

# Great Falls Elementary Holds STEM Career Night

NEWS, PAGE 4

Astronaut Dan Tani explains the physics of a space shuttle launch to Great Falls Elementary students during the Monday evening's STEM Career Night.

## How to Fix I-66?

NEWS, PAGE 3

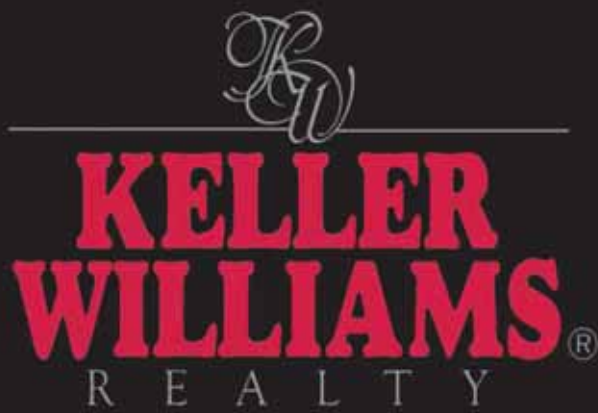
## Langley High Wins Theatre Festival

NEWS, PAGE 10

OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 10 ♦ CLASSIFIEDS, PAGE 14 ♦ SPORTS, PAGE 15

PHOTO BY ETHAN MCLEOD/THE CONNECTION





Bob Nelson



Kelly Putz



Tim Heil



Michelle Cornejo



Bridget Schmitz  
Commercial Agent

## The Bob Nelson Team

VA/DC/MD

www.GreatFallsTeam.com ~ 703-999-5812 ~ 703-636-7300

774A Walker Road, Great Falls, VA 22066



\$1,900,000 - McLean - 7009 Green Oak  
5 Bedrooms, 5 Full-2 Half Baths beautiful  
hardwoods with over 7,000 sq. ft.  
of living space. ONLY 10 mins. from DC.



FX8221077 - \$900,000 - Great Falls  
10898 WOODLEAF LN, 3BR 2.5BA log home  
on 2 wooded acres "Certified Wildlife Habitat", Koi  
pond, cedar window storage seats, open beam ceil-  
ings, gorgeous deck views.



11100 Tommye Lane - \$1,200,000 Reston  
Minutes to Tysons or Reston, 5BR, 5.5BA  
each bedroom has its own bath and master has a  
suite of rooms. Home theatre with projector,  
library with built-in bookcases.



FX8046385 - \$1,325,000 - Great Falls  
700 Parrish Farm, 5BR, 4BA,  
3 quiet wooded acres, granite and cherry kitchen  
huge walk-out rec room, sumptuous MBA



FX8065134 - \$865,000 - Great Falls  
701 Kentland Dr, 5BR, 4BA on over 2 acres. In-  
ground pool, renovated kitchen and baths.  
Marble countertops, SS appliances



FX8235947 - \$400,000 - Alexandria  
6654 Cypress Point Rd, Fabulous 3 lvl 2BR 2.5 BA town home  
in highly desirable Pinecrest Community inside the Beltway.  
Bosch appliances, large deck and extra storage!



R8203174 - \$399,900 -  
7309 Baltimore Nat'l Pike, F  
MOUNTAIN RETREAT: Frank  
Lloyd Wright inspired,  
4.5 BA, 2.5 acres, near Gambell  
State Park, fully renovated



FX8051316 - \$1,285,000  
897 Falls Bridge Ln,  
Great Falls, 6BR, 4.5BA,  
beautiful brick colonial  
hardwoods, dual  
staircase, gourmet  
kitchen.



FX8046045 - \$850,000  
10611 Allenwood Lane, 5BR,  
3.5BA, Frank Lloyd Wright  
style with over 5 wooded  
acres and large pond!



DC8171181 - \$584,952 -  
2952 Mills Ave NE - DC  
Appx 3,500 sq ft, 4BR, 3.5BA,  
on-law suite in walkout  
basement 2-car detached  
garage. \$7,500 closing costs!

Join us for dinner on March 10th at our next

### Military Appreciation Monday (MAM)

event at The Old Brogue in Great Falls.

We will be hosting the **CIA Officers Memorial Foundation**

The Old Brogue is located at the corner of Georgetown Pike and Walker Road in Great Falls.

Call (703) 759-3309 to reserve your table at either the 5:30 or the 7:30 seating.

Bob and his co-sponsors will each make a 10% matching donation of your dinner tab!

Call me to discuss getting  
your home ready for the  
spring market!

Bob Nelson

Realtor, Keller Williams Realty

A Lifetime of Service to Community & Country

Office: 703-636-7300

Cell: 703-999-5812

Bob@GreatFallsTeam.com

www.GreatFallsTeam.com





**Sully District Transportation Commissioner Jeff Parnes (on left) makes a point while Young Ho Chang, a VDOT consultant, listens. In background, at right, is Supervisor Pat Herry (R-Springfield).**



**VDOT Project Manager Paul Nishimoto discusses the I-66 Corridor with two people attending the informational meeting.**

## How to Fix I-66?

BY BONNIE HOBBS  
THE CONNECTION

It's said that nothing's certain but death and taxes – but most of the time, traffic congestion on I-66 can be added to that list. So VDOT's seeking input from the public on how best to alleviate it.

Last Thursday, Jan. 30, in the Oakton High cafeteria, VDOT revealed 10 concepts identified by it and by the Department of Rail and Public Transportation to increase capacity within the I-66 Corridor. It also presented options for more travel-mode choices, improving troublesome interchanges, addressing spot safety needs and making travel more efficient.

"This is the first of many meetings," said Paul Nishimoto, VDOT project manager with Mega Projects. "We'll also meet with the local politicians and, eventually, a decision will be made about which concepts should go forward."

He said no timeline has been established yet for when this decision will happen. Furthermore, said Nishimoto, "We also need to decide how these concepts could be funded." But whichever concepts are chosen will then be subjected to a Tier II Environmental Impact Study (EIS).

**THE 10 CONCEPTS** (see sidebar) were developed during the Tier I EIS to address existing and future transportation needs in the I-66 Corridor from Route 15 in Prince William County to I-495 in Fairfax County.

In addition, in June 2013, innovative and workable ideas were sought from citizens and the private sector. The suggestions included creating a public-private partnership to implement the multi-modal improvements.

Several private-sector firms expressed interest in developing and operating toll lanes along I-66, and some wanted to construct – but not operate – a bus rapid transit (BRT) system in the Corridor. It was sug-



PHOTOS BY BONNIE HOBBS/THE CONNECTION

gested that this system operate in managed (toll) lanes and that both buses and toll roads could potentially be replaced by a future extension of Metrorail.

At Oakton High last week, local officials and residents alike came from several areas of Fairfax County to see display boards of the 10 concepts and discuss the proposals with VDOT representatives and consultants. Among them were Supervisor Pat Herry (R-Springfield) and Sully District Transportation Commissioner Jeff Parnes.

"Since 2008, I've advocated for an express-lanes-type project," said Herry. "It gives you additional capacity, congestion-free mass-transit and carpooling. And if you don't want to pay to take the express lanes, you've still got a faster way to get to work. It's all about choices."

He said I-66 is such a gridlocked Corridor that, if it's fixed, it'll also improve many other roads in Fairfax County that drivers are using instead to avoid the I-66 traffic. For example, said Herry, "I use Braddock Road all the time when I should use I-66. And the express lanes on I-495 have been a huge success and also relieved congestion on the side streets."

Adding that BRT could also be part of the solution, Herry said express lanes provide

More lanes, bus rapid transit, rail, spot improvements proposed.

**Toward the meeting's end, residents look at the 10 improvement concepts proposed for I-66.**

"a guaranteed speed to run express buses. But for rail to be practical, you need Tysons Corner densities, so it wouldn't work well in places like Centreville and Fairfax Corner."

He suggested that express lanes could be implemented via a public-private partnership. "It's a good way to finance the project," said Herry. "We need creative solutions. My hope is that we see an express-lanes project underway as soon as possible so we can improve the lives of our citizens."

While noting that the long-term solution to I-66's congestion is rail, he said express lanes "can be done quickly and are supported by the Board of Supervisors as the interim solution."

Parnes, though, doubted that VDOT would take action anytime soon. After all, he said, the idea of fixing I-66 has been looked at in the 1980s, 1990s and 2000s, to no avail.

"Thirty-five years of study – and we still don't have the process going forward," he said. Calling the 10 new proposals "just concepts to be advanced," Parnes said, "We don't know which ones will go forward or when a decision will be made. We're still up in the air."

Regarding his own preferences, he said,

### VDOT'S 10 PROPOSED IMPROVEMENT CONCEPTS

- ❖ **General Purpose Lanes:** Construction of additional highway lanes open to all traffic.
- ❖ **Managed Lanes:** Conversion of the existing HOV lane into either a one or two lane (in each direction) facility that would operate as a high-occupancy toll facility where only high-occupant vehicles would be exempt from paying a toll.
- ❖ **Metrorail Extension:** Metrorail service extending west from Vienna to either Centreville or Haymarket.
- ❖ **Light Rail Transit:** Light rail service extending west from Vienna to either Centreville or Haymarket.
- ❖ **Bus Rapid Transit:** Separate guideway bus rapid transit extending west from Vienna to Haymarket; service could extend east of Vienna.
- ❖ **VRE Extension:** Extension of existing VRE service from Manassas to Haymarket.
- ❖ **Improve Spot Locations/Chokepoints:** Improvements that address operations constraints at discrete locations (chokepoints) such as individual interchanges or specific junction points within the interchanges (i.e., merge, diverge or weaving areas).
- ❖ **Intermodal Connectivity:** Availability of a full range of travel modes within the corridor, as well as availability and functionality of connections between travel modes. For example, both lane and transit improvements could be done together.
- ❖ **Safety Improvements:** Safety improvements that address both location-specific and corridor-wide safety concerns. These could include adding an auxiliary lane between two, heavily traveled interchanges.
- ❖ **Transportation Communication and Technology:** Continued enhancements to ITS technology for all modes in the corridor, including traveler information, corridor and incident management, and transit technology.

"I favor rapid transit down the I-66 Corridor – VRE to Gainesville, bus rapid transit or light rail or Metrorail to Centreville."

In the interim, said Parnes, "I can support BRT or managed lanes, but I can't envision them ripping up the managed lanes and putting Metrorail in their place. They'd have to be complementary. I'm looking forward to VDOT's solution – it's been a long time coming."

**FOR MORE INFORMATION** on the I-66 improvement project, go to [www.helpfix66.com](http://www.helpfix66.com) and click on "I-66 Corridor Improvements."



