## McLearn Contection

Inside

## COMMUNITY OUTLOOK & Fun Guide

# Saturday in McLean

BLIZZARD 2016, PAGE 3

Westwind Way in McLean. There has been one lane plowed out, but it is hard to see after rapidly falling snow continues on Saturday, Jan. 23.

## What's Coming?

MCLEAN OUTLOOK, PAGE 10

Once Upon A "Crime" NEWS, PAGE 6

JANUARY 27 - FEBRUARY 2, 2016



2 & McLean Connection & January 27 - February 2, 2016



Photos courtesy of Fairfax County



Left, Gov. Terry McAuliffe (D) is briefed on the impact of Winter Storm Jonas by Board of Supervisors Chairman Sharon Bulova.



Right, Gov. Terry McAuliffe (D) speaks to the media on Sunday following Winter 付 Storm Jonas at McConnell **Public Safety** and Transportation Operations Center in Fairfax.

## McAuliffe Visits Fairfax **County Post-Blizzard**

ov. Terry McAuliffe (D) visited the Fairfax County Emergency Operations Center on Sunday following the worst of Winter Storm Jonas to be updated on the state of the County in the blizzard's wake.

"This was a major snow event," McAuliffe said. With 13,000 pieces of equipment and 9,500 personnel in operation since Wednesday afternoon, the Governor said the storm is costing the Commonwealth of Virginia \$2-3 million per hour. When all is said and done, costs could top out at \$100 million, he said.

McAuliffe said he declared a State of Emergency Thursday, the first state to do so, which enabled weight limits on roads to be lifted and heavy equipment deployed, as well as calling up 700 men and women in the U.S. Army National Guard.

"Now we're going to hit our secondary streets, and hit 'em hard," he said.

Board of Supervisors Chairman Sharon Bulova said that despite the resources being used by Virginia and Fairfax County, residents were needed to help with clearing miles and miles of sidewalks.

"Now we begin the great dig out," Bulova said. "And it's important for us to be patient, patient, patient. That really is the message of the day."

As of press time, Virginia Department of Transportation expected to have cleared at least one lane throughout the Commonwealth, however their website with plow locations is available at www.vdotplows.org.

-Tim Peterson

## Fairfax County Suspends Trash Collection for **Blizzard Week**

Fairfax County announced on its Emergency Information website Saturday night during Winter Storm Jonas that trash and recycling collection services would be suspended for the week of Jan. 25-30.

"This will provide the opportunity for workers to clear streets to allow travel to resume safely," the statement said.

The County asks residents to pull containers away from curbs and streets to allow plows to continue removing snow.

Depending on the specific collection company and road conditions, service may resume before Jan. 30, the statement added.

For a list of the solid waste collection companies serving Fairfax County, visit www.fairfaxcounty.gov/dpwes/ trash/disphaulers.htm.

More information is available by calling 703-802-3322, TTY 711 or visiting www.fairfaxcounty.gov/living/ recycling.

-Tim Peterson





Pets Take a Snow Day in McLean Gidget in the snow.

Photos by Chris Beard

## Оитьоок 2016 Positive 2015 Real Estate Market Spurs Upbeat Outlook for the New Year

Experts predict continuing positive trend.

> By Andrea Worker The Connection

he final figures are in, and it looks like the 2015 local housing market was a modest winner. Coming off a banner 2013, the 2014 market left buyers, sellers, agents, brokers and lenders all feeling a bit edgy when the previous year's successes did not spill over into the next year. But despite a bit of a rollercoaster ride, 2015 closed with annual regional sales 9.4 percent higher than 2014 - their highest since 2006. Data for the region, that includes the general Metro area, as well as specifics for Fairfax and Arlington counties, the cities of Fairfax, Falls Church and Alexandria, and the towns of Herndon, Vienna and Clifton is supplied by RealEstate Business Intelligence, L.L.C. (RBI), an arm of the local MLS system.

In the first half of the year the normal buying pattern was disrupted by a number of factors, not the least being the long and difficult winter which pushed the start of the spring market from late January or February to mid-March.

"The hottest real estate season lost a solid month of sales," said Reston-based Keller Williams agent Andy Krumholz. "Then it ended earlier than normal, as well," he added.

"Normally lasting until late June before the summer slowdown, this past year the market went to sleep in May and stayed that way through Labor Day."

**TO EVERYONE'S RELIEF**, the second half of the year saw a real pick up in real estate action. Virgil Frizzell, the Northern Virginia Association of Realtors (NVAR) chairman of the board noted "a strong fall market and sometimes a flurry of bidding wars" that helped overcome the slow start, even with the jitters that came as the world waited for the anticipated increase in the Fed Funds Rate by the Federal Reserve, and the adjustments to be made as new closing laws went into effect.

According to the RBI data, Fairfax County had the most closed sales in 2015, increasing 9.6 percent over 2014. Alexandria came in with a 9.4 percent increase, Fairfax City with 7.9 percent, Arlington with 3.9 percent and Falls Church with 3.8 percent.

Among the jurisdictions, Fairfax County also saw the highest increase in new listings, up 14.6 percent over the previous year, a trend that Anita Lasansky, CRB, managing broker-vice president Long and Foster Realtors in North Reston can attest to.



Andy Krumholz, Agent Keller Williams Reston: "The improving economic metrics have many pundits feeling optimistic about

2016. I expect most areas to experience a 3–4 percent price improvement."

"We're a 60 percent/40 percent listing versus sales organization and it was a brisk year for us," she said, although at the moment "there's not a lot of inventory." Chairman Frizzell agrees that "our region could always benefit from affordably priced new homes that will help our renter population make the move to home ownership."

In terms of sales pricing, Lasansky's opinion is that it was an almost neutral market year. "Buyers couldn't 'steal' a house, but sellers couldn't easily sell a property not in good condition.

There was quite a bit of negotiating during many of the transactions." Krumholz agreed with that assessment. "Even as inventory increased and some sellers were adjusting their sales price expectations, buyers were remaining selective. Homes that needed repairs or improvements languished on the market."

The RBI numbers show that both Lasansky and Krumholz were right in their thoughts about pricing and the average days on the market (DOM) of a given property. The region saw only a 1.1 percent increase in the median sales price. Behind D.C., Arlington County and Alexandria City led the way, with increases over 4 percent. In Fairfax County median sales prices were 3.2



Lasansky, CRB managing broker-vice president, Long and Foster North Reston: "The current stock market fluctuations could

be a good thing for the local real estate market. Housing is looking like a pretty good bet."

percent higher in 2015 than in 2014. Only Falls Church saw a year-over-year decrease, dropping 1.4 percent, but keeping the "most expensive location crown" among the Northern Virginia locales with a 2015 median sales price of \$690,000. At 22, days on the market increased slightly for all of the areas analyzed, but even those increases did not depress the overall sense of market health, since the two-day increase in the median DOM from 2014 is still an impressive 41 days less than the DOM high of 68 in 2008, and not far off the lowest DOM level recorded in the past decade of 15 days in 2013.

**SO WHAT DO THE EXPERTS** take from this plethora of information as they look to the 2016 market? NVAR CEO Ryan T. Conrad believes the positive trends will continue throughout the year. "Our region's sales pace last year reflected that there was homebuyer confidence," he stated in a recent NVAR press release, and "serious homebuyers will understand that their buying power will be strongest in the early part of the year" considering further expected rate hikes from the Federal Reserve.

Lasansky, with her 40 years of local experience, is looking at 2016 to be "as good,



Virgil Frizzell, Chairman of the Board Northern Virginia Association of Realtors: "The 2016 market is a dynamic situation, but I think all the indicators are

there for a positive year."

if not better, than 2015." Asked if she saw the current Wall Street woes as a challenge to the market, she replied the effect might just be the opposite. "With interest rates still so low, the volatility of the stock market might just steer people more toward real estate as the safer bet." Lasansky also feels that the recent easing of some of the regulations and requirements could make homebuying more of a possibility, especially for younger and first-time buyers.

Frizzell is equally positive about the 2016 outlook. "Millenials are starting to make the move," he stated. Several of his rental clients are now on the hunt for homes of their own.

Armed with the RBI data, his own expertise, and encouraging information provided from the George Mason University Center for Regional Analysis, Frizzell thinks that continued employment growth and a more balanced economy in the region might make 2016 "one of the best years ever."

Links to data and analysis by locale can be found on the NVAR website, www.nvar.com. Readers interested in comprehensive date on the region including housing, job growth by sector and wages and more, can visit the George Mason University Center for Regional Analysis website at www.cra.gmu.edu.

#### VOLUNTEER EVENTS AND OPPORTUNITIES

Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, Feb. 9, 7-8 p.m.** We will discuss Balancing Safety and Your Loved One's Self-Determination. Register beforehand at w w w . f a i r f a x c o u n t y . g o v / d f s / olderadultservices/caregiver.htm and click on Caregiver Telephone Support Groups. Call **703-324-5484**, TTY 711.

The Fairfax Commission on Aging meets on Wednesday, Feb. 17 at noon at the Patrick Henry Library, 101 Maple Avenue East, Vienna. The public is welcome to attend and join in the comment period that begins each session. Find out more at irfaxcount www.f gov/ s/ olderadultservices/coa.htm. Call 703-938-0405, TTY 711 for meeting access needs.

