

Wellbeing
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Express
Lanes 90
Percent
Complete
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County Aims to
Prevent Substance
Use and Abuse
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Langley Presents 'The Crucible'

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Langley senior Kevin Nejad, playing Thomas Putnam, asks his wife Ann, played by Via Tovig, about the condition of Betty Parris, played by Rachel Mayman, during Langley's production of "The Crucible."

PHOTO BY ALEX McVEIGH / THE CONNECTION OPINION, PAGE 8 ♦ ENTERTAINMENT, PAGE 17 ♦ SPORTS, PAGE 16 ♦ CLASSIFIEDS, PAGE 20

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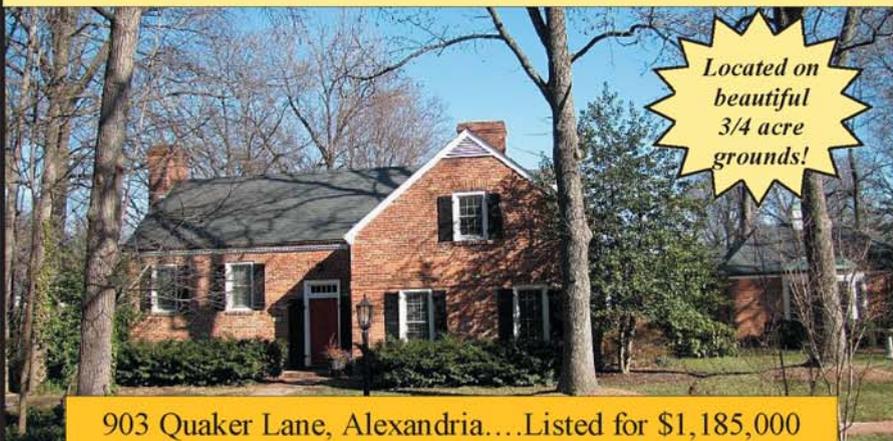


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OVER 70 HOMES SOLD IN 2011 !



PHOTO BY VICTORIA ROSS/THE CONNECTION

Tim Steinhilber, Transurban-Fluor Express Lanes manager, explains the benefits of the new 495 Express Lanes, on track to open in December 2012. "The 495 Express Lanes will fundamentally change how the region thinks about and uses the Capital Beltway in Virginia," Steinhilber said.

Fasten Your Seatbelts

VDOT officials say I-495 Express Lanes will be just that.

BY VICTORIA ROSS
THE CONNECTION

Predictable, safe and reliable is not how most motorists would describe driving on the obstacle course known as the Capital Beltway.

But at a news conference last week, VDOT officials said that's exactly what's in store for drivers in the coming year as several billion dollars' worth of Northern Virginia transportation megaprojects moves forward.

"The mild winter and early spring helped put us on schedule for our projects," said Steven Titunik, VDOT's communications director.

Construction of the 14-mile HOT lanes, now formally called the 495 Express Lanes, is 90 percent complete, and the two new lanes - in each direction from Springfield to just past the Dulles Toll Road - are on track to open in December 2012, said Tim Steinhilber, Transurban-Fluor's Express Lanes manager.

"The great news is that construction is ending. Drivers will have faster, more reliable and more predictable trips on the Capital beltway," Steinhilber said.

The 495 Express Lanes will provide much-needed relief to heavily congested Northern Virginia, according to VDOT officials. In a Transportation Institute 2011 Urban Mobility Report, the Washington, D.C. area had the worst traffic congestion in the United States, and yearly commutes that are twice as long as the national average.

"The 495 Express Lanes are the first roadway of their kind in the region," said Gregory A. Whirley Sr., VDOT Commissioner. "As with anything new, there is a learning curve and we want to make sure drivers and the community are educated and equipped to use the lanes."

FOR THE FIRST TIME, officials said, motorists will have choices that can make the ride smoother: carpools with three or more occupants travel free on the Express Lanes, and cars with fewer riders can pay a toll for a faster trip on the Express Lanes, or use regular travel lanes.



PHOTO BY VDOT

Crews observe large steel beams placed over I-495 to support the future Express Lanes Connection at Jones Branch Drive in Tysons Corner. All lanes of the Beltway were closed to accommodate the massive lift.

'Know Before You Go'

The HOT Lanes, now formally known as the 495 Express Lanes, will provide new options for a faster, more predictable trip on the Capital Beltway in Virginia and help drivers control how and when they get to their destination, according to VDOT officials.

A new website launched last month is the first step in a year-long education campaign focused on educating the community on how to take advantage of the new travel options when the lanes open in late 2012.

"That's one of our main messages to motorists: know before you go," said Steven Titunik, VDOT's communications director.

He said the name of the new traffic project has changed from HOT Lanes to Express Lanes because all the on-road signage will say 'EXPRESS,' and officials want customers to become familiar with what they will see on the road.

The website includes everything from detailed maps outlining how each interchange will work to information about safety in the lanes

For more information, visit 495ExpressLanes.com.

Instead of toll booths that create cattle-chute conditions, tolls on the new lanes will be collected solely with E-Z Pass transponders read by overhead moni-

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From left: MCC Executive Director George Sachs, Joann Berkson, Richard La Porte, MCC Governing Board Vice Chair Risa Sanders and MCC Special Events Director Sam Roberts.

Outstanding Contributions

McLean Community Center honors Joann Berkson and Dick La Porte.

The McLean Community Center's (MCC) 8th Annual Volunteer Appreciation Reception was held on Sunday, March 25, in the Community Hall. The theme was "Italy" and Center volunteers were treated to a catered lunch by Maggiano's Little Italy Restaurant and live music by The Wayne Tympanick Trio. The Center is located at 1234 Ingleside Avenue.

The 2011 H. Gordon Randall Outstanding Volunteer awards were presented to Joann Berkson and Dick La Porte for their volunteer contributions to MCC programs. MCC Special Events Director Sam Roberts and MCC Governing Board Vice-Chair Risa Sanders presented the recipients with the awards.

Joann Berkson has contributed her talent and enthusiasm to the McLean Community Center for many years, most recently serving four years as the president of the Friends of the McLean Community Center. Under her leadership, the group has become increasingly involved in Center initiatives. The Friends organization has cosponsored the Center's McLean Uncorked Food & Wine Festival, Oktoberfest dinners and the Dancing under the Stars and Rockin' into Spring community dances. The group

also participated in the fall cultural festivals and held receptions for Alden Theatre audiences. A 24-year resident of McLean, Joann and her husband, Jon, reared their three children in the community. She is the 2011 recipient of the Friends of the McLean Community Center's Friend in Deed award for outstanding service and was recently elected to the board of the McLean Community Foundation.

Richard La Porte has been a loyal usher for the Alden Theatre for many years. Not only does he do an excellent job welcoming guests and making them feel comfortable, but he also knows all of the policies and is a model at enforcing them. So great is La Porte's commitment to his job that he actually purchased his own flashlight, which he uses to guide patrons to their seats. He has even purchased flashlights for the Alden. La Porte regularly ushers for the Concerts at the Alden series, a free series of music concerts.

The Center is always looking for volunteers to fete. For more information on volunteer opportunities at the Center or the volunteer awards, contact the Center at 703-790-0123, TTY: 711, or visit: <http://www.mcleancenter.org/contact/involved.asp>.

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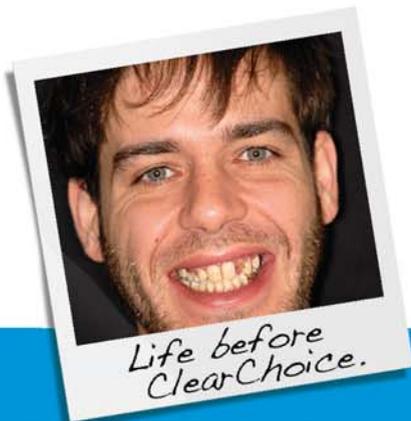
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Surviving Spring Allergies

Local allergists offer suggestions for coping.

BY MARILYN CAMPBELL
THE CONNECTION

The Washington region's unseasonably mild winter led to the early arrival of spring. While many delighted in the balmy temperatures and blossoming flowers, some who suffer from allergies began sneezing earlier than usual.

"The pollen started coming out early and a lot of people were blindsided by their allergy symptoms," said allergist Dr. Heidi Isenberg-Feig, a Potomac resident and allergist at Johns Hopkins Community Physicians in North Bethesda. "The tree pollen count has been high already which is unusual."

The American Academy of Allergy, Asthma & Immunology (AAAAI) estimates that 35 million Americans suffer from allergies due to pollen and mold. Symptoms include sneezing, a stuffy or runny nose and itchy, watery eyes. This allergy season is expected to last longer and be more intense than usual. Local allergists offer strategies for surviving spring allergy season.

"Although there is no cure for allergies, symptoms can be managed."

— Dr. Jean Glossa

Dr. Jean Glossa, medical director for the Fairfax County Community Health Care Network and Molina Healthcare. "It is possible to reduce or eliminate exposure to allergens. Minimize walks in wooded areas or gardens and stay indoors as much as possible on hot, dry, windy days when pollen counts are highest. Think about wearing a mask when mowing the lawn or gardening and don't hang linens or clothes out to dry."

TIPS TO HELP manage symptoms:

- ❖ Decrease your contact with pollen. "The best way to do that is to close the windows of your car and house," said Isenberg-Feig. "Even if it is a nice day, the pollen count can still be a little high." Pollen can drift through open windows and settle onto carpet and upholstery.



PHOTO BY MARILYN CAMPBELL

Cherry blossoms and tulips made an early appearance this spring. Experts say those who are allergic to pollen can expect an intense and prolonged allergy season.



Dr. Heidi Isenberg-Feig, an allergist with Johns Hopkins Community Physicians, says that this year's spring allergy season could be more severe than usual.



Allergist Dr. Saba Samee, of Alexandria & Clinton Allergy Associates, advises allergy sufferers to take a shower after entering their home to wash away pollen from skin and hair.



Dr. Jean Glossa, medical director for the Fairfax County Community Health Care Network, Molina Healthcare advises allergy sufferers to consider wearing a mask when mowing the lawn or gardening.

- ❖ Take showers at the end of the day. "Shower and change clothes as soon as you get home to wash pollen from your hair and skin," said allergist Saba Samee, M.D. of Alexandria & Clinton Allergy Associates. "Leave your purse or book bag at the front door. Don't drop them on the sofa or bed because they are all covered in pollen. The same goes for shoes."

- ❖ Use sunglasses to defend against pollen. "If you have problems with itchy, watery eyes, wear sunglasses when you're outside and avoid being outside on windy days if you can," said Samee.

- ❖ Stay ahead of allergies. "If you are someone who suffers from allergies, try to take your medicines before things get too bad," said Samee. "If you wait until you're

absolutely miserable the medicines don't work as well."

- ❖ Eat fruits and vegetables judiciously. Many people with seasonal allergies also suffer from pollen food allergy syndrome. "Some people experience itching hands or mouth or a scratchy throat if they eat certain raw fruits or vegetables because of the cross-reaction between the pollen and certain fruits and vegetables," said Isenberg-Feig.

- ❖ Use air filters to help create a pollen-free home. "Ensure that the filters fit properly and are changed regularly," said Samee.

- ❖ Know the pollen count. "This information is readily available on the web or the weather section of the news," said Isenberg-Feig. The National Allergy Bureau (NAB) tracks and reports current pollen and mold spore levels. A local pollen count can be found at <http://www.aaaai.org/global/nab-pollen-counts.aspx>

"IF YOU NEED long lasting relief, nasal sprays and allergy shots may be recommended," said Glossa. "However, if symptoms persist for more than a week or two and tend to reoccur, make an appointment to see your doctor. The good news is that most allergies are not lifelong conditions. By following your doctor's advice and taking control of your environment, allergies shouldn't keep you from enjoying spring-time."



PHOTO BY LAURA SHERIDAN

McLean Woman's Club members helped raise funds for PCAV in front of Books-A-Million on Saturday. From left: member Joan Beard, current club president Virginia Sandahl and president emeritus Marianne Polito.