PHOTOS BY ETHAN MCLEOD/THE CONNECTION

**STEMbassador Andrew McCausland, a junior at Langley High School, shows how sound waves travel with the Vortex Cannon.**

## Great Falls Elementary Hosts STEM Career Night

BY ETHAN MCLEOD  
THE CONNECTION

Students packed the Great Falls Elementary gymnasium on the evening of Monday, Feb. 3, to learn the answers to questions such as “What is a polymer?” and “How is a vortex ring made?”

Great Falls parents and organizations organized the STEM Career Night to challenge students with fascinating questions and even more fascinating answers. Main speaker Dan Tani, a NASA astronaut and engineer, awed students with stories of his time aboard the International Space Station, which he traveled to in 2001 in the Endeavor Space Shuttle.

“What’s different about space than here on Earth?” asked Tani to a crowd of students that included his daughters Keiko and Lily. “Up in the International Space Station you don’t stand, because there’s no gravity to pull you down. We had areas all over the walls where you would put your toes in so you could stand on the walls or the ceiling.”

In addition to hearing from a real astronaut, students and volunteers enjoyed presentations by area programs focused on STEM education. Digital Kidz, Fairfax County’s official provider for children ages 4-14, operated a stand featuring robots that students could build out of simple materials like Legos, and then control with software on tablet computers.

“Showing the kids robotics is awesome because, in addition to learning engineering skills, we can introduce them to computer programming concepts,” said Program Director and Founder Sandra Beyer. In addition to gaining an early understanding of computer science concepts, Beyer said kids can also take classes in game design, digital art, animation, Photoshop, moviemaking and special effects.

**STUDENTS** from Langley and Thomas Jefferson high schools, known as STEMbassadors, also gave demonstrations with robotics and included students



**Astronaut Dan Tani explains the physics of a space shuttle launch to Great Falls Elementary students.**

in hands-on activities.

Great Falls Elementary Principal Ray Lonnett pointed out the diverse array of STEM professionals whose children are students at the school. In addition to Tani, parents such as journalist Asra Nomani, as well as physicists, engineers, and patent lawyers, manned booths around the gymnasium ranging from Science Journalism to Weapons Technology and Engineering of the 2014 Olympic Winter Games.

“Tonight is really a way of bringing together that parental support and showing the kids the relevance of what they’re learning at school, how the things their parents do for a living apply what they learn in math and science to the real world,” said Lonnett.

The Children’s Science Center, a Herndon-based nonprofit that aims to expand hands-on STEM education activities to Northern Virginia, hosted STEM Career Night last year, and helped by bringing volunteers this year. Board Member Lee Ann Brownlee said that while the Center was unable to host the event for 2014, she was able to work with the PTA by emailing parents in STEM professions to put together another evening filled with hands-on learning and interesting speakers. “We had such a great turnout last year and so many people were excited about hands-on science,” said Brownlee. “The parents really are the key to the success. They came up with all of the activities here on their own,” she continued, gesturing to a STEMbassador closely producing airborne smoke rings with a Vortex Cannon.

**PRINCIPAL** Lonnett and Brownlee both stressed the value of problem-based learning, which gives students opportunities to learn about subjects firsthand through problem-solving activities, rather than simply through lectures.

“It’s neat because we’re getting to see the volunteers do hands-on activities with the kids,” said Brownlee. “It’s been a very fun experience to see it all come together tonight.”



**Joe Broom**

## Broom Wins Young Artist Competition

**McLean resident to perform with the U.S. Air Force Concert Band later this year.**

McLean resident Joe Broom, a junior at Thomas Jefferson High School for Science and Technology, has won the U.S. Air Force Band’s Colonel George S. Howard Young Artist Competition for 2014. In addition, Broom recently learned he’s been selected as a finalist in the U.S. Marine Band Concerto Competition to be held next month.

“This was one of the best competitions we’ve ever had,” said Captain David Alpar, Officer in Charge of the U.S. Air Force Concert Band. “The level of play was very high. Joe’s performance was excellent — truly enjoyable.”

As winner, Broom will perform as a soloist with the U.S. Air Force Concert Band at a concert later this year.

“It’s a real thrill and an honor,” said Broom. “I can’t wait to perform with such an outstanding ensemble.”

Judges said Broom’s winning performance exhibited, “Great command of the instrument and wonderful artistry.”

Broom’s euphonium coach, UK-based international soloist Steven Mead, said, “Simply great news. I’m very proud of Joe. It’s another great success on which to build.”

For Broom, it’s the latest in a growing list of musical honors.

In 2012, he won a seat in the National Symphony Orchestra Youth Fellowship program — the only euphonium player in the fellowship’s 34-year history. Last summer, he became the first consecutive winner of the International Euphonium Institute Festival (first, winning the student division, and then competing against adults to win the competition’s artist division).

In addition to performing, Broom, a member of the National Honor Society, shares his love of music by teaching a course he developed for Kent Gardens Elementary School’s Saturday STEM (Science, Technology, Engineering, and Math) Academy. Broom’s class, “Full STEAM Ahead: Adding the Arts to STEM,” uses music to teach science and math concepts, and marks the first time Kent Gardens has included the arts as part of its STEM series.

Broom performs regularly as a soloist and with local ensembles, including the Brass of Peace Scholarship Ensemble, directed by Sylvia Alimena, and the Capital Wind Symphony, under the baton of George Etheridge. Broom studies with Lee Rogers, principal trombone of the Washington National Opera, and UK-based international euphonium soloist Steven Mead.

## Unbelievable

To the Editor:  
Hooray for Gene Phillip for his letter to the editor ["Development Taking Wrong Direction," Great Falls Connection, Jan. 22-28, 2014]. For months I wondered what on earth was going on and when I saw the completion of the Walker Road project I was simply aghast. Who came up with this enormous waste of resources to make our community more of a

traffic and safety hazard? How about we take a vote next time on such a hair brained idea. We've lived here for 21 years and I have never seen such idiocy. There are many things this community really needs but we're wasting precious tax dollars on making a roadway smaller. Truly unbelievable!

**Leesa K. Donner**  
Great Falls

## Flowers, Chocolate and Romance Fundraiser in Great Falls

Come out for a fun Art Night Out with artists, art enthusiasts and the community as we raise money to support the Great Falls Foundation for the Arts (GFFFTA) and GF School of Art on Saturday, Feb. 8 at 6:30 p.m. The event will feature wine & chocolate tastings along with a variety of romance foods. Guests can enjoy the "Flowers, Chocolate & Romance" Exhibit in the Gallery and art demonstrations by working artists.

The event will take place at Artist s' Atelier, 1144 Walker Road, 3rd Floor, Great Falls. Tickets: Guest - \$75, VIP - \$100 (includes 1 year GFFFTA membership), Patron - \$200 (includes 1 year GFFFTA membership and special recognition), Sponsor - \$500 (includes 1 year GFFFTA membership and sponsor promotion).

A portion of the ticket price is

tax deductible, amounts provided with ticket purchase. A portion of the ticket price is tax deductible, amounts provided with ticket purchase.

GFFFTA was formed in 2007, by members of the Board of Directors of Great Falls Studios who wanted to establish a not-for-profit arts organization in Great Falls. As a non-profit, GFFFTA is able to raise money to realize its dream of establishing a center for the arts in Great Falls. "Art Night Out" is an event coordinated by Great Falls Foundation for the Arts (GFFFTA) a local 501(c)(3) with the mission to expand opportunities for art education, expression and professional development in the Great Falls community, and network with individuals and organizations that share these goals. <http://www.greatfallsart.org/art-night-out-fundraiser/>

### FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to [greatfalls@connectionnewspapers.com](mailto:greatfalls@connectionnewspapers.com). Deadline is Friday.

**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](http://www.jssa.org/growth-learning).

**HAVEN of Northern Virginia** offers a variety of free bereavement support groups, meeting on a weekly basis. 703-941-7000 or [www.havenofnova.org](http://www.havenofnova.org).

**McLean Bible Church Fitness Class at Body & Soul Fitness.** Gain balance, energy and strength at 9:45 a.m. Mondays and Fridays. Free childcare for registered students. [bodyandsoul@mcleanbible.org](mailto:bodyandsoul@mcleanbible.org).

**St. Dunstan's Episcopal Church,** 1830 Kirby Road in McLean, holds a third Sunday service every month at 10:15 a.m. which 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 Christian Healing Rooms** are open, 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 [www.viennachristianhealingrooms.com](http://www.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. 703-356-7100 or [www.ChesterbrookUMC.org](http://www.ChesterbrookUMC.org).

**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](mailto: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](http://ShalomDC.org).

EXPERIENCE  
**UNITED REAL ESTATE**  
NOW OPEN IN GREAT FALLS!

LUXURY & CUSTOM HOMES • LAND/LOTS • DEVELOPMENT

- Serving VA & MD – Condos to MULTI-MILLION dollar projects
- Multiple brokers and agents serving your every need
- National and international coverage with United Real Estate

*Live Here Comfortably*  
Until you're ready to build your dream home!

FOR SALE

NEW HOME PROFESSIONALS

CHOOSE ANY BUILDER



Gregg Hempst

New Home Professionals LLC  
Call or email Gregg today!  
703.679.8511 | [gregg@NewHomePros.net](mailto:gregg@NewHomePros.net)

NEW LISTING IN GREAT FALLS

2 Acres of Gorgeous

\$1,200,000



Any good craftsman can build a beautiful home, but no builder can create a magnificent lot.  
Visit: [www.NewHomesPros.net](http://www.NewHomesPros.net) today!

A  
C  
E

Ask about our new  
**A.C.E. LISTING PLAN!**

www.UnitedRealEstateGreatFalls.com

United Real Estate - Great Falls,  
737 Walker Road, Suite 2, Great Falls, VA 22066 / 703-759-2600

Popular Throughout the Mid-Atlantic.  
Now Coming to Great Falls.



Vibrant Community

Great gathering places

to connect and engage; transportation services offering you *freedom* to get out and about.



Vibrant People

Everyone shares a *spirit of vibrant living*; programs to keep your mind, body and spirit at their best.



Vibrant Lifestyle

High-energy *fun* to quiet relaxation and a social life as full as you want it to be.



Vibrant Company

*Proven track record* and outstanding residents and associates.

BRIGHTVIEW

GREAT FALLS

ASSISTED LIVING

10200 Colvin Run Rd. • Great Falls, VA 22066

BrightviewGreatFalls.com



Welcome Center Now Open

Located at 1146-E Walker Rd.  
in Leigh Corners Office Suites

Please call for more information.

