

McLean CONNECTION Home LifeStyle

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"Pinball Kevin" Stone at work in the pinball championships in his home in McLean.

Pinball Wizard

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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



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.

I-66 Improvements Draw Crowd in Oakton

Public Information Meeting held at Oakton High.

BY ANDREA WORKER
THE CONNECTION

The Virginia Department of Transportation (VDOT) in partnership with the Virginia Department of Rail and Public Transportation (DRPT) recently held several informational meetings on the “I-66 Outside the Beltway Improvements Project” to give the public the opportunity to better visualize its scope and ask questions of the people really in the know. One of these meetings was held at Oakton High School on Feb. 3 and drew a crowd of several hundred to the school cafeteria to learn more about the project that covers a 25 mile path from the 495 Beltway to Route 15 in Haymarket.

The meeting room was bordered by large-scale aerial-view maps depicting two alternative design suggestions for each of nine sections – I-495, Dunn Loring, Vienna, Fairfax, Fair Lakes, Centreville, Manassas, Gainesville and Haymarket. Representatives from the various agencies involved manned each section to talk about the proposals and to answer questions. Other displays addressed Environmental Issues, Public-Private Partnerships (P3), Right of Ways, Access Points and Interchanges, and proposed Express Lane Access and Park and Ride facilities. There was also a “Comments Table” where attendees were encouraged to offer their feedback and provide information regarding their personal usage patterns and preferences along I-66.

Following an “Open House” hour, Renee Hamilton, VDOT Deputy District Administrator for the Northern Virginia District made the formal presentation, starting with the urgent need for improvements to this key travel artery. “We continue, fortunately, to experience tremendous job and population growth in our region,” she said. “By 2040 it is projected that congestion time on I-66 will increase to 8 – 10 hours per day if nothing is done.” Hamilton also cited safety concerns with the large number of vehicles and the less than adequate entrances and exits to the thoroughfare. She took the participants back in time, explaining the history, the studies, and the process to date, describing how 10 concepts yielded some 47 scenarios to form the proposals currently on the table.

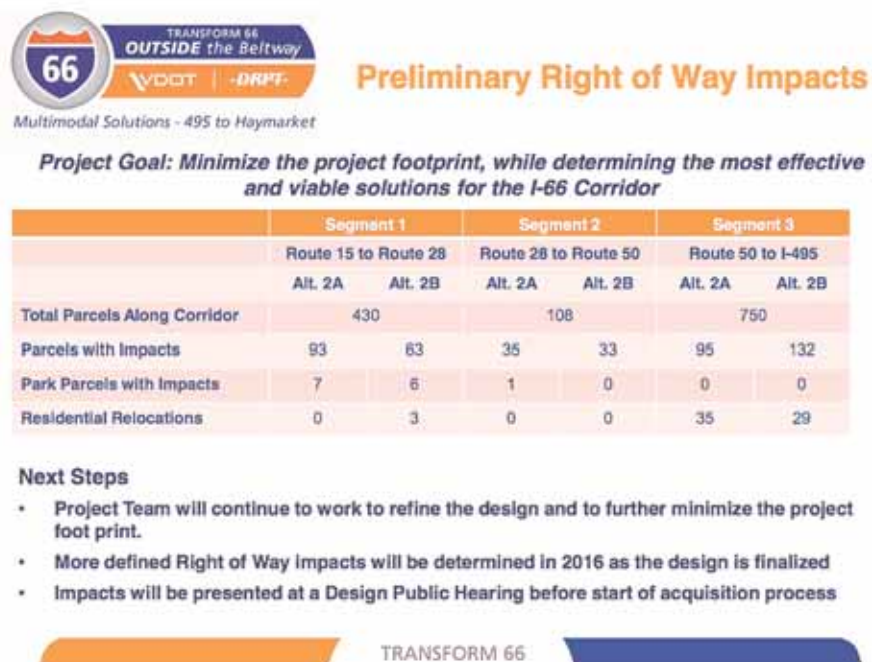
THE GOALS of the project are simple, yet challengingly complex:

- ❖ Transform I-66 outside the Beltway into a multimodal corridor
 - ❖ Provide diverse travel choices in a cost-effective manner
 - ❖ Reduce congestion by increasing capacity
 - ❖ Enhance safety and travel reliability
- To achieve those goals, under the proposed plans I-66 would include three regu-



PHOTOS BY ANDREA WORKER/THE CONNECTION

Susan Shaw, a panelist from VDOT talks with Fred Ducca of Vienna. Ducca currently commutes via Metro into D.C. “There should be more emphasis on Metro, the whole system needs to expand. Even today it’s hard to get a seat. There’s just not enough capacity. With all this projected growth, we need to talk about improvements there.”



