

# Saving the Community Hall; Preparing for Closure

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PHOTO BY KEN MOORE/THE CONNECTION

**Crowds Throng to  
McLean Chocolate  
Festival**

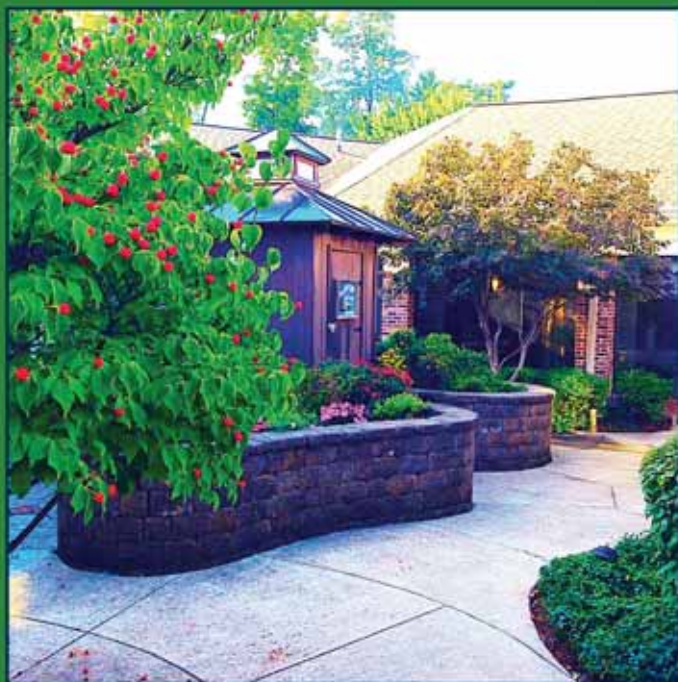
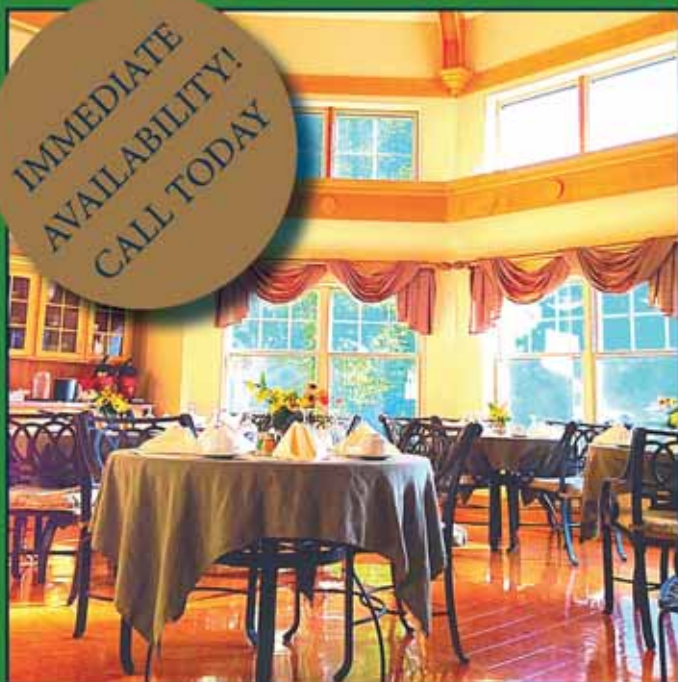
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**Lukmire Partnership's Dave Hallett  
reviews two possible design plans  
for McLean Community Center's  
upcoming renovation.**

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**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.**



**From right, McLean Community Center's executive director George Sachs, executive assistant Ellen Barial, and comptroller Ashok Karra. Karra developed a budget plan that would save the community hall.**

PHOTOS BY KEN MOORE/THE CONNECTION

## 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 com-

munity 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.

**"A lot of people are interested in what's going to happen."**

—MCC executive director George Sachs

**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 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.

**FOR THE FIRST TIME** in 40 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.

According to the Community Center's Governing Board documents, a three-month

### New Leasing Rules

Groups that rent space to hold events in McLean Community Center could be allowed to set conditions on who is allowed to attend and what they might bring in, including prohibiting firearms. Other restrictions could forbid recording devices, unauthorized printed materials and alcohol.

The McLean Community Center's Governing Board passed a motion at its December meeting to amend the center's booking contracts with organizations renting space in the center, the Alden Theatre and the Old Firehouse Teen Center.