Fairfax County's **Independent Living Project** helps older adults remain safely in their homes. Each session includes a prevention presentation and a gentle exercise program that focuses on fall prevention. The series takes place on **Thursdays**, **February 25-April 21**, 10 a.m.-Noon, at Congregation Adat Reyim, 6500 Westbury Oaks Court, **Springfield**. Call 703-324-7210, TTY 711 or go to www.fairfaxcounty.gov/ dfs/olderadultservices/independent.htm to register for this free program.

**Nutritional Supplement Delivery** – Pick up and deliver Ensure Nutritional Supplement to older adults. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Lewinsville Senior Center in McLean needs instructors for the following classes: Line Dance,Zumba Gold, Certified Arthritis Exercise, Square Dance, Basic Guitar, Art and Basic Spanish. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Meals on Wheels needs drivers, coordinators, and co-coordinators for routes throughout the county.For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Fairfax County needs volunteers to **drive** older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/ olderadults and click on Volunteer Solutions.

The **Mott Community Center Senior Program** in **Fairfax** is looking for volunteer instructors for the following classes: **Tai Chi** and **Art**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Sully Senior Center** in **Centreville** needs a **certified personal trainer**, preferably with experience working with older adults. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.



From left, Jacob Ryan, Andrew Ryan, John Hudson and Nadim Najjar become Eagle Scouts.

## New Eagle Scouts Ready to Soar

On Tuesday, Jan. 5, Boy Scout Troop 1130 of McLean awarded Jacob Ryan, Andrew Ryan, John Hudson, and Nadim Najjar. Jacob Ryan is a 2015 graduate of Mclean High School and is currently enrolled at Northern Virginia Community College. Andrew Ryan is a 2015 graduate of McLean High School and is currently studying bioengineering at George Mason University. John Hudson is a junior at McLean High School, where he is a member of the National Honor Society. Nadim Najjar is a senior at McLean High School and will be attending Virginia Tech next fall as a business and finance major.

To earn the Eagle Scout rank a scout has to master numerous scout skills and earn at least 21 merit badges. A scout has to perform many hours of community service and hold leadership positions in the troop. Finally, a scout has to plan, organize and supervise a major service project that will benefit a chosen organization. The project demonstrates the scout's leadership and organization skills. Troop 1130 is sponsored by Charles Wesley United Methodist Church of McLean.

Anyone interested in additional information about Troop 1130 is welcome to contact Jim Ahlgrimm, Scoutmaster, at info@Troop1130.com.





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"At Brightview I still have my independence. I love everything here and I have everything that I need. My family is welcome anytime and the best part is they no longer worry about me." - Sophia C.



Please call Carolyn to schedule your personal visit.

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McLean Connection & January 27 - February 2, 2016 🔹 5



At Goldilock's trial, Mrs. Wombat (Jordan Prather) elicits the truth from Officer Clorox (Carmen Beadie).



At Goldilock's trial, the wise Judge (Alexandra Lagos) ponders testimony by Merwin the Big Bad Wolf (Ralph Whitfield) as he is questioned by Mrs. Wombat (Jordan Prather).

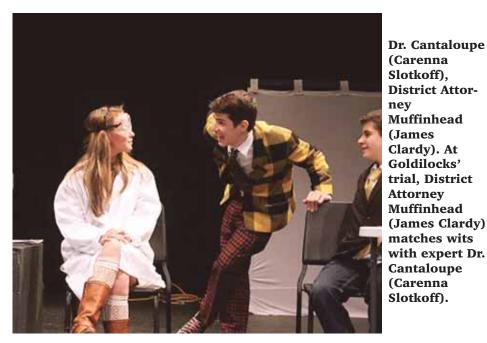
### Once Upon A "Crime" 'Goldilocks on Trial' Receives verdict at TheatreMcLean.

heatreMcLean enters the court room with the children's comedy "Goldilocks on Trial" by Fairfax County educator and playwright Ed Monk. Goldilocks was accused of breaking and entering. Will she be found guilty and sent to jail, or will the truth come out?

Directed by Phillip Reid, "Goldilocks on Trial" runs in McLean High School's Burks Theatre Feb. 6 and 7. Tickets are \$8-\$10, and may be purchased online at bit.ly/ theatremclean.

Fun for all ages, "Goldilocks on Trial" puts a new twist on an old storybook classic. It's up to Judge Wallabee and some very silly jurors to decide Goldilocks' fate after hearing testimony from Goldee, the bickering Three Bears, and surprise witness Merwin the Big Bad Wolf, among other classic fairy tale characters.

McLean High School theatre teacher and director Phillip Reid said, "Goldilocks on Trial' is a perfect second show for TheatreMcLean. I wanted to bring a children's show to McLean so all family



members could enjoy the theatre. With is fun for all ages." 'Goldilocks on Trial,' students are able to create big absurd characters and a show that

The cast includes Lauren Grobman (Melvin the Bailiff), Alexandra Lagos

#### 'Goldilocks on Trial'

Written by Ed Monk; Directed by Phillip Reid Feb. 6 and 7 Performance times: 11 a.m. and 3 p.m. (Feb. 6

only) Tickets: \$8-\$10

McLean High School, 1633 Davidson Road, McLean For Information: 703-714-5821 or https:// sites.google.com/site/theatremclean/

(Judge Wallabee), James Clardy (DA Muffinhead), Jordan Prather (Attorney Wombat), Kylie Coffey (Goldilocks), Graydon Al-Khafaji (Papa Bear), Bryn Kirk (Mama Bear), Ruby Larimer (Baby Bear), Carmen Beadie (Detective Clorox), Amanda Flores (The Little Pig), Carenna Slotkoff (Dr. Cantaloupe), and Ralph Whitfield (Merwin the Big Bad Wolf). Ensemble members include Ray Redding, Ang Gardner, Addie Clements, Marika Bak, Shea Killoran, Blake Johnson, Anna Brykczynski, Ariana Colder, Morgan Rich, Haley Rose, Utku Ozturk, Syd Kirk, and Ashley Winegarden.

For more information, visit https:// sites.google.com/site/theatremclean/. To purchase tickets, visit bit.ly/goldilocksontrial.



From left: Bailiff (Lauren Grobman), Judge (Alexandra Lagos), Attorney Wombat (Jordan Prather), Papa Bear (Graydon Al-Khafaji), Mama Bear (Bryn Kirk), Baby Bear (Ruby Larimer), District Attorney Muffinhead (James Clardy) and Goldilocks (Kylie Coffey). Will Goldilocks be found guilty of breaking and entering, or will the truth come out?

From left, Attorney Wombat (Jordan Prather), Papa Bear (Graydon Al-Khafaji), Mama Bear (Bryn Kirk), Goldilocks (Kylie Coffey). Goldilocks was accused of breaking and entering. Can Goldilocks convince the jury of her innocence?

## News

## Potomac School Seniors Named Semifinalists in Intel Research Competition

Potomac School seniors Madeline Dubelier and Gianmarco Terrones have been named semifinalists in the Intel Science Talent Search 2016, a prestigious precollege science and math competition. They are two of only 300 semifinalists selected from a pool of more than 1,750 entrants nationwide.

As part of Potomac's Science and Engineering Research Center (SERC) program, Dubelier and Terrones spent the last three years working on their research with university professors, scholars, and Potomac School science teachers. Dr. Isabelle Cohen, their Potomac research advisor, says, "I am thrilled that Madeline and Gianmarco are being recognized for their hard work and perseverance through the ups and downs of their projects. They have impressed me at every turn."

Dubelier was chosen for her work on a robotic hand with touch sensors and double flex technology that allows a user to form a pinch grip. The Massachusetts Institute of Technology's MIT THINK Scholars Program helped Dubelier fund the project, allowing her to acquire many of the components for her prototype. With the funding, she was able to incorporate sensory feedback and remote control into her design, which has potential applications in the surgical field and the defense industry.



**Potomac School seniors Madeline Dubelier and Gianmarco Terrones.** 

Meanwhile, Terrones was selected for his extensive research on desalination. During the last two summers, he worked with his mentor, Dr. Manish Kumar, in a Penn State chemical engineering laboratory, to conduct the necessary tests and experiments for his research. Terrones' findings provide a new approach to examining membrane proteins, previously studied only in their natural cell membranes or in analogous lipids.

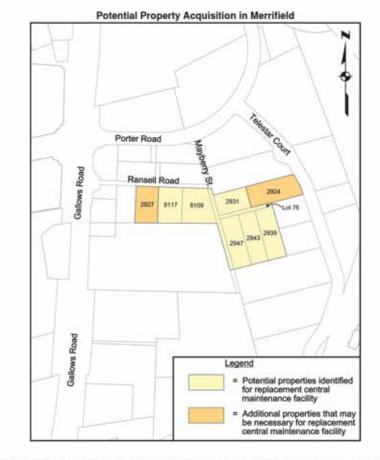
For their selection, Dubelier and Terrones each receive a \$1,000 award from Intel, with a matching amount presented to The Potomac School. On Jan. 20, Intel will select 40 students as finalists, who will compete for more than \$1 million in additional awards.



## **Fairfax Water**

NOTICE OF PUBLIC INPUT SESSION February 4, 2016 at 6:30 p.m.

