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Voting on Super Tuesday in McLean

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Depending on perspective, two-dozen voters took a right-turn or left turn towards the voting booths at Cooper Middle School in McLean at 11 a.m. on Super Tuesday.



Voting on Super Tuesday in McLean, Great Falls

Art Kingdom, precinct captain with Fairfax Democrats mans the polling station at Great Falls Library.



PHOTOS BY KEN MOORE/
THE CONNECTION

More than three dozen voters get ready to vote at Great Falls Library at 10:24 a.m. on Super Tuesday.



PHOTOS CONTRIBUTED

Hundreds of students were brought to the football field, initially, before school personnel made the decision to close the school for the day.

Bomb Threat

Students sent home after reported bomb threat at McLean High School; nothing suspicious found.

Fairfax County Police's first responders reported to McLean High School Monday, Feb. 29 for a "reported bomb threat," according to police tweets. "School is closing, kids to be bussed home."

Officer Roger Henriquez reported that Fire and Rescue and police personnel responded immediately to the reported bomb threat a little after 8 a.m. "School administration made the decision to evacuate students to the football field," he said.

After an initial sweep of the interior of the school, Henriquez said, "We felt out of an abundance of caution to give a thorough sweep."

School administration decided to close the school and bus students home.

"We wanted to make sure the school is safe," said officer Henriquez.

By 9:05 a.m., police tweeted again, "nothing suspicious found," according to Fairfax County Police documents.

An investigation will continue.

"Making these kinds of threats erroneously," he said, "it put students in a panic situation."

Hundreds of students were brought to the football field, initially, before school personnel made the decision to close the school for the day.

"Safety is paramount," said Henriquez. "We had 800 or so students sitting on the football field. At that point, it was safer and better to send students home."

An investigation will continue, he said, and there are serious charges associated with making false threats, said Henriquez.

Initially, four to eight first responders have to respond, training dogs are brought to assist with the Explosive Ordinance Disposal unit, and up to 15-20 officers helped with the overall situation, said Henriquez.

— KEN MOORE



School administration made the decision to evacuate students to the football field.

Order Restored

Maffitt Hall saved; plans to renovate McLean Community Center back on track.

BY KEN MOORE
THE CONNECTION

Following intervention from the county attorney, everybody on the Capital Facilities Committee and the McLean Community Center Governing Board got to vote.

And, as a group, a group that has worked for well more than a year on the community center's 2017 renovation, they saved Maffitt Hall.

"We're getting every nickel and dime out of the \$8 million. I just can't wait," said the community center's executive director George Sachs. "We're really getting the maximum that we can for this site. That's what we wanted to do and we've accomplished that."

"Walking into the front lobby, it's going to be a more active looking place. You're going to see the activity right there," he said. "You're not going to have to ask which hallway you have to go down, what room is this in?"

The \$8 million renovation is going to be "dynamic," said Dennis Findley, chair of the community center's capital facilities committee.

This last month, the committee worked to address the need for better office and working space for staff while delivering as much program and meeting space as possible.

TWO PLANS this last month had been discussed, debated and politicked for the upcoming revitalization of the McLean Community Center.

WEEK IN MCLEAN

Advance Academic Program at Cooper Middle

The Fairfax County School Board has voted to open a new level IV advanced academic center program (AAP) at Cooper Middle School in the fall. The Board made the decision at its business meeting on Feb. 18.

The Board's decision also provides an option for Cooper-based rising seventh and eighth grade center-eligible students who are currently assigned to the AAP center at Kilmer Middle and

Sachs made a last pitch to save Maffitt on Tuesday, Feb. 23.

"I am asking Capital Facilities Committee members to acknowledge my role as executive director of the McLean Community Center and my knowledge of our staff space needs," said Sachs.

"Yes, the roomier staff space option is an attractive option. However, by getting better work space than we currently have and, at the same time being able to allow for one more community meeting/multi-use space, is a win-win," he said.

Following guidance from the County Attorney on possible conflict of interest, or lack thereof, each member of the Capital Facilities Committee was permitted to vote and the committee approved the plan to save Maffitt by a 5-1 vote. The Full Governing Board approved the vote by a 6-1 margin, the next night, Wednesday, Feb. 24.

"I would first like to dispel any notion that incorporating the Maffitt room into the administrative area would take away meeting room and multi-use space," said Sachs. "The two proposed administrative areas designs both keep that perspective."

CONSTRUCTION is tentatively scheduled to begin around March 2017. The grand opening of the entire center is scheduled for the Fall of 2018, said Sachs.

The center administration will look for space in the surrounding community to hold some events and programs while the center is being renovated.

"We have a huge task in front of us," said Debbie Sanders, of the program committee.

Sachs said the county's Facilities Management Division say eight buildings are available for lease in the 22101 zip code with buildings sizes ranging up to 34,850 square feet; rental rates range from \$19 to \$46 per square foot and "potential lease cost figuring the average would be \$25,833 per month to \$310,000 per year," said Sachs. "Considering this information, I think we need to look for space outside of commer-

Comstock Announces Congressional Art Competition

U.S. Rep. Barbara Comstock (R-10) announced the 2016 Congressional Art Competition for Virginia's 10th Congressional District. The competition is open to all high school students who reside in the 10th district. The Best in Show winner of the competition will have their piece of art displayed in the United States Capitol and runners up will again be invited to have their pieces of art displayed in the Congresswoman's



PHOTO BY KEN MOORE/THE CONNECTION

George Sachs, executive director of the McLean Community Center, advocates for saving Maffitt Hall for program use.