According to the Governing Board's documents:

"[T]he following statement shall be included in all rental agreements between MCC and outside renters for all MCC facilities:

The Applicant may limit the persons

entering its rented space to members of its organization or those invited to the meeting or event. The Applicant may also restrict persons from its rented space who are in possession of recording devices, unauthorized printed materials, firearms or alcohol, and may restrict persons for any other lawful purpose. An Applicant choosing to impose any such restrictions shall post a notice to that effect within its rented space. The notice posted by the Applicant shall explicitly specify the time and place of its meeting or event in the rented space, and state that such restrictions are imposed and enforced solely by the Applicant and not by the Center, Fairfax County or its officers or representatives. The Applicant is asked to provide the Center's Facilities Manager with prior written notice of any such restrictions. Notwithstanding the foregoing, Applicant does not have any right to restrict members of Center staff from accessing rented space."

### Meet the Candidates

The Friends of the McLean Community Center Board will sponsor the "Meet the Candidates" reception for MCC Board Can-

didates on Sunday, May 1 from 2-4 p.m.

The League of Women Voters will handle the board elections on McLean Day, May 21 at Lewinsville Park.

### Candidates Needed; Apply by March 25

Two student board members, 15-17 years old, are needed to serve on the 11-member McLean Community Center Governing Board.

Adult candidates are also needed.

McLean Community Center's mission is to provide a sense of community by undertaking programs, assisting community organizations, furnishing facilities for civic, cultural, educational, recreational and social activities to residents

of the McLean Community Center District.

Completed petitions to serve on the board are due by March 25; petition packets are available at MCC.

An orientation for Board candidates is scheduled for April 13, a Meet the Candidates Reception is scheduled for May 1, and voting will take place on McLean Day on May 21 (and by absentee voting from April 11-May 18).

ramp-up period would allow the Alden Theatre to operate through March 31, 2017 and resume performance on Dec. 1, 2017.

Other features of the facility including

offices, classrooms and meeting rooms will remain closed while construction is fully completed, and the entire center would re-open by Sept. 1, 2018.

# NEWS

**When the German students weren't at school and the American students weren't exploring Detmold and the surrounding towns, the musicians spent anywhere from four to nine hours rehearsing each day.**



PHOTOS BY CAROLINE WATKINS/THE CONNECTION

**The wind section participating in sectionals.**

## Days to Remember

**McLean High's Philharmonic Orchestra flies overseas for annual German exchange.**

BY CAROLINE WATKINS  
FOR THE CONNECTION

**W**ith violin, viola and bass bows stowed into the overhead compartments of KLM flight 652 on Jan. 15, the McLean High School Philharmonic flew to Europe to participate in the 22nd exchange program with the Detmold, Germany Jugendorchester.

The joint orchestra's classical selections included Dvorak's "Symphony No. 4 in G Major," Beethoven's "Egmont Overture" and Mendelssohn's "Violin Concerto in E Minor." To perfect the performances, the groups rehearsed anywhere from four to nine hours a day, in preparation for the two concerts that capped the week-long visit.

When the musicians weren't rehearsing, the students enjoyed other activities such as a Nighttime Historic Walking Tour of Detmold, a tour of the Hochschule für Musik (Conservatory for Music), a day trip to Bremen and a night at the Burg Sternberg Castle, where students enjoyed playing Medieval instruments.

In addition to the 32 American musicians and six chaperones that participated in the program, McLean High's Principal Dr. Ellen Reilly joined the group. "Overall, the experience was wonderful," Reilly said. "It was great to be a part of this exchange that has been happening for over 20 years. I got to see first hand the friendships that are formed and how everyone benefits from the exchange. The amount of time each student put into the practices was quite impressive. I was quite proud of everyone involved."

McLean Philharmonic's teacher and conductor, Starlet Smith, noted: "At one point during our second concert, I was sitting in the audience listening as the German conductor led a piece. While listening to the beautiful, full sound the orchestra was creating, I started to look at individual players and noticed that the students were playing with passion and energy like I'd never seen before. It was a very powerful moment for me to see the impact that the music had on the students, and how everyone's hard work during the week's tireless hours of rehearsal came together for a performance that [both] the audience and student performers could enjoy."

The exchange not only promotes the unifying power of music, but also exemplifies the benefits of socializing with students from across the globe. Simon Meyer, a five-time German participant in the program, said, "I'm so glad that I can be a part of the exchange program. I've already planned to meet some friends in America and some of my American friends are planning on coming back to Germany on future vacations—and that's a great result of this program."

