

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.

Freezin' for a Reason

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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.



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.



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."



PHOTOS BY DONNA MANZ/THE CONNECTION

Chef and Registered Dietician Emily Doerman puts the finishing touches on her plate of flavorful baked salmon and roasted asparagus.



These mini egg and vegetable frittatas are baked in muffin tins in the oven.

Healthful Meal Ideas for Seniors

Dietician creates meals that are nutrient-dense and easy to prepare.

BY DONNA MANZ
THE CONNECTION

Shirley Martin of Vienna has a pacemaker and is on warfarin, a blood thinner, and Vitamin K, found in dark leafy greens, can lessen the effectiveness of warfarin. Martin also has high cholesterol. “I have to be concerned about eating too many greens while I’m on warfarin or too many fats,” said Martin. “I also try to keep from gaining weight.”

For an aging individual, physiological or medical changes can have profound effects. Not surprisingly, change is part of the aging process. Not bad changes, necessarily, but changes none-the-less, from changes in sleeping habits to changes in health and changes in physiological and mental makeup.

Eating and diet habits affect the well-being of all age groups, but, for seniors, age-appropriate issues arise, as well. Hampered mobility or arthritis may influence food

preparation procedures. Diabetes or high blood pressure may impact ingredient inclusion. And, occasionally, cooking for “one” may take the joy out of eating. Foods may interact with drugs’ effectiveness. Sensory changes, such as loss of smell and taste, may hinder foods’ appeal.

“As we age, our sense of smell and sense of taste decrease,” said Culnaria Cooking School dietitian and chef Emily Doerman. “This can make food less enjoyable.

“As it is important to enjoy the food you eat, incorporate a variety of herbs and spices to increase flavor,” said Doerman. “Herb and spice blends are an easy way to add flavor to a dish, and enhance the enjoyment of eating.” Doerman flavors up dishes with lemon juice and balsamic vinegar, as well as with spices and herbs.

SOME SPICE BLENDS, such as Mrs. Dash, do not contain salt, while others are very heavy in sodium, Doerman said. “Be sure to check the ingredients label first. If you are not sure if you should limit your sodium intake, talk to your doctor or dietitian.”

Processed and prepared foods tend to be higher in sodium and/or fat than dishes made from scratch. Processed foods, such as cold cuts and frozen entrees, contain a high percentage of an adult’s recommended daily maximum.

Doerman believes freshly-prepared foods are healthier and can be prepared on a budget and with ease of preparation. Doerman recommends eating, and cooking with, fresh ingredients, making extra servings to freeze when pos-

sible.

She likes mess-free food preparation and cooking, as well, using parchment or foil for easy clean-up, and using as few pans and prep bowls as is feasible.

If chopping produce is a challenge or a nuisance, cooks can buy ingredients from a fresh produce department of a grocery store. When the budget is tight, buy fro-

“As we age, our sense of smell and sense of taste decrease ... This can make food less enjoyable. As it is important to enjoy the food you eat, incorporate a variety of herbs and spices to increase flavor.”

— Culnaria chef and dietician Emily Doerman

Healthful meals by Emily Doerman

Salmon and Asparagus - 2 servings. Preheat oven to 425°F. Trim asparagus and combine asparagus with 1 tbsp minced garlic, 2 tbsp lemon juice, 1 tsp olive oil, and a little salt and pepper. Roast 15 minutes, until tender. Combine 1/4 cup plain nonfat Greek yogurt, 1 tbsp horseradish, 1 tsp dried dill, a little salt and pepper. Spread over tops of two raw salmon filets. Line a baking dish with foil. Lay salmon filets on foil. Roast for 8 - 10 minutes. Let sit for 4 minutes before eating.

Stuffed peppers - 2 servings. Preheat oven to 400°F. Sauté chopped onions and ground meat (turkey, chicken, or lean beef) in a pan on the stove until meat is cooked. Combine cooked meat with 1/3 cup tomato puree, 1 tbsp Italian herb blend, veggies or grains or both. Stuff with peppers. Optional: stuffing may be with a little cheese.

Mini frittata “muffins” - 4 servings. Preheat oven to 375°F. Butter and flour 4 muffin cups in a muffin pan. Mix together 3 eggs and 1/4 cup milk. Mix until blended. Add 1/3 cup of chopped vegetables and/or chopped meat. For flavoring, add 2 tbsp salsa or 1 tbsp Italian seasoning blend. Pour mixture into the prepared muffin cups. Bake 16 - 18 minutes, until eggs are set. Eat on its own or on a toasted whole wheat English muffin.

zen vegetables, meat and seafood rather than fresh. If standing for long periods is tiring, try using the oven rather than standing over the stove’s cooktop to cook.