The Fairfax County Water Authority ("Fairfax Water") will hold a public input session at 6:30 p.m. on Thursday, February 4, 2016, to receive and consider public comments on the potential acquisition of properties. These properties are located at 2931, 2939, 2943, 2947 and Lot 76, Mayberry Street and 8109 and 8117 Ransell Road, Falls Church, Virginia. Fairfax Water is also considering acquisition of additional properties: 2924 Telestar Court and 2927 Gallows Road.



Fairfax Water may seek to acquire some or all of these properties for public use to serve as the site for a replacement central maintenance facility that Fairfax Water must construct and operate to meet the existing and future public water service requirements of its customers. This location was suggested by the Greater Merrifield Business Association and others as a feasible site for such a facility. Information on this meeting can be found on Fairfax Water's website at this address: http://www.fairfaxwater.org/notices/pis\_2016\_02\_04.pdf

The public input session will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA 22031. Those wishing to speak at this session should call Eva Catlin at (703) 289-6017. Interested parties also may submit written comments to PublicHearingComments@fairfaxwater.org or mail written comments to:

> Fairfax Water Public Input Session Comments 8570 Executive Park Avenue Fairfax, VA 22031

All written comments must be received by close of business on Wednesday, February 3, 2016 to be included in the record of the public input session.

## **OPINION** 'Disappointing, Not Surprising'

## Bills to rein in predatory lending die in Senate committee.

ave you ever paid 36 percent interest on a loan or credit card? Not likely. It's an outrageous rate, especially given that the actual cost of money is close to zero right now.

But right now, some people in Northern Virginia are paying more than 200 percent on loans secured by their car title. These are people who are both financially desperate and financially unsophisticated, who likely assume that regulation would keep a lender from bleeding them dry with unrestricted interest rates.

Predatory lending is a local issue, with car title lenders congregating in lower income areas like along Route 1 in the Mount Vernon area, and also queuing up near the border with Prince George's County, Md., where car title lending is illegal.

Earlier this week, a Virginia Senate committee killed a bill that would have capped consumer loan interest rates at 36 percent. It's hard

#### Editorial

to believe, but right now there are no limits to the interest rates that can be charged in Virginia. And car title lenders, which are not consumer loans, often have effective interest rates of more than 200 percent.

"Predatory lending is a major problem in the U.S. 1 Corridor," said Sen. Scott Surovell (D-36), who introduced the failed legislation to curb predatory lending. "Car title lenders have been abusing this loophole by charging rates over 200 percent. ... To rein in car title lender bait and switch tactics, I am proposing to limit interest rates on consumer finance loans at 36 percent." But that effort died in a Virginia Senate Committee this week.

Between 2010, when the Virginia General Assembly gave the green light to the car title lending industry, the total number of locations more than doubled from 184 to 395.

Some legislators claim this is a free market and personal responsibility issue, that people who have no other options should be able to turn to high interest lending as a last resort. But most people who turn to these loans would be better off without this last resort.

"It's a trap, and although it's presented as a loan it's really loan-sharking," said Jay Speech, executive director of the Virginia Poverty Law Center. "People who get into this end up much worse off than when they started."

We all pay the price when an industry preys on the poor. People who lose their cars can lose their jobs, then relying on the frayed and inadequate safety net.

Michael Pope, who wrote about car title lending abuses when he worked for the Connection and Gazette Packet, recently completed a multi-part investigative series on predatory lending for WAMU, which you can listen to here: http://wamu.org/the debt trap

When his series concluded, the message of the damage of predatory lending seemed to resonate. Legislation to rein in the abuses of 200 percent interest seemed destined to make a difference.

This year, it will not.

Attorney General Mark Herring tweeted, "disappointing, not surprising" on Monday in response to the news that all four bills that sought to limit predatory lending were voted down in committee.

Disappointing, but not surprising. A sad commentary.

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— Mary Kimm

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McLean

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### Pet Photos for the Pet Connection

The Pet Connection, a twice-yearly special edition, will publish on Feb. 24, and photos and stories of your pets with you and your family should be submitted by Feb. 17.

We invite you to send us stories about your pets, photos of you and/or your family with your cats, dogs, llamas, alpacas, hamsters. snakes, lizards, frogs, rabbits, or whatever other creatures share your home or yard with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures. Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a pet? Is your business about pets? Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

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transportation until 2013 when new monies were approved along with a new approach for identifying projects.

Secretary of Transportation Aubrey Layne last week briefed the House Transportation Committee on which I serve and outlined the three Rs in transportation planning that have come about because of legislation passed the last couple of years. As a result of bipartisan efforts, Virginia's transportation program has been renewed with new resources for all modes of transportation. The program has been reformed by requiring use of an outcome-based prioritization process with increased accountability and transparency. The transportation program has been refocused by replacing the decades-old allocation formula with a new formula that aligns funding with need. Gone is the approval of funding transportation by locality to a shift to regional consideration and statewide needs. Rather than the piecemeal approach to project funding there now will be full funding of projects. And the new system of funding that has been put in place is designed to shift prioritization from politics to factors of congestion mitigation, safety, accessibility, economic development, environmental concerns and land usage.

Governor Byrd's Department of Highways whose name was changed to the Department of Transportation years ago has begun functioning with a multi-modal approach that includes bus and rail as well as bicycles and pedestrians. While Northern Virginia continues to face significant challenges as one of the most congested parts of the country, additional funding that is now available along with the outcome-based prioritization process will accrue to the benefit of our region. Results will not be immediate, but I believe we are moving in the right direction.

8 \* McLean Connection \* January 27 - February 2, 2016

**Progress on Transportation** 

By Kenneth R. "Ken" Plum State Delegate (D-36)

n the early years of the 20th-century travelers were advised not to come to Virginia because of the poor condition of the roads. Deep ruts, mud holes and lack of maintenance made travel precarious in the Old Dominion. In 1925 State Senator Harry F. Byrd who as a young man had worked part-time on a private toll roadthe Valley Pike in the Shenandoah Valleyran for governor on the campaign slogan "Get Virginia out of the mud." Byrd's campaign was successful, and in his single term as governor he established the Virginia Department of Highways. His centralized highway system led to the present-day highway system that is one of the largest in the country with 57,867 miles of highways and 20,991 bridges. Byrd also implemented a "pay as you go" financing system that keeps the pace of highway construction and improvement at the rate of current revenue without borrowing. Old timers in the state remember traveling on roads that went from two to four lanes and back to two every few miles as money was available in the highway construction fund to complete the widening.

Governor Gerald Baliles who served from 1986 to 1990 was able to get a significant highway funding program approved in 1986 that along with federal funding was able to make improvements to the highway system and to introduce funding for mass transit. That was the last time politicians in Richmond could agree on a financing plan for

## Letter

## Honoring Those Who Serve

To the Editor:

The Annual Fairfax County Volunteer Service Awards (VSAs) are produced by Volunteer Fairfax. Every day our community is served by dedicated volunteers and each year we have the opportunity to honor them at this county-wide celebration. It was this event six years ago that inspired me to join the Board. Since, I've had the pleasure of being a member of the Board, to include service as its most recent Past President. It has been a rewarding experience. Saying thank you to those who serve is a value I know our community holds dear. That's why I am surprised to see how little awareness there is in our part of the County

for the organization and what it does to resource needs, promote corporate social responsibly, and advance emergency preparedness.

Nominations for the 2016 awards are open now through Feb. 4 at www.VolunteerFairfax.org. As you take the time to honor our outstanding volunteers by nominating them, please take a moment to learn more about Volunteer Fairfax so you, too, can see that the value to our community

far exceeds what you might think. The awards ceremony will be held at the Waterford in Springfield the morning of April 8.

> **Craig Parisot** McLean



The McLean Community Foundation recently awarded a \$4,600 grant to the 1st Stage Theater in **Tysons. Pictured are MCF Vice President Joann** Berkson presenting the award to 1st Stage artistic director Alex Levy.

### McLean Community Foundation Announces Grant Request Deadline

he McLean Community Foundation is accepting proposals for its current grants cycle until Feb. 1. Applications can be found on the MCF's website at mcleancommunityfoundation.org.

The McLean Community Foundation (MCF) is a nonprofit formed in 1980 by the McLean Citizens Association to meet the philanthropic needs of a growing McLean community. Its focus is entirely and specifically on McLean community and was established solely as a charitable foundation to benefit the residents of the McLean Planning District of Fairfax County.

Also, save the date of April 7, for Gala Benefit "A Little Night Magic," which promises to be a glorious evening with dinner and entertainment at a local McLean home.

#### Faith Notes

Faith Notes are for announcements and events in the faith community. Send to vienna@connectionnewspapers.com. Deadline is Friday.

McLean Bible Church Fitness Class at Body & Soul Fitness. Gain balwww.ConnectionNewspapers.com

students.





### SPECIAL CONNECTIONS CALENDAR Advertising Deadlines are the previous Thursday unless noted.

#### **FEBRUARY**

2/10/2016	HomeLifeStyle
	Valentine's Dining & Gifts II
	A+ Camps & Schools

#### MARCH

3/2/2016.....Wellbeing 3/9/2016..... HomeLifeStyle Real Estate Pullout 3/16/2016.....A+ Camps & Schools 3/23/2016....Spring Fun, Food, Arts & Entertainment FCPS Spring Break 3/21-3/25

#### **APRIL**

Burke Connection

Chantilly Connection

Centre View

4/6/2016	Wellbeing – Senior Living Pullout	
Easter Sunday is March 27		
4/13/2016	Real Estate Pullout – New Homes	
4/20/2016	A+ Camps & Schools	
4/27/2016	A+ Camps & Schools Pullout	
4/27/2016	Mother's Day Celebrations,	
Dining & Gifts	I	
	the analysis and the second for the second information	

E-mail sales@connectionnewspapers.com for more information.