Snow Financial Impact 3

86
Class sessions at the McLean Community Center canceled during January's blizzard.

54
Class sessions successfully re-scheduled

32
Class sessions refunded

\$4,810

Funds returned

cial lease space such as space available in local churches, schools, parks or meeting halls like American Legion," he told the Governing Board on Feb. 24.

Sachs said the communications committee will continue to alert all community groups and residents how they will be affected during renovations.

UPCOMING EVENTS at the community center:

The Meet the Candidates reception is

Shakespeare performances canceled

1,093

Tickets refunded

\$23,078

Refunded. "That's a wake up but it hurts," said Sachs.

3/4

On March 4, executive director George Sachs will present the McLean Community Center's Lines of Business report to the county Board of Supervisors.

scheduled for Sunday, May 1, from 2-4 p.m. McLean Day is scheduled for May 16.

And fireworks, as planned, will be launched from Cooper Middle School this year, while spectators will watch from Churchill Elementary School.

The Governing Board will invite interested residents in March to give input on class offerings, community events, theater programs, exhibits, tours, youth events and teen activities during the renovation period.

between 1-6 p.m. at Enterprise Hall on the George Washington Virginia Science and Technology Campus. All art submitted will be on display from April 12 to May 12 in Enterprise Hall. Art submitted must be ready to hang and entries are limited to two per student. On the evening of May 2, the First, Second, Third, Honorable Mention, and Best In Show awards will be announced. For information and guidelines about the 2016 Congressional Art Competition go to <https://comstock.house.gov/services/art-competition>. Students and teachers can also contact Lucy Norment in the Congresswoman's office at 703-404-6903 or by email

office. Comstock is a member of the Congressional Art Caucus and started the House Arts Caucus in the Virginia General Assembly.

"As a Member of the House Arts Caucus, I particularly enjoy the opportunity to invite our young people to participate in the annual Congressional Arts Competition," said Comstock. "We had a wonderful Congressional Art Competition last year with over 180 submissions from students throughout the 10th District that reflected a wide variety of artistic expressions. This nationwide high school art competition allows us to encourage and recognize artistic talent throughout our district."

Students should drop-off their completed artwork on April 11

SEE WEEK, PAGE 5

FROM PAGE 4

a
Lucy.Norment@mail.house.gov t

Fundraiser Supporting Safe Community Coalition

A fundraiser for Safe Community Coalition has been announced by HBC Group's (Keller Williams Realty) Community Charity Champions. Come to dinner on Tuesday, March 8 from 5 to 8 p.m. at Pulcinella Italian Host in McLean to support Safe Community Coalition. Enjoy dinner and know that approximately 70 percent of the proceeds from food and drink will go to SCC as long as the diner brings the flyer for the event. Contact HBC Group at 703-734-0192 or visit www.HBCGroupKW.com to receive a flyer.

Sponsors of the event are: Karen Briscoe and Lizzy Conroy with the HBC Group of Keller Williams Realty, Marcus Simon with EKKO Title, Kevin Dougherty of Pillar to Post, Kathy and Justin Neal of The Neal Team/SunTrust Mortgage, BOWA, The McLean Chamber of Commerce, and Moe Jebali with Pulcinella Italian Host.

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ADD/ADHD, Depression, Anxiety & Grief Substance Abuse
Patrick holds B.A. in Psychology from George Mason University, a M.A. in Clinical Psychology, and is a graduate of Gonzaga College High School and is also a cancer survivor.

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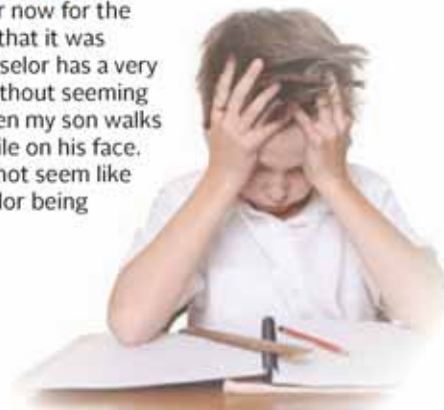
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- M.S., Great Falls, VA
Angie's list.



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Bills and More Bills

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)



COMMENTARY

If past history provides any indication, the 2016 session of the General Assembly will have considered nearly 3,000 bills and resolutions before its 60-day session adjourns in early March. While the figure is impressive, it can be deceiving without a breakdown of the total number. For example, in 2014 which was also a 60-day "long" session, the 100 members of the House of Delegates introduced 1,950 bills and resolutions, and the 40 members of the Senate introduced 938 bills and resolutions. Of the 2,888 total bills and resolutions, resolutions accounted for 942. Most resolutions are memorial in that they recognize someone noteworthy in a delegate's district who had died the previous year or they commend in offering praise to a person, sports team, organization, or entity for a noteworthy accomplishment or event. It is seldom that memorial or commending resolutions do not pass.

Other resolutions may propose to express the sense of the General Assembly on an issue or provide guidance to another branch or level of government. Some of these resolutions can be very controversial especially when members propose to send a message to the big bad federal government. No resolution carries the force of law.

