

A Pleasing Romantic Comedy

ENTERTAINMENT, PAGE 11

Anne Nottage as Janice in the 1st Stage production of "Italian American Reconciliation."

'Stuff the Bus' Campaign Helps Feed the Hungry

NEWS, PAGE 9

Fairfax Connector Proposes New Routes

NEWS, PAGE 3



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Fairfax Connector Proposes New Routes

Public input meeting held to solicit feedback on new bus routes.

BY ALEX McVEIGH
THE CONNECTION

The Fairfax County Department of Transportation kicked off the public input process for their new bus routes in McLean Thursday, Jan. 31. The Fairfax Connector routes will be altered to take advantage of the opening of Metrorail stations in Tysons Corner and Reston in December, with the new routes expected to begin the same day as the stations open.

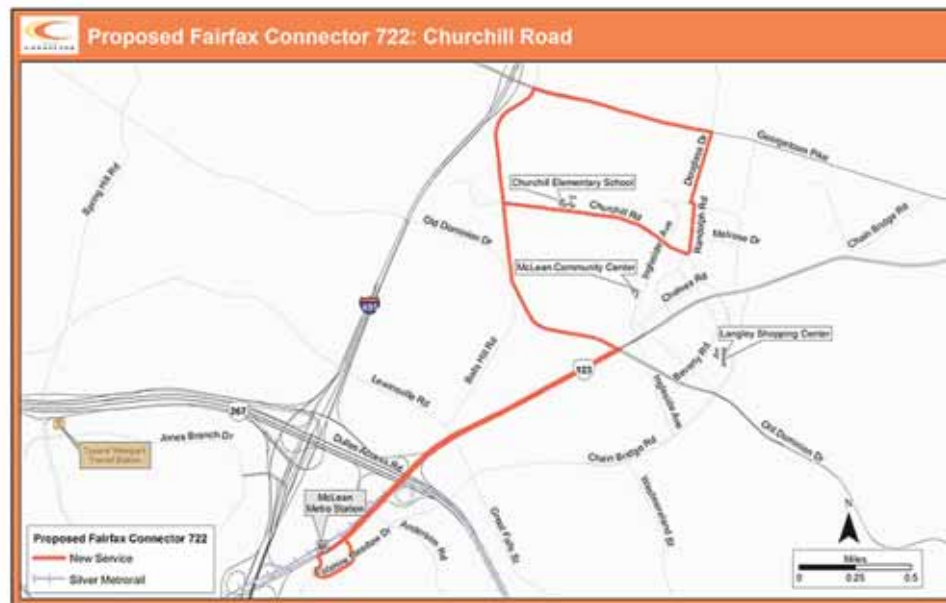
"Forty-two percent of our service routes will be changing by the end of the year," said Christy Wegener, customer service operations manager with the Fairfax Department of Transportation. "By no means do we have a final plan worked out, we've just created potential routes for this first round of public input. By April, we'll be closer to final plan."

THE PLAN currently calls for 12 new Fairfax Connector routes, realignment of 21 routes and six are recommended for elimination. Routes in McLean and Vienna will be created to serve the four Metrorail stations in Tysons Corner, and four routes will be added to the Silver Line Circulator, with one running to each new stop in Tysons.

"By no means do we have a final plan worked out, we've just created potential routes for this first round of public input. By April, we'll be closer to final plan."

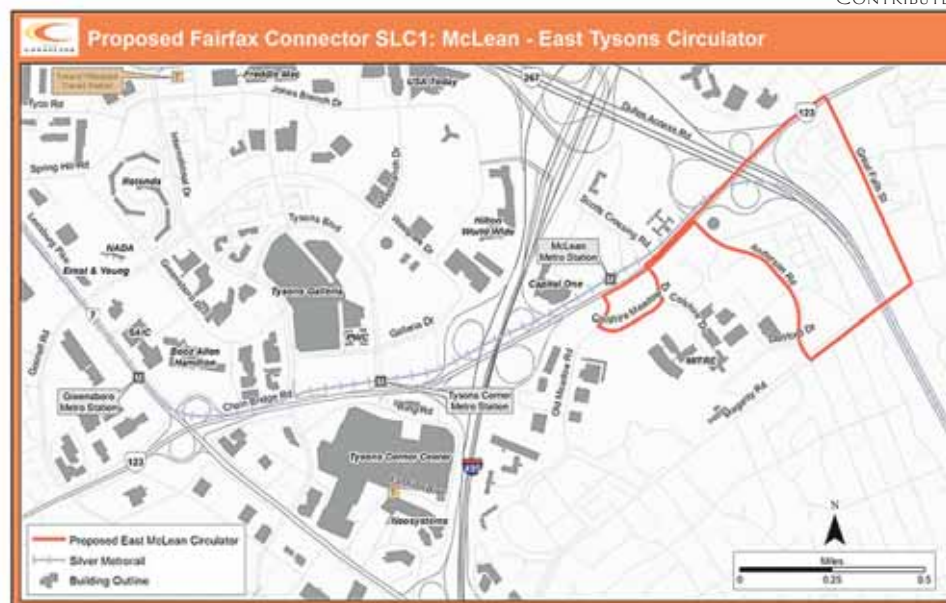
— Christy Wegener, the Fairfax Department of Transportation

"One of the goals with eliminating routes is to take advantage of the rail to move people along specific routes in Tysons Corner, then redirecting those resources to other routes," said Eric Teitelman, division chief of Fairfax Connector. "Most routes will be changing from every 30 minutes to every 15-20 minutes, and ones that were an hour will go down to about 30 minutes. This can happen because we're



A preliminary route diagram of one of four new circulator bus routes in Tysons Corner that will serve Metrorail stations along the Silver Line.

CONTRIBUTED



The proposed Fairfax Connector Route 722, which would go down Churchill Road, has some residents concerned about its traffic impacts.

re-using our resources."

While the routes are aimed at increasing circulation among Tysons Corner, some residents felt it is coming at the expense of residents of the Pimmit Hills and western McLean.

"I know Tysons is going to be a priority when it comes to numbers of passengers moving to and from, but I'm not thrilled with what looks like a lack of routes to get McLean residents, particularly those in the west, to get people into Tysons Corner," said Greg Florence of McLean. "We're the ones paying for the new Tysons service tax district, it would be nice if we could see some increased level of transportation service for our money."

ANOTHER AREA OF CONCERN for many local residents is the 722 route, which would go along Churchill Road, much to the dismay of local residents. Wegener said that has been a chief point of contention

since the public comment period opened.

"We will be developing two alternate routes for the 722, one of which will not go along Churchill Road," she said.

Fairfax Connector will be taking public comment through Feb. 15 for the first phase of public outreach. They will then use those comments to solidify route alignment, and begin a second round of public outreach in April.

Teitelman said that residents who wish to comment on proposed routes will be best served by submitting them in writing, whether online, through e-mail or regular mail.

The final plan is scheduled to go before the Board of Supervisors in May.

Once the plan is approved, the kick-off event will take place at Celebrate Fairfax from June 7 to 9, and marketing efforts will begin in the summer.

More information, as well as links to provide feedback on the new routes, can be found at www.fairfaxcounty.gov/connector.

Community Dialogue on Student Discipline at McLean High

The Fairfax County Public Schools (FCPS) Ad Hoc Community Committee on Students Rights and Responsibilities will host five meetings in February to discuss student discipline. The purpose of the meetings will be to obtain input and feedback on current FCPS disciplinary practices and discuss the committee's preliminary recommendations to the FCPS School Board for changes to the Student Rights and Responsibilities handbook.

The following meeting is scheduled in the Dranesville District:

❖ Thursday, Feb. 7, 7 to 9 p.m.—
McLean High School Cafeteria,
1633 Davidson Road, McLean

Anyone who is not able to attend a meeting is welcome to email comments to

CommunityDialogues@fcps.edu or send by U.S. Mail to: FCPS Office of Intervention and Prevention Services, ATTN: SR&R, 3877 Fairfax Ridge Road, Fairfax, VA 22030.

Spanish and Korean interpreters will be available at each meeting. To register for this service and to indicate a preferred language, visit www.surveymonkey.com/s/CommunityDialogue.

For more information or for dates and times for other meetings in Fairfax County please visit www.fcps.edu/dss/ips/srr/committee/dialogue-meetings.shtml.

Discussing Health Care Legislation

The McLean Area Branch of the American Association of University Women (AAUW) Saturday, Feb. 16, meeting will be held at 9:30 a.m. at the McLean Community Center. The invited guest speaker, Aryanna Abouzari, has been asked to speak on health care legislation. She serves as the Affordable Care Act outreach specialist for the United States Department of Health & Human Services in Region III.

Several issues will be discussed at the Branch business meeting, including the make-up and functions of the branch board, the formula for allocation of net book sale profits and proposed changes to the branch's three governing documents: by-laws; policy statement; and standing rules. An opportunity to help at a school project at Kent Gardens Elementary School will also be discussed. Contact Mary Ellen at 703-790-5550.

NEWS

McLean Author Launches New Book

Rebecca Shambaugh shows how organizations can harness the collective strengths of both men and women to create stronger businesses.