Right of Way Impacts

No matter which section of I-66 was of most interest to audience members, everyone took time to check out the Right of Ways Impact display. Under proposed plan 2A, VDOT identified some 223 parcel impacts, with seven more impacts to Park parcels, and the potential relocation of 35 properties. Plan 2B calls for 228 impacts, 32 relocations, and six impacts to Park parcels. Northern Virginia District Deputy Administrator Renee Hamilton assured the audience that the group will be sensitive to such impacts, seek to minimize them wherever possible, and will be meeting with HOA's, citizens groups and homeowners as the project progresses.

lar lanes and two express lanes in each direction, offer high-frequency Rapid Bus Service in the express lanes and allow for direct access between the express lanes and new or expanded commuter lots.

Before closing, panel members from VDOT, DRPT and the P3 group took questions from the floor. The topics were wide-ranging, but three in particular seemed to repeat and resonate with the audience, judging by their applause. One: How can

the project be successful unless congestion is addressed on I-66 in its entirety, not just outside the Beltway? Two: Why is there not more emphasis on a Metro solution, rather than just adding lanes and express travel options? And three: What about accommodation for cyclists and foot traffic across the highway? Question three was handled to the apparent satisfaction of the crowd, with representatives stating that the project group was working with the local jurisdic-



Oakton resident Aaron Gray is all for improvements to ease congestion on I-66 but he was submitting his comments about the daily usage cost. “All transportation option costs are pretty high already. Then you add the variable tolls on the express lanes, charging people more during peak hours discouraging them from using it. And I’m not sure they take into account the parking fees people pay on top of the tolls.”



Jeff Jeché of Dunn Loring was one of several attendees who questioned why Metrorail was not part of the current proposals during the Q&A session. “I think it’s an error to separate the improvements for vehicle traffic from offering a Metro solution right from the start,” said Jeché.

tions to include the best improvements for cyclists and pedestrians. Answers to the first two questions were met with less approval. While the total transportation scene is being contemplated, at this point Metrorail options and work on I-66 inside the Beltway are “separate projects,” according to panelist Young Ho Chang of the I-66 Project Team, and not part of today’s solution alternatives.

WITH A \$2-\$3 BILLION estimated cost, the probability of tolls, parcel impacts ranging from 223 – 228 and approximately 30 property relocations called for, VDOT and DRPT urge the public to stay informed and keep in contact. “We are committed to transparency, public outreach and working with all groups, especially those who will be most impacted by these changes,” stated Hamilton. Public Hearings will be scheduled in the spring, and VDOT hopes that construction can start in 2017 with the new I-66 fully open to traffic by 2021. A video of the Jan. 29 meeting is available online at www.transform66.org as well as all of the documents used in the presentations, background information, more details on the project from every aspect and ways to leave feedback or contact project team members.

NEWS

Riding for a Cure

McLean man gives cancer some fighting words.

BY ABIGAIL CONSTANTINO
THE CONNECTION



PHOTO BY EDWIN SANTIAGO

The Ride to Conquer Cancer raises funds for the Johns Hopkins Kimmel Cancer Center, Sibley Memorial Hospital and Suburban Hospital.

Andrew Reed's path has not been smooth since he was diagnosed with stage 4 colon cancer

three years ago, shortly after his father died from prostate cancer. After two years of chemotherapy, six surgeries, and the death of his beloved mother this January, also from cancer, the McLean resident continues to face challenges as he fights the disease that has greatly affected his life.

Last September, Reed participated in The Ride to Conquer Cancer, a two-day, 150-mile bike ride in the Capitol region's countryside benefiting Johns Hopkins Kimmel Cancer Center, Sibley Memorial Hospital in Washington, D.C. and Suburban Hospital in Bethesda, Md.