703-759-2513



# OPINION

## Few Thoughts on General Assembly Action

### Yes, allow homeschoolers access to programs in public school.

It's possible that this is not the right bill exactly, and in general, we favor local control. But it is wrongheaded of public schools to force families into a take-it-or-leave-it position.

Families that homeschool their children are likely saving localities more than \$10,000 a year in operating costs and take some pressure off overcrowded schools. It makes sense that these students should not only have access to sports, if they can meet the requirements, but they should also have access to other extracurricular activities and even some classes.

Public schools need to provide for the best for all students in their jurisdiction.

This is HB63.

### Are We Barbarians?

Testimony stated that on occasion the clothing of the person in the electric chair would burst into flames and the man throwing the switch for an execution feared the person being executed might burst into flames as well.

There have been problems acquiring the drugs needed for lethal injection for execution, so the Virginia House of Delegates passed the following: HB1052 Method of execution. Provides that if the Director of the Department of

Corrections certifies that lethal injection is not available as a method of execution, electrocution shall be used instead.  
House: VOTE: PASSAGE

(64-Y 32-N)

How local Northern Virginia delegates voted:  
YEAS: Albo, Comstock, Hugo, LeMunyon and Rust.

NAYS: Brink, Bulova, Filler-Corn, Herring, Hope, Keam, Kory, Krupicka, Lopez, Plum, Sickles, Simon, Surovell and Watts.

EDITORIALS

## Send Photos for Pet Connection

The Pet Connection, a bi-annual themed edition, will publish Feb. 26.

We invite you to send us stories about your pets, photos of you and/or your family with your cats, dogs, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your home or yard with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures. Can your dog catch a Frisbee 10 feet in the air, or devour an entire pizza when you turn your back for less than a minute?

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to

### Please No Hunting on Sundays

For those who enjoy a hike or a ride through the Virginia countryside, it's good to know that on Sundays during hunting season, one can still enjoy the outdoors without worrying about being mistaken for a deer. On Saturdays, vigilance, bright colors, loud talking and sometimes even jingle bells hung on clothing or saddles helps provide a sense of safety. This bill already passed the House of Delegates, and will likely proceed in the Senate.

visit people in a nursing home? Tell us about your experience.

Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Send photos and identify everyone in the photo including the pets and tell us what is happening in the photo, and include your address (we will only print the town name).

Submissions should arrive by Feb. 19.

Email editors@connectionnewspapers.com, or submit photos and stories directly on our website at www.connectionnewspapers.com/pets/.

## Helping Area Residents Sign Up for Health Insurance

More than 50 volunteers who are helping local residents sign up for health care insurance were recognized by state and local leadership last Saturday. To date, these Certified Application Counselors (CACs) have helped more than 500 individuals with the new Marketplace system, overcoming barriers of language, technology and understanding the new health care law. The volunteers were thanked for the commitment and service:

U.S. Rep. Jim Moran (D-8) offered a historical perspective to the Affordable Care Act, reminding the audience that there was initial push back regarding Medicare in 1939 and Social Security in 1965, which are now considered "third rails" of our society. The retiring Congressman predicted a similar acceptance for the Affordable Care Act, originally passed in 2010, to fundamentally change our society.

U.S. Rep. Gerry Connolly added that even in affluent Loudoun, Fairfax and Arlington counties, more people declare bankruptcy due to healthcare costs than any other reason. He mentioned that the Act will now provide health care for the many veterans in our community.

Del. Ken Plum (D-36) shared with the volunteers that even with a Democratic-led governor and Senate, Medicaid expansion in the Commonwealth will be a struggle, and if it is passed, will not take effect right away.



PHOTO BY JACQUELINE PUJOL

**Rep. Gerry Connolly and Rep. Jim Moran thank Northern Virginia Family Service's Health Access team for their leadership in helping Northern Virginians successfully enroll in the new health care system: Cyndy Dailey, NVFS director of health and mental health services; Terry Goplerud and Ken Sharma, NVFS Marketplace coordinators; and Carmen Aponte, NVFS Marketplace assistant.**

Great Falls  
**CONNECTION**

www.ConnectionNewspapers.com

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by  
Local Media Connection LLC

1606 King Street  
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to  
connectionnewspapers.com/subscribe

**NEWS DEPARTMENT:**  
To discuss ideas and concerns,  
Call: 703-778-9410  
e-mail:  
greatfalls@connectionnewspapers.com

**Kemal Kurspahic**  
Editor ♦ 703-778-9414  
kemal@connectionnewspapers.com

**Amna Rehmatulla**  
Editorial Assistant  
703-778-9410 ext. 427  
arehmatulla@connectionnewspapers.com

**Victoria Ross**  
County Reporter ♦ 301-502-6027  
vross@connectionnewspapers.com

**ADVERTISING:**  
For advertising information  
e-mail:  
sales@connectionnewspapers.com

**Salome Howard-Gaibler**  
Display Advertising  
703-778-9421  
salome@connectionnewspapers.com

**Andrea Smith**  
Classified Advertising  
703-778-9411  
classified@connectionnewspapers.com

**Debbie Funk**  
National Sales  
703-778-9444  
debfunk@connectionnewspapers.com

**Editor & Publisher**  
Mary Kimm  
703-778-9433  
mkimm@connectionnewspapers.com  
@MaryKimm

**Executive Vice President**  
Jerry Vernon  
jvernon@connectionnewspapers.com

**Editor in Chief**  
Steven Mauren  
**Managing Editor**  
Kemal Kurspahic  
**Photography:**  
Deb Cobb, Craig Sterbutzel  
**Art/Design:**  
Laurence Foong, John Heinly  
**Production Manager:**  
Geovani Flores

**Special Assistant to the Publisher**  
Jeanne Theismann  
703-778-9436  
jtheismann@connectionnewspapers.com  
@TheismannMedia

**CIRCULATION: 703-778-9426**  
**Circulation Manager:**  
Linda Pecquex  
circulation@connectionnewspapers.com

2012  
AWARD  
WINNING  
NEWSPAPER  
Virginia  
PRESS  
Association

# STUDENTS WANTED!

## Run for a Seat on MCC's 2014-2015 Governing Board!

### What is the Governing Board?

The McLean Community Center Governing Board has 11 members and is responsible for general oversight of the McLean Community Center (MCC). The Board does such things as policy setting; financial oversight, including budget approvals; and review of MCC programs. Youth board members have a voice in how MCC serves residents of its tax district (Small District 1A-Dranesville District, Fairfax County). **Youth board members serve one-year terms.**

### Requirements for Youth Candidates

All youth candidates must live within Small District 1A and within the McLean High School boundary **or** within the Langley High School boundary. High school boundaries are established by the Fairfax County Public Schools. Candidates **do not have to attend the two schools**. However, they must run to represent the high school boundary areas in which they **live**. Youth candidates must be between 15-17 years old by McLean Day, Saturday, May 17.

### Procedures for Youth Candidates

#### Petitions:

Youth candidates are required to get 10 signatures on their petitions. Signatures must be from teen residents of Small District 1A who **live** within the **same high school boundary** as the youth candidate. Teens signing a youth candidate's petition **do not have to attend McLean or Langley High Schools**. Teens who sign a youth candidate's petition must be between 15-17 years old by McLean Day, Saturday, May 17.

In addition to their petitions, youth candidates also are asked to submit a statement showing why they should be elected to the Board. The statements are used in publicizing the election.

Petitions will be available beginning on **Tuesday, Feb. 18, 2014** at 9 a.m. Candidates may request Petition Packets at the McLean Community Center, 1234 Ingleside Avenue, McLean, Virginia, 22101.

#### Petition Deadline:

Completed petitions must be filed at the McLean Community Center no later than **5 p.m. on Friday, March 28, 2014**.

For more detailed information, contact McLean Community Center at 703-790-0123, TTY: 711, or visit: [www.mcleancenter.org](http://www.mcleancenter.org).



**The McLean Community Center**  
1234 Ingleside Ave., McLean VA 22101  
703-790-0123/TTY: 711  
[www.mcleancenter.org](http://www.mcleancenter.org)

#### Election:

Residents of Small District 1A vote for board members on McLean Day, Saturday, May 17, 2014, from 10:30 a.m. to 5 p.m. McLean Day is held at Lewinsville Park, 1659 Chain Bridge Road. Residents may also vote by absentee ballot from **Monday, April 14, 2014**, through **Wednesday, May 14, 2014**. Information about absentee voting will be on the MCC website beginning in February 2014.

Successful candidates are required to attend regular Governing Board meetings, which are generally on the fourth Wednesday of each month.



Midge McHugh stands by her jewelry display at the McLean Community Center in McLean.



Visitors to the McLean Community Center could view the artwork and design of more than 40 artists at the February jewelry showcase.

PHOTOS BY RYAN DUNN/THE CONNECTION

## CALENDAR

Send announcements to [greatfalls@connectionnewspapers.com](mailto:greatfalls@connectionnewspapers.com). Deadline is Friday for the following week's paper. Photos/artwork encouraged.

### WEDNESDAY/FEB. 5

**Midday Movie Musicals: "Pippin."** 1 p.m. McLean Community Center, 1234 Ingleside Avenue, McLean. This month's pick by Technical Director Jennifer Garrett is the latest in a series of favorite movie musicals personally chosen by The Alden staff.

### FRIDAY/FEB. 7-SATURDAY/FEB. 8

**"THIS."** 8 p.m. Vienna Community Center, 120 Cherry Street, SE, Vienna. "THIS" is a bright, tart, and melancholy comedy that captures the uncertain steps of a circle of friends entering the choppy waters of middle age. Contains adult language; for theatre-goers over 16. [www.viennatheatrecompany.org/](http://www.viennatheatrecompany.org/)  
**La Cage aux Folles.** 8 p.m. Alden Theatre, 1234 Ingleside Ave., McLean. Georges, the owner of a popular drag nightclub in San Tropez, and Albin, the club's star, have lived in unwedded bliss for twenty years. Jean-Michel, the son they have raised together, throws the happy household into hilarious turmoil by announcing that he is going to marry the daughter of an ultra-conservative politician. [www.McLeanPlayers.org](http://www.McLeanPlayers.org) or 866-811-4111.



"Mushroom in green," by artist Lyn J. Kang. See more of her work this weekend at her art exhibit opening reception at the Church of the Good Shepherd in Vienna.

4111.

