

WELLBEING

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After a big scare — with over 300 heartbeats per minute — Quinn Riihimäki of Vienna is a happy and healthy two-and-a-half-year-old boy who doesn't have to take any medication.

Heart Month, Vienna Story

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Cool Things to Do in Winter

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Oakton's Marquis Scores 1,000th Point in Victory

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FEB 6TH

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VIENNA CRIME REPORTS

Notable incidents from the Vienna police reports from Jan. 22-28.

Suspicious Event - 100 Block Saint Andrews Drive, NE. Between Nov. 25, 2015 at 8 a.m. and Jan. 22, at 8 a.m. A resident reported the screen on his sun room had been damaged. He stated he had seen a suspicious vehicle in the neighborhood prior to the damage. He approached the driver and asked him why he was in the neighborhood, the driver cursed at him and left the area.

Animal Case - 100 Block Fardale Street, SE. Jan. 20, 2 p.m. An officer received a report from a citizen concerning the welfare of his two dogs, Polo and Lucille. Due to the impending snowstorm the welfare check had to be rescheduled. This case is active.

Grand Larceny - 200 Block Follin Lane, SE. Jan. 21 4 p.m. A resident contracted with a contractor to build an addition onto her home. She stated she purchased the supplies and stored them in her garage. Her mother informed her; the contractor returned, entered the garage and took many of the supplies. The resident attempted to contact him without success. This case is being investigated.

Suspicious Event - 500 Block Stephen Circle, SW. Jan. 21, 10:18 p.m. A resident reported a neighbor, who he is no longer friends with, had been harassing him for the past week and a half. He was informed to contact the Vienna Police Department if the harassment becomes threatening towards himself or his family.

Telephone Case - 100 Block Woodview Circle, SW. Jan. 22, 3:25 p.m. A resident reported her son had been calling continuously and threatening her. She stated he lives in Loudoun County and she has spoken with the Loudoun County Sheriff's office concerning her son's behavior. An officer responded and informed her of the warrant pro-

cess should she decide to pursue charges. He also telephoned the Loudoun County Sheriff's office and was informed they are also looking into the incident.


Animal Case - Quarantine - The Hope Center, 140 Park Street, SE. Jan. 22, 4 p.m. An employee reported she had been bitten on the finger by a cat named Blizzard Snowflake, while attempting to perform a medical procedure. Blizzard Snowflake was showing neurological symptoms and could not be saved. He was transported to the Fairfax Health Department to be tested for Rabies. The test was negative.

Open Door - 900 Block Lauren Lane, SE. Jan. 23, 1:51 p.m. An alarm company reported a residential alarm had been activated. Two officers responded and found an unsecured door leading into the residence. The two officers searched the residence and found nothing suspicious. The door was secured prior to leaving.

Arrest - Domestic Assault - Yeonas Drive, SW. Jan. 25, 9:30 a.m. A resident reported he and his sister had become involved in a heated argument that culminated when he threw her on the bed and grabbed the telephone from her hand. An officer responded and spoke with both parties involved, who corroborated each other's account of the incident. Officer Post arrested the 52-year old man from Yeonas Drive, SW. He was transported to the Fairfax County Adult Detention Center where he was charged with Domestic Assault. A protective order was also issued against the man.


Vandalism - 200 Block Cedar Lane SE. Between Jan. 25 at noon and Jan. 26 at 8 a.m. A resident reported that someone had

SEE CRIME, PAGE 5



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Culinaria Cooking School offers cooking classes for kids and teens during winter days off from school.



PHOTO COURTESY OF CULINARIA COOKING SCHOOL

Cool Things to Do in Winter

When children are off from school in cold weather, there's still fun to be found.

\$65 per person each class.

BY DONNA MANZ
THE CONNECTION

The children are off from school — again. It's winter and it's cold, and, possibly, snowy. You've done the library (Patrick Henry and the Oakton Library), the movies (huge selection at Tysons AMC) and have taken the kids bowling (Bowl America is full of youngsters during "break"). Kids are getting antsy and parents are running out of entertaining ideas ... besides homework.

Gleaned from parents and kids themselves is a little list of five fun finds during winter days-off.

Make your own sno-cones.