In 2014, 1,946 bills that propose new laws were introduced by the House and Senate members. By the end of the session that year 825 bills or 42 percent passed the House and Senate with only 10 of these not being signed by the governor. If more than 800 new laws seems like a big number, a further analysis will put it in perspective. Many bills are double-counted in that they have been introduced in both houses and passed by both houses. About two-thirds of the legislation passed are duplicates of other bills. Some bills are local in that they apply to only a single jurisdiction. As a Dillon Rule state—meaning that local governments have only the power

granted to them by the state—local governments must come to the state for enabling legislation to take on a new power or activity if it is not granted by the locality's existing charter or general law. These bills are generally not controversial unless the locality is asking for power not ever given to another local government. Agency bills are introduced by members on behalf of the governor and state agencies related to the functions of state government. Housekeeping bills are introduced to correct or clarify legislation that has been introduced in the past. A high percentage of bills relate to crime and punishment and civil actions.

When these clarifications distill down the total number, you get to the couple of dozen bills about which you read in the newspapers and by which you might be directly impacted. They are the bills that are controversial and sometimes partisan. Little legislation will threaten the stability of the Commonwealth. When change is needed, however, we need to be willing to make that change. I will address the most significant pieces of legislation from this session in future columns.

LETTERS TO THE EDITOR

Cooper Students Support Students in Afghanistan

About two years ago I attended an event in Washington, D.C. where the First Lady of Afghanistan, Ms. Ashraf Ghani, spoke on behalf of the Aschiana Foundation. She passionately voiced the importance of educating Afghan children displaced from their homes due to war. She said that it is through education that these children will earn a better life. That evening I personally made a promise to Ms. Ghani that I would share with the students of Cooper Middle School what I had learned about the Aschiana Foundation.

This year I challenged the students of Cooper to collect paper, pencils and other supplies for the

Aschiana School.

They even created fillable storybooks for the students of Aschiana to express their interests mathematically through words, equations, tables and graphs—"Rule of 4!" These same students created their own "Rule of 4" storybooks. They are aware of the importance of pencil and paper for all students to learn globally. We hope the students of Aschiana enjoy composing their own storybooks as much as the students of Cooper.

Mary Jacobs

Seventh grade Math teacher
Cooper Middle School



Cooper Middle students collected paper, pencils and other supplies for the Aschiana School.

PHOTO CONTRIBUTED

Overzealous Spenders

To the Editor:

In your editorial ("Limiting Local Authority," The Connection, February 10-16, 2016) you write that the Virginia General Assembly is "rushing to restrict profers..." For decades the incessant grab for increasing revenues by local jurisdictions has been evidenced by larger and larger, more creative grabs by localities, some even illegal. There is no rush, simply a patient, prudent reply to those overzealous spenders of other people's money.

Steve Barto
Vienna

Arguing for Childfree Restaurants

To the Editor:

Childfree restaurants need to exist in today's society. Why? Because it appears that parents have forgot to be – well, parents! I do not blame the child for crying and screaming. I blame the parents for taking their child to a nice restaurant in the first place. I understand that babies scream or a child throws a temper tantrum, but the parent should rectify the situation and inconvenience themselves by having to go outside to calm the child down. I should not have to make a sacrifice so you can go out to eat with your kid. Under no circumstances will I ever be empathetic in that situation. Another issue? When parents allow their children to run wild in a restaurant.

Doing this at Chuck E. Cheese is one thing, but in a "real" restaurant it is absolutely unacceptable! You shouldn't have had a kid if you weren't ready to make sacrifices.

I was searching for childfree restaurants in the NoVA area the other day and could not find one. There needs to be some restaurants with a strict rule of not allowing kids into their establishment. Until parents learn that the world does not rotate around their kid and not everyone thinks their kid is cute, there will always be a need for childfree restaurants in this local area.

Reena Desai
Herndon

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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Managing Medication Can Be Challenging

“Let’s Talk about RxSM” helps seniors avoid prescription drug mishaps.

BY MARILYN CAMPBELL
THE CONNECTION

It was around 2 a.m. on a frigid winter night when Janet Russell was awakened from her sleep by the sound of woman calling for help. The cries were coming from the front lawn of her Arlington home. She ventured out into the cold to find her 84-year-old neighbor lying on the ground, believing that dozens of bugs were crawling on her skin.

“She was having bad hallucinations, and it turns out that she’d taken the wrong combination of medicines,” said Russell. “She was on about 11 different medications, some for her blood pressure, and she was administering them to herself.”

MEDICATION ERRORS are not uncommon, according to a recent survey by Home Instead Senior Care. Their survey showed that 20 percent of seniors who take more than five medications had problems taking them as prescribed. Unintentional medication misuse, such as forgetting to take a dose or taking more or less than the required dose, can have devastating results. Home Instead is encouraging families to talk with their loved ones about medication management and are offering suggestions on how to approach such conversations.

“If you notice a change in personality or thinking, or if they’re they having a mobility issue or if they seem sluggish, those are signs of medication mismanagement,” said Ian Lovejoy, director of operations of Home Instead Senior Care in Fairfax County.

Home Instead has created a program



PHOTO COURTESY OF HOME INSTEAD SENIOR CARE

A new study shows that that 20 percent of seniors who take more than five medications had problems taking their prescription drugs as directed by their doctor.

called “Let’s Talk about RxSM” (prescription self medication). This program is designed to inform seniors’ families about the dangers of medication mismanagement as well as offer tips for minimizing the risks and suggestions for starting a dialogue about taking medication as prescribed.

“Our goal is to keep seniors at home and safe,” said Lovejoy. “We want the daughter and the son not have to focus on the pill bottle.”

Discovering that an elderly patient is taking more than five medications could be a warning sign that they may lose track or get confused about the timing and dosage for each prescription.