 Alexandria Gazette Packet
Fairfax Connection
Arlington Connection
Fairfax Station/Clifton/Lorton Connection
Oak Hill/Herndon Connectior
Oaca Hill/Herndon Connection Great Falls Connection Reston Connection McLean Connection Springfield Connection Vienna/Oakton Connection Mount Vernon Gazette



#### Five Must-Dos Before Beginning a **Remodeling Project**



#### Embarking on a home remodeling project such as a whole house renovation, addition or even kitchen remodel is very exciting. Being as prepared as possible will help ensure a smooth process on your way to your dream home or room. Here are five things to consider before you start your next (or first!) remodel.

**Be Fully Committed** Remodeling your home is a great luxury. Thinking positively will help you get the most out of it.

#### Think Clutter-Free

Move items from rooms to be remodeled to other rooms, the garage, or a storage unit. Try to keep only what you absolutely need.

#### Plan Out Usable Space **During the Remodel**

Think about where you could house a temporary master bedroom or bath or even a makeshift kitchen.

#### **Design for the Future**

When planning your new space, think about not only how you will use the remodeled space now, but down the road as well. This will ultimately save you time and money.

#### **Enjoy the Process**

This is your chance to create the room or home of your dreams. Be sure to take advantage of this wonderful opportunity!



Russ Glickman, founder of Glickman Design Build, is a Master Certified Remodeler and Certified Aging in Place Specialist. e award-winning

 Glickman Design Build team has completed thousands of general remodeling and accessible design projects in the Metro DC area and is passionate about the work they do. Their work has been featured in a variety of publications. Visit GlickmanDesignBuild.com or call 301.444.4663 to learn more.

ance, energy and strength at 9:45 a.m. Mondays and Fridays. Free childcare for registered bodyandsoul@mcleanbible.org.

## Outlook: New in McLean What's Coming?

An occasional series on development and land use in McLean.

#### **1** McLean Community Center 1234 Ingleside Ave.

Construction to renovate McLean Community Center is scheduled to begin in the fall of 2016 and will be completed by 2018. The renovation will add 7,750 square feet, including a fitness room. The McLean Community Center was built in 1974 when centers were designed similar to schools, "institutional facilities that could withstand all sorts of abuse," said architect Greg Lukmire. Now, the renovation plans include an open courtyard, natural lighting throughout the building, open lobby and hallway, and a torium and performing arts area, and adglassy facade on the back to allow connec- ministrative suite is on track to be completed lovely," said Lukmire.

#### **2** Lewinsville Senior Center

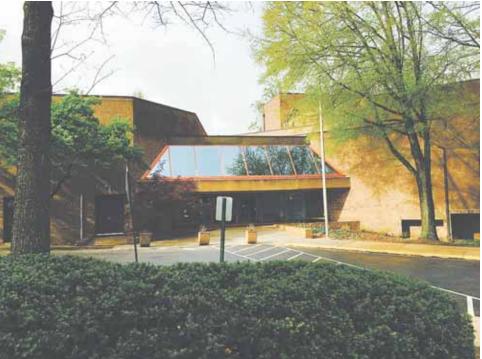
1609 Great Falls Street, McLean

Plans to renovate the former 1965

BY KEN MOORE Lewinsville Elementary School date back to THE CONNECTION 2003 for this 8.66 acre property on Great Falls Street. The Board of Supervisors assumed ownership in 1985 and created 22 units of affordable independent senior housing, a senior center, adult day care and child day care. The Board of Supervisors approved the renovation in March 2015 for Wesley Hamel to build 82 units of independent residential housing. The county will renovate the senior center, the adult day care and two childcare centers. Construction is scheduled to begin in Spring 2016.

#### **3** Langley High School Renovation 6520 Georgetown Pike, McLean

Langley High School continues to give updates on renovation progress on its website at fcps.edu/LangleyHS. The auditivity between the library, outdoors. "It's set soon. The new science wing in the rear of in an environment that is natural and quite the building is scheduled to be completed in the spring. The construction at Langley High School will completely modernize the McLean/Great Falls school that was originally built in the 1960s. Fairfax County voters approved the \$68 million project in a 2013 bond referendum



Construction on the McLean Community Center's renovation is anticipated to begin in the fall of 2016.

**4** The Tea Center, LLC

999 Balls Hill Road

SEA 79-D -071-02

The Fairfax County Planning Commission recommended approval of the The Tea Center's proposal to amend a special exception for Sharon Lodge Masonic Temple to

with an enrollment of fewer than 99 children The McLean Citizens Association passed

a resolution supporting the special exception amendment in November.

The Board of Supervisors is scheduled to



for updates.

permit the addition of a child care center hold a public hearing on Feb. 2, at 3:30 p.m. According to county documents, the applicant indicates there would be a maximum of 15 employees and an initial maximum daily enrollment of 40 children, which would later increase to 70 children with an administrative approval based on a new traffic study. No building additions or site modifications are proposed with this application. The center will utilize shuttle vans, children dropped off at the child care in the morning would be bused to one of the six elementary schools in McLean and Falls Church, then returned to the Lodge at dismissal time. The drop-off and pick-up of children would be staggered and the applicant would be required to coordinate with Cooper Middle school to ensure the morning drop-off of children on the subject property does not overlap with the middle school's drop-off.

#### **6** Cityline Partners

Planning Commission recommended approval for Cityline Partner's application seeking Final Development Plan (FDP) approval of a 13-story office building. The building is located at the corner of Colshire Drive and Colshire Meadow Drive and is just south of the Kiss and Ride for the McLean Metro station. The office building was conceptually approved for a maximum of 13 stories, 255,200 square feet of floor space and a building height of 189 feet and the final development plan proposes an 11-story office building with 220,100 square feet of floor space and a height of 163 feet. About 4,000 to 11,100 square feet of floor space would be dedicated to retail use. McLean Citizens Association resolved to support the application in November.



Construction at Langley High School continues. See fcps.edu/LangleyHS

#### **6** Cityline Partners LLC and Renaissance Centro Tysons LLC

FDP-2011-PR-023-04 PCA/CDPA 2011-PR-023

Corner of Westpark Drive and Jones Branch Drive

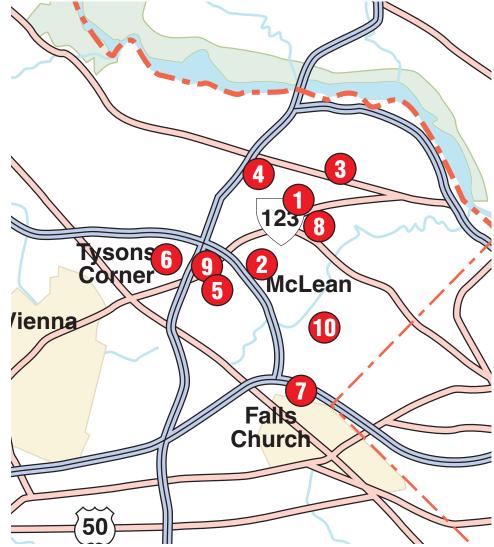
The application seeks to replace a previously approved hotel with residential use, but Planning Commission staff is expected to recommend that the commission deny the proposed plan. The Planning Commission is scheduled to hear the application on Feb. 4 at 8:15 p.m.

In place of the 170,000 square-foot hotel and retail building, the applicant proposes a 202,794 square-foot residential building with up to 140 residential units in a 300foot tall (25 stories) building. "The applicant proposes a residential building with forsale condominium units but ... the requested square footage and height is achieved through a density bonus for providing workforce housing," according to county documents. "The applicant's proffers provide two different density bonus options, depending on how the workforce housing recommendations of the Comprehensive Plan are **(B)** McLean Plaza, JBG proposed to be met. With the second option, the residential building could be reduced to an overall maximum of 196,235 SF with maximum height of 285 feet."

#### Mount Daniel Elementary School 2328 North Oak Street

BC Consultants for the Falls Church City School Board and the City of Falls Church staff seek to expand the existing Mount Daniel Elementary School, located at 2328 North Oak Street, just on the border of McLean. "The primary purpose of the proposed expansion to Mount Daniel school is to reduce overcrowding at both Mount according to Falls Church school system.

currently lacks adequate ADA access to en- McLean-property-overview



ter the building. In 2014, Falls Church voters voted by a 67 percent majority to approve bonds to finance construction of the new addition, and the renovation of all areas older than 10 years. The new construction is expected to have a life of at least 50 years and is projected to handle increasing enrollment for 20 years. The McLean Citizens Association adopted a resolution to oppose the project, saying the extent of the Mount Daniel expansion would be excessive and incompatible with the neighborhood. FCCPS deferred its application, and is expected to bring it back to the Fairfax County Planning Commission and Board of Supervisors after revisions.