Helping Prevent Child Abuse

On Saturday, May 31, from 12 p.m. to 5 p.m., the Woman's Club of McLean joined with Books-A-Million of McLean to raise money for Prevent Child Abuse Virginia (PCAV) and to increase awareness of child abuse and neglect. The store will donate to PCAV 10 percent of profits from sales up to \$2,000, 15 percent of profits from sales up to \$5,000 and 20 percent of profits from \$10,000 in sales during this period. The General Federation of Woman's Clubs of Virginia, of which the McLean Woman's Club is a member, has partnered with PCAV to promote positive parenting and communities in which children are free of abuse and neglect.

McLean High Musicians, Jazz Band Receive Awards

Three McLean High School musicians and the school's Jazz Ensemble have received regional and national honors. Junior Josh Higbee and Senior Brett Park received music scholarship awards at the Chantilly Invitational Jazz Festival while McLean's Jazz Ensemble took third place out of 40 bands competing in the festival. Junior JP Wogaman won a seat on the Music For All Honor Band of America that performed in Indianapolis, Ind.



McLean High School Junior JP Wogaman won a seat on the All Honor Band of America in Indianapolis. McLean's Jazz Ensemble placed third out of 40 bands at the Jazz Festival.

Fairfax Symphony Announces 2012-2013 Season

The season will mark the beginning of a new three-year focus in programming called 'Mischievous Music: Wit, Insolence and Insurrection.'

The Fairfax Symphony Orchestra (FSO) and music director Christopher Zimmerman announced the 2012-2013 season repertoire, with six Masterworks performances at George Mason University's Center for the Arts in Fairfax. The season will mark the beginning of a new three-year focus in programming called "Mischievous Music: Wit, Insolence and Insurrection."

"So often symphonic music is regarded as something abstract and emotionally unspecific. Over the next three years the orchestra will play music by a variety of composers whose

"So often symphonic music is regarded as something abstract and emotionally unspecific."

— Christopher Zimmerman

message and expressive aims are deliberate, be they light-hearted, semi-provocative or completely out of the box. Next season we will feature, for example: John Adams' Chairman Dances (Mao Tse Tung doing a foxtrot), Beethoven's Symphony No. 2 (check out the light-hearted surprises in the last movement), Strauss' Till Eulenspiegel's Merry Pranks (he finally gets caught and strung up for his mischief-making), Ives' The Unanswered Question, and

Tchaikovsky's Symphony No. 6, the final movement of which, in one fell swoop, changed the entire perspective of how composers would or could round off their compositions in expressive, emotional terms," Zimmerman said.

OTHER HIGHLIGHTS of the season are an all-Beethoven concert featuring the violin concerto, an all-Strauss concert contrasting the music of Johann and Richard Strauss, and a celebration of the anniversary years of both Giuseppe Verdi and Richard Wagner, with an evening of opera arias and

overtures to end the season. The FSO is also planning two Virginia premieres, a co-commissioned piece to begin the season, Ellen Taaffe Zwilich's "Shadows" for piano and orchestra, and Jonathon Leshnoff's Flute Concerto. Special guest artists throughout the season will include Jeffrey Biegel, piano, James Dick, piano, Christina Jennings, flute, and Benjamin Beilman, violin. As in the past, the symphony will offer free pre-concert lectures by noted musicologists beginning at 7

p.m. before each concert. The FSO will also hold master classes with its world-renowned guest artists, along with open dress rehearsals for students and patrons.

The FSO will continue its commitment to the students of Fairfax County by offering its Student Passport Club. Concert tickets for all students ages 6-18 are always \$5, and members of the club receive a stamp in their passports for attending, gifts from local music stores, and special program notes with an activity sheet to accompany each concert.

FOR SUBSCRIBERS, the FSO offers a completely flexible custom series of three, four, five or all six concerts. Subscribers can create their own packages and save between 5 and 25 percent off single ticket prices. Season and subscription information is available on the FSO website, www.fairfaxsymphony.org, or by calling 703-563-1990. Single tickets will go on sale on Aug. 1, 2012 through the FSO's website or by calling 888-945-2468.

Subscriptions are available now by calling 703-563-1990 or on the web at www.fairfaxsymphony.org. Single tickets for the 2012 - 2013 season are priced from \$25 - \$55 and will go on sale Aug. 1 through the symphony's website or 888-945-2468.

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Focus on Bullying and Sexual Harassment

The McLean Branch of the American Association of University Women will hold its monthly meeting on Tuesday, April 17 at 7 p.m. at the McLean Community Center. The program will focus on bullying and sexual harassment in middle school and high school. Leslie Vandivere, last year's co-chair of the Fairfax County Public Schools Human Relations Advisory Committee, will speak of Fairfax County's efforts regarding bullying in the public schools. Holly Kearl, an AAUW program manager in the Legal Advocacy Fund department, will review the results of her research and writing on sexual harassment. She co-authored the AAUW report, "Crossing the Line: Sexual Harassment at School." She also authored a book on street harassment and founded the website www.StopStreetHarassment.org. All are welcome. For information call 703-536-6498 or visit www.mcleanaauw.org

Monthly Charity Event in McLean

Huckaby Briscoe Conroy Realty Group announced the launch of a community fundraising event that will be held monthly in McLean. Karen Briscoe and Lizzy Conroy with the HBC Realty Group stated that the purpose of the Community Charity Champions is to support local charities in fundraising.

The inaugural event will be Monday, April 23 from 5 to 8 p.m. at Pulcinella Italian Host in McLean at 6852 Old Dominion Drive. The April 23 event is in support of Lift Me Up! in Great Falls. Come enjoy dinner and know that approximately 60 percent of everything spent on food and drink will go to the charity as long as the diner brings the flyer about the event. Contact HBC Realty Group at 703-734-0192 to find out how to receive a flyer.

Lift Me Up! is a therapeutic horseback riding program in Great Falls that is dedicated to providing safe and effective instruction to children and adults with a variety of disabilities. The money will enable the organization to continue helping those with disabilities.

Sponsors of the event are: HBC Realty Group, Moe Jebali of Pulcinella Italian Host, Frank Vorndran with Morgan Stanley Smith Barney, Marcus Simon with EKKO Title and Rich Moroscak with Southern Trust Mortgage.

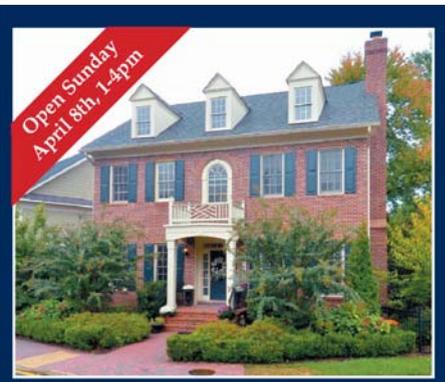
Other local charities are cur

SEE WEEK, PAGE 9

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SOUTH from MD., Cross the American Legion Bridge. Take the first Exit on the left, Exit 45B. Go 1/2 mile. Take Exit 19B onto Rt. 123 North for 1.4 miles. Right on Rt. 309. Go 1/2 mile. Mae's Dress Boutique is on the right.

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Call for Mother's Day
Photos, and Father's Day.

Every year at this time, the Connection puts out the call for photographs of moms and their children, grandmothers and their children and grandchildren. Most years, we're lucky enough to receive some photos include four generations — great-grandma and all the rest.

Mother's Day is Sunday, May 13, and once again the Connection will publish a selection of Mother's Day photos, celebrating the mothers who make so many things possible in families, businesses, communities, schools and other institutions in local neighborhoods.

Email photos, including the full names of the people in the picture, the approximate date and location the picture was taken, the ages of the children and sentence or two about the people and/or event.

Father's Day is June 17; soon it will be time to send photos of Dads and children, grandfathers and children and grandchildren.

You can upload your photos on our website at www.connectionnewspapers.com/mothersday or email them to mclean@connectionnewspapers.com

Share Your Poetry: April Is Poetry Month

April is National Poetry Month. We invite local poets of all ages to send in submissions for inclusion in our papers and/or online. Are you a poet? The Connection will print poetry submitted by readers this spring, and occasionally throughout the year. Email your poem to mclean@connectionnewspapers.com

Be sure to include the poet's name and address (we'll print your town name, not your full address). Photos of the poet are also welcomed.

LETTERS TO THE EDITOR

County Attracts New Residents

To the Editor:

When the Census Bureau released their American Community Survey of County-to-County Migration last week, I was happy to hear that Fairfax County was the number one destination for people moving to the Washington Metropolitan region. The migration statistics help demonstrate what many Fairfax residents already know: Fairfax County is a great place to live, work, play, and grow older comfortably.

Fairfax County is home to one of the best K-12 school systems in the country. We are also one of the safest jurisdictions of our size in the United States. Many top companies that have relocated here cite our top-flight education system as the number one reason for choosing Fairfax County as their new home. We are also a uniquely great place to start a business, a place where we can insure a stable business-friendly climate and access to a highly educated workforce.

Fairfax County offers an impressive menu of recreational opportunities, with attractive parks, golf courses, and bike trails to choose from. We also can claim a well-established arts community, world class shopping and dining, and numerous historical and cultural attractions.

It's important to recognize that Fairfax County is attractive to new residents because of our diversity. We are home to people of many different backgrounds and cultures and consider our diversity one of our greatest assets.

Apart from all of the statistics, facts, and figures, I believe there is another more intangible reason that Fairfax County tops the region

in new residents. Everywhere I go across the County, I continue to hear that people enjoy the "mood" here in Fairfax County. We are a community that is innovative, curious, resilient, and caring. Even during tough economic times we have worked together in a positive way to maintain the quality of life that our community values.

Sharon Bulova
Chairman, Fairfax County
Board of Supervisors

It Takes Community To Prevent Bullying

To the Editor:

As a private, not-for-profit agency focusing on bullying prevention and intervention in northern Virginia since 2009, we at Fairfax Partnership for Youth, Inc. are pleased to see your recent pieces focusing on this critical issue for youth ["Interrupting Harassment and Bullying: Empowering Bystanders to Intervene, Students to Set Boundaries," Connection, March 28-April 3, 2012]. We have been encouraged by the Fairfax County Public School System's efforts to provide a structure within which each individual school can improve its bullying prevention and intervention response, and have been pleased to offer feedback as they have developed it. However, this issue is not the concern of the schools alone; youth can be bullied anywhere they interact. And providing safe environments for them to interact is a tremendously complex job that requires the cooperation and leadership of all of the adults in the community, especially parents. We are hosting our third Bullying Prevention Symposium to promote

this kind of community-wide cooperation on April 25, and all 224 seats were reserved within 1 week of the day we opened registration. It's clear our community is dedicated to eliminating bullying, but we must all contribute to the effort, by learning, sharing what works, and supporting the local schools and private organizations that are working hard to provide clear solutions that promote respect and understanding among youth.

Kristen Brennan
Executive Director, Fairfax
Partnership for Youth, Inc.
www.fairfaxyouth.org

Opportunity to Succeed

To the Editor:

My name is Kyle McCauley and I'm a senior in high school who lives in McLean. Having just received my acceptance letter to the College of William and Mary, I could not be more grateful that my parents were able to send me to a private school. I have attended private schools since kindergarten; while it has not always been easy for my family, I really appreciate the sacrifices that my parents have made because I believe it gave me an extra advantage in some areas of my education.

For generations, families in communities statewide have been forced to send their children to failing schools, limiting their opportunities to succeed. Virginia Senate Bill 131 seeks to give low-income children the opportunity to attend the school of their choice. S.B. 131 was passed by the Senate thanks to the tie-breaking vote of Lieutenant Governor Bill Bolling.

This bill provides tax credits to

companies that grant scholarships to low-income children and it will allow parents to have more options for their children's education. Too many institutions fail to not only adequately prepare their students for the work force, but also fail to motivate them to explore every opportunity to succeed. This includes helping them find scholarships and determine their personal path to achievement. Lieutenant Governor Bill Bolling's tie breaking vote is all about giving our state's less-advantaged children a competitive stake in attending the many public and private Virginia universities that are among the best in the nation.

Again, I want to take this opportunity to thank Lieutenant Governor Bill Bolling for his advocacy for low-income Virginia families. I consider myself very fortunate to have had the opportunity to attend the school of my choice and I hope that all children in Virginia are afforded with this same invaluable opportunity.

Kyle McCauley
McLean

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.

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WEEK IN McLEAN

FROM PAGE 7

rently being considered, please call 703-734-0192 for more information.