“If an adult child sees that their parent is on many medications, I would suggest what I call brown bagging: putting all of the medications in a brown paper bag and taking them with you to the next doctor visit,” said Omobola Oyeleye, an assistant profes-

sor of nursing at Northern Virginia Community College who teaches a class in drug dosage calculations.

“They can go through each medication with the doctor and find out what it’s for. Sometimes, for example, someone might be taking a medication that was prescribed six months ago for a condition that has already cleared up.”

Oyeleye suggests a conducting what she calls a medication reconciliation in order to determine whether someone is taking multiple medications for the same condition. “What you might find is that one medication exacerbates or even negates the other,” she said.

Trisha Brechling Miller, 57 of McLean, has managed the medications for both her 85-year old husband, Larry, and her 84-year old mother. After Larry fell, broke his hip and became immobile, Muller began using a calendar to keep his medication schedule

For More Information

<http://www.caregiverstress.com/senior-safety/lets-talk-about-rx/risk-solutions-guide/>

in order. “I have a calendar that helps keep me organized as to what he needs to take and when,” she said. “If it changes, I update it.” Miller, a Home Instead Senior Care client, is also assisting her mother in creating a medications calendar.

CONVERSATION ABOUT MEDICATION can be fraught with tension. A perceived loss of freedom is one factor that can make getting involved in managing family members’ medication complicated, says Lovejoy.

“It’s just one more thing that they’re losing control over,” he said. “Along with the car and their mobility, their medication is something that people generally like to have control over.”

Clear lines of communication are necessary, as families often play a critical role in intervening and preventing a possible negative outcomes.

“My husband is on 10 different medications, and we’re able to manage his medications, but there are people who can’t do that. Those people tend to rely on family,” said Sheila Moldover of the Potomac Community Village in Potomac, Md. “They need children or close friends who handle it for them.” The Potomac Community Village offers programs and services designed to help seniors lead healthy lives and remain in their homes as long as possible.

Gaining empathy from a parent and making it about the child’s feelings is one way to open communication, so Lovejoy suggests that caregivers start by finding a common ground. “It’s important to communicate the emotional stress that potential medication mistakes can cause for a loved one,” he said. “Let your parent know that you are concerned. Your parents don’t want you to be upset.”

VOLUNTEER EVENTS AND OPPORTUNITIES

Fairfax County’s free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, March 8, 7-8 p.m.** to discuss Incontinence Issues and Caregiving. Join us to discuss your concerns and learn more about making this issue more manageable. Register beforehand at www.fairfaxcounty.gov/OlderAdults and click on Telephone Caregiver Support Group. Call **703-324-5484**, TTY 711.

The **Fairfax Commission on Aging** meets on **Wednesday, March 16** at noon at the Hunter Mill District Office, 1801 Cameron Glen Dr., Reston. 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 **703-324-5403**, TTY 711 for meeting access needs.

The **Hollin Hall Senior Center in Alexandria** needs instructors for the following classes: **Basic Woodworking, Basic Guitar, Italian** and **Ballroom Dance**. 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.

The **Bailey’s Senior Center in Falls Church** is in need of a **Volunteer Trip Assistant**. 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.

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.

The **Herndon Senior Center** needs **Social Visitors**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

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SPORTS

Ariana Aulisi and the Langley girls' basketball team will face Landstown in the state quarterfinals on Friday, March 4 at Old Dominion University.



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



Langley senior Paige Galiani scored 16 points against Herndon in the 6A North region third-place game on Feb. 27.

Langley to Face Landstown in State Quarterfinals

Saxons beat Herndon in region third-place game.

BY JON ROETMAN
THE CONNECTION

The Langley girls' basketball team has reached a level of success where the Saxons viewed a three-point loss to undefeated Oakton in the region semifinals as a disappointment.

Despite the tough loss, Langley enters the state tournament as a confident group after pushing the Cougars to the limit and beating Herndon in the third-place game.

Langley, the No. 3 seed from 6A North, will travel to face Landstown, the 6A South runner-up, in the state quarterfinals at 5 p.m. on Saturday, March 5 at Old Dominion University in Norfolk.

The Saxons enter states with a 24-5 record, having won seven of their last eight contests, including a 42-38 victory over Fairfax in the Conference 6 championship game on Feb. 20. Langley will face a Landstown team with a 23-3 record, according to maxpreps.com. The Eagles won the Conference 1 championship and lost to Woodside 39-28 in the 6A South region final.

Langley and Landstown have faced two common opponents: Lake Taylor and Centreville. The Saxons lost to Lake Taylor 45-38 on Dec. 28 during a holiday tournament in Hampton. The Eagles beat Lake Taylor 52-48 on Jan. 7. Langley defeated Centreville 43-34 on Feb. 23 in the opening round of the regional tournament. Landstown beat Centreville 31-25 on Dec. 28 during the Bulldog Bash holiday tournament at Westfield High School.

"I think we're excited," Langley senior and Co-Conference 6 Player of the Year Paige Galiani said. "We have really good position going into [states] and I think we definitely have a chance of going far — winning it all, hopefully."

Fifth-year Langley head coach Amanda Baker has turned the Saxons into one of the top teams in the region. After three straight losing seasons, Baker led Langley to a 21-5 record during the 2014-15 campaign, during which the Saxons reached the conference championship game and the region quarterfinals.