BY MARILYN CAMPBELL
THE CONNECTION

Try functioning without half of your brain. You might not be able to remember anything. You might not be able to drive. You might not be able to walk or talk. Now imagine a business that operates using only half its brainpower. It's destined to fail.

That is the assertion that McLean author and leadership consultant Rebecca Shambaugh makes in her new book, "MAKE ROOM FOR HER: Why Companies Need an Integrated Leadership Model to Achieve Extraordinary Results."

During a Tuesday, Jan. 29, sunset reception overlooking the Potomac River at the John F. Kennedy Center for the Performing Arts, Shambaugh introduced a crowd of nearly 200 business executives from across the country to her new book and her "integrated leadership" model. She detailed how organizations can harness the collective strengths of both men and women to create stronger businesses.

ACCORDING TO SHAMBAUGH, women are not adequately represented in leadership positions. In fact, women make up 51 percent of the American workforce but only hold 15 percent of executive positions.

"In the 21st century, we should be thinking that while men and women's brains are designed differently, intellectual performance is the same," she said. "How we go about solving problems, decision making, managing and negotiating are different. It is important to understand not only how our styles are different, but to value and leverage those differences."

Dr. Christine Dingivan, executive vice president and chief medical officer at Pharmaceutical Product Development (PPD), hosted the book launch and was one of the event's speakers. "I think it comes down ... to the fact that companies really have a tremendous need for talent and for innovation in order to stay competitive across a number of different industries," she said. "The need for diverse talent is incredible and the need for innovation is really at a level that I have never seen in my career, so it really doesn't make a lot of sense to not embrace half of the population."

John Hart, a Falls Church resident and chief executive officer of the Impact Center in Washington, D.C., attended the book launch and noted that the audience comprised industry leaders who struggle with the issue of diversity daily. "Everyone had a lot of esteem and respect for Becky ... and the contribution that she is making to advance a more inclusive

workplace and society," he said.

Women should start by moving outside of their comfort zones, says Shambaugh. "Women need to realize that their thinking styles and strengths are needed and valued in today's marketplace, and they need to start showing up with those," she said. "It is also about reaching out and identifying sponsors and mentors who can see our abilities and help us gain a greater access to visibility and opportunities."

USING CASE STUDIES AND INTERVIEWS with dozens of top executives to prove her point, Shambaugh stressed that integrated leadership requires an integrated approach: "It is not a woman's problem, a man's problem or an organization's problem," she said. "It is like a three-legged stool. It is everybody's opportunity and challenge."

That's one of the book's strengths, according to Dingivan: It focuses on women in business leadership, but it also underscores the importance of integrating the strengths and talent of both men and women to improve overall performance. "The book actually provides a lot of practical tools and perspectives to help both men and women learn how to work more effectively and therefore drive better business results," she said.

Bill Richardson, senior vice president of global business development at Pharmaceutical Product Development (PPD) and another speaker at the book launch, stressed that Shambaugh's integrated leadership model is crucial for success in the 21st century. "Given the importance of global markets, the emergence of new generations—generations X and Y—in the workforce and the need for diversity in decision making, an integrated leadership model is necessary for success," he said. "The book provides reasons why this new model is critical, statistics to support the thesis and a compelling argument to either get on board the train or get left behind."

Judy Douglas, a technology industry executive who also attended the book launch, believes Shambaugh's cutting-edge ideas come from "real-life insights" gained from interviews with those in leadership positions. "Diversity is the key," said Douglas. "It isn't simply about swelling the ranks of women executives, though that is certainly a priority. It's a priority because all signs point to the richness emerging from balanced teams, balanced among gender, culture and generation."



PHOTO COURTESY OF REBECCA SHAMBAUGH

McLean author and leadership consultant Rebecca Shambaugh introduces her new book, "MAKE ROOM FOR HER: Why Companies Need an Integrated Leadership Model to Achieve Extraordinary Results" at the John F. Kennedy Center for the Performing Arts in Washington, D.C.

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THE CONNECTION
NEWSPAPERS

NEWS

The design of the new license plate features the Fairfax County seal, county map and the website of Visit Fairfax and county government.

CONTRIBUTED



Civic Pride on the Road

Fairfax County license plates available soon.

You can flaunt your car and show off your civic pride, thanks to a customized Fairfax County license plate approved Tuesday, Jan. 29, by the Board of Supervisors.

The license plate features the county seal, county map and the website addresses of the government and Visit Fairfax. The plate will cost \$25 a year. By state law, \$10 is retained by the state while the other \$15 goes back to the license plate sponsor after 1,000 plates are ordered.

The Board of Supervisors voted to direct the initial proceeds toward the 2015 World Police and Fire Games that will be held in the county. The World Police and Fire Games are an international sporting event offering thousands of police officers, firefighters, customs and correction officers from

around the world an opportunity to showcase their athletic excellence in over 65 sporting events. These games are the second largest sporting event in the world after the Summer Olympics.

Before the Virginia Department of Motor Vehicles can proceed with plate production, it needs 350 commitments from the community. Visit Fairfax will soon allow you to sign up for one of the first license plates at www.fxva.com.

Supervisor Pat Herrity (R-Springfield), who initiated the plan, noted the City of Fairfax has its own tag which generates roughly \$5,000 per year in revenues at \$15 per vehicle and is dedicated to the city's historical resources. Using Fairfax City's population as a benchmark, Herrity estimated that Fairfax County could generate roughly \$250,000 per year from its own license plates.

"I look forward to being one of the first residents to get my hands on a Fairfax County License plate," Herrity said.

—VICTORIA ROSS

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Photograph by Thomas A. Beach

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Great Falls Blue Knights U12 Soccer Tryouts

The Great Falls Blue Knights, a U12 Boys Travel Soccer team, are looking to strengthen their squad for their 2012-2013 ODSL campaign.

Indoor tryouts will be held 6:30pm-8:00pm on February 20th at NZONE in Chantilly.

The Knights have several roster spots remaining for committed U12 players born 08/01/00 or after looking to take their game to the next level.

Training sessions are normally held on Monday, Wednesday & Thursdays 6:30-8:00 pm in the Great Falls/Reston area during the season.

If you are interested, have questions or would like to register for tryouts, please email the Team Manager at GFBLEKNIGHTS@LIVE.COM

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SCHOOLS

Fifth Graders on a Hero's Journey

Spring Hill Elementary students work with professional theater director to create their own works.

BY LORI BAKER
THE CONNECTION

The students in Danny Seagraves' fifth grade class know their grammar. They know spelling, math, and social studies too. These are all teachable subjects, according to the Spring Hill Elementary School teacher. But one concept that just can't be taught, says 20-year teaching veteran Danny Seagraves, is creativity.

This is where Rebecca Holderness entered the scene. Holderness is associate professor of Acting and Directing at the University of Wisconsin-Milwaukee. She is in town as guest director of *Kafka on the Shore*, a production currently on stage at the Spooky Action Theater.

Holderness often likes to share ideas from an outside community with the acting group she is working with. When she arrived in Washington for this production, networking led her to Mr. Seagraves' Spring Hill classroom. Holderness, Seagraves, and a class full of McLean fifth graders are very pleased with the results.

Holderness and Madeline Muravchik, an area-based artist and teacher who is working with her, met with the students on two occasions to help in-

spire their creativity. The children were tasked with writing their own "hero's journey," and eventually shared their stories about time machines, aliens, zombies, meteors, robots, bullies, and a host of other topics.

Fifth grader Ryan Wilson thought the program was fun. "It lets ideas go around," he said. "You have a good time laughing and being humorous. And the ideas aren't always trapped inside of you."

"It's made me a better writer," added Ipsa Kathuria, "especially when I'm writing at home with my dad."

Danny Seagraves, who spends time writing in his spare time, was thrilled with the result of the initiative. "Getting the creativity from them gives me the basis that I need to make a good writer," he said. "If you can just get that spark of creativity started, the rest is gravy."

"It helped spark our imagination," said fellow student Grace Bourhis. "It helps open up new things that you wouldn't think about if you didn't do this." Classmate Sarah Gaiter added, "If we want to become an author, we could use this information that we got from this lesson to express ourselves."

Kafka on the Shore, by Haruki Murakami, adapted by Frank Galati will run through Sunday, Feb. 24, at Spooky Action Theater, located on 16th Street in northwest Washington.



Spring Hill fifth graders including Ipsa Kathuria, Sarah Gaiter, Grace Bourhis and Ryan Wilson participated in the creative writing program.

PHOTOS BY LORI BAKER/THE CONNECTION



Theater Director Rebecca Holderness, Madeline Muravchik, and Danny Seagraves watch as Yusra Samaila, Jane Park, and Olivia Lewis start one of the storytelling exercises.

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PEOPLE

Troop 673 Gets New Eagle Scout

Spencer Weiss is the latest Eagle Scout in Troop 673 sponsored by the Great Falls United Methodist Men. Spencer, who is currently the senior patrol leader of the troop, began his scouting career in 2004 as a Cub Scout in Pack 1884, where he was the undefeated Pinewood Derby champion from 2004-2009.

