

# Brooks Farm: Decision Awaits

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# Brooks Farm: Decision Awaits

**Planning Commission scheduled to make recommendation on proposal for 20 homes this week.**

BY KEN MOORE  
THE CONNECTION

**T**wenty one hours and 37 minutes after he started his day on Thursday, Jan. 21, Great Falls Citizens Association president Eric Knudsen told the county's Planning Commission the importance of Great Falls to the entire county and to the Chesapeake Watershed.

"This is why we are so concerned about this application, this is why we need to draw the line," said Knudsen at 1:37 a.m. "As a community, we are trying to protect the community, we want to protect the water. It is our asset."

More than 1,400 people in Great Falls signed a petition opposing Basheer-Edgemoor Brooks application to rezone 51.97 acres of farmland off Springvale Road and around Walker Lake to allow building 20 homes.

Many testified before the county's Planning Commission in a four hour hearing that started Thursday, Jan. 21 and lasted past 2 a.m. on Friday, Jan. 22.

"We are the voice for Great Falls. We find that consensus and take it to the county to make sure our voice is heard," said Knudsen. "You've heard multiple times tonight how the community feels."

**THE PLANNING COMMISSION** listened to more than four hours of testimony from commission staff and from citizens, mostly in opposition but some in support of the plan to rezone 51.97 acres of property off Springvale Road.

"It is very clear this is a special piece of property to people in the community," said Gregory Riegle, representing the potential developers. "We went to great pains to ensure that we have complete answers to questions."

Basheer/Edgemoor-Brooks spent more than a year revising its application in attempt to meet concern of residents, especially regarding density, septic, stormwater, environmental, well, water, preservation of trees, and other features of the property around Walker Lake.

The proposal to rezone the property to permit Basheer/Edgemoor-Brooks to develop 20 single family homes in a cluster subdivision, meaning houses would be on smaller lots with open space around.

The developers convinced some, including neighbors Elyse and Bob Turkeltaub.



**The Fairfax County Planning Commission heard testimony until the wee hours of the morning on rezoning Brooks Farm. Here, Eric Knudsen, president of the Great Falls Citizens Association addresses concerns.**

PHOTOS BY KEN MOORE/THE CONNECTION



**Fairfax County Planning Commission John Ulfelder, Dranesville Commissioner, had dozens of questions for speakers at a public hearing regarding Brooks Farm. The hearing started on Thursday, Jan. 21 and ended at 2:02 a.m. on Friday, Jan. 22.**

"Initially we did not favor it, but over time, as we met with them, we think it is a good and reasonable idea," Bob Turkeltaub said.

**BUT MANY IN GREAT FALLS** are still not convinced.

Supervisor John Foust held a meeting Jan.

19 on the final application plan. More than 100 people attended, and nearly all the attendees opposed the plan.

"Opposition to this development is huge," said Knudsen.

Robert Weaver lives on Springvale Drive, shares a property line with the owners, and moved to Great Falls in 1996.

"I will tell you this quick story. We fell in love with Great Falls and had our wedding in the backyard," he said. "The morning of the wedding, the horses decided they wanted to come to the wedding and they trampled through."

"After that episode marriage has been easy," he said.

Weaver voiced concern about the aquifer and contamination in the well water, an issue for all surrounding the properties because there is no sewer service in Great Falls.

The Forest Lake Homeowners' Association opposes the development because of community opposition, rezoning concerns, traffic issues and increased density.

James Trent said it is "premature to develop RA parcels such as Brooks Farm without recognizing the significant impact of unchecked RE development."

**ENVIRONMENTAL STEWARDSHIP** and protection are key words where consensus must be reached, no matter what the Planning Commission decides to recommend to the Board of Supervisors.

"We like the fact that we are in the woods, we would like to preserve as many of the bigger trees as possible. I think people that buy high-end homes would protect their environment, they will be our new neighbors," said Elyse Turkeltaub.

Members of the Planning Commission said that the 36-pages of proffers in the application should include arduous guidelines for attending to the environment long-term.

"If those HOAs don't have good guidelines and understanding of the responsibility to do this, it will go away," said Knudsen. "We need to do more."

Great Falls was part of a downzoning more than 30 years ago designed to protect drinking water and the Potomac River, with much of the area zoned for one house for five acres.

The Planning Commission has scheduled its next decision-only hearing on the property for this Thursday, Feb. 4.

"I hope you will consider working some more on storm water system, particularly in terms of phosphorous management," said Commissioner Kenneth Lawrence.

"The staff report is thorough and the proffers reflect a lot of negotiation," said Dranesville Planning commissioner John Ulfelder. "I want to thank the folks from the community."



**Front row, from left, Eliza Pastore, Stuthi Iyer, Roya Lajmiri, Julianna Grimson and Jacqueline Grimson (not pictured Isabelle Saba and Ale van Scoyoc). Back row, from left, Ranger Susan Finta, Ranger Brent O'Neill, and Ranger Ahmad Toure (not pictured Ranger Franice Sewell).**



PHOTO CONTRIBUTED

## Great Falls Girl Scout Troop 1991 Earns the Silver Award

The girls of Great Falls Girl Scout Cadette Troop 1991 earned the organization's Silver Award—the highest award for a Girl Scout Cadette.

Each girl planned and completed an individual 50-hour community service project at the Great Falls National Park. The girls' mission was to update the Children's Corner at the National Park Visitor's Center. The Cadettes developed a variety of new activities such as, games, puzzles, podcasts, trail map, animal characters, activity sheet, touch boxes, and

educational table tops. The projects will be added to the Visitor's Center over the next several weeks.

In August of 2016, the National Park Service turns 100. The revitalization of the Children's Corner kicks off a second century of stewardship for America's national parks and for communities across the nation.

From Daisy Scouts who started ten years ago, the girls of Great Falls Troop 1991 now begin their next phase as Senior Scouts.

## Inova Sports Medicine Partners with Sports Clubs

Inova Sports Medicine partnered with Great Falls Soccer Club (GFSC) and Great Falls Lacrosse and Field Hockey Association (GFLA). GFSC is a youth soccer organization in the Northern Virginia area for athletes from age 3 to 18. GFLA is a youth organization in the Northern Virginia area for athletes from age 4 through high school.

The partnership between Inova Sports Medicine GFSC and GFLA will deliver cutting edge education, consultation, health services, concussion management and performance training to the Great Falls athletic community.

"We are looking forward to delivering to our members, cutting edge education and awareness of sports injuries, their prevention and care through our partnership with Inova Sports Medicine," says Commissioner Will Simonds of the Great Falls Soccer Club.

"We are excited about our partnership with Inova Sports Medicine and look forward to providing our players and parents with the latest information about sports injuries, their prevention and care," says Commissioner Jeff Grimson of GFLA.

This relationship grants GFSC and GFLA athletes priority access to Inova's one-stop-shop model for sports medicine care.

Chris Young, director of Athletic Training Services and Outreach, notes, "In order to provide the highest level of service we know it is important to also limit the hassle and stress that are often associated with injury. The all-in-one facility allows for increased efficiency and improved communication between every member of our team and greater consistency of care overall."

Simonds said, "Sports injuries in our youth are more common than ever before. Knowing that we are equipping our coaches, parents, and members with the most current protocols to ensure player safety and injury prevention is a big step towards providing one of the best soccer programs in the area."

For more information on the Inova, GFSC and GFLA relationship, contact Chris Young, Inova director of Athletic Training Services and Outreach, at 703-970-6463.

Further information about Inova Sports Medicine can be found at [www.inova.org/sportsmedicine](http://www.inova.org/sportsmedicine).

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## WEEK IN GREAT FALLS

### GFCA Forum on Marmota Farm on Feb. 9

The Great Falls Citizens Association (GFCA) will host an information meeting for members and the public on the largest undeveloped piece of property in central Great Falls, known as Marmota Farm. Located at 9800 Georgetown Pike, the privately-held property is zoned residential and is currently for sale. It could be subdivided for houses, and developed on a by right basis.