"The ride was shockingly hard," said Mary Dolbashian, of Bethesda. Dolbashian, who was diagnosed with stage 3 metastatic breast cancer in 2009, also did the ride. She runs training classes at Washington Sports Center in Bethesda for people registered in the ride. "There were massive hills. It rained the first day." But she praised the supportive camaraderie the ride espouses.

Despite the hills and the rain, "There was no way I wasn't going to finish it," said Reed. Completing the ride was his way of sending a message to cancer, "I fight everyday."



PHOTO CONTRIBUTED

Andrew Reed, of McLean, plans to ride in The Ride to Conquer Cancer for the second time this fall.

Reed's sister was a source of strength for him during the tough stretches of the ride. He said that accepting help from others is very important in battling cancer. "Strength comes from all the people who love me," he said.

But there is also a determination to never give up. For Reed "the inner strength to complete the ride is the same drive to fight cancer." He also said that his faith gives him a power greater than himself to help him on his journey.

He continues to face an uphill battle, as he makes hard choices about his treatment from among the different options available to him.

"One in two men and one in three women will be diagnosed with cancer. Clearly, everyone is affected by cancer, whether

or not one gets the disease," he said.

"People need to be aware," he said. "Contribute, donate, walk if there is a walk, run if there is a run, ride if there is a ride. Be active in supporting the fight," he said.

Reed plans to participate in The Ride to Conquer Cancer benefiting Johns Hopkins Kimmel Cancer Center, Sibley Memorial and Suburban hospitals on Sept. 19 and 20. For more information go to www.ridetovictory.org or call 855-822-RIDE.

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

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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

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

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Not the First or Only Time

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

The 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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WEEK IN McLEAN

Registration Opens for the STEMtastics 2015

"Inspiring Middle School Girls to Pursue STEM Careers" – That is the goal of STEMtastics 2015, a career day event designed to educate and inspire girls in Fairfax County to consider careers in STEM (Science, Technology, Engineering, and Math). The event will be held on Saturday, March 21, at NOVA-Annandale Campus from 8:15 a.m. to 12 p.m. Registration is now open online at mclean-va.aauw.net/stemtastics and will close on March 14 (or earlier if capacity is reached). Last year over 500 students and parents attended the sold-out event. The registration fee is \$15, or \$5 for students on the free/reduced lunch program.

Female presenters currently working in STEM fields will lead hands-on workshops for students, while parents have the opportunity to attend informational workshops related to high school resources, college financing, and opportunities for parental support. In addition, an inspiring high school senior will provide a keynote address to both students and parents to kick off the morning.

STEMtastics 2015 is sponsored by the Fairfax City, McLean Area, Springfield-Annandale, and Vienna Area branches of AAUW (American Association of University Women), in partnership with Fairfax County Public Schools and Systemic Solutions. More information on STEMtastics 2015 is available at mclean-va.aauw.net/stemtastics, or questions can be sent to mcleanaauw@gmail.com.

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 (or visit www.fairfaxcounty.gov/ohrep/hrd)

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- Monitor never-ending email, prioritize, download, edit, compile, post.

- Community engagement, communication with readers and sources. Continuously seeking new sources of local information.

- Copy editing, fact checking, familiarity with AP Style.

- Design and paginate weekly entertainment, calendar and notes pages for multiple papers.

- Update websites daily, post to social media.

- Stay on top of local breaking news, work with editor and reporters to update.

- Help transition to digital first workflow.

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- Free parking.