### SUNDAY/FEB. 9

**McLean Orchestra Celebration.** 4 p.m. St. Luke Catholic Church, McLean. Tickets: \$60-\$160. <http://mclean-orchestra.org/tickets/>

**Joshua Redman Quartet.** 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. One of modern jazz's most heralded saxophonists, Joshua Redman will be performing alongside jazz pianist Aaron Goldberg, bassist Reuben Rogers and sophisticated Gregory Hutchinson. Tickets \$42-\$45. [www.wolftrap.org/](http://www.wolftrap.org/)

**La Cage aux Folles.** 2 p.m. Alden Theatre, 1234 Ingleside Ave., McLean. Georges, the owner of a popular drag nightclub in San Tropez, and Albin, the club's star, have lived in

unwedded bliss for twenty years. Jean-Michel, the son they have raised together, throws the happy household into hilarious turmoil by announcing that he is going to marry the daughter of an ultra-conservative politician. [www.McLeanPlayers.org](http://www.McLeanPlayers.org) or 866-811-4111.

**"THIS."** 2 p.m. Vienna Community Center, 120 Cherry Street, SE, Vienna. "THIS" is a bright, tart, and melancholy comedy that captures the uncertain steps of a circle of friends entering the choppy waters of middle age. Contains adult language; for theatre-goers over 16. [www.viennatheatrecompany.org/](http://www.viennatheatrecompany.org/)

**Great Falls United Methodist Church Sermon Series: UPMC Down.** 10 a.m. Great Falls UMC, 10100 Georgetown Pike, Great Falls.

Topic for this week is: love the ones you hate.  
**"New Era" Art Exhibit Opening Reception.** 11:45 a.m. - 1 p.m. The Church of the Good Shepherd (United Methodist) in Vienna. An art exhibit by South Korean artist Lyn J. Kang.

### TUESDAY/FEB. 11

**1964 The Tribute.** 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Salute the 50th anniversary of The Fab Four's first live U.S. performance in D.C. with some "Rock and Roll Music" from the "Best Beatles Tribute on Earth" (Rolling Stone). Tickets \$38-\$42. [www.wolftrap.org/](http://www.wolftrap.org/)

### THURSDAY/FEB. 13

**Code 20: Proceed to Improv.** 7-9 p.m. Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. A free, open mic-style night of improv and coffee house performances hosted by Studio Rep. Audience members are encouraged to join in the improv or jam out during open mic.

**Buckwheat Zydeco.** 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Free.

### THURSDAY/FEB. 13-SUNDAY/FEB. 16

**Wildfire's Special Valentine's Menu.** \$85 per couple. Wildfire Restaurant, Tysons Corner, 2001 International Drive, McLean. Guests can indulge in all of their Wildfire favorites, including Crab Stuffed Mushrooms, Spinach & Artichoke Fondue, Wildfire Chopped Salad, Roasted Prime Rib of Beef or Parmesan Crusted New York Strip. Call 703-442-9110 for reservations.

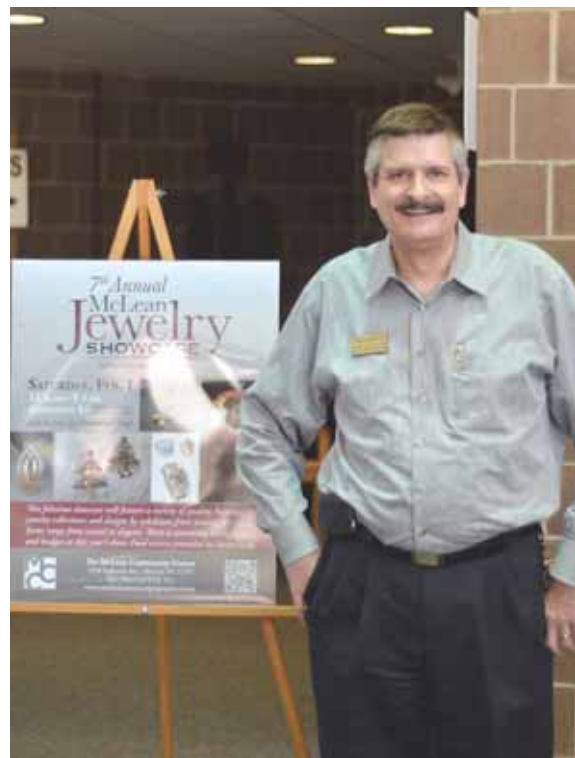
## Handcrafted Jewelry Returns To McLean

### McLean Community Center hosts jewelry showcase.

By RYAN DUNN  
THE CONNECTION

On Saturday, Feb. 1, approximately 40 local artists and jewelers from the Virginia and Washington, D.C. metro area came to sell their work at the McLean Community Center. "All the items at the showcase are handmade," said Sam Roberts, Director of Special Events for McLean Community Center (MCC).

"I find my work seems to appeal to a lot of folk who come to these shows," said Melanie Ferrara, a jewelry artist based in Arlington. The showcase featured a variety of quality, handmade jewelry collections and designs by exhibitors from around the region. The selection of items and designs ranged for every taste and budget at this year's show. Many of the artisans were ready to take



Sam Roberts, director of special events for McLean Community Center (MCC) worked at McLean Community Center since March 1989.

custom orders and work with clients regarding jewelry design, size and color. "The people that run this event are nice and educated and appreciate hand crafted things,"



Artist Courtney Gillen standing by her jewelry stand at McLean Community Center for the annual February jewelry showcase. Her website is [www.courtneygillen.com](http://www.courtneygillen.com).

said artist Courtney Gillen. "The McLean Jewelry Showcase serves as a great complement to our long running Holiday Crafts Show," said Paul Koulenberger, a member of

the McLean Citizens Association and Friends of the McLean Community Center. To learn more about McLean Community Center, visit [www.mcleancenter.org](http://www.mcleancenter.org).

## What to Do This Valentine's Day

By AMNA REHMATULLA  
THE CONNECTION

Start planning your romantic Valentine's Day from now with your loved one by heading off to one of these events...

### Friday/Feb. 14

**Valentine's Day Chocolate Buffet.** 6-10 p.m. The Ritz-Carlton, 1700 Tysons Boulevard, McLean. Entyce, Wine Bar & Lounge will offer an impressive chocolate buffet with seven different dessert options crafted by their pastry kitchen. Satisfy your loved one's sweet tooth with their dessert creations. \$25 per person, seating on first come, first serve basis.

**Valentine's Day Latin Style.** La Sandia Mexican Kitchen, 7852L Tysons Corner Center, McLean. Show some Latin Love this Valentine's Day with a 3-Course dinner and signature beverage or cocktail for \$29 per person. A taste of what's on the menu: Shrimp and Crab Empanadas, Chile Relleno, Pasilla Lava Cake, and more. Call for reservations 703-893-2222.

**Chaise Lounge.** 8 p.m. Wolf Trap, 1635 Trap Road, Vienna. Love and Kisses, Swings and Misses A Valentine's Day Celebration Smooth '60s-inspired big-band jazz featuring a sultry female vocalist and a sophisticated "sound that is musically tight and always swinging" (Fanfare Magazine). Tickets: \$25. <http://www.wolftrap.org>

**Horse-Drawn Carriage Rides.** 5:30-9:30 p.m. Reston Town Center, Market Street, Reston. Spend Valentine's Day the old-fashioned way this year by taking a stroll in a horse-drawn carriage through the streets of Reston Town Center. Pick up location by Talbots on Market Street. All proceeds benefit Volunteer Fairfax. Tickets: \$5/person. Children under 5 ride free.

### Saturday/Feb. 15

**Valentine's Wine Dinner.** 8 p.m. Paradise Springs Winery, 13219 Yates Ford Road, Clifton. Enjoy a 4-course meal paired with your favorite Paradise Springs wines. \$119/person; \$109 for wine club members; \$149 VIP seating in Barrel Room. 703-830-9463.

**"Music of the Heart."** 8 p.m. George Mason University Center for the

Arts, 4400 University Drive, Fairfax. Take part in an evening of romantic music that blends popular and classical styles with pianist Peter Nero. Tickets are \$30-\$60. Tickets are half price for youth through grade 12. Visit the box office (open Tuesday through Saturday, 10 a.m. to 6 p.m.) or charge by phone at 888-945-2468 or visit [cfa.gmu.edu](http://cfa.gmu.edu).

**Partner Yoga.** 2-3 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Partner poses are a great way to learn more about how to communicate more effectively with your partner and have fun while improving your body health. \$20 per couple, no experience is necessary—both beginners and master yogis are invited to join. Register online: <http://www.workhousearts.org/>

**A Valentine's Sweetheart.** 9 a.m. - 2 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. The Workhouse is offering a Seasonal Camp for kids, ages 6-10. A Valentine's Sweetheart will give kids the opportunity to learn how to bake sweet treats, draw and paint portraits, and participate in other Valentine's Day activities. Tuition is \$65 per child and includes the materials fee. Register online: <http://www.workhousearts.org/>

**Date Night: Chef's Table.** 7-9 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. A casual cooking class with a professional chef, where participants will be working in pairs to create menu items. At the end of the class, the participants will be served a tasting portion. Tuition is \$85 per person, which also includes a glass of wine and all materials fees. Please register online at least 2 days prior to event date. <http://www.workhousearts.org/>

**Ballroom Social Dance.** 7:30 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Get on the dance floor with your Valentine at the monthly Ballroom Social Dance. Each month features a short mini-lesson covering a specific style of dance at 7:30 p.m. (February will be Swing) and then the dance floor is open from 8:10-30 p.m. \$5 for the mini less, \$10 admission to the dance.

