

Freezin' for a Reason at Lake Anne

NEWS, PAGE 4

Juliana Toth, Caroline Miller and Casey Schlenkey team up to participate in the 7th Annual Freezin' for a Reason Virginia Polar Dip at Lake Anne in Reston on Saturday. The annual event is held as a local fundraiser for Camp Sunshine, a camp for children with life-threatening illnesses and their families. Over 260 people participated in the event helping to raise over \$87,000 of the \$100,000 ultimate goal.

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Wins Conference
Titles

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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 Herrity (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 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'll 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

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.

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."

NEWS

Freezin' for a Reason at Lake Anne

More than 260 people participated in the Polar Dip on Saturday.

PHOTOS BY ROBBIE HAMMER/THE CONNECTION

Team Mathias had several groups of participants taking part in the 7th Annual Freezin' for a Reason Virginia Polar Dip and raised over \$10,000 for Camp Sunshine.



Those not brave enough to fully jump into the frozen waters of Lake Anne participated as "Chicken Dippers" by sticking their feet into the water instead for the 7th Annual Freezin' for a Reason Virginia Polar Dip. Over 260 people participated in the annual event raising over \$87,00 for Camp Sunshine.



Team Justice League participates in the 7th Annual Freezin' for a Reason Virginia Polar Dip at Lake Anne in Reston.



Team Viking members, Duff and Polly Means, jump into the frigid waters of Lake Anne to help raise funds for Camp Sunshine along with another 260 participants. Team Viking raised \$1500.



Dressed as Dr. Seuss characters; Stacy Wade as Thing 1, Kate Lewis as the Cat in the Hat and Vanessa Flory as Thing 2 jump in the frozen water of Lake Ann in Reston for the 7th Annual Freezin' for a Reason Virginia Polar Dip. Flory convinced her friends to participate in the event this year, with 2014 being her fourth time to participate.



After jumping into the freezing water of Lake Anne, Juliana Toth of Vienna, scrambles to grab a towel and run inside to get warm. The temperature of the water was around 33-degrees during the annual fundraiser.

OBITUARY

Lewis West Marshall, of Reston, Dies

Lewis West Marshall, Sr. M.D., F.A.C.P. passed away on Jan. 23. Marshall resided in Reston for many years and raised his family in the community. Among many community activities, he was an active participant in the Blacks Arts Festival of Reston. Marshall had a long and influential medical practice in Washington D.C., practicing at Providence Hospital. He is survived by his wife, Paula S.F. Marshall, children Lewis West Marshall Jr., M.D., Peter Marshall, Sherri Marshall and John Marshall; his brother Mortimer M. Marshall Jr. and sister-in-law Betty Marshall, seven grandchildren, two great-grandchildren and a host of extended family and friends. Funeral Services were held on Friday, Jan. 31 at St. Paul's Episcopal Church, Rock Creek Church Road and Webster Street, N.W., Washington, D.C. 20011. Donations can be made to the Medicine for Peace organization.

BULLETIN BOARD

To have community events listed in the Connection, send to reston@connectionnewspapers.com by the Friday prior to the following week's paper.

FRIDAY/FEB. 7

Syrian Crisis Discussion. 7 p.m. United Christian Parish, 11508 North Shore Drive, Reston. Rev. Dr. Mary Mikhael, former president of the Near East School of Theology in Beirut, will discuss the crisis in Syria and the current situation of Syrian refugees. Free and open to all. www.unitedchristianparish.org.

THURSDAY/FEB. 13

Public Forum on Economic Equality. 7:30 p.m. United Christian Parish, 11508 North Shore Drive, Reston. A public forum on the growing problem of economic inequality in the United States - and the ethics and feasibility of proposed solutions. www.unitedchristianparish.org.

THURSDAY/FEB. 20

Women's Club of Greater Reston Meeting. 10 a.m. Lake Anne Community Center, 1609-A Washington Plaza, Reston. This meeting will be about shade gardening, container gardening and deer resistant plants. Free. www.restonnewcomers.org.

ONGOING

Arabic-speaking Older Adult Social Visits. Fairfax County needs volunteers who speak Arabic to provide social visits to an elderly person in Reston for four hours per month. 703-324-5406, TTY 703-449-1186, VolunteerSolutions@fairfaxcounty.gov or www.fairfaxcounty.gov/dfs/olderadultservices.

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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

(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.

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

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/.