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Local REAL ESTATE

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

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

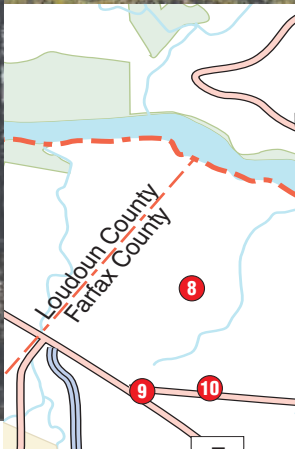


December, 2014 Top Sales in Great Falls and McLean

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



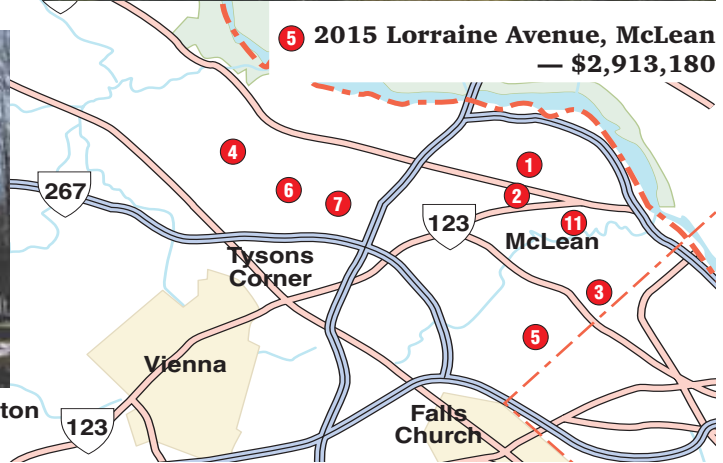
5 2015 Lorraine Avenue, McLean — \$2,913,180



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

2ND ANNUAL Boys & Girls Club Fairfax Casino Night

Friday, March 6, 2015
The Ritz-Carlton, Tysons Corner



The Boys & Girls Clubs of Greater Washington/Fairfax Region help hundreds of at-risk youth every day right here in Fairfax County.

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Tickets: www.bgcgw.org/fairfax/casino-night/



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6:30-11:30pm

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NEWS



PHOTOS BY STEVE HIBBARD/THE CONNECTION

The Fan Quest basketball game between Oakton High and McLean High.

Fan Quest for Special Olympics

Oakton High Hosts McLean High in basketball game and other fun activities.



Members of the McLean High School cheerleading squad.

Oakton High School's gym was filled to capacity with a standing-room only crowd of 700 for Fan Quest 2015 last Saturday, Feb. 7, when Oakton challenged McLean to a game of Special Olympics basketball plus other exciting activities.

In addition to the Special Olympics Virginia basketball game where McLean beat Oakton, 42-24, the event, sponsored by Booz-Allen Hamilton and Grant Thornton, gave athletes the chance to shoot layups, free throws, and three-pointers in the Papa John's Pizza Shoot Out to win free pizza coupons.

The game was interspersed with other activities like "Put Your Best Foot Forward" and "Hut Hut Hike," and entertainment was provided by the Special Olym-

pics Cheerleaders, the Oakton High Drumline, and both sets of cheerleaders from Oakton and McLean. Afterwards, both teams awarded medals to all of the players.

But the highlight of the evening was the roar of the crowd whenever anyone shot a basket or scored. The crowd consisting of family members, the U.S. Marine Corps, and various school groups, literally went wild in showing their enthusiasm and support.

"Fan Quest was originally designed to give our athletes an opportunity that they don't normally get to have — which is to play in front of a full gymnasium," said Leisha Santilli, director of events. "It's really about bringing the community out to showcase the ability of our athletes. I don't think you could have asked for a better crowd."

For more on Fan Quest, visit www.volunteer2cheer.com.



The introduction of the McLean High School team.

— STEVE HIBBARD

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

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

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
4/29/2015 A+ Camps & Schools Pullout

4/29/2015 ...Mother's Day Celebrations, Dining & Gifts I

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- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

NEWS

1st Stage Receives Helen Hayes Nominations

BY DAVID SIEGEL
THE CONNECTION

Tyson'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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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

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.

"AMERICAN SPIRITUAL"
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THE CONNECTION
NEWSPAPERS

CALENDAR

Send announcements to 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 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.

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. Additional 2 p.m. show timing on Feb. 16, 21, 22.

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SPORTS

McLean grappler Conor Grammes, right, pinned his opponent in the 152-pound final, giving the Highlanders the Conference 6 championship on Feb. 7 at Hayfield Secondary School.



McLean Wrestling Wins Conference 6 Championship

Conor Grammes' pin delivers team title for Highlanders.

BY JON ROETMAN
THE CONNECTION

After Madison grappler Luke Kustra won the 145-pound final by decision, McLean junior Conor Grammes knew what needed to be done.

Grammes was about to wrestle in the 152-pound final, which was the last match scheduled in the Conference 6 championship wrestling tournament Saturday at Hayfield Secondary School. In order for the Highlanders to surpass Madison for the team title, Grammes not only had to win, he had to win convincingly.