Several area stakeholders have raised concerns to GFCA about the fate of this property and what may become of it if it is sold. A local group—Save Marmota Farm—has proposed that the Fairfax County Park Authority purchase the property to preserve it as a semi-rural park.

In an effort to raise awareness, and generate input from interested individuals and groups, GFCA will host a Town Hall meeting at the Great Falls Library (9830 Georgetown Pike) on Tuesday, Feb. 9 at 7:30 p.m. GFCA's Land Use and Zoning Committee will moderate the program; speakers will include representatives from Save Marmota Farm, Fairfax County Park Authority, and Supervisor John Foust's office. The seller's representative and residents from a nearby neighborhood may also speak.

There will be a Q&A period for individuals at the end of the session and GFCA will provide short updates on other local land use issues. The public is invited; please go to [www.gfca.org](http://www.gfca.org) for more information.

### Great Falls Writer's Group Reschedules Youth Contest

Due to rescheduling community and educational events affected by blizzard-related school closings, the Great Falls Writer's Group is rescheduling its Youth Creative Writing Contest for Saturday, Feb. 27, to accommodate greater participation. The second annual contest is open to sixth-graders who reside within the 22066 ZIP code or eligible to attend Great Falls schools due to school zoning.

The contest will be held at Great Falls Library, 9830 Georgetown Pike, Great Falls. Participants must register online at <http://www.signupgenius.com/go/30e0845a4a82ba4fa7-2016>

Sign-up is first-come, first-served. Bring proof of residency within 22066 or proof of attending a public school in Great Falls, pencils, loose-leaf paper, and a self-addressed-stamped envelope for returning original work after judging.

### Nominations Sought for Volunteer Service Awards

Volunteer Fairfax Seeks Nominations for the 24th Annual Fairfax County Volunteer Service Awards. Awards recognize the contributions of volunteers in our community.

Deadline to nominate is extended to Tuesday, Feb. 9.

Anyone can nominate. Community and civic groups, government agencies, faith organizations, educational institutions, and local nonprofits are encouraged to nominate the outstanding volunteers who support their mission. Individuals may also nominate. To submit a nomination visit [www.volunteerfairfax.org](http://www.volunteerfairfax.org).

Award nominees and recipients will be recognized at the 2016 Fairfax County Volunteer Service Awards breakfast on Friday, April 8 at The Waterford at Springfield. The event is open to the public and is attended by over 400 community and business leaders. Special guests at the Fairfax County Volunteer Service Awards will include Chairman Sharon Bulova and the Fairfax County Board of Supervisors.

The deadline to nominate is Tuesday, Feb. 9 at 4 p.m.

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## NEWS

# Saving the Community Hall; Preparing for Closure

**McLean Community Center likely to be closed for renovations in 2017 from April through November.**

BY KEN MOORE  
THE CONNECTION

**T**he McLean Community Center's Central Financing Committee transformed a week of public worry into a probable solution for the center's beloved and well-used Maffitt Hall community room.

"We know how important this room is to everybody in McLean," said Andrea DelVecchio, McLean Citizens Association liaison to the MCC Governing Board.

McLean Community Center's \$8.1 million modernization project is over budget, and at last week's Governing Board meetings, a controversial proposal would turn the 900-square-foot Maffitt Hall into office space.

But with a little help from friend and comptroller Ashok Karra, the committee was able to channel \$125,000 from the HVAC budget into the construction project and \$25,000 more from reserves for the center.

That money had been carried over since 2011.

"A brilliant solution to some of our problems," said Governing Board member Dennis Findley, chair of the Capital Facilities committee.

"A lot of people are interested in what's going to happen," said MCC executive director George Sachs.

"We have some extra dollars, everyone should pat themselves on the back," said Findley.

**MARK ZETTS**, of McLean Citizens Association's Planning and

Zoning Committee, came to last week's meeting to advocate for Maffitt Hall to be saved for community use.

"We have been using the room for 15 years," he said.

McLean Citizens Association uses Maffitt Hall regularly,

Zetts said, emphatically, and the McLean Community Center has always been able to give MCA space for members to meet with architects, developers, community members, commissioners and supervisors at a moment's notice.

"I was surprised to see that Maffitt was turned into office space," said Zetts.

The \$150,000 will save the community hall, as well as construction and renovations needed on the basement and administrative offices.

**THIS THURSDAY**, Feb. 4, the MCC Board's Capital Facilities Committee is scheduled to make a recommendation to the entire Board on two design plans, one that saves the community room



PHOTOS BY KEN MOORE/THE CONNECTION

**Dave Hallett, of the Lukmire Partnership, showed two design plans to the McLean Community Center's Capital Facilities and Finance committees. One design plan saves Maffitt Hall.**

and one that turns the Maffitt Hall into office space.

"I'd like everyone to sit with this and take it in," said Findley.

He called the modernization project "a once-in-40-year event."

"We will have to buckle up and make it through," he said.

years, The McLean Community Center will prepare for the center to close during construction of the front parking lot and storm water drainage piping. At this point, a possible timetable would be closure from April 1, 2017 through Nov. 30, 2017 for construction.

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After several months training with her FitCoach, Barbara is 50% stronger. She looks fantastic. She is strong, fit and, most importantly, healthy.

Tyler is impressed. “To see someone who has gone through so much and is now achieving her goals – it’s incredible. Barbara always wants me to challenge her, and I love it! What makes me most proud is the simple fact that she is proud of herself. I may have helped along the way, but if she hadn’t made the first step to come into Koko FitClub, none of this would have been possible.”

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## Economic Development in Virginia

The General Assembly prides itself in providing a pro-business climate, but refuses infusion of more than \$3 billion annually.

Hundreds of bills before this year's General Assembly session focus on "business climate," providing incentives for businesses to locate and expand here, extending tax exemptions and tax credits, encouraging international trade, reducing regulation and many other approaches perceived as pro-business.

Previous years of robust economic growth have been fueled by federal spending in Northern Virginia, but now that growth has slowed due to reduced spending on defense, homeland security and other programs.

But ideology and partisan politics have led this otherwise pro-business state to ignore pleas from virtually every business group in the Commonwealth to adopt a policy that would result in more than \$3 billion in economic activity, add more than 30,000 jobs, make the overall population healthier, save the lives of many poor residents and pave the way for solving Virginia's mental health crisis.

Implementing Medicaid expansion in Vir-

ginia would provide a \$3.9 billion boost to the Virginia economy annually, according to an independent study commissioned by Virginia Hospital and Healthcare Association, and could support more than 30,000 additional jobs. (The multiplier effect results in economic benefits several times greater than the initial injection of funds.)

In no way should the decision on expanding Medicaid be left up to the General Assembly that is gerrymandered to favor ideologically driven members who oppose the Affordable Care Act for inconsistent reasons without regard to the wellbeing of the Commonwealth and its residents.

To quote the VHHA study: "Strengthening the existing Medicaid program and potentially extending coverage to an estimated 400,000 low-income adults has far reaching consequences that go well beyond what can be quantified in purely economic terms."

— MARY KIMM

## Another Opportunity to Talk About It

Super Bowl Sunday is Sunday, Feb. 7, and often more about the parties than the game. The parties have resulted in a measurable increase in impaired driving on that day.

During Super Bowl Sunday 2012, more than a third of traffic fatalities involved alcohol-impaired drivers according to the National Highway Traffic Safety Administration.

"It's important to have a game-plan prior to kick-off and to beat this too often deadly opponent," said Kurt Gregory Erickson, president of the nonprofit Washington Regional Alcohol Program (WRAP), a local 34-year-old public-private partnership.

