

With 111 wins in his career and a prior District Champion, Calvin Zug of McLean High School, celebrates win number 112 at Saturday's Liberty District Wrestling Tournament at McLean High.

Winning District Championships

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Tennis Elbow Doctor Honored

McLean's Dr. Robert Nirschl wins the 2017 Mayo Clinic Distinguished Alumni Award.

BY STEVE HIBBARD
THE CONNECTION

Dr. Robert Nirschl, M.D., 84, of Chain Bridge Forest in McLean is one of five people to win the 2017 Mayo Clinic Distinguished Alumni Award last October for his work in the international field of orthopedic medicine. The Mayo Clinic Board of Trustees gives the award annually to acknowledge the contributions of Mayo alumni to the field of medicine, including medical practice, research, education and administration. Nirschl completed his residency in orthopedic surgery at the Mayo Clinic in 1963. He was a longtime orthopedic surgeon at Virginia Hospital Center.

"It's a huge privilege and huge honor to be selected as distinguished alumni – there are 30,000 people who went through the Mayo educational system starting around 1900. Looking back at that legacy is a huge honor and then to be honored by the group – it's surreal stuff in a sense," he said.

He said the Mayo brothers – William and Charles Mayo who developed the Mayo Clinic – not only appreciated quality care but they also understood that it required research and advancement of medicine. "So, this was not only doctors involved in delivering care, but also doing research to enhance the progression of medical knowledge," he said. "So, it's quality care plus research plus education."

Nirschl is a world-renowned expert on tennis elbow, known as epicondylitis, which is a tendon overuse problem. During his 55-year career, he has been instrumental in the initial recognition, treatment and investigation into the pathophysiology of this condition, and invented the Nirschl Operative Procedure.

His work expanded not only to the elbow, but to the shoulder rotator cuff, the knee cap tendon, Achilles tendon in the lower leg, Plantar Fasciitis in the foot, and all of the tendons.

"Tennis elbow is a failure of the tendon and the tendon, under duress, will mechanically break down. The blood supply to the tendon is altered so the blood vessels get squeezed out," he said.

DURING HIGH SCHOOL, he played tennis his senior year and picked it up again when he moved here and played at the Tuckahoe Recreation Club in McLean. Around 1966, he got tennis elbow and read some articles by orthopedic surgeons about the problem. So, he started to do research and found that what was available in world medicine was inadequate and erroneous. He looked into doing a different tennis el-



PHOTOS BY STEVE HIBBARD/THE CONNECTION
McLean's Dr. Robert Nirschl with his 2017 Mayo Clinic Distinguished Alumni Award.



McLean's Dr. Robert Nirschl, with his wife Mary Ann Nirschl won the 2017 Mayo Clinic Distinguished Alumni Award.



PHOTO CONTRIBUTED

The 2017 Mayo Clinic Distinguished Alumni Award went to Robert Nirschl, M.D. (upper left); Stephen Challachombe, Ph.D.; Donald Greydanus, M.D.; Thomas Spelsberg, Ph.D.; and Robert Waller, M.D.

bow operation so he went to the cadaver lab at Georgetown University. There, he did dissection on the elbow and found that the malady of what was happening with tennis elbow was the tendon, which was hidden.

"None of the surgeries found where the

real problem was. I redesigned the whole surgical approach to the elbow, tennis elbow and golfer's elbow. I found the shoulder was involved and began to alter the shoulder surgery," he said.

Nirschl's research of sports techniques

produced new treatments for tendon injuries of the shoulder, elbow and lower extremities. The Nirschl operative procedure for elbow tendinosis (tennis and golfer's elbow), as well as his classification of pain phases and microscopic evaluation with Virginia Hospital Center pathologist Russell Stay (1979) of tendon failed healing is now utilized by physicians worldwide.

He said for 100 years, the failure of tendons was called tendonitis. "The whole idea was when we did analysis of the tissue, we found out there were no inflammatory cells in the tissue, this was not an inflammatory problem, therefore we changed the name from tendonitis to angio-fibroblastic tendinosis. We found out this was a degenerative process rather than an inflammatory process," he said.

He started filming tennis stroke mechanics of world-class tennis players on the 1970 U.S. Davis Cup Team in Cleveland and analyzing mechanics of not only tennis but all sports. He compared these players to recreational tennis players. With this information, he recognized injury-producing patterns and recommended good stroke/sport mechanics, and accommodating equipment.

He's worked with Donald Dell of Potomac, a sports agent who represented tennis players Arthur Ashe, Ivan Lendl, and Jimmy Connors. Through the years, he's operated on two Wimbledon champions, 30 world-class tennis players, and one elite cricket player named Sachin Ramesh Tendulkar of India. All in all, he's operated on roughly 11,000 people and consulted with as many as 150,000 people.

Nirschl has given 500 talks (in eight foreign countries); been published in 140 medical magazines and journals; was the medical editor for World Tennis Magazine where he published 51 articles; and also produced 10 videos on shoulder and elbow surgical techniques.

"When I go to national meetings, people say 'thank you very much for what you did.' It's been fascinating in a lot of ways when I think about it," he said. He's now taken a course on how to write his memoirs, so that's on his to-do list.