For his Eagle project, Spencer planned and led over 40 volunteers to construct a set of stairs and a path between Embury Rucker Community Shelter and Reston Regional library using primarily reclaimed materials.

A freshman at Jefferson High School, Spencer earned the National Outdoor Award for Camping in September of 2012. He participates in football, Model UN, and the student council.



Spencer Weiss

PHOTO BY BILL BLOOD

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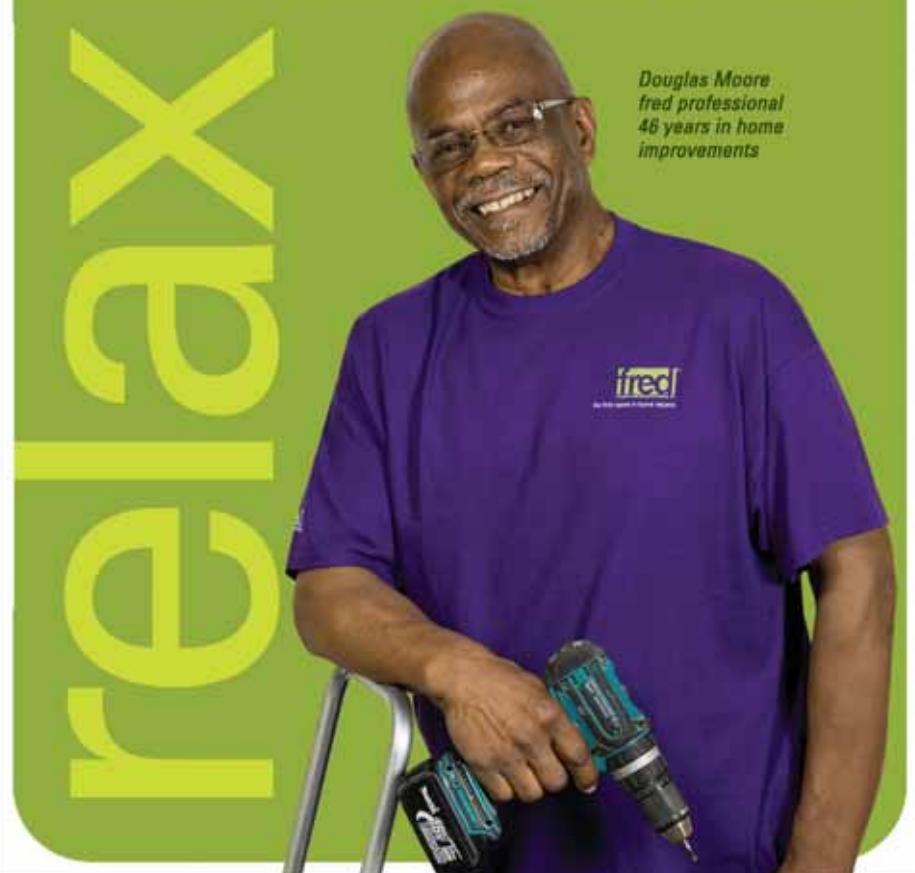
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*Douglas Moore
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OPINION

Homeless, Not Hopeless

BY PAM MICHELL
EXECUTIVE DIRECTOR, NEW HOPE
HOUSING, INC.

George and Mary spent many years homeless and unsheltered in Fairfax County. Yes, Fairfax County, one of the wealthiest counties in the country. But in Fairfax County, homeless persons such as George and Mary are generally hidden. They live in the woods, behind dumpsters, and in shopping centers. Out of sight, out of mind.

For many years, local non-profit partners have been working with county staff day in and day out to offer persons who find themselves homeless a chance to start anew. When given the stability of housing and the support of professionals and volunteers, homeless adults—including those who have lived many years on the streets and in the woods—can and do change and become stable, contributing members of our community. We non-profit homeless services providers can tell story upon story of what a difference stable housing and supports can make in a life of someone whom others have given up on, whom others have discarded as “hopeless.”

In January 2012, 697 single adults were counted as homeless in Fairfax County and 51 percent of them (353) were chronically homeless—12 consecutive months or four separate incidences of homelessness in the past three years; 24 percent of homeless adults were unsheltered. These numbers are going up.

This month you can help us find out who is “out there.” You can hear their stories and you can help provide them the housing they need.

As part of a nationwide effort to put a name and a face to each



PHOTOS
CONTRIBUTED

Homeless camp: In January 2012, 697 single adults were counted as homeless in Fairfax County and 51 percent of them (353) were chronically homeless.

number, the Fairfax-Falls Church community is participating in a national campaign—100K Homes—that will help us understand who is homeless, why they are homeless and how we can get them housed.

Join us on Feb. 25, 26, and/or 27, as a part of a volunteer team visiting campsites to interview homeless individuals. On March 1 we will give a detailed report to the community about who we found and where we go from here. See <http://www.fairfaxcounty.gov/homeless/100khomes/> for details.

Help us help everyone in Fairfax County find a way home.

For more information on New Hope Housing in Alexandria, go to www.newhopehousing.org.



The Fairfax-Falls Church community is participating in a national campaign—100K Homes—that will help in understanding who is homeless, why they are homeless and how we can get them housed.

We Are a Family

To the Editor:

Thank you for the wonderful articles highlighting the positive impact of Fairfax Families4Kids and the relationships and families that have come about because of the program.

As a mentor, I know firsthand how important mentoring programs such as Fairfax Families4Kids can be in a child's life.

Initially I got involved with

FF4Kids because I wanted to give back. In other words, I wanted to be there for children because I have had adults in my life that have mentored me and helped to mold me into the person I am today.

Also, my grandparents and my mother have been foster parents and I have seen the impact on foster kids of hav-



Shavonne
Hayes

PHOTO BY JOAN BRADY

ing loving/caring adults in their lives.

What I have realized is that spending time with the kids has had a tremendous impact on me. I think of the various experiences of the kids—multiple foster homes, aging out without a place to live or no job. It always reminds me to remember how

truly blessed I am no matter what happens. If they can survive the

hand life has dealt to them then there is nothing I cannot overcome. I continue to be amazed and humbled by their resiliency.

To see the challenges they have aging out of the system makes me want to do all I can to ensure they have the support they need. We are more than mentors and mentees. We are a family.

Shavonne Hayes
Sterling

McLean
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PHOTOS BY VICTORIA ROSS/THE CONNECTION



Irene Bak, with FastTran, and Glenn Padeway, with Fairfax County's Neighborhood and Community Services Department, brave chilly weather on Saturday, Feb. 3, to promote Fairfax County's "Stuff the Bus" campaign at the Fairfax Wal-Mart.

(From left) Angie Carrera of Op3; Chris Garris, Our Daily Bread's food program manager and volunteer coordinator; Sharon Bulova, Chairman of the Fairfax County Board of Supervisors and Wendy Lemieux of OP3 encourage shoppers to purchase gift cards.

'Stuff the Bus' Campaign Helps Feed the Hungry

Donations continue to increase as campaign enters third year.

BY VICTORIA ROSS
THE CONNECTION NEWSPAPERS

Local grocery stores were packed this weekend with shoppers stocking up on Super Bowl snacks for the annual football fan party. At the Wal-Mart in Fairfax, shoppers were greeted with colorful displays of chips, dips and other party favorites.

They were also greeted by volunteers from Our Daily Bread (ODB), who were handing out flyers and encouraging shoppers to donate gift cards or specific items to restock ODB's pantry shelves. A Fairfax nonprofit for nearly 30 years, ODB provides food and other critical services to the working poor, the elderly and the disabled. More than half of ODB's clients are local children.

Dianne Hon, a Vienna resident, said "Stuff the Bus" makes it easy to donate. "I am already here for groceries and other items, especially since it's the day before the Super Bowl, so it's very convenient to pick up a few extra items for a worthy cause," Hon said.

"Thank you for doing this," Hon said to the volunteers. "You made this so easy."

Jonathan and Roxanne Daley of Fairfax donated a gift card to the campaign. "It's too easy to forget that there are people in Fairfax County who go hungry," Roxanne Daley said. "I love the gift card idea. It's easy and you know you're helping someone get what they want."

FAIRFAX BOARD OF SUPERVISORS CHAIRMAN Sharon Bulova, who greeted shoppers and encouraged them to donate on Saturday, Feb. 2, said gift cards are especially helpful for a number of reasons.

"There's a dignity about it," Bulova said. "You don't stand out from other shoppers with a gift card, and you can purchase what you want for a special recipe, or if you have specific dietary needs."

Chris Garris, ODB's food program manager and volunteer coordinator, said they are encouraging more people to donate gift cards, particularly because they help clients purchase fresh food. "A \$20 gift card

helps families supplement our pantry's non-perishable food with milk and meat."

Garris said the timing of the Stuff the Bus campaign—which is intentionally scheduled between Martin Luther King Day in January and Presidents Day in February—is important for local pantries because it occurs after the seasonal dose of good will.

"During the fall and holiday season, Our Daily Bread's food pantry is overwhelmed with donations from the community," she said. "But by February, our supplies are often running low even though the need for food is greater than ever."

"Stuff the Bus is an important component in restocking pantries after the holidays," Bulova said. "The need for healthy food is ever growing and the interest for Fairfax County residents to help is there, so we are happily providing the bridge to bring them together."