6862 Elm Street

RZ 2012-DR-019

FDP 2012-DR-0217

On July 1, 2014, the Board of Supervisors approved this mixed-use project on a 4.43 parcel at 6862 Elm Street for a 263,806 square foot, 240-unit, 73-foot-tall multi-family residential building with retail space. The existing 90-foot tall office building (109,600 square feet) will be retained and a ground floor addition will be made for 7,010 square feet of retail use. The proposal includes 595 underground parking spaces, 73 surface parking spaces and 35 percent open space. The proposal rezoned the parcel in the Com-Daniel and Thomas Jefferson Elementary," munity Business center from C-3 to Planned ZAPSMain.aspx?cde=SE&seq=4195655. Residential Mixed Use. http:// Mount Daniel which was built in 1952 www.jbg.com/#McLean-Plaza-6862-Elm-

**(1)** Scotts Run Station North, **Citvline Partners LLC** 

Intersection of Scotts Crossing Road and Dolley Madison Boulevard

On June 2, 2015, Fairfax County approved another 1.5 million square feet of development in Tysons, including residential, office, retail, and possible option for a hotel on a 9.4 acre site at the corner of Scotts Crossing Road and Dolley Madison Boulevard. This completes CityLine's development concept for the area. In 2013, the developer received approval for its Scotts Run South, more than 6.6 million square foot project spread over 23 acres on the east side of Route 123. Scotts Run North sits on the original Mitre Corp. headquarters site, about a quarter mile from the McLean Metro Station. Although the building is gone, the parking lot remains, and it serves as a temporary, 711-space lot for Silver Line riders under an agreement with the county.

#### 1 Sunrise LLC - SE2014-DR-068 1988 Kirby Road, McLean

Sunrise Development, Inc. withdrew its application to seek a special exception to permit an assisted living facility on a 3.7 acre property zoned R-1 at 1988 Kirby Road. Sunrise had sought to develop approximately 73 assisted living units in a 40,309 square foot building at 1988 Kirby Road. See http://ldsnet.fairfaxcounty.gov/ldsnet/

## WINTER FUN AND ENTERTAINMENT



Photos used with permission The Ninth Annual Chinese New Year Festival will be on Saturday, Feb. 6 at Luther Jackson Middle School. For the Year of the Monkey, this year's festival will focus on wisdom.



Cultural live performance including dragon and lion dance, Han Costume fashion show, delicious Asian foods, writing Chinese names, language, craft and business booths and a lunar new year dragon parade will be at the Ninth Annual Chinese New Year.

## Winter Events and Activities to Keep You Warm

fter the blizzard, dig yourself out and drive away that cabin fever. From foods to keep you warm to crisp and refreshing hikes, here is a sampling of winter activities that will tide you over till springtime. Spring begins Sunday, March 20.

### Go

What's more inviting than a chocolate fountain? No golden tickets are needed to attend the McLean Chocolate Festival happening on Sunday, Jan. 31 at the McLean Community Center. Tickets are \$2 for all and free to children under six. The chocoholics' dream is from 11 a.m. to 5 p.m. The McLean Community Center is located at 1234 Ingleside Ave., McLean. For information. visit www.mcleanchocolatefestival.org.

It's a Mardi Gras Party at the American Legion Post 180 on Saturday, Feb. 6. Music by DJ Richard Cunningham, also known at Dr. Jazz. Enjoy a feast of jambalaya and hors d'oeuvre. Come in costume for a chance at a prize. Cost is \$25 at the door. The party will be at 330 Center

St., N, Vienna. For information, call 703-938-9535.

Celebrate the Year of the Fire Monkey at the Ninth Annual Chinese New Year Festival on Saturday, Feb. 6. Monkeys are characterized by curiosity, mischievousness and cleverness. This year's event will promote wisdom. Legend has it a terrible monster called Nian came once a year to eat crops, livestock and errant children. One day an old beggar man came and told the villagers that the monster is actually a scaredy cat but no one believed him. The villagers fled or hid. But the next day, they found that everything was alright. The old



Photo by Alex McVeigh

Visitors enjoy a chocolate fountain from Capitol Chocolate Fountains in a past McLean Chocolate Festival. This year's festival will be Sunday, Jan. 31 at McLean Community Center.

man, who turned out to be deity, had chased Nian away and he left traces of how he had done it. The story varies but one thing remains the same, celebrating the triumph over the monster Nian. The Ninth Annual Chinese New Year festival will be held at Luther Jackson Middle School, 3020 Gallows Road, Falls Church, from 10 a.m. to 6 p.m. Admission is free. Snow date is Feb. 13. information, go For to www.chinesenewyearfestival.org.

The Vienna Woman's Club presents a Daddy Daughter Dance on Friday, Feb. 5. Fathers, grandfathers, big brothers, godfathers and family members are welcome to mingle with special fairytale guests. The cost is \$25 per couple. The event is for ages 3 years to those in sixth grade. The dance will be held at Marshall Road Elementary School, 730 Marshall Road, SW, Vienna. Get tickets https:// at vwcdaddydaughterdance.eventbrite.com.

You know spring is almost here when Vienna holds its egg hunt. The **Flashlight** woods? Fairfax County has trails for hik-Egg Hunt will be on Friday, March 18 at ers, walkers, bikers and horseback riders. Glvndon Park. 300 Glvndon St., NE, Vienna. Enjoy a family evening searching for eggs and prizes in the dark. Please bring a flashlight so you can find the eggs. Jump like a bunny in the moon bounce and visit the Easter Bunny. The hunt starts at 7 p.m. Call 703-255-6360 for more information.

For something more traditional, there is also the Old-Fashioned Egg Hunt and Roll on Saturday, March 19 at the Freeman House, 131 Church St., NE, Vienna. Children 12 and under and their parents are welcome to participate in an egg roll and visit with Easter Bunny. Presented by Historic Vienna, Inc., the event is from 10:30 to 11:30 a.m. Call 703-938-5187 for more information.

## Do

Take a Hike with a hiking group or club. Capital Hiking Club meets on Saturdays and has pick-up service at the Vienna Metro North Parking Lot, 9550 Saintsbury Drive, Fairfax. The club buses hikers to the hiking destination. Short and long hikes available for each hike. Snacks and beverages available after hike completion for a small fee. Hike fees are \$25 for member and \$28 for non-members. For more information, go to www.capitalhikingclub.org.

The Mid-Atlantic Hiking Group offers multiple hikes of varying degrees of difficulty every weekend. They have carpool options that meet at the Vienna Metro. Price for the hike is \$2 on average. For more information visit the group's Meetup page at http://www.meetup.com/Mid-Atlantic-Hiking-Group/.

Prefer the solitary tromp through the Check out one near your at http:// www.fairfaxcounty.gov/parks/ trailsframe.htm. If hiking alone, let someone know where you are going.

> SEE WINTER FUN GUIDE, PAGE 13 www.ConnectionNewspapers.com

12 Structure Connection Stanuary 27 - February 2, 2016



PHOTO BY DONNA MANZ/THE CONNECTION This year's American Legion Post 180 mardi gras party will be on Saturday, Feb. 6

## Winter Fun Guide

#### From Page 12

If learning a **musical instrument** is one of your New Year's resolutions, winter is the time to make it happen. Wolf Trap offers piano, guitar and voice lessons. Lessons are taught at the Center for Education, 1645 Trap Road, Vienna. For more information, visit www.wolftrap.org.

Or perhaps, it's art that moves you. Then, **take an art class** at the McLean Project for the Arts, 1234 Ingleside Ave, McLean. Learn a new skill or enhance that talent. Visit http:// www.mapaart.org/art-classes, or call 703-790-1953.

### Eat and Drink

One does not have to go to Canada or New England to enjoy a quintessential winter favorite maple syrup. Colvin Run Mill, 10017 Colvin Run Road, Great Falls, is holding a **Maple Syrup**  **Boil Down** on Sundays, Feb. 7, 21 and March 6 from noon to 2 p.m. The sap is rising and the maple trees are tapped. Now it's sugaring time. Bundle up, brave the weather, watch and learn as sap is boiled down into sweet syrup over an open fire. Sample the delicious combination of maple syrup over fresh baked cornbread while supplies last. This is an outdoor program, so please dress appropriately. Cost is \$5 per person. No reservations required. 703-759-2771.

Feeling fancy? At Wine at Wolf Trap, guests will enjoy a fivecourse dinner with perfect wine pairings and live entertainment by The Olivera Quintet, previewing Filene Center summer performances. This intimate evening of extraordinary wines and cuisine will be on Saturday, March 19 at the Barns, 1551 Trap Road, Vienna, at 6 p.m. Tickets are \$500-\$10,000. Reserve by Feb. 19. For information, more visit www.wolftrap.org.









THIS EVENT FILLS UP FAST! If you are unable to make this date, please give us a call to get on the schedule for the next event!

#### Saturday, Feb. 6th, 2015 - 10am-2pm Where: Sun Design Corporate Office 5795 B Burke Centre Parkway, Burke, VA 22015 (Located behind the Kohl's shopping center) Seminars run from 10am-12pm. Lunch to follow. Please arrive at 9:45am for check-in. Seating is limited!

RSVP: info@sundesigninc.com or call Erin at 703.425.5588

SUN DESIGN Major Re

Major Remodels • Additions • Kitchens & Baths • Basements • Outdoor Spaces 703.425.5588 | SunDesignInc.com



McLean Connection & January 27 - February 2, 2016 & 13

## CALENDAR

Send announcements to north@ connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encouraged.