Nirschl is the founder of the Virginia Sportsmedicine Institute and Nirschl Orthopaedic Center for Sports Medicine and Joint Reconstruction (1974), and was the founder (1989) and director of the Nirschl Orthopaedic Sports Medicine Fellowship program for 25 years, where he trained and influenced orthopedic surgeons.

He's mentored hundreds of medical students, family practice residents, orthopedic surgery residents, family practice sports

SEE MCLEAN DOCTOR, PAGE 7

OPINION

An Opportunity To Improve TJ

To the Editor:

The following open letter was addressed to state Sen. Steve Newman, chair of the Education and Health Committee.

As graduates of Thomas Jefferson High School for Science and Technology (TJHSST), we were deeply troubled to read that the Education and Health Committee of the Virginia State Senate struck down Senate Bill 787, the proposal by state Sen. Scott Surovell to make the admissions policies at Governor's Schools such as TJHSST more equitable. While debates will continue about whether

COMMENTARY Senator Surovell's legislation is the right instrument, its intent to significantly alter Jefferson's admissions procedure to account for class is sound. No serious action has been taken on this issue at the state or local level since the school was designated as a magnet school and that has to change. Outreach efforts have had modest success in the past, but they are not enough to make Jefferson equitable. For this reason, we strongly support the intent of the senator's bill and ask the committee to work with Senator Surovell to draft legislation to make progress on this urgent issue.

All of us attended Fairfax County Public Schools. There's one among us who still has her yearbooks and class pictures from kindergarten through 12th grade. And in those images from schools like Saratoga Elementary School and Mark Twain Middle School are the smiling faces of friends and classmates of all races, as well as friends and classmates who lived in a nearby HUD housing development. None of the kids from that housing development made it into TJ, not one. And virtually none of the Black and Hispanic students in those other photos were admitted either.

The racial and economic composition of Jefferson has been an annual news story just about every year since it became a magnet school, and it's never good news. Last year, only 17 Black and Hispanic students were admitted — 3.4 percent out of 490 students. And only eight students (1.6 percent) eligible for free or reduced-price lunches (an indicator of students living in low-income or poor families). This despite the fact that Fairfax County Public School students overall are 25.4 percent Hispanic, 10.1 percent Black, and 29 percent are eligible for free or reduced-price lunches.

This disparity between Jefferson's enrollment and the racial and socioeconomic composition of Fairfax County is unacceptable and easily remedied. Countless elite institutions — especially elite colleges — have modified their admissions procedures and requirements in recent years because they have realized that their old criteria have long been leaving talent on the table. They have softened their standardized testing requirements, engaged in admissions outreach, and sought out partners in high schools and middle schools to create a pipeline of under-represented and low-income students to draw from. These students (who would never have been admitted under the old admissions protocols) have thrived at these elite institutions — often overperforming their standardized test scores. Yet Jefferson's admis-

sions policies proceed ignorant of these developments.

We live in a time when headlines and Twitter feeds constantly observe the pernicious effects of systemic inequality and racism in the daily lives of the poor and people of color. And the state of Virginia has a long legacy of racism that the world was reminded of last year during and after the events that took place in Charlottesville. White supremacy is not just Nazis marching in the streets; it also lies in maintaining a high school that excludes the poor, African-Americans, and Latinos, and then calls itself the greatest, most meritocratic high school in the country. You and the other 12 members of the committee who struck down this modest change to Jefferson's admissions policies have voted to maintain a blatantly racist and classist flagship school.

This is a shameful display when it would have been so easy for you to answer the impassioned requests of so many parents and alumni, as well as Senator Surovell. We understand that the committee has framed its objections to this bill in terms of local rights. While in many cases local school boards are best situated to make local educational decisions, when a board ignores a pressing issue affecting its most vulnerable and disempowered constituents over decades, the state has an obligation to step in and remedy the injustice.

The one way that Jefferson, with the help of the Fairfax County School Board and the Virginia legislature, could truly differentiate itself is by showing that it is working deliberately and intentionally to combat the structural and systematic racism and class privilege that feeds students into the school. Thousands of schools and nonprofits around the country have already made meaningful change in this area, it's time for Jefferson and those in charge to take responsibility for this problem and do the same.

Alexis Clements, TJHSST '98, BA Emerson College '01, MS London School of Economics '06

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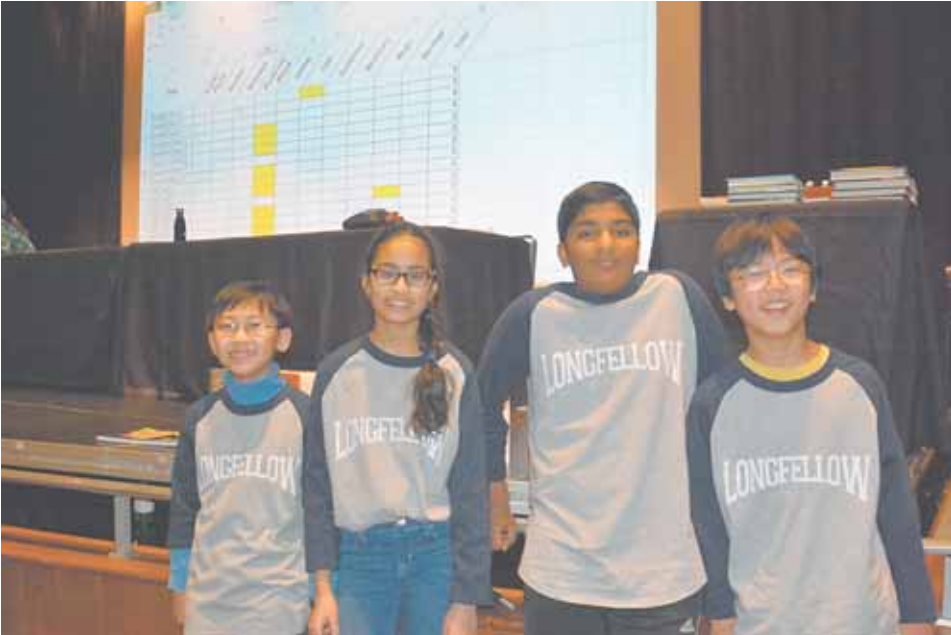
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Longfellow Team on World Stage