After a bittersweet farewell, the American musicians traveled to Amsterdam, where they would spend the remainder of their trip. To the delight of many, McLean Highlanders had a two-day extension in Amsterdam thanks to Winter Storm Jonas. Ms. Smith, speaking for the entire orchestra, concluded the extension "was a blessing in disguise because everyone got to bond over the unforgettable experience for exploring a new city...the days in Amsterdam were a pleasant surprise to everyone."



**McLean Philharmonic visiting Detmold's famous Hochschule für Musik (Conservatory for Music).**



**McLean Philharmonic students enjoyed spending two extra days in Amsterdam, due to Winter Storm Jonas.**

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## Redeemer Lutheran Church to Host Pancake Supper

Redeemer Lutheran Church's Annual Shrove Tuesday Pancake Supper will be held on Tuesday, Feb. 9. Pancakes will be served starting at 6 p.m. Everyone is welcome. All donations will support youth mission work. Redeemer Lutheran Church is located at 1545 Chain Bridge Road, McLean. Bring your friends and neighbors, enjoy pancakes hot off the griddle, and support youth mission work.

### McLEAN CRIME REPORTS

#### Notable incidents in McLean from the Fairfax County police blotter from Jan. 19-29.

**Robbery** - 7200 block of Tyler Avenue, Jan. 28, around 10:45 p.m. Two people, a man and woman, robbed a 20-year-old man. The suspects allegedly pointed a gun at the victim, took his belongings then fled on foot. Both suspects were described as black, in their mid-20s, with thin builds. The male suspect had a dark complexion, was about 5 feet 9 inches tall and wore a gray hoodie and gray jeans. The female suspect had a light complexion, was about 5 feet 5 inches tall and wore a black coat, green pants, white Nike Jordan shoes and a white and blue beanie bearing a Batman logo. The victim did not require medical attention.

**Burglary** - 2100 block of Haycock Road. Jan. 26, 6:08 a.m. A resident reported that someone entered the residence and fled when seen by an occupant of the home. A possible suspect has been developed and detectives continue to investigate.

**Burglary** - 6600 block of Orland Street. Jan. 26, 1:13 p.m. A resident reported that someone entered the residence but nothing was taken.

**Larcenies**  
1800 block of Old Meadow Road, property stolen from vehicle  
2200 block of Reddfield Drive, money stolen from vehicle  
900 block of Balls Hill Road, electronic device from residence  
800 block of Dolley Madison Boulevard, property from residence  
1900 block of Chain Bridge Rd. Property taken from business  
2100 block of Kings Garden Way. Jewelry taken from residence.

# FEB 6<sup>TH</sup>

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# 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](mailto: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](mailto:elections@mcleancenter.org).

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



# OPINION

## Economic Development in Virginia

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

**H**undreds 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.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

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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

**M**usic 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.

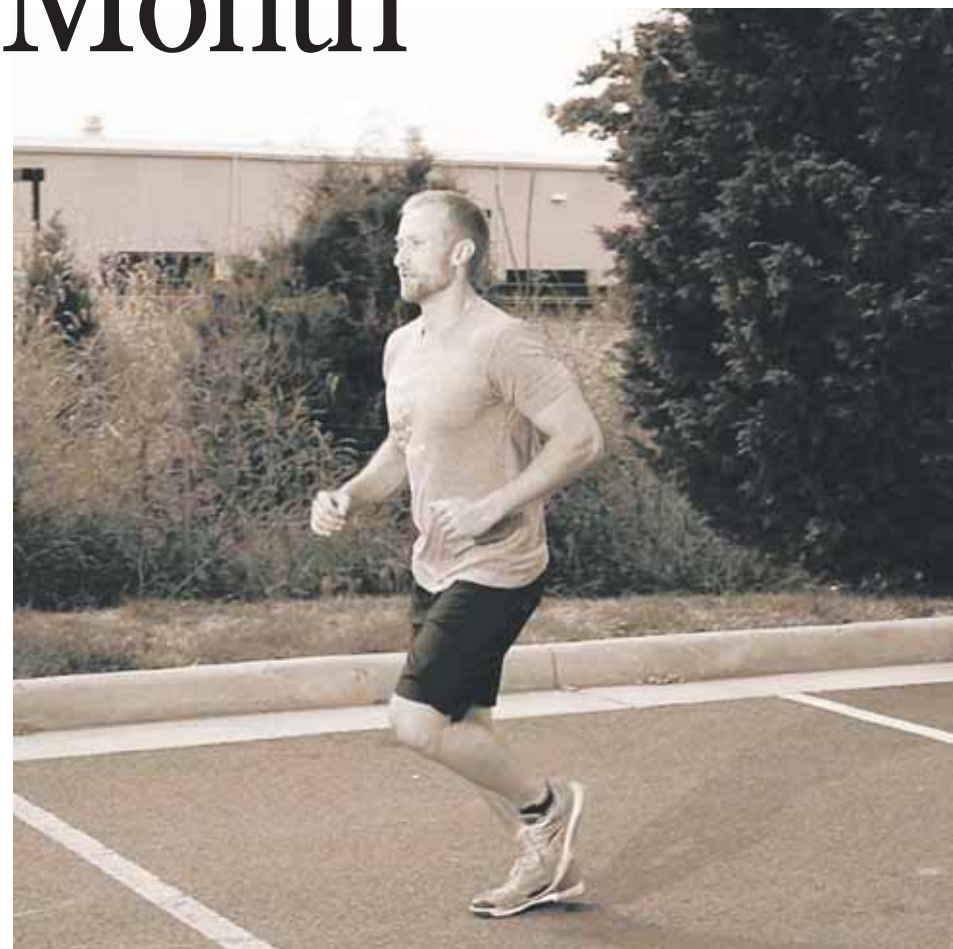
"All aerobic activity has the potential to bring positive health benefits if the correct intensity [or] level of difficulty and duration are used," said Michelle Walters-Edwards, chair and associate professor Health and Human Performance at Marymount University in Arlington.

