

Sam Gates, 11, of Annandale shoots a basket in the Papa John's Pizza Shootout. 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.

# Fan Quest for Special Olympics

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# NEWS

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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.



The Oakton High School Drumline revs up the crowd.

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.

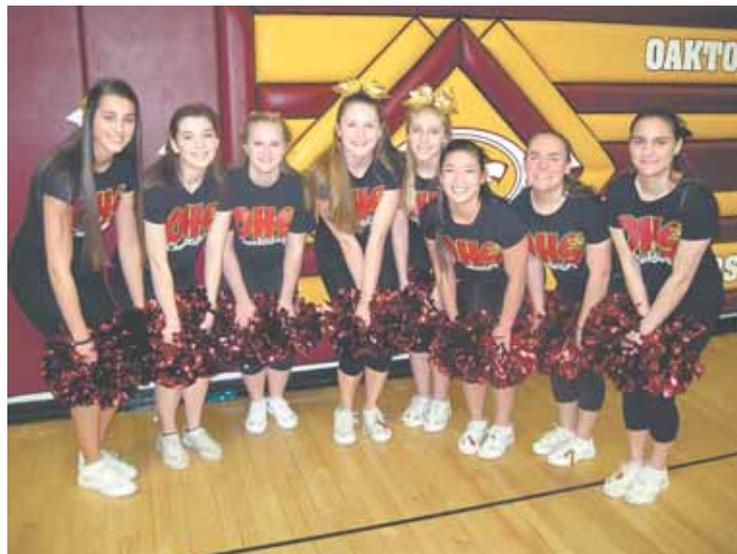
The game was interspersed with other activities like "Put Your Best Foot Forward" and "Hut Hut Hike," and entertainment was provided by the Special Olym-

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](http://www.volunteer2cheer.com).



The Oakton High School cheerleading squad.

— STEVE HIBBARD

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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  
 4/29/2015 A+ Camps & Schools Pullout  
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- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

## 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



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

intellectual 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.

# 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:

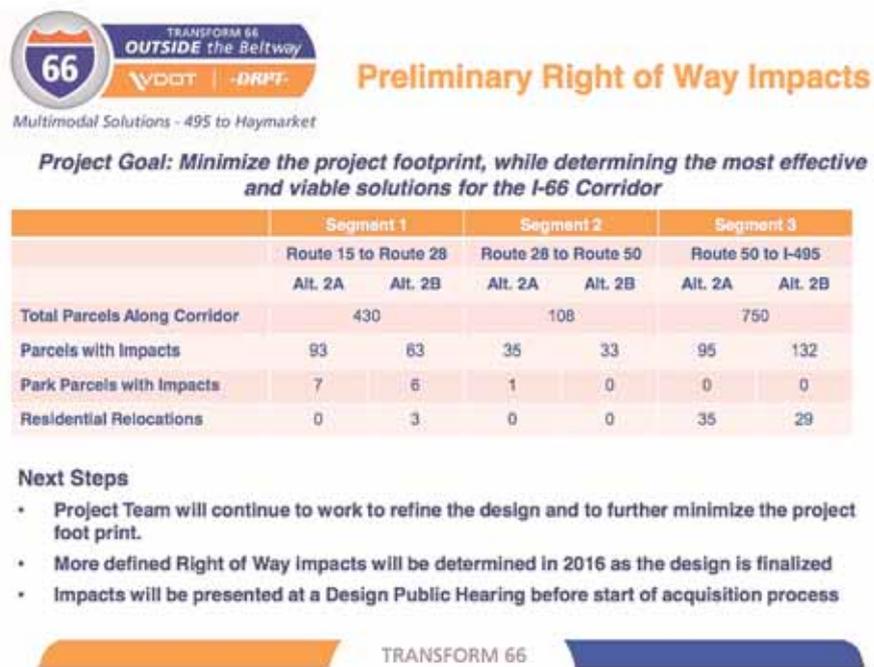
- ❖ Transform I-66 outside the Beltway into a multimodal corridor
- ❖ Provide diverse travel choices in a cost-effective manner
- ❖ Reduce congestion by increasing capacity
- ❖ Enhance safety and travel reliability