Four seventh graders from Longfellow Middle School – Joshua John, Elliott J. Lee, Daniel Lian, and Anisha Talreja – won the National Literature Competition on Jan. 31, 2018 at Central Connecticut State University. Not only did they place first in their preliminary heat, but they went on to win the USA national finals and will be the American representatives at the Kids Literature Quiz World Championships in Auckland, New Zealand this coming July.

The winners are two young Daisy Scouts,, from left: Hannah L. and Grace M. Hannah's pinewood car raced up to 194.0 mph while Grace's car travelled at 194.5 mph.

PHOTOS BY
SHANZEH UMERANI/
THE CONNECTION



McLean Girl Scouts Hold Pinewood Derby

Excited chatter filled the room as girls from ages 6-13 watched their pinewood cars race down the track. This was the Girl Scouts Pinewood Derby, an event and activity usually done by Cub Scouts (or Boy Scouts) but has now slowly been integrated within the Girl Scouts community.

"It started as a journey project two years ago, where we only had one troop participate in it; about two years later [the troop] did it for the service unit – and now this is our second time doing it for the service unit," said McLean's Troop 1692 Leader Jennifer Schuette.

Schuette is a Teen Troop leader and had her team of young teenage girls lead the event where 105 girls from all levels of Girl Scouts raced their cars on the wooden track. Alicia Gonzalez, a Senior Girl Scout for Troop 1692, was eager to showcase young girls being exposed to the STEM field by participating in this derby. "It's a great way to connect STEM with creativity to these younger girls; We've had an incredible turnout here



A Teen Girl Scout helps to line up the cars on the track; four cars are pitted against each other and set on their lanes. The stoppers are dropped and sheer momentum carries the cars.

today. We feel that anything the Cub Scouts can do, [Girl Scouts] can too – so we wanted to give the Girl Scouts the opportunity."

At the end of the derby, held in McLean, two of the three winners were Daisies, Girl Scouts who are between the ages of 5-7 years.

– SHANZEH UMERANI



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Feeding the Flu

What to eat when fighting the flu.

BY MARILYN CAMPBELL

Flu season is in full swing and, according to the latest statistics from the Centers for Disease Control and Prevention, it's packing a powerful punch. According to the most recent CDC report, the flu is widespread in most states, and healthcare providers report an uptick in influenza-related hospitalizations and deaths.

"One of the best sources for protein when you have the flu is real, bone-based soup."

— Sara Ducey, Professor of Nutrition and Food, Montgomery College

While the thought of eating might be unappealing to someone who is battling the flu, nutritionists and health care providers say certain nutrients are essential for keeping up one's strength. Soothing and healing ingredients are key allies when fighting this season's virus.



COURTESY OF SARA DUCEY

Turmeric, powdered ginger, honey and almond or coconut milk can create a soothing and healing drink for those who are battling the flu, says nutritionist Sara Ducey.

"The thing you need most is water," said Sara Ducey, professor of Nutrition and Food at Montgomery College. "You need sufficient water to bring nutrients to your cells and take away the waste. As you hydrate it gives your immune system more of a boost."

Protein, says Ducey, will help one's body build and maintain strength. "It's important for supporting the immune system and for helping your body breakdown medicines like Tylenol," she said. "One of the best



PHOTOS BY MARILYN CAMPBELL

Fresh ginger can be a soothing ingredient for those who have the flu.

sources for protein when you have the flu is real, bone-based soup, not ramen noodles that have chicken flavoring."

Bone broths, like those made from chicken or beef, offer hydration, protein and amino acids, added Ducey. Broth can be sipped or used as the base for a soup. "It's a natural healing and restorative food," she said. "At this point, everyone can assume that they're going to get the flu and prepare some bone-based broth ahead of time and keep it on hand in the freezer. You can also buy boxes of it."

Fresh ginger can work as an anti-inflammatory, soothe an upset stomach and boost one's immune system, says nutritionist



Garlic is credited with having antibacterial properties.

Debbie Hynes of Practical Ayurveda. "Warm water with grated ginger and honey can soothe a sore throat or upset stomach," she said.

Foods that are high in Vitamin C like orange juice, particularly a variety that contains pulp, can boost your immune system, says Ducey. "It's a powerful antioxidant which is important for keeping your muscles strong especially when you're sick."

Garlic is another ingredient that Hynes likes to include in flu-fighting recipes. "It has antibacterial properties, especially when it's raw," she said. "I add it to chicken broth along with chili flakes to sip when someone in my family has a stuffy head. The combination can clear the sinuses. And if you can stand to eat it, raw garlic has the strongest antibacterial properties."