Plan to bring a designated driver. Plan to party where you can take public transportation. Plan to celebrate at home or someplace where you can spend the night. Plan to abstain. Plan to call a cab or Uber or Lyft and retrieve your car the next day if need be.

But don't miss the chance to talk to the members of your household and members of your social circle about the importance of keeping impaired drivers off the road.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

## LETTERS TO THE EDITOR

### Standing and Walking Again

To the Editor:

I am writing you to tell you about a neurological physical therapy center located in Vienna that is doing amazing things to help many disabled residents of Fairfax County. The center is called Advanced Physical Therapy (APT) — aptrehab.com — and its owner and therapist is Dr. Valerie Gibson. Dr. Gibson's center is unique as it specializes in the treatment of neurological diseases and injuries. At APT, leading edge rehabilitation technology is combined with expert hands-on therapy which helps to maximize function and increase independence in patients with spinal cord injuries, like me, and patients who have had a stroke, Multiple Sclerosis, Parkinson's disease, brain injuries, and other neurological illnesses and conditions. Dr. Gibson is using new and emerging technologies which are transforming the field of neurorehabilitation. APT is the only clinic in Northern Virginia that has the most advanced technologies to assist patients in their physical recovery. The staff at APT has received advanced training by experts in the field and have earned all necessary certifications to use these remarkable devices to enhance their patient's potential to overcome the challenges created by their impairments.

In 1977, at the age of 17, I myself suffered a severe and life-threatening spinal cord injury diving into a swimming pool and was paralyzed from the neck down. With expert medical attention and months of excruciating pain and hard work, I recovered some of my movement. While I was able to recover most of the normal function in my hands and arms, my legs, however, would never again function normally. I was able to walk again, albeit in a different manner than most people. I was determined not to let my accident define me. I graduated from college and went to work. I spent over 20 years in mortgage finance and information technology industry.

Although after my accident I was able to walk with a modified gate for many years, in 2008, my physical condition started to slowly worsen and I was forced to start using a cane and then eventually a walker. After years of research and medical consultations, I was diagnosed with a "tethered" spinal cord. As a result of my original injury, my spinal cord had become attached to my spine, causing my physical deterioration and continuous, unbearable pain.

In May 2012, I had surgery at NIH to detach my spinal cord from my spine. The surgery left me a quadriplegic for the second time

in my life and I now spend 100 percent of my waking hours in a wheelchair. Over the past three years, with the help of Dr. Gibson, I have worked hard to try and regain the mobility in my arms and legs. My plan is to continue to stay physically prepared for any new procedures or one day, even a "cure".

APT has recently acquired a life-changing, remarkable product called the Ekso Robotic Exoskeleton (http://www.eksobionics.com/ekso). This is a bionic suit (yes, like the 6 Million Dollar Man) allows someone like me to be able to stand and walk again. This device enabled me to not only stand up but also to walk again for the first time in over 3 years. The Ekso Robotic Exoskeleton helps not only people with spinal cord injuries but also survivors of strokes and other forms of lower extremity weakness to walk again.

I am so very passionate about neurorehabilitation, not only for me but for the many people that these new technologies like the Ekso Robotic Exoskeleton, that I thought you may be interested in doing a story about Dr. Gibson and Advanced Physical Therapy and what she is doing to really change people's lives.

Paul Brown  
Vienna

## 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.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

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# FAITH

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

**Emmanuel Lutheran Church**, 2589 Chain Bridge Road, Vienna, is holding Sunday evening worship service in a less formal atmosphere and more intimate setting to help you get ready for the week ahead. Sundays, 6 p.m. Communion offered. No childcare. 703-938-2119 or [www.elcvienna.org](http://www.elcvienna.org).

**St. Francis Episcopal Church**, 9220 Georgetown Pike in Great Falls, offers musical, educational, outreach and fellowship ministries in addition to worship services, including a 7:45 a.m. worship service without music; 9 a.m. worship service, children's chapel and children's choirs; 10 a.m. Sunday school and adult forum; and 11 a.m. worship service with adult choir. 703-759-2082.

**The Antioch Christian Church** offers a time of Prayer and Healing on Wednesday evenings at 6:30 p.m. for anyone wanting encouragement and healing through prayers. People are available to pray with you or for you. Antioch Christian Church is located at 1860 Beulah Road in Vienna. [www.antiochdoc.org](http://www.antiochdoc.org)

**The Jewish Social Services Agency (JSSA)** offers a wide variety of support groups for those with emotional, social, and physical challenges. [www.jssa.org/growth-learning](http://www.jssa.org/growth-learning).

**HAVEN of Northern Virginia** offers a variety of free bereavement support groups, meeting on a weekly basis. 703-941-7000 or [www.havenofnova.org](http://www.havenofnova.org).

**McLean Bible Church** Fitness Class at Body & Soul Fitness. Gain balance, energy and strength at 9:45 a.m. Mondays and Fridays. Free childcare for registered students. [bodyandsoul@mcleanbible.org](mailto:bodyandsoul@mcleanbible.org).

**St. Dunstan's Episcopal Church**, 1830 Kirby Road in McLean, holds a third Sunday service every month at 10:15 a.m. which allows children to play active roles in the music and as greeters and ushers. Traditional services are every Sunday at 8:15 and 10:15 a.m.

**Vienna Christian Healing Rooms** are open, every Saturday, 1-5 p.m., at 8200 Bell Lane. A team of Christians is available to anyone requesting prayer. Free and open to the public. 703-698-9779 or [www.viennachristianhealingrooms.com](http://www.viennachristianhealingrooms.com).

**Chesterbrook United Methodist Church** is at 1711 Kirby Road, McLean. Worship service is at 11 a.m. Sunday school is at 9:30 a.m. for adults and children. 703-356-7100 or [www.ChesterbrookUMC.org](http://www.ChesterbrookUMC.org).


**Centering Prayer Group** meets Fridays, 9:30 a.m. at Andrew Chapel United Methodist Church, 1301 Trap Road, Vienna. The hour includes a brief reading related to Centering Prayer, followed by a 20-minute prayer period. E-mail Martha Thomas at [mmthomas211@hotmail.com](mailto:mmthomas211@hotmail.com) or call the church at 703-759-3509.

**The Jewish Federation of Greater Washington and the Jewish Outreach Institute** offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. [ShalomDC.org](http://ShalomDC.org).

**Unitarian Universalist Congregation of Fairfax**, 2709 Hunter Mill Road, Oakton, offers the Religious Exploration (RE) program for all children, from pre-K toddlers through high school seniors, emphasizing exploration of all religious traditions while developing a personal spiritual path. The RE program offers classes on Saturday afternoons and Sunday mornings. 703-281-4230.




**Trinity United Methodist Church**, 1205 Dolley Madison Blvd., McLean. Sunday worship services are at 8:30 and 10:30 a.m. Sunday School for adults is at 9:30 a.m. and for children during the 10:30 a.m. worship service. Youth Group for grades 7-12 meets Sundays at 6 p.m. A 20-minute service of Holy Communion is held each Wednesday at noon. 703-356-3312 or [umtrinity.org](http://umtrinity.org).

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WELLBEING

# American Heart Month

Month-long observance raises awareness about cardiovascular disease and the role of aerobic exercise in preventing it.

By MARILYN CAMPBELL  
THE CONNECTION

Music is thumping, sweat is dripping and hearts are pounding. In a packed aerobic dance, students move in the name of health.

"There's a push by the community to have aerobic and cardio programs, especially one that starts after 5 p.m.," said Peter Selikowitz, director of the Potomac (Md.) Community Recreation Center, where the aerobic dance classes are held. "That has been a big shift in recent years, and it's a shift we're looking to make."

Throughout the month of February, in honor of American Heart Month, health and fitness professionals are raising awareness about cardiovascular disease and the role of aerobic exercise in preventing it. While recent studies, including one by the Mid America Heart Institute, found that extreme exercise training and competing in endurance events can actually damage the heart, exercise is still the best prescription for a healthy heart.