To achieve those goals, under the proposed plans I-66 would include three regu-



**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.”**

PHOTOS BY ANDREA WORKER/THE CONNECTION



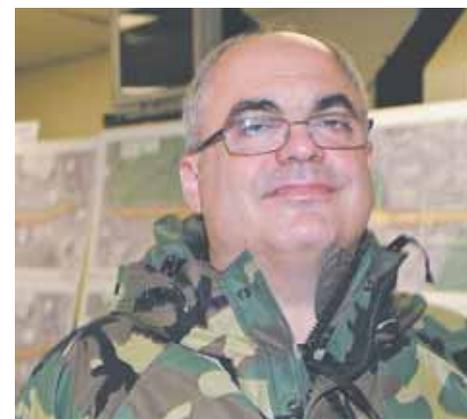
## Right of Way Impacts

**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](http://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.

## WEEK IN VIENNA

### Vienna Church Celebrates a 'Milestone'

The Church of the Good Shepherd, a United Methodist church in Vienna, celebrates 15 years of publishing its *Devotions for Lent* booklet. The booklet of daily devotionals written by members and friends of the congregation will be available at the Feb. 18 Ash Wednesday 7:30 p.m. service at the church, located at 2351 Hunter Mill Road.

The church published its first booklet in 2000, so this year represents a "milestone in our church's ministry," said The Rev. Mark Burgess, pastor at Good Shepherd.

More than 19,000 of the booklets will be mailed to church neighbors, and the booklet also will be available on the church's website at [www.GoodShepherdVA.com](http://www.GoodShepherdVA.com). The church will distribute the daily devotionals by e-mail, and the community is invited to sign up via the church's website to receive the devotionals electronically.

Burgess said reading the devotional booklet, which also includes drawings by children of the church, has become for many an

important part of their Lenten observance. He invites readers to use the booklet to spend some time alone with God.

Each Sunday The Church of the Good Shepherd has 8:30 a.m. morning prayer, followed by Sunday school at 9 a.m. and its worship service at 10:15 a.m.

For more information, call the church office at 703-281-3987 or visit the church website at [www.GoodShepherdVA.com](http://www.GoodShepherdVA.com).

### 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](http://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](http://mclean-va.aauw.net/stemtastics), or questions can be sent to [mcleanaauw@gmail.com](mailto:mcleanaauw@gmail.com).

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## Family Matters

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# OPINION

## 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

## Vienna & Oakton CONNECTION

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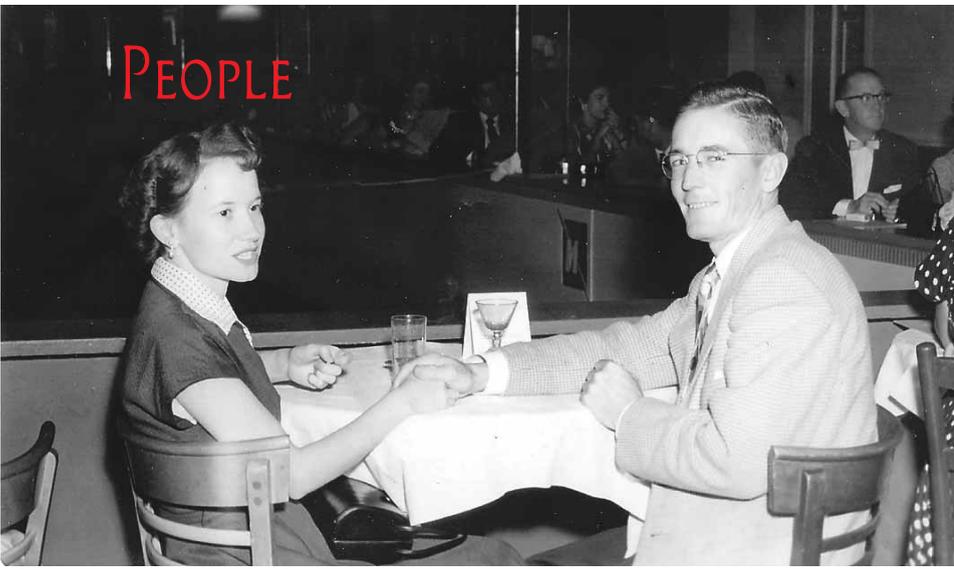
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PEOPLE



## 60 Years of Wedding Bliss

**M**arie and Walter Washburn of Vienna are celebrating 60 years of marriage on Feb. 12. They originally were to have a Valentine's Day marriage back in 1955 but a huge winter storm forced them to marry days earlier. They met after a blind date set up by Marie's sister and brother-in-law and have lived locally in the same house since 1958 in the town of Vienna. Walter is a WWII Veteran and worked many years finally retiring as a computer programmer at Kiplinger's Magazine. He was an avid runner and ran way up into his 80s completing many marathons, winning many awards. Marie is a homemaker and volun-



PHOTOS CONTRIBUTED

**Marie and Walter Washburn of Vienna are celebrating 60 years of marriage on Feb. 12.**

teered for the Democratic Party for many years. They had two kids and still enjoy eating out and socializing.

