

'Elska' Comes to Alden Theatre

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Shelly Woller in colorful costume for a production of "Elska" at the Alden Theatre in McLean.

How to Fix I-66?

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PHOTO BY RYAN DUNN/THE CONNECTION



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.



The McLean Community Center
1234 Ingleside Ave., McLean VA 22101
703-790-0123/TTY: 711
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.



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."

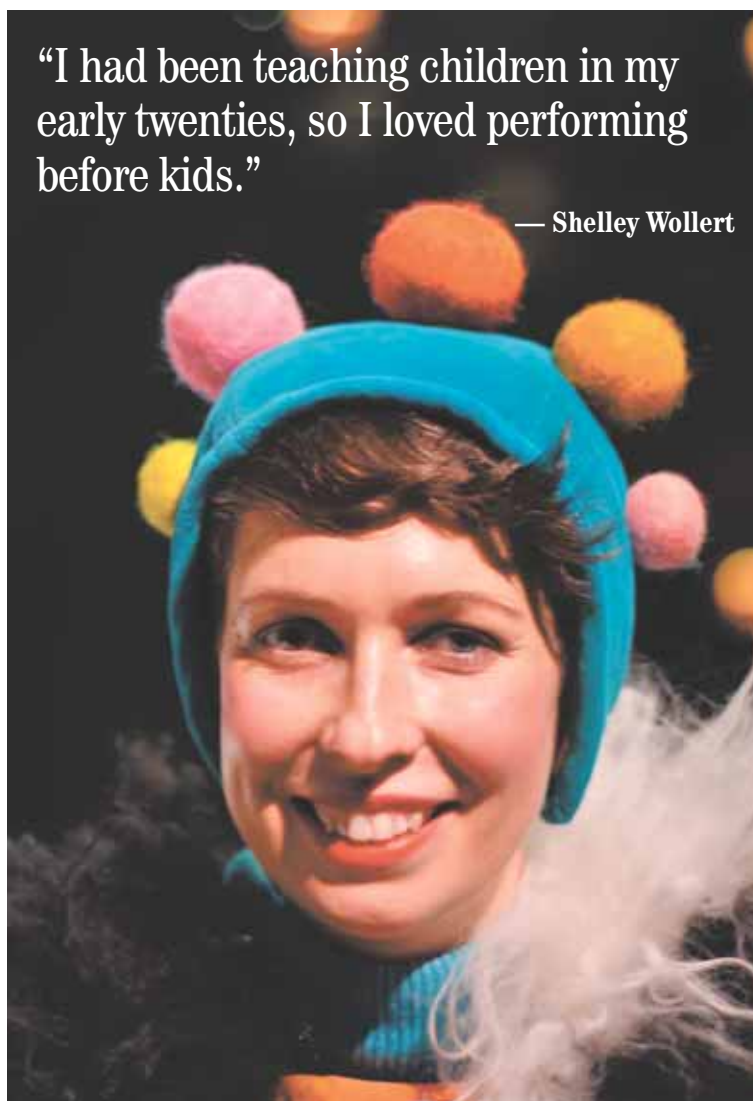
In the interim, said Parnes, "I can support BRT or managed lanes, but I can't envision them ripping up the managed lanes and putting Metrorail in their place. They'd have to be complementary. I'm looking forward to VDOT's solution – it's been a long time coming."

FOR MORE INFORMATION on the I-66 improvement project, go to www.helpfix66.com and click on "I-66 Corridor Improvements."

Shelly Wollert's production "Elska" utilizes music, storytelling, and theatre. Photo taken at McLean Community Center's Alden Theatre.



PHOTOS BY RYAN DUNN/THE CONNECTION



"I had been teaching children in my early twenties, so I loved performing before kids."

— Shelley Wollert

McLean's Alden Theatre Hosts 'Elska'

"Elska" makes a debut in Virginia.

BY RYAN DUNN
THE CONNECTION

"I am Elska, and not too long ago, I discovered a newly formed iceberg." This was the opening line of performer Shelley Wollert in her production of "Elska" which was presented at the Alden Theatre at McLean Community Center.