**Valentine's Day Chocolate Buffet.** 7-10 p.m. The Ritz-Carlton, 1700 Tysons Boulevard, McLean. Entyce, Wine Bar & Lounge will offer an impressive chocolate buffet with seven different dessert options crafted by their pastry kitchen. Satisfy your loved one's sweet tooth with their dessert creations. \$25 per person, seating on first come, first serve basis

**Robert Beatson II**  
Attorney/Accountant,  
Former IRS Attorney  
Admitted to DC, MD, VA & NY Bars  
**All Types of Federal, State,  
Local & Foreign Taxes**  
Individual • Business  
Trusts • Estates • Wills  
Amended & Late Returns  
Back Taxes • IRS Audits  
• Civil Litigation  
Business Law • Contracts  
**703-798-3590 or  
301-340-2951**  
[www.beatsonlaw.com](http://www.beatsonlaw.com)

**CLASSES AT WOLF TRAP**  
WOLF TRAP EDUCATION  
Register Now for Spring!  
**Artsplay!**™  
Ages 3-5  
Saturdays, March 1 - April 5  
Encourage self-expression and imaginative play through drama, movement, storytelling, music, puppetry, and more!  
**Djembe Drumming for Teens and Adults**  
Beginner and Intermediate Levels  
Tuesdays, March 4 - April 8  
**A Drum Circle for All Ages**  
Saturdays, March 1 - April 5  
New! Workshops before select performances at The Barns (Ages 12+)  
**Irish Céili: Social Irish Dance** (February 26)  
**Rhythm in Harmony: Djembe Drum Circle** (March 5)  
**What's My Line? Improvisation Workshop** (April 19)  
Register for the full, 6-week series and receive a discount!  
[www.wolftrap.org/classes](http://www.wolftrap.org/classes) • 703.937.6307

**LOST DOG & CAT RESCUE FOUNDATION**  
Helping Animals Find Their Way Since 2001  
Volunteers needed for adoption events, fostering, transportation, adoption center caretaking and more.  
**Adopt/Donate/Volunteer**  
[www.lostdogandcatrescue.org](http://www.lostdogandcatrescue.org)

**SHILLELAGHS THE TRAVEL CLUB**  
ALASKA CRUISE FROM SEATTLE, May 23 - 30 .....\$1503  
Includes Air from Dulles, 7-nights Alaska Cruise on Celebrity's "Soltice", All Meals & Entertainment Onboard, Transfers.  
NEW YORK CITY TO SEE THE ROCKETTES, May 1 - 2 .....\$365  
Includes Motorcoach from Vienna or Rockville, Overnight Hotel, Breakfast & Dinner, Show at Radio City Music Hall, Tour of Manhattan.  
EXPLORE THE WORLDS OF DOWNTOWN ABBEY! August 2-9 ...\$2799 for land package  
Includes 6-nights Hotel, Daily Breakfast, 2 Lunches, 1 Dinner, 2 Teas, Sightseeing - CALL FOR DETAILED ITINERARY!  
**SHILLELAGHS TRAVEL CLUB**  
100 East Street SE, Suite 202 • Vienna, Virginia 22180  
**703-242-2204 1-800-556-8646**  
Please visit our Web site at: [www.shillelaghtravelclub.com](http://www.shillelaghtravelclub.com) for a listing of all our upcoming trips and specials.

**SHOP THE COMPETITION FIRST!**  
703-938-3160  
Then come to us for the best selection of quality products and professional installation, all at an affordable price. Our references include your neighbors.  
**FREE ESTIMATES ON INSTALLATIONS**  
SE HABLA ESPAÑOL  
**VIENNA FLOORS**  
ESTABLISHED IN 1984  
208 DOMINION ROAD • VIENNA, VA  
HARDWOOD-CARPET-WOOD LAMINATES-CERAMIC TILE-SHEET VINYL  
[WWW.VIENNAFLOORS.COM](http://WWW.VIENNAFLOORS.COM)  
Hours: Mon-Fri: 9:00 am-5:30 pm • Sat: 9:00 am-4:30 pm

**TWO POOR TEACHERS**  
Kitchen and Bathroom Remodeling  
Celebrating 15 Years in Business!!  
Select your remodeling products from our Mobile Kitchen and Bathroom Showroom and Design Center!  
**Bath Packages Available!!**  
Visit our website:  
[www.twopoorteachers.com](http://www.twopoorteachers.com)  
Free Estimates  
**703-969-1179**  
Fully Insured & Class A Licensed EST. 1999



# NEWS



**The Newton School**  
 ENHANCING MINDS THROUGH MOTION  
 45965 Nokes Blvd, Suite 120  
 Sterling, VA 20166  
[www.thenewtonschool.org](http://www.thenewtonschool.org)

**The Newton School serves students in grades K-8th grade who benefit from:**

- Small classes (4-8 students) with a 4:1 student to teacher ratio
- Strong academics, customized to meet student's needs
- Lots of physical activity integrated into the day, in a beautiful 24,000 sq. ft. facility
- Nurturing social environment
- Weekly field trips to enhance hands-on-learning
- Daily communication with parents

Please call **703.772.0480**  
 or email [abraham@thenewtonschool.org](mailto:abraham@thenewtonschool.org)  
 to arrange a personal tour today.



PHOTO BY ANDREW WANTULA

## Langley High Wins Theatre Festival

The school will compete at the Regional event on Saturday, Feb. 8.

Saxon Stage's production of "Fearful Symmetry," written by Alan Haehnel and directed by senior Jamie Joeyen-Waldorf, won the VHSL Conference 6 One Act Competition at James Madison High School on Saturday, Jan. 25. It is the first time in Saxon Stage history that Langley has won this event. Langley competed against Yorktown High School, Hayfield Secondary School, James Madison High School, Fairfax High School, McLean High School, South Lakes High School and Washington-

Lee High School.

Langley High School along with the runner-up, Washington-Lee High School, will go on to compete at the Regional event at Lake Braddock Secondary School on Saturday, Feb. 8. The cast in this production include: Madeleine Chalk, Mary Long, Mary Margaret Chalk, Nick Regan, Rachel Mayman, Alexis Apostolou, Natalie Harris, Hayley Wenk, Kathleen Welch, Lily Brock, Bridget Fitzgerald, Tyler Larkworthy, Jamie Goodson, Vivian Vaeth, Sydney Copp, Sivan Tretiak, Andal Paul and Andrew Wantula. Katie Studabaker is the stage manager and Mikey Mellis ran the sound and lights. Kathryn Bailey composed and directed the music and Kirsta Hackmeier was the costume designer. Valerie Karasek is the theatre teacher and director at Langley High School.

## Visit These Houses of Worship

To Highlight Your Faith Community, call Karen at 703-917-6468

Welcoming, Diverse, Progressive

**ST. ANNE'S EPISCOPAL CHURCH • Reston**



7:45 a.m. Holy Eucharist, Rite I  
 9:00 a.m. Holy Eucharist, Rite II  
 Sunday school: preschool - grade 2  
 Music: grades 3 - 7  
 10:25 a.m. Sunday School Grades 3 to 12  
 Music 4 years to 2nd grade  
 11:15 a.m. Holy Eucharist, Rite II  
 5:00 p.m. Come Just as You Are Contemporary Service

Nursery care provided at 9:00 a.m. service

The Rev. James Papile, Rector  
 The Rev. Laura Cochran  
 703-437-6530  
[www.stannes-reston.org](http://www.stannes-reston.org)  
 1700 Wainwright Dr., Reston

### FIRST BAPTIST CHURCH OF VIENNA

450 ORCHARD STREET, NW  
 VIENNA, VA 22180  
 703-938-8525  
[fbcvoffice@verizon.net](mailto:fbcvoffice@verizon.net)  
[www.fbcv.org](http://www.fbcv.org)

SUNDAY WORSHIP, 7:45 AM & 11:00 AM  
 CHURCH SCHOOL 9:30AM-10:30AM  
 MIDWEEK SERVICES, WED. 7:00 PM



## Celebrating Victory

Pictured are members of the Langley boys' basketball team after defeating McLean 50-47 on Jan. 24 at McLean High School.

PHOTO CONTRIBUTED

**60% OFF**  
**50-75% Off Pottery**

Oriental Fishbowls, Orchid and Bonsai Pots now **40% Off**

Lowest Prices Since 2008!



Mexican Talavera Pottery On Sale for the First Time! **10% Off**

**25%-75% OFF**  
 Trees, Shrubs & Perennials

**Cravens Nursery & Pottery**

9023 Arlington Blvd., Fairfax, Virginia  
 2 miles west of I-495 on Rt. 50,  
 1 mile from I-66 (Vienna Metro)  
**703-573-5025**  
 Open 7 days a week

Visit our new Web site: [www.cravensnursery.com](http://www.cravensnursery.com)

## Landscape/Hardscape Sale

Off-Season Pricing  
 Best Prices of the Year!  
 Patios, Walkways,  
 Retaining Walls,  
 Landscaping  
**FREE ESTIMATES!**

For a free digital subscription to one or all of the 15 Connection Newspapers, go to [www.connectionnewspapers.com/subscribe](http://www.connectionnewspapers.com/subscribe)

Be the first to know – get your paper before it hits the press.

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions? E-mail: [goinggreen@connectionnewspapers.com](mailto:goinggreen@connectionnewspapers.com)



**THE CONNECTION**  
 NEWSPAPERS



PHOTO CONTRIBUTED

**Students planting trees in Santa Elena Cloud Forest. Top from left- Caroline Simone, Greta Beggs, Susan Suh, Anna Grace Hopkins, Morgan Billingslea, Claire Bonadio, Kate Van Meter, CRES Principal Ken Junge. Bottom from left- Carter Lewis, Emma Frank, Alex Braswell, Rocco Bognet, and Kimiya Afsharnia.**

## Colvin Run Elementary Students Visit Costa Rica

Thanks to the leadership of fifth grade teacher Allison Hutchins and EF Educational Tours, a group of Colvin Run Elementary School students went on an incredible adventure to Costa Rica during the week of Jan. 25-31.

Costa Rica is one of the world's most progressive countries in its efforts to save the earth's endangered rain forests. The trip was designed to give students an appreciation for the planet's varied ecosystems, a new cultural experience and a chance to practice Spanish which is offered to all students at Colvin Run. The trip included twelve current and former Colvin Run students with parent chaperones, Colvin Run teachers Allison Hutchins and Joan Andrade, former Principal Stephen Hockett and current Principal Ken Junge.

Highlights of the trip included: a visit to San Jose, the country's bustling capital and cultural center; hikes to learn about the ecosystems and wildlife of Costa Rica including INBIOparque, a research station created by the National Institute of Biodiversity where the group saw sloths and iguanas, the Butterfly Garden at Monteverde which showcased 40 species of local butterflies, and the Ecological Sanctuary where the group found a playful group of capuchin monkeys; scenic views of the

Poas Volcano, a still-active volcano that is part of Costa Rica's most developed national park and the Arenal Volcano which continues to spew great clouds of ash and occasional lava. In Arenal, students visited La Fortuna waterfall and enjoyed one of the area's many natural hot springs heated by the nearby volcano and channeled into pools. Students made a visit to an orphanage in the Arenal region where students played soccer and shared smiles with children from the ages of 2 through 8.

They also planted trees to encourage reforestation in the Santa Elena Cloud Forest Reserve near the Continental Divide. Winds from the Caribbean Sea and Pacific Ocean cool and condense to bathe the forest in a constant soft mist. Thanks to Colvin Run students, future generations will benefit from new trees that produce oxygen to renew our air supply. Thrilling views of the forest canopy flying through the treetops on ziplines in both the Arenal region and Monteverde. The ziplines unveil Costa Rica's ecological systems from a unique perspective.

The students returned to Virginia with a renewed appreciation for our planet and as enthusiastic ambassadors for future international programs sponsored by Colvin Run.