THE CAMPAIGN, now in its third year, is a partnership between Fairfax County Office of Public Private Partnerships (OP3); MV Transportation Inc., which operates the FASTRAN buses and provides volunteers; local nonprofits; and grocery store chains. All donations go directly to local nonprofit organizations that help feed needy families and individuals in the Fairfax-Falls Church Community.

"The residents of Fairfax and our partners, like MV Transportation and Frank & Co., have really come out in support of Stuff the Bus this year. Each year, we get more donations," said Michael Artson, chief planner with the county's Neighborhood and Community Services (NCS) Department, one of the food drive's organizers.

"Food pantries address a critical need which is especially acute after the holidays, the Stuff the Bus campaign helps us help our community. Its importance to helping stock the shelves can't be overstated," said Roxanne Rice, executive director, Food for Others.

Last year, more than 25,000 lbs. of food was collected for local pantries, all benefiting local nonprofits that help feed needy families in the Fairfax community.

At the end of Saturday's Stuff the Bus campaign, Juliet Reyes of Herndon, a Wal-Mart employee, who was in the middle of her shift as a cashier, asked ODB volunteers if she could donate cash. "I've been listening to people talk about this, and I want to help too. People here shouldn't go hungry."

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CELEBRATE VALENTINE'S

Wax romantic or celebratory with a Valentine's outing:

♥ Saturday/Feb. 9

Balducci's Wine Day. 8 a.m.-8 p.m., at Balducci's, 6655 Old Dominion Drive, McLean. Prep for the big day as you join professional winemakers, importers and aficionados as they sample various wines, trade recommendations and share stories; 25 percent off 12-plus bottle purchases. www.balduccis.com.

♥ Tuesday/Feb. 12

Martinis and Manicures. 5-9 p.m., at the Day Spa at The Ritz-Carlton, 1700 Tysons Blvd., McLean. Celebrate friendship at the girls-only event with a

cocktail, sweet treats from the pastry chefs, estheticians providing manicures, petite facials and mini massages. Reservations. 703-744-3924.

♥ Wednesday/Feb. 13

Sealed With a Kiss. 10:30 a.m., at Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Valentine's stories and activities for children ages 3-5 accompanied by an adult. www.fairfaxcounty.gov/library/branches/dm/.

♥ Thursday/Feb. 14

Valentine's Day Dinner. 5:30-9:30 p.m., in Bistro, at The Ritz-Carlton, 1700 Tysons Blvd., McLean. An elegant



Wildfire serves parmesan-crusted steak as part of their Four Course Menu for Two, offered on Valentine's Day through Sunday, Feb. 17.

evening of gourmet culinary creations in an intimate setting with live music duo accompaniment—or eat at the Sushi Bar where chefs prepare a customized meal. \$125 per person for gourmet dinner. www.ritzcarlton.com.

Wildfire Valentine's Day Weekend. 5-10:30 p.m., at Wildfire, 1714 International Drive, McLean. For a romantic dinner in a cozy booth or a special treat while celebrating with the

family, the four course menu offers gourmet choices in the starter, salad, main course and dessert portions of the meal, offered every evening through Sunday, Feb. 17. Reservations. 703-442-9110.

♥ Friday/Feb. 15

Chocolate and Jazz. 8:30 p.m.-midnight at The Ritz-Carlton, 1700 Tysons Blvd., McLean. An evening of live jazz, rich chocolate from the Chocolate

Buffet Bar and a bottle of champagne. \$25 per person or \$85 per couple (champagne included). www.ritzcarlton.com.

♥ Saturday/Feb. 16

Chef Matt's Cooking Class. 5-7 p.m., at The Ritz-Carlton, 1700 Tysons Blvd., McLean. An evening of gourmet cooking classes for two teaches couples how to make a full Valentine's Day dinner and offers a space for them to enjoy their creations. www.ritzcarlton.com. \$150 per couple. www.ritzcarlton.com.

Chocolate Bar and Live Music. 9 p.m.-midnight at the Entyse Wine Bar & Lounge at The Ritz-Carlton, 1700 Tysons Blvd., McLean. Live music and rich chocolate define the evening, where champagne and a chocolate buffet tempt the palate. \$25 per person or \$85 per couple (champagne included). www.ritzcarlton.com.



Drew Kopas as Aldo in the 1st Stage production of "Italian American Reconciliation."



Anne Nottage as Janice in the 1st Stage production of "Italian American Reconciliation."

PHOTOS BY BRAD KAUFELD/COURTESY OF 1ST STAGE

A Pleasing Romantic Comedy

1st Stage presents "Italian American Reconciliation."

BY DAVID SIEGEL
THE CONNECTION

The pedigree of playwright John Patrick Shanley is top notch; he was awarded a Pulitzer Prize for his play "Doubt" and won an Oscar for the screen play for "Moonstruck." His "Italian American Reconciliation," now playing at 1st Stage in Tysons, will not disappoint. It is a pleasing romantic comedy with an opera-tinged take on the lives of young strivers learning about love the hard way, through some cartoon-like pain.

The production is directed by Michael Chamberlin who worked his magic for 1st Stage with last year's snow-driven, whispery-soft, new-age "Almost Maine."

"Italian American Reconciliation" is quite the opposite in speech patterns, tone and location, yet in some ways similar. There are young people messing up as they try to find love and a committed relationship. Chamberlin has the touch. It works.

There is Huey Maximilian Bonfigliano (Matt Dewberry, playing confusion well to a fault) who wants to reconcile with his ex-wife Janice (a tantalizingly rough Anne Nottage). He has "no confidence" in himself and thinks

she took his "manhood." She believes that "flowers feel like flames in my hands." She even shot his dog and tried to kill him to make a point of her feelings.

Dewberry asks his best buddy, Aldo Scalicki (energetically positive Drew Kopas) to help him win her back, though Kopas admits that "women still amaze" him and he never wants to marry. And Huey must also break up with a decent young woman who loves him (appealing Dani Stoller).

There is also the all-knowing, mature Aunt May



From left: Drew Kopas as Aldo and Suzanne Richard as May in the 1st Stage production of "Italian American Reconciliation."

(wonderfully expressive Suzanne Richard) who provides wisdom whenever she speaks a line.

The technical design is a delight. The sound design of Derek V. Knoderer adds to the operatic feel,

but more of a Vegas brassy mambo dance style of the late 50's and early 60's. No rock and disco in sight. The audience is treated to music that drips with feelings of a bygone time, full of Dean Martin, Rosemary Clooney, Louis Prima and more. JD Madsen's set is an

urban brick wall in Manhattan's Little Italy, but with hidden openings, fire escape stairs and a sometimes hidden well-stocked diner. There is even a glowing pizza-like moon.

"Italian American Reconciliation" is a big and broad-shouldered offering with amusing dialogue, endearing in their-own-ways characters, and quiet insights within the posturing.

As Aunt May says, "the greatest and only success is to be able to love."

Where and When

"Italian American Reconciliation" at 1st Stage, 1524 Spring Hill Road, McLean. Performances: Now through Sunday, Feb. 24. Friday 8 p.m., Saturday 2 p.m. and 8 p.m., Sunday, 2 p.m. and 7 p.m. Tickets: \$15-\$25. Call 703-854-1856 or visit: www.1stStagespringhill.org.



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WELLBEING

Geriatric experts say healthy lifestyle habits like regular exercise, eating a nutritious diet and brain challenges can help preserve mental health as we age.



PHOTOS
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Preserving Mental Health as We Age

Experts say diet, exercise and mental stimulation are key.

BY MARILYN CAMPBELL
THE CONNECTION

Randy Weadon walks six miles each day around the perimeters of his retirement community, Greenspring in Springfield. He also does crossword puzzles daily.

"During tax season, I walk around the halls and mentally do my income taxes in my head," said Weadon, a retired Coast Guard officer. "If I had not started walking, I don't know if I'd be alive. I am 86-and-a-half years old, but I don't feel that age at all."

Geriatric experts say healthy lifestyle habits like regular exercise, eating a nutritious diet and brain challenges can help preserve mental health as we age.

"The one thing that I always tell my patients is that if you don't use it, you lose it. I recommend crossword puzzles, mentally challenging games and reading, especially about current events," said Dr. Lisa Calusic, a psychiatrist at Inova Behavioral Health Services in Alexandria, and an Arlington, resident.

Researchers Pamela Greenwood and Raja Parasuraman, professors at the Department of Psychology at George Mason University in Fairfax, have spent more than 20 years studying the way the human brain ages with a focus on Alzheimer's disease. The two wrote a book, "Nurturing the Older Brain and Mind," in which they explore ways middle-aged people can stave off mental deterioration.

"We know that if we can put off dementing illnesses, even by a year or two through lifestyle changes, that will reduce the number of people with Alzheimer's disease, which is reaching epidemic proportions," Parasuraman says.



Randy Weadon, 86, does crossword puzzles and walks six miles each day.

The duo says that preventing and staving off mental deterioration is more important than ever now that workers are staying employed longer for economic reasons. Physical activity is an important tool as well.

