounds of spelling words ranging from “ignominious” to “quintessential,” sixth grade student Ariana Sanjideh became the champion with the word “synthesis.” Sanjideh – pictured with the school’s Principal Ray Lonnett - will now move on to the Fairfax County Spelling Bee, to be held at Lanier Middle School on March 22.



PHOTO CONTRIBUTED



Great Falls Elementary students put their science skills, as well as imaginations, into action at the school’s third Annual STEM Night on Feb. 3. The Children’s Science Center brought its Mobile Labs to the school where students and their families got the opportunity to try various hands-on STEM (science, technology, engineering and math) experiments and activities. The Children’s Science Center takes its Mobile Labs programs to area schools and will be opening its first operating site at Fair Oaks Mall this spring.



# WEEK IN GREAT FALLS

FROM PAGE 4

\* Saturday, Feb. 21: Starshine Theater's rehearsals begin for its Spring stage production. Now enrolling the cast of characters, ages 6 thru 18 years, for the original play, "The Life of Leonardo DaVinci. All student cast members will receive a dramatic character role as well as singing and dance/action leads if interested. Also enrolling "Teen Actor~Mentors" in H.S. and M.S. to assist with rehearsals while enjoying a character role on stage. The students will record their vocals onto a professional music soundtrack album as part of this performance workshop. Show is mid-May in Great Falls. Contact Pat Budwig, M.A., play director, at 703-790-9050 or StarshineTheater@aol.com.

\* Starshine Summer Theater Camp 2015 presents: "The Adventures of Zorro." Now enrolling ages 6 thru 18 years to bring the characters and stories to life in this original adaptation. Dramatic actors, singers and dance/movement artists of all ages and skill levels needed. Also enrolling "Teen Actor~Mentors" in H.S. and M.S. to assist with rehearsals while enjoying a character role on stage. Two-week camp of rehearsals with show scheduled for mid-July in Great Falls. Contact Pat Budwig, M.A., play director, at 703-790-9050 or StarshineTheater@aol.com.

## Langley Crew 'Boats and Oars' Fundraiser

On Saturday, Feb. 21, crew team members from Langley High School will participate in their "Boats and Oars" fundraising effort throughout neighborhoods in McLean and Great Falls. Each year, the Langley High School Crew Team asks the larger community for financial support. Donations to Langley Crew (LCBC) are tax deductible.

And the team invites you to come see a regatta or two in the spring. Regattas are held Saturdays, 9 a.m.-3 p.m. from March 21 until May 9 (no regatta on April 4) on the Occoquan at Sandy Run Regional Park, 10450 Van Thompson Road, Fairfax Station.

## Fair Housing Contest Announced

The Fairfax County Student Human Rights Commission is hosting its 5th Annual Fair Housing Art/Poster and Essay Contest with a \$150 prize. See the web address below for contest details.

[http://www.fairfaxcounty.gov/ohrep/hrd/pdf/2015\\_fh\\_contest\\_flyer.pdf](http://www.fairfaxcounty.gov/ohrep/hrd/pdf/2015_fh_contest_flyer.pdf) (or visit [www.fairfaxcounty.gov/ohrep/hrd](http://www.fairfaxcounty.gov/ohrep/hrd))



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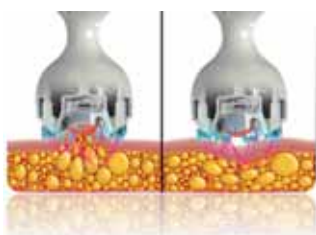
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Kevin Stone, "Pinball Kevin," hosted this year's Virginia State pinball championship in his home in McLean. Virginia was one of 33 states that held a simultaneous tournament on Saturday, Feb. 7.



PHOTOS CONTRIBUTED

Austin Mackert (right) defeated Kevin Stone in this year's Virginia State pinball championship.

# Pinball Kevin, Pinball Wizard

## McLean man hosts state pinball championships.

BY KENNETH MOORE  
THE CONNECTION

Kevin Stone took out a loan to buy the 15 pinball machines in his McLean basement, the site of this year's Virginia state pinball championship. Virginia was one of 33 states to take part in the simultaneous championships on Saturday, Feb. 7.

Stone's Harlem Globetrotters machine was built in 1979, others from Stern Pinball and Jersey Jack Pinball are contemporaries. One machine cost him \$7,200, another cost him \$500, he said. "It depends on the bells and whistles."

"I thought, 'I might as well. If I take out a loan now, I'll be able to enjoy them while I pay the loan back,'" said Stone, who is known as "Pinball Kevin."

More than 30,000 players are ranked and more than 2,400 events bounce around the globe annually, according to the International Flipper Pinball Association, which started tournament-tracking nine years ago.

"I'm still shaking. I've got adrenaline pumping," Pinball Kevin said, after losing the first game in the second round to Julie Schober of Great Falls. Schober sent Stone down the chute in the first round in 2014.

This year, Stone got his revenge. "Everyone wants to win," said Stone.

But Pinball Kevin, a Langley graduate, was more than a gracious host; he lost to Austin Mackert, this year's Virginia state champion in the final round of the four-round tournament.

By winning the Virginia trophy, Mackert, 32, of Chantilly, qualified for the National Championship in Las Vegas at the Pinball Hall of Fame on March 26. Mackert lost only two games in his four "best of seven" matches, meaning he won 16 times and lost only twice.

"He played great and deserved the win," said Stone.

**THE PINBALL WIZARDS** call the stray machines they see at various restaurants and bars "lone wolves."

Mackert calls his sighting of an "Avatar" machine in Manassas when he was doing an errand a "stroke of luck."

"I threw a quarter in there," he said. Afterwards he found himself driving to Manassas just to play the Stern Pinball machine.



KENNETH MOORE/  
THE CONNECTION

Joe Schober,  
Great Falls

Getting better was a simple economic payoff. "When I first played, I would spend \$25 to \$30 a month for three to five hours of play. Now, I can go in there with about five bucks and play the same amount of time."

Mackert had no idea there was competitive pinball before Pinball Kevin saw him playing and told him he had to come out and play. "You step in your first game and you're nervous, not in a zone, but by the end of the game you're locked in," said Mackert.

Mackert looked at tutorials about some of the machines he knew would be used at this year's tournament. "Pinball is about making good decisions," he said.

Pinball Kevin said he approaches everyone he sees playing pinball.

"It's a community of people, you always have a good time," said Stone.

**GREAT FALLS** couple Joe and Julie Schober have 22 machines at their home.

"We play a lot of pinball," said Julie Schober, the 2014 Virginia state runner-up.

"It's how I met my wife," said Joe Schober, the 2014 Virginia champion.

"We play aggressively against each other," he said, adding that he knew he would be happy with whomever won the final match last year.