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- How to reduce or eliminate estate taxes
- Guardianship issues for your children
- What happens without a Living Trust
- Provisions for your grandchildren
- Danger of Joint Tenancy



**PLAN TO ATTEND ONE OF THESE FREE SEMINARS**

<b>FREE</b>	<p><b>VIENNA</b> American Legion Post #180 330 Center Street N (upstairs room-park in back) Tuesday, February 17<sup>th</sup> ~ 10 to 11:15 am</p>	<p><b>ANNANDALE</b> American Legion Post #1976 4206 Daniels Ave. Tuesday, February 17<sup>th</sup> ~ 1 to 2:15 pm</p>
	<p><b>RESTON</b> Hidden Creek Country Club 1711 Clubhouse Road Tuesday, February 17<sup>th</sup> ~ 4 to 5:15 pm</p>	<p><b>STERLING</b> Hampton Inn Cascades 46331 McClellan Way Tuesday, February 17<sup>th</sup> ~ 6:30 to 7:45 pm</p>

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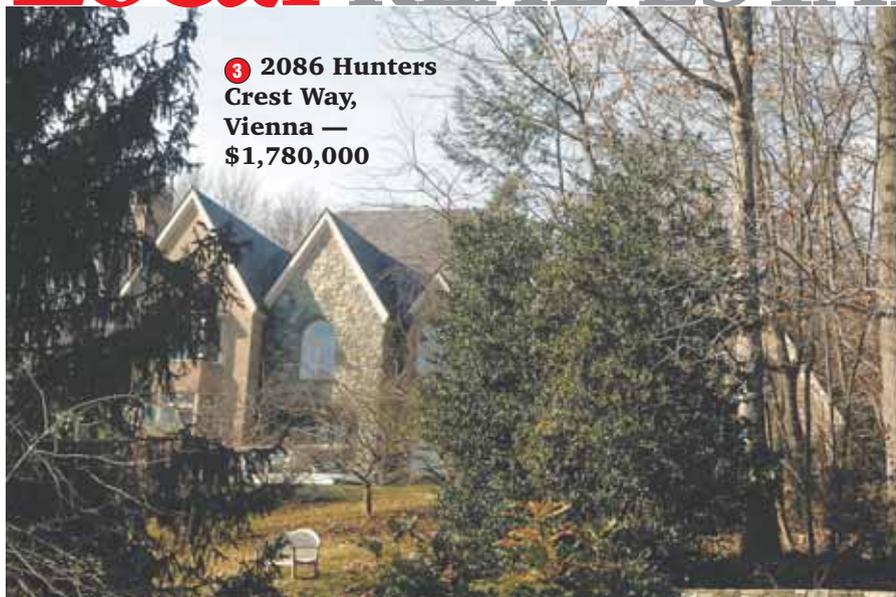
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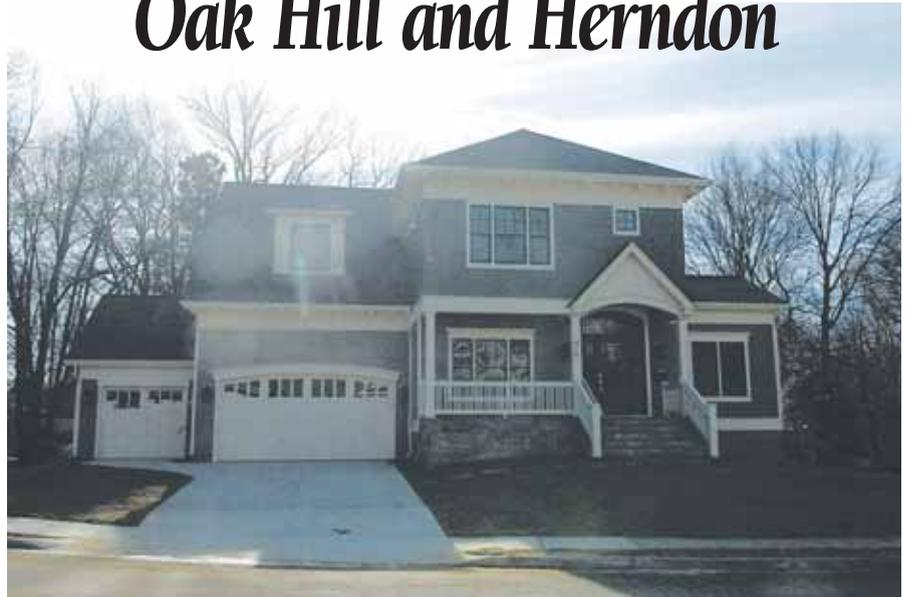
# Local REAL ESTATE