Doerman is a registered dietitian [R.D.] and chef in private practice and with Culnaria. She teaches a diversity of healthy-eating classes at Culnaria, from “healthful 30-minute dinners” to diabetic-friendly meals, and on to gluten-free dishes.

Gluten, notes Doerman, is only “bad for people with a gluten intolerance.”

After completing her dietetic internship at the University of Connecticut, Doerman’s interests took a turn to the culinary field and she decided to merge her dual passions. In Dubai, she completed the professional culinary program at the International Center for Culinary Arts.

In her nutritional counseling sessions, Doerman takes into account the physiological and medical needs of her clients, tailoring diets to them.

The recipes Doerman provided to the Connection take little time to prepare and take well to substitution of ingredients. Her stuffed pepper recipe was designed to be flexible, incorporating foods of your choice. Peppers can be stuffed with veggies, meat, rice or quinoa, or a combination of those.

Whole grains contain more vitamins and minerals than processed grains, such as white flour or white rice, do.

Doerman combined salmon with asparagus for a nutrient-rich easy-prep dinner. A four-ounce piece of salmon contains approximately 50 percent of an adult’s recommended intake of omega-3 fatty acids.

Omega-3 fatty acids, found in fatty fish such as salmon, tuna, and

sardines, offer many health benefits. These healthful fats can help improve blood cholesterol levels and have anti-inflammatory properties. The USDA Dietary Guidelines for Americans recommend consuming at least eight ounces of a variety of seafood, including fatty fish, every week.

Asparagus is very nutritious, a good source of fiber, with 2.7 grams per 5-ounce serving. Asparagus also contains antioxidants, including beta-carotene, and phytochemicals.

Antioxidants in colorful vegetables and fruits, such as tomatoes, blueberries, and butternut squash, help prevent some types of cell damage caused by free-radicals in the system.

For healthful, nutrient-dense snacks, think Greek yogurt topped with fruit, a slice of two of avocado with multi-grain crackers, vegetable pieces accompanied by hummus and whole-wheat pita bread with fat-free yogurt dip, Doerman said.

MAINTAINING A DIET abundant with fruit, vegetables, fish, nuts, and whole grains protect against many chronic medical conditions, including diabetes and heart disease. These foods may protect your blood vessels. At every meal, try to fill about half your plate with fruits and vegetables.

“You don’t have to spend a lot of time or money to eat healthy,” said Doerman. “Just try to keep healthful, nutritious ingredients on-hand.”

To register for one of Emily Doerman’s healthful cooking classes, see www.culnariacookingschool.com or call 703-865-7920. Culnaria is located at 110 Pleasant Street, NW, in Vienna.

To learn more about Doerman’s expertise and services, visit www.EmilyDoerman.com or email her at Emily.Doerman.RD@gmail.com. Doerman’s phone number is 703-447-5513.

Vienna Road Projects Take Step Forward

BY BONNIE HOBBS
THE CONNECTION

The Fairfax County Board of Supervisors last week approved \$1.4 billion to fund transportation projects for FY 2015 to FY 2020. Among them were two road projects in Vienna, plus one transit project in the local area.

In fall 2012, Fairfax County Department of Transportation (FCDOT) staff held nine public meetings countywide regarding county residents' transportation needs. It also conducted an online survey.

With the passage of House Bill 2313 by the Virginia General Assembly in spring 2013, Fairfax County was designated to receive an infusion of state transportation dollars. So FCDOT held additional public meetings in fall 2013 to garner community input to prioritize the unfunded transportation projects residents had requested in 2012.

The Supervisors' approval of these and other transportation-project priorities, last Tuesday, Jan. 28, culminated a nearly two-year outreach called the Countywide Dialogue on Transportation. The Board's action will move many of these much-needed transportation improvements from the planning stage to

the construction phase over the next six years.

Below are the Vienna projects that will now move forward:

❖ Electric Avenue and Cedar Lane, northbound left-turn lane

This project is a spot improvement to add 250 feet of left-turn lane on northbound Cedar Lane at Electric Avenue. It includes curb and gutter, plus drainage improvements on the east side of Cedar Lane, a 5-foot-wide concrete sidewalk, crosswalks, and a new mast-arm signal. Amount approved: \$1.61 million.

❖ Old Courthouse Road and Besley Road

This project will improve the alignment of the Old Courthouse Road S-curve at Besley Road. The work includes raising the road elevation to improve drainage and limit flooding. It addresses safety issues for vehicles, pedestrians and bicycles and reduces flooding problems. Amount approved: \$3.3 million.