10th District Academy Day Set for April 14

Area students interested in attending one of the nation's service academies are encouraged to attend the 10th District Academy Day from 10 a.m. to 1 p.m. on Saturday, April 14, at the Loudoun County School Board Office in Ashburn.

Representatives from the U.S. Military Academy, U.S. Naval Academy, U.S. Air Force Academy, U.S. Merchant Marine Academy and U.S. Coast Guard Academy and the DoD Medical Examination Review Board will be in attendance. In addition, representatives from Virginia Military Institute and the Virginia Tech Corps of Cadets have been invited.

Students and parents will have the opportunity to meet with these representatives, as well as participate in panel discussions.

For more information about the congressional nominating process or Academy Day, contact Ann Potocnak in Congressman Wolf's Herndon office at 703-709-5800 or go to wolf.house.gov and click on "Academy Nominations" to complete an online Candidate Registration form.

The address of the Loudoun County School Board Office is: 21000 Education Court, Ashburn, VA 20146.

Call for Nominations

The McLean Citizens Association (MCA) and the McLean Community Foundation (MCF) are now soliciting nominations from residents of McLean for the governing Boards of both organizations. The MCA Board of Directors consists of forty members, serving for one-year terms. The MCF Board of Trustees consists of nine individuals serving staggered three-year terms, three of which will be elected this year. Election of members of both boards will be conducted at the MCA Annual Meeting in May 2012 at the McLean Community Center.

Applications must be submitted before April 11 to MCA/MCF, PO Box 273, McLean, VA 22101. For information and nomination forms, go to the websites, www.mcleancitizens.org, or www.mcleancommunityfoundation.org, or contact the Chairman of the Nominating Committee, Jim Robertson, jrobertson1958@yahoo.com.



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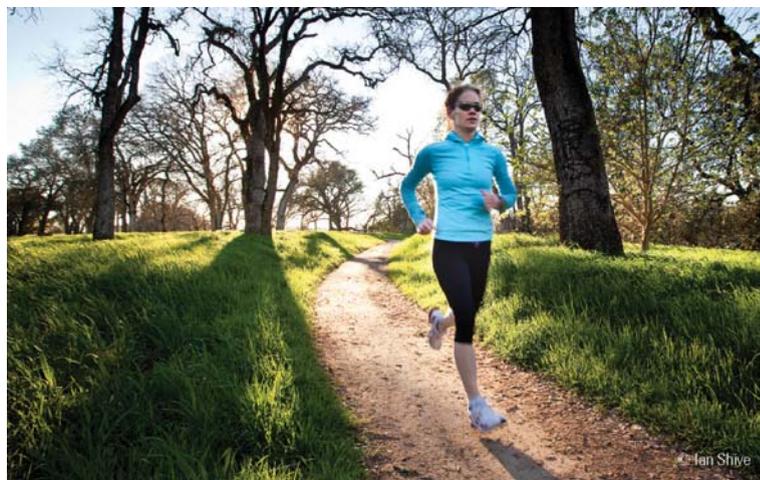
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PHOTOS BY ALEX McVEIGH/THE CONNECTION

The girls of Salem try to revive Betty Parris, played by Rachel Mayman, during Langley High School's upcoming production of "The Crucible."

Langley Presents 'The Crucible'

Tale of Salem Witch Trials will be performed black box style.

BY ALEX McVEIGH
THE CONNECTION

When it came time to present their Spring show, Arthur Miller's "The Crucible," the Langley Theatre Department decided to think a little inside the box. A black box theater, that is.

Students will perform the 1952 play, which tells the story of the Salem Witch Trials, with the audience in seats onstage with them, giving the play a much more intimate feel.

"We've never done a black box before, so this is definitely an experiment," said senior Alex Lichtenstein. "I think it works for this kind of play, a lot of the outbursts will get a reaction, and the audience should get a sense that they're in the same room."

The show will be Langley's Cappies show, which means it will be viewed by critics from other area high schools for the annual theatre competition.

"It's been an exciting experience," said senior Kevin Nejad, who plays Thomas Putnam. "There's a lot of emphasis on things like facial expressions, because people will be able to see that more clearly, rather than just projecting your speech."

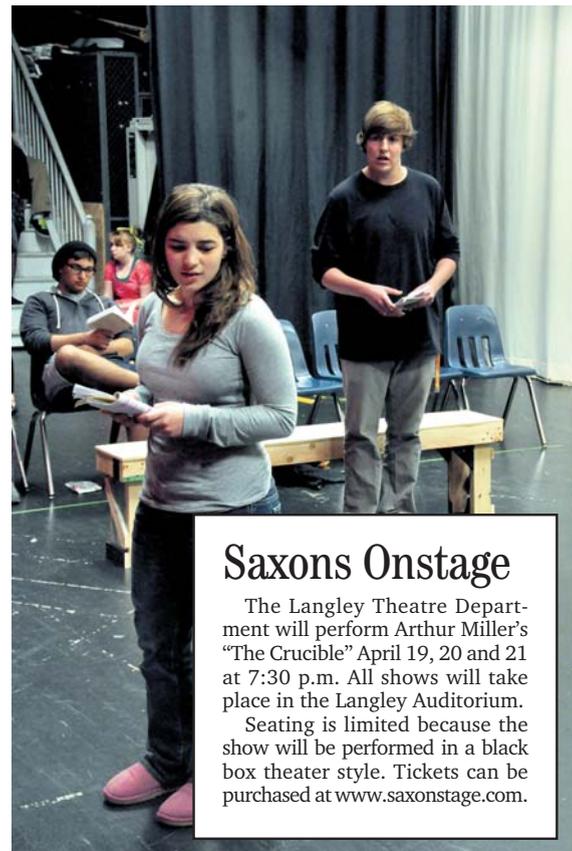
Senior Jack Sullivan, who plays Giles Corey, says he's never experienced anything like it as an actor.

"I've never had my back to the audience before," he said.

The play tells the tale of the hysteria that gripped a small Massachusetts town in the late 17th century which led to many executions by a Puritanical society fearing infiltration by the devil.

"It's a classic play, and I like the idea of everyone feeling as though they're being deceived, that you don't know what the truth is," said senior Justin Cecil, who plays Judge Hathorne.

After a questionable ritual leads to girls in the town



Saxons Onstage

The Langley Theatre Department will perform Arthur Miller's "The Crucible" April 19, 20 and 21 at 7:30 p.m. All shows will take place in the Langley Auditorium. Seating is limited because the show will be performed in a black box theater style. Tickets can be purchased at www.saxonstage.com.

Langley High School seniors Lauren Fernandez, as Abigail Williams, argues with Brian Patterson, as John Proctor, during the school's production of "The Crucible."

falling ill, residents both male and female fall under suspicion of being involved in witchcraft.

Senior Taylor Goodson, who plays Elizabeth Proctor, said the play was a change of pace for her.

"Comedy is my forte, so I wanted to dive into something different, because change is good," she said. "It's different because comedy uses a lot of facial expressions to get the point across, but here more is less. It really opened my eyes to the dramatic side, where my character is very subtle, she's quiet and never comes out and says what she is feeling."

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SCHOOLS

Smartphone Technology Helping Children Get Fit

Chesterbook Elementary opens outdoor fitness trail.

We all know children love using technology, so why not use technology to show them the correct way to exercise? Chester the Chipmunk, the mascot of Chesterbrook Elementary School in McLean, was pleased to introduce the school's outdoor QR Fitness Trail Monday, March 26. QR stands for Quick Response, and it is the next-generation coding system that allows smartphones to quickly read data.

In this case, a quick scan takes you to a YouTube video demonstrating a particular exercise at a station along the fitness trail behind the school.

Each kid-friendly station along the trail lets you choose an upper-, middle- or lower-body exercise along the trail. The videos are about a minute long and demonstrate the exercise. Students can go at their own pace, and love the idea that they can see how a particular exercise is done.

The school has smartphone and tablet computers that the children can borrow during their PE. time, and the school is working on a plan to allow students to bring in and use their own devices.

Before or after school hours, anyone can use the trail. Faculty and nearby community members appreciate the workout, and praise the technology and



PHOTO CONTRIBUTED

Chester the Chipmunk, the Chesterbrook Elementary School mascot, cuts the ribbon on the school's new fitness trail Monday, March 26.

physical education departments that put the program in place. The trail signage, a gift from the sixth grade of 2010-2011, clearly shows what code to scan, depending on your type of device. You must have a QR code scanner to participate; most cell phone service providers allow for the download of free scanners.

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MCLEAN CONNECTION ♦ APRIL 4-10, 2012 ♦ 11

Discussing Substance Abuse

Area high school students reflect on alcohol, drugs in their communities.

VIEWPOINTS

The Connection high school interns – Nikki Cheshire (Langley High), Monika Bapna (Marshall High) and Mary Grace Oakes (Madeira) – asked area high school students:

- ◆ Do you feel that legal substances (alcohol, tobacco) are being abused more or less than illegal substances (marijuana, painkillers)? Why?
- ◆ Do you think regular drinking or irregular binge drinking is more prevalent in your community?

Belle Therriault, Grade: 10, Marshall High



"I think legal substances are abused more. This is mostly because it is legal, and easier to get if people have older friends that they can get it from."

"Irregular binge drinking definitely happens more because teenagers don't have a steady flow of it so when they do they tend to drink too much."



Tracy Soon, Grade: 11, Marshall High

"Legal substances for sure are more abused. I mean, they are easier to get to and the illegal things probably cost more."

"I think teens do regular drinking more. As they get older they want more freedom, so they go to more parties where alcohol is often free flowing."

Sophia Therriault, Grade: 12, Marshall High

"It really depends. Prescription drugs are something that kids abuse a lot. But it really depends on the age group."

"Binge drinking, hands down. Teenagers usually don't get a chance to drink very often, and when they do they often go overboard."

—MONIKA BAPNA



Annie Wattenmaker, Grade: 12, The Madeira School

"I think legal substances are abused more often since they're easier to get and aren't as risky. Although alcohol is illegal to teenagers, it isn't as big a risk as weed or other illegal drugs. But, because alcohol is so easy to get, kids abuse it and don't realize how dangerous it can be."

"I'd say binge drinking is definitely more prevalent. On weekends, kids get so excited over the opportunity to drink and don't know when to stop. It's a problem when parents and the law absolutely forbid kids to drink wine at dinner, where the environment is safe. It causes them to feel a sense

of freedom when they're at a party over the weekend and they completely abuse the opportunity."

Makenzie Parent, Grade: 12, The Madeira School

"Alcohol is probably the substance that is most abused because it's easiest to obtain."

"I think many kids binge drink. Since parties are really the only place for kids to drink, they tend to go all-out because they feel like they need to cram everything into one night, which is inevitably more dangerous."