Closing the Income Gap Jim Moran—Straight Talking Progressive

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)

COMMENTARY

Between 2007 and 2012, the median wages of Virginia's highest income earners rose by eight percent while the lowest income families' wages shrank by 10 percent, according to an analysis by the Commonwealth Institute for Fiscal Analysis. The gap between the haves and the have-nots continues to widen in Virginia as it has throughout the nation. A growing underclass of unemployed, underemployed and under-paid creates a challenge for the state and the nation. Too many people are faced with the monthly decision of paying for the rent, utilities, food, prescriptions and school supplies without enough money to cover them all. Public and private relief organizations are strained to keep their food pantries and clothing closets stocked to meet the increased demand.

A sluggish recovery from the Great Recession has contributed to the problem. Many jobs that were lost have not come back. For those in the lowest wage jobs, income

has been stagnant. Since 1982 to the present, those in the lowest income brackets have seen wage growth of three percent on average although the growth in the last few years has been less. By contrast those in the upper ten percent of wage earners have seen wage growth of 51 percent. There are actions that the state government can take to enable low income workers to become more active contributors to the state's economy.

I have introduced a bill to raise the state's current minimum wage of \$7.25 to \$8.25 this year and to \$9.25 the next. Such an increase would help over 123,000 working Virginians buy their groceries, pay for their car's gas, and meet basic necessities. I am disappointed but not surprised that it is opposed by the state Chamber of Commerce and by the fast food industries. While a raise of the minimum wage will add to the cost of business, it will at the same time produce consumers who will spend that money

SEE PLUM, PAGE 7

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

INDEPENDENT PROGRESSIVE

Congressman Jim Moran (D-8) announced last week that he will not seek re-election in 2014. He is retiring after 22 years on the Hill. He is the senior Virginia Democrat on the Hill, and is one of only two solid progressives from Virginia. The other is Rep. Bobby Scott.

Congressman Moran comes from good Irish-American Massachusetts stock. His dad, Jim senior, played professional football with the old Boston Redskins after starring at Holy Cross. Congressman Moran also attended Holy Cross where he had a football scholarship. He then earned his Masters' Degree in Public Administration from the University of Pittsburgh. After working as a stock broker, a budget specialist at the Department of Health, Education and Welfare and the Library of Congress, and a staffer with the Senate Appropriations Committee, he was elected to the Alexandria City Council in 1979. He was elected

Mayor in 1985 and served until he resigned to run for Congress in 1990. Since upsetting a five-term incumbent that year, Jim Moran has won handily in 10 subsequent elections. In all that time, Jim Moran has been a champion of working people, the disadvantaged, and those in our society most in need of a champion. He speaks the truth to those in power when they most need to hear it, and he is willing to part with his party and the President based on his convictions and sense of what is right. That included voting for the impeachment investigation of President Clinton, one of the few Democrats to do so, because he thought the President had lost his moral compass. But, when it became clear that there was no injury to the country or its security resulting from Clinton's behavior, he voted against impeachment. When George W. Bush successfully stamped the Congress, in

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Lovaas

FROM PAGE 6

cluding most Democrats, to authorize the use of force against Iraq, Moran voted no. And, right here in Reston, he made remarks at an anti-war event suggesting that war might be avoided if the Jewish leaders stood down from their push for war. It was neither the first time nor the last time he would take on perhaps the most powerful lobby in Washington. Moran is one of few willing to criticize Israel for repeated violations of international law in occupied Palestinian lands. More recently, he was one of four from the Congress arrested for protesting at the Sudan Embassy for that government's alleged genocide of its non-Arab citizens. He takes on the U.S. military for base relocation decisions negatively impacting the lives of his constituents and stands up for labor unions and the shrinking rights of

working people across a range of issues. Minimum wage increase—yes, count him in. When other democrats, such as Senator Mark Warner, failed to support President Obama on key parts of his Affordable Care Act, Jim Moran was holding forums in places like Reston's South Lakes High School in support of the strongest bill possible.

An attribute often overlooked in this sometimes rough-edged leader is his exceptional intellect. He has a quick, analytical mind and deep understanding of complex issues in areas such as high tech and biological sciences. He was named High Technology Legislator of the Year and elected to the American Electronics Hall of Fame, for example.

We are losing a unique public servant, a good human being and one of today's most reliable progressive legislators. It is unlikely we'll find an equal to take his place. The force is diminished by his departure.

Plum

FROM PAGE 6

back into the economy. If the federal Congress follows the President's proposal to raise the minimum wage, Virginia under my bill could go to the federal level.