"All aerobic activity has the potential to bring positive health benefits if the correct intensity [or] level

of difficulty and duration are used," said Michelle Walters-Edwards, chair and associate professor Health and Human Performance at Marymount University in Arlington.

Some warning signs that one's exercise program might be too intense include "constantly sore muscles, a changes in mood, trouble sleeping, a decrease in appetite or feeling weak," said Joel Martin, Ph.D., assistant professor of kinesiology at George Mason University. "Those are signs that you might be over-training."

"Too much aerobic exercise can also cause soft tissue issues such as tendinitis and muscle strains, these are signs that the volume of exercise is too great for the muscles and tendons to deal with and this should

## Wear Red Day

FRIDAY, FEB. 5

The American Heart Association is encouraging residents to show support for the fight against heart disease in women by wearing red on Friday, Feb. 5 — National Wear Red Day. Part of the American Heart Association's Go Red for Women movement, Wear Red Day focuses the attention on heart disease, the number one killer of women in America.



PHOTO BY MOLLY TOBIAS

**Joel Martin, Ph.D., assistant professor of kinesiology at George Mason University, demonstrates aerobic exercise, a tool in the fight against heart disease.**

be modified," said Walters-Edwards.

To hit the right target for intensity and duration, both Martin and Walters-Edwards advise that organizations such as the American Heart Association and the American College of Sports Medicine (ACSM) offer guidelines to help one achieve an optimum level of aerobic intensity. To achieve the best intensity for one's fitness level, the formula calls for subtracting one's age from 220 and multiplying that

"All aerobic activity has the potential to bring positive health benefits if the correct intensity [or] level of difficulty and duration are used."

— Michelle Walters-Edwards, chair and associate professor, Health and Human Performance at Marymount University

number by 0.5 for beginner, 0.69 for someone who exercises frequently for moderate intensity and by 0.8 to 0.85 for vigorous intensity, for those with significant experience with aerobic exercise.

ACSM recommends 30-minutes of aerobic exercise three to five days ideally five days each week at a moderate intensity. "If you can hold a conversation while exercising that is a safe intensity for beginners," said Walters-Edwards.

The standards are based on "how fit you already are, your age and how accustomed your body is to the demands of cardio workouts," said Walters-Edwards. "The more accustomed you are to working out aerobically the greater your endurance capacity will be."

A beginner, says Walters-Edwards, might aim for a combination of walking and jogging to reach the 30-minutes recommended daily minimum. This time can be broken down into two 15-minute sessions. "It is always a good idea to have at least one rest day per week with no exercise to support recovery, she said.

## 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 [www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm](http://www.fairfaxcounty.gov/dfs/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 [www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm](http://www.fairfaxcounty.gov/dfs/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](http://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](http://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](http://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](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

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Barn at Marmota Farm

PHOTO BY JOHN MARCIANO



PHOTO FROM A DRONE BY JOHN MARCIANO

**Marmota Farm is a visual anachronism: 22.78 acres of pristine farmland in the center of 21st-century Great Falls.**

# Call to Save Marmota Farm

## Answering frequently asked questions.

**What is Marmota Farm?**  
Marmota Farm is a visual anachronism: 22.78 acres of pristine farmland in the center of 21st-century Great Falls with 1,000 feet of frontage on scenic Georgetown Pike. The Great Falls Grange and Schoolhouse, owned by the Fairfax County Park Authority (FCPA), are contiguous properties on Innsbruck Avenue to the west.

### Who owns Marmota Farm?

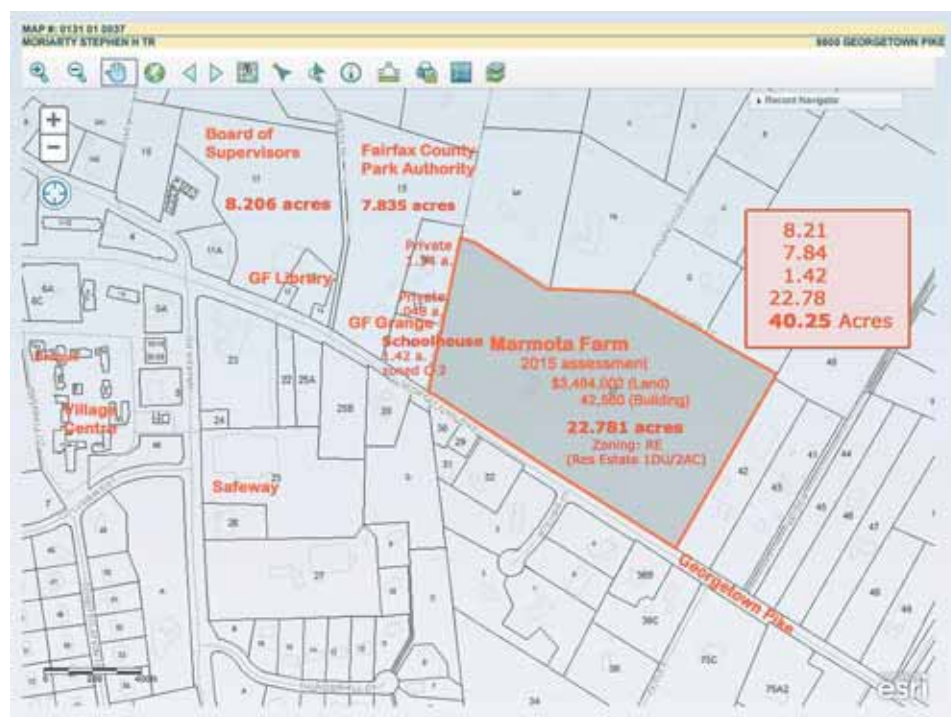
According to Fairfax County tax records and local residents, the property was once a dairy farm operated by the Digges family, later subdivided and renamed “Marmota Farm” by local resident Lucy Hanes. The Souhail El-Farouki Trust purchased the land in 1991. Stephen Moriarty of Chadwick Washington in Fairfax is the trustee.

### How is Marmota Farm now used?

Unlike most private property on Georgetown Pike, the former Digges Farm has been spared from development for residential use. A 2,142 square foot dairy barn dating to 1925 is intact. It has no public access, but the owner permits community use for a 5K run on July 4. Horses from Lift Me Up, a therapeutic riding service that borders Marmota to the east, have grazing privileges on Marmota’s well-established pastures. The property is zoned RE — residential estate — with a minimum lot size of two acres. Fairfax County’s comprehensive plan identifies the property as potential parkland.

### What is the status of Marmota Farm?

Bruce Winston of Fraser Forbes of McLean



Marmota Farm map.

lists the 23-acre Marmota parcel for sale at a reported asking price of \$16.5 million. Fairfax County’s assessment, based on present use, is \$3.48 million. A subdivision plat for 11 houses on 2-acre lots with an entrance from Georgetown Pike has preliminary approval from Fairfax County and can proceed with Fairfax County’s administrative approval. No public hearing is required for “by right” use.

### What is Save Marmota Farm?

Save Marmota Farm (SMF) formed last summer to investigate a proposal that Marmota Farm be purchased with funds from a 2016 park bond referendum that will go before voters in November. Since its organizational meeting, the group of about 25 has reached out to Marmota Farm neigh-

bors, community groups, elected and appointed government officials, conservation trusts and funding experts, preservation activists, and the owner, trustee, and agent of Marmota Farm.

### What does SMF want?

The focus is to preserve Marmota Farm as “natural open space for public benefit.” SMF does not envision athletic fields, lights, or construction that would change the farm’s “view shed” or require operational funding from Fairfax County. People, families, pets, joggers, and gardeners could benefit from a park with no adverse environmental impact and minimal maintenance costs.