THE COUNTY LINE

| Substance | Overall | | | | Grade | | Gender | | Race/Ethnicity* | | | | Other/Multiple |
|--|---------|-----------------|------------------|------------------|---------|-------|--------|-------|-----------------|-------|------|--|----------------|
| | FCPS | 8 th | 10 th | 12 th | Females | Males | White | Black | Hispanic | Asian | | | |
| Alcohol | 21.1 | 7.7 | 19.9 | 36.5 | 21.1 | 21.1 | 25.3 | 16.8 | 23.9 | 11.6 | 21.5 | | |
| Binge Drinking [†] | 10.5 | 2.6 | 8.9 | 20.5 | 9.4 | 11.6 | 12.6 | 8.7 | 12.5 | 5.2 | 10.4 | | |
| Marijuana | 10.3 | 2.4 | 10.0 | 18.9 | 7.5 | 13.1 | 11.5 | 12.7 | 11.7 | 5.0 | 10.7 | | |
| Cigarettes | 6.8 | 2.3 | 5.7 | 12.8 | 5.7 | 8.0 | 7.3 | 5.7 | 9.1 | 4.3 | 6.9 | | |
| Painkillers without a doctor's order | 5.7 | 4.9 | 5.7 | 6.5 | 5.7 | 5.7 | 6.3 | 5.8 | 5.8 | 3.6 | 6.9 | | |
| Prescription drugs other than painkillers without a doctor's order | 4.1 | 2.1 | 4.0 | 6.2 | 4.1 | 4.0 | 4.8 | 3.4 | 4.1 | 2.4 | 4.4 | | |
| Inhalants | 3.9 | 6.9 | 3.0 | 1.8 | 4.3 | 3.6 | 2.9 | 4.9 | 6.6 | 3.1 | 5.0 | | |
| Over-the-counter drugs to get high | 1.7 | 1.2 | 1.9 | 2.0 | 1.6 | 1.8 | 1.7 | 1.8 | 2.6 | 0.8 | 2.0 | | |
| LSD or other hallucinogens | 1.5 | 0.9 | 1.3 | 2.4 | 1.0 | 2.1 | 1.9 | 1.3 | 1.4 | 0.8 | 2.1 | | |
| Ecstasy | 1.2 | 0.8 | 1.1 | 1.7 | 0.8 | 1.6 | 1.3 | 1.3 | 1.1 | 0.8 | 1.8 | | |
| Cocaine or crack | 0.8 | 0.7 | 0.7 | 1.1 | 0.6 | 1.0 | 0.8 | 1.1 | 1.2 | 0.4 | 1.0 | | |
| Methamphetamine | 0.7 | 0.7 | 0.6 | 0.8 | 0.5 | 0.9 | 0.7 | 0.8 | 0.9 | 0.4 | 0.5 | | |
| Steroids | 0.6 | 0.8 | 0.6 | 0.5 | 0.4 | 0.9 | 0.5 | 0.7 | 0.9 | 0.5 | 0.8 | | |
| Heroin | 0.4 | 0.4 | 0.4 | 0.5 | 0.2 | 0.6 | 0.5 | 0.4 | 0.5 | 0.3 | 0.7 | | |

Notes. All percentages were calculated from valid cases (missing responses were not included). *Racial categories do not include Hispanic students who are treated as a separate category in this table. †Binge drinking was defined as having consumed five or more alcoholic drinks in a row within the past two weeks.

Percentage of students reporting use of selected substances in the past month, according to the 2010 Fairfax County Youth Survey.

County Aims to Prevent Substance Use and Abuse

Alcohol use down, painkiller and inhalant use on the rise.

BY ALEX McVEIGH
THE CONNECTION

THIRD IN A THREE PART SERIES.

Twenty-one questions in the 2010 Fairfax County Youth Survey dealt with substance abuse. The survey asked about lifetime use of alcohol, marijuana and cigarettes, as well as use in the past month of 13 different substances.

According to the survey, the most frequently used substance by Fairfax County students is alcohol, with 45.5 percent saying they had consumed it in their life, 21.1 percent reporting use in the past 30 days and 10.5 reported drinking five or more drinks in one sitting. While all those numbers are below the national averages, several community groups are at work trying to get them even lower.

"Quite simply, alcohol is a danger to their future," said Diane Eckert, executive director of the Unified Prevention Coalition of Fairfax County, which recently received a \$200,000 state grant to reduce underage drinking. "Once you start drinking at a young age, you're priming yourself to become dependant as you grow older, which of course we don't want."

Lifetime alcohol use in the county has decreased since the 2001 Fairfax County Youth Survey by 13.8 percent across all grades.

Access is a key part of the prevention mechanism, since students are under the age of 21 and cannot purchase it themselves. Many community groups reach out to places where alcohol is sold to increase awareness of the consequences of providing alcohol to minors.

"We participated in Operation Sticker Shock, which marks beer and wine at grocery stores with "Stop" signs to discourage shoppers from purchasing them for underage children," said Debbie Witchey, presi-

Presenting Realities of Alcohol Abuse

The Unified Prevention Coalition will present "The Perils of College Drinking Culture," a program designed to educate students and parents about the realities of binge drinking on college campuses. The presentations will include a screening of the award winning documentary "Haze," as well as a question and answer session with a panel of law enforcement, medical and legislative personnel.

The programs will take place:

- ◆ Tuesday, April 17, Fairfax High School
- ◆ Tuesday, April 24, Herndon High School
- ◆ Wednesday, May 16, Mount Vernon High School
- ◆ Wednesday, May 23 at Northern Virginia Community College Annandale Campus Ernst Community Cultural Center

All programs will be from 7 to 9 p.m. More information can be found at www.unifiedpreventioncoalition.org.

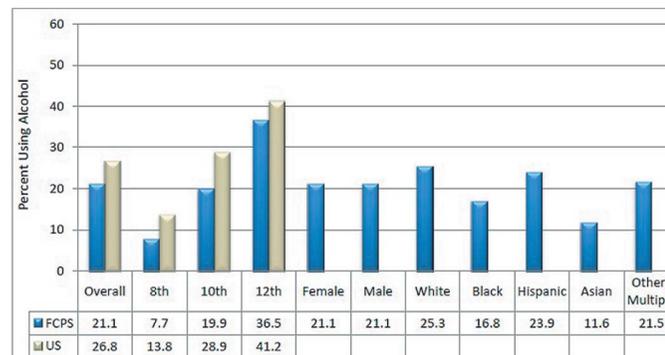
dent of the Safe Community Coalition, which served the Langley and McLean High School pyramids. "We also held a program where fifth and sixth graders wrote notes to juniors and seniors attending prom, reminding them that they are role models and asking them to make responsible decisions, especially when it comes to drugs and alcohol."

Prescription drugs, particularly opioid painkillers, are a concern for the community since they can be readily available in students' homes. Painkiller use has risen from 4.9 percent reporting use within 30 days in the 2009 survey to 5.7 percent in 2010. Non-painkiller prescription drug use has also risen from 3.9 percent within the last 30 days in 2009 to 4.1 percent in 2010.

"Prescription drugs abuse wasn't even on our radar a few years ago, now it is because of the youth survey," Eckert said. "We know we have to develop more awareness, because a lot of parents aren't aware of the effect an unlocked medicine cabinet can have on teenagers."

The rise has led to county-sponsored prescriptions drug drop-off events several times a year, where residents can bring medicine that is no longer needed to county facilities for proper disposal.

According to the survey, prescription drugs



Past month prevalence of alcohol use, by selected demographic characteristics, according to the 2010 Fairfax County Youth Survey.

cess, and can be something younger students try and experiment with."

Inhalant use in the past 30 days has gone up and down since 2001, falling as low as 2.6 percent in 2008, but is currently at its highest measured rate. In eighth-graders, it has gone up by 1.5 percent since 2009.

Marijuana was the second-most used drug by 10th and 12th graders. While 5.3 percent of eighth graders reported using it, 19.3 percent of 10th graders and 36.7 percent of 12th graders reported the affirmative.

Eckert also said the UPC focuses on marijuana use because "the perception of harm and parental disapproval seems to be going down, and that usually leads to usage numbers going up."

Coalitions like the Unified Prevention Coalition and the Safe Community Coalition are working on new ways to spread awareness of the dangers of substance abuse. Dr. Bill Geary of the Community Anti-Drug Coalitions of America recently spoke to school officials, police, parent organization leaders and coalition members about how to approach the problem.

"We use a Strategic Precognition Framework that's based on the Public Health Model, where we look at the agent as the substance that causes the change and the host as the people who use it," he said. "The point at which the host interacts with the agent is a problem, but if that was the only one, we'd only need prevention programs. But we also have to look at the environment, and some are easier than others when it comes to allowing the host to interact with the agent."

Geary said that programs, while often a part of a comprehensive prevention strategy, coalitions play a more central role in what he called "community level change," which requires looking at the whole picture, the host, agent and environment.

"If the goal is to spread change to impact the maximum amount of people, then a community level change is most likely with a comprehensive community coalition," he said. "A coalition does not just run programs, but they oversee and implement what role programs might have in that strategy. Coalitions are in a unique position because it means no one single agency is in charge of everything."



Kristen Bilowus, Grade: 12, The Madeira School

"I think legal substances are more commonly abused mainly because of their accessibility. Cigarettes are easiest to come by, and many kids either have or know someone who has a fake ID to buy alcohol. This leads to a very widespread abuse of alcohol by kids in our area. Illegal drugs are less common, but are enticing to kids because of the danger surrounding them. Often, drinking and cigarettes lead to abuse of illegal substances. Peer pressure at parties combined with intoxication can lead to skewed decision making and maybe illegal drug use."

"Irregular binge drinking is more prevalent. Kids drink at parties to be social, rather than by necessity. I wouldn't say I know anyone that drinks regularly by necessity."

Jennifer Oler, Grade: 12, McLean High School



"I think that both illegal and legal substances are being used the same. Lots of kids at this age drink alcohol and smoke marijuana."

"I definitely think it is prevalent in my community."

—MARY GRACE OAKES



Miles Laubinger, Grade: 12, Langley High School

"Different things run in different crowds. Alcohol is more prevalent, but the illegal drugs are more of a problem because people that buy prescription drugs off the street run the risk of encountering shady people instead of just store clerks."

"You run into both regular drinking and binge drinking, depending on the responsibility of the individual. Big team parties have more binge drinking versus someone who does it responsibly."

Gabrielle Zuccari, Grade: 11, Langley High School



"Alcohol is probably the most common, but it depends on what group you're in more than anything. It definitely seems like alcohol and cigarettes are easier to get than, say, marijuana."

"There's a fine line for kids our age between regular and binge drinking. I do think that casual drinking is more popular, but it depends on the group and the environment."



Michaela Burton, Grade: 10, Langley High School

"I think it's probably easier for people to get their hands on legal substances, like from convenience stores or even at home. There certainly is a lot of usage of both, but I think legal drugs are abused more."

"Binge drinking, since more people just drink and don't think about it. I don't think teenagers have the self-control to just have one drink for dinner."

Norah Bazarov, Grade: 11, Langley High School



"Illegal drugs are probably used less, because you have to ask around for it. Legal drugs are easy to get because they're sold by a lot of people. Also, a lot of families have alcohol around the house, not marijuana."

"Regular drinking happens more often, because you can just sit down with a group of friends. It's more casual."

—NIKKI CHESHIRE



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PHOTO GALLERY!

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Or to mail photo prints, send to:
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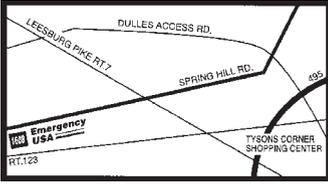
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PHOTOS BY ALEX McVEIGH/THE CONNECTION

From left, Longfellow eighth graders Ryan Golant, Ross Dempsey, Tarun Kamath and Keaton Lee, members of the school's science bowl team, with science teacher James Bradford. The team will be competing in the National Science Bowl in Washington, D.C. later this month.

Longfellow's Science Bowl Stars

Four eighth graders headed to second straight nationals.

BY ALEX McVEIGH
 THE CONNECTION

For four members of the Longfellow Middle School Science Bowl team, this year is another chance to compete in the National Science Bowl Finals. After winning the state competition for the second straight year, the four members of the team are studying up and are eager for their return trip to nationals.

"I think we're a little more comfortable with going to nationals, we've improved the way we've studied, and brushed up on more topics such as earth science," said eighth grader Ross Dempsey. "We're definitely improved, and I think we've got an even stronger knowledge base."

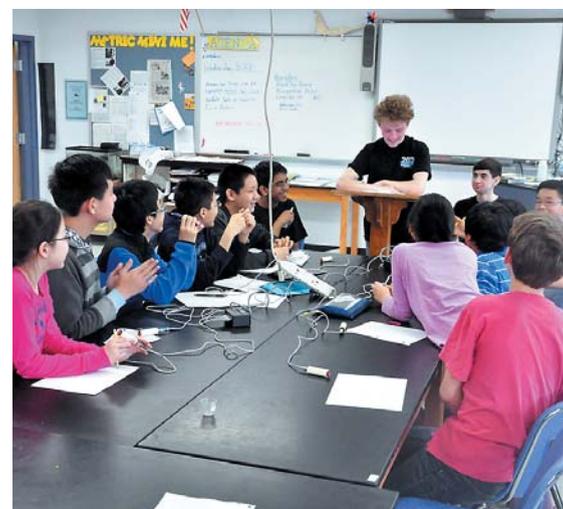
The Longfellow team beat 22 other middle schools in the March 3 state competition. The Science Bowl brings together thousands of middle schoolers from around the country to compete by answering questions about biology, chemistry, earth science, math, physics and astronomy.

The competition was created by the Department of Energy in 1991, and it has become the nation's largest science competition.

"I think it's fun and educational in equal amounts," said team member Ryan Golant, an eighth grader. "Our experience from last year gives us a good insight in trying to predict what kinds of questions we'll see. We know for sure there will be a lot of questions about energy, since it's put on by the Department of Energy."