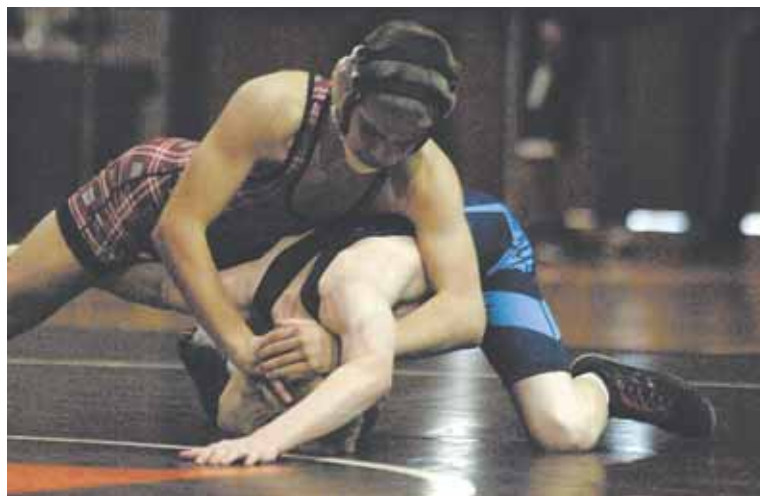
"Once [Madison won the 145-pound match]," Grammes said, "my mindset was pin all the way."

With the fate of his team riding on his performance, Grammes wasted little time delivering a championship.

Grammes took control of his opponent early, pinning Washington-Lee's Thomas Sheehy with 59 seconds remaining in the first period. The pin earned the points necessary to catapult McLean over Madison in the team standings and give the Highlanders the conference title.

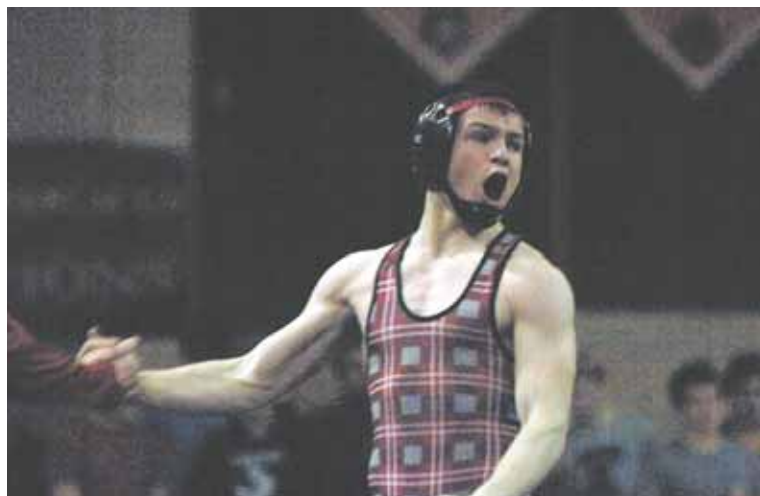
McLean finished with a score of 269.5, edging Madison's total of 268. Hayfield finished third with a total of 238.5, followed by Fairfax (179) and Washington-Lee (179), Yorktown (130), Langley (126) and South Lakes (70).

"I was pretty nervous going in,"



McLean sophomore Brendan Grammes, top, won the 120-pound title at the Conference 6 wrestling tournament on Feb. 7.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



McLean's Eric Johnston celebrates after winning the 126-pound Conference 6 wrestling title on Feb. 7.

Grammes said. "Knowing you need a pin is not the easiest thing. There's a lot of pressure — the

whole team championship is riding on you. I tried to keep focused, tried to just keep calm and



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.

not get too into the moment and just keep my head right."

For Grammes, it was his third consecutive individual Liberty District/Conference 6 championship. He won the 106-pound title as a freshman, and finished first as a 132-pound sophomore. Grammes also won the region as a freshman and placed sixth at states last year. "If there's anybody that I wanted to come out there with that type of pressure, it would be him," McLean head coach Ken Jackson said. "He's definitely our rock of the team ... He went out and did his job, just like always."

Grammes was one of five Highlanders to win an individual title.

McLean's Mack McCune, a junior, placed first in the 170-pound bracket and won the meet's Most Outstanding Wrestler award.

"One thing Mack doesn't lack is heart," Jackson said. "This kid, no matter what the score is, his heart is completely in it. He was down

3-0 going into the final period and ended up getting a pin. Without that, we don't win the title."