### What is the plan?

Marmota is integral to the “semi-rural”

## Town Meeting on Feb. 9

Editor’s note: Marmota Farm will be the subject of a town meeting sponsored by the Great Falls Citizens Association at the Great Falls Library at 7:30 pm on Tuesday, Feb. 9. These “FAQs” were summarized by Jack Nutter and the members of Save Marmota Farm.

identity of Great Falls as one of the most unusual residential communities in the Washington D.C. region. SMF seeks a path to creatively finance the purchase of Marmota “for public benefit” without diminishing the benefits of sale that accrue to the present owner. Suggested options such as donations to buy the property, conservation easements or trusts, and foundation support begin with a commitment from county government to preserve the property, possibly starting with funds from the 2016 park bond referendum. At present, only \$10 million of the total \$87 million in proposed bond revenue is earmarked for land acquisition in the whole county, but that proportion could change.

### What guarantees Marmota will remain as open space?

There are no assurances, but it is important to communicate community values to local, stat, and federal elected officials.

### What happens if Marmota Farm is developed?

Density and traffic would increase on Georgetown Pike and the rural “view shed” in the heart of Great Falls would be lost. With its quiet representation of our agrarian heritage, Marmota Farm has for decades identified “semi-rural” Great Falls. Its preservation requires urgent community action — now.

Contact Andrew Roesell at [savemarmotafarm@gmail.com](mailto:savemarmotafarm@gmail.com) or comment at “Save Marmota Farm” on Facebook.



## SCHOOLS



PHOTO CONTRIBUTED

From left — Mason Liddell, Taylor Kuligowski and Sophie Rogers.

# Langley Rowers Win Two Gold, One Silver

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

From Langley, Mason Liddell took home the gold in the Junior Lightweight Men 1500m (age 15), Taylor Kuligowski took home the gold in the Junior Women 1500m (age 15), and Sophie Rogers took home the silver Junior Lightweight Women 2k (age 17). Also, competing for Langley and placing well in

their categories were: Stephen Kalinsky, Eliza Pastore, Emily Elkas, Helen Chambers, Leah Damelin, Katie Slade, Nick Stankey, Paul Gorka, Justin Meeker and Erin Pierce.

The Mid-Atlantic Erg Sprints included more than 2,000 competitors from over 100 clubs, with athletes ranging in age from five years to over eighty. It is the largest satellite-qualifying event for the World Indoor Rowing Championships (C.R.A.S.H.-Bs) which will take place in Boston on Feb. 27.



PHOTO CONTRIBUTED

Participants in Langley's Geography Bee on Jan. 14.

## The Langley School Crowns Geography Bee Champion

Ten students in grades 4-8 at The Langley School tested their geographic knowledge during the first round of the 28th annual National Geographic Bee on Jan. 14. After the students tackled a series of challenging questions, Langley crowned its 2016 winner, seventh-grader Chris Stewart, who won the school's competition for the second straight year.

As Langley's winner, Chris advances to the next level, a writ-

ten examination to determine state competitors.

Students who competed in Langley's Geography Bee on Jan. 14 included: eighth-graders Manu Kini and Jackson Merrick; seventh-graders Bela Aguilar and Chris Stewart (champion); sixth-graders Soud Al-Saif and Keira Cornwell (runner-up); fifth-graders Adrianna Leckow and Jack Nelson; and fourth-graders Nasma Doyle and Tom Weed.

## Make A Difference in Your Community! Run for a Seat on the McLean Community Center Governing Board

### PUBLIC NOTICE OF ELECTIONS McLEAN COMMUNITY CENTER GOVERNING BOARD SMALL DISTRICT 1A OF THE DRANESVILLE DISTRICT FAIRFAX COUNTY, VIRGINIA

This **OFFICIAL NOTICE** of elections to select members of the 2016-2017 Governing Board of the McLean Community Center (MCC) is given to residents of Small District 1A of the Dranesville District, Fairfax County, Virginia (referred to as "Small District 1A"). The McLean Community Center operates as a Special District Agency of the Fairfax County Government through a Memorandum of Understanding between the Fairfax County Board of Supervisors and the MCC Governing Board. On February 8, 1984, the Board of Supervisors approved the Memorandum of Understanding, which authorizes the elections. The MCC is funded by residents of Greater McLean for their use through a real estate tax surcharge, the result of a 1970 Small District 1A bond referendum.

Elections are held on **McLean Day** at Lewinsville Park, 1659 Chain Bridge Road, McLean, Virginia. This year, McLean Day is on **Saturday, May 21, 2016. Voting on McLean Day takes place from 10:30 a.m. to 5 p.m.**

**Candidate Qualifications:** Each resident who lives within Small District 1A is eligible to run for a seat on the Governing Board within the appropriate category. If you need help determining whether you reside in Small District 1A, please contact the MCC at 703-744-9348, or by emailing elections@mcleancenter.org.

**Governing Board seats to be filled through the election are:**

#### **Three (3) Adult Governing Board Seats:**

Adult candidates must be residents of Small District 1A and must be at least eighteen (18) years of age on or before May 21, 2016. The candidates who receive the three (3) highest numbers of votes will serve three-year terms on the Governing Board.

#### **Two (2) Youth Governing Board Seats:**

One (1) Governing Board youth seat for teens living within the McLean High School boundary area.  
One (1) Governing Board youth seat for teens living within the Langley High School boundary area.

**ADULTS:** Must get the signatures of ten (10) residents of Small District 1A who are 18 years old or older on or before May 21, 2016.

**TEENS:** Must live within Small District 1A. You *do not* have to attend either McLean or Langley high schools. You may attend another school, including one that is outside of Small District 1A, or you may be home schooled. You can only run for the seat for the high school boundary area where you live. Teens must get the signatures of ten (10) residents of Small District 1A who are 15, 16, or 17 years old on or before McLean Day, **and** who live within the same high school boundary area as the candidate.

#### **Candidate Petitions:**

Petition Packets containing outlined instructions and all pertinent paperwork may be obtained at the McLean Community Center, 1234 Ingleside Avenue, McLean, Virginia, 22101.

**DEADLINE:** Each resident seeking election to the Governing Board shall file a completed petition with the MCC at the address shown below **by 5 p.m. on Friday, March 25, 2016:**

**McLean Community Center, 1234 Ingleside Avenue, McLean VA 22101**

For more information about the election, please call 703-744-9348, or email the McLean Community Center at elections@mcleancenter.org.

Chad Quinn, Chair  
Elections & Nominations Committee  
McLean Community Center Governing Board





# CALENDAR

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

## 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>.

## FRIDAY/FEB. 5 - SUNDAY/FEB. 21

**"1776."** Fridays and Saturdays, 8 p.m. Sundays, 2 p.m. Alden Theatre, 1234 Ingleside Ave., McLean. The founding fathers who participated in the creation and signing of one of the most important documents in our nation's history are presented in a humorous way, with their human foibles and failings. Directed by Annie O'Neill Galvin; produced by Jerry Gideon and Jean Match. \$23-\$25. [mcleanplayers.org](http://mcleanplayers.org). 866-811-4111.

## SATURDAY/FEB. 6

**Reception "Poetry in Motion."** 4-6 p.m. Vienna Art Center, 115 Pleasant St., NW, Vienna. Members show of paintings with the theme "Poetry in Motion." Free. [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org). 703-319-3971.

**Mardi Gras Party.** 8 p.m. American Legion Post 180, 330 Center St., N., Vienna. Music by DJ Richard Cunningham (Dr. Jazz), Jambalaya and Heavy Hors D'oeuvres. Prize for best Costume. Costume is optional. Open to the public. \$25 at the door. 703-938-9535.

**Premium Tea and Chocolate Pairing.** 1-3 p.m. Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Sip premium teas and savor a variety of chocolates. Hear a bit of history and learn to pair tea and chocolate. A take-home tea sampler is included. Certified Tea Specialist Chef Laurie Bell of Great Falls Tea Garden presents. 16 and older. \$30. Reserve by Feb. 3. 703-759-2771.