#### WEDNESDAY/JAN. 27

- AJ Smith "Brooklyn Nights" EP **Release**. 7:30 p.m. Jammin Java, 227 Maple Ave E, Vienna. DC-area native AJ Smith left for New York to study music six years ago where he found his voice and grew into an award-winning songwriter and recording artist. On Jan. 27, 2016 AJ Smith is set to release his upcoming EP "Brooklyn Nights" to his hometown at Jammin Java in Vienna. \$15-\$25. https://jamminjava.com/. 703-255-1566.
- Animals on the Move. 10:30-11:15 a.m. Meeting Room, Dolley Madison Library, 1244 Oak Ridge Ave, McLean. Learn about migration, hibernation and active winter animals, through interactive activities, stories and songs. Presented by Riverbend Park and sponsored by the Friends of the Dolley Madison Library. Ages 3-5. 703-356-0770.
- Pokemon League. 4:30-6:30 p.m. Meeting Room, Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play Pokemon with your friends! 703-757-8560.

#### THURSDAY/JAN. 28

- Grant-Lee Phillips + Steve Poltz. 7:30 p.m. Jammin Java, 227 Maple Ave E, Vienna. Join the two singers as they take a stage together to share some of their songs. \$20. https://jamminjava.com/. 703-255-1566.
- Genealogy Program. 7:30-9 p.m. Kilmer Middle School, 8100 Wolftrap Road, Vienna. Fairfax Genealogical Society monthly meeting and program. Speaker: Sharon Hodges on Expanding Research to Resources Not Available On Line. Free. 703-644-
- Starlight Storytime. 7-7:45 p.m. Meeting Room, Dolley Madison Library, 1455 Oak Ridge Ave, McLean. Come in your pajamas and join us for stories and songs. All ages. 703-356-0770.
- The Vineyard, 1445 Laughlin Ave., McLean. What's a Pasty? A pasty is a savoury meat and/or vegetable pie that's a complete meal in its own right (similar to an empanada). \$5 per person. www.thevineyardva.com 703-288-2970.

#### FRIDAY/JAN. 29

- The Cave. 3:30-10 p.m. McLean Community Center, 1234 Ingleside Ave. McLean. All you gamers out there... get ready. This dynamic trip will provide the ability to spend time gaming with other like-minded individuals in a friendly and social environment. This new facility is sure to please, so join us and enjoy gaming like never before! Dinner will be provided. Tickets: \$35/\$25 members. http:// www.mcleancenter.org. 703-790-0123.
- **Garland Jeffreys & The Coney** Island Playboys. 7:30 p.m. Jammin Java, 227 Maple Ave E, Vienna, Brooklyn Native Garland Jeffreys' rock hits include "R.O.C.K.' and "Wild In The Streets" plus his smash covers of "What Does It Take (To Win Your Love)" and "96 Tears." He released a dozen albums that featured an amazing list of guest artists like Lou Reed, Dr. John, Sly &



Photo contributed

Puppeteer Jim West performs at the McLean Community Center on Saturday, Feb. 20.

#### Ongoing

- Pigments of My Imagination. Jan. 4-March 31. Great Falls Library, 9830 Georgetown Pike, Great Falls. Long time Great Falls resident Donna Barnako, has created over a dozen colorful and whimsical small works. Her subjects are varied,
- from pigs to puppies and cowboy boots. Weekly Storytime. Wednesday and Saturday. 11 a.m. Barnes & Noble, 7851 L Tysons Corner Center, McLean. Themes and Titles vary. Free admission. 53rd Annual James A. Bland Contest. Through Monday, Feb. 15. Vienna Lions
- Club invites elementary and high school vocalist and instrumentalists to present a song or piece for cash prizes. For information and application, contact Susan Stiles at
- sandcs89@yahoo.com or 703-938-1142.
- Gentle Yoga. Thursdays, 6:30 p.m. Emmaus United Church of Christ, 900 E Maple Ave. E, Vienna. Saturdays, 9:30 a.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Gentle Kundalini Yoga, one free introductory session, senior discounts. Increase your flexibility, improve your breathing and health, reduce your stress. Ravi Kaur has 15 years experience teaching yoga. \$15 per session. www.edimprovement.org. 571-213-3192.
- **"Poetry in Motion" Exhibit**. Tuesdays-Saturdays, 10 a.m.-4 p.m. From Feb. 2-27. Exhibition of VAS members paintings with the theme "Poetry in Motion. Free. **Trail and Ales with Caboose Brewing and Grass Roots Fitness**. Mondays through Jan. 31. Caboose Brewing Company, 520 Mill Street, NE Vienna. Come Run with us every Monday night. \$1 Off All Pints! All paces welcome. We will run between 3-5 miles with options to go shorter or longer. You can walk or run. Dog and stroller friendly. Contact Joann Meginley at joannandfrancine@grassrootsfitness.org. **Tai Chi Beginners' Practice**. Saturdays, 8-9 a.m. St. Luke's Catholic School
- Gymnasium, 7005 Georgetown Pike, McLean. Weekly Tai Chi practice. Group has met for over 20 years. Free. FreeTaiChi.org. 703-759-9141.

Robbie, David Johansen, Phoebe Snow, Luther Vandross and Duncan Sheik. \$25. https://jamminjava.com/ . 703-255-1566.

- The Later Late Show: Main Stage Comedy Showcase. 10:30 p.m. Jammin Java, 227 Maple Ave E, Vienna. The greatest and funniest comedy show of all time. \$5-\$8. https://jamminjava.com/. 703-255-1566.
- Ted Alexandro. The Barnes, Wolf Trap, 1645 Trap Road, Vienna. Come enjoy the comedy show. Ted Alexandro has been making audiences laugh for more than 20 vears. As a New York native, he has performed multiple times on the late night shows of David Letterman, Conan O'Brien, Jimmy Kimmel, and

specials. \$22. http:// www.wolftrap.org/ or 703-255-1900. Art Making and Craft Beer. 7:30-9:30 p.m. McLean Project for the Arts, 1234 Ingleside Ave. McLean.Led by artist, Arthur Kwon Lee, we will dive into an evening of abstract painting with a dynamic theme on human movement. Through a Jackson Pollock inspired style, we will explore mark-making with ink, paint, and alternative objects as we practice the many ways to capture movement, and manifest it, through painting. \$25/\$45. www.mpaart.org/events-2/. 703-790-1953.

on two half-hour Comedy Central

See Calendar, Page 15

www.ConnectionNewspapers.com

Why children need sleep, and what we can do if they are not getting enough

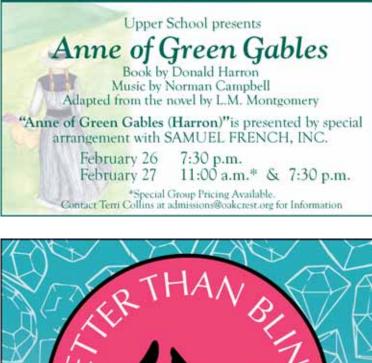
Underslept and Overstressed:

OAKCREST SCHOOL

In independent school for girls in grades 6-12 inspired by the teachings of the Catholic Church

A lecture and discussion by family physician Dr. Carmel Kelly Saturday, January 30 @ 7:30 pm Wine reception follows

#### 850 Balls Hill Road, McLean, VA 22101 • Moving To 1619 Crowell Road, Vienna, VA Oakcrest.org



Juried Handcrafted Jewelry,

Fashion and Accessories



Center

Children 12 and younger free.

14 \* McLean Connection \* January 27 - February 2, 2016

- 8185. Pasty and Wine Pairing. 6-8 p.m.

  - Penny University Event. 7-8 p.m. Caffe Amouri, 1107 Church St., NE, Vienna. New Year, New You- Healthy Habits to Start the New Year" with Joann Meginley of Grass Roots Fitness. Space is limited. To sign-up, email Nicki at nicki@caffeamouri.com.

## CALENDAR

#### From Page 14

#### SATURDAY/JAN. 30

LEGO Skyline and Architecture Studio. 2 p.m. Barnes and Noble Tysons, 7851-L Tysons Corner Center, McLean. Adults and teenagers (ages 14 and up) are invited to Barnes & Noble to help build our new LEGO Skyline in-store display and enjoy a LEGO Architecture build with Architecture Studio bricks. 703-506-6756.