Sophomore Brendan Grammes won the 120-pound title, senior Eric Johnston won the 126-pound championship, and sophomore Gavin Legg placed first at 160.

Madison had four grapplers win titles: Tyler Megonigal (132), Taylor Christensen (138), Drew Smith (285) and Kustra.

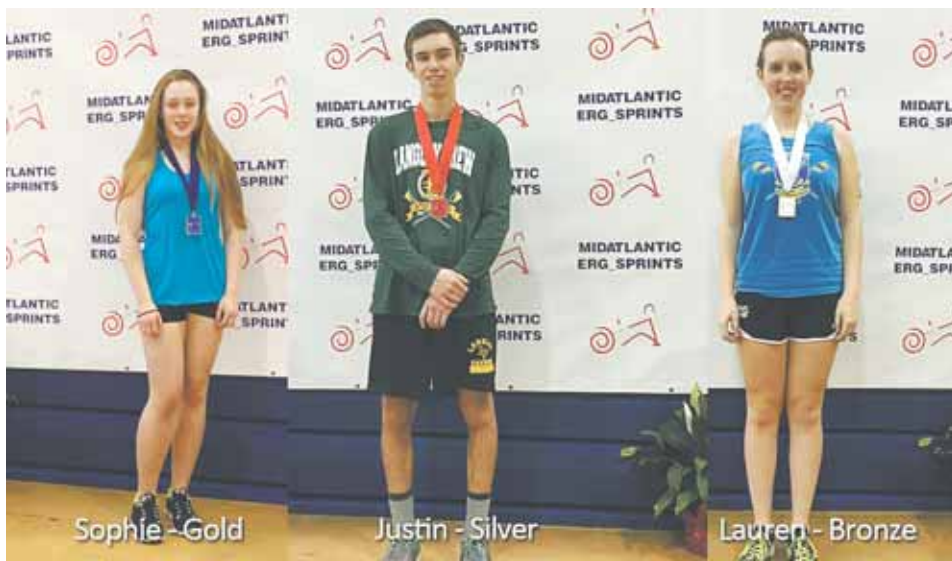
Other individual champions included: Fairfax's Vincent Tamarro (106), Hayfield's Grant Saunders (113), Hayfield's Antonio Agee (182), Yorktown's Jason Kappel (195), and Washington-Lee's Ethan Guenther (220).

Dillon Suzuki was South Lakes' top finisher, placing third in the 113-pound bracket.

Langley's Niko Woltman finished third at 152.

The 6A North region tournament is scheduled for Feb. 13-14 at Centreville High School.

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



Preventing Heart Disease in Women

On Tuesday, Feb. 3, the Woman's Club of McLean welcomed its monthly speaker Rachel L. Berger, M. D., a cardiologist at Virginia Heart, a practice with several offices in Northern Virginia. Berger, who is board certified in cardiovascular disease and echocardiography, has expertise in general cardiology and women's heart health.

The topic of Berger's talk was preventing cardiovascular disease in women. "Heart disease is the leading killer among women worldwide," the doctor began. Then, after listing the unique features that are often associated with women's heart disease, she discussed how to estimate and minimize risk.

The most prominent heart risk factors, according to the doctor, appeared to be high cholesterol, smoking, high blood pressure, a poor diet, inactivity, obesity and a family history of early heart disease. Other, lifetime risk factors included having kidney disease or diabetes. Berger went over the current guidelines for reducing cholesterol and blood pressure, the



Cardiologist Rachel L. Berger, M.D., addresses the Woman's Club of McLean.

risks of smoking and the goals for diabetes treatment. She discussed a heart-healthy diet, the importance of "good" fats in the diet and goals

for physical activity.

Berger emphasized throughout her talk that it is important for the prevention of heart disease for women to understand their individual risk and to be aware that there are many steps they can take to reduce it. Berger is a 2001 graduate of the University of Rochester Medical School and received a fellowship at New York University Medical Center. She is one of four woman cardiologists at Virginia Heart who have expertise in women's heart health.

— LAURA SHERIDAN



PHOTO BY DON HUTZEL

Pictured from left are: Geography Bee co-sponsor Scott Gustaveson, Sophia Stagarescu, second place finisher Riya Dev, Siddhant Ranka, Joshua Kim, winner Joshua Lian, Will Hendricks, third place finisher Katie Williams, Max Ellis, co-sponsor Meghan Roman and Dillon Proxmire.