This year, Baker said the Saxons hoped to give themselves a chance to contend for multiple championships. After beating Fairfax to win the program's first conference/district title since 1988, Langley's hopes for



Sophomore guard Jordyn Callaghan and the Langley girls' basketball team defeated Herndon 48-43 in the 6A North region third-place game on Feb. 27 at Robinson Secondary School.

a region championship ended with a 44-41 loss to undefeated Oakton on Feb. 27 at Lake Braddock Secondary School. The Cougars went on to beat Fairfax in the region final.

Langley junior Ariana Aulisi scored a team-high 12 points against Oakton. Senior guard Lizzy Shamloo finished with 10 points and sophomore guard Jordyn Callaghan added seven.

"It's disappointing to lose," Baker said. "We really thought the expectation was to win. We didn't go in hoping to keep it close, but it was an admirable effort. I was really proud of the way the kids executed the game plan. We were right where we wanted to be at the end we just got the wrong outcome."

Oakton's 44 points tied a season low. The three-point margin of victory also tied a season-low for the Cougars.

The following night, Langley defeated Herndon 48-43 in the third-place game at Robinson Secondary School. Galiani led the Saxons with 16 points. Shamloo finished with 10 points, Callaghan had eight and Aulisi scored seven.

"[It was] definitely a heart-breaking loss [against Oakton]," Galiani said, "but we definitely came out hard as a team and we were excited to come into [the third-place game] because [we] proved we're a great team last night."

Shamloo was selected to the 6A North region all-tournament team.

The winner of Langley and Landstown will take on the winner of Oakton and Woodbridge in the state semifinals at 1:30 p.m. on Tuesday, March 8 at VCU in Richmond. The state championship game is scheduled for 7:15 p.m. on March 9 at VCU.



PHOTOS CONTRIBUTED

Juvenile Skaters, from left: Piper Williams of Vienna, Nina Sebastien of McLean, Elaine Zhang, of Vienna and Taylor Olson of Falls Church.

Area Skaters Go National

Vienna, McLean skaters participate in 2016 U.S. Synchronized Skating Championships.

Piper Williams of Vienna, Nina Sebastien of McLean, Elaine Zhang of Vienna, and Taylor Olson of Falls Church represented our area at the 2016 U.S. Synchronized Skating Championships in Kalamazoo, Mich. last week. They are four of the 22 members of the DC EDGE Juvenile team, now ranked seventh in the nation after their performance at the national championship event. The team, which practices at Kettler Capitals Iceplex, Cabin John Ice Rink, and Wheaton Ice Arena, has been training since May 2015 in hopes of qualifying for Nationals. They secured their spot by winning the silver medal at the Eastern Sectional Championship in Richmond, Va. on Jan. 28, 2016.

Nicole Berry of McLean on the Novice team.

Synchronized skating is an up-and-coming discipline which brings teams of skaters together to perform a synchronized program on ice. For more information about "synchro" or the DC EDGE Synchronized Skating Teams, visit dcedgesynchro.org.



DC EDGE sent four teams to Nationals with two coming home National Champions: Adult and Masters. Their Juvenile team placed seventh and Novice placed 11th. Other Fairfax County skaters include: Ashley Morris of Vienna and

Vienna residents, Piper Williams (front left) and Elaine Zhang (center front), skate in a block formation at the 2016 U.S. Synchronized Skating Championships on February 25



DC EDGE Juvenile team performs a pyramid formation at the 2016 U.S. Synchronized Skating Championships on February 25

Claude Moore Farm Launches 2016 Junior Interpreter Program

The Claude Moore Colonial farm launched its 2016 Junior Interpreter Program for youths interested in experiencing work and life on an colonial 18th-century living history farm.

Junior interpreters engage in the everyday activities and chores that young colonists in Virginia performed just prior to the American Revolution.

The Claude Moore Colonial Farm Junior Interpreter Program is open to children and youths from 10 to 17 years of age. Those interested will volunteer with a parent or guardian in behind the scenes work and activities for a specified period before applying for the program. Following that, an application may be submitted to become a Junior Interpreter. Once approved, Junior Interpreters are required to attend an orientation and training session as well as participate at the Farm for a minimum of one day each month during the Farm's 2016 season (April 1 through Dec. 11).

Junior Interpreters wear late 18th-century period costumes and take part in activities and chores that young Virginia colonists performed, such as planting, weeding, tending and harvesting field crops, tending Farmhouse kitchen garden, assisting with cooking mid-day meal as well as clean up, cleaning animal pens and other activities and chores

The Claude Moore Colonial Farm's junior interpreters also engage with visitors to explain their tasks. More information including fees and application instructions are available at <http://new.1771.org/juniorinterpreters>. Interested youths should contact the Farm's Youth Volunteer program manager, Lisa Berray at lberray@1771.org for more information.

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CALENDAR

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Deadline is Friday for the following week's paper. Photos/artwork encouraged.

ONGOING

Scholarship. Deadline April 1. The Bull Run Civil War Round Table in Centreville is offering a \$1,500 scholarship to a high school senior who resides in Fairfax or Prince William counties and will attend college or community college in fall 2016. Information and application instructions can be found at <http://bullruncwrt.org>.

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.

Gentle Yoga. Thursdays, 6:30 p.m. Emmaus United Church of Christ, 900 E Maple Ave. E, Vienna. Saturdays, 9:30 a.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Gentle Kundalini Yoga, one free introductory session, senior discounts. Increase your flexibility, improve your breathing and health, reduce your stress. Ravi Kaur has 15 years experience teaching yoga. \$15 per session. www.edimprovement.org. 571-213-3192.