Another part of the competition includes a science experiment, which has involved alternative fuel sources for cars the last few years. Last year, the team built a hydrogen fuel cell vehicle, this year it's a battery powered one.

"Last year it was tough to time out when to pump hydrogen into the fuel cell to keep the car going, but with a battery we just have to make sure we keep moving," said eighth grader Keaton Lee, who was the primary builder for the cars. "I like it because science is necessary for engineering, which is about



Longfellow Middle School eighth grader Ross Dempsey helps train members of the Longfellow Science Bowl team during a recent meeting. Dempsey is one of four eighth graders on the team that will compete in the National Science Bowl later this month.

applying concepts to the real world. I've always liked building things and making a lot of engines and simulations, and hopefully I can use that knowledge to build things like ships and planes in the future."

While four eighth graders will go to the competition, the Longfellow team consists of more than a dozen students. The eighth graders, while preparing for their competition, are also taking time to mentor the younger students, who they hope will be winning competitions in the coming years.

"Competing against the eighth graders is really terrifying, they're good, when Ross gets a question, he usually has the answer before it's finished," said seventh grader Ruyan Zhang. "But it's fun to compete, and I think we're getting a good sense of what we'll need to do well in next year's regionals, and hopefully we'll make it to nationals."

The seventh graders will be making their own trip during the nationals, which will take place April 26-30 in Washington, D.C. They'll be going to the Massachusetts Institute of Technology.

"I'm excited, but nervous to go to MIT, it will be the first time I've been there," said seventh grader Neeraj Prasad. "I know there will be plenty to learn."

FAITH

Faith Notes are for announcements and events in the faith community. Send to vienna@connectionnewspapers.com. Deadline is Friday.

Shiloh Baptist Church (Odricks Corner), 8310 Turning Leaf Lane in McLean, invites everyone to Easter Services on Sunday, April 8 at 8 a.m. and 11 a.m. We look forward to enthusiastic praise and worship, and celebration of our Lord and Savior's resurrection. www.shilohbcva.net or 703-893-8982.

St. John's Episcopal Church, 6715 Georgetown Pike in McLean, will offer special music and liturgy at afternoon and evening Good Friday worship services on April 6. 703-356-4902 or www.stjohnsmclean.org.

♦**Meditations on the Seven Last Words of Christ** will be given by the Reverend Edward O. Miller Jr. from 12-3 p.m. The Seven Last Words of Christ by Franz Joseph Haydn will be sung by the St. John's Choir. All are welcome to attend any portion of the service.

♦**Cantata 159 (BWV 159)**, Crucifixus from the Mass in b minor and the final chorus from the St. Matthew Passion by Johann Sebastian Bach will be sung in English translation during the Good Friday Evening Service at 7:30 p.m. The service begins with a brief Good Friday Liturgy.

Vale United Methodist Church, 11528 Vale Road in Oakton, invites everyone to their Holy week activities. 703-620-2594 or www.valechurch.org.

♦**Maundy Thursday Service with Communion**. Thursday, April 5. 7:30 p.m., April 5, Church Sanctuary.

♦**Good Friday Service**. Friday, April 6. 7:30 p.m., April 6, Church Sanctuary.

♦**Children's Easter Egg Hunt**. April 7, 10 a.m.-12 p.m. Vale Fellowship Hall. Easter story, games, refreshments, and egg hunt. Bring a basket.

♦**Easter Sunrise Service**. Sunday, April 8. 6:45 a.m. Outdoor service led by Vale Youth.

♦**Easter Worship Services**. Sunday, April 8. 8:30 a.m. and 10 a.m. Church Sanctuary.

Antioch Christian Church, 1860 Beulah Road in Vienna, will hold three Easter services on Sunday April 8. Children's activities will be held during the 9:30 a.m. and 11 a.m. worship services. 703-938-6753 or www.antiochdoc.org.

♦**Outdoor Casual Sunrise Worship Service**. 7 a.m. In the wooded "Groves" next to the church. Bring lawn chairs. Stay for a continental breakfast.

♦**Contemporary Acoustic Worship**. 9:30 a.m. "Starting Point", led by local recording artist Jon Cresswell.

♦**Traditional Easter Worship Service**. 11 a.m. With the Antioch Church Choir providing music and Pastor Randy Beeman on the issue of what it means to be a Skeptic.

Great Falls United Methodist Church, 10100 Georgetown Pike in Great Falls, has announced their sermon series for the Feb. 26-April 8 10 a.m. services will be "Journey to Hope." 703-759-3705 or office@greatfallsumc.org.

♦**Thursday, April 5**. Maundy Thursday. As we remember this important gathering, we too share the cup and break bread in an experiential Lord's Supper.

♦**Friday, April 6**. Good Friday services. Recognize our shortcomings and the message that in the darkest of times, God's light still beckons us to Hope.

♦**Sunday, April 8**. Easter services. When all hope feels lost, it has truly just begun.

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, offers three Sunday services and a host of musical, educational, outreach, and fellowship ministries to enrich spiritual growth. 7:45 a.m. Worship Service without music; 9 a.m. Worship Service,

Children's Chapel and Children's Choirs; 10 a.m. Sunday School and Adult Forum; and 11 a.m. Worship Service with Adult Choir. 703-759-2082.

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

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

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

McLean Bible Church Fitness Class at Body & Soul Fitness. Balance is key, energy is renewed and strength is gained. 9:45 a.m. Mondays and Fridays. Free childcare for registered students. bodyandsoul@mcleanbible.org.

Vajrayogini Buddhist Center offers ongoing classes on meditation and Buddhist philosophy, Mondays at 7 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. \$10 per class. 202-331-2122 or www.meditation-dc.org.

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

Vienna Assembly of God has a ministry to children on Wednesdays, 7-8 p.m. at the corner of Center N and Ayr Hill Avenue, N.E. Children's Church on Sundays also available. 703-938-7736 or www.ViennaAG.com.

Vienna Christian Healing Rooms, every Saturday, 1-5 p.m., at 8200 Bell Lane. A team of Christians is available to anyone requesting prayer. Free and open to the public. 703-698-9779 or viennachristianhealingrooms.com.

Chesterbrook United Methodist Church is at 1711 Kirby Road, McLean. Worship service is at 11 a.m. Sunday school is at 9:30 a.m. for adults and children. Rev. Kathleen Card, Pastor. 703-356-7100 or www.ChesterbrookUMC.org.

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

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

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Saxons' Softball Enters Spring Break With Winning Mark

Langley shuts down South Lakes for Liberty win; in girls' lacrosse, Saxons, Highlanders meet in early season cross-town match.

BY RICH SANDERS
THE CONNECTION

Going into this week's spring break, the Langley High girls' softball team, under head coach Jessica Roche, had put together a winning record at 3-2.

The Saxons, in a high-scoring road game last Thursday, March 29 versus Liberty District opponent Stone Bridge High in Ashburn, lost to the Bulldogs 11-7. Langley opened the game's scoring in the top of the first inning with two runs, the highlight being a two-run double off the bat of senior third baseman Julia Weeks. However, the home team Bulldogs, an inning later, answered with three runs in the second and four more in the third to build a 7-2 lead.

Langley got to within 7-3 off an RBI single from second baseman Kaitryn Evans. Setting the table that inning were Emily Templin and Gabi Pijaca, who both singled.

Stone Bridge continued to generate good offense and built an 11-3 advantage through five innings. But the Saxons were not about to give up as they tallied four runs in the top half of the sixth inning to get within striking distance at 11-7. A single by freshmen shortstop Maggie Natal started the inning. Following a few Stone Bridge errors, Weeks knocked a triple for the big hit of the inning.

Back in the ball game, Langley relief pitcher Jenna Dunn took over on the mound in relief of starter Templin (5 innings) and held the Bulldogs scoreless in the bottom of the sixth inning. In Langley's final at-bats in the top of the seventh, Evans reached base on a single but could never advance and the game ended at the 11-7 score.

TWO DAYS EARLIER in a district road game at South Lakes High School in Reston, Langley earned a decisive 12-1 victory over the Seahawks. Templin pitched all five innings in the

shortened five-inning game, allowing just one run, two hits, and three walks along with five strikeouts. Langley was relentless at the batter's box with 11 hits, including triples by Pijaca and Templin. Defensively, the Saxons received fine infield play by second baseman Evans, who had two putouts and four assists to help her team secure the win.

In its first three games this spring, Langley soundly defeated visiting non-district opponent Robinson, 16-4, in the season opener on March 16. Four days later, on March 20, the Saxons opened their district schedule with an 8-0 win at Marshall High.

In the shutout win over the Statesmen, Templin went the distance on the mound to earn the victory, allowing four hits over seven innings of work while striking out nine Rebels hitters. At the plate, Langley had four doubles in the win, the two-baggers coming from Templin, Weeks, Evans, and Ashley Panetta. Weeks led the Saxons with four RBI, while Natal had three singles and stole a pair of bases. Other singles came from Carina Sturm, Pijaca, and Melanie Dronfield. The game ended on a spectacular diving catch by center fielder Panetta on a deep fly ball.

The win over Marshall improved Langley's record to 2-0.

Langley lost its first game of the season, 4-2, in a district home contest versus Fairfax on Monday, March 23.

The Saxons are currently enjoying a busy spring break week in Myrtle Beach, S.C., competing at the GSSC Tournament. Langley was scheduled to play a game per day from Monday, April 2 through Friday, April 6.

Next week, Langley will resume its district schedule with a home game versus Madison on Tuesday, April 10. Later next week, the Saxons will play at district opponent Jefferson High on Friday, April 13. Both games are scheduled to begin at 6:30 p.m.



PHOTO BY MARIANNE PENDERCAST

Langley High junior midfielder Hayley Soutter (13) goes to the goal during the Saxons' Liberty District home girls' lacrosse game versus McLean on March 28. Mackenzie May, a senior midfielder, is the Highlander on the right

Saxons Beat McLean in Girls' Lacrosse Action

In a Liberty District, cross-town rival matchup last Wednesday, March 28, the Langley High girls' lacrosse team defeated traditional opponent McLean High, 19-7, in the Saxons' district opener.

Langley jumped to an early lead on its home field and controlled the action throughout most of the contest. Eleven different Saxon players scored goals, led by juniors Olivia Sisson and Grace Goettman, who both netted three apiece. The Highlanders were led by junior Alex Lockhart's four goals.

Following this week's spring break, the Lady Saxons, currently ranked eighth in Laxpower's Virginia state rankings, will face a tough schedule with four of their seven remaining regular season games set to be played against Top10 ranked opponents.

Playing under clear skies and mild conditions, the Saxon starting squad, in last week's meeting with McLean, immediately showcased a blistering display of offense, scoring eight times in the game's first eight minutes.

Junior Rachel Wagner drew first blood on a feed from behind the crease by senior captain Ellie Glasgow. Senior Nicky Pritchett combined with Sisson, and then Goettman tallied a score on an athletic solo move. Glasgow netted a nifty crossing pass from Sisson, who then scored herself on a penalty shot. Junior Hayley Soutter assisted on a goal by Goettman, who completed her hat trick unassisted before Glasgow scored again to give Langley an 8-0 lead with 17 minutes, 10 seconds remaining in the half.

The Langley scoring continued as Soutter scored on a set play from a feed by senior Margo Swowley; followed by senior Ann Frances Davis rifling a shot at close range to make the score 10-0.

The Highlanders (2-3) broke through on a pen-

alty shot by freshman Elise Koehl, but the respite was brief as Langley sophomore Jordan Simonides executed a terrific pickoff, run and left-handed goal.

Following saves by Saxon goalie Erin Long and McLean's Miranda Matheny, the Highlanders scored two goals off turnovers from Lockhart and senior Jacki Kleger. It was left to Saxon freshmen Julia Byrne to finish the first half's scoring at 2:39 with a feed from fellow frosh Nicole Lee to make it 12-3 at the break.

The second half was much the same as Langley head coach Richard DeSomma continued to rotate his team and provide younger players valuable playing time. Sisson was a dominant presence during the half, scoring early off a half field set and handling the ball for extended periods of time. Simonides scored on yet another deft feed from Soutter and Pritchett opportunistically scooped in a ground ball among a crowd near the crease. Swowley tossed a goal in off a clever double-clutch move.