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



**3** 2086 Hunters Crest Way, Vienna — \$1,780,000

## December, 2014 Top Sales in Vienna, Oakton, Reston, Oak Hill and Herndon



**5** 906 Olympian Circle SW, Vienna — \$1,542,333

**9** 11990 Market Street #1002, Reston — \$1,220,000



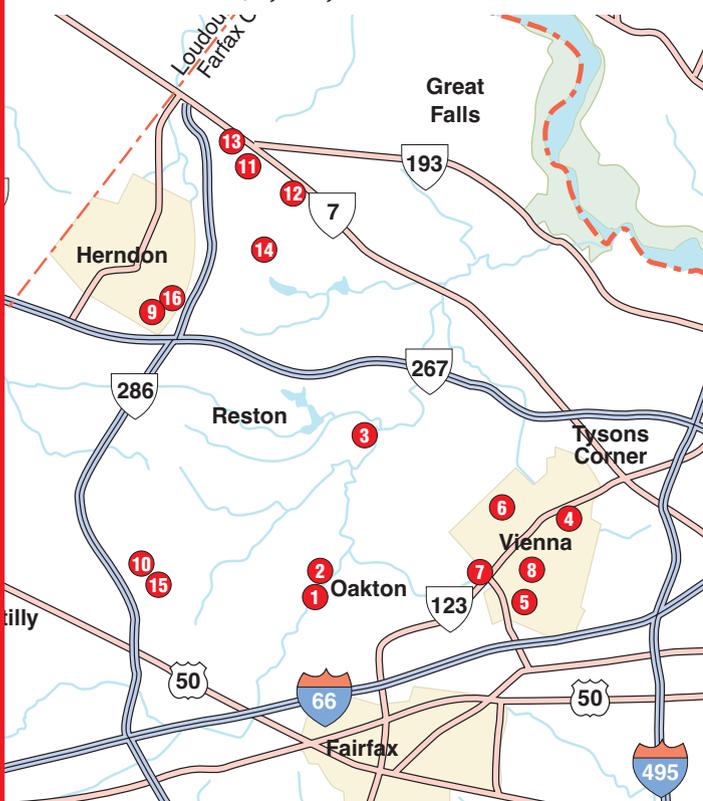
**13** 11629 Cedar Chase Road, Herndon — \$1,017,000