### BULLETIN BOARD

To have community events listed in the Connection, send to [greatfalls@connectionnewspapers.com](mailto:greatfalls@connectionnewspapers.com). The deadline for submissions is the Friday prior to publication.

#### THURSDAY/FEB. 6

**Great Falls Writer's Group.** 11 a.m.-1 p.m. Great Falls Writer's Group, Great Falls Public Library, 9830 Georgetown Pike (large conference room), Great Falls. Writers of all experience and skill levels are invited

to listen to a panel of experts discuss the secrets to successful book publishing. Q&A session to follow the expert panel. No registration necessary; no charge.

#### SUNDAY/FEB. 9

**Dating Abuse Stops Here - 4th Annual DASH at Dulles 5K Mall Walk in memory of Siobhan Russell.** 9-10 a.m. Dulles Town Center Mall, 21100 Dulles Town Circle, Potomac. \$15. More info: [www.datingabusestopshere.com](http://www.datingabusestopshere.com)

## Shop Great Falls

# Great Falls Village Centre

[www.gfvcca.com](http://www.gfvcca.com)

Ackerman & Assoc.....	703-759-4707
Adeler Jewelers.....	703-759-4076
AdGen Telecom.....	703-757-6757
Allstate Insurance/Doug White.....	703-759-7700
Aquarian LLC.....	703-438-8838
Artists on the Green.....	703-609-3092
Capitol Realty Services.....	703-759-4900
Deli Italiano.....	703-759-6782
Dent Asset Management.....	703-286-7555
Dr. C. Ayers.....	703-757-6445
Dr. M Tamulevich.....	703-757-6445
Executive Suites at Great Falls.....	703-865-2500
Expressions with Intent.....	703-757-4600
Falls Salon, The.....	703-759-4758
First Line Financial, Inc.....	703-757-7393
Fresh Catch Seafood Market.....	703-759-4950
Georgetown Learning Centers.....	703-759-3624
H2O Pools.....	703-250-5585
Jinny Beyer Studio.....	703-759-0250
Katie's Coffee House.....	703-759-2759
King Creole Catering.....	703-759-7306
Knowlera Media.....	703-757-5444
Lauren Liess.....	571-926-7825
Loebig Chiropractic.....	703-757-5817
Nextel.....	443-904-9305
New Paradigm Capital Mgmt.....	703-757-4802
Old Brogue.....	703-759-3309
Peking Delight.....	703-759-5040
Pilates Place, LLC.....	703-405-3371
Robert Mobley, AIA Architect.....	703-759-1927
School of Theatrical Dance.....	703-759-5652
Spectrum Property Management.....	703-307-2965
Teel Construction.....	703-759-4754
Troon, LLC.....	703-675-2823
Village Centre Mgmt Office.....	703-759-2485
Village Retreat/Massage Therapy.....	703-638-4852
Wells Fargo.....	703-757-1040
Yoshi Toshi.....	703-759-3338

**Winter Wine Tasting**  
**Saturday, February 22 2014**  
**River Bend Country Club**  
**[info@celebrategreatfalls.org](mailto:info@celebrategreatfalls.org)**

~ At The Great Falls Village Centre ~

**Proud Location of the Following Events:**

"Egg Hunt" "4th of July Parade" "Concerts on the Green" "Halloween Spooktacular"  
 "Celebrations of Lights" "Cars and Coffee"  
 "Farmers Market"



**The Great Falls Village Centre**  
 776 Walker Road • Great Falls, VA  
 703-759-2485 • [gfvcca@aol.com](mailto:gfvcca@aol.com)

# SPORTS



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

**McLean junior Lizzy Brown-Kaiser helped the Highlanders win the Conference 6 championship on Feb. 3 at McLean High School.**

## McLean, W-L Gymnastics Teams Qualify for Regionals

### Highlanders win Conference 6 title, W-L runner-up.

BY JON ROETMAN  
THE CONNECTION

**A**fter the conclusion of the Conference 6 gymnastics championship meet, Washington-Lee head coach Joe D'Emidio wrapped up an interview with a reporter as McLean coach Courtney Lesson approached.

"I want to say congratulations to McLean," D'Emidio said. "They've been going after us for a couple years."

After finishing runner-up to Washington-Lee at regionals each of the last two seasons, McLean finally finished ahead of the Generals with a championship on the line as the Highlanders captured the Conference 6 title on Monday night at McLean High School.

McLean finished with a score of 144.475, besting second-place Washington-Lee's total of 140.925. Each team earned a berth in the 6A North region meet on Feb. 12 at Lake Braddock Secondary School.

"They always have a really great team," Lesson said, "so it's hard to compete against them."

The Highlanders put on a strong performance on Feb. 3, led by junior Lizzy Brown-Kaiser, who placed second in the all-around. McLean posted the top team score in three of four events and finished second behind Washington-Lee on vault.

"We've never performed this well before," Brown-Kaiser said. "This was definitely our best. We didn't count a single fall for the entire competition. That's a huge deal. Definitely a confidence booster and we're all just so happy."

Brown-Kaiser produced an all-around total of 37.025, finishing second to Fairfax junior Rachel Barborek.

"She did a great job," Lesson said. "She's really a team leader and she inspires a lot of the girls."

Brown-Kaiser tied for second on vault (9.4), placed second on beam (9.425), finished third on bars (9) and took fourth on floor (9.15).

"I think we all really appreciate W-L as a strong competitor, but it feels really good to finally move past that and do what we've been striving for for several years," Brown-Kaiser said. "... This was definitely the best meet I've ever had. ... The girl who got first, Rachel, is an amazing gymnast, so I'm just glad that I even got so close to her."

Brown-Kaiser wasn't the only Highlander performing at a high level. Junior Jacqueline Green placed sixth in the all-around, qualifying for regionals with a score of 35.675. She placed seventh on floor (9.05), ninth on vault (9.05), tied for seventh on bars (8.6) and tied for 11th on beam (8.975).

McLean sophomore Nathalie Thomas finished first on floor with a score of 9.475 and freshman Calista Pardue took fifth (9.1). Sophomore Delaney Gallagher placed fourth on bars (8.8).

"They did really well," Lesson said about the Highlanders' performance. "They hit lots of routines. Everyone stuck their beam routine. They did really great. The team spirit was there. They had each other's backs."

W-L twin sisters Sophie and Annie Hatcher each qualified for regionals in the all-around. Sophie Hatcher placed fourth with a score of 36.125. She finished second on floor (9.25), fourth on vault (9.375), tied four eighth on beam (9.075) and finished 12th on bars (8.425).

Annie Hatcher placed fifth with a total of 35.825. She finished fourth on beam



**Langley junior Natalie Volpicelli competes on beam during the Conference 6 championship meet on Feb. 3 at McLean High School.**

(9.225), tied for eighth on floor (8.95) and finished 14th on bars (8.2). She placed first on vault with a score of 9.45.

Two weeks prior, D'Emidio said Annie Hatcher was a potential state-title contender on vault after the senior won at the W-L Invitational.

"She's right up there," D'Emidio said Monday. "She's coming along really well. ... She took first on vault. This is one of the hardest conferences ... so she has a good chance."

W-L freshman Sylvia Shea's all-around score of 34.875 fell just short of the regional qualifying score of 35. She placed sixth on vault (9.15) and bars (8.625).

W-Ls team score was a season best.

"We broke the 140 mark. We've been trying to hit that all year," D'Emidio said. "We did it at the right time. ... We did fantastic vaulting. We still have some more room to improve for regions and we're going to shoot for [the region title]."

Fairfax's Barborek won the all-around conference title with a score of 37.1. She placed first on bars (9.475), tied for second on vault (9.4), finished third on beam (9.275) and tied for eighth on floor (8.95).

"I'd like to go," Barborek said, "all the way to states."

Brown-Kaiser placed second in the all-

around, followed by Yorktown freshman Juliette Mitrovich (36.2) and W-Ls Sophie Hatcher.

Yorktown placed third as a team with a score of 137.25. South Lakes finished fourth (121.425), followed by Fairfax (117.775), Hayfield (114.525), Langley (109.575) and Madison (106.55).

Mitrovich had a strong showing for Yorktown, placing fifth on vault (9.275), bars (8.65) and beam (9.2), and sixth on floor (9.075). Teammate Sophie Zidlicky, a junior, placed seventh on vault (9.125) and freshman Olivia Zavrel tied for eighth on beam (9.075).

South Lakes' Jasmine Shuey finished first on beam with a score of 9.55. The senior finished ninth in the all-around (34.075), including a third-place performance on floor (9.2).

Langley junior Natalie Volpicelli finished 14th in the all-around (31.85), including a 12th-place finish on vault (8.675) and a 13th-place finish on bars (8.25).

Madison junior Julie Collier qualified for regionals on beam, placing sixth with a score of 9.175. She finished with an all-around total of 32.85, good for 13th place. Collier finished 12th on floor (8.55), tied for 17th on vault (8.45) and took 25th on bars (6.675).

# WELLBEING

## Consistent Bedtimes Linked to Improved Wellbeing in Children

Local experts offer suggestions for helping youngsters get a good night's sleep.

BY MARILYN CAMPBELL  
THE CONNECTION

**W**hen the clock strikes 9 on any given evening, 13-year-old twins Timothy and Danny Gulyn and their 11-year-old twin brothers, Christopher and Jonathan, know that it's time for bed. Whether they are on vacation during the summer or at their Arlington home on a school night, the siblings follow a consistent routine that has them tucked-in at the same time every day.

"I am a big believer in structure and routine," said the boys' mother, Linda M. Gulyn, Ph.D., a professor of psychology at Marymount University in Arlington. "Bedtime should be absolutely rigid, the stricter the better. We all need structure, but children need it especially."

Researchers say going to bed at a regular time can have a positive impact on a child's behavior and overall health. In fact, a re-



PHOTO COURTESY OF LINDA GULYN

**From left: twins Christopher and Jonathan, 11, and their 13-year-old twin brothers, Timothy and Danny, pictured with parents Linda and Peter Gulyn have a consistent bedtime and structured bedtime routine. Experts say a regular bedtime can have a positive impact on a child's behavior and overall health.**

cent study of 10,000 children by University College London found that a child's behavior improved when a consistent bedtime was established. Local childcare experts agree, saying a regular bedtime routine,

such as a bath followed by reading, is an important factor in establishing a consistent lights-out time.

Kathryn Cogan, Ph.D., a Bethesda-based psychotherapist, says that a lack of adequate

sleep can affect a child's physical health. "If they don't get enough sleep, it affects their immune system and their ability to pay attention," she said.