Following two scores by Lockhart of the Highlanders, junior Nikki Dunne tallied for Langley to make the score 17-5 with 10 minutes left. The Saxons were then content to play good defense and move the ball around the perimeter on offense. Junior Ava Mirsadegan scored for McLean and Lockhart completed a fine showing with her fourth goal. Following an extended display of stick handling and movement by the Saxons, Sisson completed her hat trick with a weaving goal at 3:36 and a freshman duo finished the Saxon scoring with Maggie Prendergast scoring on a feed from Aubrey Zarella with time running off the clock.

— LACROSSE REPORT CORRESPONDENT/
PETER MAHONEY

ENTERTAINMENT

A Triumph of Artistry

'Side Man' arrives at 1st Stage.

BY DAVID SIEGEL
THE CONNECTION

Director Michael Dove has created an unflinching, poignant look into deep corners of lives unraveling. His production of "Side Man" is a strong play for adults who want to be fully transported by awe for what creative talent can accomplish.

"Side Man" is a memento tracing the lives of jazz musicians and their families in the decades after the Korean War. These were the peaks and valley years of jazz and big bands. The play focuses on how a singular passion takes its toll on lives.

The play was written by Warren Leight. It was awarded a 1999 Tony Award and the Pulitzer Prize for Drama.

Dove, also the Artistic Director for the multi-Helen Hayes Award nominated Forum Theatre, assembled an exceptional technical design team that adds their own notes of understated allure to the production and its written script.

Steven Royal's imaginative set design gives off a dusky mood. It begins in shadows with color drained out. Over various scenes, the set is fluidly transformed as furniture and props are lugged in by the actors piece by piece. The lighting design by Stephanie P Freed captures faces intimately by shining little halos of slim light. Sound designer Thomas Sowers has found period jazz music that matches the dialogue to underpin emotions.

A terrific acting ensemble works together with a velvet touch; as smooth as the jazz music that wafts through the production.

The centerpiece of the evening is Lee Mikeska



PHOTO COURTESY OF 1ST STAGE

From left: Sun King Davis, Kevin Hasser, Patrick Bussink (center in striped sweater), Maboud Ebrahimszadeh and Chris Mancusi in the 1st Stage production of 'Side Man.'

Gardner as wife and mother to a musician at the height of his skills. We follow her initial naiveté through a journey into alcoholism and breakdowns. She has the ability to move through deadpan comedy to erratic emotions and heartbreak that is exceptional.

Patrick Bussink is the son. He narrates the unfolding life stories and then smoothly moves into his character who constantly asks "why was I born." Chris Mancusi is the trumpet player who marries, but without a clue. We watch as he connects only with his horn. He is a man in love with music to the detriment of all others. Not so much a bad man, just unavailable.

The ensemble includes three musician buddies and a woman who gets her kicks by being close to the action. Maboud Ebrahimszadeh is one of the buddies; he is a very distinctive actor by imbuing his character with real life albeit one full of pain.

Where and When

"Side Man" performed at 1st Stage, 1524 Spring Hill Road in McLean. Performances through April 22, 2012. Fridays 8 p.m., Saturdays, 2 & 8 p.m., Sundays, 2 & 7 p.m. Tickets: \$15-\$25. Call 703-854-1856 or visit www.1stStageTysons.org. Note: Adult language and situations

ENTERTAINMENT EVENTS

Send announcements to greatfalls@connectionnewspapers.com. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com

THURSDAY/APRIL 5

- Ringling Bros. and Barnum & Bailey Circus.** 7 p.m. George Mason University Patriot Center, 4500 Patriot circle, Fairfax. "Fully Charged." Pre-show Party one hour before show time, free to ticket holders. \$14-\$30. 800-551-SEAT or www.ticketmaster.com.
- Art History Lecture Series.** 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. 801-361-5464.
- Aztec Two-Step 40th Anniversary Tour CD Release.** 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.
- George Winston.** 8 p.m. The Barns at Wolf Trap, 1551 Trap Road, Vienna. New Orleans R&B oriented, melodic folk piano and stride piano. Includes canned food drive. \$35. www.wolftrap.org.

FRIDAY/APRIL 6

- "Side Man."** 8 p.m. 1st Stage, 1524 Spring Hill Road, Tyson's Corner. Turmoil in a jazz musician's family as his career crumbles at the dawn of rock-and-roll. \$25. 703-854-1856 or www.1ststage.org

- www.1ststage.org.
- Ringling Bros. and Barnum & Bailey Circus.** 1 p.m. and 7:30 p.m. George Mason University Patriot Center, 4500 Patriot circle, Fairfax. "Fully Charged." Pre-show Party one hour before show time, free to ticket holders. \$14-\$30. 800-551-SEAT or www.ticketmaster.com.
- Rocknoceros Happy Family Hour** at 7 p.m.; **Jimmy Gnecco with Full Band** at 10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.
- George Winston.** 8 p.m. The Barns at Wolf Trap, 1551 Trap Road, Vienna. New Orleans R&B oriented, melodic folk piano and stride piano. Includes canned food drive. \$35. www.wolftrap.org.
- Friday Afternoon Chess Group.** 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. All ages and skill levels welcome 703-757-8560.

SATURDAY/APRIL 7

- "Side Man."** 2 p.m. and 8 p.m. 1st Stage, 1524 Spring Hill Road, Tyson's Corner. Turmoil in a jazz musician's family as his career crumbles at the dawn of rock-and-roll. \$25. 703-854-1856 or www.1ststage.org.
- Ringling Bros. and Barnum & Bailey Circus.** 11:30 a.m., 3:30 p.m. and 7:30 p.m. George Mason University Patriot Center, 4500 Patriot circle, Fairfax. "Fully

- Charged." Pre-show Party one hour before show time, free to ticket holders. \$14-\$30. 800-551-SEAT or www.ticketmaster.com.
- Children's Show: Banjo Man & Friends Family Show.** 10:30 a.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.
- Barefoot Truth and Taylor Carson** at 7 p.m.; **Politicks Reunion, Future and Stella and the Fire** at 10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.
- Easter Egg Hunt.** Nottoway Park, 9537 Courthouse Road, Vienna. Registration 9:30 a.m. Hunt times: 11 a.m. for age 1-3, 11:20 a.m. for age 4-6, 11:40 a.m. for age 7-9. Hunt for eggs, candy and Easter toys. Win prizes, visit with the Easter bunny. Bring a basket. \$7 per child, proceeds benefit Nottoway Park improvements. Sponsored by Fairfax County Park Authority and the Friends of Nottoway. 703-324-8566.
- Northern Virginia Country Western Dance Association.** Luther Jackson Middle School, 3020 Gallows Road, Falls Church. Line dance lesson at 7:30 p.m., mixer dance lesson at 8 p.m. Open dancing 8:30-11 p.m. Admission \$5-\$12. www.nvwcda.org or 703-860-4941.

SUNDAY/APRIL 8

- "Side Man."** 2 p.m. and 7 p.m. 1st Stage, 1524 Spring Hill Road, Tyson's Corner. Turmoil in a jazz musician's family as his career crumbles at the dawn of rock-and-roll. \$25. 703-854-1856 or www.1ststage.org

Easter Brunch
Sunday, April 8th

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ENTERTAINMENT

FROM PAGE 17

Stage, 1524 Spring Hill Road, Tyson's Corner.

Turmoil in a jazz musician's family as his career crumbles at the dawn of rock-and-roll. \$25. 703-854-1856 or www.1ststagetyson.org.

Ringling Bros. and Barnum & Bailey Circus.

1 p.m. and 5 p.m. George Mason University Patriot Center, 4500 Patriot circle, Fairfax. "Fully Charged." Pre-show Party one hour before show time, free to ticket holders. \$14-\$30. 800-551-SEAT or www.ticketmaster.com.

FunkMnkyz, Black Alley and Castro. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

MONDAY/APRIL 9

The Rebuilt Machine, Breakthrough and Elephant Pistol. 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

Tiny Tot Time. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Songs, rhymes and activities. Age 13-23 months with adult. 703-356-0770.

TUESDAY/APRIL 10

Dance Every Tuesday. 7:15 p.m. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. Introductory dance lesson 7:15 p.m., dancing 8-10:30 p.m. Swing, Latin, waltz, country and more. \$10 per person, includes lesson and snacks. No partner necessary. colvinrun.org or Ed.Gottrell@macp.org.

Marcus Foster and Sam Bradley. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

Book Discussion Group. 7 p.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Call for title. Adults. 703-356-0770.

The Leadership Legacy of the OSS: Before the CIA. 7 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Retired CIA agent, Linda McCarthy, on how the Office of Strategic Services (OSS) got its start during World War II. Discover how America essentially created an intelligence service overnight. Adults.

703-938-0405.

Tuesday Storytime. 10:30 a.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Stories, songs and activities. Ages 1-2 with adult. 703-790-8088.

Personalized Internet Training. 2:30 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. A 45-minute one-on-one Internet training session with a technology volunteer. Call for appointment. Adults. 703-790-8088.

Practice Your English. 6:30 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Conversation group for adults learning English. 703-790-8088.

WEDNESDAY/APRIL 11

Tyler Hilton, Dion Roy and Dakota & Will. 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

Dan Navarro and Tracy Grammer. 8 p.m. The Barns at Wolftrap, 1635 Trap Road, Vienna. \$20. www.wolftrap.org.

Splish Splash. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Rain stories and activities. Age 3-5 with adult. 703-356-0770.

Vienna Arts Society. 10 a.m. Vienna Art Center, 115 Pleasant St. N.W., Vienna. A free demonstration of flower painting by Pauline Lorfano and Grace Rooney. 703-319-3971 or www.ViennaArtsSociety.org.

THURSDAY/APRIL 12

Ringling Bros. and Barnum & Bailey Circus. 7 p.m. George Mason University Patriot Center, 4500 Patriot circle, Fairfax. "Fully Charged." Pre-show Party one hour before show time, free to ticket holders. \$14-\$30. 800-551-SEAT or www.ticketmaster.com.

Vous êtes Des Animaux. 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

Robbie Schaefer and Ellis Paul. The Barns at

SEE ENTERTAINMENT, PAGE 19

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The Vajrayogini Buddhist Center
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Churches- Catholic
St. Agnes Catholic Church...703-525-1166
Cathedral of St. Thomas More...703-525-1300
Holy Transfiguration Melkite Greek Catholic Church...703-734-9566
Our Lady of Lourdes...703-684-9261
Our Lady Queen of Peace Catholic
703-979-5580
St. Ann Catholic Church...703-528-6276
St. Charles Catholic Church...703-527-5500

Vatican II Catholic Community
NOVA Catholic Community...703-852-7907

Church of Christ
Arlington Church of Christ...703-528-0535

Church of God-Anderson, Indiana
Church of God...703-671-6726

Churches-Episcopal
St. Andrew Episcopal Church...703-522-1600
St. George Episcopal Church...703-525-8286
St. Johns Episcopal Church...703-671-6834
St. Mary Episcopal Church...703-527-6800
St. Michael S. Episcopal Church
...703-241-2474
St. Paul Episcopal Church...703-820-2625
St. Peter's Episcopal Church...703-536-6606
St. Thomas Episcopal Church...703-442-0330
Trinity Episcopal Church...703-920-7077

Churches Lutheran(ELCA)
Advent Lutheran Church...703-521-7010
Faith Lutheran Church...703-525-9283
German Lutheran Church...703-276-8952
Lutheran Church of The Redeemer
...703-356-3346

Resurrection Lutheran Church...703-532-5991

Churches Lutheran(Missouri, Synod)
Our Savior Lutheran Church...703-892-4846

Churches-Nazarene
Arlington First Church of the Nazarene
...703-525-2516

Church-Brethren
Church of The Brethren...703-524-4100

Churches-Baptist
Arlington Baptist Church...703-979-7344
Cherrydale Baptist Church...703-525-8210
First Baptist of Ballston...703-525-7824
Mt. Zion Baptist Church...703-979-7411

Churches-Baptist-Free Will
Bloss Memorial Free Will
Baptist Church...703-527-7040

Churches-Christian Science
McLean-First Church of Christ, Scientist
...703-356-1391

First Church of Christ,
Scientist, Arlington...
703-534-0020

Churches- Presbyterian
Arlington Presbyterian
Church...703-920-5660
Church of Covenant
...703-524-4115
Clarendon Presbyterian Church
703-527-9513
Little Falls Presbyterian Church
703-538-5230
Trinity Presbyterian Church...
703-536-5600
Westminster Presbyterian ...
703-549-4766

**Churches- Unitarian
Universalist**
Unitarian Universalist Church
of Arlington 703-892-2565

Churches-United Methodist
Arlington United Methodist Church
...703-979-7527
Trinity United Methodist Church
of McLean...703-356-3312

Charles Wesley United Methodist...703-356-6336
Calvary United Methodist...703-892-5185
Cherrydale United Methodist...703-527-2621
Chesterbrook United Methodist
...703-356-7100

Clarendon United Methodist...703-527-8574
Community United Methodist...703-527-1085
Mt. Olivet United Methodist...703-527-3934
Walker Chapel United Methodist
...703-538-5200

Churches- United Church of Christ
Bethel United Church of Christ...703-528-0937
Rock Spring Congregational
United Church of Christ...703-538-4886

Non-Denominational
New Life Christian Church - McLean Campus
...571-294-8306
Celebration Center for Spiritual Living
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Arlington Metaphysical Chapel...703-276-8738

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Saturday, 8:30 AM

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ENTERTAINMENT

FROM PAGE 18

Wolftrap, 1635 Trap Road, Vienna. \$18. www.wolftrap.org.