Schober was hooked on pinball when he was a child; "If I behaved my mother would give me a quarter to play."

His parents gave him his first pinball machine, a machine made out of particle board, the next Christmas. "I played that thing until I literally made it collapse," he said.

When he started playing in a league he found through fspazone.org in College Park, he started getting better, Schober said. "Everybody is so serious about the competition. If it's something you love, you go deeper and deeper."

The two buttons have a multitude of physical repercussions, he said. "It's a game of milliseconds."

### WINNERS

- 1<sup>st</sup> – Austin Mackert – Chantilly
- 2<sup>nd</sup> – Kevin Stone – McLean (host)
- 3<sup>rd</sup> – Dale Geiger – Central Virginia
- 4<sup>th</sup> – Steve Kapos – Ashburn
- 6<sup>th</sup> – Joe Schober – Great Falls (Defending VA state champ from 2013-14 season)
- 8<sup>th</sup> – Julie Schober – Great Falls (wife of Joe)
- 11<sup>th</sup> – Edan Grossman – Fairfax Station
- 14<sup>th</sup> – Daniel Cotter – Vienna
- 15<sup>th</sup> – Gilles Melanson – Sterling

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# OPINION

## Not the First or Only Time

Secrecy around police shootings has been a problem for at least a decade.

**T**he official position of the Fairfax County Board of Supervisors on the need for changes in policy after the shooting of John Geer by police in Springfield in August of 2013 appears to be that this is the first time police policies have been a problem:

"Policies for handling police-involved incidents, which served us well for decades, were inadequate in this complicated situation."

Police-involved shootings have resulted in excruciating obfuscation and delay by Fairfax County Police dating back more than a decade. In this editorial, we refer to two high-profile cases, but these are not the only cases where police secrecy had caused incalculable pain to families while damaging the credibility of the police and other county officials. And this issue is not limited to Fairfax County. Alexandria and Arlington use similar approaches to limit public access to information.

Most Northern Virginia residents think very highly of their police. We are very safe here. People understand that sometimes mistakes happen, that sometimes force is needed, and that sometimes police will exercise deadly force. What they are unlikely to accept is secrecy that shrouds mistakes, and failure to take responsibility for explaining events of deadly force.

We'll quote the father of David Masters who wrote a letter to the Mount Vernon Gazette (a Connection Newspaper) in June, 2013, two months before John Geer was shot:

"I am the father of David Masters. David was shot to death by a Fairfax County police officer on Nov. 13, 2009 while sitting in his truck at a stop at the intersection of Route 1 and Fort Hunt Road. I don't know any more about the circumstances of this grim fatality now than I did then and now, as then, the records of this tragedy are not available to anyone outside the police department. The officer who shot my son was ultimately and I must say secretly fired by the then police chief, David Rohrer. But even that was done without any admission of culpability by anyone in the county. ... I don't understand why the Virginia Freedom of In-

formation Act gives blanket exemption to police matters. ... As it is now, the police department can, and seemingly does, operate in a culture of complete autonomy without fear that its actions will be held up to any kind of scrutiny."

The Connection reported in 2006 about the accidental shooting of an unarmed Salvatore J. "Sal" Culosi Jr. during his arrest on gambling charges:

"With red-rimmed eyes and her voice cracking, Anita Culosi expressed outrage Thursday evening [March 30, 2006] that a Fairfax County police officer will not be charged with a crime for accidentally killing her 37-year-old son. 'My son is laying in a cemetery,' she said, surrounded by family members holding framed pictures of her son. 'That man pulled a trigger and shot my son dead.'"

Anita Culosi's son, Salvatore J. "Sal" Culosi Jr., was accidentally shot to death by a Fairfax County SWAT team officer on Jan. 24 outside his Fair Oaks townhouse. He had been under investigation for illegal sports gambling for the previous three months, accepting at least \$28,000 in bets from an undercover Fairfax County detective.

In July, 2012, more than a year before John Geer was shot and killed, a group of citizens identified four cases, including Masters and Culosi, where police secrecy continued to block questions about shooting deaths. Citizens Coalition for Police Accountability characterized "questionable circumstances" around the shootings, noted that no one, including the families of the deceased victims, had been able to obtain a police incident report despite the fact that the four cases are closed.

CCPA Executive Director Nicholas Beltrante sent letters asking for the release of documents, "to find out what happened in the shooting deaths, why deadly force was used instead of a taser gun or beanbag gun, and to find out if police misconduct took place."

Beltrante said: "Our letters will highlight to the public the importance of amending the Virginia FOIA to require the release of police incident reports, and the value of improving

police accountability by creating an independent police citizen oversight panel made up of Fairfax county citizens .... Unnecessary use of deadly force by the police, if it is occurring, will undermine the integrity and confidence of the public in our police and our elected officials."

The revelations about the shooting of John Geer as a result of a civil lawsuit seriously undermine the credibility of the investigation process.

Aside from the officer who shot Geer, four other officers on the scene told investigators that same day that they were shocked by the shot that killed Geer and thought the shooting was unnecessary. (One officer described his first reaction: "WTF.") There was no weapon in view, although Geer was a gun owner and had a holstered gun nearby. He made great effort to be predictable in his actions, asking permission to scratch his nose, otherwise keeping his hands up on the doorframe.

But a day after the shooting, police released the following update:

"The preliminary investigation indicates that when officers arrived on the scene, they were met by an individual who displayed what appeared to be a weapon in a threatening manner and was subsequently shot."

And last month, before the statements of the other officers were released, the police released this update with the name of the officer:

"Geer was reported as having multiple firearms inside the home, displaying a firearm that he threatened to use against the police, and refused the officers' requests that he remain outside and speak to them. Officers, including a trained negotiator, attempted to peaceably resolve the situation. They spoke with Geer for more than 30 minutes as he stood in the doorway of his home. When Geer began lowering his hands at one point during the negotiations, PFC Adam Torres fired a single shot that struck Geer."

But investigators knew that the negotiator had not seen Geer holding a weapon.

We don't agree with this statement by Bulova: "The Board of Supervisors has taken the steps needed to ensure its policies allow for justice to be fairly and swiftly served."

This is not an isolated case. The Board of Supervisors must demand transparency from the police.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

### EDITORIAL

### LETTERS TO THE EDITOR

## Virginians Pay Twice

To the Editor:

This past weekend, Feb. 7-8, the Senate Finance Committee and House of Delegates Appropriations Committee chose to exclude Medicaid expansion from the budget. Instead, they want to increase state General Fund dollars needed for free clinics and community health centers. This is analogous to having health coverage avail-

able to cover a surgical procedure but choosing to pay out of one's own pocket for the surgical and associated hospital expenses.