Awarded a Silver Medal by Parents' Choice and a 2012 NAPPA Honor (National Parenting Publication Awards) for the album "Middle of Nowhere," Wollert's production was inspired by trips taken with her life partner Allen Farmelo to Iceland. "We just thought it [the Arctic] was the perfect spot to place a fictional world for children," said Wollert.

Daniel Manchester and wife and children drove in from Arlington to see the "Elska" production. "We knew the music and saw the videos on YouTube so seeing the play at the Alden was a no-brainer," said Manchester. "I thought it was clever to combine both the storytelling and the music," said Mary Manchester.

"We came back from Iceland in December," said Wollert. "We have been to Iceland six times over the past three years." The production includes music, storytelling, and visual illustrations. "I see this as the best way to combine all my talents," said Wollert. "The sound is so unique as we have a lot of electronic elements... We use electronic synthesizers and pair that with handbells."

"Elska" launched in 2012, and Wollert and Farmelo

are making a new music album that will be released later this year. "I had been teaching children in my early twenties, so I loved performing before kids," said Wollert. Wollert had previously explored performing alternative country music before a visit to Iceland led her to pursue children's music for the "Elska" project.

"My course of creative life changed completely by my visits to Iceland. We were completely inspired by the landscapes and the people," said Wollert.

Wollert was impressed by the reception at McLean Community Center's Alden Theatre. "This theatre, staff and crew are so professional. The audience are so welcoming and it made me feel right at home."

After the production was completed, Wollert went outside to the theatre lobby to greet and speak with members of the audience. The family audience of parents and young children was enchanted by Wollert's confident-yet-tender voice as she sang songs including "Arctic Fox" and "Midnight Sun in the Arctic." The production was poetry in motion, and had a charming feel reminiscent of "Mister Rogers Neighborhood" or "Sesame Street." While the theme was Icelandic, the production included some sweet absurdities including a story and song of a land of lost socks.

Assisting with percussion instruments was Brooklyn based classical composer and performer Lucas Segall. Robert Ames Alden, McLean community leader and former Washington Post editor, attended the production along with his wife. "It was a delightful show," said Alden.

To learn more about Alden Theatre and upcoming productions, visit www.aldentheatre.org.

Brooklyn based artist Shelley Wollert performed at McLean's Alden Theatre this February.



Musician and performer Shelley Wollert poses for a photo with a young patron at the McLean Community Center after a production of "Elska."

Robert Alden outside the Alden Theatre at McLean Community Center.





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.

MPA Welcomes Development Director, Board Members

McLean Project for the Arts welcomes Krista Vita as its new Development Director. Vita has worked in non-profit development for more than 10 years. She is a member of the Nonprofit Roundtable of Greater Washington and manages a volunteer writing workshop for high school seniors.

MPA also elected four new board members: Debbie Jardot, a long-time McLean resident, formerly MPA development director and manager for government relations for the Walt Disney Company; Derrick Swaak, supervising broker for the McLean office of TTR Sotheby's and is involved in McLean community affairs; George D. Swygert, Jr., currently a regional executive in local distribution for Capital One Bank and also serves on the board of the Phillips Collection; and, Brittany Yam, formerly director at Project 4 Gallery and administrative coordinator for Arlington