"Exercise [is] the 'lifestyle' factor with the strongest effect," said Greenwood. "A number of different research groups have found benefits of aerobic exercise on both brain structure and function, and on cognitive performance."

Joel Martin, a professor of kinesiology at George Mason, agrees: "Regular exercise has been proven to slow the aging process," he said. "People have their actual age, which they can't do anything about, and their biological age. Someone could be 40 years old, live a very inactive lifestyle and not eat very well, which may cause them to be closer to 60 in terms of their biological age. Vice versa: Someone who is 60 could be very active and eat a healthy diet and feel like they are much younger, perhaps a biological age closer to mid-40s."

As an octogenarian, Weadon credits his sharpness to regular mental challenges. Martin agrees. "Regularly engaging in activities requiring cognitive function is important," said Martin. "Most tissues in the body respond to stress placed on it by becoming stronger or adapting to handle the stimulus you place on it. If you lift weights, your muscles get bigger and stronger. If you don't do any sort of physical activity to stimulate your muscles, then they get smaller and become weaker. The brain is the same way, it needs regular stimulation to maintain its function."

Experts also say not to rule out the importance of good nutrition. "The antioxidants in foods, especially fruits and vegetables, can help to preserve and protect tissues from damage that occurs as part of the natural aging process," said Martin.



PHOTO BY MARILYN CAMPBELL

A study published last month in *Journal of the American Heart Association* showed that eating three or more servings of blueberries and strawberries per week may help women cut their risk of a heart attack by as much as one-third.

February is Heart Month

Diet and fitness experts offer suggestions for maintaining a healthy heart.

BY MARILYN CAMPBELL
THE CONNECTION

When Mary Elizabeth O'Conner enters a supermarket, she is careful to stay within the outer perimeters of the store. "Most grocery stores are designed so that the healthiest and non-processed food, like fresh vegetables and meat are kept on the outer edges," she said. She looks for heart-healthy foods like whole grains and fresh fruit.

O'Conner has two good reasons for being tuned in to nutrition: "Both of my parents died unexpectedly from heart attacks," she said. "My father died 15 years ago in February."

February is American Heart Month and health experts are encouraging diet and exercise changes that will lead to better heart health.

Joel Martin, Ph.D. an assistant professor of kinesiology at George Mason University in Fairfax, says the Dietary Approaches to Stop Hypertension (DASH) eating plan is often recommended for people who are at risk for heart disease.

"The diet has been proven by numerous research studies to lower blood pressure. High blood pressure is a major risk factor for serious heart problems, [like] heart attacks for example," he said. "The diet emphasizes fruits, vegetables, whole grains and lower amounts of sweets, red meat, and sodium. It especially emphasizes lower amounts of sodium to decrease blood pressure."

Two good options are strawberries and blueberries. In fact, a study published last month in the *Journal of the American Heart Association* showed that eating three or more servings of the berries per week may help women cut their risk of a heart attack by as much as one-third.

Consuming more Omega-3 fatty acids—found in fish, flaxseeds and nuts—has also been shown to lower the risk of heart disease.

There are some foods that should be avoided, say some experts. "[Foods that are] bad for hearts include cholesterol rich foods, like foods from animals. The current recommendation is beef once per week with a serving size the size of a deck of cards," said Laura Evans, assistant professor, George Mason University School of Nursing. "Avoid trans-fats. These are modified fats found in processed foods, cheese, all processed foods and salt."

Andrew Meade of the Reston-based National Association for Sports and Physical Education, says that the average person can reduce his or her risk of heart disease by exercising for at least 30 minutes each day.

"That is the only way to realize any heart-health benefit," he said. "Exercising for 30 minutes most days of the week builds your cardiovascular endurance."

Martin, who agrees, said, "In terms of exercise habits for a healthy heart, just getting regular aerobic exercise is a good idea ... to ensure a healthy cardiovascular system."

A Complicated Answer

By KENNETH B. LOURIE



And a further explanation and corollary to last week's column: "A Simple Question," which attempted to sort through my reactions to being asked an extremely innocent, appropriate, well-intended and always appreciated courtesy: "How are you?" and the problem that it sometimes causes me. That problem being: a question which had it not been asked would then not require an answer. An answer that I'll always give, but not before I've given it some thought, which if I hadn't thought about, wouldn't have bothered me in the least. And in the most, it doesn't really bother me, but after four years, a sort of cancer-fatigue has set in. I'm tired of talking about it. "Not that there's anything wrong with that"; being asked the obvious question. Still, if I'm going to keep pretending that my coast is semi-clear, I'd rather not be reminded that five hundred years ago, that coast/horizon represented the end of the world.

This first paragraph was yet another attempt by yours truly to offer some insight into the thought process of a cancer survivor (OK, maybe just this cancer survivor; or a person with some issues, although I would deny that). The related point being that there are the obvious problems being a cancer patient (need I elaborate?) and then there are the less-than-obvious, almost subliminal-type problems which can just as easily ruin your day – and night, as much if not more than a chemo-cocktail infused straight into your body for six hours every three weeks can.

And just like the Philadelphia-born comedian, David Brenner, used to joke about mosquitoes: "It's not the ones you hear you should worry about, it's the ones you can't hear." So too with cancer. There's plenty to worry about that you know – or think you know or have heard about, or maybe have even anticipated: lab work, diagnostic scans, biopsies, surgery, chemotherapy, radiation, doctor's appointments, etc. But it's the down time, the private time alone and away from all the people, places and things with which you've grown familiar and dare I admit, accustomed, that becomes cherished. Then, when you least expect it, a courtesy question inquiring about your overall health, not even one particularly cancer-centric. Still, the question takes you (at least it does to me), right back to cancer central. The one place – for me, I try to avoid. The one place I never imagined I'd be, and now that I'm there often, the one place where I'd rather not be reminded that I semi-reside.

Four years post diagnosis, I realize this jack-pot I find myself in is hardly a winning hand, and it's more than a bad dream. It's a reality. Yet avoiding the nightmare directly – and indirectly, as often as possible, has been my M.O. I can't say I've been particularly successful doing so, but I've had my moments and have made my peace. However, it's the random nature of the spoken and written word that occasionally has undercut my emotional foundation. A foundation built on a lifetime living and learning, trying not to make a bad situation worse; and one striving to not be irrational, unreasonable, illogical and ill-prepared for all that life throws at you. I ceded control four years ago and now when I'm asked, 'How I'm doing?', I'm always reminded how fragile and unpredictable life can be; "the slings and arrows of outrageous fortune," as Cerphe used to say back in the day, on the original WHFS.

I know – and appreciate – that you have to ask. Please understand that sometimes, I might not feel like answering.

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

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SPORTS

Marshall senior Grant Leibow scored 16 points against South Lakes on Feb. 1.

PHOTOS BY
CRAIG STERBUTZEL/
THE CONNECTION



Marshall Boys' Basketball: Doormat to District Contender

Statesmen have more wins this season than previous two combined.

BY JON ROETMAN
THE CONNECTION

Grant Leibow moved up from the JV to join the Marshall varsity boys' basketball team near the end of his sophomore season, becoming part of a group that finished the 2010-11 campaign with a 3-20 record and a first-round exit in the Liberty District tournament.

The following year, Leibow played his entire junior season with the varsity, during which the Statesmen went 7-15 and again lost in the first round of districts. In two seasons under head coach Dan Hale, Marshall managed a 2-28 record against Liberty District opponents.

"We've been through tough times," Leibow said recently.

Now a senior, Leibow is a key member of a Marshall team that

has evolved from district doormat to second place in the standings. Hard work in the off season set the transition in motion. On Friday, the Statesmen displayed the other key component of their turnaround: sharing the basketball.

SIX MARSHALL PLAYERS scored at least eight points and the Statesmen defeated South Lakes 65-46 on Feb. 1 at Marshall High School. On Monday, Marshall lost to Langley 39-38 but remained alone in second place in the Liberty District standings with one game remaining. The Statesmen, who are 13-7 overall and 8-5 in the district, are assured of a home game in the first round of the district tournament.

Leibow, a 6-foot-1 guard, led the way with 16 points against South Lakes. His third 3-pointer of the evening gave the Statesmen a 34-26 lead with 5:07 remaining in the third quarter and sparked a 13-4 Marshall run.

"He's our leader, he's the guy we want [with] the ball in his hand facilitating," Hale said. "... He's one of those guys that really worked hard."

Junior forward Towner Hale scored 13 points for



Marshall freshman Tyler White scored 11 points during a win against South Lakes on Feb. 1.

gether and they work really hard and it's paying off."

While Leibow (three 3-pointers) and Cameron (two 3s) shot the ball well from behind the arc, White provided offense in the paint. The 6-foot-4, 250-pound freshman scored with post moves and had a key fourth-quarter tip-in that started a 17-3 run.

"He's adjusted to the varsity game—that's not an easy thing to do as a freshman," Hale said. "He's definitely looking nice and comfortable out there and he had some big plays tonight."

White said opponents at times will get physical with him and engage in trash talk. He tries to block it out, but sometimes he "just [gets] more angry, [gets] more physical."

"He's been able to push a few guys around down low when we need him against teams with bigger guys," Leibow said. "That's something we haven't had in quite a few years."