Virginians have already paid the taxes for Medicaid expansion. Now, we will again have our tax money used to fund free clinics and community health centers — Virginians get to pay twice, unfortunately. Instead of taking federal funds to provide health care for 400,000 low income working Virginians and their families, like 28 other states and the District of

Columbia did by expanding Medicaid, we again get to have our tax dollars used for medical and hospital care, and we will still not get what Virginia really needs. The 28 states that expanded Medicaid included nine states with Republican leadership and nearby states like West Virginia, Kentucky, Ohio, Arkansas and Maryland.

Virginia has forfeited and wasted millions of dollars since Jan. 1, 2014 by not closing the coverage gap for thousands of the working poor in our state.

Paying twice for coverage via our tax dollars makes no sense! Their decision to not expand Medicaid is a foolish decision, one that unnecessarily costs taxpayers and fails to cover the thousands in need of health care coverage.

Our legislators obviously are not math smart and are not being wise stewards.

**John Horejsi**  
SALT Coordinator  
Vienna

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## NEWS

# 1st Stage Receives Helen Hayes Nominations

BY DAVID SIEGEL  
THE CONNECTION

**T**yson's 1st Stage was nominated for nine Helen Hayes Awards for outstanding achievement in professional theatre in the Washington metropolitan area. The awards are named after Helen Hayes, the legendary first lady of the American Theatre. Nominated artists and companies exemplify the excellence found on Washington area stages.

"We are very proud and grateful to be honored with these Helen Hayes Award nominations," said Alex Levy, 1st Stage, artistic/managing Director. "Everyone at 1st Stage is thrilled that these talented artists received this well-earned recognition."

The 1st Stage is a professional, nonprofit theater company making its home in Fairfax County. The company performs at 1524 Spring Hill Road, Tysons. More information at <http://www.1ststagetysons.org/>

For over 30 years, the Helen Hayes Awards have celebrated outstanding achievement. There are over 80 professional theatres throughout the Washington



TERESA CASTRACANE/COURTESY OF 1ST STAGE

**Farrell Parker and Jimmy Mavriks in "Bat Boy: The Musical."**

metropolitan area. 1st Stage was one of only 31 theatres to receive Helen Hayes Awards nominations in various categories. The Helen Hayes Awards will be presented at a Gala event on April 6.

The 1st Stage nominations include:

**Outstanding Supporting Actress in a Play:** Katy Carkuff - "One Man, Two Guvnors"

**Outstanding Support Actor in a Play:** Daniel Corey - "One Man, Two Guvnors"

**Outstanding Supporting Actress in a Musical:** Dani Stoller - "Bat Boy: The Musical"

**Outstanding Lead Actor in a Musical:** Jimmy Mavriks - "Bat Boy: The Musical"

**Outstanding Lead Actor in a Play:** Doug Wilder - "One Man, Two Guvnors"

**Outstanding Set Design:** Adam Koch - "One Man, Two Guvnors"

**Outstanding Director of a Musical:** Steven Royal - "Bat Boy: The Musical"

**Outstanding Ensemble in a Musical:** "Bat Boy: The Musical"

**Outstanding Musical:** "Bat Boy: The Musical"

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# Local REAL ESTATE

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

**1** 821 Turkey Run Road, McLean — \$4,065,309

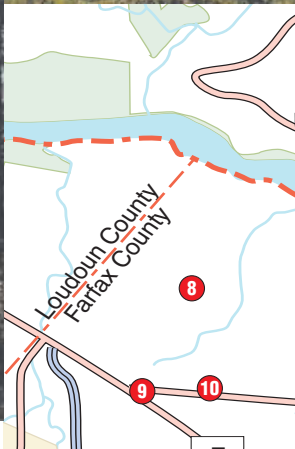


## December, 2014 Top Sales in Great Falls and McLean

IN DECEMBER 2014,  
23 GREAT FALLS HOMES SOLD  
BETWEEN \$2,400,000-\$573,000,  
AND 90 HOMES SOLD BETWEEN  
\$4,065,309-\$135,000  
IN THE MCLEAN AND  
FALLS CHURCH AREA.



**4** 957 Bellview Road, McLean — \$2,925,000



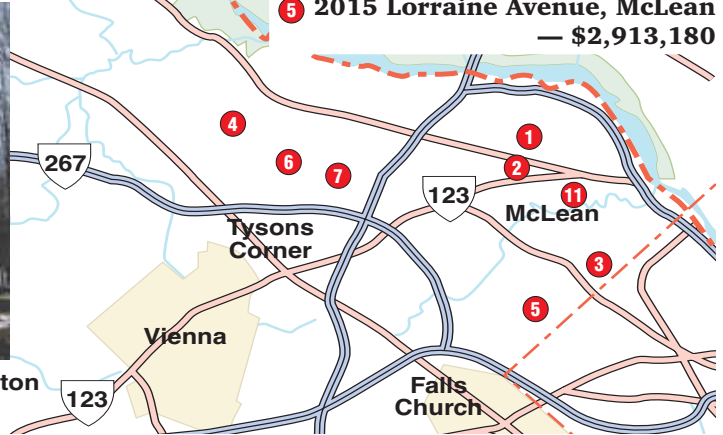
**5** 2015 Lorraine Avenue, McLean — \$2,913,180



**9** 11446 Aidan Run Court, Great Falls — \$2,383,637



**8** 11100 Elmview Place, Great Falls — \$2,400,000



**10** 864 Nicholas Run Drive, Great Falls — \$2,350,000

Address	BR	FB	HB	...	Postal	City	...	Sold Price	...	Type	...	Lot AC	Postal Code	...	Subdivision	...	Date Sold
<b>1</b> 821 TURKEY RUN RD	5	..	5	..	3	.....	MCLEAN	\$4,065,309	.....	Detached	.....	0.94	22101	.....	TURKEY RUN	.....	12/05/14
<b>2</b> 1132 CHAIN BRIDGE RD	5	..	5	..	1	.....	MCLEAN	\$3,600,000	.....	Detached	.....	2.00	22101	.....	LANGLEY FARMS	.....	12/22/14
<b>3</b> 1741 DUMBARTON ST	8	..	7	..	2	.....	MCLEAN	\$3,195,000	.....	Detached	.....	0.66	22101	.....	WRENNWOOD	.....	12/23/14
<b>4</b> 957 BELVIEW RD	7	..	7	..	2	.....	MCLEAN	\$2,925,000	.....	Detached	.....	2.99	22102	.....	PROSPECT HILL	.....	12/10/14
<b>5</b> 2015 LORRAINE AVE	5	..	5	..	2	.....	MCLEAN	\$2,913,180	.....	Detached	.....	0.52	22101	.....	FRANKLIN PARK	.....	12/10/14
<b>6</b> 959 DOMINION RESERVE DR	6	..	6	..	3	.....	MCLEAN	\$2,700,000	.....	Detached	.....	0.83	22102	.....	THE RESERVE	.....	12/01/14
<b>7</b> 936 DOMINION RESERVE DR	6	..	6	..	1	.....	MCLEAN	\$2,540,000	.....	Detached	.....	0.83	22102	.....	THE RESERVE	.....	12/30/14
<b>8</b> 11100 ELMVIEW PL	6	..	6	..	2	.....	GREAT FALLS	\$2,400,000	.....	Detached	.....	2.02	22066	.....	BEACH MILL ESTATES	.....	12/10/14
<b>9</b> 11446 AIDAN RUN CT	5	..	7	..	1	.....	GREAT FALLS	\$2,383,637	.....	Detached	.....	0.99	22066	.....	AUTUMN WOODS	.....	12/30/14
<b>10</b> 864 NICHOLAS RUN DR	7	..	7	..	2	.....	GREAT FALLS	\$2,350,000	.....	Detached	.....	1.75	22066	.....	GROVEMONT	.....	12/04/14
<b>11</b> 6123 LONG MEADOW RD	5	..	5	..	1	.....	MCLEAN	\$2,201,065	.....	Detached	.....	0.52	22101	.....	CLEARVIEW MANOR	.....	12/12/14