Au Pair feat. Gary Louris (The Jayhawks) and Django Haskins. 7 p.m. Jammin Java, 227 Maple Ave E, Vienna. Au Pair strikes a balance between classic songcraft and cheeky experimentation on their debut album, One-Armed Candy Bear. The core of the album consists of the duo singing and playing into a single microphone like a Memphis Sun session. But then they take some strange turns: body percussion, feedback loops, avant guitar, Kraut rock touches, anything goes in the world of Au Pair. \$20. https://

- world of Au Pair. \$20. https:// jamminjava.com/. 703-255-1566. **Back to the 90s**. 10:30 p.m. Jammin Java, 227 Maple Ave E, Vienna. Good Time Boys and Maryjo Mattea collaborate and perform punk music. \$10-\$15. https://jamminjava.com/. 703-255-1566.
- Rock Creek Singers / Potomac Fever. The Barnes, Wolf Trap, 1645 Trap Road, Vienna. Come join Gay Men's Chorus of Washington, D.C. as they celebrate their 35th season. With more than 250 singers, Gay Men's Chorus of Washington has performed for President and First Lady Obama, six consecutive years at Vice President and Dr. Biden's residence, at the historic Carnegie Library in honor of longtime gay rights activist Dr. Frank Kameny, at the first LGBT Pride Month at the White House, and as part of the concert We Are One. \$45. http:// www.wolftrap.org or 703-255-1900
- www.wolftrap.org or 703-255-1900. Genealogy Education Workshop. 10 a.m.-3 p.m. Dunn Loring Volunteer Fire Station, 2148 Gallows Road, Vienna. Fairfax Genealogical Society educational workshop featuring Sharon Hodges, "There's More to The Census Than What's On Line." Free. 703-644.8184.
- Improvisational Quilting with Cindy Grisdela. 9:30 a.m.-4:30 p.m. The Arts of GF School on the Village Green, 756 Walker Road, Great Falls. Quilting workshop. Basic sewing skiss and a machine in good, working order required. \$150. Register at http://

www.greatfallsart.org/quilting/. **Mardi Gras Celebration**. 5:30-10 p.m. St. John the Beloved Roman Catholic Church, 6420 Linway Terrace, McLean. Krewe Chef Brian Holoubek's Gumbo, Red Beans and Rice, King cake, music, masks and

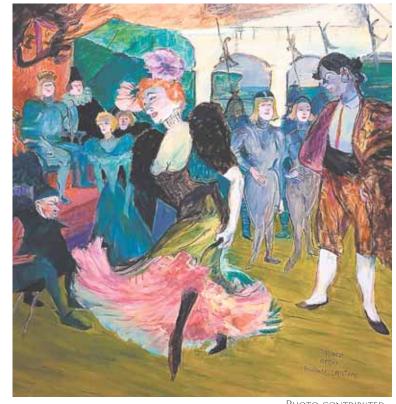


Photo contributed

Copy of Marcelle Lender Dancing the Bolero by Toulouse Lautrec from the National Gallery of Art, 35 x 36" oil by Richard Neff will be in the "Poetry in Motion" exhibit by the Vienna Arts Society from Feb. 2-27.

beads. Bring an appetizer, side dish or dessert. http:// www.stjohncatholicmclean.org/ events/mardi-gras-celebration/. 703-356-7916.

#### SUNDAY/JAN. 31

- Relay-Palooza. 6:30 p.m. Jammin Java, 227 Maple Ave E, Vienna. Relay-Palooza is a variety show created to highlight the local talent of Northern Virginia and raise for the Beltway Relay For Life. Showcase of a variety of family-friendly genres, ranging from acoustic to comedy are available. A local cancer survivor as our keynote speaker on behalf of the American Cancer Society is featured. \$13-\$15. https://jamminjava.com. 703-255-1566.
- McLean Chocolate Festival. 11 a.m.-5 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. The Rotary Club of McLean is hosting its 5th annual Chocolate Festival. \$2. Children under 6 free. www.mcleanchocolatefestival.org.

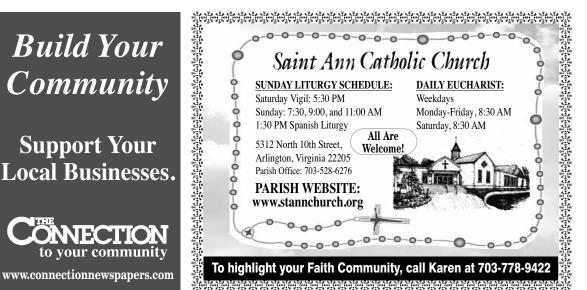
Friends of Music Benefit Concert. 3-4 p.m. St. John's Episcopal Church, 6715 Georgetown Pike, McLean. Performance will include excerpts from Mozart's "The Magic Flute," "The Stars and Stripes Forever," Uzun Hava, the Toccata, Adagio and Fugue in C Major. www.stjohnsmclean.org. 703-356-4902.

#### TUESDAY/FEB. 2

- Arsenal Duo. 7:30-9 p.m. Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Dr. Ed Moore and Nathan Carterette play classical and contemporary works in this unique artistic collaboration.
- www.Lewinsville.org, 703-356-7200. Ethics Breakfast Seminar, 7-9 a.m. Maggiano's Little Italy Tysons Corner, 2001 International Drive, McLean. Seminar entitled "Doing the Right Thing in Business and Government" presented by the Northern Virginia Chapter of Christians in Commerce. Speakers Mark Lytle and Bill Colegrove. \$35 or \$240 for a table of 8. Register at www.cicintl.org/ novabusinessethics or 703-938-5247.

#### FRIDAY/FEB. 5

Daddy Daughter Dance. 6-8:30 p.m. Marshall Road Elementary, 730 Marshall Road SW, Vienna. Sponsored by the Vienna Woman's Club. Special fairy tale guest. Fathers, grandfathers, big brothers, godfathers and family members welcome. \$25 per couple. Ages 3 years to sixth grade. https:// vwcdaddydaughterdance.eventbrite.com.





## Here's What's Happening at MCC

Old Firehouse Teen Center Friday Field Trip The Cave

Friday, Jan. 29, 3:30-10 p.m. \$35/\$25 OFTC members

#### Old Firehouse Teen Center Teacher Work Day Trips The Zone

Friday, Feb. 5, 8 a.m.-6 p.m. \$55/\$45 MCC district residents



New! Better Than Bling Jewelry and Fashion Accessories Show Saturday, Feb. 6, 11 a.m.-5 p.m. Admission \$5 Children age 12 or younger free.



Puppet Festival Saturday, Feb. 20, 10 a.m.-1 p.m. Featuring performances by Crabgrass Puppets and Jim West Puppets \$15/\$10 MCC district residents



McLean Connection & January 27 - February 2, 2016 & 15

# Sports Snowstorm Q&A: Langley's Duenkel Watched Movies with Family

snowstorm caused Fairfax County Public Schools to cancel classes and athletic events from Thursday, Jan. 21 through Tuesday, Jan. 26. Some areas received more than 20 inches of snow during the weekend, according to the National Weather Service, creating a break from competition for local high school athletes.

Langley senior lacrosse player and James Madison University signee Halle Duenkel shared her storm experience via email with The Connection.

Q: Where do you live?

A: Great Falls.

Q: How did the amount of snowfall in your neighborhood compare to what you thought would fall?

A: The news channels definitely gave me the perception of a lot of snow but I was still not completely sure we would be getting over two feet!

Q: What, if any, preparations did you and your family make for the storm?

A: My mom and I went to the grocery store to grab some of the essentials before the storm. Also, my brothers and I played outside all day on Friday because we were afraid it would be too much snow to play in later!

Q: What did you do to pass the time during the storm?

A: Recently, I picked painting back up so I was able to paint a few canvases during the free time. My mom and I baked cake pops and made some new dishes together



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION Langley senior Halle Duenkel, seated in the middle, is signed to play lacrosse at James Madison University.

and then at night my family would pick a movie to watch together. The movie "Everest" did not go over so well with us! Q: Did you play in the snow? If so, what

did you do? A: My family and I enjoyed the snow to-

gether. My two younger brothers and I had a few snowball fights and we also helped shovel out our driveway. My dog was over her head in the snow, but she managed to

jump through to get to us. My youngest brother, Ryan, was also challenged on my mom's Facebook page to a "snow jump challenge." He had to get into his underwear and jump in the snow. Then he could challenge someone else. It was hilarious.

Q: You suffered a knee injury during your junior lacrosse season. Where are you in terms of rehab?

A: I tore my ACL, MCL, and meniscus of

my right knee in the beginning of May. In June, Dr. Keith Lawhorn reconstructed my knee using a graft from my hamstring. I worked harder than I ever have to get myself back to playing again. I pre-habbed for a month before surgery and then rehabbed for six months. I was able to use an AlterG machine that takes your body weight off of your legs. It's a bit like a baby "bouncy-seat!" I am now fully cleared to play and have been able to participate in team practices and conditioning sessions to get ready for the season.

Q: Do you play a winter sport at Langley or are you training for lacrosse?

A: I played basketball and then winter track in the past for Langley. I took this winter off from a winter sport to train for lacrosse. My coach, Maggie Kovacs, is getting our team ready for the season with green day practices, hard conditioning sessions, and team yoga. I also go to Perfect Performance, where Leonard Stephens (former Redskin) helps me regain my foot speed and quickness. I think I am faster now than I was prior to the injury, so in reality it's been a blessing! I will play my first game for Langley on Feb. 13 in the Valentine's Day shoot out tournament.

Q: Were you able to exercise/practice during the storm? If so, what did you do?

A: I worked out in our basement, but I especially think that shoveling two feet of

— Jon Roetman

## Snowstorm Q&A: McLean's Norton Went Sledding

snowstorm caused Fairfax County Public Schools to cancel classes and athletic events from Thursday, Jan. 21 through Tuesday, Jan. 26. Some areas received more than 20 inches of snow during the weekend, according to the National Weather Service, creating a break from competition for local high school athletes.

McLean catcher and Indiana softball signee Bella Norton shared her storm experience via email with The Connection.

Q: In what city do you live?

A: I live in McLean.

Q: How did the amount of snowfall in your neighborhood compare to what you thought would fall?

A: I did not think it would go over 20 inches, but when I walked outside it was be going out anytime soon (as of Sun- Indiana University. day night).

Q: What, if any, preparations did you and your family make for the storm?

