‘Elska’ Comes to Alden Theatre

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How to Fix I-66?

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Langley High Wins Theatre Festival

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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.

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,
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.

The McLean Community Center
1234 Ingleside Ave., McLean VA 22101
703-790-0123/TTY: 711
www.mcleancenter.org
How to Fix I-66?

By Bonnie Hobbs
The McLean Connection

I t’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 suggested 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 Herrity (R-Springfield) and Sully District Transportation Commissioner Jeff Parnes.

“Since 2008, I’ve advocated for an express-lanes-type project,” said Herrity. “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 will also improve many other roads in Fairfax County that drivers are using instead to avoid the I-66 traffic. For example, said Herrity, “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, Herrity said express lanes provide “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 Corridor.”

He suggested that express lanes could be implemented via a public-private partnership. “It’s a good way to finance the project,” said Herrity. “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, “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 rippling 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 Improvement.”
“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 “Artic 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.

MacLean’s Alden Theatre Hosts ‘Elska’

“Elska” makes a debut in Virginia.
McLean resident Joe Broom, a junior at Thomas Jefferson High School for Science and Technology, has won the U.S. Air Force Band's Scientist 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.
OPINION

Few Thoughts on General Assembly Action

Yes, allow homeschoolers access to programs in public school.

I t’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. 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 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.

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


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 about 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.

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 felon.

See Week, Page 11
**Calendrier**

**Mardi 5 février**

**Vendredi 7 février**
- **Dîner-musique** : "Love Story". 7:30 p.m. The Barns at Wolf Trap, 1635 Trap Rd., Vienna. www.wolftrap.org. 703-255-1900. 

**Samedi 8 février**
- **Jazz Vocal** : la Blue Note Jazz series at The Barns at Wolf Trap, 1635 Trap Rd., Vienna. 7 p.m. The Barns at Wolf Trap, 1635 Trap Rd., Vienna. www.wolftrap.org. 703-255-1900.

**Lundi 10 février**
- **Cours de chant** : "La Cage aux Folles". 7:30 p.m. The Barns at Wolf Trap, 1635 Trap Rd., Vienna. www.wolftrap.org. 703-255-1900.

**Mercredi 12 février**
- **Cours de chant** : "La Cage aux Folles". 7:30 p.m. The Barns at Wolf Trap, 1635 Trap Rd., Vienna. www.wolftrap.org. 703-255-1900.

**Jeudi 13 février**
- **Cours de chant** : "La Cage aux Folles". 7:30 p.m. The Barns at Wolf Trap, 1635 Trap Rd., Vienna. www.wolftrap.org. 703-255-1900.

**Vendredi 14 février**
- **Cours de chant** : "La Cage aux Folles". 7:30 p.m. The Barns at Wolf Trap, 1635 Trap Rd., Vienna. www.wolftrap.org. 703-255-1900.

**Samedi 15 février**
- **Cours de chant** : "La Cage aux Folles". 7:30 p.m. The Barns at Wolf Trap, 1635 Trap Rd., Vienna. www.wolftrap.org. 703-255-1900.
What to Do This Valentine’s Day

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

❖ FRIDAY/FEB. 14
Valentine’s Day Chocolate Buffet
6-10 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.

Valentine’s Day Latin Style
La Sandia Mexican Kitchen, 78521 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 Empenadas, Chile Relleno, 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. 703-930-9463.

“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.

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. 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. 703-930-9463.

Watch for Details
❖ February 5-11, 2014 www.ConnectionNewspapers.com

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.
Valentine’s Day Chocolate Buffet

From Page 10

We offer a variety of chocolate options for your enjoyment! All chocolate made fresh in-house. Enjoy our delicious assortment of artisanal chocolates, truffles, and candy bars. Visit our new website: www.cravensnursery.com

Week in McLean

From Page 7

Valentine’s Day

from the Corcoran College of Art + Design, where she is an adjunct faculty member.

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.

Workshops will be held on Friday, February 7, from 9:30 a.m. to 1:30 p.m. and Designing Rooms for the Modern Home will be held on Friday, February 28, from 9:30 a.m. to 1:30 p.m. Both workshops will be held at 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.

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 the Modern Home will be held on Friday, March 7, 9:30 a.m. - 1:30 p.m. Both workshops will be at 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.
McLean, W-L Gymnastics Teams Qualify for Regionals

By JON ROETMAN

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 to states.

“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 year.”

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 on bars (6.675).

“A lot of routines. Everyone stuck their beam routine. They did really great. The team spirit was there. They had each other’s backs,” D’Emidio said.

W-L’s team score was a season best. They broke the 140 mark. They’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).

“T’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-L’s 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 Zilicky, a junior, placed seventh on vault (9.125) and freshman Olivia Zavrel tied for eighth on beam (9.075).

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

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 (8.53), tied for 17th on vault (8.45) and took 23th 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 recent 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 practice...”

See Experts, Page 15

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

Tickets:
$175 Per Couple
$75 Per Person

Live and Silent Auction Prizes Include:
• Weekend Get-a-way
• Dinners at Award-Winning Restaurants
• Hotel, Dinner and Limo Packages
• Pro-Sporting Event Tickets
• For More Information Visit our Website www.bgcgw.org/fairfaxcasino

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

GAYLORD NATIONAL RESORT
NATIONAL HARBOR, MD

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

Get cozy with your sweetheart any time of the year with our Remember Romance Package.
**Experts Argue For a Good Night’s Sleep**

From Page 13

**FUNCTIONAL AVOIDANCE**

Today I was eating a Tootsie Roll, and while chewing it, I felt something sharp against my gum. Knowing my candy, sharp I should be able to 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 wasn’t able to retrieve it. Upon visualization 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 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 had a dental concern with my oncologist. I had broken off the top half of a tooth and it needed a crown. Concerned that something might go wrong with the chemotherapy, I sought the help of a former dentist’s cement, I waited until now to ask my oncologist’s permission to have the repair. I offered to him that since I had more than my fair share of chemotherapy induced side effects, I had not only lost my hair, I also had undergone a chemotherapy-induced weight loss. 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 to 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, again, 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 lost five years, three years longer than the back end of the “13 months to two years” prognosis I was given by the 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 achieve 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. However, considering the fact that February 27, 2014 will mark 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 it to last. The heck with the diagnosis/prognosis.

Kerry Israuen is an Advertising Representative for The Potomac Alliance & The Connection Newspapers.

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**SPECIAL OLYMPIANS CELEBRATE SUPERBOWL**

Tom and Pat Ingoldsby of McLean held their traditional Superbowl 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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