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# Couples Who Work Together Stay Together

Local couples offer advice about keeping a relationship healthy at home and on the job.

BY MARILYN CAMPBELL  
THE CONNECTION

Going into business with one's spouse can bring both joy and challenges. As Valentine's Day approaches, three local husband and wife real estate partners share their experiences and offer advice to other couples.

Min and Jimmy O'Burns of Long and Foster in Reston, have been in business together for 15 years. The two met when they were neighbors with identical condos. They started dating after six months "and have been joined at the hip ever since," according to Min O'Burns.

"I burned out on selling new homes and wanted to join Jimmy," Min O'Burns, who originally worked for a builder, continued. "I had to convince him that I would be an asset rather than a ball and chain. Pretty soon we became what is our motto, 'The power of two.'"

Working as a team allows them to spend a significant amount of time together. "It's not suited for everyone," said Min O'Burns, adding that the nature of real estate makes it ideal for couples, with flexible appointments and the ability to enjoy lunch together. "You both need to be of the same kind of mindset. You have to have the same work ethic and diligence."

Understanding your own personality as well as your spouse's is key to working together successfully as a married couple. "You have to identify each other's strengths and figure out who's good at what," said Min O'Burns. "The two of us together make a pretty good team."

"Jimmy is a strong negotiator and strategist," she continued. "I'm a good writer, I'm organized and I'm good at marketing. I'm also a little bit of a hand holder."



PHOTO COURTESY OF MIN AND JIMMY O'BURNS

**Reston-based real estate agents Min and Jimmy O'Burns of Long and Foster have been in business together for 15 years. They say one of the keys to their long-lasting business relationship is understanding each other's strengths.**



COURTESY OF DEBBIE AND DAMON NICHOLAS

**Husband and wife real estate team Debbie and Damon Nicholas met while they were students at the University of Virginia.**

"We still enjoy it after all the years we've been in business together. In my mind there is no downside," added Jimmy O'Burns. "We're serious about our business and we think that business should come with a little bit of humor."

Deborah and Lenny Manarin of the Arlington office of McEneaney Associates Inc,



COURTESY OF DEBORAH AND LENNY MANARIN

**Husband and wife real estate team Deborah and Lenny Manarin of the Arlington office of McEneaney Associates Inc, have a combined total of more than 65 years of experience in the real estate industry.**

Realtors, have been married for 10 years. They met through their work in the real estate business. In fact, Deborah, an Alexandria native, has 25 years of experience and Lenny more than 40.

"We tell clients 'You're paying one commission, but you're getting the experience

and knowledge of two people,'" said Deborah Manarin.

She added that one big asset of working with a spouse is a shared knowledge of the industry. "We both understand the business and the stresses of dealing with people 24-7. Each of us is a good sounding board for the other on issues you're dealing with," Deborah Manarin.

Debbie and Damon Nicholas of Coldwell Banker Residential Brokerage in Fairfax met as students at the University of Virginia and have been married for 32 years.

Debbie was a real estate agent and Damon was a full-time federal employee when they had their first child, who was born with severe disabilities. Two other sons quickly followed.

"We found ourselves going to two to three doctor's appointments per week," said Debbie Nicholas.

After a promotion took away all of Damon Nicholas' flexibility, he switched to real estate full time. The move meant Debbie Nicholas could stay home, Damon could go to doctors' appointments and they could get more involved at school. The couple also developed a Special Olympics program at Willow Springs Elementary School in Fairfax and coached their younger sons in youth leagues.

Working together offers both pleasures and challenges.

"It's difficult and easy at the same time," said Damon Nicholas. "It's difficult to shut off work at times because we have a passion for helping our clients and we love what we do. The good news is that we see each other a lot more than other couples. And we like each other so that's good."

The Nicholas' three sons are now adults. In 2013, their middle son joined their real estate team.

Debbie and Damon Nicholas offer simple advice to other couples considering going into business together.

"It's always important to respect your spouse," said Debbie Nicholas. "Above all we want to demonstrate to people that we love each other and respect each other. Working together is not something that you commit to if you can't respect each other in public and in private."

## Fairfax County Hosts Online Auction

BY MARILYN CAMPBELL  
THE CONNECTION

Barbara Feder resolved to set up an office in the unfinished basement of her Del Ray home this year, a project that she has delayed for months. That's in part because while the white-washed cinderblock walls and mechanical gray cement floor are functional, they're not aesthetically appealing. Feder wants to create a comfortable workspace with a minimal amount of money.

"All I need is a desk, chair and a lamp,"

said Feder. "I'll probably get a book case and a filing cabinet just so I don't have piles of paper and books everywhere."

Feder estimates that she can furnish the space for about \$20. And she's not dreaming. She's eyeing a \$5 desk as well as an office chair and filing cabinet, each priced at \$1.

Her merchant is the Fairfax County Surplus Property Auction. Fairfax County government generates a wide variety of surplus equipment, everything from former police cruisers (usually Ford Crown Victoria sedans), ambulances and luxury cars to

tools, exercise equipment and office supplies like chairs, desks, filing cabinets, printers and fax machines. When the county no longer needs these items, officials put them up for auction on a rolling basis to generate revenue and minimize waste.

"It generates about \$2.3 million dollars," said Chris McGough, a Fairfax County management analyst who is responsible for overseeing the public auction surplus program. "We're like IKEA in pricing, but with better stuff. You can find a dresser for \$30 and a table for \$8. Add a filing cabinet and for

\$60 you can furnish a dorm room or at least have enough furniture to get you going."

The county contracts PublicSurplus.com to house a direct auction website listing all of the items that are up for auction, as well as instructions on bidding. Registration is free and required in order to bid.