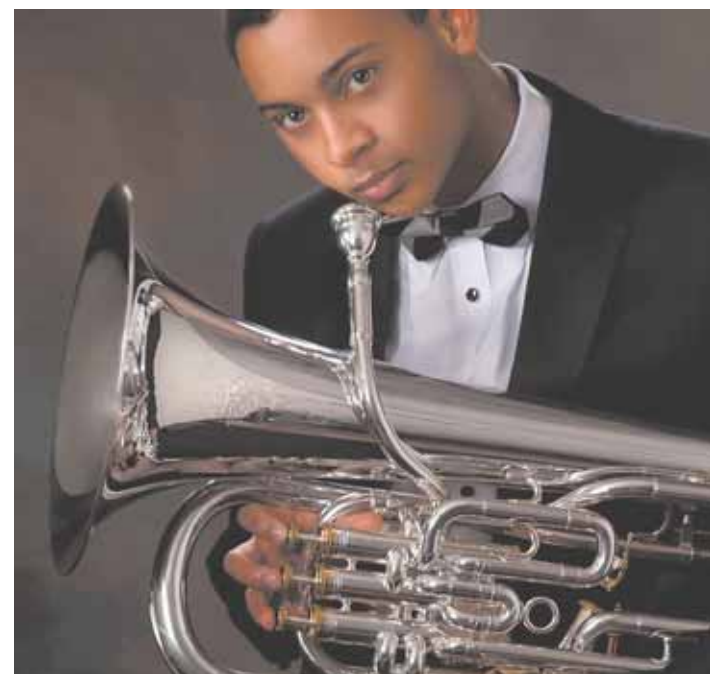


Krista Vita, development director for McLean Project for the Arts

ton Arts Center.

McLean Project for the Arts is a non-profit visual arts center founded in 1962 to exhibit the work of emerging and established regional artists. In addition to its program of professionally-curated art exhibitions, MPA offers art classes for children and adults taught by professional art instructors. MPA also presents the Art Reach program for area schools, gallery talks, and day trips to area museums and galleries. MPA is a partner with the Virginia Museum of Fine Arts and Fairfax County Public Schools.

McLean Project for the Arts is located at 1234 Ingleside Avenue, McLean VA. Emerson Gallery hours are Tuesday-Friday, 10 a.m.-4 p.m.; Saturday, 11 a.m.-5 p.m. Atrium and Ramp Galleries are open Monday-Thursday, 9 a.m.-11 p.m.; Friday-Saturday, 9 a.m.-midnight; Sunday, noon-6 p.m. Visit www.mpaart.org or call 703-790-1953.



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.

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

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.

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

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.

WEEK IN MCLEAN

Police Seize Guns, Drugs; Arrest Five

Following an ongoing investigation over the past few months, officers and detectives arrested five men and seized an undisclosed amount of marijuana, crack cocaine, and three guns in the Dunn Loring area.

Based on a tip, officers responded to a home in the 2100 block of Haney Lane and conducted a search warrant at around 11:30 p.m., Thursday, Jan. 30. Police had responded to the home on numerous occasions

for multiple complaints regarding issues such as traffic and assaults over previous years.

Arrests and charges include: Richard Pearson, Jr. 45, possession of firearm by a convicted felon, possession with intent to distribute marijuana, Edward Pearson, 63, possession of crack cocaine, possession of firearm by a convicted felon, and possession of firearm while in possession of a schedule I or II narcotic, Kenneth Fairfax, 73, possession of firearm by a convicted felon and possession of ammunition by a convicted

SEE WEEK, PAGE 11

A woman who has never seen her husband fishing doesn't know what a patient man she married!

SHILLELAGHS
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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.

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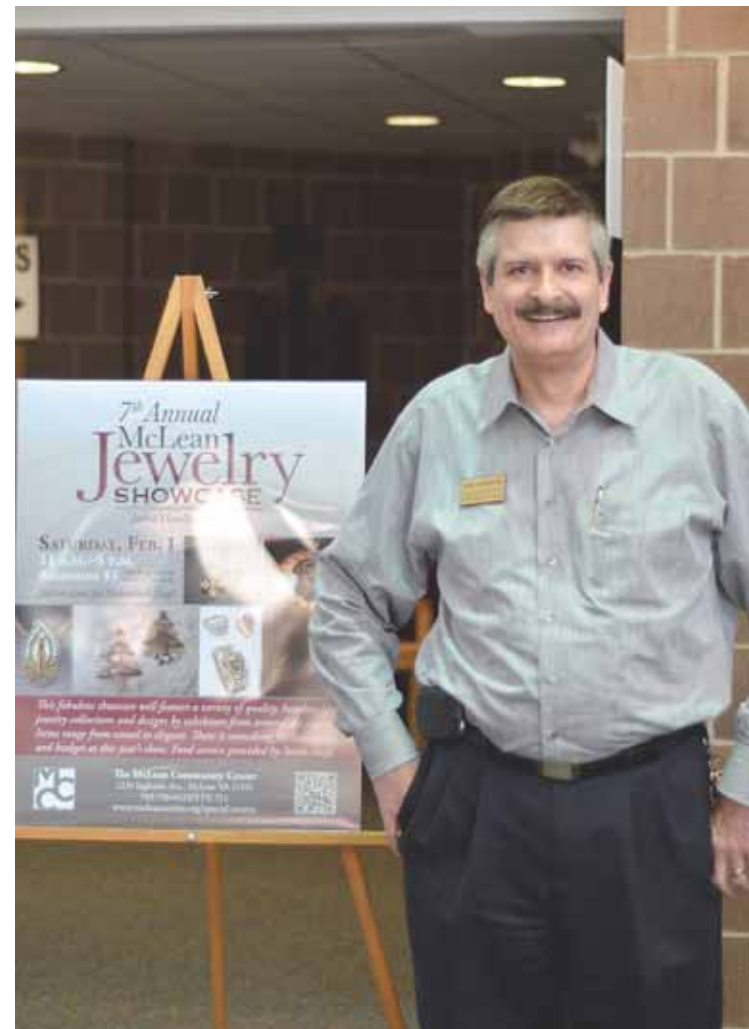
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FLEX DOLLARS
Before They Expire