I have also introduced a bill to make a portion of the federal earned income tax credit refundable as it is in about 20 states. Currently the lowest paid of workers can receive a credit on their income tax based on the limits of their income. By refunding a part of the credit that cannot be applied

because of their limited tax liability there is additional money for working people to spend to support themselves with less reliance on social service programs. If refundable tax credits are available to those in the film, coal and agricultural industries, such a program should be available to help as many as 343,000 working Virginians. Unfortunately a subcommittee of the House Finance committee defeated my bill.

No one gains with the sharp division between the have and the have-nots in our society. Paradoxically, efforts to help those most in need will help all other parts of the economy as well.


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CALENDAR

Send announcements to reston@connectionnewspapers.com.
The deadline is the Friday prior to the following week's paper.
Photos/artwork encouraged.



View Dana Scheurer's "Midtown Mural Study" at the Colorful Times Four Exhibit opening on Feb. 5 at Jo Ann's Rose Gallery.



"Solace Outside My Window," by Gennara Moore, won first place in paintings for her evocative winter image at the League of Reston Artists' "Winter Dreams" exhibit, currently at the Parkridge 5 Building.

TUESDAY /FEB. 4- SUNDAY/MARCH 2
Something Blue. ArtSpace Herndon, 750 Center Street, Herndon. Fine textile art is showcased in Something Blue by the Northern Virginia Quilters. 703-956-6590 or www.artspaceherndon.org.

WEDNESDAY/FEB. 5- WEDNESDAY/FEB. 19
Art Explorers. 10:30-11:30 a.m., ArtSpace Herndon, 750 Center Street, Herndon. Three sessions allow for a more in-depth introduction to the key concepts and will provide some good homework suggestions to help start and develop a habit of sketching. \$200. 703-956-6590 or www.artspaceherndon.org.

WEDNESDAY/FEB. 5-SUNDAY/MARCH 2
Colorful Times Four. 9 a.m.-9 p.m. Monday – Sunday. Jo Ann Rose Gallery, 1609 Washington Plaza N, Reston. Four accomplished Reston artists – Ann Barbieri, Joan Kelly, Dana Scheurer and Connie Slack – present vibrant, dynamic works of art in their February exhibit, Colorful Times Four. 703-864-2588.

THURSDAY/ FEB. 6
"Divine Love" Opening Reception. 5:30-7:30 p.m. 12005 Sunrise Valley Dr., Reston. The League of Reston Artists (LRA) opens the new photography show, "Divine Love," at the Reston Center Two with a reception for the artist, Elizabeth Linares. The exhibit is free and open until Feb. 27, Monday-Friday, 8:30 a.m. – 4:00 p.m. www.leagueofrestonartists.org

FRIDAY/FEB. 7
First Fridays Art House Cinema and Brew. 7 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Watch Surviving Picasso. Advance reservations are required, made through our website, 21+, \$10 for the movie and two microbrews. www.artspaceherndon.org

SATURDAY/FEB. 8
Herndon High Hosts Improvathon. 4-8 p.m. Herndon High School Auditorium. Fairfax County high school improvisation teams will compete in this second annual improvisation competition. Spectators are welcome. Admission is a suggested donation of \$5. Proceeds benefit the Chuck Stanley Memorial Scholarship Fund.

Annual Day of Percussion. 8:30 a.m. – 5:30 p.m. South Lakes High School, 11400 South Lakes Drive, Reston. Grammy Award winning drummer, producer and bandleader

Joe McCarthy will headline this year's annual Day of Percussion sponsored by the Virginia/DC Chapter of the Percussive Arts Society. buy. Registration for the Day of Percussion is \$10 for PAS members, and \$15 for non-members. <http://community.pas.org/VirginiaDistrictofColumbia/home>
Be Our Valentine. Reston Regional Library, 11925 Bowman Towne Dr., Reston. Cody & Bj's lively, interactive Valentine music show. Join the band, dance along or just listen to the music. Call to register: 703-397-0417.