"The challenge for us is that this is a hidden gem that residents might not be aware of," said Lisa Connors, Fairfax County public information officer.

The county sells a wide variety of surplus goods for low prices.

## NEWS



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**Friends of Dr. Coutin at the Feb. 5 Open House (from left): Shannon Burwell, Maggie Chappelle, Jamie Nguyen, Dr. Jeanette Coutin and Lisa Spoden.**

PHOTOS BY  
 PATRICK KORTEN

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## Great Falls Spa Offers an Alternative

### Open house held at Fontaine de Jeunesse.

**W**hen Dr. Jeanette Coutin brought her Fontaine de Jeunesse medical spa to Great Falls in the summer of 2013, she was sure it would be a terrific location to offer services in the field of aesthetic medicine. She was right.

"People in Great Falls are very conscious of their health," she said. "They exercise, they eat well, and watch their weight."

Until a few years ago, aesthetic medicine usually meant surgical treatments such as liposuction and facelifts. But during the past decade, research brought a deeper understanding of how skin ages, and has led to development of non-surgical approaches that have quickly gained popularity.

"People don't want to be cut," Coutin noted. "Long recovery times and the risk of infection make surgery unacceptable to most people." But the newest non-invasive treatments for cellulite reduction, wrinkle reduction, skin tightening and stretch mark reduction can all be had in half an hour. All were on display for visitors at an open house at the spa on Feb. 5.

"You can do this at lunch time and go right back to work," Coutin said. Last month, Fontaine de Jeunesse became one of the first medical spas to install the new Venus Legacy machine, which utilizes multipolar and magnetic pulse (MP)<sup>2</sup> technology as well as Pulsed Electro Magnetic Fields (PEMF) and VariPulse (VP) technology.

The FDA-approved technology is constantly improving, Coutin said, and the new machine is the most sophisticated yet. "For people who want to lose weight, it's ideal because it enables us to tighten the skin as the pounds are taken off."

— PATRICK KORTEN



**Dr. Jeanette Coutin, owner of the Fontaine de Jeunesse medical spa in Great Falls.**



**Dr. Jeanette Coutin administers a skin treatment to a client at the Fontaine de Jeunesse medical spa.**

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## ENTERTAINMENT

# Exploring the Truth, Doubt and Consequences

1st Stage presents  
“Doubt.”

BY DAVID SIEGEL  
THE CONNECTION

1st Stage has given audiences a beautifully accomplished, soaring production of “Doubt, a Parable.” Directed by Michael Dove, “Doubt” is a courageous act of intellectual and emotional honesty that is rare in its presentation of power, gender and ambiguity. It is rich in passionate dialogue to hold your attention.

Written by John Patrick Shanley, “Doubt” is a Pulitzer and Tony Award-winning drama that transcends time and place. It whisks the audience quickly away from everyday life into a world examining right and wrong, compassion and rigidity, the secular and the spiritual. The production is highly commended as well for the first-rate use of deeply quiet moments that add volume to the expressive dialogue of the four characters.

“Doubt” is set in an America on the cusp of vast change. It is 1964. President John

Kennedy has only recently been assassinated, the Vietnam War not yet front page news, and in the fictional “Doubt,” an African American student finds himself integrating a New York City Catholic school.

As the play opens the audience becomes rapt parishioners taking in a sermon delivered by young Father Flynn (Rob Jansen who gives a wondrous, profound performance of a likable character with a very complex nature). Next we meet the school principal, Sister Aloysius, a nun who operates with a strong hand and lives a life of high-duty; eyes always open for things not within her standards. Jessica Lefkow gives her character believability and decency along with straight-shooting righteousness. And a young, naive nun, Sister James, played by Jenny Donovan is an impressionable young nun with expressions and body posture that speak loudly about the predicament she finds herself in.

Aloysius and Flynn are quickly in conflict over the priest’s alleged over-the-line conduct with the only African-American student in the school. Was there misconduct between them? Are there facts? Only gossip? Does it matter what the child’s mother

PHOTOS BY TERESA CASTRACANE/  
COURTESY OF 1ST STAGE



Jenny Donovan (Sister James) and Rob Jansen (Father Flynn) in “Doubt, a Parable” at 1st Stage in Tysons Corner.



Lolita Marie (Ms. Muller) in “Doubt, a Parable” at 1st Stage in Tysons Corner.

## Where and When

“Doubt, a Parable” at 1st Stage, 1524 Spring Hill Road, Tysons. Performances through March 1. Fridays at 8 p.m., Saturdays, 2 p.m. & 8 p.m., Sundays at 2 p.m. & 7 p.m. Tickets: \$15-\$28. Call 703-854-1856 or visit [www.1ststagetysons.org](http://www.1ststagetysons.org)

thinks? (Lolita Marie in a tour-de-forces performance as a mother who deeply loves her son and will stand up for him).

With terrifically crafted set design by John Bowhars, spot-on costume design from Britany Graham, moody lighting design by Kyle Grant and rich sound by Thomas Sowers, “Doubt” transports the audience to become witnesses not merely onlookers.

A top-notch evening awaits those with hearts and minds open to mull over what is truth, doubt and the consequences of each. “Doubt” is the real thing.

## 2ND ANNUAL Boys & Girls Club Fairfax Casino Night

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Tickets: [www.bgcgw.org/fairfax/casino-night/](http://www.bgcgw.org/fairfax/casino-night/)



Friday, March 6, 2015  
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THE CONNECTION  
NEWSPAPERS

# CALENDAR

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

## FRIDAY/JAN. 30 - SATURDAY/FEB. 15

**"13: A Hilarious Coming-of-Age Musical."** The Alden, 1234 Ingleside Avenue, McLean. The show chronicles the story of Evan Goldman, a New York City boy whose life is on the cusp of teen-hood. Evan finds himself dealing with a divorce, trying to fit in with the cool kids at a new school in an Indiana town, and one other major event ... his impending Bar Mitzvah. The MCP production of "13" includes a seasoned, yet all adolescent cast of 17 between the ages of 12-16. Selected through an open audition, the cast members include students from Northern Virginia schools such as Langley High School, McLean High School, Frost Middle School, Longfellow Middle School, Rachel Carson Middle School, Thoreau Middle School, Spring Hill Elementary School Our Savior Lutheran and the Metropolitan School of the Arts. Tickets: \$23-\$25.

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

## THURSDAY/FEB. 12

**Acrylic Painting Demonstration.** 10:30 a.m. - 12:30 p.m. Watch an by award-winning Vienna artist Bob Magnesen, who captures vibrant scenes with the use of surprising colors. Free and open to the public.