MARSHALL WILL CLOSE the regular season with a road game against Thomas Jefferson at 7:30 p.m. on Friday, Feb. 8, before entering the district tournament.

Marshall. Freshman center Tyler White finished with 11 points, senior forward Doug Turpin scored nine, and senior guard Connor Barrand and junior guard Christian Cameron each added eight.

"I think our teamwork and our togetherness have really helped us," Leibow said. "It seems like when we pass the ball we play better [and] that's what happened tonight."

Dan Hale, who coached in Hawaii prior to taking over at Marshall in 2010, credited his players' work ethic for helping the program improve. Marshall's 13 victories this season are more than the previous two seasons combined (10).

"This is a group of guys that really kind of committed themselves to doing all the hard work in the off season," Hale said. "We always preach that it's the off season that is the [time] you've got to work hard. There's not enough time in the season to really improve your game. ... This is a group that has been very tight and has worked to-



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Marshall senior Amanda Denny scored nine points against South Lakes on Feb. 1.

A 'Learning Year' For Marshall Girls

2012-13 was projected as a rebuilding year.

BY JON ROETMAN
THE CONNECTION

The Marshall girls' basketball program went 3-11 in district play during the 2011-12 season, but managed to qualify for regionals by upsetting No. 2 Stone Bridge in the opening round of the Liberty District tournament.

Last season ended on a positive note for the Statesmen's five senior starters, but with that much experience leaving the program, 2012-13 projected as a rebuilding year.

Marshall returned three athletes from last year's team—junior Lexi Stalcup, and seniors Elyse Smith and Amanda Denny—and had nearly as many freshmen (two) as seniors (three) on the roster. The result so far: a 4-17 record, including 0-13 in the district.

But while Marshall has struggled, the losses didn't stop

the Statesmen from giving first-place South Lakes a run for its money.

Marshall was within eight points in the fourth quarter, when a 3-pointer by Stalcup cut the South Lakes lead to 39-31 with 3:38 remaining, but the Seahawks scored six of the game's final seven points to pull out a 45-32 victory on Feb. 1 at Marshall High School.

"They responded very, very well tonight," Marshall head coach Chad Scott said. "This is obviously a rough season. We replaced a lot of seniors from last year, so it's kind of a learning year. At times that's tough when you're losing games after games, but tonight they really responded. They took it right to South Lakes. I was very proud of them for that."

Denny led Marshall with nine points. Stalcup finished with eight points, freshman Megan Kenny scored six, Smith finished with five and junior Mariah Raskin added four.

On Monday, Marshall lost to Langley, 52-37. The Statesmen will close the regular season with a road game against Thomas Jefferson at 5:45 p.m. on Friday, Feb. 8.

THE COUNTY LINE

Making the Difference Between Struggle and Success

BY CARMEN JORDAN

All youth need stability and loving parents to give them the best chance for success in life. This is why finding adoptive homes and permanent traditional foster homes for our youth is so critical. Over the last six years, as a Fairfax Families4Kids mentor, I have seen foster youth struggle, especially when circumstance has caused them to be moved frequently from foster care placement to foster care placement (including traditional foster homes and foster group homes).

There is one 14-year-old youth in particular that I recall that was originally removed from his biological home, then lived with another biological family member for a time, then was moved into a traditional foster home, then to a group foster facility—all of this taking place over a few short years. This youth has been participating at group FF4Kids mentoring events for several years. I remember the poor behavior demonstrated at times by this youth at the group events, including not following the rules, speaking out of turn in an effort to gain attention, occasional physical outbursts due to not being able to control his anger, actually teasing other foster youth in an effort to get them to chase him around the room.

This behavior was his way of crying out for the love and attention he was not receiving at “home.” He wanted so desperately to be seen and heard by anyone in his life. This foster youth was just recently placed in a loving, adoptive home. The youth’s behavior at the group mentoring events has made a complete turnaround. He no longer needs to be the center of attention, always has a smile on his face, and demonstrates positive interaction with both mentors/volunteers and the other foster youth. This is due to him finally feeling safe and knowing that there are loving adults that he can trust to protect and take care of him. There is no amount of support from the county, school system, programs, and organizations that can replicate the day in and day out support that a child receives from a loving family.

MY HOPE is that as a community, we do more to seek out Fairfax County families that are willing to provide loving adoptive and long-term foster homes for foster youth. There is a reason that the name of our program is “Fairfax Families4Kids.” It is our mission to find Fairfax County families for these foster kids. Mentoring through the program helps prepare these youth for placement. The county’s ability to more effectively find long-term, loving homes for foster youth is the key to a foster youth’s ability to grow to become mature, responsible, independent adults.

I have mentored many foster youth both through their years in foster care and their transition out of foster care. Though many foster youth have positive transitions out of foster care into independent, adult lives, there are many foster youth whose outcomes are less successful.

I can tell you stories about Fairfax County foster youth that transition out and become homeless within weeks or months. They share with me the “life skills” they have learned to survive.

“The metro trains/buses run all night except 3 to 6 a.m., so if you have metro money, you can ride all day and night to stay warm. Then you just need to walk the streets during those hours.

* Another youth said he sleeps on the floor of a



Carmen Jordan, mentor for Fairfax Families4Kids: “My hope is that, as a community, we do more to seek out Fairfax County families that are willing to provide loving adoptive and long-term foster homes for foster youth.”

About the Author

Carmen Jordan of Reston has been a mentor for Fairfax Families4Kids for six years. She is considered one of the most experienced mentors in the program. In addition to working full-time as a marquee account manager at Deltek in Herndon, Jordan makes herself available to “trouble-shoot” for the children and families she mentors. In the following column, she details her experiences with the program, and at-risk foster youth.

friend’s motel room or catches a few hours of sleep at the 24-hour McDonald’s until the police ask him to leave.

* They can tell you about their stays at the various community homeless shelters. “The crack heads and heroin addicts will steal from you so you need to keep your stuff with you at all times.”

* They will tell you where they can find public computers where they can apply online for jobs. They can make enough money to feed themselves but not enough to find permanent housing. They live with health ailments because they no longer have health insurance.

AT TIMES it is painful to witness, but as mentors, our mentoring does not cease just because they transition out of foster care. Through FF4Kids mentoring, a trusting relationship is formed, allowing foster youth to be receptive to the advice and counseling that we have to offer. This is key: if there is no trust, it is difficult for foster youth to accept advice and counseling.

For many of these foster youth, the relationships they have with their mentor is the longest term relationship they have with a responsible adult. I can’t tell you how many times a social worker, case worker, life skills coach or foster parent has said “Carmen, you have known him longer. Talk to him and explain how important it is for him to stay in school, obtain his high school diploma.”

It has been an honor and privilege to mentor many of the foster youth within our Fairfax County community. They have taught me more about perseverance through adversity than I could ever teach them. Mentoring can be difficult at times, they will make missteps along the way but they will also surprise you with their ability to accomplish goals they have set for themselves in an effort to become mature, independent young adults. Mentoring is about being there for them through the ups and downs!

Building Blocks for Success

Fairfax Families4Kids: a community of hope.

BY SUPERVISOR MICHAEL FREY

When it comes to building buildings or fixing things, Fairfax County does a great job. Schools, fire stations, parks—the county has a proven track record of exemplary projects.

Building or fixing families and people—that’s tougher to evaluate.

Fairfax is probably no better or worse than most local governments. Fixing people is hard. There is no plan that, if followed to the letter, results in a split family being made whole, or a person with mental illness or substance abuse issues being cured. People are different than buildings.

Maybe that’s why I was so excited about the Fairfax Families4Kids program when I was introduced to it, and became such a huge supporter of it immediately.

Kids in foster care really have the deck stacked against them. For whatever reason their family situation didn’t work and someone—typically the courts—stepped in and forced change. They are left looking to total strangers to do what their family should have done but couldn’t. That’s a lot to ask. They are dependent on government programs to find them temporary housing, maybe a permanent foster home, and for some of the luckier kids, a family.

FF4Kids is a partnership between the county and a whole lot of people who really believe these kids in foster care deserve more help. The program offers the kind of opportunities and experiences that the county can’t possibly provide by itself. Without the volunteers, who serve as mentors, friends, teachers and occasionally substitute parents, most of these kids would bounce from one temporary situation to the next, usually aging out of foster care with little skills, no love, and little chance for future success.

I have been so impressed with everyone I have met who is involved with the program. It has increased my sense of optimism about the chances that more of



Supervisor Michael Frey (R-Sully)

these kids will find forever homes with adoptive families. Clearly, there is a positive effect on the kids when they see the mentors devoting so much time and effort to them. Many of these kids have never had the love and attention they get within this program. Certainly they have never had the life education they get, and for the first time many of them begin to believe in themselves. Self-confidence and optimism are not qualities you find in many foster children. A program that gives them those two things, in my mind, can’t help but benefit them.

There have been success stories for kids in this program, including adoption of some of the children by some of the mentors. Of course, not every child has been so lucky. Some still age out of the system with no family back-up to catch them if they fall. But they do have the FF4Kids family, and that in itself is a confidence-builder. They also have life skills and social skills that they likely would not without the FF4Kids programs. There are no guarantees in life, but there is no doubt in my mind whether or not they find the adoptive family we all hope that they will, they will be much better prepared young adults.