Tai Chi Beginners' Practice. Saturdays, 8-9 a.m. St. Luke's Catholic School Gymnasium, 7005 Georgetown Pike, McLean. Weekly Tai Chi practice. Group has met for over 20 years. Free. FreeTaiChi.org. 703-759-9141.

"Wishes and Dreams" Exhibit. March 1-April 2. Vienna Art Center, 115 Pleasant St., NW, Vienna. Free. viennaartsociety.org. 703-319-3971.

Goldstein Artist Showcase. March 1-23. Broadway Gallery, 1025-J Seneca Road, Great Falls. Great Falls Gallery will feature the pastels and mixed media paintings of local artist, Lynn Goldstein. www.broadwaygallery.net. 703-450-8005.

WEDNESDAY/MARCH 2

Imagine Dragons in Concert: Smoke+Mirrors. 7:30 p.m. Tyson's Corner 16, 7850 Tysons Corner Center, McLean. Watch the concert as it is broadcast live on the big screen. <http://www.fathomevents.com/event/imagine-dragons-in-concert>.

THURSDAY/MARCH 3

Game Night: King of Tokyo. 7 p.m. Barnes and Noble Tysons, 7851 L. Tysons Corner Center, McLean. Bring friends, grab a snack from the Cafe and get ready for some board game fun. Free. 703-506-6756. <http://stores.barnesandnoble.com/store/2238>.

FRIDAY/MARCH 4

St. Paddy's Day Party. 7-9 p.m. The Old Firehouse, 1440 Chain Bridge Road, McLean. This 5th and 6th-grader party will include music, dancing, games, snacks, videos and more. \$35/\$25. Advance registration is required; walk-ins will not be admitted. mcleancenter.org.

SATURDAY/MARCH 5

Robert E. Simon, Jr. Children's Center Book Fair. 10 a.m.-2 p.m. Barnes and Noble Tysons, 7851 L. Tysons Corner Center, McLean. The students, parents and staff from Robert E. Simon, Jr. Children's Center will host a variety of activities to entertain children including an 11 a.m. Storytime, bookmark making and face painting. Free. 703-506-6756. <http://stores.barnesandnoble.com/store/2238>.

Author Reading and Signing. 1 p.m. Barnes and Noble Tysons, 7851 L. Tysons Corner Center, McLean. Local children's author Alison Grace Johansen will read and sign copies of her picture book "HumFree the Bee Has a Food Allergy." 703-506-6756. <http://stores.barnesandnoble.com/store/2238>.

Author Reading and Signing. 4 p.m. Barnes and Noble Tysons, 7851 L. Tysons Corner Center, McLean. David Pries will tell stories from 50 years of Presidential intelligence at the highest level and sign copies of his new release, "The President's Book of Secrets." 703-506-6756. <http://stores.barnesandnoble.com/store/2238>.

Making Justice Work. 2-4 p.m. United Christian Parish, 11508 North Shore Drive, Reston. Second of two forums on Criminal Justice in the U.S. Subtitled "Police Practices" and will have local orientation. Free. Open to all. ucpreston.org.

SATURDAY-SUNDAY/ MARCH 5-6, MARCH 12-13,

SEE CALENDAR, PAGE 13



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CALENDAR



PHOTO CONTRIBUTED

Rescheduled performance of "The Importance of Being Earnest" will be at The Alden Theatre on Wednesday, March 30.

FROM PAGE 12

"Sideways Stories from Wayside School." 3 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Delightfully demented comedy about the strangest school ever built, where the students battle supernatural teachers and endure madcap lessons. Performed by youths. Ages 7 and up. \$15/\$10. mcleancenter.org. 703-790-0123.

TUESDAY/MARCH 8

Protecting Neighborhood Trees. 7:30-9:30 p.m. Great Falls Grange, 9818 Georgetown Pike, Great Falls. The event will be forum co-sponsored by Supervisor John Foust, the Fairfax County Tree Commission, and the Great Falls Citizens Association. Speakers will focus on tree preservation during the real estate development process, and what citizens can do to help protect the existing tree canopy. prvickers@aol.com. 703-759-3280.

THURSDAY/MARCH 10

Game Night: Sheriff of Nottingham. 7 p.m. Barnes and Noble Tysons, 7851 L. Tysons Corner Center, McLean. Bring friends, grab a snack from the Cafe and get ready for some board game fun. Free. 703-506-6756. <http://stores.barnesandnoble.com/store/2238>.

SATURDAY/MARCH 12

Churchill Road Elementary School Book Fair. 10 a.m.-2 p.m. Barnes and Noble Tysons, 7851 L. Tysons Corner Center, McLean. Students, parents, staff will host activities to entertain children including an 11am Storytime, bookmark making, face painting and student performances. 703-506-6756. <http://stores.barnesandnoble.com/store/2238>.

Author and Illustrator Reading and Signing. 3 p.m. Barnes and Noble Tysons, 7851 L. Tysons Corner Center, McLean. McLean native Scott McBride and co-author Rod Thompson will read and sign copies of their book "The Adventures of Connor the Courageous Cutter: Saving Sarah." Illustrator Brian Martin will join them. Free. 703-506-6756. <http://stores.barnesandnoble.com/store/2238>.

Look to the Rainbow. 6-10 p.m. Charles Wesley United Methodist Church, 6817 Dean Drive, McLean. Come celebrate with the World Children's Choir with songs, dance, drumming and activities. Featuring songs with a Celtic spirit in honor of St. Patrick's Day. \$10-\$30. worldchildrenschoir.org. 571-344-2206.