SUNDAY/FEB. 9
Colorful Times Four Reception. 2-4 p.m. . Jo Ann Rose Gallery, 1609 Washington Plaza N, Reston. Four accomplished Reston artists – Ann Barbieri, Joan Kelly, Dana Scheurer and Connie Slack – present vibrant, dynamic works of art in their February exhibit, Colorful Times Four. 703-864-2588.
Book Look. 2-3 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Join ArtSpace Herndon for this month's children's book selection Maybe I'll Sleep in the Bathtub Tonight By Guest Author Debbie Levy. The reading is free and open to the public, but seating is limited so reservations are strongly recommended. www.artspaceherndon.org

MONDAY/FEB. 10- THURSDAY/FEB. 27
Celeste Friesen Nikkel Painting Exhibit. Monday through Friday, 8:30 a.m.-4 p.m. Reston Center One, 12001 Sunrise Valley Dr., Reston. www.leagueofrestonartists.org

MONDAY/FEB. 10- FRIDAY/APRIL 11
Artists Honored at LRA's "Winter Dreams" Exhibit. Monday through Friday, 8:30 a.m.-4 p.m. Parkridge 5 Building, 10780 Parkridge Blvd., Reston. www.leagueofrestonartists.org

TUESDAY/FEB. 11
James A. Bland Music Scholarship Competition. 7:30 p.m. Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Solo musicians from local schools with a variety of voice, piano and instrumental talents compete to move up to the regional round of the competition (then to continue to district and state). Admission is free. www.restonlions.org

FRIDAY/FEB. 14
Parents' Night Out. 7-9:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Ages 5 to 12. Parents,

this Valentine's Day enjoy the evening out while your children have a fun-filled night at the nature center. Kids, play nature games and weather permitting, go on a night hike. Drop off begins at 6:45 p.m. Reservations required by Feb. 11. Fee: \$15 RA members, \$20 Non-members. naturecenter@reston.org, or call 703-476-9689 and press 5.

SUNDAY/FEB. 16
"Visions from the Piedmont" Opening Reception. 12:30 – 2 p.m. Reston Unitarian – Universalist Church, 1625 Wiehle Avenue, Reston. Piedmont' is a multi-seasonal perspective in landscape painting and photography highlighting Virginia's Shenandoah Valley and mountains, by artist Lawrence Behunek.

TUESDAY/FEB. 18
Third Tuesdays: Design and Wine. 7 p.m. In this two hour session, learn how to make a bowl, jewelry dish, or serving platter. Reservations are required, \$30 fee. www.artspaceherndon.org

THURSDAY/FEB. 20
Flying Squirrels in February. 10 a.m. OR 1:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Ages 3 to 5. Flying squirrels are rarely seen because they are nocturnal. Learn more about these fuzzy gliders, including what they eat, who eats them, and where they live. Make a flying squirrel craft that glides just like they do. Reservations required by Feb. 17. Fee: \$7/child RA members, \$9/child Non-members. Email naturecenter@reston.org, or call 703-476-9689 and press 5.

SUNDAY/FEB. 22
Skull Lab. 11 a.m. Walker Nature Center, 11450 Glade Drive, Reston. All ages. Join us in the "Skull Lab" to learn what teeth can tell us about an animal's diet. Discover how eye position reveals if an animal is predator or prey. Learn to use simple dichotomous keys with sample skulls to discover their identities. Reservations required by Feb. 19. Fee: \$5/person RA members, \$7/person Non-members. Email naturecenter@reston.org, or call 703-476-9689 and press 5.

Wizard of Oz Movie Move-a-Long. 6:30 p.m. Artspace Herndon, 750 Center Street, Herndon. An interactive screening of the Wizard of Oz. Young actors and dancers from local schools will perform with the movie. Tickets are \$7 for adults, \$5 for children. www.artspaceherndon.org or 703-956-6590.



PHOTO BY DONNA BILLINGSLEY

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

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. Entyze, 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 Empenadas, 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.

Parents' Night Out. 7-9:30 p.m. Walker Nature Center, 11450

Glade Drive, Reston. Ages 5 to 12. Parents, this Valentine's Day enjoy the evening out while your children have a fun-filled night at the nature center. Kids, play nature games and weather permitting, go on a night hike. Drop off begins at 6:45 p.m. Reservations required by Feb. 11. Fee: \$15 RA members, \$20 Non-members. naturecenter@reston.org, or call 703-476-9689 and press 5.

❖ **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.

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/>

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.

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SPORTS

Boys 4x400 meter relay (Marcus Harrell, Sam Arpee, Luis Rivas, John Fraunheim).



PHOTOS BY GABRIELLE LOZAMA

South Lakes Indoor Track Wins Conference Titles

Seahawks win both boys' and girls' championships.

A record-setting performance in the boys 4x800 meter relay and outstanding performances by its seniors led South Lakes High School to Liberty Conference Championships in both the boys and girls divisions Thursday, Jan. 31 at the Prince George's Sportsplex in Landover, Md.

SLHS boys scored 147 points for its sixth consecutive title. James Madison High School finished second with 80.

The girls team won its third consecutive by scoring 141.50 points. Washington and Lee High School was second with 101.