**12** 1162 Meadowlook Court, Reston — \$1,032,000



**11** 11601 Tori Glen Court, Herndon — \$1,175,000



Address	BR	FB	HB	...	Postal	City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
1 2747 STREAM VISTA CT	4	4	2		OAKTON	\$1,954,870	Detached	1.72		22124	THE RESERVE AT TIMBER LAKE	12/23/14
2 11591 EMBREE CT	5	4	1		OAKTON	\$1,941,125	Detached	0.88		22124	RESERVE AT WAPLES MILL	12/16/14
3 2086 HUNTERS CREST WAY	6	7	2		VIENNA	\$1,780,000	Detached	3.82		22181	HUNTERS CREST	12/01/14
4 303 NIBLICK DR SE	5	5	1		VIENNA	\$1,595,000	Detached	0.37		22180	WESTBRIAR CC MANOR	12/30/14
5 906 OLYMPIAN CIR SW	5	4	1		VIENNA	\$1,542,333	Detached	0.31		22180	VIENNA WOODS	12/31/14
6 302 JOHN MARSHALL DR NE	5	4	1		VIENNA	\$1,454,720	Detached	0.31		22180	VIENNA	12/19/14
7 501 WINDOVER AVE NW	6	6	1		VIENNA	\$1,415,000	Detached	0.41		22180	WINDOVER	12/30/14
8 112 DOGWOOD ST SW	5	4	1		VIENNA	\$1,407,515	Detached	0.27		22180	WEST VIENNA WOODS	12/02/14
9 11990 MARKET ST #1002	3	3	0		RESTON	\$1,220,000	Hi-Rise 9+ Floors			20190	MIDTOWN AT RESTON TOWN	12/01/14
10 12402 ENGLISH GARDEN CT	6	5	2		OAK HILL	\$1,220,000	Detached	0.98		20171	COPPER CREEK	12/11/14
11 11601 TORI GLEN CT	5	4	1		HERNDON	\$1,175,000	Detached	0.84		20170	OAK CREST ESTATES	12/10/14
12 1162 MEADOWLOOK CT	5	4	1		RESTON	\$1,032,000	Detached	0.84		20194	PINEY RUN MEADOW	12/11/14
13 11629 CEDAR CHASE RD	7	4	1		HERNDON	\$1,017,000	Detached	0.40		20170	CEDAR CHASE	12/29/14
14 1447 WATERFRONT RD	5	4	0		RESTON	\$965,000	Detached	0.16		20194	RESTON	12/10/14
15 3223 NAVY DR	5	4	1		OAK HILL	\$912,500	Detached	0.76		20171	DARTMOOR WOODS	12/12/14
16 1830 FOUNTAIN DR #808	3	3	0		RESTON	\$900,000	Hi-Rise 9+ Floors			20190	PARAMOUNT	12/24/14

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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

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

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.

# 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.

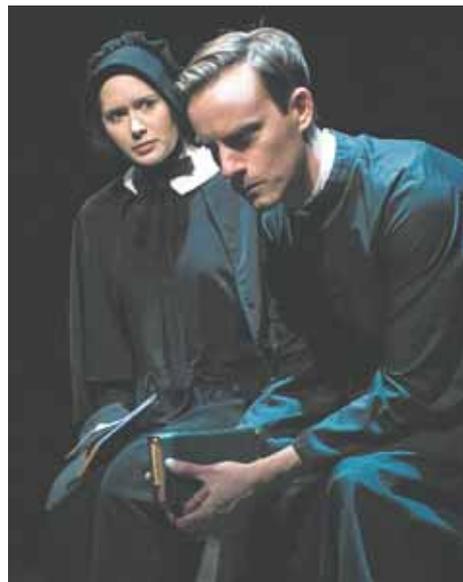
“Doubt” is set in an America on the cusp of vast change. It is 1964. President John

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 impressive 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.1ststage\\_tysons.org](http://www.1ststage_tysons.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 Brittany 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.

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# CALENDAR

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

## 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.



**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.**

## 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.

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

## FRIDAY/FEB. 13

**Climate Action Movie Night.** 7:30 p.m. Unity of Fairfax, 2854 Hunter Mill Rd, Oakton. Join the Faith Alliance for Climate Solutions' screening of "Thomas Berry: The Great Story". As a pioneer in the field of spiritual ecology, Thomas Berry created a quiet revolution. Discussion will follow the film. Free. <http://www.faithforclimate.org>; 571-882-9312.

**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!

**Concert: Edward McCain.** 8 p.m. Wolf Trap, 1635 Trap Road, Vienna. 8 p.m. Dubbed "the great American romantic" by The New York Times, this platinum-selling alt-rocker performs ballads like "I'll Be" and "I Could Not Ask for More" along with

fresh new songs. Tickets \$30.

## THURSDAY/FEB. 19

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

## 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.

## FRIDAY/FEB. 20

**Concert: HAPA.** 8 p.m. Wolf Trap, 1635 Trap Road, Vienna. 8 p.m. With songs ranging from ancient chants to contemporary Hawaiian tunes, it's no wonder the L.A. Times calls HAPA's music "beautiful, fragile, spiritual, and powerful," all at once. Tickets \$25-30.

**Playdate Café.** 10 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.

## SATURDAY/FEB. 21

**52nd Music Contest.** 12:30-4 p.m. Assembly of God Church, 100 Ayrrhill Ave., N.E., Vienna. The Vienna Host Lions Club will hold its 52nd annual James A. Bland Music Contest which is open to vocalists and instrumentalists from area middle and high schools. Each contestant will have up to eight minutes to perform, with awards announced at 4 p.m. Registration deadline is Feb. 16. Also, this is a free concert for the general public to attend. For information and/or application, email [sandcs89@yahoo.com](mailto:sandcs89@yahoo.com) or call 703-938-1142.