**Celebrate Valentine's Day on Saturday, Feb. 15 the family-friendly way by catching a show of Pinkalicious at McLean's the Alden. The show's main character, young Pinkalicious, can't stop eating pink cupcakes despite warnings from her parents. Her pink indulgence lands her at the doctor's office with "Pinkitis," an affliction that turns her pink from head to toe—a dream come true for this pink-loving enthusiast.**

**Reading Buddies.** 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Beginning readers practice reading to teens.

## FRIDAY/FEB. 13

**Playdate café.** 11:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Toys and playspace for children. Coffee and conversation for grownups.

**Drop-In Chess.** 3:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop in and play chess. All skill levels and ages welcome.

**Concert: Solas.** 8 p.m. Wolf Trap, 1635 Trap Road, Vienna. Hailed by the Washington Post as "one of the world's finest Celtic-folk ensembles, this quintet's diverse repertoire includes innovative original songs as well as Irish classics. Tickets \$25-28.

## SATURDAY/FEB. 14

**Pinkalicious.** 2 p.m. The Alden in McLean, 1234 Ingleside Avenue, McLean. The show's main character, young Pinkalicious, can't stop eating pink cupcakes despite warnings from her parents. Her pink indulgence

lands her at the doctor's office with "Pinkitis," an affliction that turns her pink from head to toe—a dream come true for this pink-loving enthusiast. But when her hue goes too far, only Pinkalicious can figure out a way to get out of this predicament. The production is appropriate for children ages four and older. Tickets are on sale now. For more information or to purchase tickets online, visit: [www.aldentheatre.org](http://www.aldentheatre.org) or call 703-790-0123, TTY: 711.

**Balducci's Wine & Food Event.** 12-5 p.m. Balducci's, 6655 Old Dominion Road, McLean. Sauvignon Blanc from the Curico Valley in Chile, Chardonnay from California and our reserve bottling of Cabernet Sauvignon, Napa Valley.

**Concert: Solas.** 8 p.m. Wolf Trap, 1635 Trap Road, Vienna. Hailed by the Washington Post as "one of the world's finest Celtic-folk ensembles, this quintet's diverse repertoire includes innovative original songs as well as Irish classics. Tickets \$25-28.

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

**Great Falls Farmers Market.** 9 a.m. - 1 p.m. Old Schoolhouse, 9812 Georgetown Pike, Great Falls. The history of the Old Schoolhouse on display on Saturdays at the Great Falls Historical Society table through mid-February. Great Falls Farmers Market moves to the Grange Hall at 9818 Georgetown Pike (next to the Old Schoolhouse). In addition to regular stands, vendors offer a Valentine Brunch throughout the market at \$10 per person.

## SUNDAY/FEB. 15

**Jazzy Sunday.** 9 & 11:15 a.m. St. John's Church 6715 Georgetown Pike, McLean. Come for Jazz Sunday at St. John's Episcopal Church. Special music will be offered at both morning services. All are welcome for jazz and worship. For more information, please call 703-356-4902, or visit [www.stjohnsmclean.org](http://www.stjohnsmclean.org).

## WEDNESDAY/FEB. 18

**Treasured 2-5s.** 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Early literacy enhanced storytime featuring stories, rhymes and songs. Ages 2-5 with adult.

**Morning Book Group.** 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Call branch for title.

**Pokemon League.** 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop in and play Pokemon with your friends!

## THURSDAY-SATURDAY/FEB 19-21

**"Big Fish."** 7 p.m. McLean High School, 1633 Davidson Road, McLean. Follow the fearless Edward Bloom as he pursues the woman of his dreams, fights magical creatures, and learns that fatherhood may be the biggest challenge of all. Complete with juggling, silk dancing, and thrilling dance numbers, McLean's "Big Fish" is a show you will not want to miss! [mcleandrama@gmail.com](mailto:mcleandrama@gmail.com). Additional 2 p.m. show timing on Feb. 16, 21, 22.

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# SPORTS

**Junior guard Alexis Hermes and the Madison girls' basketball team ended Langley's 14-game win streak on Feb. 6.**



## Koshuta-less Madison Snaps Langley's 14-Game Win Streak

**Warhawks avenge loss to Saxons without injured star forward.**

BY JON ROETMAN  
THE CONNECTION

**T**he Madison girls' basketball team found itself in a six-point hole when Langley Saxons freshman Jordyn Callaghan buried a 3-pointer in the opening minute of Friday's second half.

The Warhawks couldn't turn to 6-foot-2 security blanket Kelly Koshuta, who was on the bench and out of uniform due to a knee injury. Instead, Madison's supporting cast turned up the defensive pressure and snapped Langley's 14-game win streak.

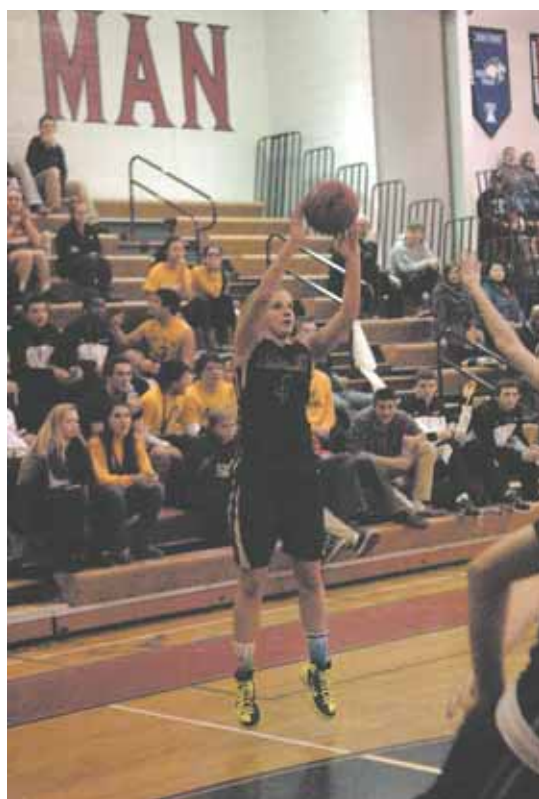
The Warhawks closed the third quarter on a 15-3 run and knocked down 7 of 8 free-throw attempts in the final minute to secure a 46-38 victory Feb. 6 at Madison High School.

Langley led 21-19 at halftime and extended its advantage to 25-19 with

an Ari Aulisi free throw and the Callaghan 3-pointer. Two minutes later, Meghan Torres scored Madison's first points of the half, sparking a 15-3 run during the final 5 minutes, 37 seconds of the third quarter. The Warhawks forced seven Saxon turnovers in the period and took the lead for good when Alexis Hermes scored with 1:55 on the clock, giving Madison a 29-28 advantage.