TUESDAY/MARCH 15

Perennial Personalities. 10 a.m. Vienna Presbyterian Church, 124 Park St., Vienna. Karen Rexrod, plant expert and former owner of

Windy Hill nursery, will present her favorite perennial personalities. Karen's expertise and knowledge of perennial plants and their habits. Free. lmc323@aol.com.

Cocktails and Conversation. 5-6:30 p.m. Capital Grille, 1861 International Drive, McLean. The Community Foundation for Northern Virginia invites you to a private event for substantial supporters and friends of the Community Foundation. Reserve at www.cfnova.org/cocktails or call Tara Nadel at 703-879-7637.

WEDNESDAY/MARCH 16

McLean Newcomers and Neighbors Monthly Luncheon. 11:30 a.m. Peking Gourmet Inn, 6029 Leesburg Pike, Falls Church. Cabi clothing stylist, Allison Bateman, will speak, providing us with all the latest spring trends for 2016. \$24. RSVP by March 11 to Susie Osser at ssosser@verizon.net. McLeanNewcomers.org.

THURSDAY/MARCH 17

Spanish Storytime featuring CommuniKids. 11 a.m. Barnes and Noble Tysons, 7851 L. Tysons Corner Center, McLean. Give your child the love of language at a fun, engaging Storytime in Spanish. 703-506-6756. <http://stores.barnesandnoble.com/store/2238>.

Game Night: Splendor. 7 p.m. Barnes and Noble Tysons, 7851 L. Tysons Corner Center, McLean. Bring friends, grab a snack from the Cafe and get ready for some board game fun. Free. 703-506-6756. <http://stores.barnesandnoble.com/store/2238>.

FRIDAY/MARCH 18

Flashlight Egg Hunt. 7 p.m. Glyndon Park, 300 Glyndon St., NE, Vienna. Enjoy a family evening searching for eggs and prizes in the dark! Please bring a flashlight so you can find the eggs. Jump like a bunny in the moon bounce and visit the Easter Bunny. 703-255-6360.

SATURDAY/MARCH 19

Old-Fashioned Egg Hunt and Roll. 10:30-11:30 a.m. Freeman House, 131 Church St., NE, Vienna. Children 12 and under and their parents are welcome to participate in an egg roll and visit with Easter Bunny, hosted by Historic Vienna, Inc. 703-938-5187.

THURSDAY/MARCH 24

Game Night: Codenames. 7 p.m. Barnes and Noble Tysons, 7851 L. Tysons Corner Center, McLean. Bring friends, grab a snack from the Cafe and get ready for some board game fun. Free. 703-506-6756. <http://stores.barnesandnoble.com/store/2238>.

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It Just So Happens...



By KENNETH B. LOURIE

That as I sit and attempt to write next week's column, I am doing so on the exact date, February 27th, seven years ago when I met the oncologist who delivered to me, my wife, Dina and my brother, Richard (a.k.a. "Team Lourie") the devastating news that would change my life/life expectancy forever. A phone call from my internal medicine doctor the previous week had confirmed that the biopsy indicated a malignancy in my lungs and an appointment with an oncologist to discuss the details was recommended. A week later, "Team Lourie" met the oncologist who advised us that the tumors were in fact non-small cell lung cancer (NSCLC), stage IV; "inoperable, incurable," and with a "13-month to two-year" prognosis. After reviewing the recent medical history that led up to this appointment, and then discussing with the doctor the various alternatives/treatment protocols – and likely outcomes, we all agreed that I should begin every-three-week chemotherapy as soon as possible. And so, six days later, on the following Wednesday, it began. The rest, as you regular readers know, is history, and "history" which I'm proud to say is still being made.

However, as much as this date is about me – and as a cancer patient, you're often told: "it's all about you" – I can't appreciate my life (and amazing good fortune) without expressing my condolences generally to all the newfound friends, acquaintances, a few relatives and the miscellaneous names; some famous and noteworthy, many not, whom I have heard about and read about, who have succumbed to this terrible disease. A disease which, at least when I was originally diagnosed, offered patients very little hope of surviving even beyond two years; I'm living into my eighth year now. My oncologist refers to me as his "third miracle," a moniker I am happy to embrace and incredibly fortunate to have earned with a disproportionate amount of luck, perseverance and a positive, self-effacing, find-humor/make-humor, take-the-good-with-bad and the-bad-with-the-good approach that if I believe any of what I've been told by numerous medical professionals, has likely contributed to my overall good health. And though there are no guarantees offered or given in oncology, I am at least one example of a grim tale that turned out not to be a fairy tale.

Let me be clear: I am not in remission. I am still under the regular and recurring care of my oncologist. I still receive chemotherapy infusions every four weeks. I still go for diagnostic scans every three months, and a follow-up appointment with my oncologist a week or so later for evaluation and assessment. I still live every day knowing there remains no cure for what ails me. And as written about in last week's column, "A Further Explanation," the experience has changed me forever, no doubt reflecting the ongoing demands of being diagnosed with a terminal form of cancer, a diagnosis which is all it's cracked up to be.

But dwelling on this reality serves no purpose. And living as if today is my last day doesn't resonate with me either. I prefer to live my life as much as possible, anyway, as how I would otherwise live it: no bucket lists to fill or must-haves or must-dos. Instead, I'd rather do what I must and live as I have: consistent with who I am and who I've become: a seven-plus year cancer survivor amazed to still be alive and appreciative of all the help and encouragement I've received along the way.