Turmeric works as an anti-inflammatory and antioxidant, says Hynes. "It's been known for those properties in Chinese medicine for centuries," she said.

Ducey uses the spice in a creamy drink she creates called Golden Milk. "I take a cup of milk, a teaspoon or two of honey and a little black pepper and put it in the microwave to warm it," she said. "You can use almond or coconut milk if you can't tolerate dairy. Turmeric is very poorly absorbed by the body, so adding a little black pepper helps absorb it. It sounds bizarre, but it's strangely comforting."

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lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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PHOTO BY STEVE HIBBARD/THE CONNECTION

McLean's Dr. Robert Nirschl with his 2017 Mayo Clinic Distinguished Alumni Award.

McLean Doctor Honored

FROM PAGE 3

medicine fellows, and post-graduate orthopedic sports medicine fellows. Two of his fellows, Francis O'Connor, M.D. and Robert Wilder, M.D., have become chairmen of medical school departments.

Nirschl was the first doctor in the country in 1974 to put Nautilus exercise machines in a physical therapy unit. He developed an education program with 45 graduate orthopedic surgeons who spent a year learning about non-surgical and surgical techniques.

He is the original faculty director of the Primary Care Sports Medicine Fellowship for the Uniformed Services University of the Health Sciences in Bethesda, Md., the medical school for the military. "They take four doctors a year and they have formed family practice sports medicine programs at military installations around the world," he said.

He was a founding member of the U.S. Tennis Association's Sports Science Committee (1988), and he was appointed orthopedic consultant to the President's Council on Physical Fitness and Sport during the Reagan years (1982-89).

Nirschl was born and raised in South Milwaukee, Wisc.; he studied for two years at College of the Holy Cross in Massachusetts (1951-53), then transferred to Marquette University in Milwaukee, but did not complete his bachelor's degree.

He graduated from the Medical College of Wisconsin (1958), then interned for one year at St. Mary's Hospital in Duluth, Northern Minnesota (1958-59). He also earned a master's degree in orthopaedic surgery from the University of Minnesota (1963-66).

He completed his residency in orthopedic surgery at the Mayo Clinic in 1963, was an orthopedic surgeon and Lieutenant Commander in the U.S. Navy for several years, and then came to Washington, D.C., in 1965 and worked at Georgetown University Medical Center as well as in private practice associated with Virginia Hospital Center, then called Arlington Hospital.

OVER THE YEARS, he became the team physician for the Bishop O'Connell and Yorktown High School football teams, and worked with W.T. Woodson, Charles County, Md., and was team physician for Marymount University.

He has been recognized as one of the area's "Top Doctors" for many years in Washingtonian and Northern Virginia magazines, and has been listed in top doctors in America by the Consumers' Research Council of America. Today, 55 years later, he is still practicing medicine three days a week, doing consultations and second opinions, but has stopped doing surgery. "There are a lot of patients who show up for second opinions so I use my experience and wisdom," he said.

A parishioner of St. Agnes Church in Arlington, he said the concepts of Catholicism and the concepts of the Mayo Clinic are similar — and that is to do what's in the best interest of the patient. "You want to do what's good for society and mankind and for your patients, so Catholicism plays a major role in that," he said.

For his legacy, he hopes to be remembered favorably. "My start was on the elbow and shoulder, and also the alteration and understanding of tendon failure and development of rehabilitation programs and the education of young doctors. And also delivering clinical care, to be able to be of some help to the patient population. The legacy of trying to deliver quality and cutting-edge care and medical research on the basis of what we've learned," he said.

He ended by adding: "One of my most important 'Nirschlisms' for young doctors is, No. 1, you identify the pathology correctly; No. 2, you deal with it in an appropriate manner; No. 3, you leave the good stuff alone; and No. 4, you get the hell out of there when something bad happens. That's my advice to young surgeons when they're doing an operation."

Nirschl is married to wife Mary Ann for 59 years; the couple has three grown children: daughters Suzanne and Julie, and son Robert C.

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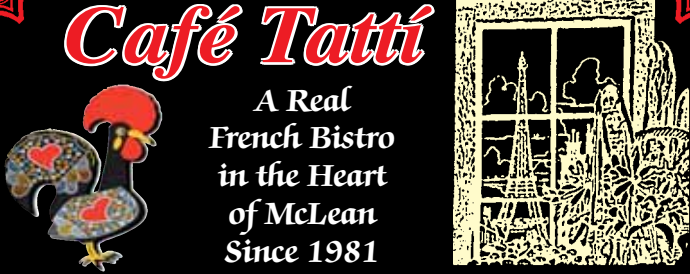
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SERVE ON THE McLEAN COMMUNITY CENTER GOVERNING BOARD.

MCC is a *special Fairfax County agency* operating under the general oversight of an 11-member Governing Board elected by residents of Small District 1A – Dranesville (the MCC District). **Two board members are teens 15-17 years old.**

MCC's Mission is to provide a sense of community by undertaking programs; assisting community organizations; and furnishing facilities for civic, cultural, educational, recreational, and social activities apportioned fairly to all residents of the MCC District.

To serve on the Board, submit a **Petition signed by at least 10 teens** living in the MCC District **and** in your high school boundary area – Langley or McLean – regardless of where they go to school.