**Jewelry and Fashion Accesories Show.** 11 a.m.-5 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. This new boutique event features inspired, on-trend, handcrafted jewelry and independent-label fashion accessories of innovative design. Stay for lunch. \$5. Children 12 and younger free. [mcleancenter.org](http://mcleancenter.org). 703-790-0123.

**Artists Reception and Show.** 1-3 p.m. The Frame Factory, 212 Dominion Road, NE, Vienna. Northern Virginia Photographic Society show featuring more than 50 photos. Exhibit through Feb. 29. <http://www.theframefactory1.com/>.

## SATURDAY-SUNDAY/FEB. 6-7

**"When the Rain Stops Falling" Opening Night** (Feb. 6) and **Talk** (Feb. 7) with director. Saturday, 5:30 p.m.-7 p.m. Sunday, follows 2 p.m. performance. 1st Stage in Tysons, 1524 Spring Hill Road, Tysons Corner. Space is limited. [www.1ststagetysons.org](http://www.1ststagetysons.org). 703-854-1856.

## SUNDAY/FEB. 7

**Pancake Brunch.** 10:30 a.m.-2 p.m. Church of the Holy Comforter, 543 Beulah Road, NE, Vienna. Celebrate Shrove Tuesday on Sunday instead. Silent auction and fun door prizes. [www.holycomforter.com](http://www.holycomforter.com). 703-938-6521.

## TUESDAY/FEB. 9

**Town Hall Meeting.** 7:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Great Falls Citizens Association's Land Use and Zoning Committee will moderate meeting concerning Marmota Farm (9800 Georgetown Pike). Representatives from Save Marmota Farm, Fairfax County Park Authority and a representative from Supervisor John Foust's (D-Dranesville) office will be present. [www.gfca.org](http://www.gfca.org).

**NARFE Meeting Vienna-Oakton Chapter 1116.** 1 p.m. American Legion Post, 220 North Center St., Vienna. The program will be about learning the latest on Home Appraisal Home Security Systems. Open to members and their guests. Free. 703-938-0757.

**Shrove Tuesday Pancake Supper.** 6 p.m. Redeemer Lutheran Church, 1545 Chain Bridge Road, McLean. Bring friends and neighbors,



PHOTO CONTRIBUTED

## Vienna singer and songwriter Natalie York opens for Elizabeth and the Catapult at Jammin' Java on Thursday, Feb. 11.

enjoy pancakes hot off the griddle. Donations will support youth mission work. <http://maple.nowsprouting.com/redeemerlutheranchurch5>.

## THURSDAY/FEB. 11

**Valentine Making and Champagne Tasting.** 7:30-9:30 p.m. McLean Project for the Arts, 1234 Ingleside Ave., McLean. The Valentine Making workshop will be led by one of McLean Project for the Arts' experienced faculty members, and the tasting will be special curated selections of champagne and prosecco provided by The Vineyard. \$35/\$30. 703-790-1953.

**Vienna Arts Society Monthly Meeting.** 10:30 a.m.-12:30 p.m. Vienna Art Center, 115 Pleasant St., NW, Vienna. The speaker will be VAS member, oil painter Dave Delano who will discuss his unique style of portraiture and figurative paintings. [www.delanoart.com](http://www.delanoart.com). [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org). 703-319-3971.

**Natalie York.** 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. Vienna singer-songwriter opening for Elizabeth and the Catapult. \$12, \$15. [www.jamminjava.com](http://www.jamminjava.com). 703-255-1566.

## SATURDAY/FEB. 13

**Model Trains and Thomas at Open House.** 1-5 p.m. Historic Vienna Train Station, 231 Dominion Road NE, Vienna. See and hear model trolleys and steam and diesel trains plus Thomas and some of his friends. The layout reflects the mountainous terrain and towns of Western North Carolina with award winning structures. Free. Donations accepted. [www.nvmr.org](http://www.nvmr.org). 703-938-5157.

**Coffee and Roses.** 9:30-11 a.m. StarNut Gourmet, 1445 Laughlin Ave., McLean. Coffee discussion, "Selection, Sources and Rose Care." Hosts Frank Polk and Pam Powers. [arlingtonrose.org](http://arlingtonrose.org). 703-371-9351.

**David Parmley and Cardinal Tradition.** 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Traditional style of bluegrass music and magnificent vocal blend and supreme mastery of instruments. \$15, children 12 and younger free. <http://hclcbbluegrass.wordpress.com>. 703-435-8377.

**Great Falls Farmers Market.** 9 a.m.-1 p.m. Great Falls Grange, 9818 Georgetown Pike, Great Falls. Valentine's Market. [www.greatfallsfarmersmarket.org](http://www.greatfallsfarmersmarket.org).



PHOTO CONTRIBUTED

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

**Yippee Yupo Workshop.** 10 a.m.-3 p.m. The Frame Factory, 212 Dominion Road, NE, Vienna. Worksho with Marni Maree. Paint with watercolor on yupo which is a sheet of plastic meant for painting. \$100. For information, go to <http://www.theframefactory1.com/>.

## SUNDAY/FEB. 14

**All You Need is Love 4: A Tribute to The Beatles and Love Songs.** 7 p.m. Jammin' Java, 227 Maple Ave., East, Vienna. Official Valentine's Day tradition of Jammin' Java. Anthony Fiacco, Todd Wright and Luke Brindley pay homage to the group that influenced every musician out there, The Beatles. \$16. [jamminjava.com](http://jamminjava.com).

## FRIDAY-SUNDAY/FEB. 19-21

**Hope on Ice.** 3-8 p.m. Tysons Skate Rink, 1961 Chain Bridge Road, McLean. Community ice skating extravaganza benefiting American Cancer Society and honoring cancer survivors.

# Ongoing

**Northern Virginia Photographic Society Art Show.** Monday-Saturday, 10 a.m.-5 p.m. Jan. 15-Feb. 29. The Frame Factory, 212 Dominion Road, NE, Vienna.

**McMurry Artist Showcase.** Feb. 1-24. Broadway Gallery Fine Art and Framing, 1025-J-Seneca Road, Great Falls. Local artist Richard McMurry's stylized landscape paintings will be on display. [www.broadwaygallery.net](http://www.broadwaygallery.net). 703-450-8005.

**Macdonald Fine Arts Scholarship Deadline.** Friday, Feb. 12. Each year, the McLean Community Center recognizes the hard work and talent of young performing artists through the James C. Macdonald Performing Arts Scholarship Competition. Following a preliminary audition and a final round of competition, prizes are awarded in each of four categories: Dance, Instrumental Music, Vocal Music and Theatre. High school students who reside or attend school in the McLean tax district (Small District 1A-Dranesville) are eligible to apply. [mcleancenter.org](http://mcleancenter.org). 703-790-0123.

**"When the Rain Stops Falling."** Feb. 4-28. 1st Stage Tysons, 1524 Spring Hill Road, Tysons Corner. Epic in scope and poetic in language, this beautiful, haunting play crosses continents and challenges the boundaries of time to tell the story of one family and the events that bring them together and drive them apart. \$15—\$30. [www.1ststagetysons.org](http://www.1ststagetysons.org). 703-854-1856.

**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](mailto: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](http://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](mailto: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.

DJ Civil, live music, entertainment and Luminaria on ice ceremony. First 50 cancer survivors receive commemorative T-shirt. \$12. [skatetysonscorner@gmail.com](mailto:skatetysonscorner@gmail.com). 703-673-8044.

## SATURDAY/FEB. 20

**Puppetry Festival.** 10 a.m.-1 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Jim West Puppets and Crabgrass Puppets will present and perform. Children can enjoy two puppet shows and learn how to make their own puppets. \$15/\$10. <http://ow.ly/WLmhq>. 703-790-0123.