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



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.

Handcrafted Jewelry Returns To McLean

By RYAN DUNN
THE CONNECTION

McLean Community Center hosts jewelry showcase.

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 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," 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.

PHOTOS BY RYAN DUNN/
THE CONNECTION

CALENDAR

Send announcements to vienna@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.

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 or 866-811-4111.

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 percussionist Gregory Hutchinson. Tickets \$42-\$45. 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 or 866-811-4111.

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Great Falls United Methodist Church Sermon Series: Upside 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.

THURSDAY/FEB. 13

Code 20: Proceed to Improv. 7-9 p.m. Old Firehouse Teen Center, 1440

Chain Bridge Road, McLean. A free, coffeehouse-style night of improv and open mic 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.

FRIDAY/FEB. 14

Chaise Lounge: A Valentine's Day Celebration. 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. D.C.-based Chaise Lounge is known for its smooth '60s-inspired big-band jazz. Tickets: \$25. www.wolftrap.org/

FRIDAY/FEB. 14-SATURDAY/FEB. 15

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 or 866-811-4111.

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VALENTINE'S DAY

What to Do This Valentine's Day

Romantic events happening in the Fairfax County area.

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



PHOTO BY DONNA BILLINGSLEY

Spend your Saturday listening to romantic tunes by Pianist Peter Nero at George Mason University's Center for the Arts.

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://www.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. Work-

SEE VALENTINE'S, PAGE 11



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VALENTINE'S

FROM PAGE 10

house 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. Entyse, 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

WEEK IN MCLEAN

FROM PAGE 7

felon, Tracy Pearson, 44, possession of firearm by a convicted felon and possession of ammo by a convicted felon, and Todd Coates, 43, on outstanding warrants.

This investigation was conducted by the Organized Crime and Narcotics Unit with assistance from Patrol officers, Gang Unit, Animal Control, SWAT, Neighborhood Patrol Unit, and the Department of Code Compliance.

The investigation is ongoing and additional charges are pending.

If anyone has additional information, call Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text "TIP187" plus a message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

MPA Offers Two Interior Design Workshops

Registration is open for McLean Project for the Arts' interior design one-day workshops. Coordinating a Color Palette for Your Home will be held on Friday, Feb. 7, 9:30 a.m. - 1:30 p.m. and Designing Rooms for Children will be held on Friday, March 7, 9:30 a.m. - 1:30 p.m. Both workshops will be in MPA's DuVal Studio at the McLean Community Center. The instructor is Jessica Granda Bonness. She holds a master's degree in interior design from the Corcoran College of Art + Design, where she is an adjunct faculty member.

For more information and registration, visit www.mcleancenter.org.

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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

After 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

When 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

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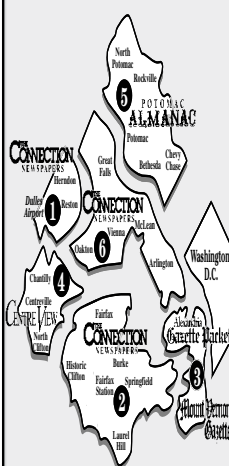
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Piece of Mind



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 Gulyen. "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 Gulyen. "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.

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