Key Dates:

- January 22:** Petition Packets available at MCC's Administrative Office.
- March 16:** Completed Petitions due to MCC's Administrative Office.
- March 19:** Orientation for Board Candidates.
- April 9-May 16:** Absentee Voting.
- May 6:** Meet the Candidates Reception – sponsored by the Friends of MCC.
- May 19:** Voting on McLean Day.

For more information visit the Center at:
6631 Old Dominion Dr., McLean, VA 22101
call: 703-790-0123, TTY: 711
or go to: www.mcleancenter.org/about/candidates



CALENDAR

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Great Falls Farmers Market. Saturdays, 9 a.m.-1 p.m., 778 Walker Road, Great Falls. Music, vendors, fresh produce, fresh prepared food, delightful bakery, spices from around the world, wild-caught fish, grass-fed, free-range meats, organic-fed poultry and eggs. Email kathleen@greatfallsfarmersmarket.org for more.

Free Tai Chi. Every Saturday, from 7:55-9 a.m., Introduction and Beginners' Practice, meet on the outdoor basketball court located directly behind the Dolley Madison Public Library, 1244 Oak Ridge Ave. in McLean Central Park, McLean. Call 703-759-9141 or visit www.FreeTaiChi.org for more.

MCC Summer Camps. Plan now to register children for MCC's enriching summer camp programs for children ages 3 through 18. Summer Camp Registration begins Monday, Feb. 5, for MCC district residents and Monday, Feb. 12, for all others. Visit www.mcleancenter.org.

THURSDAY/FEB. 8

Adventures in Learning. 11 a.m. at UUCF, 2709 Hunter Mill Road, Oakton. "How the Culinary Scenes for Downton Abbey were Filmed" — a talk by food and travel writer CiCi Williamson with photographs about the researching, styling and filming of the food scenes for "Downton Abbey." Guests may sample this class for free. Visit www.scov.org.

FRIDAY/FEB. 9

Mardi Gras Celebration. Noon-2 p.m. at Vienna Community Center, 120 Cherry St. SE, Vienna. Hosted by SCOV and the Vienna Parks & Recreation, includes Cajun lunch, trivia and prizes, mask making. To register, call 703-281-0538 or visit www.scov.org.

Improv Competition. 7 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. Join the Unruly Theatre Project for its first improv competition for high school students. Six teams will compete in four rounds of improv games and short-form styles. Free admission. Call 703-448-8336 or visit www.mcleancenter.org/teens.

SATURDAY/FEB. 10.

Summer Camp and Enrichment Fair. 10 a.m.-noon at McLean High School, 1633 Davidson Road, McLean. Join the Fairfax County Association for the Gifted for its Summer Camp and Enrichment Fair. This event is free and open to the public. Visit www.fcag.org.

Chinese New Year Festival. 10 a.m.-6 p.m. at Luther Jackson Middle School, 3020 Gallows Road, Falls Church. The 11th Annual Chinese New Year Festival, presented by the Asian Community Service Center, will feature live performances, including DRAGON and LION dances, Han costume fashion show, Asian food, the writing of Chinese names, language, craft and business booths, children world, and also a lunar new year dragon parade. Call 703-868-1509 or visit www.ChineseNewYearFestival.org.

SUNDAY/FEB. 11

Maple Syrup Boil-Down. Noon-2 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. The sap is rising and the maple trees are tapped. Now it's sugaring time at



Nora Jane Struthers

On stage at Jammin' Java on Saturday, March 3, Nora Jane Struthers supports her new album *Champion*. The 13-song collection is the follow-up to 2015's *Wake*, which earned Struthers acclaim from major outlets like NPR Music, Rolling Stone Country, and "Fresh Air." Struthers wrote and recorded the album with her longtime road band the Party Line. 7 p.m. at Jammin' Java, 227 Maple Ave., Vienna. Call 877-987-6487 or visit www.jamminjava.com.

Colvin Run Mill. Watch and learn as sap is boiled down into sweet syrup over an open fire. This is an outdoor program, dress for the weather. \$5 per person. No reservations required. Call 703-759-2771 or visit www.fairfaxcounty.gov/parks/colvin-run-mill/maple-syrup.

Amadeus Orchestra. 4 p.m. at Saint Luke Catholic Church, 7001 Georgetown Pike, McLean. Amadeus Orchestra with Silver-Garburg Piano Duo. Pre-concert lecture by Music Director A. Scott Wood will begin at 3:15 p.m. \$35 at the door or www.amadeusconcerts.com. Students 17 and under and active military admitted free.

Winter Traditional Celtic Concerts. 4 and 6 p.m. at The Old Brogue Irish Pub, 760-C Walker Road, Great Falls. Beth Patterson: Bouzouki Queen from New Orleans performs fireside. Tickets must be purchased in advance through the link at oldbrogue.com: \$18 general admission/\$12 children under 12. Call 703-759-3309.

Capitol Steps. 7-9:30 p.m. at Langley High School Auditorium, 6520 Georgetown Pike, McLean. The DC-based comedy troupe, the Capitol Steps, will perform a show based on their current album "Orange Is the New Barack." Proceeds from the show benefit the Class of 2018 All-Night Grad Party. Tickets are \$35 at the door, online at lhs18capitolstepsfundraiser.brownpapertickets.com or www.ptsalangley.org/all-night-grad-party. Email annette.bellino@verizon.net.