## SPORTS



PHOTO CONTRIBUTED

Wyatt Conrow (24) of Great Falls and Hannah Hanuschak (42) of Great Falls.

## Langley Dominates Briar Woods on Ice

The Langley Saxons Ice Hockey Team defeated Briar Woods 8-2 last Friday night, Jan. 15 at Skatequest in Reston. Less than two minutes into the game, junior Hannah Hanuschak scored with an assist from freshman Michael Pieruccini. Just three minutes later, sophomore Chris Weiss added his first of four goals with assists from freshman Christian Tschampel and senior Jason Guidi. Briar Woods scored to bring it within a goal, but Langley countered with a goal from Jason Guidi with assists from Wyatt Conrow and Chris Weiss.

Langley added one more goal to end the

period with a 4-2 lead. Langley scored two more goals in the second period, with goals by Chris Weiss and Wyatt Conrow to bring the score to 6-2. In the third period, Langley struck again with Chris Weiss' fourth goal and a power play goal by Jason Guidi (his second of the game) on which Wyatt Conrow and goalie JT Gorman were credited with assists. In addition to his contribution to the scoring effort, JT Gorman worked between the pipes for the Saxons and came up with several key saves during the game.

—FRANK M. PIERUCCINI

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# SPORTS



**Langley senior Carter Bennett won the 50 free and 100 free during the Conference 6 championship meet on Jan. 30 at Washington-Lee High School.**



**Langley junior Isabella Rongione finished first in the 200 free and 500 free during the Conference 6 championship meet on Jan. 30 at Washington-Lee High School.**

## Langley Boys' Swim and Dive Team Wins Conference 6 Title

### Saxon girls, McLean boys finish runners-up.

BY JON ROETMAN  
THE CONNECTION

**C**arter Bennett's performance at Saturday's Conference 6 championship swim meet began with helping the Langley boys' 200-yard medley relay take first place.

After producing a pair of record-setting sprints and helping capture another relay victory, Bennett's evening ended with the celebration of a team title, as well.

The Langley boys' swim and dive team repeated as conference champion on Jan. 30 at Washington-Lee High School in Arlington. The meet was condensed into a one-day timed finals format due to snow-storm-related school closures.

The Saxons posted a score of 442.5, more than 80 points ahead of second-place McLean (357).

Langley won each of the three relays and took home five individual championships.

"Fantastic," is how Langley head coach Ryan Jackson described the Saxons' performance. "The boys really showed up, ready to compete to defend their conference title from last year. They were really motivated, really excited and they did a great job across the board, every event."

Bennett, who signed a letter of intent to swim for the University of South Carolina, was a major contributor for the Saxons. Along with helping Langley win the 200 medley relay (1:35.19) and 200 free relay (1:27.96), Bennett won individual titles and set conference meet records in the 50 free (20.96) and 100 free (47.31).

"He's swimming great," Jackson said. "He's doing really well. This has been a really strong year for him. ... He's really, really stepped up his game the past couple years. It was funny, a couple years ago, he and I were talking and he's like 'You know, I like swimming but I don't know if I'm going to do it all the time,' and now he's swimming Division I next year. He really has committed himself."



**Sophomore Casey Storch and the Langley boys' swim and dive team won the Conference 6 championship on Jan. 30 at Washington-Lee High School.**

**BENNETT** has high expectations for regionals and states.

"I'm looking for hopefully first place in the 50, around 20.3 [seconds]," he said, "and then whatever I can do in the 100 — hopefully first place."

Langley also won the 400 free relay (sophomore Chase Bradshaw, junior Devin Truong, senior Justin Rose, sophomore Casey Storch) with a time of 3:11.83. Junior Ryan Ha, Storch and Truong swam with Bennett in the 200 medley relay, and junior William Wingo, freshman Adam Fischer and Rose swam with Bennett in the 200 free relay.

Storch won the 200 IM (1:50.69), Rose took home the 100 butterfly title (51.44) and junior Duncan Proxmire finished first in the 500 free (4:49.94).

Jackson said the Saxons are aiming for a top-three finish at regionals and states.

"Regionals, we're certainly going to try to give Robinson a run for their money," he said. "They're definitely the clear favorites."

The McLean boys finished runner-up, with strong performances by senior Christopher Murphy and junior Dorje Wu.

Murphy finished first in the 200 freestyle (1:42.89) and won the 100 backstroke title with a conference meet-record time of 51.33. Wu won the 100 breaststroke championship and set a conference meet record with a time of 56.57. He also placed sec-

ond in the 200 IM (1:53.35).

The South Lakes boys finished third, followed by Madison (fourth), Yorktown (fifth), Washington-Lee (sixth), Hayfield (seventh) and Fairfax (eighth).

McLean (Murphy, junior Carter Flint, junior Peter Byman, sophomore Sam Gollob) placed second in the 200 medley relay (1:37.62), South Lakes (senior Johnny Micka, junior Benjamin Gryski, junior Tyler Ellis, junior Gianmichel D'Alessandro) finished third (1:38.91) and Madison (sophomore Jack Galbraith, sophomore Ian Cobb, junior Abraham Zimmerman, junior Jackson Ayers) took fourth (1:39.22).

McLean (Wu, senior Andrew Carro, Flint, Murphy) took second in the 400 free relay (3:14.86). Madison (freshman Kyle Wu, freshman Cole Dyson, Galbraith, Zimmerman) tied Yorktown for third (3:17.75) and South Lakes (sophomore Jack Edgemond, sophomore Matthew Beach, junior Michael George, junior Tyler Ellis) finished fifth (3:21.71).

In the girls' competition, Yorktown won its first Conference 6 championship. Langley finished runner-up, followed by McLean (third), South Lakes (fourth), Fairfax (fifth), Madison (sixth), W-L (seventh) and Hayfield (eighth).

Langley junior Isabella Rongione won the 200 free (1:51.26) and 500 free (4:53.11). She won state titles in the two events as a

freshman in 2014 and finished runner-up last year.

"She's about at that same (freshman) level," Jackson said. "She really had a breakout year her freshman year but she's been sort of very consistent from that point."

Langley junior Michelle Owens finished third in the 200 free (1:51.67) and second in the 500 free (5:00.27). Junior Joanne Fu won the 100 butterfly title (56.09).

The Langley 200 free relay (senior Micaela Grassi, junior Celeste Pace, Rongione, Owens) finished first (1:39.06).

The Saxons graduated a pair of now-collegiate swimmers, Amy Owens (Army) and Fiona Muir (Emory), from last year's state championship team.

"We've got a lot of youth on the girls' side and we certainly have some talent on the top end, like in the [200] free and the [500] free ... but after that it kind of drops off," Jackson said. "We just definitely don't have the depth on the girls' side that we do on the boys' side to be so dominant. The girls swam well, just not well enough."

**MCLEAN** won the 200 medley relay (senior Veronica Wolff, junior Claire Wolff, junior Elizabeth McCulla, senior Sinead Eksteen) with a time of 1:47.48, and won the 400 free relay title (McCulla, Veronica Wolff, junior Elena Summers, Eksteen) with a time of 3:33.2.

McCulla won the 200 IM championship with a time of 2:06.33. Eksteen broke the conference meet record in the 100 backstroke with a time of 57.78, but finished second to Madison sophomore Madeline LaPorte (57.71).

McLean senior Delaney Gallagher finished runner-up in the diving competition (385.05).

"After all the canceled practices because of the blizzard, the team really responded well and exceeded expectations," McLean head coach Kyle Drake wrote in an email. "It isn't easy with the number of days off to be able to get in and compete at a high level, but we pulled it off. Over 75 percent of our swims were season bests and a number of athletes achieved personal bests. I am really proud of their effort and performances on Saturday."





Abbey Spruill snowed in at friend's house giving Paulie some love.



Bella enjoying the first snow of the year in Great Falls.