**"Bedtime should be very soothing. They take a bath, brush their teeth and put on their pajamas. A high-energy child will need more lead time to slow their motor down."**

— Dr. Bruce P. Pfeffer,  
child psychiatrist

Child psychiatrist Dr. Bruce P. Pfeffer, of Pfeffer Psychiatric Associates in Potomac, said a structured bedtime is part of what he calls "good sleep hygiene," which can impact a child's overall wellbeing. "Often in my prac-

SEE EXPERTS, PAGE 15

**Celebrate Your One-of-a-Kind Romance at a One-of-a-Kind Resort!**

Gaylord National Resort      Relâche Spa

**Get cozy with your sweetheart any time of the year with our Remember Romance Package.**

Luxurious guest rooms and beautiful indoor gardens provide the perfect setting for a romantic getaway.

**Our overnight package\* includes:**

- Champagne welcome amenity
- Breakfast for two
- Complimentary experiences with purchase of select Relâche Spa treatments

Book your getaway today!  
**GaylordNational.com**  
or call (301) 965-4000 (refer to promo code ZJ7)

\*Available select dates through December 30, 2014. Non-alcoholic substitute available. See website for details.

Save the Date  
A Casino Night to Benefit the Boys & Girls Clubs of Greater Washington, Fairfax County Region

**Save the Date!**  
**Friday, March 7th, 2014**  
**6:30pm – 11:30pm**  
**The Ritz-Carlton, Tysons Corner**

<b>Tickets</b> \$95 Per person \$175 Per Couple Special Overnight Room Rate of \$119	<b>Includes:</b> • Open Bar • Dinner Buffet • Casino • Dancing	<b>Live and Silent Auction Prizes Include:</b> • Weekend Get-a-ways • Dinners at Award Winning Restaurants • Hotel, Dinner and Limo Packages • Pro-Sporting Event Tickets • For More Information Visit our Website <a href="http://www.bgcgw.org/fairfax/casino-night">www.bgcgw.org/fairfax/casino-night</a>
--	--	---

Guests receive funny money and a bidder number. Use your winnings from Black Jack, Texas Hold 'Em, Craps towards raffle tickets for fabulous prizes. The more chips you accumulate at the gaming tables the better your chances to win GREAT RAFFLE prizes at end of evening.

Benefit the Boys & Girls Clubs of Greater Washington, Fairfax County Region

**CLEANING**

**A CLEANING SERVICE**  
 Since 1985/Ins & Bonded  
 Quality Service at a Fair Price  
 Satisfaction Guaranteed-  
 Angies List 2011-Super Service Award!  
 Comm/Res. MD VA DC  
[acleaningserviceinc.com](http://acleaningserviceinc.com)  
 703-892-8648

**HAULING**

**AI'S HAULING**  
**Junk & Rubbish**  
 Concrete, furn., office,  
 yard, construction debris  
 Low Rates NOVA  
**703-360-4364**  
**703-304-4798** cell  
**7 DAYS A WEEK**

**LANDSCAPING**

**A&S LANDSCAPING**  
 Planting • Mulching • Sodding  
 Patios • Decks • Driveway Sealing,  
 Asphalt • Retaining Walls  
 Erosion Control • Drainage Solutions  
**703-863-7465**

**ELECTRICAL**

**K&D ELECTRIC**  
**COMMERCIAL / RESIDENTIAL SERVICE**  
 Family Owned & Operated

Recessed Lighting  
 Ceiling Fans  
 Phone/CATV  
 Computer Network Cabeling  
 Service Upgrades  
 Hot Tubs, etc...

Licensed/Bonded/Insured  
 Office 703-335-0654  
 Mobile 703-499-0522

**HAULING**

**ANGEL'S HAULING**  
 Junk Trash Removal,  
 Yard/Construction  
 Debris, Garage/Base-  
 ment Clean Out,  
 Furniture & Appl.  
**703-863-1086**  
**703-582-3709**  
**240-603-6182**

**TREE SERVICE**

**ANGEL'S TREE REMOVAL**  
 Brush & Yard Debris  
 Trimming & Topping  
 Gutters & Hauling  
 Angeltreeslandscaping-hauling.com  
**703-863-1086**  
**703-582-3709**  
**240-603-6182**

**GUTTER**

**GUTTER CLEANING**  
 Gutters and Downspouts Cleaned  
 Small Repairs • Gutter Guards  
**PINNACLE SERVICES**  
 lic/ins **703-802-0483** free est.  
 email jamie@lawnsandgutters.com  
 web: lawnsandgutters.com  
 Friendly Service with a Friendly Price!

**IMPROVEMENTS**

**The HANDYMAN**  
 A DIVISION OF NURSE CONSTRUCTION

**BATHROOM REMODELING, DRYWALL,  
 PAINTING, CERAMIC TILE, CARPENTRY,  
 POWER WASHING & MUCH MORE**  
 You have tried the rest - NOW CALL THE BEST!!  
 Proudly serving Northern VA - 46 yrs. exp.  
 Licensed Insured We Accept VISA/MC  
**703-441-8811**

**IMPROVEMENTS**

**Picture Perfect Home Improvements**  
**(703) 590-3187 www.pphionline.com**

**Remodeling Bathrooms, Kitchens & Basements**

- FREE Estimates Exterior & Interior Repair,
- FAST & Reliable Service Painting, Carpentry, Wood Rot,
- EASY To Schedule Drywall, All Flooring, Decks
- NO \$\$\$ DOWN!

Handyman Services "If it can be done, we can do it"  
 Available Licensed — Bonded — Insured

**IMPROVEMENTS**

**R.N. CONTRACTORS, INC.**

Remodeling Homes, Flooring,  
 Kitchen & Bath, Windows,  
 Siding, Roofing, Additions &  
 Patios, Custom Deck, Painting  
 We Accept All Major Credit Cards  
 Licensed, Insured, Bonded • Free Estimates • Class A Lic  
**Phone: 703-887-3827 Fax: 703-830-3849**  
**E-mail: rncontractorsinc@gmail.com**  
**www.rncontractors.com**

**LAWN SERVICE**

**PINNACLE SERVICES, INC.**  
**LAWN SERVICE**  
**MOWING, TRIMMING, EDGING,  
 MULCHING & TRIM HEDGES**  
 Friendly Service for a Friendly Price  
**703-802-0483**

**R&N Carpentry**

♦BASEMENTS ♦BATHS ♦KITCHENS  
 Foreclosure specialist/Power washing  
 ♦Exterior Wood Rot More!  
 Deck & Fence repair, Screen Porches  
 No jobs too large or small  
 Free est. 37 yrs exp. Licensed, Insured  
**703-987-5096**

**TREE SERVICE**

**Quality Tree Service & Landscaping**  
 Reasonable prices. Licensed & insured  
 Winter Savings...  
 Tree removal, topping & pruning,  
 shrubbery trimming, mulching, leaf  
 removal, planting, hauling, gutter cleaning,  
 retaining walls, drainage problems, etc.  
 20 yrs. of experience - Free estimates  
**703-868-5358**  
**24 Hour Emergency Tree Service**

**A&S Landscaping**

- All Concrete work
- Retaining Walls • Patios
- Decks • Porches (incl. screened) • Erosion & Grading Solutions
- French Drains • Sump Pumps
- Driveway Asphalt Sealing

**703-863-7465**  
 LICENSED  
**Serving All of N. Virginia**

**Employers:**  
 Are your recruiting ads not working in other papers?  
 Try a better way to fill your employment openings



- Target your best job candidates where they live.
- Reach readers in addition to those who are currently looking for a job.
- Proven readership.
- Proven results.

**THE CONNECTION**  
 to your community  
**703-917-6464**  
[classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)  
 Great Papers • Great Readers  
 Great Results!

**15 Getaways**

President's Week Special,  
 Atlantis Harborside  
 Paradise Island,  
 Bahamas,  
 Double unit lock-off,  
 occ. 4-9, ea uni,  
 w/kitch, W/D, full use  
 Atlantis amenities,  
 Special Rates,  
**703-400-6826.**

**101 Computers**

**HDI COMPUTER SOLUTIONS**  
**JENNIFER SMITH** ♦ Serving the Area Since 1995

- > Speed up Slow Computers
- > Troubleshooting
- > Virus Removal
- > Computer Setup

(571) 265-2038  
[jennifer@HDIComputerSolutions.com](mailto:jennifer@HDIComputerSolutions.com)

**26 Antiques**

We pay top \$ for antique  
 furniture and mid-century  
 Danish/modern  
 teak furniture, STERLING,  
 MEN'S WATCHES, jewelry  
 and costume jewelry,  
 paintings/art glass/clocks.  
 Schefer Antiques @  
 703-241-0790.  
[Email:theschefers@cox.net](mailto:Email:theschefers@cox.net)

**HOW TO SUBMIT ADS TO THE CONNECTION**  
 Newspapers & Online  
**CLASSIFIED • CHOOSE 1 TO 6 ZONES**  
 E-mail [classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)  
 or call Andrea @ 703-778-9411  
**EMPLOYMENT • CHOOSE 1 TO 6 ZONES**  
 E-mail [classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)  
 or call Andrea @ 703-778-9411

**21 Announcements**

**Outer Banks, NC Vacation Homes!**

**Brindley Beach**  
 VACATIONS & SALES  
 Over 500 Vacation Homes,  
 from Duck to Corolla,  
 Oceanfront to Soundfront,  
 Private Pools, Hot Tubs,  
 Pets and More...  
 Book Online at [www.brindleybeach.com](http://www.brindleybeach.com)  
**1-877-642-3224**  
 "SERVICE FIRST... FUN ALWAYS!"