**LANGLEY** defeated Madison 36-33 on Jan. 13 and entered Friday's contest with a 17-1 record.

"I think [Madison] played angry



**Langley guard Paige Galiani knocked down five 3-pointers and scored 19 points against Madison on Feb. 6.**

PHOTOS BY  
CRAIG STERBUTZEL/  
THE CONNECTION

and they played with a chip on their shoulder," Langley head coach Amanda Baker said. "They pushed us around and the game allowed for that physicality and we didn't really respond with the same level of intensity."

Madison, which improved to 15-5, got off to a strong start, jumping out to a 12-3 lead, but Langley junior Paige Galiani would shoot the Saxons back into the game. Galiani knocked down four 3-pointers and scored 14 points in the first half, helping Langley to a halftime lead.

Madison head coach Kirsten Stone assigned junior Aidan McWeeney to guard Galiani in the second half. McWeeney helped limit Galiani to five points in the final 16 minutes. Galiani finished with 19 points and five 3-pointers.

"Aidan was face-guarding me really hard in the second half,"

Galiani said. "... I couldn't get a shot off at all."

McWeeney scored a team-high 14 points to go with her stellar defensive effort.

"I think Aidan has always been a big player, it's just that she's always behind someone else's shadow," Stone said. "Her freshman year, she [played with Megan] LeDuc, and last year [with Katie] Kerrigan. I think that Aidan is just coming into her own and taking leadership."

Senior guard Jana Tremba scored 10 points for Madison and sophomore Megan Miskell finished with six.

Koshuta, a senior forward who signed with Virginia Tech, said she tweaked her right knee in a recent practice but will return to action this week, though Stone said that is an optimistic prediction.

Koshuta, who is ranked by



PHOTO CONTRIBUTED

**The Langley hockey team qualified for the playoffs.**

## Langley Hockey Honors Seniors with Big Win over South Lakes

The Langley hockey team suited up for senior night to honor Chris Lane, assistant captain Kal Fernlund, assistant captain Sam Lafuria and captain Will Clemson. Junior Wyatt Conrow got the scoring started midway through the first period with a pair of goals before South Lakes answered back cutting the lead in half. That was as close as South Lakes would get. Sam Lafuria got the first goal of his hat trick, followed by Chris Lane and Will Clemson, then got two in third. Evan Chang and Kevin Wang also scored to make the final an 11-3 victory by the Saxons.

Langley followed their performance against South Lakes with a strong showing against last year's champs, Briar Woods. In order to make the playoffs, Langley needed a win coupled with a win by Herndon. Although the game appeared to be a loss, Briar Woods ended up forfeiting. With the forfeit, the Saxons have made it to the playoffs yet again. The current crop of seniors will have made it to the postseason every year they were on the team. The playoff schedule is expected to post next week.

ESPN.com as the No. 32 recruit in the nation for the class of 2015, suffered a torn ACL in her left knee in July of 2012, causing her to sit out her entire sophomore season.

"Obviously, without her it's a big loss, but the key to our team is playing together all the time," McWeeney said. "We practice with and without Kelly ... [and] I think just playing together was our main idea."

How much does the game plan change with Koshuta on the bench?

"Kelly is an added bonus, is our hope," Stone said. "It's hard when Kelly gets in because then the younger kids tend to [rely on her], and Kelly is not like that. She is a team player. Hopefully this is helping us get better."

With Koshuta on the bench, Madison's perimeter players stepped up.

**THE WARHAWKS** knocked down five 3-pointers, and

McWeeney made a key short jumper with 4:55 left in the fourth quarter, giving Madison a 39-33 lead.

"They have plenty of good guards on the team," Galiani said. "... The guards are really confident without [Koshuta]. We weren't ready for that. ... We haven't played good shooting teams that often."

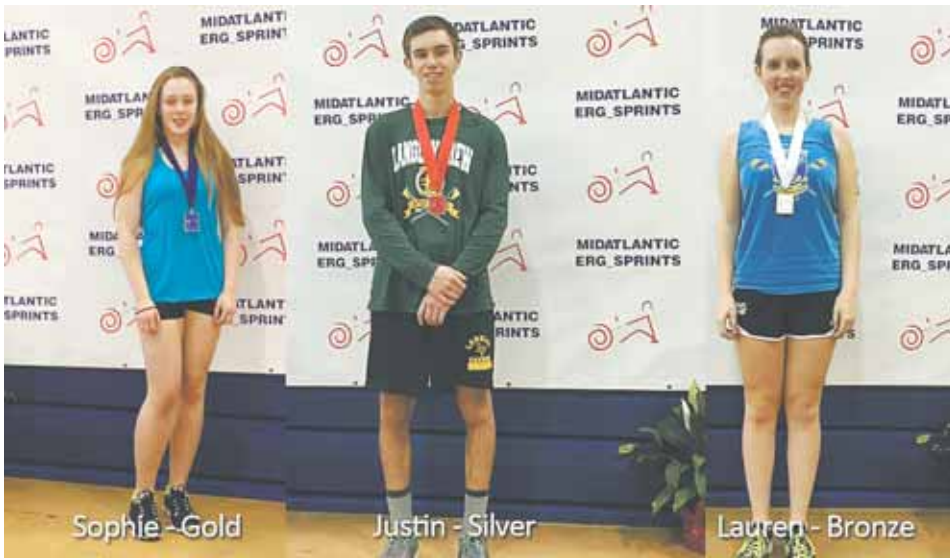
Baker also praised the Madison guards.

"I think their guards probably got a lot of confidence going into the postseason," the Langley coach said. "They were really fast — they're fast with Kelly — but they were able to pressure us constantly. They didn't have the knowledge of a shot blocker behind them, so they were so much more ready to stop individual players. Overall, I was really impressed with their defensive effort."

Langley senior Lauren Meyer finished with seven points.

## SPORTS

Sophie Roger,  
Justin Meeker  
and Lauren  
Ackerman



# Langley Rowers Earn Gold, Silver and Bronze

The Langley High School Crew team excelled at the Mid-Atlantic Erg Sprints, the largest indoor rowing event for juniors (18 years or younger) in the United States.

From Langley, Sophie Rogers took home the gold in the Junior Women Lightweight (age 16) category. Justin Meeker took home the silver in the Junior Men Lightweight (age 17). And Lauren Ackerman took home a bronze in the Junior Women (age 18-19)

category. Also, competing for Langley and placing well in their categories were: Stephen Hunt, Ashwin Mathur, Erin Pierce, Katie Slade, Kaitlyn O'Connor, and Taylor Kuligowski.

The Mid-Atlantic Erg Sprints included more than 2,000 competitors from over 100 clubs, with athletes ranging in age from 5 years to over 80. It is the largest satellite qualifying event for the World Indoor Rowing Championships (C.R.A.S.H.-Bs) which is held in Boston on March 1.



Sophie Rogers  
rowing while Coach  
Ashley looks on.