Half the fun — okay, most of the fun — of eating sno-cones is slurping on gaudily-colored syrup. To make sno-cones au naturel, use frozen concentrated orange juice or purple grape juice. Fill a plastic cup with freshly-fallen snow or crushed ice cubes and pour over thawed concentrated orange juice or purple grape juice. Or, to really be old-fashioned, pour over snow/ice a couple of tablespoons of real maple syrup.

Ice-skating in outdoor ice rink.

While sledding and snow-fort construction requires little in the way of infrastructure, ice skating takes a bit more forethought. Vienna-Oakton has access to two outdoor ice rinks: Tysons Ice Rink and the Reston Town Center Ice Skating Pavilion.

Rinks charge for skating and skate rental. Open through early March. The Reston rink has themed "fests."

For information, see:

<http://www.restontowncenter.com/directory/reston-town-center-ice-skating-pavilion/>
<http://www.tysonscornericerink.com/>

Cooking lessons during school breaks.

Try to get a couple of your children's friends together and sign up for one of Culinaria Cooking School's pop-up kids' cooking classes. Instructors demonstrate preparation of the dishes most kids love to eat and the students participate in preparation. Then, they eat the results of their labor.

Feb. 5 - Kids and teens cooking classes

Kids class: learn from-scratch favorites, 9:30 a.m. to 12:30 p.m.

Three pantry and freezer staples (plus condiments) transformed into homemade, kid-friendly recipes (to make and eat). Mac & Cheese; Parmesan Chicken Fingers with Trio of Dipping Sauces; Quick Cinnamon Apple Sauce.

Teens Cook Italian, 2 to 5 p.m.

Focaccia Bread with Sea Salt and Fresh Herbs; Spaghetti alla Carbonara; Mixed Green Salad with Homemade Parmesan Croutons and Lemon Vinaigrette; Italian Dark Chocolate Pudding with Whipped Mascarpone Cream.

Feb. 15 - Kids and teens cooking classes

Kids class — Burgers, 9:30 a.m. to 12:30 p.m.

Kids learn how to make sliders with their favorite toppings, Butternut squash fries dipped in a curry ketchup sauce are a tasty and healthy new spin on the classic. For dessert, kids make their own cookies and fill them with marshmallow cream and custom toppings. Chicken and Beef Sliders with Toppings Bar; Butternut Squash Fries with Curry Ketchup; Dessert Burgers — cookie sandwiches filled with marshmallow cream.

Teens Class — From Food Trucks to Chic Restaurants, 2 to 5 p.m.

Asian fusion cuisine, including Korean Chicken Tacos; Fresh Spicy Cucumber Kimchi; Fruit Sushi.

Puzzle-mania

Set up a card-table in a convenient, yet high-traffic, spot in your home. Spread out the pieces of a puzzle. From past experiences, it appears that adults and kids alike cannot walk past a strewn puzzle without trying to put a few pieces together.

Visit someplace new

If this is a scheduled day off — as opposed to snow-storm day — take some time and visit one of the area's martial arts schools during a class. There are several martial arts schools, from tae kwon do to karate, in Vienna-Oakton. Some, like Mountain Kim Tae Kwon Do, invites guests to participate in a complimentary introductory class.

Meadowlark Botanical Gardens hints at spring and entrance fees are listed during the winter months.

Shop at a used book store. Kids can buy many of their favorite books at discounted pricing, including serial chapter books. Lake Anne in Reston houses the Reston Used-Book Store.



Quinn Riihimaki of Vienna with Renee Lathern, one of his nurses at Children's National Health System.

COURTESY PHOTOS

Heart Month, Vienna Story

Vienna boy's heartbeat: from extreme to normal again.

Quinn Riihimaki of Vienna and his parents had a big scare when Quinn was 15 months old. Quinn's pediatrician noticed his heart rate was over 300 beats per minute, which is more than double a normal resting heart rate for a child his age. Quinn was sent to the emergency department and diagnosed with supraventricular tachycardia, an abnormal heart rhythm.

"The news that Quinn had a life-threatening arrhythmia as opposed to a non-life-threatening [one] was shocking," said Cate Riihimaki, Quinn's mother. "I can still remember where I was sitting when I got the call from CNMC's EP nurse, Beth. She was able to conference in my husband from work and explained to us calmly the severity of the situation and the importance of an immediate intervention."