Seniors Michael Kerr, Daniel Johnsen, Michael Uhrig and Luis Rivas won the 4x800 meter relay in a record 8:10.71. The previous mark of 8:12.03 was set in 2007 by Thomas Jefferson High School.

South Lakes won all three relays in the boys division: Seniors Ben O'Connor, Marcus Harell Anthony Mayo and Khayri Denny won the 4x200 meter relay in 1:35.47. Harrell and Rivas teamed with juniors Sam Arpee and John Fraunheim in winning the 4x400 meter relay in 3:36.42.

In the girls' 4x400 meter relay, juniors Sydney Crutcher, Maya Rodriguez, Delaney Wickman and sophomore Golden Kumi-Darfour won the event in 4:11.70. Seniors Abby Reinhold, Grace Gillen, junior Claire Nieusma and Kumi-Darfour finished second in the

4x800 (9:50.38) and the team of senior Danielle Hale and juniors Ozioma Chinaka, Jordan Lozama and Comfort Reed ran a 1:48.12 for third in the 4x200.

Several Seahawks won or placed in the finals of individual events in leading SLHS to its championships. On the girls side:

❖ Delaney Wickman won the 300 meters (41.67) and 500 meters (1:19.55).

❖ Rodriguez ran a 9.21 in successfully defending her title as 55 meter hurdles champion.

❖ Hale won the long jump (16-08.50), triple jump (36-10.75) and finished fourth in the shot (31-03.50), fifth in the 55 meters (7.64), sixth in the high jump (4-08.00) and 10th in the 300 (44.07).

❖ Kumi-Darfour finished second in the 1,000 meters (3:09.67) and Reinhold was third (3:10.18).

❖ Gillen placed second in the 500 meters (1:20.74) and fourth in the 300 (43.05).

❖ Crutcher finished fifth in the 55 hurdles (9.74).

❖ Chinaka was second in pole vault (7-09.00) and fifth in the shot (28-07.50).

❖ Lozama placed sixth in both the shot (26-09.50) and the 55 meters (7.71) and 15th in the 300 meters (45.42).

❖ Claire Nieusma ran a 1:21.36 for third in the 500 and finished 11th in the 300 (44.29).

❖ Sophomore Monica Lannen

finished sixth in the 3,200 (11:52.73), ninth in the 1,600 (5:25.46) and 10th in the 1,000 meters (3:19.89).

❖ Freshman Devyn Jones finished seventh in the 500 meters (1:24.19), eighth in the 55 meter hurdles (10.40) and 13th in the 300 meters (44.61). Other freshmen who placed in the top 10 of their event: Nikayla Hoyte, seventh in the 300 (43.72), Abby Wickman, seventh in the pole vault (6-09.00) and Madeline Emmert, also in the pole vault (6-03.00).

❖ Senior Kristin Tran finished third in the long jump (16-06.50) and Reed was sixth (15-07.25). They reversed finishes in the triple jump with Reed finishing third (34-05.50) and Tran, sixth (32-06.00).

Denny contributed several points in the SLHS boys' winning effort by winning the long jump (20-08.25), triple jump (41-10.00) finishing second in the 55 meter (6.71) and third in the 300 (37.07).

Johnson led a clean sweep of the 500 meters in winning it with a 1:07.42. Kerr finished second (1:08.07) and Arpee was third (1:08.99). Johnsen also won the 300 meters (36.36).

Other top 10 finishes for the SLHS boys:

SEE SEAHAWKS, PAGE 11



Girls 4x400 meter relay (Golden Kumi-Darfour, Maya Rodriguez, Sydney Crutcher, Delany Wickman).

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SPORTS

Seahawks Win Conference Titles

FROM PAGE 10

❖ Rivas, second, 1,000 meters (2:43.25)
 ❖ Mayo, second, long jump (20-04.50)
 ❖ Kerr, sixth, 1,000 meters (2:45.79)
 ❖ O'Connor, seventh, 55 meters (6.86)
 ❖ Uhrig, ninth, 1,600 meters (4:51.08)
 ❖ Arpee, eighth, 300 meters (38.29)
 ❖ Harrell, 10th, 300 meters (38.53)
 ❖ Senior Jon Mangal, seventh, shot (41-07.00)
 ❖ Juniors Nathan Stone, fourth, 55 meter hurdles (8.62); Kristian Gendron, fourth, pole vault (9-06.00); Khoa Nguyen, third, triple jump (39-07.50) and fifth, long jump (19-08.75); Andrew McCool, third, 3,200 meters (9:49.71) and eighth, 1,000 (2:46.63); Collin Weirick, 10th (2:49.17); Sean Miller, fifth, 3,200 (10:14.45) and Max Gillum, ninth, 55 hurdles