As long as there are incredibly caring and dedicated people like the FF4Kids mentors and volunteers, I will be doing all I can to help support them.

BONNIE HOBBS/THE CONNECTION



Laura Peterson and Dan Eddy in the McLean Community Players' production of "Deathtrap."



Dan Eddy and Will Spilman in the McLean Community Players' production of "Deathtrap."

PHOTOS BY TRACI J. BROOKS PHOTOGRAPHY/COURTESY OF THE MCLEAN COMMUNITY PLAYERS

McLean Community Players Receive Seven WATCH Nominations

The McLean Community Players have been nominated for seven Washington Area Community Honors (WATCH) for artistic and technical excellence in Community Theater. The McLean Community Players and its predecessors have been entertaining local audiences since 1964.

The players are in residence at the 383-seat Alden Theater, McLean Community Center, 1234 Ingleside Ave., McLean.

The Washington Area Theater Community Honors (WATCH) is the organization that adjudicates productions and presents annual awards recognizing artistic and technical excellence in Community Theater. The WATCH awards help to foster and encourage the growth of community theater. A total of 126 productions (43 musicals, 83 plays) were adjudicated in 2012 from which the nominations were developed.

The seven McLean Community Players nominations were for productions of "Deathtrap" and "Man of La Mancha." The WATCH awards will be announced at a ceremony at the Birchmere in Alexandria, on Sunday evening, March 13.

The McLean Community Players nominations included:

- ❖ Outstanding Featured Actress in a Play—"Deathtrap," Lois A. Stanziani as Helga ten Dorp
- ❖ Outstanding Light Design in a Play—"Deathtrap," Bob Zeigler
- ❖ Outstanding Properties in a Play—"Deathtrap," Emily Besuden, Jerry Gideon, Dick La Porte
- ❖ Outstanding Set Construction in a Play—"Deathtrap," Bernie Gmitter, Bob Schroth, Bill Glikbarg
- ❖ Outstanding Set Decoration in a Play—"Deathtrap," Dinnie Whitson, Cathy Farnsworth, Christine Whitson
- ❖ Outstanding Stage Combat Choreography—"Deathtrap," Carl Brandt Long
- ❖ Outstanding Stage Combat Choreography—"Man of La Mancha," Carl Brandt Long

—DAVID SIEGEL



PHOTOS BY KIM MORAN

Churchill Road students and parents made sandwiches for Martha's Table, a non-profit organization which serves food to those in need. Pictured from left are Kelly Khan, Lauri Dacey, Barney Smithers, James Murray, Mariano Olsen-Fappiano, Ethan Carlisle, Jackson Khan, Laura Carlisle and Luke Carlisle.

Making Sandwiches for Martha's Table

In late January, Churchill Road second and fifth graders, as well as some siblings and parents, held the second sandwich-making event of the year for Martha's Table, a Washington, D.C.-based organization which helps feed the homeless. The eager group of budding

assembly line workers made 1,725 sandwiches, which were gratefully received by the staff at Martha's Table. CRS PTA Community Service Committee Co-Chairs Marta Bascomb, Robin Hoeymans and Sarah Walter organized this successful event.



Along with parent Pernilla Scott, Churchill Road fifth graders Stuart Tyler, Josh Lentz, Ben Thrasher and Benjamin Scott make sandwiches for Martha's Table in Washington, D.C., as part of a school-sponsored community service project.

McDonald's Supports County Schools

The McDonald's Family Restaurants of Greater Washington, D.C., presented Fairfax County Public Schools with a check for \$4,200 on Friday, Jan. 18.

Fairfax County Public Schools is one of many school districts in the Greater Washington, D.C. area that will receive a monetary donation. This donation is from the first ever DMV-wide McTeacher's Night Fundraising event that was held in late fall of 2012. To celebrate McDonald's longstanding history of supporting local schools, teachers, school administrators, parents and students visited their local McDonald's for dinner, where a percentage of the evening's sales went back to local education.

The total amount raised through the donations from McDonald's restaurants is \$45,000.



McDonald's of Greater Washington, D.C. donated \$4,200 to Fairfax County Public Schools. From Left to Right: Christine Donohue (chief of staff, FCPS), Jay Garant (coordinator, Business and Community Partnerships—FCPS), Jim Van Valkenburg (McDonald's owner/operator), Ronald McDonald, Neva Van Valkenburg (McDonald's owner/operator), Kyu Rhee (McDonald's owner/operator). The owners/operators pictured own restaurants in Fairfax County and contributed to the total donation.

PHOTO CONTRIBUTED

ENTERTAINMENT

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

THURSDAY/FEB. 7

One-on-one Computer Tutoring. 2 p.m., at Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel; call for appointment. 703-242-4020 or www.fairfaxcounty.gov/library/branches/ok/.

Great Falls Trailblazers Meeting. 7:30 p.m., at Great Falls Library, 9830 Georgetown Pike, Great Falls. Discuss trailblazing plans for the year, with concentration on the trail in progress on Colvin Run/Walker Road, Arnon Chapel, Springvale and Beach Mill/Jeffery Road. www.GreatFallsTrailBlazers.org.

Solas. 8 p.m., at Wolf Trap, 1635 Trap Road, Vienna. America's premiere Irish folk ensemble plays songs narrating the life of band leader Seamus Egan's great-great uncle in his immigrant struggle during the Industrial Revolution. \$22. www.wolftrap.org.

FRIDAY/FEB. 8

Veal Parmesan Dinner. 5:30-8 p.m., at the Vienna American Legion, 330 Center St. N, Vienna. Enjoy veal parmesan on spaghetti with salad and garlic bread with the community. \$10. 703-938-9535.

Forgiveness Workshop. 7-9 p.m., at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Sophy Burnham, author of the bestselling book, *Book of Angels*, holds a workshop on forgiveness. forgivenessworkshop.brownpaper



Higher Realms by Mary Ellen Mogee

Bright and Cheerful Exhibit at Katie's Coffee House

Mary Ellen Mogee is exhibiting her contemporary abstract paintings at Katie's Coffee House, 760 Walker Road, Great Falls, the "bright and cheerful" selection of which is intended by the artist to create a good atmosphere for morning coffee drinkers starting their day. www.facebook.com/maryellenmogeeart or www.maryellenmogee.com.

tickets.com.
Italian American Reconciliation. 8 p.m., at 1st Stage, 1524 Spring Hill Road, Tysons Corner. A romantic comedy from the author "Moonstruck" and "Doubt" follows Huey Bonfigliano as he takes to the arts after his divorce, but bad poetry isn't enough and he decides to try and win back his ex with the help of friends. \$25; \$15 for students. 703-854-1856 or www.1ststage.com.
Solas. 8 p.m., at Wolf Trap, 1635 Trap Road, Vienna. America's premiere Irish folk ensemble plays songs narrating the life of band leader Seamus Egan's great-great uncle in his immigrant struggle during the Industrial Revolution. \$22. www.wolftrap.org.

Proposals. 8 p.m., at the Vienna Community Center, 127 Center St. S., Vienna. The Neil Simon comedy recalls the Hines family gathered at their retreat in the Poconos in the summer of 1953: romantic entanglements coalesce in one idyllic afternoon in the elegiac memory play. \$11 for students and seniors 65-plus; \$13. 703-255-6399.

SATURDAY/FEB. 9

Balducci's Wine Day. 8 a.m.-8 p.m., at Balducci's, 6655 Old Dominion Drive, McLean. Join professional winemakers, importers and aficionados as they sample various wines, trade recommendations and share stories; 25 percent off 12-plus bottle purchases. www.balduccis.com.

Forgiveness Workshop. 10 a.m.-4 p.m., at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Sophy Burnham, author of the bestselling book, *Book of Angels*, holds a workshop on forgiveness. www.forgivenessworkshop.brownpapertickets.com.

Furnace Hills Coffee Tasting. 11 a.m.-3 p.m., at Whole Foods, 143 Maple Ave. E., Vienna. The Westminster, Md.-based roasters are launching their Northern Virginia sales with a free tasting with owners Dave and Erin Baldwin on hand. <http://furnacehillscffee.com/our-story/>.

Italian American Reconciliation. 2 p.m. and 8 p.m., at 1st Stage, 1524 Spring Hill Road, Tysons Corner. A romantic comedy from the author "Moonstruck" and "Doubt" follows Huey Bonfigliano as he takes to the arts after his divorce, but bad poetry

isn't enough and he decides to try and win back his ex with the help of friends. \$25; \$15 for students. 703-854-1856 or www.1ststage.com.

Southside Johnny & The Poor Fools. 7:30 p.m., at Wolf Trap, 1635 Trap Road, Vienna. Front man of The Ashbury Jukes Southside Johnny Lyon joins forces with The Poor Fools and plays an ad hoc rock n' roll routine. www.wolftrap.org.