Justin Meeker with  
Coach Miles



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## SPECIAL CONNECTIONS CALENDAR

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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*

### APRIL

4/1/2015 ..... Wellbeing – Senior Living Pullout  
*Easter Sunday is April 5*  
4/8/2015 ..... HomeLifeStyle  
4/15/2015 ..... A+ Camps & Schools  
4/22/2015 ..... Real Estate Pullout – New Homes  
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# "Scantsy"



By KENNETH B. LOURIE

It's becoming increasingly difficult to characterize the feelings I regularly experience during the final few weeks leading up to my every-three-month CT Scan, and even more so the feelings I experience waiting the following week or so to see my oncologist to discuss the results. "Scanxiety," "scanxious," "ascance," "scanticipation," "scancer," "scantastic," "scanning the horizon," are all descriptions I've made up to try and "humorize" an incredibly difficult set of circumstances. How else should I react to news on which my life depends? If the scan shows growth and/or movement – which it hasn't for 18 months or so – it will be, as they say in Boston, "Katie bar the door," which means: look out, trouble ahead. However, if my luck continues and the scan shows "stable" (a new favorite word), or even better, "shrinkage," then I can semi-relax for the next three months until we scan again.

This is the cyclical axis on which my life churns. And though I've become accustomed to this life cycle, to say it has become easier as well is a bit of an oversimplification. Familiar? Certainly. Regularly scheduled? Of course. Expected? Naturally. Used to? Sort of. Stressful? Need I say? Just because I know the drill doesn't mean I don't fear the bit. Some things are out of one's control. Cancer might be at the top of that list. After all, I was originally given a "terminal" diagnosis: stage IV, non-small cell lung cancer, with a rather discouraging "13-month to two-year" prognosis to boot. And though I've survived nearly six years from that fateful day when Team Lourie first met with my oncologist, I don't feel particularly confident about my future. I know where I've been; still, I don't know where I'm going (figuratively speaking; if only there were a GPS for such problems). At this point, I'm glad to be going anywhere, figuratively or literally. The guarantees have long since left the building.

Wednesday, I'll be driving to Gaithersburg, Maryland for my next CT Scan. And given the excellent results I've been amazingly fortunate to receive these last few years, I am happy return to this same location and hopefully be tended to by the same technicians. They're my good luck charms, and every appointment/scan, I tell them so, and thank them for my above-average results and encourage them as well to keep up the good work.

At the end of the day; heck, at the beginning of the day too, who knows what matters in this fight against cancer? And though I'm sure I've left a few stones unturned, I have turned over a few rocks. I've made some changes, as you regular readers know, and I suppose I'm living proof that all is not as lost as sometimes it might initially appear to be. My life has gone on much longer than I was led to believe, and a great deal more favorably than I had a right to expect.

Every scan reminds me of who I am, what I have and the statistical anomaly which I have become. As much as I'd like to minimize the significance of this quarterly CT Scan, I can't. When one's life might be hanging in the balance, it's difficult to maintain your equilibrium.

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

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who knows some of the worst  
mistakes that can be made in his  
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-Werner Heisenberg

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ZONE G AD DEADLINE:  
MONDAY NOON

## 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.

### THURSDAY/ FEB. 12

**Great Falls Writers Group.** 11 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Support group for writers.

### TUESDAY/FEB. 17

**Tuesday Storytime.** 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Join us for stories, songs and activities. Ages 2-5 with adult.  
**Improve Your English Skills.** 11 a.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Get focused help with reading, writing, speaking and listening.

### WEDNESDAY/FEB. 18

**English Conversation Group.** 1 p.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Practice conversational English in a group setting. Adults.  
**ESL Conversation Group.** 2 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Practice English in this casual conversation group.

### THURSDAY/FEB. 19

**Evening Book Group.** 7:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Call branch for title.

### MONDAY/FEB. 23

**Evening ESL Conversation Group.** 7 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Practice speaking English in this informal conversation group.

### TUESDAY/FEB. 24

**Improve Your English Skills.** 11 a.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Get focused help with reading, writing speaking and listening. Adults.

## FAITH NOTES

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

**The Hunger Church - Charles Wesley United Methodist Church,** 6817 Dean Drive, McLean, will hold Hunger Relief Pancake Dinner on Tuesday, Feb. 17, from 5 -7 p.m. Annual free pancake dinner with monetary donations to directly benefit the Society of St. Andrew (SOSA), a national non-profit hunger-relief ministry that rescues 30-35 million pounds of fresh, nutritious, excess produce each year that would otherwise go to waste. Farmers donate fields and orchards after harvest to SOSA volunteers who glean vegetables and fruits that is taken to local food pantries, soup kitchens and shelters for the hungry and the homeless. Kids will enjoy crafts and decorating their pancakes.

Sponsored by the United Methodist Men of The Hunger Church.

<http://www.TheHungerChurch.org>

**Ash Wednesday at Antioch Christian Church.** The public is invited to a free soup supper at 6:30 p.m. and Ash Wednesday worship on Wednesday, Feb. 18, 7:30 p.m. The service is a time of quiet and reflection on how we can prepare ourselves in the next 40 days for the death and resurrection of Jesus. Antioch Christian Church is located at 1860 Beulah Road in Vienna. For more info call 703-938-6753 or go to [www.antiochdoc.org](http://www.antiochdoc.org)

### HOW TO SUBMIT ADS TO

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or call Andrea @ 703-778-9411

### ZONES

- Zone 1:** The Reston Connection  
The Oak Hill/Herndon Connection  
**Zone 2:** The Springfield Connection  
The Burke Connection  
The Fairfax Station/Clifton/Lorton Connection  
**Zone 3:** The Alexandria Gazette Packet  
The Mount Vernon Gazette  
**Zone 4:** Centre View North  
Centre View South  
**Zone 5:** The Potomac Almanac  
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The Vienna/Oakton Connection  
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### 26 Antiques

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### 21 Announcements

**ABC LICENSE**  
Melanie St. Clair trading as Smitten Boutique Salon, 2209 N. Pershing Dr, Unit B, Arlington, VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Day Spa license to sell or manufacture alcoholic beverages. Melanie St. Clair/owner  
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

### 21 Announcements

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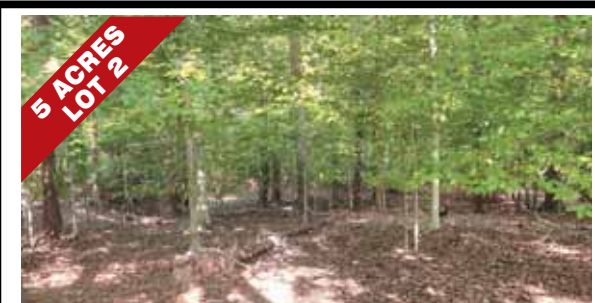
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