WEDNESDAY/FEB. 15

The Unruly Theatre. 7 p.m. at MPA@ChainBridge Gallery, 1446 Chain Bridge Road, McLean. Sponsored by The Alden, the area's hottest professional teen improv troupe offers a night of comedy. Free admission. Call 571-296-8385 or visit www.mcleancenter.org.

FEB. 15-MARCH 11

"The Farnsworth Invention." Thursdays-Sundays, various times at 1st Stage in Tysons, 1524 Spring Hill Road, Tysons Corner. Writer Aaron Sorkin's signature style lends itself to the story of the invention that changed our lives. In 1929, two ambitious visionaries race against each other to invent a device called "television." Who will unlock the key

to the greatest innovation of the 20th century: the ruthless media mogul, or the self-taught Idaho farm boy? \$33 general admission, \$30 seniors (65+), \$15 students and military. Purchase at www.1ststage.org or 703-854-1856.

FRIDAY/FEB. 16

"Bridesmaids." 8 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. Join The Alden staff as they quote along with the dialogue from "Bridesmaids" (R), recreating scenes with the help of props, onscreen subtitles and cues. There will be plenty of fun, including an ugly bridesmaid dress contest. Call 703-448-8336 or visit www.mcleancenter.org/teens.

SATURDAY/FEB. 17

Eya: Marian Meditation. 7:30-8:30 p.m. at Holy Trinity Lutheran Church, 3022 Woodlawn Ave., Falls Church. Award-winning early music vocal ensemble Eya will perform A Marian Meditation. Visit www.holytrinityfallschurch.org/music/.

SUNDAY/FEB. 18

Breakfast Buffet. 8 a.m.-noon at Vienna American Legion Post 180, 330 Center St., N. Vienna. Get omelets, scrambled eggs, blueberry pancakes, bacon, sausage, biscuits and gravy and more. Adults \$9, children 12 and under \$3. Call 703-938-6580.

Winter Traditional Celtic Concerts. 4 and 6 p.m. at The Old Brogue Irish Pub, 760-C Walker Road, Great Falls. Moch Pryderi, together for 19 years, the band performs traditional Celtic music from Wales, Ireland, Scotland, Brittany and Galicia as well as Appalachia, performs fireside. Tickets must be purchased in advance through the link at oldbrogue.com: \$18 general admission/\$12 children under 12. Call 703-759-3309.

TUESDAY/FEB. 20

Sally Ride History Event. 10 a.m. to 1 p.m. at the St. Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. Mary Ann Jung will recreate Sally Ride Email Polly Fitzgerald at pollyfitz1@verizon.net, call 703-759-4345, or visit gfseniors.org.

SPORTS



PHOTOS BY JENNIFER KAYE/THE CONNECTION

Senior Parsa Yazdani-Arazi from Langley High School won 21-10 against Sophomore Roy McCoy of Washington & Lee High School in the 220 pound weight class.

Winning District Championships

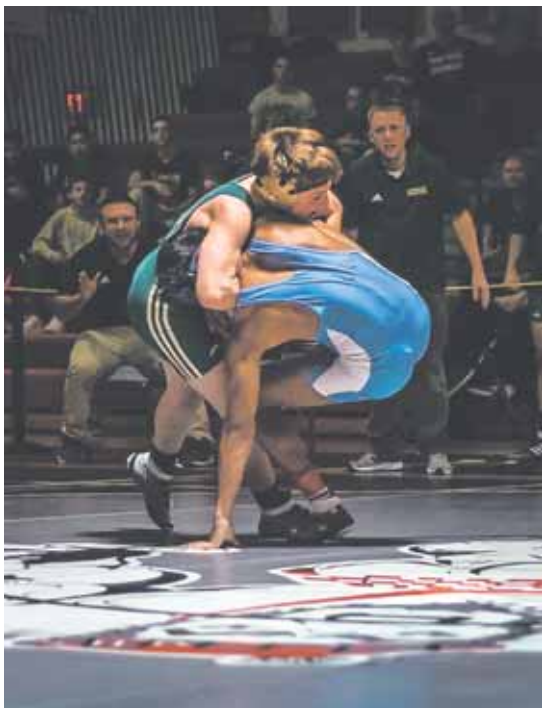
Liberty District Wrestling Tournament held at McLean High School.

McLean High School hosted the Liberty District Wrestling Tournament Saturday, Feb. 3. The tournament featured 73 wrestlers from South Lakes High School, Herndon High School, Washington & Lee High School, Langley High School, McLean High School and Yorktown High School. With weigh-ins starting at 8 a.m. and 14 weight classes, from 106 pounds to heavyweight, it was a full day of wrestling. Each school took home at least one District Championship title, and Washington & Lee was the overall winner of the tournament with a total score of 198 points. Washington & Lee also took home the awards for Head Coach of the Year and Assistant Coach of the Year. The Wrestler of the Tournament Award went to Senior Albert Mensah of South Lakes High School. Team scores for the top schools of the tournament are as followed:

1. Washington & Lee High School, 198 points
2. South Lakes High School, 151.5 points
3. Herndon High School, 113 points

— JENNIFER KAYE

In a close match, Alex Woltman of Langley was able to pin Bijon Bose of Yorktown and win the 113 pound weight class.