Vienna Arts Society. 7:30 p.m., Vienna Art Center, 115 Pleasant St., NW, Vienna. With artist and architect Robert Gilbert. Free. 703-319-3971 or www.ViennaArtsSociety.org.

FRIDAY/APRIL 13

“Side Man.” 8 p.m. 1st Stage, 1524 Spring Hill Road, Tyson’s Corner. Turmoil in a jazz musician’s family as his career crumbles at the dawn of rock-and-roll. \$25. 703-854-1856 or www.1ststage Tyson’s.org.

Ringling Bros. and Barnum & Bailey Circus. 10:30 a.m. and 7 p.m. George Mason University Patriot Center, 4500 Patriot circle, Fairfax. “Fully Charged.” Pre-show Party one hour before show time, free to ticket holders. \$14-\$30. 800-551-SEAT or www.ticketmaster.com.

Tommy Stinson (from Guns n’ Roses & The Replacements) and The 27s. 8 p.m. Jammin’ Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

Rachel Barton Pine. 8 p.m. The Barns at Wolftrap, 1635 Trap Road, Vienna. \$35. www.wolftrap.org.

Friday Afternoon Chess Group. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. All ages and skill levels welcome 703-757-8560.

American Legion Dinner. 5:30-8 p.m. American Legion Post 180, 330 North Center St., Vienna. Shepherd’s pie, mixed vegetables, roll, dessert, \$10. Public welcome. 703-938-9535.

Artists’ Reception. 6-9 p.m. Vienna Art Center, 115 Pleasant St. N.W., Vienna. “Art in Bloom.” 703-319-3971 or www.ViennaArtsSociety.org.

SATURDAY/APRIL 14

5th Annual Run for the Arts 5k and Fun Run. Wolf Trap National Park for the Performing Arts, 1551 Trap Road, Vienna. 7-8 a.m. Packet Pickup at Encore Circle Lounge, 8:30 a.m. 1 Mile Fun Run/Walk, 8:30 a.m. 5K warm-up, 8:45 a.m. 5K Race shotgun start, 9-11 a.m. Finish Line Festival with live entertainment. Proceeds benefit Wolf Trap Foundation’s arts and education programs. www.wolftrap.org.

Model Railroad (HO Scale) Open House and Display. 1-5 p.m. Historic Vienna Depot, 231 Dominion Road NE, Vienna. The layout depicts the Western North Carolina Railroad (now a portion of the Norfolk Southern) during the period of transition from steam to diesel. Free, donations accepted. www.nvmr.org or 703-938-5157.

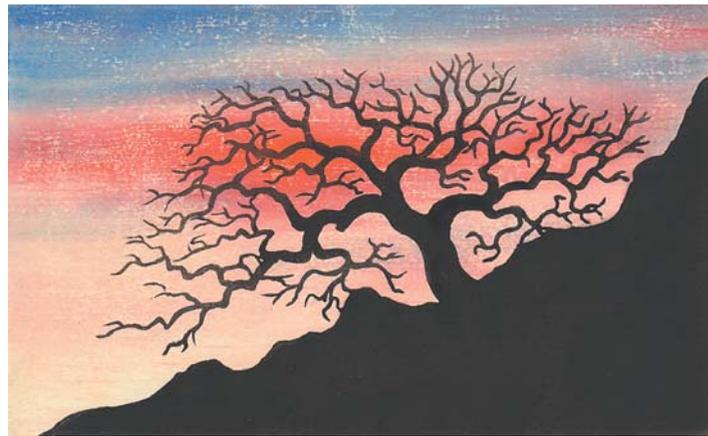
“Side Man.” 2 p.m. and 8 p.m. 1st Stage, 1524 Spring Hill Road, Tyson’s Corner. Turmoil in a jazz musician’s family as his career crumbles at the dawn of rock-and-roll. \$25. 703-854-1856 or www.1ststage Tyson’s.org.

Ringling Bros. and Barnum & Bailey Circus. 11:30 a.m., 3:30 p.m. and 7:30 p.m. George Mason University Patriot Center, 4500 Patriot circle, Fairfax. “Fully Charged.” Pre-show Party one hour before show time, free to ticket holders. \$14-\$30. 800-551-SEAT or www.ticketmaster.com.

The Great Zucchini. 11 a.m. Lemon Road Elementary School, 7230 Idylwood Road, Falls Church. Magic and comedy for pre-school age children. Proceeds benefit the Falls Church-McLean Children’s Center. \$7 in advance, \$9 at the door. www.fcmlcc.org.

Children’s Show: Gustafer Yellowgold. 10:30 a.m. Jammin’ Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

Love146 Awareness Concert with TheRuinCity, The Atlantic Light, Crush Atlantic and Semper Fly.



“Majestic Struggle” by artist William R. Tuthill. The print is a Japanese woodblock print known as Moku Hanga.

Printmaking Show

The Artists’ Atelier Gallery presents a printmaking show by members of Great Falls Studios. The show runs through April 28. A reception open to the public will be held Friday, April 13, 6:30 p.m. - 8:30 p.m. The Artists’ Atelier is located at 1144 Walker Road, Suite G in Great Falls. The gallery and studio is open every Saturday noon - 4 p.m. or by appointment, 703-944-3165.

1:30 p.m. Jammin’ Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

Mad 5K Run and One Mile Walk. 9 a.m. James Madison High School, 2500 James Madison Drive, Vienna. Awards for the top 3 male and female finishers, age group awards, T-shirts and refreshments. \$15 students, \$20 adults. Proceeds benefit James Madison High School track and field team. Register at www.fcps.edu/MadisonHS.

Used Book Sale. 10 a.m.-4 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Sponsored by the Friends of the Library. TysonsLibraryFriends@gmail.com or 703-790-4031.

Bandhouse Gigs’ Tribute to Rod Stewart: Back to Gasoline Alley. 7:30 p.m. The Barns at Wolftrap, 1635 Trap Road, Vienna. \$25. www.wolftrap.org.

Saturday Storytime. 11 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Stories, songs and activities. Age 2-3 with adult. 703-757-8560.

SUNDAY/APRIL 15

“Side Man.” 2 p.m. and 7 p.m. 1st Stage, 1524 Spring Hill Road, Tyson’s Corner. Turmoil in a jazz musician’s family as his career crumbles at the dawn of rock-and-roll. \$25. 703-854-1856 or www.1ststage Tyson’s.org.

Ringling Bros. and Barnum & Bailey Circus. 1 p.m. and 5 p.m. George Mason University Patriot Center, 4500 Patriot circle, Fairfax. “Fully Charged.” Pre-show Party one hour before show time, free to ticket holders. \$14-\$30. 800-551-SEAT or www.ticketmaster.com.

Gungor- Ghosts Upon the Earth Tour. 6 p.m. and 9 p.m. Jammin’ Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

Used Book Sale. 1-4 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Sponsored by the Friends of the Library. TysonsLibraryFriends@gmail.com or 703-790-4031.

Russian Storytellers. 3 p.m. Center for the Arts at George Mason University, 4400 University Drive, Fairfax. American Youth Philharmonic, Daniel Spalding, conductor. Liadov’s Baba-Yaga, Op. 56 and The Enchanted Lake, Legend

for Orchestra, Op. 62, Tcherpnin’s The Distant Princess, Op. 4, Rimsky-Korsakov’s A Night on Bald Mountain, Fantasy for Orchestra and Stravinsk.: Petrushka (1911). \$14 adult, \$10 senior, \$10 student. www.aypo.org, events@aypo.org or 703-642-8051.

MONDAY/APRIL 16

Bike Rodeo. 1-3 p.m. Vienna Elementary School, 128 Center St. South, Vienna. Free and open to children in Kindergarten through 6th grade. The rodeo is designed to help children who already know how to ride a bicycle develop safety skills. Drop-off gently used children’s bicycles to benefit the Wheels to Africa, to be used to provide basic transportation for people to reach school, food, water and medical care. kbarr@viennava.gov or www.wheels-to-africa.org.

Set If Off and Divided By Friday. 7 p.m. Jammin’ Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

Preschool Storytime. 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Stories, songs and activities. Age 3-5 with adult. 703-757-8560.

V.I.P. Vienna. 10 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Support group for visually impaired persons. Adults. 703-938-0405.

English Conversation. 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. English practice for non-native speaking adults. 703-242-4020.

TUESDAY/APRIL 17

The 6th Degree, Atlas and Grand Revival. 7 p.m. Jammin’ Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

Personalized Internet Training. 2:30 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. A 45-minute one-on-one Internet training session with a technology volunteer. Call for appointment. Adults. 703-790-8088.

Mystery Book Discussion. 6:30 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Call for title. Adults. 703-790-8088.

Practice Your English. 6:30 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Conversation group for adults learning English. 703-790-8088.

Spring Fest

Saturday, April 7 \$5 per person; Children 36 months and younger admitted free. Registration is required for all participants.
10 a.m.-Noon

For ages 3-8.

Spring Fest is a special event that includes self-guided arts and crafts projects, entertainment and the opportunity for your children to get a professional photo with the Bunny.

Please register early!
Space is limited.



The McLean Community Center
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-William Van Horne

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21 Announcements

21 Announcements

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mail, McLean Community Center, 1234 Ingleside Ave,
McLean, VA 22101.
For more information, contact the McLean Community
Center, 703-790-0123. Open until filled.

OBITUARY

Courtenay Amanda Nash, 18, of McLean, Virginia,
passed away suddenly on March 22nd, 2012 in New York
where she was attending Syracuse University. A freshman,
she had elected to study Economics as well as Philosophy and
European Literature. Courtenay graduated from McLean High
School in 2011.

Courtenay was born April 13th, 1993, in Melbourne, Victoria,
Australia. She was the cherished daughter of Andrew John and
Sonya Denise Nash and loving sister of Lachlan William Nash.
Courtenay was the beloved grand-daughter of William Peter
and Elaine Mavis (deceased) Nash, and Patricia Grace and
William Ramsay.

Courtenay will be greatly missed and forever remembered.

A Memorial Service for Courtenay will be held Monday April
9th, 2012 at 10:30am at the McLean Community Center, 1234
Ingleside Ave, McLean, Virginia.

The family would like to thank all our extended family and
friends for their support.

We request that no flowers be sent. In lieu, if you would like to
make a small donation in remembrance of Courtenay a Mem-
orial Registry has been established to support a cause which
was close to her heart - A Forever-Home Rescue Foundation.
<https://www.justgive.org/registries/memorial/donate/courtenay-nash>.
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Infusing Is Semi Amusing



By KENNETH B. LOURIE

So here I go again; heavy-duty chemotherapy for the first time in nearly three years. As such, I thought I'd try and write another column while actually sitting in the Barcalounger at The Infusion Center (as I did three years ago: "Chemo-Cocktailing at the Depot" was that column's title) and see what my pen has to say. This is not my first return engagement, however. I have been at this Center nearly every three weeks for the past two and one-half years while being infused with my maintenance drug, Avastin, until a few months back when a diagnostic scan indicated some "progression." Consequently my oncologist decided to restart the "big" chemotherapy, as I call it, and move on to plan "B." Moreover, I have made multiple other visits here for miscellaneous scans, doctor's appointments and Emergency Room visits; I know the route – and I know the routine. "On the whole, I'd rather be in Philadelphia" (as was intended to be W. C. Fields' epitaph), but I'm not. I'm in Rockville. And presumably, my time spent here has kept me alive, way beyond my oncologist's original "13-month to two-year" prognosis, for which I'd be crazy to complain. And those who know me know I don't complain.