One might think being diagnosed with cancer/living with cancer is a solitary pursuit, and in many ways, I suppose it is; but in my sharing, I've found caring, and I believe there's strength in those numbers. Happy Anniversary to me and to all my fellow cancer patients who claim this date as a significant milestone; be it one day, one week, one month, one year or multiple years. Congratulations to us all. We deserve it!

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

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Pamplona, LLC trading as Pamplona, 3100 Clarendon Blvd. Arlington, VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises; Mixed Beverage license to sell or manufacture alcoholic beverages. Naeem Mohd, President
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

21 Announcements

ABC LICENSE
Basic Burger, LLC trading as Basic Burger, 2024 Wilson Blvd, Arlington, VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises license to sell or manufacture alcoholic beverages. Dave Diamond, Operations Director
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

21 Announcements

LEGAL NOTICE
Edward Koch, M.D., a gynecologist, announces the closure of his clinical practice located at 6707 Old Dominion Drive in McLean Virginia as of April 30, 2016. Dr. Koch can be reached at 703-288-0794 or by email at egkmdpc@hotmail.com. Information about medication refills and medical records can be obtained using the telephone number or the email noted above. Dr. Koch will remain in McLean as a medical consultant.

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21 Announcements

21 Announcements

NOTICE OF DISSOLUTION & NOTICE TO CLAIMANTS OF PROCEDURE TO FILE CLAIMS PURSUANT TO Code of VA. § 13.1-746.1(b.)

Inge's Properties Inc. (the "Corporation"), a Virginian corporation organized under the laws of the Commonwealth of Virginia, has dissolved under the laws of the Commonwealth of Virginia as of February 10, 2016. Pursuant to the filing of the certificate of dissolution, the Corporation hereby gives notice to all persons having a claim against the Corporation, other than a claim against the Corporation in a pending action, suit or proceeding to which the Corporation is a party, to present their claims against the Corporation in the manner prescribed below:

1. All claims must be presented to the Corporation in writing and must contain sufficient information reasonably to inform the Corporation or successor entity of the identity of the claimant and the substance of the claim.
2. The mailing address to which such a claim must be sent is: Inge's Properties Inc. c/o Robert B. Nealon, Esq., 119 N. Henry Street, Alexandria, Virginia 22314.
3. The date by which such a claim must be received by the Corporation or its successor entity is May 1, 2016.
4. Any claim that is not received by May 1, 2016 will not be evaluated for payment at this time.
5. The Corporation may make distributions to other claimants or persons interested without further notice to the claimant.
6. Further, any claim will be barred unless a proceeding to enforce such claim is commenced by the earlier of the expiration of the statute of limitations, or three years after the date of publication of this notice.

Robert B. Nealon, Secretary Pro Tempore, Inge's Properties, Inc.

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-Thomas A. Edison

21 Announcements

21 Announcements

26 Antiques

26 Antiques

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21 Announcements

21 Announcements

OBITUARY NOTICE
Thomas (Tom) B. Bonner, 84, of Bristow, Virginia and formerly long time resident of Vienna, Virginia passed away peacefully on February 27, 2016.

Tom was born in Altoona, Pennsylvania, the only son of the late Thomas A. and Jessie A. (Miller) Bonner, and was raised in Arlington, Virginia. Tom married his wife, Marie, in 1953, and they made their home in Vienna, Virginia, where they resided happily for 58 years, raising their family of four children. Tom was employed as an illustrator for the U.S. Department of Defense for 37 years until he retired in 1988.

Tom loved living in the town of Vienna, Virginia and was active in the community for most of his life, with a passion for service in the Vienna Volunteer Fire Department. Tom joined the department in 1961 as a volunteer fireman, and throughout the rest of his life he proudly contributed in many different capacities there, with his most recent efforts focused on the fire department's historical preservation. In 2012, after 50 years of volunteer service, he was recognized as a Life Member of the VVFD and also the VVFD Auxiliary. Tom loved baseball and enjoyed coaching in the Vienna Little League for many years, where he was inducted as a member of the Vienna Little League Honor Roll in 1985. He was also a member of the Vienna American Legion Post and was actively involved in the Knights of Columbus organization.

Tom is survived by his beloved wife, Marie, of 62 years, his four children Thomas, Jr. (Lyndee) of Centerville, VA, Terry Maddox of Warrenton, VA, John (Anne) of Centerville, VA, and Donald (Lale) of Cornelius, NC. He leaves behind nine grandchildren, Justin, Matt, Nicolle, Michelle, Jennifer, Mike, Chris, Danny, and Ben, and great grandson, Gavin. He was preceded in death by his son-in-law Ken Maddox. Tom was a loving husband, father, and grandfather and will be deeply missed by all his family and friends.

Visitation will occur from 6:00 to 8:00 pm on Tuesday, March 1, 2016 at Pierce Funeral Home in Manassas, VA. The funeral mass will be held on Wednesday, March 2, 2016 at Holy Trinity Catholic Church, in Bristow, VA, at 10:30 a.m. with interment to follow at Fairfax Memorial Park Cemetery, in Fairfax, VA. Donations in his name can be made to the Vienna Volunteer Fire Department. www.vvfd.org

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21 Announcements

ABC LICENSE
P&M Group, LLC trading as Red Galanga, 144 Church St, NW, Vienna, VA 22180. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises; Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Perawat Pradawong, 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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