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., as-

### 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.



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

PHOTO BY MOLLY TORRES

**"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

sistant 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 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 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.

### 'Where's the Chair' Campaign Comes to McLean, Annandale

Virginia Dental Association (VDA) hosted "Where's the Chair?" event on Friday, Jan 29, with the VDA-member dentists providing impromptu oral cancer screenings to people at two Fairfax recreation centers. Dr. Christine Karapetian and Dr. David Treff, both dentists and members of the Virginia Dental Association, screened patients for oral cancer at Audrey Moore RECenter in Annandale. The dentists volunteered as part of the VDA's ongoing "Where's the Chair?" campaign, in which the VDA places a portable dental chair in public places to offer impromptu oral cancer screenings. The VDA also placed a dental chair (along with a volunteer VDA-member dentist) at the Spring Hill RECenter in McLean.



### 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, co-ordinators**, 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.

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.

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](http://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](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Herndon Senior Center** needs **Social Visitors** daily. 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.

**Korean Meals on Wheels** needs drivers to deliver meals. (Speaking Korean not required.) 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 Kristin Martin at **703-324-7577**, TTY 711, or [Kristin.Martin@fairfaxcounty.gov](mailto:Kristin.Martin@fairfaxcounty.gov).

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[www.bgcgw.org/fairfax](http://www.bgcgw.org/fairfax)  
For tickets and sponsorship information

\*Special \$119 overnight room rate available



# CALENDAR

Send announcements to 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://wvdaddydaughterdance.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

**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 Accessories 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"**



PHOTO CONTRIBUTED

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

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



PHOTO CONTRIBUTED

**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.1ststage.com](http://www.1ststage.com). 703-854-1856.

**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

## 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.

**McMurtry 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.1ststage.com](http://www.1ststage.com). 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](http://FreeTaiChi.org). 703-759-9141.

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).

**Shrove Tuesday Pancake Supper.** 6 p.m. Redeemer Lutheran Church, 1545 Chain Bridge Road, McLean. Bring friends and neighbors, enjoy pancakes hot off the griddle. Donations will support youth mission work. <http://maple.novsprouting.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.

**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

SEE CALENDAR, PAGE 11

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Sunday: 7:30, 9:00, and 11:00 AM  
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# CALENDAR

FROM PAGE 10

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.

**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).

**Yippee Yupo Workshop.** 10 a.m.-3 p.m. The Frame Factory, 212 Dominion Road, NE, Vienna. Workshop 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. 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.

## SUNDAY/FEB. 28

**Crys Matthews.** 6 p.m. Jammin' Java, 227 Maple Ave. E, Vienna. Herndon resident Crys Matthews and two of the Mid-Atlantic's best singer-songwriters for a night of amazing music. \$15. [jamminjava.com](http://jamminjava.com).