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News

Area Students Advance to State Science Olympiad

Students from eight Fairfax County public schools have received an invitation to the 2018 State Science Olympiad Tournament based on their results in the Charlottesville Regional Science Olympiad tournament held last weekend.

In regional competition, in Division B, the Kilmer Middle School Blue team finished in first place overall, capturing top honors in six categories. Finishing second was the Cooper Middle School Omega team, followed by the Kilmer Middle Green team in third, the Cooper Middle Alpha team in fourth, the Louise Archer Elementary Sunshine team in sixth, the Colvin Run Elementary Blue team in seventh, and the Mantua Elementary Raccoons in eighth place.

In Division C, Thomas Jefferson High School for Science and Technology's (TJHSST) White team finished in first place overall, capturing top honors in four categories. Finishing second was the Fairfax High

School Blue team, followed by the TJHSST Blue team in third place, the TJHSST Red team in fourth place, the Fairfax High Gray team in fifth place, the Oakton High Burgundy team in sixth place, the Fairfax High Silver team in seventh place, and the Oakton High Gold team in eighth place.

Science Olympiad is a national program that emphasizes teamwork and a commitment to excellence while improving the quality of K-12 science education; increasing male, female, and minority interest in science, creating a technologically-literate workforce; and providing recognition for outstanding achievement. Students are challenged in a variety of categories, including anatomy and physiology, astronomy, chemistry, coding, ecology, hovercraft, optics, remote sensing, thermodynamics, the solar system, and meteorology.

VOLUNTEER EVENTS & OPPORTUNITIES

Fairfax County is offering a Free **Caring for You, Caring for Me** for caregivers of older adults. **Mondays, Feb. 26-March 26, 1-3 p.m.** at Insight Memory Care Center, 3955 Pender Dr., Ste. 100, Fairfax. Find out more at www.fairfaxcounty.gov/OlderAdults (under Hot Topics). Call 703-324-7577, TTY 711.

The **Fairfax Commission on Aging** meets on **Wednesday, Feb. 21, 1-3 p.m.** at the Mount Vernon Government Center, Rooms 2 & 3, 2511 Parkers Lane, Mount Vernon. The public is welcome to attend and join in the comment period that begins each session.

Find out more at www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-commission-on-aging. Call 703-324-5403, TTY 711 for meeting access needs.

Fairfax County's **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, Feb. 13, 7-8 p.m.** This month's topic is Maintaining Relationships While Caregiving. Call 703-324-5484, TTY 711 to register.

VOLUNTEER OPPORTUNITIES
The Northern Virginia Long Term Care Ombudsman Program

needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov.

Meals on Wheels needs **Drivers, Coordinators, and Co-coordinators** for routes throughout the county. Apply online at volunteer.fairfaxcounty.gov.

Fairfax County needs **Respite Care** volunteers to visit and oversee the safety of older adults. Support and training provided. Contact 703-324-5374, TTY 711. Apply online at volunteer.fairfaxcounty.gov.

Employment

Would like a graduate student, post-grad, or a professional to review my resume and edit significantly, including using simpler (not complex) language and not government-eze and reduce the size of my resume from 9 pages to 1 or 1 and a half. I'd also like you to use your Powerpoint and/or other computer graphics skills to make the resume look professional and pretty. If you're interested, and have experience with this resume stuff, please respond to JTarrSuccess@gmail.com. Willing to negotiate terms. Thank you in advance for your efforts. Jennie.

Employment

Employment

Professional lady in McLean. Looking for live-in childcare and/or someone to cook for a busy family? Italian professional cook - very clean - very organized. Live-in. call 703-786-2632.

Announcements

Announcements

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Legals

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Silver Diner Development, LLC trading as Silver Diner, 8101 Fketger St. McLean, VA, 22102. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Mixed Beverage on Premises license to sell or manufacture alcoholic beverages. Robert Gialmo, Manager & Vpe Von Hengst, Manager. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days 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.

Legals

ABC LICENSE

Sodexo Operations, LLC trading as Sodexo Operations, LLC, 7930 Jones Branch Drive, McLean, VA 22102. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Mixed Beverage Caterer license to sell or manufacture alcoholic beverages. Lorna Donatone, President. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days 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.

BULLETIN

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

KINDERGARTEN REGISTRATION

Child turning 5 years old by Sept. 30? If so, contact your child's school to make arrangements for kindergarten enrollment. Most schools begin getting information together now for parents of incoming kindergartners, and many host an orientation or open house. All kindergarten programs are full-day and located in FCPS elementary schools. Check your school's webpage or contact the school directly for specific enrollment information and dates of orientation or visit www.fcps.edu/registration/kindergarten-registration.