❖ Vienna Metro Feeder Bus Service Expansion

The money allocated includes funds for route-level planning. This project is to be implemented in four phases. The entire project will eventually entail purchasing buses, adding new routes and improving service levels on the existing routes that serve the Vienna Metrorail station. Amount approved: \$46.8 million.

ficer attempted to stop the driver of a 1999 Dodge Neon, for suspicion of driving while intoxicated. The Neon was west bound on Hilltop Road when it attempted to flee. The Neon lost control near the in-

SEE WEEK, PAGE 7

WEEK IN VIENNA

Two Die in Merrifield Area Crash

Around 1:50 a.m., on Monday, Feb. 3, a police of-

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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

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

(64-Y 32-N)

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

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

EDITORIALS

Send Photos for Pet Connection

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

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

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

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

Please No Hunting on Sundays

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

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

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

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

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

Submissions should arrive by Feb. 19.

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

Helping Area Residents Sign Up for Health Insurance

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

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

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

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



PHOTO BY JACQUELINE PUJOL

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

Vienna & Oakton CONNECTION

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FROM PAGE 5

tersection with Old Lee Highway and ran off the road, striking a tree.

The driver and one passenger were pronounced dead at the scene and a second passenger was transported to a local hospital with life-threatening injuries.

While the crash remains under investigation, it does appear that alcohol and speed are factors in the crash – police report says. Next of kin have not been located yet but all three occupants are adult males.

Oakton Bank Is Robbed

Fairfax County police are looking for the man who robbed a bank, last Friday afternoon, in Oakton.

The incident occurred Jan. 31 at the BB&T Bank at 2941 Chain Bridge Road. Police say the suspect entered the bank around 12:19 p.m., implied he had a weapon and demanded money.

The bank teller complied and the robber fled with an undisclosed amount of cash. No one was injured. The suspect was described as black, in his 20s, of medium build and wearing a black jacket.

Anyone with information is asked to contact Crime solvers at 1-866-411-TIPS/8477, e-mail www.fairfaxcrimesolvers.org, text "TIP187" plus a message to CRIMES/274637 or call police at 703-691-2131.

Music Contest Feb. 22

The 52nd Annual James A. Bland Music Contest, sponsored by the Vienna Host Lions Club, will be held Saturday, Feb. 22, at 1 p.m., at the Vienna Assembly of God Church, 100 Ayr Hill Ave.

The contest will include vocalists and instrumentalists who'll each present a song or piece of no more than eight minutes and will be judged by local experts in their field.

Cash prizes will be awarded to first- and second-place winners in each category. The first-place winners move up to the next level of competition.

For more information and an application, contact Lion Nancy Volpe at 703-938-7716, 703-851-1313 or n.volpe8@verizon.net. Application deadline is Monday, Feb. 17.

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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.

Send announcements to greatfalls@connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encouraged.

WEDNESDAY/FEB. 5

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

FRIDAY/FEB. 7-SATURDAY/FEB. 8

"THIS." 8 p.m. Vienna Community Center, 120 Cherry Street, SE, Vienna. "THIS" is a bright, tart, and melancholy comedy that captures the uncertain steps of a circle of friends entering the choppy waters of middle age. Contains adult language; for theatre-goers over 16. www.viennatheatrecompany.org/
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.



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

4111.

SUNDAY/FEB. 9

McLean Orchestra Celebration. 4 p.m. St. Luke Catholic Church, McLean. Tickets: \$60-\$160. <http://mclean-orchestra.org/tickets/>
Joshua Redman Quartet. 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. One of modern jazz's most heralded saxophonists, Joshua Redman will be performing alongside jazz pianist Aaron Goldberg, bassist Reuben Rogers and 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.

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

TUESDAY/FEB. 11

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

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.

THURSDAY/FEB. 13-SUNDAY/FEB. 16

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



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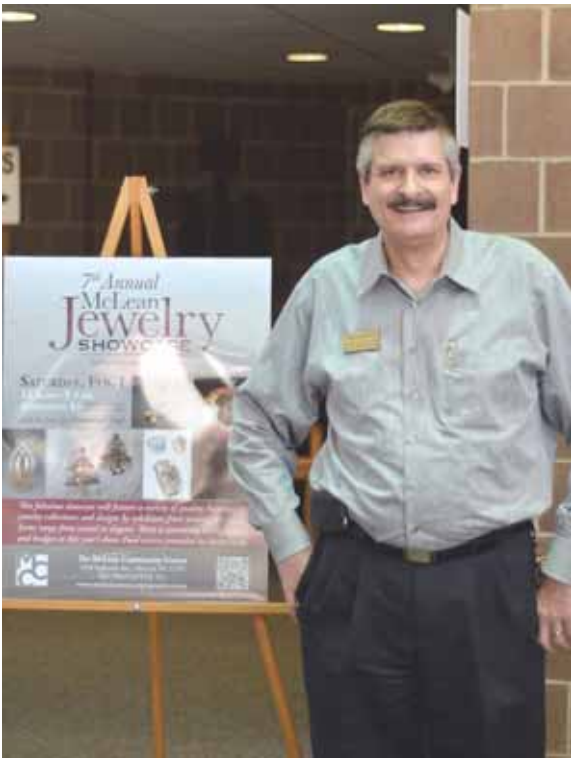
Handcrafted Jewelry Returns To McLean

McLean Community Center hosts jewelry showcase.