Proposals. 8 p.m., at the Vienna Community Center, 127 Center St. S., Vienna. The Neil Simon comedy recalls the Hines family gathered at their retreat in the Poconos in the summer of 1953: romantic entanglements coalesce in one idyllic afternoon in the elegiac memory play. \$11 for students and seniors 65-plus; \$13. 703-255-6399.

SUNDAY/FEB. 10

Italian American Reconciliation. 2 p.m. and 7 p.m., at 1st Stage, 1524 Spring Hill Road, Tysons Corner. A romantic comedy from the author "Moonstruck" and "Doubt" follows Huey Bonfigliano as he takes to the arts after his divorce, but bad poetry isn't enough and he decides to try and win back his ex with the help of friends. \$25; \$15 for students. 703-854-1856 or www.1ststage.com.

Feel the Spirit. 3 p.m., at Vienna Presbyterian Church, 124 Park St., N.E., Vienna. Celebrate Black History Month with a concert arranged by Moses Hogan of VPC. \$6. www.metchorus.org/concerts.

Country Western Dance. 4:30-10 p.m., at Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Dance the 2-step, country waltz, West and East Coast swing, cha-cha, line dance and more with lessons all afternoon leading up to the 6:30 p.m. dance; no partner needed. \$15 (includes lessons and access to loaded snack bar). www.colvinrun.org.

Proposals. 3 p.m., at the Vienna Community Center, 127 Center St. S., Vienna. The Neil Simon comedy recalls the Hines family gathered at their retreat in the Poconos in the summer of 1953: romantic entanglements coalesce in one idyllic afternoon in the elegiac memory play. \$11 for students and seniors 65-plus; \$13. 703-255-6399.

SEE CALENDAR, PAGE 19

TRCC
Taste of the Town
&
CASINO
NIGHT
Westwood Country Club
Saturday, February 16th
7 PM - Midnight

The Elegant Monte Carlo-Themed Event Tickets are \$85 in advance and \$95 at the door—includes 2 Drink Vouchers, \$25K in Gaming Cash, 20 Raffle Tickets, Food Samples from Local Restaurants, Fabulous Top Tier Prizes to Win with Your Gaming Cash and a Magnificent Silent Auction



For Sponsorship Information and Ticket Purchase, please go to www.tysonschamber.org - Calendar of Events or call 703.281.1333



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Cherrydale Baptist Church...703-525-8210
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McLean Baptist Church...703-356-8080
Memorial Baptist Church...703-538-7000
Mt. Zion Baptist Church...703-979-7411
Baptist-Free Will
Bloss Memorial Free Will Baptist Church...703-527-7040
Brethren
Church of The Brethren...703-524-4100
Buddhist
The Vajrayogini Buddhist Center...202-331-2122
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
Christian Science
McLean - First Church of Christ, Scientist...703-356-1391
First Church of Christ, Scientist, Arlington...703-534-0020
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
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
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Our Savior Lutheran Church...703-892-4846
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Arlington First Church of the Nazarene...703-525-2516
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New Life Christian Church - McLean Campus...571-294-8306
Celebration Center for Spiritual Living...703-560-2030
Metaphysical
Arlington Metaphysical Chapel...703-276-8738
Presbyterian
Arlington Presbyterian Church...703-920-5660
Church of the 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
Presbyterian Church in America
Christ Church of Arlington...703-527-0420
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Congregation Etz Hayim...703-979-4466
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Fort Myer Minyan...703-863-4520
Chabad Lubavitch of Alexandria-Arlington...703-370-2774
Synagogues – Reconstructionist
Kol Ami, the Northern Virginia Reconstructionist Community ... 571-271-8387
Unitarian Universalist
Unitarian Universalist Church of Arlington...703-892-2565
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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

Saint Ann Catholic Church

SUNDAY LITURGY SCHEDULE:

Saturday Vigil: 5:30 PM
Sunday: 8:00, 9:30, 11:00 AM
1:30 PM Spanish Liturgy
5312 North 10th Street
Arlington Virginia 22205
Parish Office: (703) 528-6276

DAILY EUCHARIST:

Weekdays
Monday-Friday, 6:30 AM & 8:30 AM
Saturday, 8:30 AM

All Are
Welcome!



PARISH WEBSITE:

www.rc.net/arlington/stann

To highlight your Faith Community, call Karen at 703-778-9422

ENTERTAINMENT

FROM PAGE 18

TUESDAY/FEB. 12

Martinis and Manicures. 5-9 p.m., at the Day Spa at The Ritz-Carlton, 1700 Tysons Blvd., McLean. Celebrate friendship at the girls-only event with a cocktail, sweet treats from the pastry chefs, estheticians providing manicures, petite facials and mini massages. Reservations. 703-744-3924.

United Methodist Men's Annual Pancake Dinner. 5:30-7:30 p.m., at 10100 Georgetown Pike, Great Falls. Great Falls United Methodist Men invited the public to a free dinner, accepting donations to benefit the Society of St. Andrew to help feed the hungry. 703-759-3705.

WEDNESDAY/FEB. 13

Sealed With a Kiss. 10:30 a.m., at Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Valentine's stories and activities for children ages 3-5 accompanied by an adult. www.fairfaxcounty.gov/library/branches/dm/.

THURSDAY/FEB. 14

Wildfire Valentine's Day Weekend. 5-10:30 p.m., at Wildfire, 1714 International Drive, McLean. For a romantic dinner in a cozy booth or a special treat while celebrating with the family, the four course menu offers gourmet choices in the starter, salad, main course and dessert portions of the meal, offered every evening through Sunday, Feb. 17. Reservations. 703-442-9110.

Valentine's Day Dinner. 5:30-9:30 p.m., in Bistro, at The Ritz-Carlton, 1700 Tysons Blvd., McLean. An

elegant evening of gourmet culinary creations in an intimate setting with live music duo accompaniment—or eat at the Sushi Bar where chefs prepare a customized meal. \$125 per person for gourmet dinner. www.ritzcarlton.com.

Red Molly and The Steel Wheels. 8 p.m., at Wolf Trap, 1635 Trap Road, Vienna. A female trio steeped in Americana plays Western twang, bluegrass harmonies and crooning lullabies; their special guest of the Virginia Blue Ridge Mountains play energetic, bluegrass acoustic songs. \$20. www.wolftrap.org.

FRIDAY/FEB. 15

Italian American Reconciliation. 8 p.m., at 1st Stage, 1524 Spring Hill Road, Tysons Corner. A romantic comedy from the author "Moonstruck" and "Doubt" follows Huey Bonfigliano as he takes to the arts after his divorce, but bad poetry isn't enough and he decides to try and win back his ex with the help of friends. \$25; \$15 for students. 703-854-1856 or 1ststage.tysons.org.

America's National Parks Through the Artist's Lens. 8 p.m., at Wolf Trap, 1635 Trap Road, Vienna. A multifaceted presentation of visual arts and music showcase the country's most beautiful places. \$35. www.wolftrap.org.

Chocolate and Jazz. 8:30 p.m.-midnight at The Ritz-Carlton, 1700 Tysons Blvd., McLean. An evening of live jazz, rich chocolate from the Chocolate Buffet Bar and a bottle of champagne. \$25 per person or \$85 per couple (champagne included). www.ritzcarlton.com.



Rob Sewall

Critique Paves Way for Upcoming Photo Contest

Washington photographer Rob Sewall shares his perspective on photographing architecture at the Vienna Photographic Society's Feb. 6 meeting; author of a book on the C&O Canal, Sewall critiques member's photos in preparation for the architectural photography competition later in the month. The lecture is from 7:30-9:30 p.m. at Thoreau Middle School, 2505 Cedar Lane, Vienna. www.vps-va.org.

FAITH NOTES

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

Beginning Sunday, Feb. 3, the **Antioch Christian Church** will explore the purpose for every person's life, answering the question, "Why am I here?" The church is located at 1860 Beulah Road in Vienna and worship service times on Sundays are at 9:30 a.m. and 11:00 a.m. Child care is provided. 703-938-6753 or <http://www.antiochdoc.org>.

Great Falls United Methodist Men invite you to their annual pancake dinner Tuesday, Feb. 12, from 5:30-7:30 p.m. at 10100 Georgetown Pike, Great Falls. Dinner is free and all donations will be sent to The Society of St. Andrew to help feed the hungry. For more information call the church at 703-759-3705.

Emotions Anonymous, a 12-step recovery program, offers weekly step meetings in Vienna for recovery for couples from a wide range of problems. Join on Mondays from 8-9 p.m. at Emmanuel Lutheran Church, 2589 Chain Bridge Rd., Vienna. 703-209-0658.

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.

Redeemer Lutheran Church, 1545 Chain Bridge Road, McLean, at the intersection with Westmoreland Street has Sunday worship with Holy Communion at 8:30 a.m., traditional style worship; 9:45 a.m., contemporary style worship; and 11 a.m., traditional style worship. Sunday School and Adult Forum is at 9:45 a.m.

Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton, offers a rich and unique Religious Exploration (RE) program for all children, from pre-K toddlers through high school seniors, emphasizing exploration of all religious traditions while developing a personal spiritual path. Registration for the RE program, which offers classes on Saturday afternoons and Sunday mornings, is now open by calling 703-281-4230.

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.

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 noon. 703-356-3312.

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