Quinn was prescribed medication by a cardiologist in Northern Virginia but Quinn's heart rate didn't decrease. Quinn was then sent to Children's National Health System to see Charles Berul, MD, an electrophysiologist and co-director of Children's National Heart Institute. Dr. Berul and his team diagnosed Quinn with ventricular tachycardia, which is a very serious, life-threatening arrhythmia. To correct the problem and restore a normal heartbeat, Dr. Berul performed a cardiac ablation procedure using 3-D mapping of Quinn's heart.

"Quinn had ventricular tachycardia — much less common in young children, but potentially more dangerous, or even life-threatening. Faster rates or prolonged episodes can make it



Quinn Riihimaki of Vienna during a visit to Children's National Health System.

more dangerous," said Dr. Berul in an email.

"The ablation procedure is also more challenging with VT in smaller patients, as we often need to provoke the abnormal rhythm in order to determine where exactly to ablate the tissue," he said.

Now, Quinn is a happy and healthy two-and-a-half-year old boy who does not have to take any medication.

"He had an excellent response to the ablation treatment, and I am optimistic that it was curative. Time will tell, as the recurrence risk is usually in the first 3-6 months. If he goes more than one year without VT, we will consider him cured, and has no restrictions," said Dr. Berul.

"Quinn is now medicine free and symptom free. While recovery was not fun, it was quick and his tiny incisions healed very quickly (within two days). As a fourth child, Quinn enjoys attention so the stickers, stethoscopes, and hugs throughout the experience from everyone made him especially happy. He is the heart of our family," said Cate.

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

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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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



Community Volunteer Nominations Sought

The Town of Vienna is seeking nominations for community volunteers and the Carole Wolfand Award. The nominations are due by Tuesday, March 1.

Know someone whose volunteer and community efforts make Vienna a better place to live? The Town Council needs your assistance in recognizing just that kind of special individual.

Forms are available at Town Hall or online at ow.ly/VRdhq. For more information, call 703-255-6311 or email mayor@viennava.gov.

Community volunteers will be celebrated and recognized at the annual Mayor's Volunteer Reception April 12.

In addition to recognizing community volunteers, the Town/Business Liaison Committee (TBLC) acknowledges a special business that exemplifies great community spirit. The award is named in honor of former TBLC member Carole Wolfand who embodies just such community spirit. Each year a new recipient is selected for this award from among community nominations of business owners or businesses that model Wolfand's example of service and volunteerism.

Nominations for the Carole Wolfand Award should be submitted also by Tuesday, March 1 via email, snail mail, fax, or in person.

Submit entries to: the Town/Business Liaison Committee, c/o Stephanie Baynes, Vienna Town Hall, 127 Center Street South, Vienna, VA 22180 or by fax to 703-255-5729 or email pio@viennava.gov (put "TBLC award" in subject line.)

To nominate a business or owner, submit: (1) business name of nominee, (2) business address of nominee, (3) business phone number of nominee, (4) description of contributions/actions to be considered and why (200 words or less), and (5) name, address, and phone number of nominator.

VIENNA CRIME REPORTS


FROM PAGE 2

slashed a rear tire on his vehicle and attempted to pry open the gas cap. He stated a few months ago


someone smeared feces on the driver's side door handle. He stated he could not think of anyone that would want to do these things to him.

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Colleen Webb
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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 vol-

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 Thomas

ume 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

“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

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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.

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 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. Call **703-938-0405**, TTY 711 for meeting access needs.

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

Nutritional Supplement Delivery – Pick up and deliver Ensure Nutritional Supplement to older adults. For these and

other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

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

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

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

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

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





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**Saturday, February 6, 2016
11 a.m.-5 p.m.**

For more details, check out our website at
www.mcleancenter.org/special-events.

Admission \$5
Children 12 and younger free.



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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://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 Matich. \$23-\$25. 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. 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



PHOTO CONTRIBUTED

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

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. 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. 703-854-1856.

SEE CALENDAR, PAGE 11

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SPORTS

Oakton senior guard Alex Marquis scored her 1,000th career point on Feb. 1 during a 47-34 win over Centreville at Oakton High School.



PHOTOS BY CRAIG STERNUTZEL/THE CONNECTION

Oakton's Marquis Scores 1,000th Point in Victory

Cougars remain undefeated with win over Centreville.

BY JON ROETMAN
THE CONNECTION

Alex Marquis drove to the basket and scored with 2:06 remaining in the fourth quarter Monday, giving the Oakton girls' basketball team a 15-point lead over visiting Centreville.

When head coach Fred Priester called a timeout after the bucket, Marquis headed to the bench unaware of what she had just accomplished.