Joshua Lian Wins Geography Bee Contest

Churchill Road crowned a new Geography Bee champion. On Friday, Jan. 23, nine Churchill Road fourth-sixth graders competed in the finals of the school's National Geography Bee. During the final competition, the students competed in five rounds of questions to determine the top two finalists. The championship round went into a third tie-breaker question to determine the school winner. Congratulations to sixth grader Joshua Lian for winning his sec-

ond consecutive Churchill Road Geo Bee and to fifth grader Riya Dev and sixth grader Katie Williams for their second and third place finishes, respectively. Congratulations also to the following students who competed in the school finals: Max Ellis, Hugo Hej, Will Hendricks, Joshua Kim, Dillon Proxmire, Siddhant Ranka and Sophia Stagarescu. And, thank you to sixth grade teacher Meghan Roman and instructional assistant Scott Gustaveson for overseeing the Bee.

"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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BULLETIN BOARD

To have community events listed in the Connection, send to 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. 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

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Zones 2, 3, 4.....Tues @ noon
E-mail ad with zone choices to:
classified@connectionnewspapers.com
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 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
Zone 6: The Arlington Connection
The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection

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26 Antiques

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21 Announcements

21 Announcements

21 Announcements

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21 Announcements

21 Announcements

21 Announcements

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No other media offers the audience of loyal, local, repeat readers you'll reach through community newspapers!

71% of American adults have used a newspaper, a newspaper website and/or a newspaper mobile source in the past 30 days. (Scarborough Research 2012)

Virginia Press Services will run this business card-size display ad across Virginia for one low discounted price. For more details, call Adriane at 804-521-7585.

Virginia
PRESS
Services

21 Announcements

21 Announcements

21 Announcements

LIFETIME METAL ROOFING

by VA CAROLINA BUILDINGS

45 Year Warranty

Financing Available

Licensed & Insured

Local Contractor

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MONTHS
SAME AS
CASH!
W.A.C



1-800-893-1242
Call For Your Free Roof Inspection!

21 Announcements

21 Announcements

21 Announcements

71% of Americans have used a newspaper, a newspaper website and/or a newspaper mobile source in the past 30 days. (Scarborough Research 2012)



Make sure they're reading about you!

Virginia Press Services will run this business card size display ad across Virginia for one low price! For more details, contact Adriane at 804-521-7585.

Virginia
PRESS
Services

21 Announcements

21 Announcements

21 Announcements

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- Over 600 vacation homes in all price ranges!
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- Linens and towels are provided (call for exception)

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GORGEOUS home in Sleepy Hollow Park!



OPEN
Sunday, 2/15
2-4pm!

DESIRED Potomac Hills!



Located in the heart of McLean!



3300 Goldsboro Court

Falls Church **JUST LISTED - Sleepy Hollow Park**
MAGNIFICENT 5br/3.5 ba colonial featuring large, bright sunroom addition; custom stone/granite gas fireplace in family room; updated windows; private .67 acres/cul-de-sac location!

6304 Mori Street

McLean \$925,000
BEAUTIFUL 4br/3 bath home with updated kitchen, baths, roof, siding, water heater & lovely guest suite on the LL with rec room & separate office! Great location!

6500 Old Dominion Drive

McLean \$1,125,000
UNIQUENESS & ARTISTRY in this fabulous 5br/4.5 ba home w/nearly 7000 fin. sq feet! Gourmet Kitchen; Art Studio; Great Rm; Library; Media Rm

INCREDIBLE REBUILD in Mclean HS pyramid!



2131 Grayson Place

Falls Church **Less than a mile to Metro!**
SPECTACULAR 5 bedroom/3 full bath home with open floor plan rebuilt in 2004 and kitchen renovated in 2014! Family room off kitchen; 4-season room w/ vaulted ceiling!



FOR SALE!
3708 Whispering Lane,
Falls Church, VA \$769,000



FOR SALE!
6714 Moly Drive,
Falls Church, VA \$775,000



FOR SALE!
6530 Chesterfield Ave,
McLean, VA \$1,549,000



FOR SALE!
108 E. Jefferson Street,
Falls Church, VA \$999,000



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Beacon Lane, Falls Church
Call for details!



COMING SOON!
Chesterbrook Woods/McLean
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