## SATURDAY/MARCH 12

**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.

## TUESDAY/MARCH 15

**Whiskey Classics Dinner.** 7-9 p.m. Ruth's Chris Steak House-Tysons Corner, 8521 Leesburg Pike, Vienna. Ruth's Chris Tyson's Corner and Macallan Highland Single Malt Scotch Whisky presents a five-course "Whiskey Classics Dinner." \$99.99. <http://www.ruthschris.com/restaurant-locations/tysons-corner>. 703-848-4290.



Crabgrass Puppets will present "African Adventure Tales."

PHOTOS COURTESY OF McLEAN COMMUNITY CENTER

## Two Companies Bring Their Magic to McLean for 2016 Puppetry Festival

Children can enjoy two puppet shows and learn how to make their own puppets at a Puppetry Festival sponsored by The Alden in McLean on Saturday, Feb. 20. The event will be held in the Community Hall of the McLean Community Center (MCC) from 10 a.m. to 1 p.m. and features performances by Crabgrass Puppets of Halifax, Vt., and New York City-based Jim West Puppets. Tickets are \$15 for the general public and \$10 for MCC district residents. Infants and toddlers under the age of 2 will be admitted free of charge. MCC is located at 1234 Ingleside Ave.

Designed for children ages four and older, the festival consists of two, 45-minute shows along with self-guided puppet-making stations, where parents can assist their children in making a variety of puppets. The stations will be open for the duration of the festival.

Jim West Puppets will perform "Aesops Fables" at 10:30 a.m. Jim West and his partners, with the

help of Aesop himself (and his faithful dog, Moral), will share the author's famous fables, including "The Lion and the Mouse," "The Tortoise and the Hare" and "The Fox and the Grapes." This large-scale puppet production also features the music of Scarlatti, Beethoven and Chopin.

Crabgrass Puppets will present "African Adventure Tales" at 11:30 a.m. Two funny folktales from Africa come to life with stunning puppetry, spectacular scenery and infectious music. "Anansi and the Talking Melon" features the irrepressible trickster Anansi the Spider, who eats his way into Elephant's melon and becomes too bloated to get back out. "Koi and the Kola Nuts" is a humorous tale from Liberia in which the youngest son of a chief is cheated out of his inheritance; instead of his father's riches, he receives just one small kola nut tree.

Tickets are on sale now. For more information or to purchase tickets online, visit <http://ow.ly/WLmhq> or call 703-790-0123, TTY: 711.

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**1776**  
The Musical

Opens Fri., Feb. 5!

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Original production directed by Peter Hunt. Originally produced on the Broadway stage by Stuart Ostrow

**Alden Theatre • McLean Community Center**

**FEB. 5 - 21, 2016**

Fridays & Saturdays at 8pm. Sundays at 2pm

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1776 is presented through special arrangement with Music Theatre International (MTI). All performance materials are also supplied by MTI, 421 West 54th St, NY, NY 10019

# SPORTS



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



**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 swimmers were season bests and a number of athletes achieved personal bests. I am really proud of their effort and performances on Saturday."

# NEWS

**Annamaria Davoli of McLean dips chocolate from the fountain at Chesterbrook Residence.**



PHOTOS BY STEVE HIBBARD/  
THE CONNECTION



**Sydney Frazier and Sandra Panetta of Sweetbites Cafe and Bakery in McLean at the McLean Chocolate Festival last Sunday, Jan. 31 at the McLean Community Center.**

## Crowds Throng to McLean Chocolate Festival

**McLean Rotary Club donates proceeds to local charities.**

A large continuous crowd of chocolate lovers attended the fifth annual McLean Chocolate Festival on Sunday, Jan. 31 at the McLean Community Center. The event was sponsored by the Rotary Club of McLean and proceeds went to local charities. Last year's festival raised \$13,000, and this year's event included 14

chocolate vendors, demonstrations of Colonial America chocolate making, children's coloring games, musical entertainment and a raffle. Some of the vendors included C&D Sweets, Cameron's Coffee and Chocolate, Mike's Fudge, Sweetbites Cafe and Undone Chocolate.

"What we like about this is it's a fundraiser that attracts people of all ages and involves the whole community to help raise money for local organizations," said Jan Auerbach, chair of the McLean Chocolate Festival and treasurer of the Rotary Club of McLean.

—STEVE HIBBARD

**The line in front of American Heritage Chocolates to get chocolate samples.**



**Lynne Rolland from American Heritage Chocolates demonstrates grinding the chocolate.**

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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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## 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.

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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. 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/ltombudsman/](http://www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/). 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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 Falls Church 22043  
 \$925,000



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