## MONDAY/FEB. 23

**Preschool Storytime.** 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Join us for stories, songs and activities. Ages 3-5 with adult.

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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.



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION  
**Madison girls' basketball coach Kirsten Stone instructs the Warhawks during a Feb. 6 matchup with Langley.**

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

"I think [Madison] played angry 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

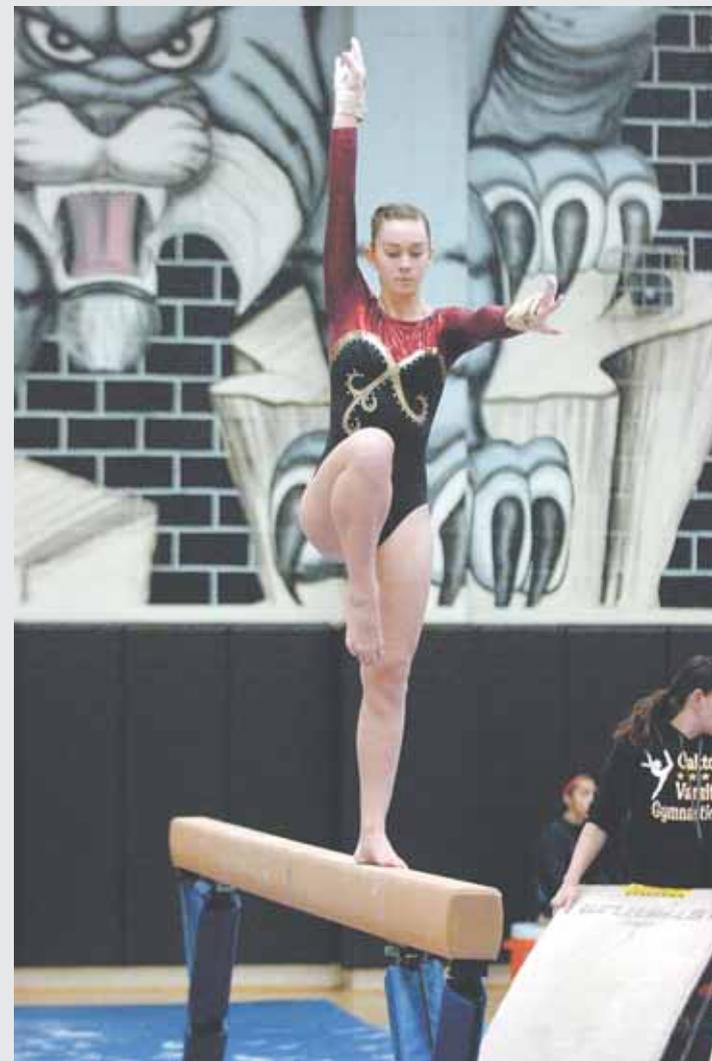


PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

## Oakton's Weaver Goes to Region Meet

**Oakton gymnast Natalie Weaver placed third in the all-around at the Conference 5 championship meet on Feb. 5 at Centreville High School. Weaver finished with a score of 34, earning one of the conference's four all-around berths in the 6A North region meet, scheduled for Feb. 11 at Lake Braddock. Weaver tied for second on floor (9.25) and bars (8.45), placed eighth on beam (7.8) and finished 14th on vault (8.5).**

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 in our stuff and 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.

## NEWS

# Local Chef Takes Kids Around the World

**Marilena Leavitt preaches and teaches the basics of the Mediterranean diet to Culinaria teens.**

BY DONNA MANZ  
THE CONNECTION



PHOTO BY DONNA MANZ/THE CONNECTION

**Greek-born, Italian-trained Chef Marilena Leavitt espouses the virtues of the Mediterranean diet at home, teaching kids' cooking classes at Culinaria, or preparing home-cooked meals for her private clients. In the Culinaria instructional kitchen, Leavitt gathers the ingredients for a hearty winter minestrone. For her minestrone recipe, visit Leavitt's blog at [www.marilenaskitchen.com](http://www.marilenaskitchen.com)**

**“H**ow to Feed a Growing Kid” sounds like the name of a Judy Blume tween novel. It's not ... it's a mission that impassions professional chef Marilena Leavitt, mother of three, and Culinaria Cooking School's kids'-cooking class instructor. It's not enough to prepare healthful meals for kids; you have to make something healthful that they will eat. That's what Leavitt teaches and espouses in classes and in life.