GOVERNING BOARD CANDIDATES

The McLean Community Center (MCC) is seeking candidates to run for seats on its 2018-2019 Governing Board. A candidate must reside in the Center's tax district (Small District 1A-Dranesville). To have their names placed on election ballots, candidates are required to obtain the signatures of 10 McLean tax district residents in their respective categories (either adult or youth). Three adult positions and two youth positions are open this year. Key Election Dates:

- Friday, March 16: Completed Petition Packets are due at MCC by 5 p.m.
- Monday, March 19: Candidates' Orientation, 7 p.m., The Old Firehouse Center, 1440 Chain Bridge Rd.
- Monday, April 9: Absentee Voting begins at the MCC Administrative Office, 6631 Old Dominion Dr., and The Old Firehouse Center, 1440 Chain Bridge Road.
- Sunday, May 6: Candidates Meet and Greet, 2-4 p.m. Sponsored by the Friends of MCC, at the Old Firehouse Center, 1440 Chain Bridge Road.
- Wednesday, May 16: Absentee Voting ends at the MCC Administrative Office and the Old Firehouse Center at 5 p.m.
- Saturday, May 19: Elections at McLean Day from 10:30 a.m.-5 p.m.

For more information on the MCC Governing Board Elections, call the Center at 703-790-0123, TTY: 711, or visit the Center's website: <http://bit.ly/2ix7qc1>.

WEDNESDAY/FEB. 7

Group Coffee. 11 a.m.-12:30 p.m. in the Tysons/Pimmit Regional Library (Room #1), 7584 Leesburg Pike, Falls Church. McLean Newcomers and Neighbors will host a coffee for members and those who might be interested in joining. Visit www.McLeanNewcomers.org.

THURSDAY/FEB. 8

Award Nomination Deadline. 5 p.m. Nominate a volunteer or volunteer group that has made a positive impact on the Fairfax County community at www.volunteerfairfax.org. The Fairfax County Volunteer Service Awards is a community-wide celebration of volunteerism. For a complete list of categories and guidelines, visit www.volunteerfairfax.org or call Kristen Moore at Volunteer Fairfax at 703-246-3531.

McLean Police District Station Citizens Advisory Committee Meeting. 7 p.m. at McLean Governmental Center, 1437 Balls Hill Road, McLean. The February McLean Police District Station Citizens Advisory Committee (CAC) program will focus on the Independent Police Auditor. Richard G. Schott, who was appointed Fairfax County's first Independent Police Auditor in February 2017 will discuss the role and answer questions. Visit www.fairfaxcounty.gov/policeauditor/ or www.fairfaxcounty.gov/police/getinvolved/citizenadvisorycommittee.

FRIDAY/FEB. 9

Section 504 - What Parents Need to Know. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. Learn how students with a disability may qualify for a Section 504 Plan under Section 504 of the Rehabilitation Act of 1973, a federal civil rights law that prohibits discrimination against individuals on the basis of a disability. Kathy Murphy, FCPS Section 504 Specialist will present this workshop and answer your questions. Register at bit.ly/2E6X15C.

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"Chronic Ken"



By KENNETH B. LOURIE

Nearly nine years into a "13 month to two-year" prognosis, I can hardly believe my good fortune. And though I rarely look a gift-oncologist in the stethoscope, I am happy nonetheless to count my blessings as I continue to look ahead rather than stress behind, and try not think about what was said and when.

At the initial "Team Lourie" meeting with my oncologist, I was told that there was no cure for lung cancer. I could be treated though. As to whether I might live beyond two years, I remember my oncologist responding to our desperate query by saying: "Could you be the one? Sure." Reassuring it wasn't, but hopeful? It sort of was.

As the years have passed and research into lung cancer has grown, an interim step to a cure has evolved: treating lung cancer as a chronic (has opposed to acute/dire) disease, similar to diabetes, as an example. Not as yet curable, but manageable over a longer period of time. A disease with which, I'm fond of saying, one can live. Live beyond the applicable word because, I have to tell you, at the beginning of my treatment, based on what my oncologist had described, living was a long way from what he was anticipating my outcome would be. Nevertheless, I began treatment the following week and the rest is history you regular readers have been privy to since June of '09 when I first published a "cancer" column (as I call them).

Feb. 20, 2018 will be nine years since my internal medicine office called me at work with the results of my previous week's biopsy. He said the tumor was malignant. I remember asking him what that meant. (Duh!). He said he'd rather let the oncologist answer any questions and referred me to the doctor, the same doctor with whom I've been a patient all these years. Sure enough, a week later we heard the news: non-small cell lung cancer, stage IV. And I've been up to my whatsis in real or imagined anxiety ever since.

And I'm still present and accounted for as are more and more of us previously-characterized-as-terminal, non-small cell lung cancer "diagnosees." We are not just patients any more. We are survivors, surviving longer than ever before. We are not cured but neither are we dying. Our treatments are modified when the results warrant it and life continues to go on. As much as a cure would be, and continues to be, the goal, life continues, relatively normally, for many of us. It's unlikely however, that we'll ever get out from underneath the weight of our cancer diagnosis. Rather than dying from it though, we're now able to live with it months/years longer than many patients previously diagnosed within the disease.

So what's the next step? Maybe a bigger, bouncier, longer step than before, but more than likely, more of the same, moving forward, one step at a time. To one whose present was hardly a given nine years ago and whose future seemed like a taken-away, being able now to actually live in the present without fearing/forfeiting the future is the opposite scenario many of us lung cancer patients, especially those of as staged as IV, ever imagined. Day by day was the best we could muster.

Now we're mustering months and years and living longer more fulfilling lives. We're not victims anymore nor are we victimized by our circumstances. We're advocating and being advocated for. We don't exactly have lung cancer on the run, but we may have it on the trot. I don't know if I'll live to see a cure but I have lived long enough to have given myself a nickname, one which I'm most proud to have earned.

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



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