"I just thought he was calling a timeout because we weren't playing very well tonight," Marquis said, "so I thought he just wanted to give us a new play to run or something."

Actually, Priester had called a timeout to recognize the senior point guard, who had just scored her 1,000th career point. When play resumed, the Cougars finished off the Wildcats, 47-34, at Oakton High School.

Marquis, who finished with seven points on Monday, said she didn't realize she was closing in on a career milestone.

"I had no idea it was coming, so it was definitely a surprise, but very exciting," she said. "... No one told me. Apparently everyone else knew but me."

Marquis, a four-year starter, has won two Conference 5 championships and a 6A North region title at Oakton, and the Cougars totaled more than 20 victories in each of her first three varsity seasons. Monday's victory improved Oakton's record to 17-0 during the 2015-16 campaign and the Cougars appear capable of another postseason run.

Oakton assistant coach Krista Jay said Marquis plays a vital role in the team's success.

"In my opinion, I think she's irreplaceable," Jay said. "She is a huge part to our success. She makes our team go. She sometimes is too unselfish, I think. There are times when we need her to be more of a scorer, but she's always going to make the best decision and what's best for the team [in terms of] finding the open person, but sometimes we need her to be a scorer. It's tough on her because we give her the responsibility of everything — she handles the ball, she handles the offense, she's like our coach on the floor."

Marquis' achievement was the highlight of the evening for an Oakton team that struggled early in



Oakton senior guard Alex Marquis scored seven points and the Cougars improved to 17-0 with a win over Centreville on Feb. 1.

the contest.

The Cougars went scoreless for the first 4 minutes of the game and trailed 20-13 at halftime. Less than 30 seconds into the third quarter, however, Marquis scored and was fouled. She converted the three-point play, sparking a 7-1 run to open the second half. The Cougars outscored the Wildcats 17-7 in the third quarter, giving Oakton a 30-27 advantage it would hold for the remainder of the game.

Marquis is "an amazing leader, always smiling [and] positive," junior forward Maddie Royle said. "She just makes the team happier."

Prior to Monday's contest, Oakton had gone nearly two weeks without playing in a game due to a snowstorm that led to Fairfax County Public Schools cancelling seven days of classes and athletic events.

"We were definitely all a little rusty and out of shape, but we also just didn't come ready to play," Marquis said. "I thought we started the second half off a lot better than we started the game. I just don't think we were all mentally prepared and it had been awhile since we played, but by the second half though I think we started to play Oakton baseball again."

Royle led the Cougars with 16 points, shot 10-for-10 from the free-throw line and grabbed seven rebounds. Junior forward Delaney Connolly finished with a double-double, totaling 13 points and 12 rebounds. Senior guard Makenzie Brooks added eight points.

Oakton shot 19-for-21 from the foul line, including 17-for-19 in the second half.

Centreville finished 10-for-22 from the free-throw line.

Oakton will host Herndon at 7:15 p.m. on Thursday, Feb. 4.



Junior forward Maddie Royle led Oakton with 16 points during Monday's 47-34 win over Centreville.



Oakton junior guard Kailyn Fee attacks the basket during Monday's game against Centreville.

"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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Purple Ethiopian Restaurant & Lounge LLC trading as Purple Ethiopian Restaurant & Lounge, 3111 Columbia Pike, Arlington, VA 22204. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on and off premises & Mixed Beverage on premises license to sell or manufacture alcoholic beverages. Firehiwot Kidane, Member

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 dates from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200

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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, 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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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. 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-Dransville) office will be present. 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, enjoy pancakes hot off the griddle. Donations will support youth mission work. <http://maple.nowspouting.com/redeemrutheranchurch5>.

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.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. 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. 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. 703-371-9351.

BULLETIN BOARD

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

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.

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://hclbluegrass.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.

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.

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. 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.

SATURDAY/FEB. 27

Scott Miller. 6:30 p.m. Jammin Java, 227 Maple Ave., E, Vienna. Staunton, Va. native, singer songwriter and farmer. www.jamminjava.com.

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.

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. 703-938-5157.

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. \$38. Non-members welcome. www.McleanNewcomers.org.

ONGOING

The **Shepherd's Center of Oakton-Vienna** needs drivers to take area seniors to medical appointments and other activities. Visit www.scov.org or contact 703-281-5086 or email volunteer@scov.org.

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