PHOTO BY ROBIN CHOI/MOTHER

No milk, no school, no problem: Tallulah, 4, Willow, 7, and Dominick, 2, of Great Falls during the blizzard.

# Memories of Blizzard 2016



PHOTO BY KIM KARANIK

Charlotte Karanik of Great Falls loving on Harry Potter.



Barclay the Poodle and Ruby the sheepadoodle ready for the Chesapeake Drive sled races.



PHOTO BY ADRIENNE GOSLEE

The puppy's first experience with snow in Great Falls.

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## "Snowforgotten"



By KENNETH B. LOURIE

At least, I hope so. And the inference might not be what you think. I am not referring to the feet of snow, the days of waste, the traffic of congestion, the disappearing of lanes, the "unplowing" of neighborhoods/side streets/sidewalks/driveways/parking lots/gas stations, and on and on and on; you name it, you remember it, I want to forget it. Not that I hadn't provisioned properly in anticipation of "Jonass" and was housebound eating Ritz Crackers all weekend. Hardly. I had Oreos and Ben & Jerry's, among other staples. And so as long as we didn't lose power, which most of us didn't, we were able to survive the storm without much adieu – albeit about something. Fortunately, we didn't need to leave the house – before we were advised to do so, and risk getting stuck going or coming from stores themselves not open or whose driveways were still impassable. It wasn't until Monday that the need arose, but by then the safety issues had subsided a bit.

No, what I am finally referring to is the non-stop loop of identical snow information from the same radio and television anchors (anchored to their desks, presumably; I know, "double shifts because of the storm;" yada, yada, yada) from the same stations (local and national) all day and all night. If the seriousness and urgency of the miscellaneous instructions and directives could have struck more fear – and loathing, in my household, anyway – not only would Hunter S. Thompson have been stirred from his grave (especially since we're in a political season), so too would Orson Welles have been tossed about remembering the hysteria that ensued with his famous radio broadcast of H. G. Wells' "War of the Worlds" on "Mercury Theatre on the Air" on October 30, 1938. Listeners thought then we were under attack from aliens. As the snow continued to fall here late Saturday evening, January 23rd, and even into Sunday morning, January 24th, one would have thought, listening to the daytime – and nighttime – broadcasts, that we also were all under attack. But we weren't under attack – from aliens. We were under attack from the media; and its tendency to bunker-down its mentality and hyper-act in the face of/the midst of, out-of-the-ordinary, potentially life-changing/property-damaging sets of uncharacteristic/atypical circumstances for the Washington, D.C. metropolitan area, nearly popped my cork. I'm not sure if it was the redundancy of the message or the forced spontaneity and extemporaneous words and deeds many of us listeners were forced to endure but it wasn't too long before I had reached my limit.

If the technology existed that allowed the audience to verbally interact – in real time, not simply by texting and then watching one's comments scroll across the bottom of the screen, I would have been yelling: "I GET IT. Now can we get back to regular programming, please?" (I realize I can switch channels. I am a sentient being. I'm not Data from "Star Trek: The Next Generation.") However, the frequency and the frequencies with which we were being subjected and in my mind, inundated and overwhelmed by this doom and gloom and over-the-moon reporting was cause for concern: my concern. We were not under attack. We were simply under snow. Get a grip. I realize there are risks and precautions and preparations to be considered, but really, sometimes, as my mother was fond of saying so many years ago: "It's enough already."

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

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### 21 Announcements

#### LEGAL NOTICE

Cellco Partnership and its controlled affiliates doing business as Verizon Wireless is proposing an existing location modification at 399 Old Jefferson Davis Highway, Arlington, VA 22202 (NAD 83) 38°, 52', 5.6"N; 77°, 2', 47.0" W. The project will consist of the removal of nine existing antennas and the installation of nine new antennas. The overall tower height will be 42-feet. Public comments regarding potential effects from this site on historic properties may be submitted within 30-days from the date of this publication to: Aarcher, Inc. c/o Bill Auchter, via email at [bauchter@aarcherinc.com](mailto:bauchter@aarcherinc.com), or 2635 Riva Road, Suite 100, Annapolis, MD 21401 or (410) 897-9100 ext 111 referencing AARCHER Project Number - 090023.09.0091.

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## SPORTS

### Langley Alum Thrives in Collegiate Waters

Langley High School 2015 graduate Fiona Muir, one of Emory University's top freshmen swimmers is off to a fantastic start to her season. She leads the team in the 50 Free (23.14), 100 Fly (55.30) and is second in the 100 Free (50.93). Muir is second in the country in both the 50 Free and 100 Fly events and is fourth among all Division III swimmers in the 100 Free. She was named the UAA Swimmer of the Week on Dec. 7 after posting three individual NCAA "B" Cut times in the 50 Free, 100 Fly and 200 Back and was part of five relay teams that also notched NCAA "B" Cut times in the 200 Free, 400 Medley, 200 Medley, 800 Free and 400 Free Relays.

Muir was first in the 50 Free (23.14) and tied for second in the 100 Fly (55.30). She added an 11th-place finish in the 200 Back (2:03.49). All five relays she was part of finished in the top five with the 400 Free taking first and the 200 Free placing second. Both relay teams posted new top times



PHOTO CONTRIBUTED

**Fiona Muir, a Langley High School alumna, is off to a fantastic start at Emory's swim season.**

in the country with the 400 Free relay touching at 3:23.47 and the 200 Free finishing at 1:32.86.

### BULLETIN BOARD

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

#### 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.

#### WEDNESDAY/FEB. 10

**"Dwelling Detective: Researching the History of Your Fairfax County House."** 7 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Presented by Susan Hellman, Architectural Historian, Great Falls Historical Society Program. She is the Historic Site Manager for the Carlyle House Historic Site in Alexandria. 703-757-8560.

#### SATURDAY/FEB. 13

**Great Falls Farmers Market.** 9 a.m.-1 p.m. Great Falls Grange, 9818 Georgetown Pike, Great Falls. Valentine's Market. [www.greatfallsfarmersmarket.org](http://www.greatfallsfarmersmarket.org).

#### WEDNESDAY/FEB. 17

**McLean Newcomers and Neighbors Monthly Luncheon.** 11:30 a.m. Nostos, 81 Boone Blvd., Vienna. Vienna. Ruth Robbins, senior program coordinator of the Smithsonian Associates, will describe programs she has organized with luminaries like Sonia Sotomayor, Henry Kissinger, Tom Brokaw and Martin Sheen. RSVP by Feb. 12 to [mfskelly@verizon.net](mailto:mfskelly@verizon.net). \$38. Non-members welcome. [www.McLeanNewcomers.org](http://www.McLeanNewcomers.org).

#### 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](mailto:Lisa.Callahan@fairfaxcounty.gov). Also visit [www.fairfaxcounty.gov/dfs/olderadultservices/ltoombudsman/](http://www.fairfaxcounty.gov/dfs/olderadultservices/ltoombudsman/). 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](http://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](mailto: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](http://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](http://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](mailto: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](http://www.scov.org) or contact the Volunteer Coordinator at 703-281-5086 or email [volunteer@scov.org](mailto:volunteer@scov.org).

**Food Addicts in Recovery.** Wednesdays at 7 p.m. at The Vine Church, 2501 Gallows Road, Dunn Loring. Are you having trouble controlling the way you eat? Food Addicts in Recovery Anonymous (FA) is a free twelve step recovery program for anyone suffering from food obsession, overeating, under-eating or bulimia. For more information or a list of additional meetings throughout the U.S. and the world, call 781-932-6300 or [www.foodaddicts.org](http://www.foodaddicts.org).

**Vienna Toastmasters.** 2nd and 4th Wednesdays at 7:30 p.m., at the Vienna Community Center on the 2nd floor room opposite the elevator, 120 Cherry St., S.E., Vienna. A friendly place to get comfortable with public speaking and impromptu speaking for new and experienced speakers. Open to the public.





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