(9.09)

❖ Sophomore Alex Rudison, fourth, triple jump (38-10.00) and sixth, pole vault (9-06.00)
 ❖ Freshman Timiebi Ogbri, eighth, 55 meters (7.01)
 Additional SLHS participants in the championship meet include: sophomores Jacob Hutzler (11th, pole vault, 8-06.00). John LeBerre (11th, 1,600, 4:52.44; 17th, 1,000, 2:51.67), Jakob Weizman (16th, 3,200, 10:58.52); juniors Devin Nieuwsma (11th, 1,000, 3:24.72; 14th, 3,200, 12:54.59), Gabrielle Acosta (15th, 1,000, 3:26.82; 15th, 3,200, 12:55.50), Jeremiah Norman (12th, shot, 39-08.75), Erin Bidwell (14th, 1,600, 5:53.63), Sabrina Muldrow (17th, 500, 1:28.40), Molly McGrath (19th, 500, 1:30.35); seniors Alex Woodward (11th, shot, 40-01.75), Matt Mason (14th, 55 hurdles, 9.40).

SLHS will compete in the Regional Championship Wednesday, Feb. 12 at the Prince George's Sportsplex in Landover, Md.

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McLean, W-L Gymnastics Teams Qualify for Regionals

South Lakes senior Shuey wins conference beam championship.

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.

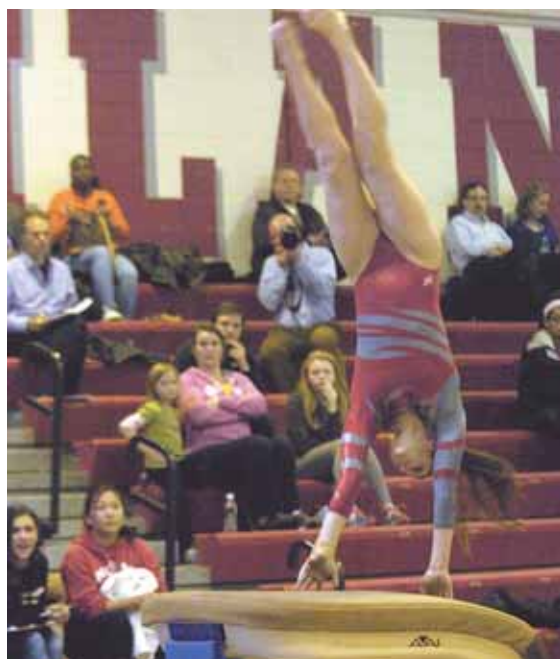
"We've never performed this well before," Brown-Kaiser said. "This was definitely our best. We didn't count a single fall for the entire competition. That's a huge deal. Definitely a confidence booster and we're all just so happy."

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



McLean junior Lizzy Brown-Kaiser placed second in the all-around competition during the Conference 6 gymnastics championship meet on Feb. 3 at McLean High School.



South Lakes senior Jasmine Shuey placed first on beam during the Conference 6 gymnastics championship meet on Feb. 3 at McLean High School.



The Madison gymnastics team placed eighth at the Conference 6 championship meet on Feb. 3 at McLean High School.

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 eight 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 (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-L's 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 regional 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-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 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).

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

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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6:30pm– 11:30pm
The Ritz-Carlton, Tysons Corner

<p>Tickets</p> <p>\$95 Per person \$175 Per Couple Special Overnight Room Rate of \$119</p>	<p>Includes:</p> <ul style="list-style-type: none"> • Open Bar • Dinner Buffet • Casino • Dancing 	<p>Live and Silent Auction Prizes Include:</p> <ul style="list-style-type: none"> • Weekend Get-a-ways • Dinners at Award Winning Restaurants • Hotel, Dinner and Limo Packages • Pro-Sporting Event Tickets • For More Information Visit our Website www.bgcgw.org/fairfax/casino-night
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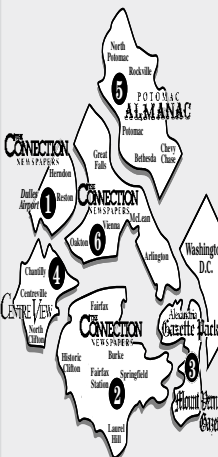
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Piece of Mind



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 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.

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