By RYAN DUNN
THE CONNECTION

On Saturday, Feb. 1, approximately 40 local artists and jewelers from the Virginia and Washington, D.C. metro area came to sell their work at the McLean Community Center. "All the items at the showcase are hand-made," 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, hand-made jewelry collections and designs by exhibitors from around the region. The selection of items and designs ranged for every taste and budget at this year's show. Many of the artisans were ready to take



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

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

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.



Artist Courtney Gillen standing by her jewelry stand at McLean Community Center for the annual February jewelry showcase. Her website is www.courtneygillen.com.

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

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

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

❖ Saturday/Feb. 15

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

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

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

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

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

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

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

Valentine's Day Chocolate Buffet. 7-10 p.m. The Ritz-Carlton, 1700 Tysons Boulevard, McLean. 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

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News

From left - Donna Wilson, co-president of the Executive Women's Roundtable and VP Sandy Springs Bank; Michelle Scott; Bettina M. Lawton attorney-at-law; Pat Williams, owner of GraceFul Care.

PHOTO CONTRIBUTED
BY SCOV



Connections for Success

Members of the Executive Women's Roundtable got together for a photo after Michelle Scott, Executive Director of the Shepherd's Center of Oakton-Vienna (SCOV), spoke before their monthly meeting. The mission of the Executive Women's Roundtable is to provide information and exceptional connections to people and programs that will help women achieve business success.

In 2012 SCOV's services, personal enrichment and volunteer opportunities reached more than 3,000 older adults (50+) in the region. SCOV serves seniors in the Oakton, Vienna, Dunn Loring, Merrifield and portions of Fairfax and Reston areas.

Founded in 1997, the Shepherd Center of Oakton-Vienna is a 501 3© nonprofit organization dedicated to providing opportunities for adults (50+) to seek rewarding lives and to live independently in their homes for as long as possible. SCOV was voted the Best Nonprofit of the Year (2012) by the Tysons Regional Chamber of Commerce. In 2013 SCOV was selected the Charity of the Month by WTOP 103.5FM Radio. In 2012 the charity was selected for inclusion in The Catalogue for Philanthropy for their outstanding service. To volunteer, donate or learn more about their many programs, visit their website at www.scov.org or contact Michelle Scott, Executive Director at 703-281-5088 or email director@scov.org.

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McLean, W-L Gymnastics Teams Qualify for Regionals

Madison junior Julie Collier earns region berth on beam.

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.

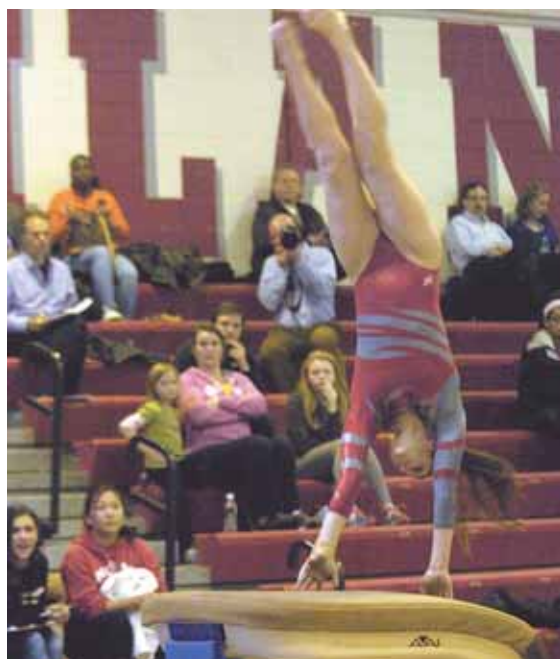
"We've never performed this well before," Brown-Kaiser said. "This was definitely our best. We didn't count a single fall for the entire competition. That's a huge deal. Definitely a confidence booster and we're all just so happy."

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 Guly 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. Guly, 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 Guly 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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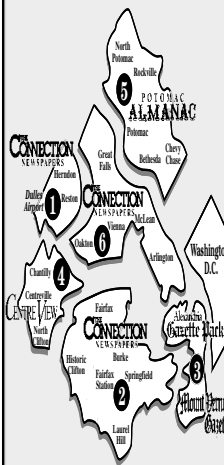


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Piece of Mind

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 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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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
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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.