I do kid though. And as a cancer patient who's been characterized/determined/diagnosed as "terminal" (when your oncologist advises taking "that vacation you've always dreamed of," you're terminal), the bloom is definitely off the rose; and as Dorothy said to Toto in "The Wizard of Oz": "We're not in Kansas anymore." Nor am I. We're in Maryland and we're in trouble. Considering the fact that stage IV lung cancer patients rarely live beyond five years, and I'm now at the beginning of year four (miraculous in and of itself, I'm told), if ever there was a time to retain one's sense of humor, it would be, in my opinion, when facing the kind of adversity that statistically speaking, I'm likely to face in the unfortunately not-too-distant future.

But as a lifelong Boston Red Sox fan, hope springs eternal. And just as Red Sox Nation was rewarded in 2004 and again in 2007 with World Series Championships breaking the 86-year-old "Curse of the Bambino," stranger things have happened. Apparently one of which is yours truly still being alive after my oncologist "prognosed" in March of '09 that I'd likely be otherwise engaged by now, so I am a believer. In fact, I'm living proof. However, there are hardly any guarantees here. There are, as I sit in this room with half a dozen other individuals being similarly infused, lots of hope and fear – and anxiety. If one doesn't embrace – or find humor somewhere, while enduring this excruciating mental ordeal, one would be neglecting, anecdotally speaking, the least expensive and most effective treatment available. Humor might not heal, but it likely will do more good than harm; the chemotherapy, in its infinite design wisdom and effect, is probably doing enough of that. As my Publisher – and fellow cancer survivor, Mary Kimm, is fond of saying about chemotherapy: "Kenny, they're poisoning you, that's why you feel the way you do."

But three years later, apparently the chemotherapy has done/is doing enough of its tumor-fighting/shrinking thing to keep me in this chair. And though it may not be my first choice – of where I'd rather be, I'm grateful that at least I still have a choice I'm able to make.

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

Express Lanes 90 Percent Complete

FROM PAGE 3

tors allowing motorists to pass through at highway speeds while deducting the toll from their E-Z Pass accounts. Single occupancy or two-passenger vehicles will pay the tolls. VDOT officials said the tolls will have "dynamic pricing," because there is no theoretical ceiling for tolls.

Toll prices are based on demand, and officials said it's difficult to predict exactly what the tolls will be at any given time.

"We expect they will range from as low as 20 cents per mile during less busy times, to approximately a \$1.25 per mile in some sections during rush hour. An average trip cost is estimated to be between \$5 and \$6," Steinhilber said.

Buses and vehicles with three or more passengers can use the Express Lanes for free by using a new E-Z Pass Flex, which gives drivers the option of a flipping a switch to avoid the tolls on the Express Lanes.

"It's all about choices," said John Lynch, the Virginia Department of Transportation Regional Program Director. "By giving motorists more choices on the Beltway, the transportation picture in Northern Virginia gets another dimension that was not available before."

The project also includes the replacement of more than \$260 million of aging infrastructure including 58 bridges and overpasses.

Steinhilber noted that construction of a new median and safety shoulder, which will divide I-495 north and south-bound traffic, will enhance safety and cut-down on gridlock in the event of accidents.

"The new median will provide an enforcement and staging area for Virginia State Po-

lice and dedicated incident management crews. The key is to keep traffic free-flowing," he said.

"The 495 Express Lanes will fundamentally change how the region thinks about and uses the Capital Beltway in Virginia," said Steinhilber. "Between the new exits and on-ramps, the new travel options and the significant increase in capacity, the Beltway will be wholly different than just a few years ago."

THE EXPRESS LANES

PROJECT is a partnership between VDOT, the Virginia Department of Rail and Public Transportation, and Transurban-Fluor, two private companies in a joint venture to build and operate the new lanes.

VDOT officials said motorists can expect to encounter the following in the coming months:

- ❖ Extensive milling and paving along the entire Express Lanes corridor, which means 400,000 tons of asphalt placed in 2012.

- ❖ Construction of new ramps and bridges in the middle of I-495, providing direct access between the Express Lanes and 10 major access points.

- ❖ Installation of new tolling equipment and crews conducting on-site testing of the equipment, which includes automatic incident detection cameras, which can quickly notify Express Lane operators of accidents and radio frequency identification (RFID)



New bridge piers are under development to support completion of project construction in the Springfield Interchange.

technology to communicate with vehicle E-Z pass transponders to process trips and detectors and video cameras for quick license plate detection.

- ❖ Installation of lane separators every eight feet throughout the corridor to segregate the Express Lanes from the regular Beltway lanes.

In addition to the Express Lanes project, other megaprojects include the Dulles Corridor Metrorail; the Telegraph Road interchange in Alexandria; the Fairfax County Parkway extension; and the proposed I-95 HOV/HOT lanes. Together, these projects represent several billion dollars' worth of local transportation improvements.

For more information on construction, visit www.vamegaprojects.com. Go to www.495ExpressLanes.com for information on tolling and the Express Lanes system will work.

Phase 1 of Metrorail 67 Percent Complete

Phase 2 hits a snag as Loudoun County Supervisors debate opting out.

BY VICTORIA ROSS
THE CONNECTION

VDOT officials delivered good news and bad news on the 23-mile Dulles Corridor Metrorail project during a news conference March 29 at the VDOT Virginia Megaprojects office.

The good news: crews took full advantage of the mild winter and pushed phase 1 construction of the Silver Line to nearly 70 percent completion. The first phase, which extends from East Fall Church through Tysons Corner to Wiehle Avenue in Reston, is currently under construction and expected to open in the summer of 2013.

"The system is currently in place for 11 new stations, five in Phase 1 and six

in Phase 2," said Tom Fahrney, VDOT's BRAC coordinator, who stepped in for the Metrorail project spokesperson last week.

According to Fahrney, Wiehle Avenue and Tysons East stations are the furthest along, and rail bridges dominate the Route 7 corridor.

The bad news: phase 2 of the project – which is planned to extend into Loudoun County and provide a one-seat, no-transfer ride from Dulles Airport to downtown Washington – may come to a screeching halt.

Loudoun County's Board of Supervisors is currently debating opting out of the second phase of the project, which would jeopardize completion of the \$2.7 billion project.

The cost of phase 2, which is slightly lower than originally estimated, assumes that Loudoun and Fairfax counties jointly pay for construction of the Route 28 metro station and five parking garages, which include 8,900 parking spaces.

Loudoun's supervisors have until July to decide whether to continue with the project.

Highlights of Phase 1:

- ❖ Construction of Phase 1 began in spring of 2009. According to Kevin Volbrecht, deputy director of construction for the

project, the section of the aerial guideway that crosses the Capital Beltway will be complete this spring, connecting the Tysons East guideway to the Tysons Central 123 guideway. "This piece of work will mark the dramatic completion of the guideway over the region's busiest road, I-495," Volbrecht said.

- ❖ Since the spring of 2011, the project has had numerous lane closures of both the north and southbound lanes of I-495 to complete the bridges that will carry the trains of the Silver Line.

- ❖ Crews have started work on the foundation of the pedestrian pavilion at the Tysons East Station where the pedestrian bridge will connect to the south side of Route 123.

- ❖ At the Wiehle Avenue Station in Reston, crews are putting the finishing touches on the floors and walls of the station and have started laying the foundation for the pedestrian pavilions and bridge columns.

For more information on the Dulles Corridor Metrorail Project, go to www.dullesmetro.com or call 703-572-0506.

McLean Community Center 2012 Governing Board Election

The Governing Board and staff of the McLean Community Center strongly encourage all qualified residents to vote **for members of the McLean Community Center 2012-2013 Governing Board**. Your vote sends a very important message of your support of the Center's programs and services.

When & Where:

Vote between the hours of **10:30 a.m. and 5 p.m.** at the McLean Day 2012 festival on **Saturday, May 19**, at Lewinsville Park, 1659 Chain Bridge Rd.

Meet the Candidates

Adult Candidates—Three Positions Open



SUSAN V. BOURGEOIS

For the past three years, I have had the privilege of serving as a Governing Board member. Like my support for facility improvements to the Alden, I will work to define future improvements so that they are of a kind and quality reflective of our community and which are a good use of capital surplus funds. I have consistently voted for a reduction in the district tax rate to minimize the surplus while keeping in mind that to be "the center of it all," MCC should have a larger presence in the downtown area leveraging the Old Firehouse successes.



LAURELIE WALLACE

I'm interested in becoming a member of the McLean Community Center Board for a number of reasons. First, McLean is my hometown. I was born and raised here. I left McLean to attend boarding school, college and graduate school but returned back to the place that has always been home to me. Now that I am in my thirties, I want to give back to the place that has given me so much. Even though McLean has changed and evolved over the years, I want it to be just as special to future generations as it has been for me.

Youth Candidates—Two Positions Open

McLean High School Area



CRAIG MCKENZIE

As a high school honors student, I have brought change to McLean through the community and teen centers. I have been a member of the Teen Council for three years and serve as president. I have been a volunteer in the teen, special events, and youth departments of the community center as well as at Georgetown University Hospital earning the H. Gordon Randall, DAR and MCA citizens' awards. I served the governing board from 2010-2011 supporting property tax decreases. As a member of the Governing Board, I will increase programming for underserved groups and build a downtown facility.



MALIKA NIMMAGADDA

From a young age, I have participated in the McLean Little League and the McLean Youth Basketball programs. Additionally, I am a student at McLean High School and I also work at the McLean Racquet and Health Club. My experiences and activities help me relate to a wide spectrum of teenagers in our community. I am well organized, optimistic and have a "can-do" attitude. My presence on the Governing Board would improve the involvement of teens in our community and I would also be an exceptional liaison in conveying both the complaints and suggestions of the teens in our area.

Langley High School Area



DREW ARMSTRONG

My name is Drew Armstrong and I am running to be your youth representative to the McLean Community Center Governing Board from Langley High School. At Langley High School, I have been a Student Government Association Representative, and heavily involved in both sports (Cross Country and Soccer) and clubs (Young Democrats, Otto's Army, and the Debate Team). I have also represented Langley at the county level as a representative to the Student Advisory Council. In conclusion, I'm sure this brief bio is quite a dull read, but I assure you, if elected, I will speak up for McLean's betterment.



WILL FERRER

I am currently a sophomore enrolled in the IB program at George C. Marshall High School in Falls Church, Virginia. At my school, I am involved in student government and I am a member of Marshall's SGA executive board. I'm also a junior officer of my school's Octagon Club, a national community service organization. In my free time, I take classes at McLean High School, learning American Sign Language in addition to running for Marshall's track team. As an active member of the community, I would hope to make a difference on the McLean Community Center Governing Board.

Qualifications to Vote:

1. You must be a resident of the McLean Community Center tax district (Dranesville Small District 1A); however, you need not be registered to vote in the general election.
2. You must be at least 18 years old to vote for an adult candidate.
3. You must be 15 through 17 years old to vote for a youth candidate. Youth voters may vote for a candidate from each of the two school districts.
4. You must bring identification and proof of residency, such as a driver's license or student ID. If you do not have identification, you may sign a sworn statement.

Absentee Voting:

Want to vote, but can't make it to the McLean Day festival on May 19? Vote by absentee ballot! Call the Center or send a request by E-mail to "elections@mcleancenter.org" to have a ballot package sent to your home. Or, stop by the Center and pick up an absentee ballot package, which will be available beginning **Monday, April 9**. Completed absentee ballot applications and ballots must be received by 5 p.m. on **Wednesday, May 16**, to be counted.

Write-in candidates are allowed.

Write-in candidates must have at least 10 votes from 10 residents of the Center's tax district in order to have their votes counted. For youth write-in candidates, the 10 votes must come from teens who live within the same high school boundary area as the candidate.



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