“When I teach teen cooking classes here [at Culinaria], parents say, ‘I can't believe my kids ate such-and-such. How did you get them to try it,’ or ‘I don't know what to cook, my kids don't eat anything.’ That's why it's important to prepare something new to expose kids to different flavors and foods. Sometimes, kids will try something new in the class because their peers are eating it.”

**BORN IN NORTHWEST GREECE** in a region close to Italy, Leavitt subscribes to the Mediterranean “diet,” rich in fruits and vegetables, legumes and grains, and seafood. Meat takes a backseat to these basics, and olive oil flavors and enriches foods more often than butter does. Bread is central to the Mediterranean diet, eaten at most meals, plain or dipped in olive oil. “Don't be afraid of bread,” Leavitt said. “Bread is a staple of the Mediterranean diet, one of the healthiest diets in the world.”

Leavitt infuses many of her Mediterranean dishes with the Greek “trinity” of seasoning — oregano, lemon, and garlic. Oregano is to the Greeks what basil is to Italians, and tarragon is to the French, said Leavitt. Her grilled chicken kebabs marinated in these spices blended with olive oil is her kids' favorite dish.

Occasionally, kids will come in to a class thinking, ‘I won't like that,’ but when they see other kids around them eating it, they try it, said Leavitt.

She said that the parents are happy their children are expanding their palate. “That's why I find the summer camps so rewarding.”

**EDUCATED IN GREECE** as an economist, Leavitt switched careers while living in Italy with her husband and children. She trained full-time in a culinary school in Rome and never looked back. “The food culture in Italy attracted me,” Leavitt said. “I wanted to learn more about Italian food and culture. The cuisine is so regional.” She continued her training in the U.S. at L'Academie de Cuisine in Maryland, and, moved to Vienna — permanently — about eight years ago. Leavitt's children are 14, 18, and 20 years old now, and were exposed to new and ethnic foods throughout their lives. Leavitt said she has always tried to introduce a new dish to her family on a

regular basis.

“I ask my kids every week what their favorite dish was,” said Leavitt. “If I get their seal of approval, it's a keeper. It's important the kids like what you serve.”

Bread, olive oil and lemon are not the only foods Leavitt does not shy away from. She believes in making extra quantities for another day and in recycling leftovers into something new. “There's too much waste,” she said.

Leavitt calls herself a “firm believer” that recipes are for inspiration. They are suggested guidelines open for customizing. “Make the recipe your own,” she said. “All kids have things they don't like. They don't have to eat everything. If there is something in a recipe they won't eat, substitute something else.”

Leavitt offers tips to make meal time — breakfast, lunch, and dinner — healthful, tasty, and enticing. A well-stocked pantry, she said, is “key” to spontaneous cooking. Grocery shop with the week's dinners in-mind, not aimlessly. Freeze extra stew or make a pot of soup to call upon when time is short. Leftovers are a timesaver. If you don't have time to prep vegetables and fruits daily, pick them up at a salad bar. Involve your teens in new dishes every week. “Empower them by teaching them basic cooking skills,” said Leavitt. “Ask them to cook something for the entire family.”

Leavitt suggests that parents keep healthy snacks on hand for growing kids — hand-held snacks such as cheese cubes, hummus, hard-cooked eggs, and nuts.

Leavitt's blog centers on recipes, meal composition, and colorful, artistic photographs that inspire. At home, in classes and camps, and with private clients, she practices what she preaches. She partners fresh Mediterranean produce — fennel and oranges, for example — with herbs and olive oil. Her hearty winter minestrone has a splash of lemon juice to perk it up.

“The Mediterranean diet is all about moderation and does not exclude anything,” Leavitt said. “It's healthy and appealing.”

**FOR RECIPES AND DISH PRESENTATIONS**, see Leavitt's blog, [www.marilenaskitchen.com](http://www.marilenaskitchen.com). To learn more about the kids' classes and summer camp programs at Culinaria, go to [www.culinariacookingschool.com](http://www.culinariacookingschool.com). Leavitt's website, [www.foodphotosandtravel.com](http://www.foodphotosandtravel.com), includes separate sections for culinary and photography.

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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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### 21 Announcements 21 Announcements 21 Announcements

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### 21 Announcements 21 Announcements 21 Announcements

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### 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](http://www.antiochdoc.org)

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