A: We stocked up on food BIG time,



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION over my knees! It's pretty crazy. I won't McLean catcher Bella Norton signed a letter of intent to play softball at

and did as much shopping as we possibly could. We have nine people in our household. It's a lot of mouths to feed. We also

got candles, lighters, flashlights and batteries in case the power went out.

Q: What did you do to pass the time dur-

ing the storm?

snow is exercise!

A: I went through old photos and videos of our family when we were young, and watched a whole lot of Netflix!

Q: Did you play in the snow? If so, what did you do?

A: Yes! My family and my friends went to our closest elementary school and went sledding.

Q: Do you play a winter sport at McLean?

A: No, I do not play a winter sport, but I am on a big lifting and training schedule (hitting and catching) to get myself prepared to play my last season as a Highlander.

O: Were you able to exercise/practice during the storm? If so, what did you do?

A: I did softball drills in my house, as much as I could do given the circumstances! But my real workout was shoveling all the snow in our driveway.

— Jon Roetman



Barbara Lewis' kindergarten class at Churchill Road made cut-paper portraits of Martin Luther King, Jr., and shared a fact about his life. Pictured are Emily Foley, Alvaro Escobero-Marco and Emma Kry.

## Kindergartners Study Dr. King

Churchill Road kindergartners have spent the last several weeks studying Martin Luther King, Jr. The students learned about his life and how he worked to make the world a better place. Students in Ms. Barbara Lewis's class made cut-paper portraits of Dr. King and wrote facts about his life on their portraits. Students in Mrs. Erin Thurston's class listened to his "I Have a Dream Speech" and wrote about their own dreams for the world.



Churchill kindergartener Lane Hueber's dream for the world is that everyone love each other.



Churchill Road kindergartener Henry Zhou's dream for the world is that everyone is nice to each other.



Churchill Road kindergartner Ean Munn believes that the world would be a better place if we love each other.

I Season of Symphonies Featuring: Symphony No. 9 Antonín Dvořák "From the New World" arr. Erik W.G. Leidzén IV. Finale and Symphony No. 2 **Frank Ticheli** III. Apollo Unleashed SATURDAY, JAN. 30, 7 P.M. Yorktown High School 5200 Yorktown Blvd Arlington, Va. All concerts are FREE and open to the public. Tickets or reservations are

THE UNITED STATES

WASHINGTON, D.C

All concerts are FREE and open to the public. Tickets or reservations are not required. For more information about additional concerts in your area, please check our online performance calendar at: www.navyband.navy.mil. WWW.NAVYBAND.NAVY.MIL



McLean Connection & January 27 - February 2, 2016 & 17

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<sup>18 \*</sup> McLean Connection \* January 27 - February 2, 2016



### "Your Blood Pressure is a Little High, Mr. Lourie"



#### By KENNETH B. LOURIE

"You think? I'm a little nervous right now. I'm waiting for scan results from last week." (I mean, it's not as if my life depends on them or anything.) As much as my blood pressure, heart rate and temperature are vitally important, the CT Scan of my chest matters more. Although, I'm not so naive to think that those other readings couldn't indicate trouble/potential trouble. Nevertheless, I still feel, with the limited knowledge I have, that - and I don't want to get political here - my CT Scan trumps your vital signs. "If you need to get a reading, why don't you come back in 15 minutes after I've met with the doctor?

Thankfully, the scan results were/continue to be, amazingly encouraging. When my oncologist came into the examining room where I was sitting and waiting – and trying to remain calm, with my life/immediate future hanging in the balance, he said, rather nonchalantly, that my "scan was great" and that I was his "miracle patient": surviving nearly seven years now since my stage IV, non-small cell lung cancer (NSCLC) diagnosis in late February, 2009. He then sat at the computer and asked me the standard questions about pain, headaches, stroke-like symptoms, the neuropathy in my feet, need to reorder any prescriptions, new or worsening symptoms; all of which I answered in a noncomplicating way: "No. No. No." He typed in my responses and then suggested, while smiling, that we were negotiating. Not completely understanding his reference, I asked what he meant. And what he meant was, given my "miracle" status, the possibility of extending, yet again, the interval between my chemotherapy infusions, from four weeks to five (see column dated 11/25/15 entitled "All Four It") and extending as well my every-three-month CT Scan to every four or even six months and likewise extending the interval for my PET Scan to yearly. All of which sounded wonderful, but we were still "negotiating." My oncologist's concern/goal/intention in

these discussions is, and always has been, the quality of my life (after all, I do have cancer). And when I've had a particularly difficult postchemo week, as I experienced most recently, and told him as much, he feels as if it's a week of my life that he's sort of taken away and won't be able to ever give back. Extending the intervals is his way of trying to get me more good weeks and/or increasing the length of time between bad weeks.

However, there are no protocols, clinical studies or history even, for him to consult to determine how best to treat me: "me" being a stage IV, non-small cell lung cancer patient who's alive, reasonably well and still undergoing treatment SEVEN YEARS after originally being "prognosed" to die within "13 months to two years." At this point, he said, it's more common sense and patient preference that dictates how we proceed.

Ergo, these conversations are all about me. My doctor makes suggestions/considerations and listens to my concerns (make that anxieties) and DOES NOT direct/push/control the outcome/decisions that are ultimately made. Together, we attempt to sort through my objections/assumptions/presumptions/misunderstandings, etc., to figure out a way forward that balances the quality of my life with the effectiveness of my treatment.

Unfortunately, there's no patient handbook that I know of - called "Cancer for Dummies." If there were, perhaps I wouldn't mind navigating this minefield of life-altering, death-defying hopefully - choices, that constantly present themselves. Then again, at least I'm still alive to have choices - and normal blood pressure, most of the time.

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

## 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/JAN. 28

- Genealogy Program. 7:30-9 p.m. Kilmer Middle School, 8100 Wolftrap Road, Vienna. Fairfax Genealogical Society monthly meeting and program. Speaker: Sharon Hodges on Expanding Research to Resources Not Available On Line. Free. 703-644-8185.
- Great Falls Writer's Group. 11-12:30 p.m. Meeting Room, Great Falls Library, 9830 Georgetown Pike, Great Falls. Support group for writers. Adults. 703-757-8560.
- Davinchi Drone and Coder's Meet-Ups. 6:30-8 p.m. Meeting Room, Great Falls Library, 9830 Georgetown Pike, Great Falls. Learn about building, maintaining, customizing, and coding drones. All levels welcome. All ages. 703-757-8560

#### SATURDAY/JAN. 30

Genealogy Education Workshop. 10 a.m.-3 p.m. Dunn Loring Volunteer Fire Station, 2148 Gallows Road, Vienna. Fairfax Genealogical Society educational workshop featuring Sharon Hodges, "There's More to The Census Than What's On Line." Free. 703-644-8184.

#### SUNDAY/JAN. 31

Homeseller Seminar. 1-4 p.m. 774-A Walker Road, Great Falls. Are you an overwhelmed owner? Become a savvy seller. Offered by Lyons McGuire Homes and Estates of Keller Williams Realty. Speakers include stager, organizer, home inspector and more. Learn insider secrets to getting the most money for your home. Free. RSVP Gina@LyonsMcGuire.com.

#### SATURDAY/FEB. 6

Fairfax County NAACP Open House. 10 a.m. Kings Park Library, 9000 Burke Lake Road, Burke. Meet community leaders and members, discuss your pressing concerns, provide feedback, and enjoy food and music.

#### ONGOING

- The Northern Virginia Long Term Care Ombudsman Program needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov . Also visit www.fairfaxcounty.gov/dfs/olderadultservices/ ltcombudsman/.
- Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults
- and click on Volunteer Solutions. Respite Care volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact 703-324-7577, TTY 711, or
- Kristin.Martin@fairfaxcounty.gov. Fairfax County needs a volunteer **Senior Center** Marketing Coordinator to assist the Friends of Fairfax County Senior Centers with marketing. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.
- The Lewinsville Senior Center in McLean needs instructors for the following classes: Line Dance, Zumba Gold, Certified Arthritis Exercise, Square Dance, Basic Guitar, Art and Basic Spanish. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.
- Food Drive for CHO. Places vary. Please help CHO to help others in our area. All food contributions greatly appreciated. CHO is making plans for the holidays. Please bring new unwrapped gifts for children and teens to Vienna Presbyterian Church, 124 Park St., NE, Vienna, on Dec. 11 between 9 a.m. and noon.
- Questions? Contact at cho@cho-va.com. The **Shepherd's Center of Oakton-Vienna** has an urgent need for volunteer drivers to take area seniors to medical appointments and other activities. Opportunities to volunteer for other services are also available. No long-term commitment and hours are flexible to fit your schedule.Visit www.scov.org or contact the Volunteer Coordinator at 703-281-5086 or email volunteer@scov.org.

McLean Connection & January 27 - February 2, 2016 & 19









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1560 McLean Commons Ct, McLean \$889,000 Beautiful and spacious end-unit in sought after McLean Commons! Featuring 3 bedrooms and 3.5 baths on 3 finished levels; open concept floorplan lends to easy flow from room to room; updated kitchen w/ granite, travertine & tile flooring; elegant living room; formal dining room; lovely owner's suite; spacious LL rec room; fenced-in backyard; McLean HS!

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20 🔹 McLean Connection 🔹 January 27 - February 2, 2016