**THE CONNECTION NEWSPAPERS CLASSIFIED**

**Classified or Home • Lawn • Garden:**  
**703-917-6400**  
**Employment: 703-917-6464**  
**E-mail: [classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)**

**HOW TO SUBMIT ADS TO THE CONNECTION**  
 Newspapers & Online  
**CLASSIFIED**

**DEADLINES**  
 Zones 1, 5, 6.....Mon @ noon  
 Zones 2, 3, 4.....Tues @ noon  
 E-mail ad with zone choices to: [classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com) or call Andrea @ 703-778-9411

**EMPLOYMENT**

**DEADLINES**  
 Zones 5, 6.....Tues @ 11:00  
 Zones 1, 3.....Tues @ 4:00  
 Zone 2.....Wed @ 11:00  
 Zone 4.....Wed @ 1:00  
 E-mail ad with zone choices to: [classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com) or call Andrea @ 703-778-9411

**ZONES**

<b>Zone 1:</b> The Reston Connection The Oak Hill/Herndon Connection	<b>Zone 4:</b> Centre View North Centre View South
<b>Zone 2:</b> The Springfield Connection The Burke Connection The Fairfax Connection The Fairfax Station/Clifton/Lorton Connection	<b>Zone 5:</b> The Potomac Almanac
<b>Zone 3:</b> The Alexandria Gazette Packet The Mount Vernon Gazette	<b>Zone 6:</b> The Arlington Connection The Vienna/Oakton Connection The McLean Connection The Great Falls Connection

# EMPLOYMENT

## BUSINESS OPP

### TELEPHONE A great opportunity to WORK AT HOME!

NATIONAL CHILDRENS CENTER  
No sell! Salary + Bonus + Benefits!  
**301-333-1900**  
Weekdays 9-4

## BUSINESS OPP

### TELEPHONE A great opportunity to WORK AT HOME!

NATIONAL CHILDRENS CENTER  
No sell! Salary + Bonus + Benefits!  
**301-333-1900**  
Weekdays 9-4

### Auto/Equipment Mechanic

Seeking self-motivated, energetic individual to perform maintenance and repair of Estate vehicles and equipment. Minimum of 2 years combined experience in automobile mechanic and equipment maintenance trades. Excellent benefits package.

See website [www.MountVernon.org](http://www.MountVernon.org)  
<<http://www.MountVernon.org>>

For details. To Apply:  
HRMail@MountVernon.org  
<<mailto:HRMail@MountVernon.org>>  
or Fax: 703.780.8320. EOE

George Washington's  
**MOUNT VERNON**

### Medical Receptionist/ Optometric Assistant

needed for a friendly small optometric office in McLean, VA. Duties include general office tasks such as answering phones, greeting patients, making appointments, etc. in addition to assisting the doctors in patient care. Experience is helpful but we are happy to train the right individual. This full time position offers a competitive salary, vacation/sick pay, bonuses health insurance, and a pension plan.

Please email or fax your resume to our office. Email: [mcleanec2020@gmail.com](mailto:mcleanec2020@gmail.com)  
Fax: 703-893-4757

### Programmer Analyst (2 open'gs)

Analyze, evaluate & devise computer programs, systems & related procedures to process data. Code, test, debug, modify & install operating programs & procedures in coordination with computer operations & user depts using Java, T-SQL, JavaScript, HTML, PL/SQL, Visual Studio, .Net, & Eclipse. Perform duties using Windows 2008 Server, Windows 2008 Server R2, Oracle Application Server. Database development including creation of databases in SQL Server 2008. Develop & customize reports. Assist in modification or creation of computer programs & best practices to meet user needs. Provide end user training. Bachelor's degree or foreign equivalent degree in Comp. Science, Info. Tech. or Business Admin. w/conc. in Management Information Systems or a related field; 2 yrs exp. as Programmer, System Support Engineer or rel. job position which must include 2 yrs exp. w/ software application development using J2EE, T-SQL, PL/SQL, Web Services, C#, Struts, JavaScript & related tools & technologies; translating business requirements into technical requirements & must be Microsoft Certified Technology Specialist (MCTS) for Microsoft SQL Server 2008, Implementation & Maintenance. Employer will accept any suitable combination of education, training, or experience. Job in McLean, VA. Mail resume to Digital Intelligence Systems LLC, Attn: James Fields, HRD, 8270 Greensboro Drive, #1000, McLean VA 22102, must incl. ref. #12032013

## Piece of Mind



By KENNETH B. LOURIE

Today I was eating a Tootsie Roll, and while chewing it, felt something sharp against my gum. Knowing my candy, sharp I should not feel, so immediately I stopped chewing in hopes of locating the sensation; which I did. It turns out that I broke off the top half of a previously (years ago) installed dental crown. Fortunately, the crown was still in my mouth, so I was able to retrieve it. Upon closer examination of it and the now crown-less tooth, it appears that the crown and the tooth are completely intact (undamaged) and perhaps a simple re-cementing at the dentist's office awaits, a repair achieved much less expensively than replacing the entire crown. (I can hope, can't I? After all, I am a cancer patient; hope is what I do.)

As soon as I realized what had happened, I began to remember – and laugh. Approximately 4 months into my initial chemotherapy infusions nearly five years ago in the first quarter of 2009, I shared a dental concern with my oncologist. I had broken off the top half of a tooth and it needed a crown. Concerned that somehow the chemotherapy would affect the crown's cementing, I had waited until this point to ask my oncologist's permission to have the repair. I offered to him that since I had one more heavy-duty chemotherapy infusion scheduled (boy was I naive), could I schedule the dental-crown appointment with my dentist now? My oncologist looked up at me as I sat on the examining table and hesitated and then asked: "How long does a dental crown last?" I similarly hesitated and said: "I don't know. About 10 years, I guess." To which he replied, "Maybe you don't need a dental crown." Perplexed as to why he was advising me not to seek a medical/dental solution, I thought for a few seconds while I processed his answer: Why did he ask about how long the crown lasts and how come he's not encouraging me get the crown...Oh, I get it. He doesn't think I have 10 years. Then I laughed and said I understood. A few weeks later, against my oncologist's advice, I got the crown. And now five years later, the crown has fallen off. Not only did it not last 10 years, it barely lasted five years. Moreover, I lasted five years, three years longer than the back end of the "13 months to two years" prognosis I was given by this oncologist. Not that I necessarily wanted to prove him wrong and/or get my money's worth out of this crown, but the fact that I have outlived both my crown and my original terminal prognosis has brought me great joy. Not a sense of self-satisfaction per se, but more a sense of irony. Given the rather grim statistics attached to a stage IV lung cancer diagnosis, the relative significance of a dental crown repair is practically zero. Still, it feels good. (Moreover, my philosophy was and is: given the extreme negative that a terminal cancer diagnosis/prognosis imposes, anything the patient, in this case me, can do to act/live normally, the better/more optimistic I'll feel to counter the weight of a cancer diagnosis. Giving in to it is not an option.)

So I'll be calling my dentist this week to schedule a consult/fix. However, considering the fact that February 27, 2014 will be my five-year survival anniversary, an accomplishment that few – less than 5 percent – of stage IV, non-small cell lung cancer patients ever realize, it will give me pause once again as to whether the repair is truly necessary. Now whether it turns out to be a waste of time, energy and money, as my oncologist originally presumed it might be, the repair is necessary for one main reason: peace of mind. It's my life and I want to live it. The heck with the diagnosis/prognosis.

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

## WELLBEING

# Experts Argue for A Good Night's Sleep

FROM PAGE 13

tice I see children with attention problems, behavior problems, irritability, who aren't getting enough sleep," he said. "I've had children fall asleep in class because of sleep deprivation."

Experts say that while older children also need a good night's sleep, the demands of school and extracurricular activities can make getting needed rest more challenging. "Failing to get adequate rest can be an extreme stress on one's body and mind, resulting in a frantic attempt to complete academic tasks in an active rather than contemplative manner," said Michael S. Moynihan, head of the Upper School, The Heights School in Potomac.

Cogan stressed that teenagers actually need a similar amount of sleep as newborns, "generally 12-14 hours of sleep at night because they are growing so fast, and their brains are growing so fast. Your brain works better and functions better when you have a regular sleep schedule."

For long-term success, experts like Pfeffer and Moynihan underscore the importance of a regular bedtime routine. It should "follow a short time of quiet reading, along with exercise," said Moynihan.

**ESTABLISHING A REGULAR BEDTIME** can be challenging, but not impossible. Child development experts say that a structured bedtime routine should include a few key components. "Build it into their daily routine and give them a lot of advanced warning," said Guly. "If I you just pluck up a kid from the middle of an activity and just say 'Go to bed,' that is upsetting to a child and it is not fair. They need an opportunity to make the transition psychologically. If they're playing a game and they get a bedtime warning, they can say 'Ok, I need to finish this game before bed.'"

When it comes to bedtime, it is important that children know what to expect, she

said. "You have to make it consistent every night, even on Christmas. Give them a chance to decide how they want to spend their last half hour so they can prepare psychologically."

Pfeffer said, "It is important to establish a comfortable environment for very young children. If they start as toddlers with an established routine, they are comforted as they get older by reading a book and playing soft music in a room that is not filled with light. Bedtime should be very soothing. They take a bath, brush their teeth and put on their pajamas. A high-energy child will need more lead time to slow their motor down."

Len Annetta, Ph.D., a professor in the College of Education and Human Development at George Mason University, said, "High energy kids need to blow off steam and tire their muscles. Routine and consistency are critical. It's not easy, but you have to shut them down at the same time every night and wake them at the same time every morning. It's not a debate. The parent is in charge and has to stand firm on the rules. Rewarding the child for getting to bed and staying in bed...helps the child know you appreciate their effort and are proud of their accomplishment."

Kensington-based psychotherapist Karen Prince cautions, "Screen time makes it harder to fall asleep. Start the bedtime routine a minimum of an hour before the actual bedtime. It shouldn't include television, video games or screen time of any sort."

While a regimented bedtime may sound draconian, it can actually be comforting. "Children thrive on structure and expectation," said Guly. "For many young children, this can be a time of uncertainty, insecurity and separation anxiety. Establishing a structured bedtime routine brings comfort to the child. If you have a structured routine and strict bedtimes, it makes it easier for a child to get to sleep and rest better throughout the night."



PHOTO BY LAURA INGOLDSBY

## Special Olympians Celebrate Superbowl

Tom and Pat Ingoldsby of McLean held their traditional Syperbowl party for their son, Tommy, and his teammates from the Special Olympics basketball team (the Wolverines). Each year, they meet at the Ingoldsby house to cheer on their favorite team in the Superbowl.



# JAN & DAN DIANNE

www.GreatFallsGreatHomes.com



Great Falls \$3,148,880



Great Falls \$2,495,000



Great Falls \$4,499,999



Great Falls \$2,495,000



Great Falls \$2,995,000



Great Falls \$5,995,000



Great Falls \$2,099,000



Great Falls \$2,495,000



Great Falls \$725,000



Great Falls \$1,799,000



McLean \$2,199,000



Herndon \$950,000



Great Falls \$895,000



Great Falls \$13,500,000



Reston \$249,900



Susan Canis



Helen Chung Vasiliadis

Jan & Dan Laytham  
Dianne Van Volkenburg  
703-757-3222 Office

EXCLUSIVE AFFILIATE OF  
**CHRISTIE'S**  
INTERNATIONAL REAL ESTATE

LONG & FOSTER REAL ESTATE  
**EXTRAORDINARY**  
PROPERTIES

**LUXURY**  
PORTFOLIO  
INTERNATIONAL

#1 Seller of Luxury Homes

